

Where to watch birds...



Pair of European rollers - © E. Cozy - Audis Nature

in the Narbonnaise regional Nature Park?

With its wild beaches, coastal lagoons, former saltpans, agricultural plains, scrubby Mediterranean vegetation known as “garrigue”, limestone cliffs and rocky outcrops, the Narbonnaise regional Nature Park encompasses an internationally renowned diversity of landscapes, whilst also boasting a very rich cultural heritage.

Throughout the year, these varied biotopes are home to one of France’s richest ranges of birdlife, **with nearly 400 out of the 950 species of birds observed in Western Europe present in the park**, either as residents, seasonal visitors or occasional visitors. Close to a third of the bird species found here are protected, either nationally or internationally.

Enjoy exceptional bird watching opportunities, many other outdoor activities, plus great food and wine, in the Narbonnaise regional Nature Park, one of Europe’s newest nature holiday destinations!



de la Narbonnaise
en Méditerranée

LE PAYS CATHARE



What else to see and do in the

The Narbonnaise regional Nature Park on the Mediterranean, epitomises the very essence of the Mediterranean!

Made up of a string of coastal lagoons (Pissevache, Bages-Sigean, Gruissan and La Palme) along the Mediterranean coast and bordered to the west by limestone hills, the park encompasses 21 towns and villages of the Aude county in the Languedoc Roussillon region of southern France. It is home to one of the greatest ranges of biodiversity to be found in any of the protected natural sites around the Mediterranean.

Formed in 2003, the “young” Narbonnaise regional Nature Park is responsible for protecting and promoting this exceptional area of natural heritage for the benefit of all, whilst at the same time helping to ensure that economic development progresses in harmony with it.

Welcome to the Narbonnaise regional Nature Park on the Mediterranean!

Natural history and cultural heritage

Free guided activities are available throughout the year including: botany, entomology, arts and crafts, traditional skills (boat building, dry-stone walling, etc.), guided nature walks, visits to historic sites... These are led by a network of passionate guides, who all work closely with the park. See: www.parc-naturel-narbonnaise.fr for the current programme of guided activities.

Walking & cycling

The territory covered by the park offers a wide choice of hill and coastal walking. Around the craggy headland of La Clape, in the dramatic limestone landscapes of the Corbières Maritimes, on the boardwalks around the coastal lagoons, or along the cliffs at Leucate. Choose from day walks or longer circuits (Cathar Way, Golfe Antiqué...).

Cyclists will enjoy the many quiet back roads and the towpath along the Canal de la Robine, which crosses the coastal lagoon of Bages-Sigean, whilst mountain bikers may prefer the forestry tracks.

Other outdoor activities

The coast and its lagoons are one of Europe's hotspots for water sports, whilst the craggy limestone landscapes offer vertical fun for climbers and pot-holers alike. There are plenty of opportunities for horse riding and several marine reserves along the coast offer good diving

Historic sites and museums

Ancient amphora and remains of settlements and villas are all testament to the rich heritage left here by the Romans. Circular, fortified villages and the spectacular Cistercian abbey at Fontfroide bear witness to the middle ages, and there are many village churches, old windmills and lime-kilns with interesting stories to tell.

Mediterranean cuisine and wine

The local high-quality, full-bodied wines are a perfect match for the superb Mediterranean cuisine! Enjoy local olives, fish, shellfish, oysters, eels, goat and ewe's milk cheeses and delicious fruit amongst many other mouth-watering delights.





Narbonnaise regional Nature Park



- Grasslands, "garrigue" and Mediterranean forest
- Wetlands
- Lagoons
- Beach and dunes
- Farmland
- Urban areas
- Tourist office
- Bird watching areas





-  Bird watching site 1
-  Marked walking track 2*
-  Bird watching site 3
-  Car park

*Please keep to the marked walking tracks.

The Pissevache lagoon (Fleury d'Aude)

An area of brackish water surrounded by salt marsh, this site attracts large numbers of water birds all year round and occasionally, in the winter, a few large raptors.

The Aude River Plain (Fleury d'Aude)

Along the banks of the Aude river, the patchwork of meadows, vines and hedges hosts a collection of the most colourful and unusual of Mediterranean birds.

