

## The Canal du Midi by bike - Premium version From Toulouse to Agde

**Accommodation in charming premium hotels or guest houses**  
6 days 5 nights - 5 biking days

Self guided tour

Level 1.5/3



From Toulouse, the capital city of Midi-Pyrénées region, to Agde, a beautiful Roman city, this cycle ride is along the famous Canal du Midi, listed among *UNESCO's World Heritage Sites*. Built by Paul Riquet, the Canal du Midi used to be a waterway for all kinds of merchandise.

This bucolic trip, down the stream will allow you to discover, by bike, Southern cities such as Toulouse, Castelnaudary, Carcassonne with its walled town and finally, Agde. Conclude your trip by diving into "la Grande Bleue", the Mediterranean.

### 6 unforgettable days for a timeless cycling trip

#### HIGHLIGHTS:

- A 240 km long historical route
- The tranquillity of landscapes on the edge of water
- The arrival at the Mediterranean!
- Selected high quality accommodation

# PROGRAMME

## **Day 1: Arrival in Toulouse**

Arrival in Toulouse hotel, ideally located in the historical centre, close to the Romanesque Saint-Sernin basilica and the Augustins museum. Free evening into the « Pink City », take time to discover its rich cultural heritage. 4\* Hotel.

## **Day 2: From Toulouse to Castelnaudary 63 km**

Point of departure : Paul Riquet's bridge.

Discover the "art of living" Toulouse style : its lilting accent, history and many hidden alleyways. Head out to Castelnaudary along the Canal du Midi, with a first stop in Avignonet, in the heart of the Lauragais, land of the Pastel flower, place of a battle against the Cathars. Pass over the highest point of the trip (190m high) and find several ancient canal locks such as the Lock of Sanglier, as well as many aqueducts, before reaching Castelnaudary. Castelnaudary is the city of cassoulet (a delicious local meat and bean stew) but perhaps this does not get your taste buds going so, as dinners are not included, feel free to choose another dish.

Night and breakfast in Castelnaudary, in a very well located 3\* hotel.

## **Day 3: From Castelnaudary to Carcassonne 40 km**

After a good night's rest, ride along the Canal du Midi, through a delight of many different villages and landscapes. Make your way to Saint Papoul's abbey, created in the 8<sup>th</sup> century, to discover the church in the middle of wheat fields. Then ride on until Bram passing quiet villages before heading for Carcassonne. Its architecture and the warmth of its narrow streets are waiting for you. You can enjoy the medieval walled town, which is also now listed among *UNESCO's World Heritage Sites*.

Overnight in a beautiful hotel \*\*\*\* located at the foot of the city walls, where you can enjoy the swimming pool and jacuzzi (or \*\*\* hotel with swimming pool and jacuzzi, also located at the foot of the city walls according to availabilities).

## **Day 4: From Carcassonne to the land of Minervois, in Homps 42 km**

Once you have drunk in enough of the secrets of Carcassonne, continue your trip and storm along to Homps and its port. Take your time to admire the buildings along the canal, a wonderful example being the Moulin de Trèbes. You can have a stop in Marseillette, an old Gallic village and in Capendu as well, to see its Romanesque church. Then continue on to arrive in Homps.

Night and breakfast in Homps, in a charming guest house with swimming pool.

## **Day 5: From Homps to Beziers 64 km**

This typical south-east town, in love with wine, rugby and festivities, will open its arms to you. Cross the tunnel de Malpas and discover the oppidum of Ensérune (apart from Canal), to arrive by the spectacular 9 canal locks of Foncérannes, and then onto Béziers, Riquet's birthplace. The city shows you lots of examples of his talent.

Overnight in a hotel \*\*\*\*, from where you can enjoy a charming stroll along the Allées Paul Riquet.

## **Day 6: From Béziers to Agde 25km**

For this last stage, cycle to Agde where the Herault River and Canal du Midi flow into the Mediterranean. The maritime's influences are important and the landscape is different. The volcanic black stone of Agde, the wild black bulls and white horses are typical of this region.

End of your trip.

