



Trip description

A 5-day biking trip along the Canal du Midi

You ride along the canal du midi, visit the Carcassonne fortress, admire the Narbonne cathedral and the cathare village of Minerve.

Difficulty level: easy. The itinerary is flat along the canal but hilly as soon as you divert from the canal. The route takes you on the boat hauling path of the canal and quiet country roads. The stages are 24 to 40 km long, which means 2 to 4 hours biking at a slow pace (10km/h). The boat hauling path being still a dirt track on several portions (between Homps and Narbonne), it is sometimes bumpy to ride (narrow path).



Destination	France
Location	Canal du Midi
Duration	5 days
Difficulty Level	Easy
Validity	From April 15th to Oct 15th
Minimum age	9 years
Reference	M0401

Type of stay
itinerant trip



Itinerary



Ride up the Canal from Carcassonne to Narbonne. The cool shade of the trees, the swaying of the barges and the splashing of water of the Canal du Midi flavour your journey. The Canal du Midi also passes through a region rich in history. An amazing trip in Cathar land with its Carcassonne fortress but also the Narbonne Cathedral.

DAY 1

Day-trip from Carcassonne

Bike
24km

The stage of the day is a short loop tour through the outskirts of Carcassonne. It takes you first around the unmissable medieval city of Carcassonne and then to the Lake of La Cavayère, where you can enjoy a swim or a relaxing moment on the beach. On the way back, you enjoy the marvellous views on the medieval fortress on top of the local vineyards!

DAY 2

Carcassonne - Homps

Bike
40km

You leave the busy city and enjoy the calm of the canal. Stroll under the plane trees and cypresses, surrounded by vineyards. Enjoy a day outside: the calm nature is only disrupted by the animation of the cute villages. Admire the many works of art, built on the canal between 1666 and 1680, like the aqueduct of Orbiel.

DAY 3

Round trip to Minerve

Bike
36km

Altitude
±320m

You can either choose to explore the nearby lake or visit the fortified Cathar villages in the hinterland like Minerve, which is one of the "Loveliest Villages in France". You meander through the gorges of the Cesse and stop to admire the breath-taking scenery. The route is much hillier than the canal, but really worth the effort.

DAY 4

Homps - Narbonne

Bike
35km

You continue to ride along the Canal du Midi, quietly enjoying the cool shade of plane trees and pines and the slapping sound of water against the barges. Be careful to the roots in this stage. The path become bumpy and narrow.

Departure from Narbonne

You depart after breakfast.

Accommodation

Category A

You stay in hotels with ** standards offering all the necessary comfort after a day outdoors. These family hotels welcome you warmly. Breakfast is included.



** Example of the type of accommodation*

Category B

You stay in hotels with *** standards or bed & breakfasts selected for their style and quality. Breakfast is included.



Practical information

To get to departure point:

By plane: regular flights to Toulouse or Ryanair flights to Carcassonne from London Stansted, Liverpool, Eindhoven, etc. Bus connection every 30 min to the city center of Carcassonne (5€/pers). The bus ticket is valid on the public transport network for an hour.

By train: TGV (fast trains) from Paris Gare de Lyon and connection in Lyon/Narbonne/Montpellier to take a regional train to Carcassonne. The duration of the trip is about 6h00. To plan your trip, www.raileurope.com.

Parking

If you drive to Carcassonne, you can park your car in a secured car park located in the city center, close to your accommodation. The daily rate is 7€. Please book upon booking.

You can park also your car in the free open public car park located on each side on Pont Vieux.

All details will be given in your travel documents.

To get back to starting point:

Regional trains take you back to your starting point if you wish. They are accessible without booking in advance and bicycles are free. You have to buy your ticket on spot (full rate 15.20€/adult). You will find the timetable of the day in your travel documents.

If you chose the luggage transport, you will be able to pick up your luggage after 5pm at the pick up location.

Meeting time:

The first day is an arrival day without cycling. You arrive whenever you want depending on from where you come. Please note that rooms are usually available in the middle of the afternoon depending on your accommodation. We thank you to advise us if you plan to arrive late.

Price description

Category A	529 €/pers
Double room fare	
4 nights in ** hotels	
4 breakfasts	
4-day rental of a fully-equipped bike (saddle bags, locks, toolkit)	
the delivery and return of the bikes	
the access to our mobile app including the roadbook and the practical and tourist information	
7/7 hotline	
High season (*)	50 €/pers
Half-board (3 diners)	119 €/pers
Extra for a single room	65€/ night
Extra night in Narbonne	79 €/pers
Extra night in Carcassonne	82 €/pers
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Category B	589 €/pers
Double room fare	
4 nights in *** hotels or bed & breakfasts	
4 breakfasts	
4-day rental of a fully-equipped bike (packs, helmets, locks...)	
the access to our mobile app including the roadbook and the practical and tourist information	
the delivery and return of the bikes	

7/7 hotline	
High season (*)	40 €/pers
Half-board (3 diners)	119 €/pers
Extra for a single room	79€/night
Extra night in Narbonne	94 €/pers
Extra night in Carcassonne	89 €/pers

Options

Discount if you bring your own bicycle	-69 €/pers
Extra for the rental of an electric bike	69 €/pers
Luggage transport (high season: 15/4 - 15/10)	60 €/pers
Luggage transport (low season: 28/3 - 14/4 & 16/10 - 1/11)	110€/pers
Entry to the medieval fortress in Carcassonne	9,50 €/adult

(*) High season :
from 01.07 to 02.09

Children discount (in the same room as 2 full rate participants):

0-4 year : -70%
5-11 year : -50%
12-17 year : -30%

The package doesn't include:

the journey to the tour location
drinks
meals which are not included
entrance fee to sites
tourist taxes
insurances (optional)

For more information or booking : www.levelovoyageur.com
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