Birds to be seen:



Migration only



Winter visitor



Resident



Summer visitor



Moustached warbler-
© M. Bougeois - LPO Aude

- 1** Moustached warbler, Bearded reedling, Black-winged stilt, Great reed warbler, Eurasian penduline tit, Bluethroat, Great egret, Bonelli's eagle, Greater spotted eagle, Slender billed gull, Gull-billed tern, Caspian tern, Whiskered tern, White-winged tern.
- 2** Kentish plover, Greater flamingo, Slender-billed gull, Audouin's gull.
- 3** European roller, European bee-eater, Eurasian hoopoe, Lesser kestrel, Golden oriole, Woodchat shrike.

Fleury d'Aude

Area
1



Lesser kestrel- © E. Czyz- Aude Nature



European bee-eater- © E. Czyz- Aude Nature

Accommodation for the Pissevache and Aude River Plain bird watching sites (Fleury d'Aude)

Hôtel de la Clape**

(hotel restaurant) 36 rooms

4 rue des Fleurs, 11100 Narbonne Plage

📞 +33 (0)4 68 49 80 15

www.hoteldelaclape.com

Domaine Livière Haute

Lilian SERRE 3 holiday rentals

11100 Narbonne

📞 +33 (0)4 68 41 04 71

Liviere-haute@club-internet.fr

Other accommodation options

www.gites-de-france-aude.com/

www.sudfrance.fr/

www.campingaude.com/



The Aude River Plain- © M. Bourgeois - LPO Aude

Tourist Information

Fleury tourist office

9 boulevard Général de Gaulle,
11560 Fleury d'Aude

📞 +33 (0)4 68 46 61 31

St Pierre tourist office

6, Boulevard de la Douane
11560 Saint Pierre la Mer

📞 +33 (0)4 68 49 60 89

www.communefleury.fr



-  Bird watching site 1
-  Bird watching site 2
-  Marked walking track 3*
-  Marked walking track 4*
-  Car park

Gruissan

Several internationally recognised sites for watching migrating birds (cf. www.migration.net and www.trektellen.org).

- 1** Ayrolle: spring migration, with a north west wind, from March to May.
- 2** Roc de Conilhac: autumn migration, site staffed from 15th July to 15th November.
- 3** Sentier des Goules.
- 4** Rec d'Argent: on the La Clape headland, once an island, you can follow the course of dry river beds known as "recs" such as the Rec d'Argent, bordered by impressive cliffs and cave-dwelling birds.

***Please keep to the marked walking tracks.**

Birds to be seen:



Migration only



Winter visitor



Resident



Summer visitor



Gruissan- © PNRNM

- 1** White stork, Black stork, European honey buzzard, Pallid harrier (1st to 15th April), Red-footed falcon, European bee-eater, Great egret, Greater flamingo, Slender billed gull and a wide variety of waders.
- 2** White stork, Black stork, European honey buzzard, 29 species of raptors spotted, Glossy ibis, Eurasian hoopoe, Tawny pipit, numerous water birds which over-winter in the nearby wetlands.
- 3** Sardinian warbler, Blue rock thrush, Eurasian eagle owl, Tawny pipit, Black-eared wheatear, Spectacled warbler, Western orphee warbler, Woodchat shrike, Short toed snake eagle, European nightjar, Great egret, Greater flamingo and a wide variety of waders.
- 4** Eurasian eagle owl, Blue rock thrush, Sardinian warbler, Rock sparrow, Wallcreeper, Alpine accentor, European nightjar.



