

Pradines

(Saint André de
Roquelongue)

Domaine De Pradines,
20 Pradines le Haut

(off Route de Pradines),
11200

St André De Roquelongue
Aude, France

Tel +33 (0) 4 68 45 66 90



*Welcome to our French holiday home.
We wish you a happy and relaxing stay!*

Please make yourselves at home and we suggest that you read this 'Guest Guide' through to make the best of your stay. There are many aspects of living here that might be different from the norm (septic tank, swimming pool, local climate etc) that need some explaining. There are also lots of ideas of things to do in the area.

We bought the property in late July 2010 (and refurbished it in 2011) and although we have only been here a short time we have already fallen in love with both the house and the local area and visit ourselves as often as possible.

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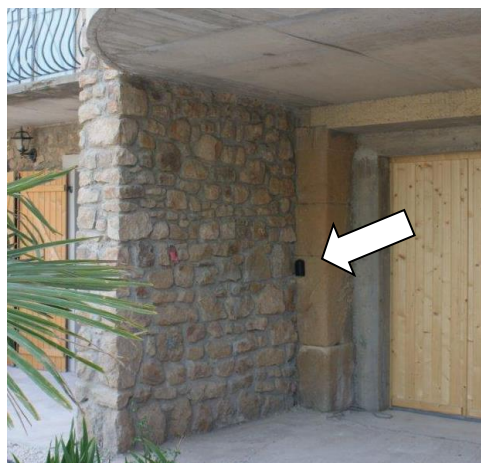
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Arrival:

Timings: Please arrive **after 4pm** to enable us to clean the property after the previous guests. If you need to arrive before, please check with us in advance. We do not operate a 'meet-and-greet' service, but instead have provided everything you need to know below and we, or the caretaker (Mirjam), are on the end of the phone if you have any questions.

Access: The black front gate will be left closed and please note that it slides open (rather than push / pull).

The keys will be waiting for you in a safe box located outside on the ground floor to the left of the garage doors (see photo – BTW garage doors are now painted white). It needs a combination code which will be sent separately by e-mail. (If the buttons are stiff to start, slide the 'CLEAR' button down and turn the knob anticlockwise until it



clicks).		
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Please do not forget to return the first set of keys to the safe box when you leave (or the next guests will not be able to get in!).

Parking: There is room for one car in the garage and 3 more in the garden / drive.

Caretaker's / Pool Cleaner's Details: (if you have any questions / problems)

Caretaker – Mirjam - 00 33 (0) 6 40 83 16 26

Pool Cleaner – Jason - 00 33 (0) 6 84 08 01 59

Or, failing that, try us on +44 759 502 4940 / +44 208 755 4904, chris@catapultbusiness.co.uk

Guide of the property and its contents

A few key basics before the full details.....

1. **Wind:** The region is famous for its wind as well as sun (as you probably guessed from the large number of wind farms). The wind is a welcome relief from the high summer temperatures although you have to beware of things blowing away and windows / doors slamming if not secured. Please always keep open windows, doors and shutters secured or jammed. If a door / window does slam and break the glass, I am afraid we will probably have to pass on the bill. Please take down the garden umbrellas when not using.
2. **Loos:** Like most rural French houses there are no mains drains, and it operates on a septic tank system. The tank is a small one and, to avoid blocking it up, we would be most grateful if you made every effort to use only small amounts of loo paper (please highlight this to your children too). Please only use basic paper (the cheap recycled ones are best) and not the thick quilted stuff. Nothing other than loo paper should be flushed down the loos; for anything else, bins are provided. **Please do not use bleach to clean the loos as this kills the bacteria in the tank.**
3. **Heat:** To keep the house cool on hot days, it is best to keep the shutters drawn but slightly open on their latches (to let the air circulate) during the day and then open the windows and shutters at night.
4. **Pool:** We have a pool cleaner who comes once a week (**the day of your arrival**) and the filter system, which is on a daily timer, will clean anything floating on the surface. However, leaves will blow in and sink so if you prefer a spotless pool to swim in please feel free to use the net by the side. There is a hose leading to the pool which automatically tops up the water. This is vital as if the water level drops the pool could turn green! (so please keep this connected). If many people use the pool soon after putting sun lotion on, this can also block the filter (increasing the 'green risk' again). Finally, for obvious reasons, please no glass things on the pool terrace. And finally, if you like a warm pool, it is best to pull the cover over it when you are not using it, particularly at night. During the day the cover acts to heat the pool to using the sun.
5. **Leaves:** The pool terrace is swept the day before you arrive but, with the wind and the many surrounding trees, it only takes a few hours for more leaves to fall onto the terrace. If, like me, you like don't like it messy, please feel free to use the brooms and dustpan / brush in the corner by the garden tap to tidy them up.
6. **Insects:** 1/Mosquitoes - You may get one or two coming in at night, so it is advised to spray the room and yourselves with some protection. 2/ On really hot days we get a lot of wasps coming to the pool to drink. There does not appear to be a local nest - I think they come from far and wide. But they are very passive, not like the angry ones that surround you at picnics, and we have not heard of anyone being stung.
7. **Road past house:** (Turning right from the house). You can drive into the hills for a couple of miles which is quite pleasant but do not be fooled by your Sat Nav in thinking you can cut through to the other side (like we were!). It is a rocky path at best and not a road suitable for non-off-road cars.
8. **Things to bring with you that are not provided:** All bed linen and towels are provided but please bring beach towels.
9. **Planning:** There really is so much to do in the area so we would really recommend before your visit that you check out the notes below plus the web pages on our personal website <http://saintandre.yolasite.com/claudines-top-days-out.php>.
10. There is a **no smoking** policy inside the house but outside is fine (but please be careful due to the high fire risk).
11. **Garage:** Open up the garage and there are (amongst other things) **three mountain bikes, including one new one** (it's a 5 minute ride into Saint Andre to pick up the bread!), a table-tennis table, a boules set and some tennis racquets.
12. **Noise at night:** Although it is a country location, there are other houses nearby and we do get the odd complaint about loud music at night so we would be grateful if you could be respectful of that after 10am – thanks : o)
13. **Broadband/Wifi:** Look for the **'TP Link' connection and the code is 17108805**

