



Trip description

Cycling Canal du Midi from Carcassonne to Béziers

On this bike tour, you ride along the Canal du Midi but not only. Discover the history of the cathar country and enjoy the sweet life of the South of France.

Difficulty level: moderate. 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 46 km long, which means 3 to 5 hours biking at a slow pace (10km/h). The boat hauling path being still a dirt track on several portions overall between Homps and Béziers (a lot of roots, the path can be muddy in case of rain), it is sometimes bumpy to ride. The second part of the itinerary requires more attention on the bike.



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| Destination | France |
| Location | Canal du Midi |
| Duration | 8 days |
| Difficulty Level | Moderate |
| Validity | From April 15 to Oct 15 |
| Minimum age | 12 years |
| Reference | M0701 |

Type of stay
itinerant trip



Itinerary



The Canal du Midi was originally an idea of the Romans, but it was only built in the 17th century thanks to the genius of Pierre-Paul Riquet. You ride along the Canal du Midi from Carcassonne to the Mediterranean Sea. The quietness of the hauling path, the swaying of the barges and the splashing of water of the Canal du Midi flavor your journey. On this biking holiday, you enjoy the legendary sweetness of the Southern France life, the Cathar country and the long beaches of the Mediterranean Sea.

Taste the famous cassoulet and other culinary delights of the region. History is also all along your cycle route: visit the amazing fortress of Carcassonne, admire the Roman ruins and the Cathedral of Narbonne or the old city center of Béziers. You finally ride through the marshes among the bulls and pink flamingos to enjoy on afternoon on the beach!

DAY 1

Carcassonne

Discover the charming old city of Carcassonne and especially take time to visit the impressive and remarkably restored fortress, which overlooks the city and the Canal du Midi.

DAY 2

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 3

Carcassonne - Homps

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

Bike
40km

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 4

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 5

Hombs - 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.

DAY 6

Narbonne - Béziers

Bike
46km

You ride slowly along the Canal de la Robine to reach the village of Sallèles-d'Aude, then you cut through fields and dried up ponds to get back along the Canal du Midi. The bravest will climb up the hill to discover the oppidum, others will continue towards the Malpas tunnel, an impressive work carved into the rock. The most impressive staircase lock awaits you just before reaching the old city center of Béziers : the 9 locks of Fonserannes.

Be careful to the roots during this stage. The path becomes narrow and bumpy but you will find a beautiful cyclable path when you arrive around Béziers.

DAY 7

Round trip to the Mediterranean sea

Bike
42km

You continue to ride down the Canal du Midi, then venture out on the dried up ponds. Enjoy this nature full of horses, bulls and wild birds, even flamingos, conveying a "Camargue" atmosphere. Reach the Mediterranean Sea on time for a lunch on the beach before returning to Béziers.

DAY 8

Departure from Béziers

The regional train (TER) takes you back to Béziers if you wish.

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.



** Example of the type of accommodation*

Practical information

To get to departure point:

By plane: regular flights to Toulouse or Ryanair flights to Carcassonne from London Standed, 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 on a secured car park P1 Cité Porte narbonnaise, located in near city center, close to your accommodation. The daily rate is 7€. There is a shuttle service to the city center.

You can also park your car in the free open public car park located on each side of the 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 (about 15€/adult) or online. You will find the timetable of the day in your travel documents.

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 **949 €/pers**
Double room fare

7 nights in ** hotels an B&B
7 breakfasts
6-day rental of a fully-equipped bike (saddde bags, locks, toolkit)
the luggage transport
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 (*) 99 €/pers

Half-board (4 diners) 159 €/pers

Extra for a single room 71€/night

Extra night in Carcassonne 69 €/pers

Extra night in Béziers 73 €/pers

Category B **1069 €/pers**
Double room fare

7 nights in *** hotels or bed & breakfasts
7 breakfasts
6-day rental of a fully-equipped bike (packs, helmets, locks...)
the luggage transport
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 (*) 49 €/pers

Half-board (6 diners) 169 €/pers

Extra for a single room 99€/night

Extra night in Carcassonne 83 €/pers

Extra night in Béziers 129 €/pers

Options

Discount if you bring your own bicycle -85 €/pers

Extra for the rental of an electric bike 85 €/pers

Entry to the medieval fortress in Carcassonne 9,5 €/adult

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

Children 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
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