

A Sporty Week at Prax Viel

A week of hiking, cycling and vineyards — at the pace of a family estate of winegrowers and breeders, between Carcassonne and Narbonne.

At the heart of the Corbières, the Domaine de Prax Viel offers you an active week: hiking the ridges and Cathar trails, mountain-biking and road-cycling between vines and garrigue, sailing on the Mediterranean, canyoning and caving in the Haute Vallée de l'Aude — all with the comfort of the estate and its own wines to unwind with every evening.

YOUR WEEK, DAY BY DAY

01 ARRIVAL	Warm-up at the estate Settle in, get the week's route briefing, and set off on a first easy loop on foot or by bike through the estate's vineyards. Stretches and a tasting of the estate's own wines at sunset. DOMAINE DE PRAX VIEL · 5–8 KM
02 HIKE	Ascent of the Massif de l'Alaric A hike starting from Carcassonne: a forest climb up to the ridge (350 m of ascent), 360° views over the Montagne Noire, the Corbières and the Pyrenees. Descent along the GR36. MASSIF DE L'ALARIC · ABOUT 12 KM · +350 M
03 MTB	Vines and Ridges by Mountain Bike Mountain-biking between vineyards and garrigue: the ramparts of the Cité, Lake Cavayère, then a climb up the Villemaury ridge for a circular panorama. Flowing trails with a few technical sections. CARCASSONNE → CORBIÈRES · ABOUT 45 KM · +950 M
04 CATHAR	Hike to the Cliff-Top Cathar Castles A walk to the Verdoubert Gorges and to the foot of the Château de Peyrepertuse, above Duilhac. Picnic break facing the cliffs before reaching Villerouge-Termenès. DEEP CORBIÈRES · ABOUT 14 KM
05 ROAD BIKE	<i>Two road-cycling routes — pick your challenge.</i> Option A — Corbières climb to Lagrasse (+700 m) A road ride through the little passes and end-of-the-world villages of the Corbières, ending at the Abbey of Lagrasse. A true climber's day, rewarded by one of the most beautiful villages in France at the finish. TO LAGRASSE · ABOUT 55 KM · +700 M <i>— or —</i> Option B — The Canal du Midi (flat, endurance)

	The Canal du Midi, the 17th-century UNESCO engineering masterpiece, is a rider's dream in full stride. Pedal in the shade of centuries-old plane trees, follow the locks and old lock-keeper cottages, and ride through Trèbes, Bram, or all the way up to Castelnaudary. Ideal for a long, flat ride at your own tempo. CANAL DU MIDI · V80 EUROVELO · 40 TO 80 KM (YOUR CHOICE)
06 COAST	Cycling and Paddle on the Coast Morning cycling along the lagoons to Gruissan or Leucate, afternoon free for stand-up paddle, swimming or a coastal walk. Return to the estate for dinner under the stars. AUDE COAST · ABOUT 30 KM BY BIKE
07 GRAND FINAL	<i>One last day of action, right on the estate's doorstep — water or underground — then back to Prax Viel for a recovery drink and farewell.</i> Option A — Water sports at the Lac de la Cavayère Just outside Carcassonne, the Base de Loisirs Raymond Chesa (Lac de la Cavayère) offers paddle-boarding, kayak, wakeboarding, cable water-ski and an inflatable water-jump park. Right next door, the O2 Aventure park runs nine tree-top courses with zip lines over the lake and a 12-metre free-fall jump. Three supervised beaches in season. LAC DE LA CAVAYÈRE · ABOUT 40 MIN BY CAR · ALL LEVELS <i>For wind lovers, Mediterranean sailing remains available at Cap Leucate (Cercle de Voile) or with AKILA Nautic at Gruissan — catamaran, windsurfing, wingfoil, paddle — about 1 hour away.</i> — or — Option B — Cabrespine Accro Grotte — Underground Adventure 30 minutes north of Carcassonne, a true underground adventure: a 3-hour acrobatic course 200 metres below ground. Vertigo zip lines, Nepalese and monkey bridges, wall climbing, an 80-metre iron staircase, and the legendary 90-metre “hell's zipline” over the void. Guided, all equipment provided. Age 12+, good physical condition required. Open March to November. CABRESPINE · ABOUT 1H BY CAR · AGE 12+ · BOOKING REQUIRED <i>For the more committed — canyoning with a state-certified guide in the Haute Vallée de l'Aude (Belvianes-et-Cavirac) or the Galamus Gorges, or a full day of sporty caving at the legendary Grotte de l'Aguçou (Escouloubre, age 14+) — about 1h30 by car.</i>

Domaine de Prax Viel

Winegrowers, farmers, and breeders of Weimaraners in the Corbières, between Carcassonne and Narbonne.