**August 1 2019: Montsegur**

Our next stop yesterday was Montsegur. This was the last Cathar stronghold where in 1244 they were finally conquered and burned at the stake. It’s a sad history. The castle at the top of the mountain is actually of a later date as the original castle was destroyed.

Chantal participated for nearly 20 years on the archaeological excavation of this mountain and its ruins. There were interesting findings including Roman coins. Our intention in visiting there yesterday was to visit the author of a book who summarized their archaeologic efforts. It was an interesting visit.

On the way home (and about 15 km away), we had a flat tire. That’s another story but all is well. We ended up having a drink then going out to dinner at another outdoor restaurant in Belvèze-du-Razès, about 5 km from home. I figured we had earned it.

This place is only open in the summer and has excellent American-style hamburgers that lived up to their name though with a thick slice of Camembert on top. They are also known for their excellent pizza. And while that isn’t on my diet, I am tempted to return.

Photos: See attached (1-6)