Eurasian eagle owl- © M. Fernandez- LPO Aude



Eurasian hoopoe- © V. Goma- LPO Aude

Accommodation for the Gruissan bird watching site

Hôtel de la Clape**

(hotel restaurant) 36 rooms

4 rue des Fleurs, 11100 Narbonne Plage

📞 +33 (0)4 68 49 80 15

www.hoteldelaclape.com

Camping La Nautique****

390 pitches + mobile homes

Reduced mobility access and services

Chemin de la Nautique, 11100 Narbonne

📞 +33 (0)4 68 90 48 19

📞 +33 (0)4 68 90 73 39

info@campinglanautique.com

www.campinglanautique.com

Camping les Floralys**

49 pitches + mobile homes

Chemin du maritime, 11100 Narbonne

📞 +33 (0)4 68 32 65 65

lesfloralys@wanadoo.fr

www.campinglestfloralys.com

Village de Vacances

Cévéo de Gruissan,

Avenue de la felouque Les Ayguades de Pech Rouge, 11430 Gruissan

📞 +33 (0)4 73 77 56 14

📞 +33 (0)4 73 77 05 06

gruissan@ceveo.com

www.ceveo.com

Other accommodation options

www.gites-de-france-aude.com/

www.sudfrance.fr/

www.campingaude.com/

Tourist Information

Gruissan tourist office

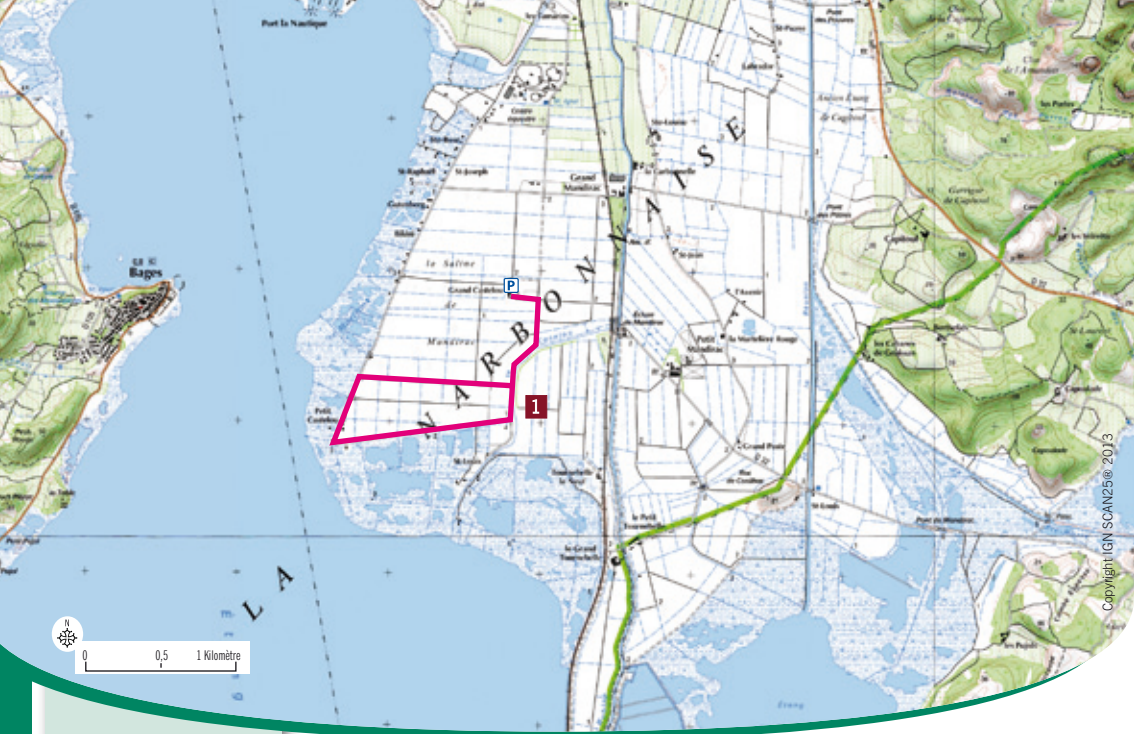
80 boulevard Pech Maynaud, 11430 Gruissan

📞 +33 (0)4 68 49 09 00

📞 +33 (0)4 68 49 33 12

office.tourisme@gruissan-mediterranee.com

www.gruissan-mediterranee.com



Copyright IGN SCAN25® 2013

- Marked walking track 1*
- P Car park

***Please keep to the marked walking tracks.**

Marais du Castelou (Narbonne) 1

These brackish wetlands and reed beds attract a large number of bird species. The site is owned by the Conservatoire du Littoral (a coastal conservation organisation).



Purple swamphen- © E. Czyz- Aude Nature

Birds to be seen:



Migration only



Winter visitor



Resident



Summer visitor

- 1** Purple swamphen, Great egret, Moustached warbler, Bearded reedling, Purple heron, Black-winged stilt, Great reed warbler, Glossy ibis, Black-crowned night heron, Squacco heron, Eurasian penduline tit, Bluethroat.