Kitchen:

The kitchen is fully equipped with all the appliances you will need, along with cutlery, glasses, plates etc for up to 13 people.

Appliances:

Cooker: This is a large range fully electric cooker. It is fairly self-explanatory to use, and the instruction manual should be nearby in the kitchen. One thing that can catch people out is that the clock needs to be set for the oven to work (it might need to be re-set if there has been a disruption to power for example).

Dish Washer: Again, fairly self-explanatory (we advise using liquid cleaner rather than tabs). It does clog up with limescale from time to time and, if it does, some vinegar squirted in the vents / by the arm outlets might help.

Vacuum cleaner: This is in the kitchen (along with a bucket & mop).

Microwave: Self explanatory - Please cover food.

BBQ: There are 2 small BBQs either in the garage or below the balcony. (Please could you clean before you leave – thanks)

Electricity:

The electric system is new but, in the event that something does trip the system, the fuse box is located opposite the kitchen.

Water: There is a mains water supply and the stop cock (if required to switch off in the event of a leak) is in the garage on the wall under the living room (the lower of the two incoming pipes marked 'mains water').



Lighting: There are spare light bulbs in the small cupboard to the left of the fireplace in the sitting room. Please do let us know if you need any spare ones. The cleaners do not always check every light between rentals.

Refuse Collection: Is on Wednesday mornings between 8am & 9am. The bin is just outside the black front gates of Pradines to the left (i.e. go onto the road outside and turn left and it is behind the swimming pool terrace).

The recycle bank for cardboard, plastic, paper and glass (not cans) is nearby on Route de Pradines, outside the old Cave Cooperative, on the left of the first roundabout you come to when driving from the house. There is a wicker basket, for your convenience, under the stairs where you can put recycling materials in ready for transport.

Drainage: The comments on the septic tank system are covered above.

Pool Terrace:

There are many loungers available but, if they are not all out, please check the garage for extras. There is also a 3-piece rattan type garden sofa / chairs and some plenty of pool toys / lilos (in the garage or the box below the balcony).

Top Tip – Pool Lights: Please look for these in the evening. It makes the garden look very atmospheric! One of the switches is outside, above the hose, and the lights around and inside the pool are switched on from the cupboard in the (self contained) ground floor bedroom (to the left of the door). There are also some new solar powered torchlights. (If they do not come on automatically, press the button on the stem).

Garden Area: Garden furniture is left outside. Please do remember to take parasols down after use and preferably put the cushions somewhere safe from the wind and birds. The wind can gust up to 40/50 mph at times.

TV / Entertainment:

TV:



Press several times to select either DVD player or Satellite TV programs

We have a satellite box which gets French and British channels. French channels are 1-30 and British ones 1,000 onwards.

There is also a Blu-ray / DVD Player/ a PS2 and a good collection of Film DVDs.

