

Springs of the Canal du Midi – the Selection

A loop circuit from Carcassonne through the Black Mountain

Hotel or guest houses, 5 days 4 nights – 3 biking days

Level: 3/5



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.

Strengths

- 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

SCHEDULE

Day 1 : Carcassonne :

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

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.

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 Lauragais 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.

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.

undefined : Carcassonne :

The trip ends after breakfast; free day in Carcassonne.

TRAVEL CONDITIONS

Attendees :

From 2 people.

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.

Food :

Breakfasts are included in your stay, allowing you to start each day of cycling in the best possible way. Lunches and dinners are not included, giving you the freedom to choose, along your route, the restaurants, markets, and local hidden gems where you can discover the flavours and specialities of the region.

Accommodation :

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

Bed and Breakfast: night and breakfast included.

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.

(Single room option - See rates on our website)

Supplement for a high season departure in July - August.

Extra night in B&B in Carcassonne or Revel: contact us.

Difficulty level :

You have a good physical condition and practice fairly regularly cycling or other sports activity. Steps from 40 to 47km per day, some good coasts towards Revel.

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.

Options :

- Additional accommodation before or after the stay
- Single room
- Rental of bike

RATES

Self-guided package - double room	
Registration for 2 people	630€
Registration for 4 people	610€
Registration for 6 people	595€

The price includes :

- Accommodation in bed and breakfast formula,
- The transport of luggage,
- Delivery of rental bikes on the morning of day 2.

The price does not include :

- Meals and picnics,
- Drinks
- Personal expenses
- Personal bike equipment (helmets, gloves),
- Bicycles
- Transportation to the meeting point
- Insurance

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