



## Trip description

### 4-day family cycle trip along the Canal du Midi

#### No starting on Thursday

Short daily distances for those who want to cycle the Canal du Midi with children or at a relax pace.

Be careful : the towpath being still a muddy track on several portions (between Bram and Carcassonne), it is sometimes a bit bumpy to ride and narrow path.

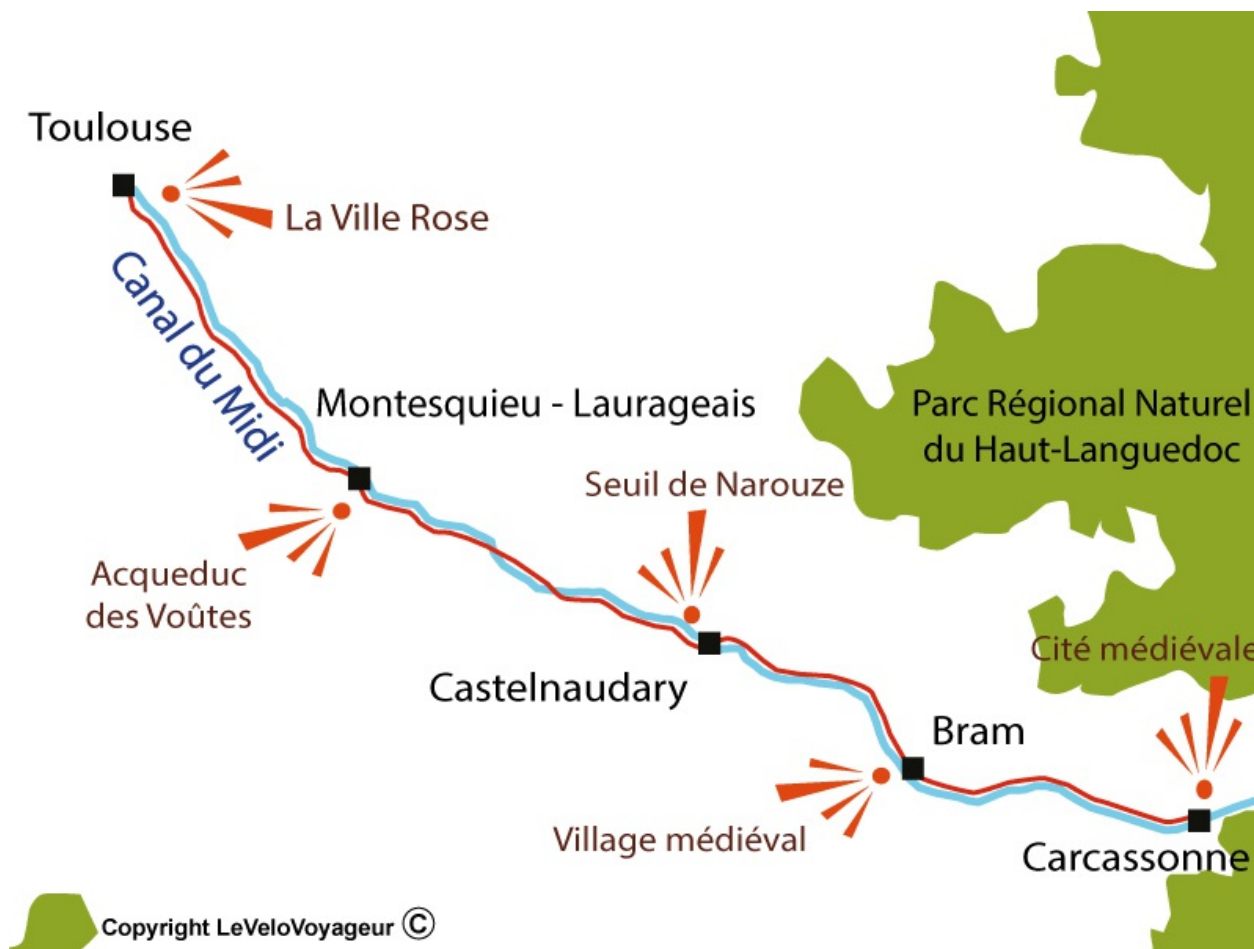


Destination	France
Location	Canal du Midi
Duration	4 days
Difficulty Level	Very easy
Validity	From April 15th to October 15th
Minimum age	7 years old
Reference	M0403

Type of stay  
itinerant trip



## Itinerary



This family cycle trip takes you along the Canal du Midi from Toulouse to Carcassonne. You ride at your own pace from lock to lock and discover the ingenious construction structures built by Paul Riquet. The daily distances are short, allowing you to bike slowly and rest when you arrive at your daily stop. You leave Toulouse on a cycle path along the canal and keep on cycling through the Lauragais area via Montesquieu-Lauragais, Avignonet-Lauragais and the Narouze splitting line before reaching Castelnaudary. You then head to the village on Saint-Papoul on low-traffic country roads before finding again the canal, that you follow till Carcassonne. You will be rewarded with the stunning views of the medieval walls !