Castellou- © PNRNM





Squacco heron - © G. Olioso- LPO Aude



Bearded reedling - © M. Fernandez- LPO Aude

Accommodation for the Narbonne bird watching site

Hôtel de la Clape**

(hôtel restaurant) 36 rooms

4 rue des Fleurs, 11100 Narbonne Plage

📞 +33 (0)4 68 49 80 15

www.hoteldelaclape.com

Camping La Nautique****

390 pitches + mobile homes

Reduced mobility access and services

Chemin de la Nautique, 11100 Narbonne

📞 +33 (0)4 68 90 48 19

📞 +33 (0)4 68 90 73 39

info@campinglanautique.com

www.campinglanautique.com

Village-Camping Les Mimosas****

266 pitches + chalets and mobile homes

Chaussée de Mandirac, 11100 Narbonne

📞 +33 (0)4 68 49 03 72

📞 +33 (0)4 68 49 39 45

info@lesmimosas.com

www.camping-les-mimosas.fr

Camping les Floralys**

49 pitches + mobile homes

Chemin du maritime, 11100 Narbonne

📞 +33 (0)4 68 32 65 65

lesfloralys@wanadoo.fr

www.campinglesfloralys.com



B&B Florence & Gérard BARBOUTEAU

5 rooms

La Milhauque, 11440 Peyriac de Mer

📞 +33 (0)4 68 41 69 76

📞 +33 (0)6 17 61 03 85

barbouteau@wanadoo.fr

Domaine Livièrre Haute

Lilian SERRE 3 holiday rentals

11100 Narbonne

📞 +33 (0)4 68 41 04 71

Liviere-haute@club-internet.fr

Other accommodation options

www.gites-de-france-aude.com/

www.sudfrance.fr/

www.campingaude.com/

Tourist Information

Narbonne tourist office

31 rue Jean Jaurès, 11100 Narbonne

📞 +33 (0)4 68 90 30 66

www.narbonne-tourisme.com



Copyright IGN SCAN25 © 2013

-  Bird watching site 1
-  Bird watching site 2
-  Car park

Port-la-Nouvelle

This coastal town is home to the Saint-Lucie Nature Reserve. Sea birds can be seen from the end of the jetty that advances some 500 metres into the sea.



Yelkouan shearwater - © E. Czyz- Aude Nature

Birds to be seen:



Migration only



Winter visitor



Resident

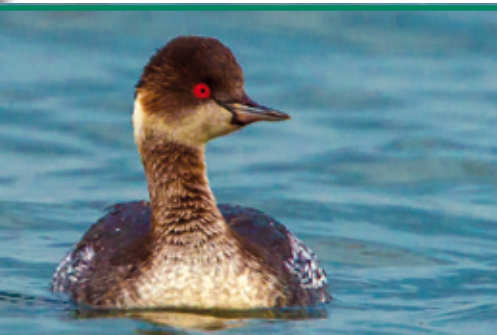


Summer visitor



Sainte Lucie - © PNRNM

- 1** All year especially with an onshore wind (south and east):
Yelkouan shearwater, Cory's shearwater, Audouin's gull, Mediterranean gull, Black-throated loon, Red-throated loon, Black-necked grebe, Northern gannet, Little tern.
- 2** Audouin's gull, Greater flamingo, European bee-eater, Kentish plover.



