



## Trip description

### From the massifs of the Haut Languedoc to the Mediterranean see by bike

Start your cycling trip on the Passa Pais in the Natural Park of the Haut Languedoc, continue to the magnificent UNESCO site of the Salagou Lake. Then head south to reach the Thau Lagoon and the Mediterranean Sea at Sète.



Destination	France
Location	Occitanie
Duration	5 days
Difficulty Level	Very easy
Validity	from March to October
Minimum age	12 years old
Reference	PP0502

Type of stay  
itinerant trip



## Itinerary



This trip is the perfect ratio of diversity to time. You start your journey in Mazamet at the foot of the Black Mountain on the Tam side. You will take the 100% secure cycle track of the Passa Pais through the whole valley of the Haut Languedoc to Bédarieux. The bike path is very soft, calm, refreshing because very natural. A few pedal strokes later and you are in the sumptuous red landscapes of the Salagou lake. The next part is just as varied as you cross vineyards and olive groves before reaching Pézenas for a medieval stopover. Finish your cycling vacations in beauty by riding towards the coast. The Thau Lagoon offers you its gastronomic treasures with its white wine Picpoul de Pinet and its oysters, then finally the beautiful and big blue in Sète.

## Day 1

### Arrival in Mazamet

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## Day 2

### Mazamet - Mons la Trivalle

Bike  
57km

You will take the path of the old railroad, connecting Mazamet to Bédarieux and you will penetrate a group of oaks and ash trees, which will offer you freshness and intimacy. You will leave behind the Black Mountain and enter the Jaur valley.

The Passa Pais will then offer you new landscapes, transition between the Atlantic climate 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. A few passages of higher level allow you to take height and to reach another point of view on the nature which surrounds you.

## Day 3

### Mons la Trivalle - Mourèze

Bike  
43km

Altitude  
±436m

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. You leave Bédarieux to take the direction of the UNESCO Site of the Lake of Salagou and the Cirque of Mourèze in an ocean of greenery.

The path is gentle and lets you appreciate the beauty of the wild nature of the Haut Languedoc.

The more you advance on the path, the more the scenery becomes red, typical color of the land of the Salagou site.

But before you get there, you head towards the village of Mourèze, famous for its dolomitic cirque and its white rocks.

## Day 4

### Mourèze - Pézenas

Bike  
26.5km

Altitude  
±218m

You leave Mourèze to go down towards the Mediterranean and the scenery starts to change.

The olive trees make their appearance and you are surrounded by vineyards. You cross the domain of Cabrières, famous for its wines.

During this stage you will cross different villages allowing you to enjoy the historical charm of the region, churches and castles built in the 13th, 16th or 18th century.

At the end of the stage, you will arrive in Pézenas, emblematic city of the Hérault, known for its culinary specialties, its historical city center of the Middle Ages, its paved streets and its flea markets. City of

Molière and Bobby Lapointe, Pézenas has a thousand stories to tell. On the first Sunday of May and the second Sunday of October, it is the "Grand Déballage", an antique fair that stretches over nearly a kilometer. More than 200 professional exhibitors are present all day long.

## Day 5

### Pézénas - Sète

Bike  
44km

Altitude  
±200m

It is high time to reach the big blue! On your way today: Local gastronomy and coastline. The first part of the stage allows you to enjoy the vineyards of Languedoc. Among the most famous appellations of the region, cross Pinet and its emblematic dry white wine. Then head south! The Thau Lagoon can be approached from the town of Mèze. From there you have the choice to take the maritime shuttle to reach Sète or to complete your itinerary by bike. For the cyclists who continue, a stop in Bouzigues is highly recommended if you are a seafood fan!

The bike path around the Thau Lagoon is very pleasant and safe. You enter Sète through the historic fisherman's quarter of the Pointe courte. The city of water and light is well worth your time before heading off to new adventures. Go to its large sandy beaches to relax after your stay.

Before leaving, don't forget the tielle Sétoise (delicious local specialty).

## 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

How to get to the starting point:

By plane: flight to Toulouse, then TER train to Mazamet

By train: TGV, Intercity and TER to Toulouse, then TER to Mazamet. Travel time from Toulouse is estimated at 1h45. To plan your trip, [www.sncf-connect.com](http://www.sncf-connect.com)

Parking:

If you are coming by car, you can park your vehicle in a quiet public parking lot at the start of the greenway in Mazamet.

Return to the starting point:

TER or Intercity train between Sète and Toulouse then TER between Toulouse and Mazamet

## Price description

## Category B

€ 860 /pers

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

High season (*)	€ 15 /pers
Extra for a single room	€ 220 /night
Extra night in Mazamet	€ 55 /pers
Extra night in Toulouse	€ 94 /pers
Extra night in Sète	€ 111 /pers

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## Options

Extra for solo traveller	€ 240 /pers
Discount if you ride your own bicycle	€ -171 /pers
Extra for an electric bike	€ 90 /pers

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(\*) **High season** :  
from 01.07 to 31.08.2022

**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)

For more information or booking : [www.levelovoyageur.com](http://www.levelovoyageur.com)  
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