

Springs of the Canal du Midi – the Selection

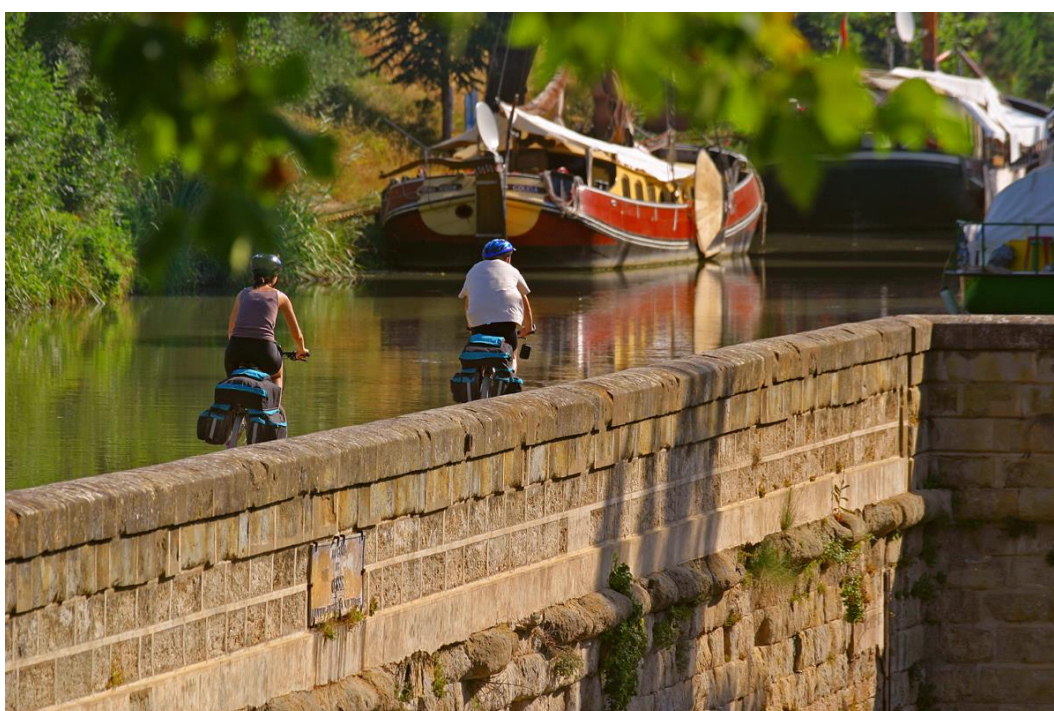
A loop circuit from Carcassonne through the Black Mountain

Accommodation in selected hotels or guest houses

4 days 3 nights - 3 biking days

Self guided tour

Level 2/3



Starting from Carcassonne, embark on a journey to explore the springs of the Midi Canal. Following the Midi Canal and a very nice bike path along the Rigole, you'll arrive at the famous Lake St Ferreol where you can take a dip in an enchanting setting. After visiting the city of Revel, it's time to cross the Black Mountain to rejoin the Midi Canal. Don't forget to visit the abbey of St Papoul on the way. You'll end up back in the city of Carcassonne, a UNESCO World Heritage Site.

4 unforgettable days on a cycling trip out of time

HIGHLIGHTS:

- Loop circuit
- Exploring the Black Mountain, St Ferreol and Revel, and then returning to Carcassonne
- The Midi Canal of Carcassonne, Castelnaudary and Revel
- Two nights in Carcassonne

PROGRAMME

Day 1: Carcassonne.

Arrival and check-in at the hotel or guest house with swimming pool, depending on availability. Night and breakfast in Carcassonne.

Day 2: Carcassonne to Castelnaudary: 40 km

You'll leave the city of Carcassonne for a while to roll along the Midi Canal. If you feel daring enough for a detour, head away from the Midi Canal to ride through valleys of wheat and rapeseed, in the direction of the Saint Papoul Abbey, founded in the 8th century. Admire its 19th century church and cloister, a veritable catalog of fantastical, Gothic-style sculptures. Surrounded to the east by the Black Mountain and to the southwest by the Pyrenees, head for the port of Bram, an authentic "circulade" (medieval Languedoc village built in a circle around a church or fortified castle) from the year one thousand. Take a leisurely ride along the road lined with villages that sometimes date back 2000 years and structures reflecting the ingenuity of Paul Riquet, such as the lock at Beteil and the double lock at Lalande. Spend the night in a hotel in Castelnaudary.

Day 3 - Castelnaudary to Revel : 45 km

Still heading in the direction of Toulouse, you'll ride in the morning along the Midi Canal for 12 km to then plunge deep into the Lauraguais countryside. You'll arrive at Lake Lenclas where you can stop for a swim. Here begins the bucolic bike path along the Rigole all the way to Lake St Ferreol, where you can also swim (a short but difficult climb). After enjoying the beautiful surroundings of the lake, you will ride down to Revel, where you will spend the night in a hotel.

Day 4 – Revel to Carcassonne : 47 km.

After visiting the city of Revel, classified "City of Art and Crafts," and strolling along the famous medieval fortified town founded in 1342 by Philip VI of Valois, you'll experience the beautiful villages of Saissac and its castle, as well as Montolieu. Then you'll reach the Midi Canal again to head back to Carcassonne, where you will spend the night in a hotel.

Day 5 – Carcassonne

The trip ends after breakfast; free day in Carcassonne.

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.

Overnights in ** and * hotels and guest houses, on bed and breakfast formula.**

Double room formula : you will sleep in comfortable 2 person rooms in hotels, guest houses, and sometimes hostels. Sheets and towels will be provided. A bathroom will also be reserved for you. (Single room option – see our website for pricing).

Night before departure on B&B in Carcassonne or Revel : consult 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: 2/3

You must be in good physical condition and enjoy cycling or other sporting activities on a fairly regular basis. Stages of 40 to 47 km per day, with a few good climbs towards Revel.

PERIOD:

From April to October.

DEPARTURE AND MEETING POINT: Departure from Carcassonne (11).

How to get there:

By car: South of France motorways.

By train: Carcassonne train station.

By plane: Carcassonne 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 Carcassonne,
- drinks,
- personal purchases,
- personal cycling equipment (helmet, gloves etc),
- bicycles,
- transportation to the meeting points,
- car park,
- insurances.

OPTIONS:

- 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

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.

CONTACT

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