



Trip description

3 days cycling with your family on the Passa païs

This 3-day bike ride in the Haut Languedoc Natural Park is refreshing for the body and mind. Take advantage of the short and gentle stages to slow down the pace. You will ride on the old railroad in the Jaur valley and then at the foot of the majestic massifs of the Haut Languedoc. The numerous tunnels on the cycle path guarantee you a total change of scenery. When you arrive in Bédarieux, a shuttle will take you back to the starting point.

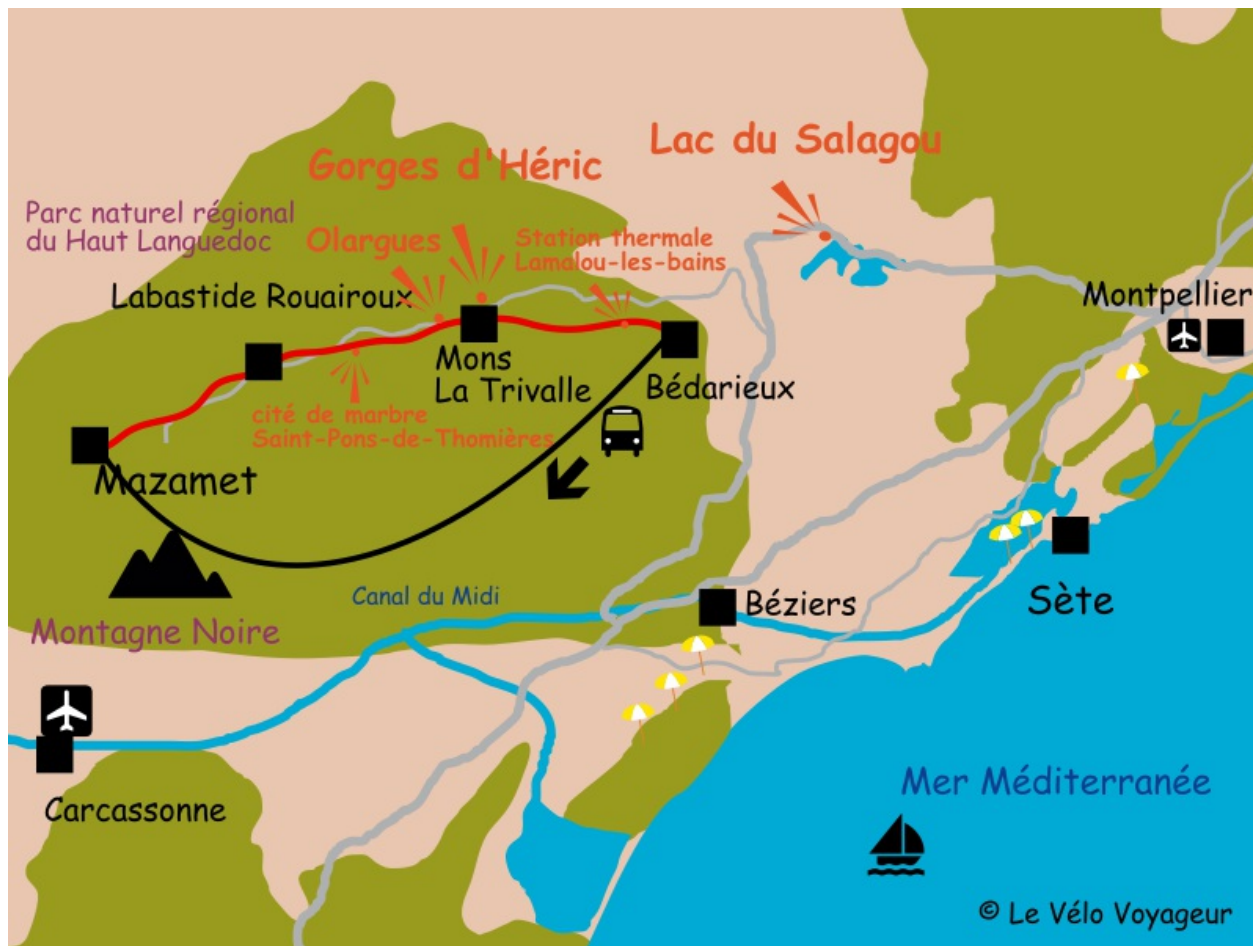


Destination	France
Location	Occitanie
Duration	3 days
Difficulty Level	Very easy
Validity	from march to october
Minimum age	1 year old
Reference	PP0301

Type of stay
itinerant trip



Itinerary



This 3-day cycling trip in the Natural Park of the Haut Languedoc is a great breath of fresh air in a green setting. The short and gentle stages allow you to discover the magnificent landscapes of the Tam and the Hérault departement. You will ride on the old railroad of the Jaur valley and then at the foot of the majestic massifs of the Haut Languedoc. The numerous tunnels on your road guarantee you freshness and quietness. You will cross the typical villages of Saint Pons de Thommières, Olargues or Lamalou les bains. If there were only a few words to describe this cycling experience: softness, nature, authenticity, calm.