#### Day 1

##### Toulouse - Montesquieu-Laurageais area

Bike  
~30km

You leave Toulouse on a cycling path along the Canal du Midi and enjoy riding out of the city away from cars, lulled by the soft sound of the water. You reach the first villages of the Lauragais, an area where the landscape is dotted with typical flat bell towers like in the village of Montesquieu-Lauragais.

#### Day 2

##### Montesquieu - Lauragais area - Castelnaudary

Bike  
36km

You ride smoothly along the canal and reach the Cathar village of Avignonet-Lauragais before passing by Port Lauragais and the watershed between the Atlantic and the Mediterranean sea. You then head towards Castelnaudary, where you will be warmly welcomed with a tasty cassoulet on the nice port.

#### Day 3

##### Castelnaudary - Bram

You ride at a slow pace under the plane trees on the dirt path used as a tow path in the past. You reach Bram and its charming marina.

Bike  
17km

## Day 4

### Bram - Carcassonne

Bike  
27km

You ride today on the canal hauling path to Carcassonne. You go through the new town and arrive on the banks of the Aude river, from where the impressive walls of the medieval city rise in the sky. Don't miss out the visit of this fortress, which was very well restored.

When you start cycling inside the Aude department, the cyclable path becomes bumpy. Be careful to the roots and the mud in case of rain.

## Accommodation

### Category B

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



*\* Example of the type of accommodation*

## Practical information

### To get to departure point:

**By plane:** many airlines fly to Toulouse. A regular shuttle is going to the city center every 20 min (price € 8/pers). It takes 20 to 45 min to get to the city center depending on traffic.

**By train:** because of the geography, trains going to Toulouse are not high speed. As a consequence, it is quite a long train ride to get there: 5h30 from Paris, 4h from Marseille, 4h30 from Lyon and 2h from Bordeaux. To plan your trip, [www.raileurope.com](http://www.raileurope.com).

### Parking

If you drive to Toulouse, you need to know that secured car parks in the city center of Toulouse are very expensive. The 4-day rate in all the secured car parks of the city center is € 83. Another option is to park your car at the airport in the car park of Radisson Blu hotel. The rate for 4 days is € 40. You can book a spot on the website or the application of Mobypark. You can then take the shuttle (see upper).

All details will be given in your travel documents.

## To get back to starting point:

Trains take you back to your starting point if you wish. Regional direct trains (duration about 1 hr) are riding regularly. These trains take bikes without surcharge. You can buy your ticket on spot (full rate € 16.50/adult).

You will find the timetable of the day in your travel documents.

## Meeting time:

We recommend you to arrive at around 10am to enjoy your day fully without rushing and be able to do the visits on the way. We advise to book an extra night before in Toulouse if your travel plans make you arrive later.

**If you chose luggage transport, you must arrive before 10am to drop off your luggage.** Bikes pick up point and luggage drop off point are located next to the train station and will be given in your travel documents.

## Price description

<b>Category B</b> Double room fare	<b>€ 425</b> /pers
3 nights in *** hotels or B&Bs 3 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 (*)	€ 25 /pers
Half-board (3 dinners)	€ 99/pers
Extra for a single room	€ 83/night
Extra night in Toulouse: very limited possibilities in September and October 2023 because of the World Cup Rugby. No overnight stay possible on these dates : 9, 10, 11, 14, 15, 16, 22, 23, 24, 27, 28, 29, 30 September and 7, 8 and 9 October.	€ 94 /pers
Extra night in Carcassonne	€ 79 /pers
<b>Options</b>	
Luggage transport (high season: 15/4/ - 15/10)	€120/pers
Luggage transport (low season: 28/3 - 14/4 & 16/10 - 1/11)	€220/pers
Discount if you bring your own bicycle	€ -59 /pers
Extra for an electric bike	€ 69 /pers
Entry to the medieval fortress in Carcassonne	€ 9.5 /adult

(\*) **High season :**  
from 01.07 to 02.09

**Children's discount** (in the same room as 2 full rate participants):  
0-4 years: -70%  
5-11 years: -50%  
12-17 years: -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](http://www.levelovoyageur.com)  
+33 (0)1 80 91 98 18 or [bonjour@levelovoyageur.com](mailto:bonjour@levelovoyageur.com)