Black-necked grebe - © M. Fernandez- LPO Aude



Greater flamingo - © M. Fernandez- LPO Aude

Accommodation for Port-la-Nouvelle bird watching sites

B&B Frédéric & Dorothée Leclerq/Marty - 3 rooms

36 rue de la Liberté, 11130 Sigean

☎+33 (0)4 68 48 62 75

d-f-leclerq@neptune.fr

B&B Jean-Luc & Brigitte Coulteaux - 5 rooms

112, av. des Corbières, 11490 Portel des Corbières

☎+33 (0)6 73 91 20 13

☎+33 (0)4 68 48 85 59

Jean-luc.coulteaux@orange.fr



B&B Florence & Gérard Barbouteau - 5 rooms

La Milhauque, 11440 Peyriac de Mer

☎+33 (0)4 68 41 69 76

☎+33 (0)6 17 61 03 85

barbouteau@wanadoo.fr

B&B Chambres d'Hôtes du Moulin

Sébastien Blazy - 4 rooms

26 bis rue du Moulin, 11440 Peyriac de Mer

☎+33 (0)4 68 41 24 91

☎+33 (0)6 03 00 22 71

postmaster@lemoulindepeyriac.fr

www.lemoulindepeyriac.fr



Hameau du Lac

1 holiday rental

Alain Parnaud

10 rue de la Berre, 11130 Sigean

☎+33 (0)6 08 73 58 51

alain-parnaud@wanadoo.fr

Hameau de l'Oustal Nau

Henri Fabre - 1 holiday rental

11440 Peyriac de Mer

☎+33 (0)4 68 42 00 31

chateau.fabre-cordon@caramail.com

Other accommodation options

www.gites-de-france-aude.com/

www.sudfrance.fr/

www.campingaude.com/

Tourist Information

Port la Nouvelle tourist office

Place Paul Valéry, 11210 Port la Nouvelle

☎+33 (0)4 68 48 00 51 / ☎+33 (0)4 68 40 33 66

officedetourisme.portlanouvelle@wanadoo.fr

www.portlanouvelle.com

Sigean tourist office

11 place de la Libération, 11130 Sigean

☎+33 (0)4 68 48 14 81 / ☎+33 (0)4 68 48 87 89

www.tourisme-sigean.fr/



- Marked walking track 1*
- Marked walking track 2*
- Bird watching site 3
- Marked walking track 4*
- P Car park

*Please keep to the marked walking tracks.

Leucate

These coastal cliffs are the only ones within the regional nature park, with the whole headland forming a patchwork of rare biotopes and offer magnificent views of the Mediterranean and the lido to the south.



Spectacled warbler - © Michel Fernandez - LPO Audé

Birds to be seen:



Migration only



Winter visitor



Resident



Summer visitor



White cliffs of Leucate - ©PNRNM

- 1** Tawny pipit, Black-eared wheatear, Spectacled warbler, Great spotted cuckoo, Woodchat shrike, incl *subsp. badius*, Spotless starling, Eurasian hoopoe.
- 2** Black-throated loon, Red-throated loon, Black-necked grebe, Shag (Mediterranean subspecies), Yelkouan shearwater, Cory's shearwater.
- 3** Migration observation station from March to May with a north-west wind: White stork, Black stork, European honey buzzard, Pallid harrier (1st to 15th April), Red-footed falcon, Red-rumped swallow.
- 4** Great spotted cuckoo, Greater short-toed lark, Spotted crake, Little crake, Baillon's crake, Bluethroat, Eurasian hoopoe.



Great spotted cuckoo - © E. Czyz- Aude Nature



Black-eared wheatear - © C. Lagorre- LPO Aude

Accommodation for Leucate bird watching sites

B&B La Rassada

Philippa Benson - 2 rooms
Route d'Opoul, 11510 Feuilla
📞 +33 (0)4 68 42 82 56
philippa@feuillanature.com
www.feuillanature.com

B&B Les Maisons de Monsieur Pierre

Monique & Pierre Vigier - 3 rooms
65 av Jean Jaurès, 11370 Leucate
📞 +33 (0)4 68 40 98 55
escapade.leucate@gmail.com

L'Albatros holiday village

41 units + 2 studios
46 av. du Languedoc, 11370 Leucate-La Franqui
📞 +33 (0)4 68 45 70 56
📠 +33 (0)4 68 45 80 76
info@albatros-franqui.com
www.albatros-franqui.com

Monique & Pierre Vigier

1 holiday rental
65 av Jean Jaurès, 11370 Leucate
📞 +33 (0)4 68 40 98 55
escapade.leucate@gmail.com

Claire Pradalier

1 holiday rental
6 rue du Quartier Neuf, 11510 Feuilla
📞 +33 (0)4 68 46 58 80
📞 +33 (0)9 62 15 77 47
c.pradalier@gmail.com

