Where to watch birds… 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!
What else to see and do in the Narbonnaise regional Nature Park on the Mediterranean, epitomises the very essence of the Mediterranean!

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 Antique…). 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

Tourist office
Grasslands, “garrigue” and Mediterranean forest
Wetlands
Lagoons
Beach and dunes
Farmland
Urban areas
Bird watching areas
Tourist office
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:

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.

Fleury d’Aude

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

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
Gruissan


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:

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 orphean 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.
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.campinglesfloralys.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

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
Marais du Castelou (Narbonne)

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).

Birds to be seen:

- 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.

*Please keep to the marked walking tracks.*
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 Livière Haute
Lilian SERRE 3 holiday rentals
11100 Narbonne
☎ +33 (0)4 68 41 04 71
Liviere-haute@club-internet.fr

Other accommodation options

Tourist Information

Narbonne tourist office
31 rue Jean Jaurès, 11100 Narbonne
☎ +33 (0)4 68 90 30 66
www.narbonne-tourisme.com
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.

Birds to be seen:

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.
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)6 48 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

**La Noria VVF Holiday Village**  
“Sigean” - 44 cottages  
59 rue de la Barbacane, 11130 Sigean  
+33 (0)4 68 48 33 57  
Fax: +33 (0)4 68 48 86 45  
www.vvf-villages.fr/location-vacances/vacances-sigean-vvf-villages.html

**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/
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.

Birds to be seen:

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.

*Please keep to the marked walking tracks.*
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/

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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
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.

Birds to be seen:


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

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Sardinian warbler- © E. Czyz- Aude Nature

Bird watching site 1

Car park
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
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.