## **OPTIONS:**

- **7 days 6 nights, 5 days of biking: Free day in Carcassonne**

Free day at Carcassonne, a city of history and culture or ride towards the Black Mountains to discover vineyards and Cathar castles. Extra night in Carcassonne.

- **7 days 6 nights, 5 days of biking : Finish the trip to Sète + 25 km**

Go to the port at Sète along Thau Basin. This city has a strong local culture, Sète can not help but seduce you on your arrival. With a bit of luck, you maybe see a local sport played since 1666 : nautical battles. Extra night in Sète.

- **8 days, 7 nights, 5 days of biking: Free day in Carcassonne and finish the trip to Sète + 25 km**

Free day at Carcassonne, a city of history and culture OR ride towards the Black Mountains to discover vineyards and Cathar castles. Extra night in Carcassonne.

Go to the port at Sète along Thau Basin. This city has a strong local culture, Sète can not help but seduce you on your arrival. With a bit of luck, you maybe see a local sport played since 1666 : nautical battles. Extra night in Sète.

For pre-existing groups, we adapt the level, the length, the price and the programme according to your wishes.

Contact us !

## DURING YOUR TRIP

### **SUPERVISION:**

#### **Self guided tour :**

We provide you orientation equipment: maps with routes highlighted and detailed road book. You are alone, without guide to discover trip created and carefully prepared by our team. Let yourself be guided by the information meticulously prepared by us.

### **LUGGAGE TRANSPORT:**

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle. Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

### **ACCOMMODATION:**

We choose our hotels according to their Hospitality and Welcome : in order to enjoy it, we thank you to book as early as possible.

**Overnight accommodation in double rooms in \*\*\* and \*\*\*\* hotels and charming B&Bs.**

#### **Bed and Breakfast option: night and breakfast included**

Double room option: you sleep in comfortable rooms for 2 people in top-of-the-range hotels or bed and breakfasts. Bed linen and towels are provided. A bathroom is reserved for you.  
(Single room option - See prices on our website)

In Castelnaudary, there is no hotel \*\*\*\*, so we have selected a good family-run \*\*\* hotel in a very good location along the Canal du Midi (you will be staying in a superior room).

In Homps, you'll stay in a charming B&B with swimming pool in the heart of the village.

(Single room option - See prices on our website)

Additional night in Toulouse, Agde or Sète: please contact us.

### **FOOD:**

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide: well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

For each stage, we established a list of quality restaurants of different categories, with their contacts. We chosen them according to different criteria : cooking of course, but also the quality of service, their good value for money, their ambient...

The picnics and dinners are not included in the price.

### **NUMBER OF PARTICIPANTS:**

Starting from 2 people.

## BEFORE YOUR DEPARTURE

### **PRICES:**

Have a look on our prices on our website.

### **REGISTRATION:**

At La Rébenne we like to give our customers as much information as possible about our trips and to create a strong relationship with them. Sharing and pleasure are really important parts of our trips.

#### **Contact us**

contact@larebenne.com  
Tel/Fax +33(0)5 61 65 20 93  
or +33(0)6 81 53 77 75

### **Sale contract and deposit**

You'll receive the contract and the insurance policy. We'll consider the registration done when we will have received the contract signed and the deposit corresponding to 40% of the total price of your stay. Once all that is done, we'll send you a confirmation letter.

### **Payment of outstanding balance**

Payable one month before departure. If you register less than a month before departure you'll be asked to pay the whole price at the registration.

Once the payment has been made, you'll receive a full list of information about your stay.

### **Validation**

Once the payment has been made, you'll receive a full list of information about your stay.

### **PROCEDURES**

- Passport or ID is compulsory
- We recommend to get a European Health Insurance card (check with the NHS)
- Repatriation insurance as well.

### **DIFFICULTY LEVEL: 1.5/3**

You are on good physical form and practice regularly leisure biking or mountain biking, or another physical activity. Stages from 25 to 64km by day, without elevation change.

Path is sometimes in bad state and narrow : holes, tree roots and pot-holes.

