



## Trip description

### From the Tarn to the Thau lagoon : Multi-activity stay in the Languedoc

A beautiful week by bike, on foot or on the water to discover on the first part the Passa Païs in the Natural Park of the Haut Languedoc. Then join the site (classified UNESCO) of Salagou and discover all its richness. Finish your cycling trip on the Mediterranean coast on the banks of the Thau Lagoon and then in Sète. A small glass of white wine, oysters, magnificent landscapes, isn't this what we call happiness?



Destination	France
Location	Passa Païs
Duration	8 days
Difficulty Level	Moderate
Validity	From March to October
Minimum age	12 years old
Reference	PP0801

Type of stay  
itinerant trip



## Itinerary



The construction of a cycling trip is often similar to a good recipe. Different authentic ingredients rigorously selected, a good method, it often gives an excellent result to share with family or friends. For your cycling trip from the high Languedoc to the sea, the ingredients are: A breathtaking diversity of landscapes. A first part 100% secured on the Passa Pais cycle path and then on secondary roads through vineyards, olive trees and scenic villages. UNESCO classified sites like the Grand site du Salagou. A cultural stage in the medieval town of Pézenas. All this sprinkled with different riding way (on foot, by canoe and of course by bike). It's ready, bon appétit !

### Day 1

Arrival in Mazamet

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### Day 2

#### 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 3

## Labastide Rouairoux - Mons la Trivalle

Bike  
33km

Altitude  
±250m

You will leave behind the Montagne Noire and enter the Jaur valley. The Passa País 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 Thomières, 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 4

## Mons La Trivalle options

This day at the same accomodation allow you to combine 2 options (doable in one day)

### Day 5

## Mons la Trivalle - Mourèze

Bike  
43km

Altitude  
±436m

You will continue your trip on the Passa País 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 Bédarioux, at the gates of the Regional Natural Park of the Haut Languedoc, the end of your trip on the Passa País, which will have shown you all its facets. You leave Bédarioux 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 6

## Mourèze - loop Salagou lake

Bike  
24km

Altitude  
±450m

You leave from Mourèze to discover the splendor of the Salagou lake and its grandiose scenery.

Its red earth and green mountains will simply allow you to escape. With its hilly landscape and fire-colored soil, you will be sure to be disoriented and will not want to leave this place.

You will also be able to take advantage of the many water activities offered on the lake. The second part of the route is beautiful but very hilly through the vineyards of Mount Liausson. You are free to choose the easy way back to Mourèze by the same way in.

### Day 7

## Mourèze - Pézénas

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 Pézénas, 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, Pézénas 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 8

## 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

### To get to departure point:

By plane: flight from Paris to Toulouse or Castres

**By train:** Regionnal train from Toulouse. The duration of the trip is 1h40. To plan your trip, [www.raileurope.com](http://www.raileurope.com).

**By car:** Parking available in Mazamet

## To leave from Sète:

Fast train connexion to Paris or regional train.

## Price description

### Category B

€ 1210 /pers

Double room fare  
7 nights in \*\*\* hotels  
7 breakfasts  
7-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 (\*)

€ 40 /pers

Extra for a single room

€ 58 /night

Extra night in Mazamet

€ 55 /pers

Extra night in Toulouse

€ 94 /pers

Extra night in Sète

€ 111 /pers

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### Options

Canoe Mons La Trivalle

24€ /adult & 19€ / children

Extra for solo traveller

€ 340 /pers

Discount if you ride your own bicycle

€ -160 /pers

Extra for an electric bike

€ 110 /pers

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(\*) **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)

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