



Trip description

Along the Canal du Midi from Toulouse to Sète

This cycling tour follows the course of the Canal du Midi from Toulouse to Sète or Montpellier (extra day).



Destination	France
Location	Canal du Midi
Duration	8 days
Difficulty Level	Moderate
Validity	From April 15th to October 15th
Minimum age	From 14 years old
Reference	M0702

Type of stay
itinerant trip



Itinerary



This cycling tour takes you from Toulouse to the Mediterranean sea along the Canal du Midi. You ride on the hauling path or further to discover here and there an abbey, nice vineyards or a lake. You start your cycling holiday in Toulouse, where you already feel the way of life of the South of France,

discover its gastronomy and wonder at its soft colors. You then ride through the Lauragais, a vast fertile plain dotted with nice churches and ride through Castelnaudary, the home town of cassoulet before reaching the cute port of Bram. You head then to Carcassonne and its famous medieval fortress before riding into Minervois, where you will pass many peaceful wine villages along the canal. You stop in one of them before going to your next stop in Béziers. Afterwards, the sea is only a few kilometers away. You reach first Agde and the Thau Lagoon. You ride the last stretch along the sea and arrive in the town of Sète and its port, the destination of your adventure.

DAY 1

Toulouse

You start your cycling holiday in Toulouse, where the Canal du Midi starts. Its architecture stands out with its pink and orange tinted buildings, which confer the city its nickname of the "Pink City". Walk across the famous Place du Capitole and admire the many architectural masterpieces like the roman style Basilica of Saint-Semin, the Church of the Jacobins or the Renaissance town house of Assézat. Toulouse is also a dynamic and gastronomic city, where you will be able to taste a wide range of French South West culinary specialities.

DAY 2

Toulouse - Gardouch

Bike
43km

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. This rich plain surrounded by hills is opened to trade for centuries thanks to the canal.

DAY 3

Gardouch - Bram

Bike
40 ou 50km

Altitude
±80m

You leave the canal to ride on a nice overhanging road offering magnificent views on the canal and countryside. You 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. You keep on through the countryside to the charming abbey of Saint-Papoul and get back on the canal in Bram.

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.

DAY 5

Carcassonne - Le Somail

Bike
65km

Shortly after Carcassonne, the canal route takes you in Minervois. A La Redorte, be sure to observe the outfall of the Argent Double designed by Vauban, built to drain the excess water during floods or to clear the channel. The charming wine villages follow one another, each with its little harbor. Homps offers a possibility of a little more lively stopover before proceeding to one of the next villages where you stop.

The path becomes very narrow and leafy sometimes during the journey. The cyclable path can be bumpy because of the roots along the canal. This part of the circuit requires more attention.

DAY 6

Le Somail - Béziers

Bike
55km

At the beginning of this stage, you stay along the Canal du Midi and the Canal de la Robine. You then bike on nice country roads through Ouveillan. You follow the canal again which is meandering till the lively port of Capestang. It is worth to stop to admire the collegiate church of Saint-Etienne, which is dominating the village with its 45m-high bell gothic bell tower. You keep following the canal, pass under the Malpas tunnel and ride down the cascade of the 9 Fonsérannes locks. Your ride ends with a nice view on Béziers, where you sleep.

Be careful on the towpath, which is very narrow and bumpy. Some vigilance is often required.

Once you arrive around Béziers, you will find a beautiful cyclable path to enter in the city.

DAY 7

Béziers - Sète

Bike
55km

Cycling along the canal is very easy on this stage. You ride on a cycle path and very smooth paths. You reach Agde effortlessly, and discover on the way the Estagnol marshes, the quiet port of Cassagières or the many constructions works like the lock of Libron or the bridge of Saint-Joseph. After Agde, you follow the Hérault river which flows into the lagoon of Bagnas. You then cycle the last stretch of the canal and end up at the Onglous light tower, and feel like you've "made it" as it is where the waters of the canal flow into the sea water of Thau Lagoon. But it's not finished yet! A cycle path along the sea takes you to Sète, your final destination.

DAY 8

Sète

Enjoy the liveliness of Sète port, built by Louis XIV to give the canal a gate to the sea. The charming hilly streets of this seaside town have inspired many artists. You leave after breakfast or you can extend your holiday toward Montpellier for an extra day of discovery.

Extra day : Sète - Montpellier

Bike
51km

You leave the Venice of Languedoc towards Frontignan. Then you cycle along a lagoon towards Vic where you have the option of following the Canal in the middle of the lagoon (gravel) or taking a small detour towards the hinterland. Just before Palavas-les-Flots, you can visit the ancient cathedral of Maguelone. Pedal joyfully along the Lez river enjoying the panoramas of the lagoons, pink flamingos, horses... This towing path takes you directly to port Marianne, an emblematic district of the city, before taking you to the city center of Montpellier, the Gifted.