Broadband:

We have just had a new fast fibre line installed and the router / modem is in the living room. Look for the 'TP Link' connection. and the code is

17108805

If you have any problems with Wi-Fi connection do the usual 'switch on off'.

Phone: We have just changed provider and we are now on free calls within France and other Western European countries. Please feel free to use the phone. Although please do NOT call mobiles as there is a charge there (quite expensive) which we will have to pass on to you.

Tel number for the house is **+33 (0)4 68 45 66 90**

There is a **Hi-Fi** system for CDs, a couple of **radios** and a speaker to connect your **i-pod**.

Books / Games. There is a collection in the lounge. There is also a table football, a magnetic darts board & a small basketball net on the mezzanine level (these have helped keep our kids very happy!). Note the net is not a sturdy out-door type - so slam dunks not recommended!

Security/Safety:

Pool: The pool is open so please, please watch out for your kids who cannot swim. As per French regulations, we have installed a pool alarm. Details on how to operate it are below.

Lock-up: There is little crime in the area but please lock doors windows and garage whenever you leave.

Safe Box: There is a safe box in the lounge to the right of the fireplace on the first floor. (NB – this is temporarily out of action although if you use the key, rather than a code, you might get it to work).

High Fire Risk: The area is very dry and hot in the summer and there have been many forest fires, some quite close. Suffice to say, please be very careful with cigarettes and other potential fire hazards when outside. If you are smoking on the balcony, this is fine but please be careful not to drop lighted cigarettes or ash onto the garden below. It would not take much to set the garden on fire.

Fire Extinguishers: The main one is situated in the kitchen and the other at the entrance to the living room. There is also a fire blanket to the right of the oven.

Lightening: There can be some lively thunder storms from time to time. I would suggest you unplug any expensive items like laptops in case of a strike.

Toddler safety gate: This is located behind the linen wardrobe at the top of the stairs.

Liability: Please be careful and note that the use of the house and grounds, including the swimming pool and any equipment in and around the house & garden (e.g. cycles and swing) is at your own risk and we cannot be held liable for any accidents or damage to yourselves or your possessions.

Pool alarm system - Operating instructions

The magnet keys are in the kitchen

If you want to swim and switch the alarm off

1/Normal position:

The pool is under surveillance and the green light is flashing.

You must pass the magnet (red keychain) to the Bather symbol in the activation zone of the device. The alarm system illuminates its red light, there are 5 short beeps, you can swim without triggering the siren

2/Automatic:

As soon as the pool becomes calm the alarm resumes monitoring and flashes green. The automatic restart can take place ten minutes after the end of the swim. A long beep confirms this. During this 10-minute period the pool is not alarmed and adult supervision (or other monitoring) is required.

3/Manual restart:

Pass the magnet on the bather symbol when leaving the pool, the alarm then resumes monitoring and flashes green. A long beep confirms this. If a short beep sounds and the red light is still flashing, the alarm considers the pool too agitated and it cannot immediately resume surveillance. In this case, try again later.

4/Total switch-off:

Attach and hold one of the magnets on the bather symbol until the sound is confirmed (loud beep) and the red indicator blinks rapidly, then pass the 2nd magnet on the red stop symbol. The red light stays on during the confirmation tone (15 short beeps). During this time your pond is not alarmed and adult supervision (or other monitoring) is required. For reactivation of the system, simply pass a magnet on the symbol of the bather.

Warning: The alarm never replaces the active surveillance of an adult. Be very careful and never leave a child alone in or around the pool.

Local emergency numbers:

Doctor: Doctors' practice situated in Saint Andre de R - Dr Salsou and his wife Dr Lapasset, tel 04 68 45 11 99

Dentist: Nearest dentist is the neighbouring (10 mins) town of Bizanet, Dr Richard Bertin, tel 04 68 46 93 54

Nearest Hospital for A+E: Narbonne city centre on Bvd Dr Lacroix. Centre Hospitalier de Narbonne, mobile call out also (S.M.U.R), tel, 04 68 42 60 00. English speakers available. Open 24 hours.

Emergency Services:

General	112
Medical help	15 (Urgent medical calls) or 116 117 for on call doctor (that does not require emergency care)
Firemen (Pompiers)	18
Police/Gendarme	17

AOB:

Cots: We have 2 self-assembly cots, please ask ahead if you need these.

High Chair: We have one that attaches to tables which should be found in the kitchen larder.

Cleaning: The property is cleaned between each set of visitors, however we would ask that, as far as possible, you leave the property as you found it. If for whatever we need to do more than a normal clean through, then we reserve the right to make a charge for this additional work.

