

LA FORGE DE QUILLAN

Located just outside of Quillan, about 5km from the villa on the D117 towards Axat. This old nineteenth century renovated forge, as well as being a stopover for walkers along the Cathar trail, is an activity centre. Built on a slope, it opens on a large wooded park on the edge of the Aude, and provides a wide range of both river and mountain based fun activities. These range from the exhilarating such as White Water Rafting, to the more relaxing like Archery, there are expert instructors, and the centre cater's for people of all levels and abilities, making it an ideal place to try something new. Clearly some of the activities require some prior skills or abilities, such as white water rafting, would require the ability to swim.



There are 3 different white water rafting, body boarding, and kayaking runs on the River Aude, including a decent of St. Georges gorge. Prices from €28. There is also over 250 mountaineering routes of all grade, suitable for beginners to experienced, including a "Via Ferrata" Iron Way route, which is perfect for the non

climber. (This was the method used by the Italian army to get troops to the front lines in the Alps and Dolomite during the 1st WW). Prices from €30.

If all this is a little too adventurous for you, there is the option of taking a guided walking tour through one of the 3 gorges in the area, all of which have spectacular scenery, but expect to get wet. Alternatively there are 5 spectacular hiking trails that can be explored with a local guide (€35) or if pedal power is more your thing, there are 700Km of off-road routes to explore.

If you have ever wondered, what's below your feet, why not go Caving, with 4 different ones to explore, there's even one for beginners (from €30). The Ariel playground, can be enjoyed by all the family, with 2 different area's have fun with the kids above the trees, with walkways, swings, and scrambling nets. The morning's are reserved for groups, but you can visit after 1:30. (€12pp). Or if you have always fancied playing Robin Hood, why not take an Archery Lesson, and make the Sheriffs miserable. Details of all the activities are on the website (unfortunately all in French.) <http://www.laforgedequillan.fr/> and activities do need to be booked in advance on 04 68 20 23 79



