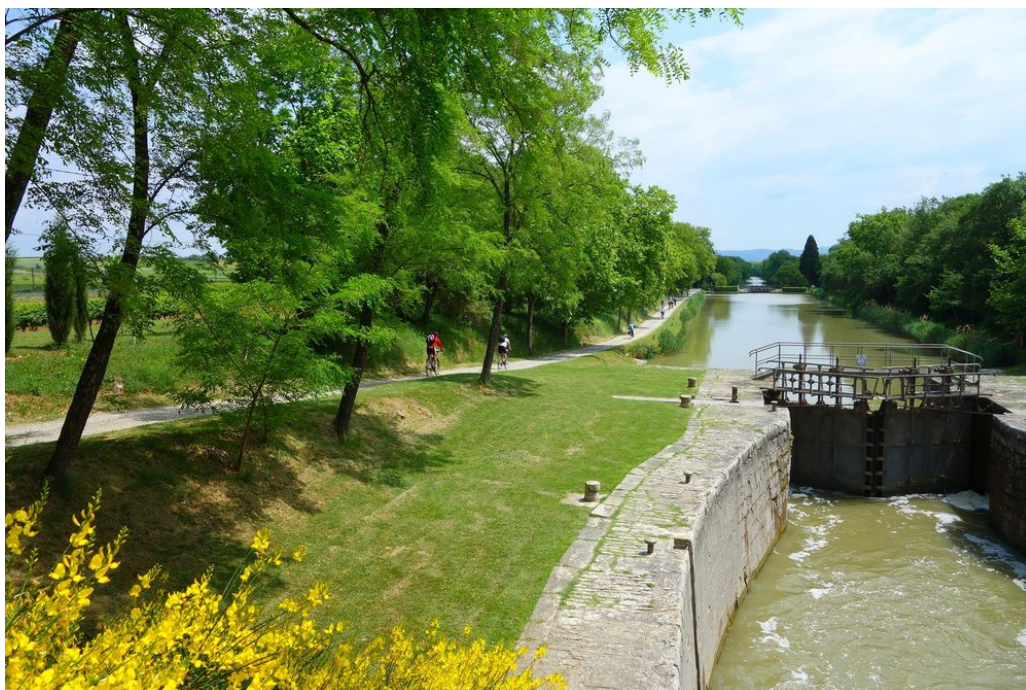


The Canal du Midi by bike – Balanced version From Toulouse to Sète

**8 days – 7 nights – 7 biking days, In double rooms in hotels or
guest houses**

Level: 2/5



From Toulouse, the capital city of Midi-Pyrénées region, to Sète, a beautiful and colourful 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 and Sète. 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 Toulouse :

Arrival in a Toulouse hotel. Free evening in the « Pink City », take time to discover its rich cultural heritage.

Day 2 : From Toulouse to Villenouvelle : 33 km

Departure from Paul Riquet's bridge. Discover Toulouse way of life : its lilting accent, history and many hidden alleyways. Take your time to stroll and to discover its architectural richness : The Capitole square place, the Basilique St Sernin, les Jacobins... Once overpassed the south port of Ramonville St Agne, with its turnstile footbridge, the barges are lined up along the bank. Pass under the brick bridges and discover many canal locks. In Montgiscard, its little port and old washing place invite you to have a break. The very high village of Montesquieu Lauragais waits for you. It was a stronghold during Middle Ages and it is now croosed by numerous pilgrims on way to Santiago de Compostela.

Day 3 : From Villenouvelle to Castelnaudary : 34 km

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.

Day 4 : 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 8th 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.

Day 5 : 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.

Day 6 : From Homps to Capestang : 45 km

From Homps' port, you ride along the Pech and Laurier canal lock, just before reaching Argens-Minervois chateau. You ride between vineyard and cypresses and cross the village of Ventenac-en-Minervois (ideal stop for a wine-tasting). You also meet 2 canals crossroads : Canal du Midi and Canal de la Robine. Then, you can have a stop under the shade of superb stone pine trees before passing the Aqueduct of Quarante.

Day 7 : From Capestang to Agde : 46 km

Let's go to Béziers ! 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 Fonseranes, and then onto Béziers, Riquet's birthplace. The city shows you lots of

examples of his talent. Then, cycle to Agde where the Herault River and Canal du Midi flow into the Mediterranean Sea. The maritime 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.

Day 8 : From Agde to Sète : 25 km

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

TRAVEL CONDITIONS

Formalities :

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

Accompanying :

Self-guided tour : Set off on the date that suits you and make the most of your cycling holiday with complete peace of mind. We take care of everything: booking your accommodation, transporting your luggage and planning your itinerary.

All you have to do is cycle! With your roadbook and our navigation app, you can follow a route we've designed for you, at your own pace and entirely independently.

An ideal package for combining freedom, comfort and peace of mind whilst discovering the most beautiful cycling routes.

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.)

Departure and meeting point :

Departure from Toulouse.

How to get there:

By car: Highway of the south of France.

By train: Toulouse SNCF train station.

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

Accommodation :

You will stay in comfortable double rooms in a carefully selected range of 3-star hotels and charming guesthouses, chosen for the quality of their welcome, comfort, and location. Overnight stays are offered on a Bed & Breakfast basis, including accommodation and breakfast.

To ensure availability at these carefully selected properties, we recommend booking as early as possible.

Food :

The stay is offered on a Bed & Breakfast basis, including overnight accommodation and breakfast.

Picnics and dinners are not included but can be offered as optional extras in Toulouse, Villeneuve (available Monday to Friday evenings only), and Castelnau.

RATES

Self-guided package - double room	
Registration for 2 people	995€
Registration for 4 people	985€
Registration for 5 people	935€
Registration for 6 people	860€

The price includes :

- 7 nights in a double room, including breakfast
- Luggage transport between each stage
- Access to our smartphone navigation app
- A personalized roadbook (PDF format) and access to our guidance app
- Tracking of your booking via your personal MyLaRébenne account
- Complete logistical organization of the stay
- 24/7 telephone assistance

The price does not include :

- Transport to the starting point
- Return to your home
- Dinners
- Lunches
- Drinks and personal expenses
- Visits not included in the program
- 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