House Contents: We understand that occasional breakages will be unavoidable but would be grateful if you could make arrangements wherever practical to please replace any broken items.

Mobile Reception: It is a bit patchy. You can pick up a signal by the front door or the second floor (sometimes) or more consistently by the left-hand corner of the pool terrace. Wi-fi calls / messages (via WhatsApp etc), once connected inside, are best.

Food. If you are arriving on a Saturday, it is worth doing a basic shop (on Saturday) to keep you going. Most shops are closed all day Sunday. The local shop (Vival) is open Sunday morning and closed all day Monday. We always try and stop off at the motorway service stations en route from the airport when we arrive. They have a good choice of the food basics.

On Departure:

Check out time is 10am on Saturday. I hope this does not rush you but it takes 2 people around 10 man hours to clean such a large place and the next guests will be arriving at 4pm.

We would be very grateful if you could do the following.....

1. Empty the **fridge and cupboards** of any perishable foods you have bought.
2. Ensure that **towel radiators** in the bathrooms are turned off.
3. Remove all **rubbish** and any recyclable material from the property
4. Make sure everything is **switched off** and all taps firmly closed
5. Clean **BBQ** if you have used it.
6. Please leave the property **tidy** and in a reasonable state for the next guests
7. If you have used the **washing machine or dishwasher**, please check it is empty before leaving.
8. Please ensure that the 2 sets of **keys** are left. One on the table and the other back in the safe box where you found it by the garage).

We thank you for your cooperation / have a safe journey home!

Shopping: (note most smaller shops have quite irregular hours and a long lunch break!)

All of the shops are on Avenue du Foyer in St Andre.

General Store: Our local main local shop (mini supermarket) is Vival, Avenue du Foyer in St Andre, tel 04 68 45 03 53. It has a nice meat / patisserie section. (Opening hours are Tues - Sat 8am to 12.30pm and 4 to 7.30pm, Sun 8am to 12.30pm, closed Sun pm and all day Monday). There is another good general store in Bizanet called Les Saveurs des Corbierre that has a slightly better range, about a 5 min drive from St Andre. (Summer opening times Mon-Sat 8am to 12.30 and 4.30 to 7pm. Sun 9 to 12.30)

Petrol Station: Nearest one is Station Dyneff (with shop/food) on the road from St Andre to Narbonne (D6113).

Bakers (Boulangerie): Next to the Vival on Ave du Foyer, St Andre de R tel 04 68 45 14 83 (opening times Tues - Sat 6.30 - 12.30 and 4.30- 7.30pm, closed Sat and Sun PM, Monday all day,)

Post Office: In St Andre, tel 04 68 45 16 30 (open Mon-Fri 8.45pm to 11.30 and 1pm to 3pm. Sat am only. Closed Thurs PM and Sunday)

Chemist (Pharmacie): In St Andre de R, tel 04 68 45 10 53 (open Mon – Fri 9am to 12 noon and 3pm to 7.30pm. Closed Sat PM and all day Sun)

Nearest Cash point. Outside the Post Office in Saint Andre de Roquelongue.

Butchers / Meat Van (Forgonette): Vival the small supermarket sells meat but the Forgonette visits on Tues and Wed mornings and parks opposite the Mayor's office / Town Hall (Mairie) on Rue de la Marie. There is also a Fish Van that comes every Tuesday morning. There is also a van selling lovely roast cooked chicken / roast potatoes on Fri evenings located on Rue de la Marie (other cooked meats can be ordered). The Pizza van comes Wed evenings at the same place.

Hyper Markets: Geant and Carrefour in Narbonne. Geant is the nearest (about 15 mins) and is just near the Narbonne West exit on A9. To get there, drive back to Narbonne and before going into the city pick up signs for the A9, (but don't take it) Geant signs will take you from there.

Budget: There is also a Lidl for great value at 8 Route de Marcorignan, just 15 mins away, just north of Narbonne, open 8.30 to 8.00 excl Sundays.

Local Markets:

Gruissan: Every Monday, Wednesday and Saturday mornings in the village and Sunday morning at the Plage des Chalets.

Narbonne: Every morning at Les Halles (covered market) and a great open-air market every Sunday morning in the town centre between the cathedral and the canal. This is well worth a visit.

Legiznan: Farmers market every Wed morning.

Saint Pierre le Mer. Every morning by the beach.