Accommodation

Category A

You sleep in family-owned hotels ideally located in your overnight stop or in bed & breakfasts along the canal. Breakfast is included.





** Example of the type of accommodation*

Category B

You sleep in *** hotels with an elegant setting and a warm atmosphere or in charming bed and breakfasts along the canal. Breakfast is included.



** Example of the type of accommodation*

Category C

You'll enjoy a higher level of service in these 3-4 Star properties. Properties are selected for their high standards and impeccable service. This category is for guests looking for a higher-end vacation. Of course, breakfast is included daily.



** Example of the type of accommodation*

Practical information

Main features:

One way trip

To get to the departure point:

By plane: many airlines fly to Toulouse. A regular shuttle is going to the city center every 20 min. 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, <https://www.sncf-connect.com/>.

Parking

If you are driving to Toulouse, you need to know that secured car parks in the city center of Toulouse are very expensive.

To find a parking spot : www.parkopedia.com

To get back to the 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 the spot.

To plan your journey : <https://www.sncf-connect.com/>.

Meeting time:

The bicycles are to be picked up at the rental agency. 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 9.30am to drop off your luggage. Bikes pick up point and luggage drop off point are located close to the train station (Saint-Agne) and will be given in your travel documents.

Price description

Category A	€ 999 /pers
Double room fare	
7 nights in ** hotels or B&Bs	
7 breakfasts	
6-day rental of a fully-equipped bike (packs, locks, toolkit)	
the luggage transport	
the access to our mobile app including the roadbook and the practical and tourist informations	
the delivery and return of the bikes	
7/7 hotline	
High season (*)	€ 40 /pers
Half-board (5 dinners)	€ 189 /pers
Extra for a single room	€ 68 /night
Extra night in Toulouse	€ 65 /pers
Extra night in Sète	€ 58 /pers
Extra day towards Montpellier	Low season:
(discount for children applicable according to age and room repartition)	200 €/pers
- 1 night in a 3* hotel in Montpellier	
- 1 breakfast	High season (*):
- 1 extra day for a rental bicycle	220 €/pers
- 1 extra day of luggage transport	
- repatriation of the rental bikes	
Category B	€ 1179 /pers
Double room fare	
7 nights in *** hotels or deluxe B&Bs	
7 breakfasts	
6-day rental of a fully-equipped bike (packs, helmets, locks...)	
luggage transport	
access to our mobile app including the roadbook and the practical and tourist informations	
a touristic leaflet	
delivery and return of the bikess	
7/7 hotline	
High season (*)	€ 20 /pers
Half-board (5 diners)	€ 199 /pers
Extra for a single room	€ 89 /night
Extra night in Toulouse	€ 79 /pers
Extra night in Sète	€ 105 /pers

Extra day towards Montpellier (discount for children applicable according to age and room repartition)	Low season: 210 €/pers
- 1 night in a 4* hôtel in Montpellier	
- 1 breakfast	High season (*): 220 €/pers
- 1 extra day for a rental bicycle	
- 1 extra day of luggage transport	
- repatriation of the rental bikes	

Category C **€ 1569 /pers**
Double room fare

7 nights in *** or **** hotels or B&Bs
7 breakfasts
6-day rental of a fully-equipped bike (packs, locks, toolkit)
luggage transport
access to our mobile app including the roadbook and the practical and tourist informations
delivery and return of the bikes
7/7 hotline

High season (*) € 70 /pers

Half-board (5 diners) € 225 /pers

Extra for a single room € 141 /night

Extra night in Toulouse € 107 /pers

Extra night in Sète € 128 /pers

Extra day towards Montpellier
(discount for children applicable according to age and room repartition) Low season:
220 €/pers

- 1 night in a 4* hôtel in Montpellier
- 1 breakfast Haute saison (*):
230 €/pers
- 1 extra day for a rental bicycle
- 1 extra day of luggage transport
- repatriation of the rental bikes

Discount if you bring your own bicycle € -99 /pers

Extra for an electric bike € 85 /pers

Cité de Carcassonne € 9,50 /pers
(free for -18 yo)

Please note: in low season (1/03 - 15/04 and 16/10 - 15/11) there is a supplement for luggage transport

- from 1 to 3 people
- from 4 people 166 €/pers
83 €/pers

(*) **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
the drinks
the meals which are not included
the entrance fee to sites
insurances (optional)
local taxes

For more information or booking : www.levelovoyageur.com
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