Day 1

Mazamet - Labastide Rouairoux

Bike
24km

Altitude
±250m

From Mazamet, the Bike path of the Passa Pais offers you a landscape full of greenery and calm. You are in the valley of Thoré, at the foot of the Black Mountain, ideal to recharge your batteries.

You will take the path of the old railroad, connecting Mazamet to Bédarieux and you will penetrate a set of oaks and ash trees, which will offer you freshness and intimacy. On about 25km, you will cross multiple tunnels, more or less long, lighting up on your way and you will cross many points fitted out to take a break.

Regularly, you will find on your way bridges, opening windows of light on the surrounding massifs, to benefit at most from the nature which surrounds you.

You will go along some villages in which you will be able to stop to discover places like the departmental museum of Textile in Labastide Rouairoux, a privileged witness of the region's industrial past.

The track has a stabilized surface and a very soft profile.

Day 2

Labastide Rouairoux - Mons la Trivalle

Bike
33km

Altitude
±250m

You will leave behind the Montagne Noire and enter the Jaur valley.

The Passa Pais will then offer you new landscapes, transition between the Atlantic and the Mediterranean climate. You will be surrounded by green oaks, pines and chestnut trees: you are in the Hérault.

The horizon opens up before you and offers you new colors and new vegetation. Some passages of higher level allow you to take height and to reach another point of view on the nature which surrounds you.

While stopping at Saint Pons de Thommières, you will discover its abbey church classified as a Historic Monument with its marble heart, formerly extracted from local quarries.

It is the largest Romanesque cathedral in the Occitan region. You will take the bike path again and discover until the village of Olargues, a landscape more and more changing offering you a relief of schist and a vegetation of scrubland. In Olargues, a medieval village, a halt is necessary to take advantage of this magnificent village, one of the most beautiful in France, located at the edge of the river at the foot of the Caroux. You will have a few kilometers to ride to Mons la Trivalle, name meaning "mount of the three valleys", which is the gateway to the Orb valley. Classified as a protected natural site, it is the ideal place for cycling. Balance between ocean, mountain.

Day 3

Mons la Trivalle - Bedarieux

Bike
19km

Altitude
±190m

You will continue your trip on the Passa Pais in the direction of Poujols sur Orb, a pretty little village at the foot of the Caroux and Espinouse massifs. This stage offers you an open scenery composed of chestnut trees, low shrubs of scrubland and multiple flowers. You will then pass through the famous spa town of Lamalou les bains, with its historic town center and quiet streets. Do not hesitate to visit the bell museum on your way, in Herepian, just after. You will then arrive in Bédarieux, at the gates of the Regional Natural Park of the Haut Languedoc, the end of your trip on the Passa Pais, which will have shown you all its facets.

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*

Practical information

To get to departure point:

By plane: flight to Toulouse, then TER train to Mazamet. Or flight from Paris to Castres and then taxi to Mazamet

By train: TGV, Intercity and regional train to Toulouse, then TER to Mazamet. Travel time from Toulouse is estimated at 1h45. To plan your trip, <https://www.thetrainline.com/>

By car: Various possibility to park your car in Mazamet

Parking:

If you drive to Mazamet, you can park your car at our local bike partner

To reach back the starting point:

Regional trains and TGV take you back to your starting point if you wish. The duration of the journey is around 4h30 with connections. You can book a private transfer for you, your bikes and luggage from Bédarieux to Mazamet. Departure at 14h00 from Bédarieux. drive 1:30 h

Price description

Category B € 325 /pers

Double room fare
2 nights in *** hotels or charming B&B
2 breakfasts
3-day rental of an equipped bike (saddle bags, locks, toolkit)
the access to our mobile app including the roadbook and the practical and tourist information
7/7 hotline

Extra for a single room € 70 /night

Extra night in Mazamet € 55 /pers

Extra night in Toulouse € 94 /pers

Options

Extra for solo traveller € 90 /pers

Discount if you ride your own bicycle € -122 /pers

Extra for an electric bike € 120 /pers

€ +20 /pers

(*) **High season :**

from 01.06 to 31.08.2023

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)

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