



The house and front courtyard

[Welcome to the 2018 Dancing Pilgrimage in the Pyrenees.](#)  
[September Monday 24th - Monday 1st October.](#)

Below you will find information about Laval Dieu, details of the programme for the week, how and when to pay.  
Please save this and/or print out to keep with you.

Laval Dieu.

The area of Rennes le Château and Rennes les Bains, in the magical land of the Languedoc in southwestern France, with the 'inverted' mountain of Bugarach, ruined Cathar castles, hot springs and powerful earth energies has a mysterious and sacred history.

In the early 1800 there were 5 houses and families here but after the 1st. World War Laval Dieu fell into ruin, the fate of many rural properties. The slow restoration of the ruined hamlet began in 1984.

The present farmhouse dates from 1774. There are organic gardens and orchards, horses, pastures full of wild flowers and butterflies (over 80 species here and in the immediate area) and deciduous woodland. It is a bird refuge and hunting is prohibited.

Since 1986 individuals, families and groups have been coming here to re-energize body, mind and spirit, have fun and rest or simply follow their own quest.

Accommodation is simple in true rural French style. There are beds for 12 dancers in twin, triple and 1 quadruple room.

There are 3 showers and toilets.

All meals are vegetarian and 90% organic using a lot of the vegetables and fruit grown in the various gardens and orchards on the estate.

## OUTLINE OF THE WEEK.

Monday - arrival and settling in. Supper. Meet and greet.

Wednesday we take a trip to Rennes le Chateau - a lovely level approx.. 5 kilometres walk (or by car if you wish) have picnic lunch and spend the afternoon exploring this fascinating and now famous place.

Friday will be a full day excursion by coach to the castles of Montsegur and the Forest of Nebias known as the 'Fairy Forest'.

There will be a Dance session every morning except Thursday, and either/or late pm and evening most days.

There will be plenty of free time in the afternoons for your own explorations of this absorbing area – to walk the land, go horse riding, visit some of the special spots dripping with legend that are within walking distance of Lavaldeu, dip in the thermal pools in Rennes-les-Bains (2 kilometres), or simply sit in the sun outside the farmhouse and soak up the wonderful views across to the mountain of Bugarach. Evenings will become what we feel like making them, whatever evolves after a good dinner with local organic wine - a fire outside, maybe, dancing by candlelight, who knows what the genie of the group will create....

## PAYMENT PLAN.

Total cost – accommodation, all meals and outings - £625

Deposit which secures a place – £125 which is not refundable.

2<sup>nd</sup> payment – latest 1<sup>st</sup> February 2018 – £250.

Final payment – latest 1<sup>st</sup> July 2018 – £250.

You are of course welcome to pay it all at once.



Montsegur