

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.

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.

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.

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.

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.

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.

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 :

Enjoy restful nights in comfortable double rooms in carefully selected 2- or 3-star hotels or guesthouses. Breakfast is included every morning. We have selected these accommodations for the quality of their hospitality and the comfort they offer. Bed linen and towels are provided.

Food :

This trip includes hotel accommodation with breakfast included. You are free to choose your restaurants and gourmet breaks according to your desires of the moment — and there will be plenty of them. It's the perfect time to discover and savour the local cuisine.

Picnics and dinners are not included.

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	910€
Registration for 3 people	905€
Registration for 4 people	900€
Registration for 6 people	885€

The price includes :

- Accommodation in double rooms in 2* and 3* hotels and guesthouses
- Breakfast
- Tourist taxes
- Transport of one piece of luggage per person (max. 20 kg)
- Access to our smartphone navigation app
- A personalised road book in PDF format
- Track your booking via your MyLaRébenne personal account
- Organisation of your trip
- 24-hour telephone assistance

The price does not include :

- Transport to the starting point and from the finishing point
- Picnics
- Dinners
- Drinks and personal expenses
- Bike hire and your personal equipment (helmets, gloves)
- Visits not included in the programme
- Insurance (assistance, repatriation, cancellation)
- Any item not mentioned in the 'Price includes' section

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

+33 561 652 093

+33 681 537 775

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.

100% secure payment

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 :

LaRébenne - 10 rue de la Comédie - 09000 Foix - France

Tel : + 33 (0)5 61 65 20 93 - contact@larebenne.com - www.larebenne.com

Immatriculation tourisme : IM 038100057