

Discovering the COUSERANS

WINTER

a half-day or day-trip

towards the Bethmale valley

0km **Saint-Lizier**

From Saint-Lizier, go to Saint-Girons

SAINT-GIRONS

Take the D.618 in the direction of Luchon - Castillon.

At the hamlet called Aubert, on the right hand-side : **Atelier PYRENOUST** : 05 61 04 61 88

Manufacture of pyrenean ornamental figures – *Open every day from 10a.m. till 12 a.m & from 2 p.m. till 6 p.m.*

7,5 km: **MOULIS**

In **MOULIS** 🍷 **Pizzeria Le Moulin (the Mill)** : tel 05 61 04 88 61

LUZENAC



In **LUZENAC**

Roman church of **LUZENAC de Moulis** - stunning dodecahedral bell-tower

A deer-park on the right hand-side, opposite the church.

Cheese-dairy LE MOULIS – 05 61 66 09 64 – dairy-cow cheese

Open every day (except for Saturday-afternoon and Sunday) - sale of local products.

ENGOMER

In **ENGOMER**

Cheese-dairy LE MOULIN GOURMAND - 05 61 96 83 38 –

Sale of Mountain cheese made from cow and sheepmilk– duck-filled raviolis . Open : Monday to Saturday from 9 till 12 a.m and from 2 till 6 p.m, Thursday from 2 till 4.30 p.m – discovery after reservation only.

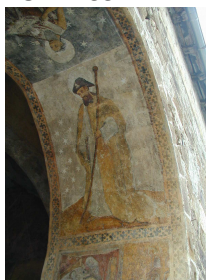
Local farmer's market on Sunday-morning

🍷 **Bar O Créé Louche** : 05 61 04 89 39 –

Plates and small menus (10€) at any hour of the day - Sunday : « home-made pasta »: 4€

Open from Tuesday to Saturday: 11 a.m. till 11 p.m. and Sunday from 9 a.m. till 6 p.m.

AUDRESSEIN



AUDRESSEIN

At the crossroad, if you turn right on the D 618 in the direction of **AUDRESSEIN**, you can go and admire the Audressein church with its beautiful 14th century paintings and a representation of Saint-Jacques underneath the porch.

Here you are at one of the sites along the « Piémont Pyrénéen » that crosses the Ariège on the route to Santiago de Compostela – all information at the Saint-Lizier Tourist Office: 05 61 96 77 77 www.ariège.com/cheminstjacques

🍷 **Auberge (Inn) d'Audressein** – 05 61 96 11 80 – menu starting from 16€

Get back to the crossroad and turn right towards CASTILLON.

15 km

CASTILLON

In **CASTILLON** – all shops

Tourist Information Office: 05 61 96 72 64



Roman Chapel : le "Calvaire" : roman doorway - bell-tower - typical wall - 13th and 14th century wall-paintings on the inside.

Guided visit on Thursday at 10 a.m. Reservation at the Castillon Tourist Office: 05 61 96 72 64

GRANGE de BAMALOU : CHEESE ECOMUSEUM - 05 61 04 45 35 - Bethmale cheese for sale.

Open every weekend and school-holidays. Group visits all year after reservation.

🍷 **Restaurant « Chez Toff »** : 05 61 66 30 92

.../...

From CASTILLON, continue the D4 road until the entrance of the village of Bordes- sur-Lez

Turn left on to the D 17 road in the direction of the Vallée de Bethmale- Seix - Col de la Core

19km
ARRIEN 🍷 **l'Auberge de la Core** : 05 61 04 80 53 – menu starting from 12 € at the terrace
Open at mid-day and Friday and Saturday night. Closed on Monday and Tuesday.

ARET **ARET - Pascal Jusot's workshop, Wooden-shoe maker** : 05 61 96 74 39.
Visit after reservation only.

SAMORTEIN **SAMORTEIN** : Home-made **sorbets** and jams of both cultivated and wild mountain fruits, flowers and plants. **Anne Larive**: 05 61 96 19 53 :.
Closed from November till the end of April.

Cheese-dairy de la CORE : 05 61 04 05 55 – Bethmale cheese for sale.

The Bethmale lake (lac de Bethmale) : Walking route around the lake – picnic area – fishing .

26,5 km lac

32 km **COL** At the pass : beautiful panorama of the Pyrenees.
de la CORE You can cross the pass and drive down to SEIX on the D17 road.

45km **SEIX** **SEIX** – all shops and restaurants - Tourist Office: 05 61 96 00 01
The CASTLE : Heritage center of the Haut-Couserans: open during the autumn- and Easter holidays.

Continue on the D 3 road.

48km
VIC d'OUST **VIC d'OUST** : Roman church – open on Monday at 2 p.m for a guided visit with the Haut- Couserans
Tourist Office: 05 61 96 00 01.

64 km
SAINT- Return to Saint-Girons – at a big roundabout you'll have the choice to return either by the D 618 road or
GIRONS by the "tunnel-road".

Have a nice stay in the Couserans !

Thank you for calling our attention to any errors that you might have noticed on this itinerary.

OFFICE de TOURISME
09190 SAINT-LIZIER
05 61 96 77 77
ot.saintlizier@wanadoo.fr