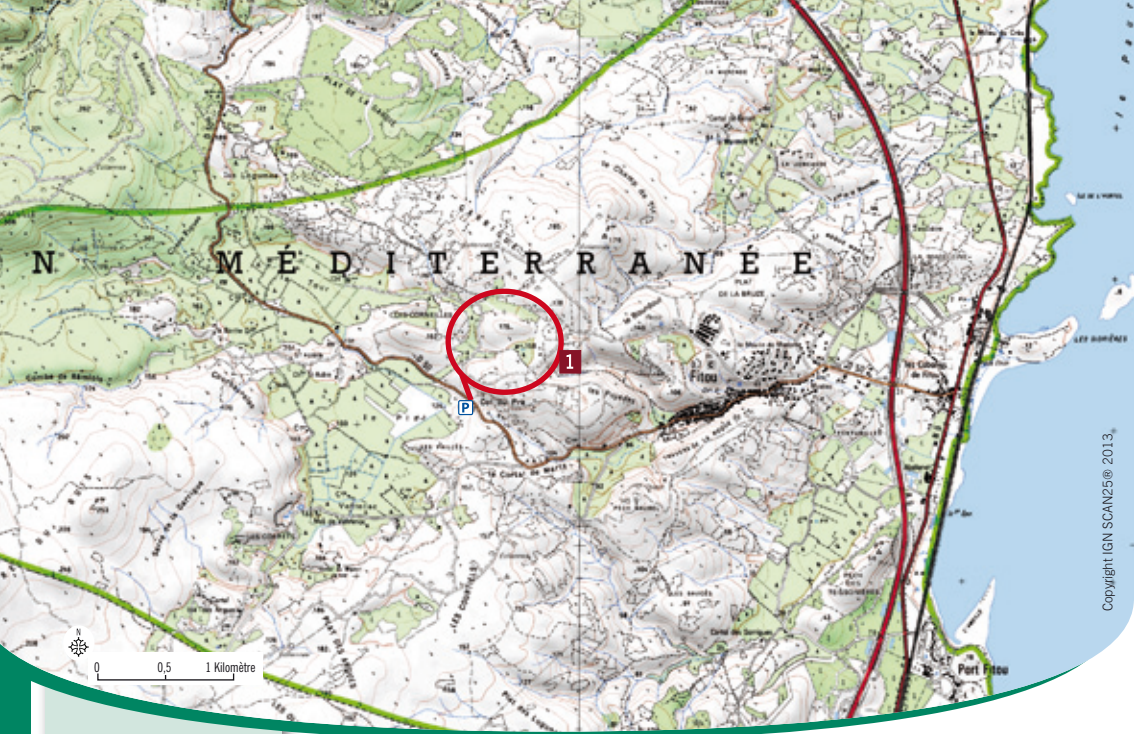
Other accommodation options

www.gites-de-france-aude.com/
www.sudfrance.fr/
www.campingaude.com/



Tourist Information

Leucate tourist office

Espace Henry de Monfreid, 11370 Port Leucate
📞 +33 (0)4 68 40 91 31
📠 +33 (0)4 68 40 24 76
info@leucate.net
www.tourisme-leucate.fr



Copyright IGN SCAN25® 2013.

-  Bird watching site 1
-  Car park

Col du Pré (Fitou)

Formerly extensive pastoral farming has left the dry Mediterranean grasslands criss-crossed with dry-stone walls and bothies. This is also a wonderful area to see the rich local flora in the spring.



Sardinian warbler- © E. Czyz- Aude Nature

Birds to be seen:



Migration only



Winter visitor



Resident



Summer visitor

- 1** Short-toed snake eagle, Spectacled warbler, Black-eared wheatear, Tawny pipit, Orlolan bunting, Eurasian hoopoe, Woodchat shrike, *Thekla lark*, Sardinian warbler.