Local second hand market event diary: <http://vide-greniers.org/agendaDepartement.php?departement=11> (enter Aude in region). Try also <https://brocabrac.fr/11/>

Restaurants / Bars:

Saint Andre de Roquelongue – Le St Andre, Pizzas, Tappas, Sandwiches and Salads only but nice and local and they do takeaway. (Open for food after 5pm Tues to Sunday) Tel 04 68 42 44 60. Address 4 Ave de Foyer. **Check opening time though when you are there, as they do vary.**

Montserat: Restaurant la Terrasse – only 5 mins drive. We have not been there yet. Tel 04 68 75 10 07 but had a look inside. Basic, cozy and a family / local feel.

Montserat (lunch only) : Restaurant le Dauphin, 12 – 13.00, tel 04 68 43 32 72. Reservation only. Five mins drive

McDonalds - NEW and CLOSE and open all the time! Open 7 days a week 8-12 midnight (Sat/Sun opens at 9am), 15 Rue du Pont Rouge, zI La Plaine Sud, Montredon-des-corbieres. On main road to Narbonne in the industrial estate where it meets the Carcassonne Road.

Bizanet - 3km from St Andre, La Forge, basic food including pizzas and salads, nice street and can eat on the terrace outside tel 04 68 45 20 21. There is also a high quality restaurant, La Table du Chateau tel 04 68 93 51 19, menu is 16-21 Eur daytime and 33-36 Eur in the evenings. There is also a bar in Bizanet.

Lezignan (about 25 mins drive) this is quite lively and there are several restaurants on the main drag. Try Coco Sweet, next to Rue Pablo Neruda, which looks lovely from the outside and has a garden area. 04 68 33 65 28.

Luc sur Orbieu - 8km from St Andre, La Luciole, tel 04 68 40 87 74. Menu 15-36 Eur. Some guests said it was great.

Gruissan - On the coast, L'Air du Large tel 04 67 75 12 12. Menu around 20 Eur. Jazz on Saturday evenings in summer. Lovely terrace. (one guest went here in Aug 2010 but did not like very much). The old part of the town has several restaurants where you can eat outside in the narrow lively streets. Also at Gruissan try the marina village around Rive Gauche good for sea food e.g. L & L Brasserie tel 04 68 65 52 07 and Le Tamarin tel 04 68 49 16 70

Fonjoncouse- 13km from St Andre, La Table de Saint Crescent, 04 68 41 37 37. This is a Michelin 3 star restaurant. Menu is 42-79 eur.

L'Abbaye de Fontfroide - 3km from St Andre, La Table de Fontfroide, tel 04 68 41 02 26.

Narbonne : There are 2 livelyish bars in the centre of Narbonne (near the Cathedral) called Rive Gauche (by the canal on the same side as the cathedral and in the area where they have the Sunday market) and Botafogo (nearby on the other side of the canal but have not been to this one)

Narbonne Restaurant, Ave Domitius. Great location by the cathedral. Average-priced food and good service. Can eat outside. Tel 04 68 32 33 76, 16 Place de l'hotel de ville.

Narbonne: Brasserie CO brasserie-co.fr . Central by the canal tel 04 68 32 55 25. Good food and nice atmosphere. Smartish but not too formal.

Le Somail: A little further, perhaps 35 mins, but in the gorgeous canal side village, Le Somail, Auberge du Somail, 04 687 07102 or next door, Le Comptoir Nature, +33 4 68 46 01 61 (both very good). You can also hire small electric boats (take 5 people) from Le Comptoir Nature.

Useful Numbers:

General / Tourist information:

Mayor's office in St Andre de R , tel 04 68 45 10 86 (contact: Marise)

Bizanet, tel 04 68 45 88 03

Narbonne, tel 04 68 65 15 60

Baby Sitters:

Eugenie Chevalier 07 89 71 4625

Mme Silly 04 68 48 42 36

Mme Christine Lienard 04 68 45 96 23

Mme Lydie Benazet 04 68 48 62 33

Local guest house: Demeure de Roquelongue - (Gorgeous old house with 5 rooms), 53 Ave de Narbonne, St Andre de R, tel +33 4 68 45 63 57

Taxis:

Occi Taxi , 04 68 27 06 99

Corbieres, 04 68 48 83 15 / 06 80 95 22 30

Taxis Corbieres- Ferrals les Corbières 04 68 75 51 30

AC Taxi Jean Francois- Narbonne, 04 68 32 93 86

A.b.c.d. Narbonne Taxis- Narbonne, 04 68 65 55 19

Weather Check:

<http://meteofrance.com/previsions-meteo-france/occitanie/regin11>

Local things to do:

Check our website before you visit <http://saintandre.yolasite.com/clauidines-top-days-out.php>

Many beautiful interesting places are within easy reach. Here are a few local ideas. We have also left a selection of brochures in the entrance. Please check though but, as there is only one of each, we would be grateful if you could leave these for the next guests.