### **PERIOD:**

From April to October. Supplement for departures during the high season in July and August

### **DEPARTURE AND MEETING POINT:**

Departure from Toulouse (31).

### **How to get there:**

By car: South of France motorways.

By train: Toulouse train station.

By plane: Toulouse airport and shuttle to centre town.

## **THE PRICE INCLUDES:**

- Bookings of accommodations on bed and breakfast formula
- Maps with routes highlighted,
- Digital detailed roadbook
- Electronic GPS tracks
- Daily transport of luggage

## **PRICE DOES NOT INCLUDE:**

- Meals and picnics,
- extra night in Agde,
- drinks,
- personal purchases,
- personal cycling equipment (helmet, gloves etc),
- bicycles,
- transportation to the meeting points,
- return to Toulouse,
- car park,
- insurances.

## **OPTIONS:**

- Return transfer from Agde to Toulouse with your luggage
- Extra night before or after the trip.
- Supplement for an individual room.
- Bike rental

## **INSURANCES**

According to the regulations, La Rébenne has professional civil liability insurance. However every customer must have an individual civil liability but also a comprehensive insurance in case of any accident during the stay.

We offer 2 different kinds of insurances:

### **Package # 1: comprehensive insurance**

It includes guarantees in case of invalidation, lost luggage, repatriation, medical expenses and interruption of your stay. This insurance is subscribed by Assurever.

### **Package # 2: invalidation insurance/ cancellation insurance**

It only concerns invalidation before departure. This insurance is subscribed by Assurever.

**Check our insurance prices on our website**

<http://www.larebenne.com/infos-pratiques/assurances.html>

## **RECOMMENDED EQUIPMENT:**

Good preparation is the key to enjoying your trip. Here are some advice and equipment to help you to prepare your cycle and your bag.

2 bags: 1 small 10 litre rick sack to put the equipment for the day in (cell phone, camera, rain clothes...). 1 big bag, carried by vehicle.

### **LEISURE BIKE OR MOUNTAIN BIKE (ROAD CYCLE is not adapted)**

Be sure your bike is in good order and all these points are verified and checked:

- if you are a group bring one substitution road bike
- check your milometer
- tyres
- brakes (and brake cables)
- chain
- transmission system
- wheels
- suspension (make sure there's no leak)
- steering system

Keep in mind: a clean bike is easier to check!

### **REPAIRING EQUIPMENT**

To avoid any mechanical problem you'll be asked to bring:

- 1 spare tyre and 1 inner tube
- 1 bicycle pump
- a puncture repairing kit
- a set of Allen keys
- a small pair of pliers
- a tyre and a piece of tyre
- a tool to take off and put back your chain

You can also take your own tool box made of:

- a brake cable
- some spokes
- a derailleur cable
- oil for the chain
- a rag
- a lock

### **EQUIPMENT**

- helmet (essential) + cap and headband
- cycling gloves and warm gloves
- glasses
- a pair of shoes with wedges
- a pair of shorts
- T-shirt (avoid cotton ones)

### **BACKPACK FOR THE DAY**

- water (at least 3 litres a day per person)
- high energy food or dried fruits
- your repairing kit
- a windcheater
- your picnic
- sun-cream (and lip balm)
- toilet paper and a lighter
- medicine (see below)
- 2 LR6 batteries a day (for the GPS)
- your mobile phone

### **PICNIC: (not included)**

Bring a plastic lunchbox (to avoid any unnecessary waste) and reusable cutlery

### **LUGGAGE:**

You'll have it back every evening at the hotel.

Don't forget to bring a warm sweater, a small toilet bag, a towel, a light pair of shoes, and clothes

**MEDECINE:**

The instructor for guided tours will carry a first aid box but it's necessary to have at least some medicines such as:

- a mosquito repellent
- a disinfectant and gauze compresses
- Band Aid
- protection cream for your bottom
- your own pills
- water disinfectant pastilles
- a survival blanket

Don't hesitate to check with your doctor for any further information.

**AFTER YOUR STAY**

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

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**CONTACT**

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