Dry stone walls and "capitelles" - © M. Bourgeois- LPO Aude



Short-toed snake eagle - © D. Gautier- LPO Aude



Ortolan bunting - © J. Gonin- LPO Aude

Accommodation for Fitou bird watching sites

B&B La Rassada

Philippa Benson - 2 rooms
Route d'Opoul, 11510 Feuilla
☎ +33 (0)4 68 42 82 56
philippa@feuillanature.com
www.feuillanature.com

B&B Les Maisons de Monsieur Pierre

Monique & Pierre Vigier - 3 rooms
65 av Jean Jaurès, 11370 Leucate
☎ +33 (0)4 68 40 98 55
escapade.leucate@gmail.com

Claire Pradalier - 1 holiday rental

6 rue du Quartier Neuf, 11510 Feuilla
☎ +33 (0)4 68 46 58 80
☎ +33 (0)9 62 15 77 47
c.pradalier@gmail.com

Christine & Pierre Vie

2 holiday rentals
30 av Plages, 11540 Roquefort des Corbières
☎ +33 (0)4 68 48 27 05
pe.vie@orange.fr

Monique & Pierre Vigier

1 holiday rental
65 av Jean Jaurès, 11370 Leucate
☎ +33 (0)4 68 40 98 55
escapade.leucate@gmail.com

Other accommodation options

www.gites-de-france-aude.com/
www.sudfrance.fr/
www.campingaude.com/

Tourist Information

Fitou tourist office

6 avenue de la Mairie, 11510 Fitou
☎ +33 (0)4 68 70 28 43
tourisme@fitou.fr
www.fitou.fr

Leucate tourist office

Espace Henry de Monfreid, 11370 Port Leucate
☎ +33 (0)4 68 40 91 31 / ☎ +33 (0)4 68 40 24 76
info@leucate.net
www.tourisme-leucate.fr

Your stay in the Narbonnaise regional Nature Park

Guided birdwatching can be arranged with:



Aude Nature

+33 (0)6 88 35 50 90
@ aude.nature@orange.fr
www.audenature.com



LPO Aude

+33 (0)4 68 49 12 12
@ aude@lpo.fr
http://aude.lpo.fr

The Narbonnaise regional nature Park on the Mediterranean is situated near the city of Narbonne in the Languedoc Roussillon region of southern France. On the Mediterranean coast, not far from the Spanish border, the park is easily reached from all directions, being just 100km south west of Montpellier, 75km east of Carcassonne and 45km north of Perpignan.

By train from London & Paris

Narbonne railway station: direct from Paris (Gare de Lyon), Lille and Brussels. Regional connections from Bordeaux-Toulouse-Carcassonne, Nice-Marseille-Montpellier, Barcelona-Perpignan. Local connections to/from Port-la-Nouvelle, Leucate-La Franqui. Bike compartments available on trains. National rail inquiries: www.voyages-sncf.co.uk

By car

A75 (through Massif Central): Paris - Clermont Ferrand - Millau - Narbonne

A6 & A7 (down the Rhône valley): Paris - Lyon - Orange

A9 (towards Spain): Orange - Montpellier - Narbonne - Perpignan - Barcelona

A61 Toulouse - Carcassonne - Narbonne

You can also put your car on the train to Narbonne!
<http://autotrain.voyages-sncf.com/>

By plane

Carcassonne:

Flights from London, Liverpool, Bournemouth, East Midlands, Glasgow, Dublin, Cork..

Béziers:

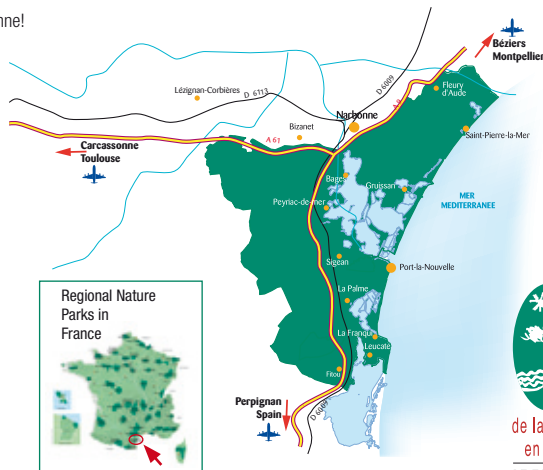
Flights from London, Manchester, Southampton, Bristol, Edinburgh.

Perpignan:

Flights from London, Southampton, Birmingham, Dublin.

Montpellier:

Flights from London, Birmingham, Leeds.



1 rue Jean Cocteau, 11130 Sigean

+33 (0)4 68 42 23 70

+33 (0)4 68 42 65 55

@ info@parc-naturel-narbonnaise.fr

www.parc-naturel-narbonnaise.fr



twitter.com/PNR_NM



www.facebook.com/PNR.Narbonnaise