

# The Canal du Midi by bike – Light version From Carcassonne to Agde

**7 days 6 nights – 6 biking days, Accommodation in selected  
hotels or guest houses**

Level: 1/5



From Carcassonne to Agde, 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.

## Strengths

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

# SCHEDULE

## **Day 1 : Arrival in Carcassonne :**

Arrival at Carcassonne hotel. Free evening into the medieval town, take time to discover its rich cultural heritage.  
Night in Carcassonne.

Hotel

## **Day 2 : From Carcassonne to Marseillette : 22 km**

After a visit of Carcassonne and its medieval walled citadel, which is listed among UNESCO's World Heritage Sites, as the Canal du Midi, start your first ride until Marseillette.

Night in Marseillette.

Hotel

## **Day 3 : From Marseillette to Homps : 21 km**

Let's go to discover Homps and its port. Before arriving, take your time to enjoy and admire all the buildings along the Canal, a wonderful example being the Moulin de Trèbes.

Night in Homps.

Bed & Breakfast

## **Day 4 : From Homps to Le Somail : 22 km**

From Homps, discover the canal lock of Pech and Laurier, just before discover the castle of Argens-Minervois among the vineyards. Cross the village of Ventenac in Minervois and stop in the beautiful village of Le Somail.

Night in Le Somail.

Bed & Breakfast

## **Day 5 : From Le Somail to Capestang : 23 km**

Today we arrive to the junction between two canals: Canal de la Robine and Canal Du Midi. Then have a break amongst vineyards before crossing the aqueduct of Quarante. You arrive close to the port of Capestang. Half board night in Capestang in a beautiful guest house (dinner included).

Bed & Breakfast

## **Day 6 : From Capestang to Béziers : 21 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 Enserune (apart from canal), to arrive by the spectacular 9 canal locks of Foncérannes, and then onto Béziers.

Night in Béziers.

Hotel

**Day 7 : From Béziers to Agde : 25 km**

For this last stage, cycle towards Agde where Herault River and Canal du Midi flow onto the Mediterranean.  
End of your trip.

**Day 8 : From Agde to Sète : 25 km**

8 days, 7 nights: finish the tour in Sète, 1 additional day of cycling. Night in Agde on day 7.  
Go to the port of Sète and follow the pond of Thau. City with a very marked local culture, Sète will not fail to seduce you on your arrival. With luck, you can see the local sport of Sète practiced since 1666, the water jousting. End of the stay in Sète.

# TRAVEL CONDITIONS

## Attendees:

From 2 people.

## Accompanying :

Free Ride:

Equipped with the orientation material we give you: maps with highlighted route and detailed topoguide, you go alone to discover circuits designed by our team. You are guided by carefully prepared directions, for maximum precision.

## Options:

- Bike and/or e-bike rental, fully equipped for touring, one-way (delivery in Toulouse and drop-off in Sète)
- Dinners
- Accommodation in higher-category hotels
- Tailor-made trip (duration, stages, itinerary, etc.)

## Formalities:

- A valid official ID
- We recommend travel insurance with repatriation included

## Accommodation :

Nights in double rooms in hotels \*\* and \*\*\* and guest rooms.

Bed and Breakfast formula: night and breakfast included. 1 night half board in Capestang: dinner at the table d'hôtes.

We have selected our accommodations for their quality of welcome and comfort: to enjoy, thank you to book as soon as possible.

Double room formula: you sleep in comfortable rooms for 2 people in hotels or guest rooms. Sheets and towels are provided. A bathroom is reserved for you.

July – August High Season Departure Supplement

Extra night in B&B in Carcassonne, Agde or Sète: contact us.

## Food :

Picnics and dinners are not included, except on day 5 in Capestang (table d'hôtes dinner)

## Difficulty level :

You are able to cycle over several days.

Steps of 20 to 25km per day, no elevation gain. Path sometimes bumpy (holes, roots and potholes), narrow and in medium condition.

## DEPARTURE AND MEETING POINT :

Departure from Carcassonne (11).

How to get there:

By car: Highway of the south of France.

By train: Carcassonne train station.

By plane: Carcassonne airport then shuttle to the city center.

**Luggage:**

Carrying is limited to business of the day and picnic. Luggage is carried by vehicle. Please allow 1 bag per person, maximum 15kg/bag.

# RATES

Freedom package - double room	
Registration for 2 people	695€
Registration for 3 people	675€
Registration for 4 people	660€
Registration for 6 people	650€

## The price includes :

- Accommodation in bed and breakfast formula,
- The dinner of day 5 at the table d'hôtes,
- The transport of luggage,
- Delivery of rental bikes on the morning of day 2.

## The price does not include :

- Dinners and lunches/ picnics except day 5 half board,
- Accommodation on return to Carcassonne,
- The accommodation in Agde,
- Drinks,
- Personal expenses,
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- The return to Carcassonne by train with your luggage,
- The repatriation of rental bikes at the starting point,
- Insurance,
- The parking lot.

# GENERAL INFORMATION

## How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

[contact@larebenne.com](mailto:contact@larebenne.com)

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## Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

\* Either go directly to your tour's page on our website and click on registration.

\* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

<b>100% secure payment</b>
You can pay by credit card (faster) or bank transfer.


## Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

## Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

## Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:  
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:  
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:  
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.

### **Informations :**

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