Beaches: Best are Narbonne Plage (closest, really open and spacey) and Leucate (our favourite, just slightly further). You can reserve a lounge at Narbonne Plage, (location is Maka Plage), Pierre, 06 15 40 7734. Gruissan Plage is good for the evening and a trip up to the old castle. We also like Valras Plage (a bit further away but with the best shop-browsing opportunities!) and Franqui Plage, near Leucate - Lots of restaurants, large beach and some shops.

River Swimming: Ribaute (near La Grasse in a [stunning gorge](#) – highly recommended) and in La Grasse itself. There are beach areas for sunbathing too.

Horse Riding: Only a minute's drive from the house. Les Ecuries de la Roquelongue. Route de Pradines, Saint Andre. Tel 06 48 96 87 90. Opened recently www.ecuries-roquelongue.com. Best to call and book. €35 for 2 hour local trek.

Boat hire: Electric boats from the centre of Narbonne, to explore the canal that runs through the city. Le Comptoir Nature, +33 4 68 46 01 61 and larger / fast boats to explore the lagoon at Meze, 06 87 41 76 81, €130 per half day.

From the marina part at Gruissan; www.bateaux-electriques-gruissanais.fr tel 07 68 95 31 79 (April-Oct)

Sea boats: available to hire from Port Leucate. Quai de Paurel, Bassin Sud. Tel 04 68 40 89 73, www.loca-detente@wanadoo.fr. Bikes are also available for hire from the same place.

Fishing trips are available from Valras Plage - safarimarine.fr , tel 06 70 34 59 56

Boat Excursions: Catamaran leaves Gruissan on short and half day cruises. Tel 04 68 49 26 25

Kayak Hire: In Puichéric (nr Lezignan), company called Eaurizon : 04 68 49 99 82. 1.5 or 3 hour journeys. Thoroughly recommend! Fun start down a water ramp, many rapids (fine for the family) and generally nicely organised. (Although the Roquebrun one is probably a bit more exiting)

There is also more extreme canoeing around Limoux. Someone also mentioned an adventure park in the same area.

Our favorite : Canoë Roquebrun, Chemin de la Roque, 34460 Roquebrun, 04 67 89 52 90, www.canoeroquebrun.com. They offer our guests a 10% discount – tell them you are from "Pradines in Saint Andre de Roquelongue". Any issues, speak with Simon at the office. The town itself is idealic and worth the 1hour 10 mins drive alone. When there, make time to walk to the top of Roquebrun and explore the 'Jardin' – great views.

Port Leucate: There is a hive of activity including an Outdoor Adventure Park (family fun, trapeezing over river etc) tel 06 10 04 58 50 www.leucate-aventures.com , 4 yrs plus (best to wear trainers), a Water Ski Cable tow <http://www.teleskibarcares.com/> tel 04 68 86 23 45, an Aqua Park (water flumes etc), bike hire and a long beach.

Sailing Boat Hire: One of the nearest is Zef Control, Narbonne Plage. They have Hobby Cats (as well as land yachts!). www.zefcontrol.com, 06 71 04 85 17.

WindClub Corbières, Base Nautique, 1089 Port Mahon, Sigean tel 0960 181 370 / mob 06 06667842. Or

Cercle de Voile du Cap Leucate, Port Leucate, tel 09 71 37 59 32. (have not tried these yet – just googled them)

JetSkis and Banana boat tows: Narbonne Plage and Gruissan, www.jetxtreme11.com. Jetskis from €30. Tel 06 22 43 72 93 (Narbonne Plage)

Bike Hire: Our favourite is Mellow Vello, 3 Place de L'église, Paraza. Phil +04 68 43 3821 / 06 50 50 01 49. Great views / flat rides along the Canal. Also Homps (both are on the Canal du Midi) – 40 mins drive. Half day 15 Eur, tel 06 37 07 05 00.

Local Bike Hire: I noticed that the Restaurant la Terrasse in Monserat (only 5 mins away) has a sign saying 'Location de Velos'. We have not tried them yet. Tel 04 68 75 10 07

Go Karts: Plenty of places...Nearest is **Sunkart**, Route de Narbone Plage, Gruissan Plage, <http://www.sunkart.com/> tel 04 68 49 95 20 (on the D322 from Grissan to Narbonne Plage, opposite les Ayguades). It is 13 Euros for 9 minutes

Also 2 near Agde (about 1 hours' drive), 1/ **Go-carting Number One**, La Tamarissière, Agde <http://www.kartingnumberone.com>, tel 04 67 21 05 97 (we have tried this place and it was fun, they have junior and senior karts and quad bikes (also fine for kids).

2/ **Karting de Marseillan**. Not been to, has a larger circuit by the looks of it. Chemin de la colline du Prieur

34340 Marseillan Plage, Agde, 04 67 01 65 06, <http://www.kartingdemarseillan.fr>

Also at Carcassonne, by the airport, Win Kart, Route de Bram, tel 04 68 25 67 07 min age 7 yrs €13 for child, €16 for adults. (we have not tried this yet). <http://www.winkart.fr/WinKart/Accueil.html>

Local walks: You can turn right outside the house, then first right after 100 yds and head up the hill. Plenty of choice and good views. Our favourite is a walk up the East side of the Roquelongue – (the long rock nr St Andre). Drive to Montseret, turn right at the cemetery. Lovely walk and views and some castle ruins at the top to boot.

Abbey de Fontfroide: www.fontfroide.com, tel 04 68 45 11 08. Very close - on the road (D613) to Narbonne from St Andre. There are also a few walks from the abbey up into the hills (highly recommended).

Le Parc Australien : Carcassonne, A61 exit 24, follow 'La Cite' then 'Montlegun' and 'Lac de la Cavayere' (see below)

Carcassonne Plage: (also known as 'Lac de la Cavayere', directions above (for Le Parc Australien) . See the Pradines web site too. This is a must visit place. Lake for swimming, Zipwires Parc (02 Aventure, 04 68 25 33 83, www.02aventure.com), Water Park (www.parcquaaviva.com) , walks , stunning views.

Aquatic Parc: Narbonne Plage. Aquajet Parc, Route de Gruissan, tel 04 68 49 33 61. Lots of flumes, cafes, swimming area. Fun family day out.

Sky Diving ! Its only 25 mins away near Lizignan www.skydive-flyzone.com - one day!

Pretty Villages to visit:

Peyriac de Mer: Lovely old village on coast towards Sigean. They have a Brocante (Car Boot type market) on the first Sunday of every month.

Le Somail, (on the Canal du Midi): a 17th century port with lovely arched bridge over canal. Cafes, restaurant and hire of electric boats for 22 euros per hour. Head for the port when in the village. Only half an hour drive from Pradines. It is NW of Narbonne on D607, Narbonne to Ginestas road. When you head towards Narbonne on usual road in after passing under motorway, go straight at second roundabout, not right into Narbonne as usual, direction Marcorignan).

Chateau de Ventenac : Ventenac enMinervois. Lovely spot on the Canal du Midi with restaurant and Winery, tel 04 68 91 25 89. The local places considered officially as 'Plus Beaux Villages' include Castlenou, Minerve, Saint-Guilhem-le-Desert and last (but not least, and the closest) **Lagrasse**.

Festivals: Spanish week is held in the last week of August in **Carcassonne** see <https://www.carcassonne.org/agenda-manifestations-carcassonne>

And, around the 11th- 15th August in **Bézier**, there is a "Féria" where you will see bull-fighting (both of the traditional type with well-known Spanish Torredors or, the harmless one involving men on horse-back placing rosettes on the bulls). At the end of July, there is a music festival in **Lagrasse**.

Christmas Eve in **Narbonne** centre is quite a spectacular carnival atmosphere.

Rainy Day Activities:

Urban Game Center (Laser Games, Escape Games): Near the Geant. 32 Avenue du Champ de Mars, Narbonne, ugcnarbonne.fr

Bowling: Also, near the Geant. 8 Rue Georges Bouton, Narbonne. xtremebowling.fr , +33 4 68 33 93 91

Cinema: There is a multiplex in Narbonne near the Geant / A9 exit - Cinéma Mega CGR,, ZI Croix Sud, Route de Perpignan, tel 08 92 68 85 88.

Swimming Fun: Espace de Liberte, Water Slide, pool, bowling and ice rink. <http://www.espaceliberte.com> tel 04 68 42 1789
Roint Point de la Liberté, in Narbonne.

Chocolate Factory! Chocolatiers Cathares - On the road to Narbonne. <http://www.petitfute.com/v18543-narbonne-11100/c650-produits-gourmands-vins/c1107-pains-gateaux-chocolats-glaces/c668-chocolatier/1581240-les-chocolatiers-cathares.html>

Check the weather further away: The mountain weather can be quite localised. We have left rain in Narbonne and driven 1 hour East and found hot sun.

Spain!: A one hour trip across the border and Pyrenees normally finds better weather. You can get to Figueres and Cadaques in a short time and we like to do an over-nighter and get to Barcelona – only 2.5 hours away.

Sport:

Golf – Pitch and Putt & Driving range - 18 holes, all par 3s, longest is 140 yds. Great fun. €22 per round. Chemin St Crescent, Narbonne (by Sports Centre) tel 04 68 27 37 99, www.golfstreosenarbonne.com. You can hire clubs and balls there.

Mini (Crazy) Golf: Domaine de la Source. Very close - On the road (D613) to Narbonne from St Andre. www.jemmes.com, tel 04 68 42 14 46

Nearest Sports Centre: Narbonne: (no details yet)

Bike Hire: Narbonne also Port Leucate.

Quad Bikes / Off Road: At Chateau de Lastours near Sigean. Hire or get guided tours of the hills. tel 0468 48 64 74
<http://www.chateaudelastours.com/>

Winter skiing: Nearest resorts are in the Pyrenees and are about 3 hours drive, include Font-Romeu. Les Angles and Cerdagne-Puigmal.

AOB:

Neighbours:

Pascal – In the house behind Pradines. This house is rented out to visitors too.

The **Chenerey family** own the large Chateau looking building to the left. **The family are often there for a few weeks in July.**
Detliffe and Myrjam (the caretaker) are the owners of the barn to the right and all the vineyards surrounding Pradines.

And finally.....

We really hope you enjoy your stay – if you experience any problems, please do not hesitate to contact our caretaker or if you prefer ourselves. If you have enjoyed your stay as much as we do when we visit, please let your friends know.

Chris and Claudine x

Suggest you look at the web page which has more detail / some pictures for the bit from Saint Andre

Directions from the A9 (e.g from Beziers or Perpignan)

1. From A9 take exit 38-Narbonne-Sud toward Saint-Jean-Saint-Pierre
2. Through Peage and remain in central lane, continue straight onto D6009 (signs for Perpignan/Carcassonne/Lézignan) 2.6 km
3. Take the ramp to D6113/Narbonne-Centre/Carcassonne/Montredon-des-Corbières/Lézignan-Corbières 260 m
4. At the roundabout, take the 1st exit onto D6113 heading to A9/Carcassonne/Perpignan/Sigean Lézignan-Corbières 2.9 km
5. At the roundabout, take the 3rd exit onto D613 heading to Bizanet, head into hill, pass quarry on the right, pass under A9, 11.3 km
6. After long straight bit turn left sp to St Andre de Roquelongue, D423, 1.5 km
7. Go through St Andre, over a cross road, pass garage on left until you arrive at a large roundabout (the only one in Saint Andre!)
8. Take 3rd Exit, (Cave Cooperative on right) Le Coude / Pradines (on Route des Pradines)
9. Go over bridge,
10. Turn right at fork signposted Pradines Le Haut
11. Stay left at the next fork (by the green box in the middle of the road)
12. We are on the right as the road levels out. Look for the barrel by the entrance.

Directions from A61 (e.g from Carcassonne)

1. From A61 exit, take junction 25, Lézignan toward Lézignan-Corbières
2. At the roundabout, take the 3rd exit onto D611 heading to Ferrals-les-Corbières/Fabrezan
3. Cross over the A61 and continue along straight road for 2.2km
4. Turn left at D106. Ferrals-les-Corbières, (this is easy to miss!), 900 m , through Ferral- les-Corbierres
5. Turn left at Avenue de Carcassonne, signposted Durban / Villerouge on D106
6. Continue over a bridge (River Orbieu) on D106, through Villerouge la Cremade, 5.6 km
7. Turn left at D611, Thezan / Durban / Saint Andre de RoqueLongue , 1.3 km
8. Slight left at D613 sign posted Narbonne / Saint Andre de Roquelongue, 6.2 km
9. Turn right at D61, Saint Andre de RoqueLongue, 1.7 km
10. Once in Saint Andre you will arrive at a Square (opposite a bus stop). Turn left signposted Narbonne / Montserret.
11. At end of Road turn right, D423, signposted Montserret
12. Over a cross road, pass garage on left until you arrive at a large roundabout (the only one in Saint Andre!)
13. Take 3rd Exit, (Cave Cooperative on right) Le Coude / Pradines (on Route des Pradines)
14. Go over bridge,
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