DATA SHEET - RN07

Cycling holiday: the Canal du Midi Headwaters Loop
Carcassonne, the Canal du Midi and the Montagne Noire

• 5 days / 4 nights • 3 cycling stages • 2 days in the medieval town of Carcassonne, • All-inclusive cycling holiday

Level: 3/5

A cycling holiday to the headwaters of the Canal du Midi: from Carcassonne to the Montagne Noire.
Setting off from Carcassonne, discover the landscapes, villages and remarkable engineering structures surrounding the headwaters of the Canal du Midi. This circular cycle route takes you along the peaceful paths beside the canal, through the countryside of the Lauragais and across the hills of the Montagne Noire. As you progress through the stages, you'll leave the medieval city of Carcassonne behind and head towards Castelnaudary, following the Canal du Midi. You'll then continue on to Revel and Lake Saint-Ferréol, an iconic site in the history of the canal. The 'Rigole' paths will guide you there. Your itinerary also has some wonderful sights in store: Saint-Papoul Abbey, the bastide town of Revel, Saissac Castle and the village of Montolieu. With its three stages ranging from 40 to 47 km, this cycling holiday around Carcassonne is ideal for travellers who wish to discover the Canal du Midi in a different way and immerse themselves in the South-West.

Strengths

- Discover the source of the Canal du Midi and follow in the footsteps of Pierre-Paul Riquet.
- The region's must-see attractions: Carcassonne, the Canal du Midi and the Montagne Noire

- The best of south-west France

SCHEDULE

Day 1 : Arrival in Carcassonne :

Welcome to Carcassonne! Check into your hotel, which is ideally situated for exploring the famous medieval city, its narrow streets and its ramparts. Make the most of the hotel's swimming pool to relax before heading out for a stroll around the town and enjoying your first evening in the South.
Hotel

Day 2 : From Carcassonne to Castelnaudary: along the Canal du Midi : 46 km - 04 h 00 - Elevation: + 160 m

Head for Castelnaudary, in the heart of the Lauragais! You leave Carcassonne by following the banks of the Canal du Midi at a leisurely pace. As you travel along the water, you'll pass a succession of locks, whilst the plane trees provide pleasant shade. If you'd like to venture a little away from the canal, there are several short detours that will allow you to discover the charming medieval villages of Pézens and Caux-et-Sauzens. As you make your way along, take the time to admire the locks of the Canal du Midi – engineering feats that bear witness to the ingenuity of Pierre-Paul Riquet, such as the Bitalenque lock or the double lock at Lalande. Between the Montagne Noire to the east and the Pyrenees to the south-west, your route continues through the landscapes of the Lauragais. Don't miss the port of Bram, a former 11th-century medieval 'circulade'. This stage will take you as far as Castelnaudary. And since you're in the land of cassoulet, make the most of it and try this famous local speciality.

Take a detour to Saint-Papoul for a charming break. Fancy a lovely getaway off the beaten track? Halfway between Villepinte and Castelnaudary, before the Guerre lock, leave the canal. You'll reach Saint-Martin-Lalande, then Saint-Papoul (+ 12 km return). As you leave the canal banks, you'll pass through lovely countryside with fields of wheat and rapeseed before reaching Saint-Papoul Abbey, founded in the 8th century. Take the time to explore its church and cloister, which are notable for their Gothic-inspired carvings.
Hotel

Day 3 : From Castelnaudary to Revel, with a stop at Lake Saint-Ferréol : 54 km - 04h30 - Elevation: + 310 m

Today, we're heading to Revel, a charming medieval market town founded in 1342 by King Philip VI of Valois and awarded the 'Ville et Métiers d'Art' label. But before reaching this pretty town, your itinerary has a lovely interlude by the water in store for you. You'll return to the banks of the Canal du Midi, which you'll follow as far as the Naurouze lock. At the Ségala Bridge, you'll leave the canal to reach the village of Labastide-d'Anjou, before continuing along a pleasant, bucolic path that runs alongside the Rigole de la Plaine. Cycling peacefully alongside the water, you'll reach Lake Lenclas, then head for Lake Saint-Ferréol, nestled at the foot of the Montagne Noire. A true engineering feat designed to supply the Canal du Midi, Lake Saint-Ferréol is also a wonderful place to relax. Its beaches, fringed by a beautiful pine forest, invite you to take a well-deserved break. Here, the shade of the pines, the scent of the forest and the coolness of the water create a particularly pleasant atmosphere. Make the most of it by going for a swim, enjoying a picnic in the shade of the trees or simply taking a moment to relax. And if you'd rather sit back and make yourself comfortable, there are a few restaurants with views of the lake where you can enjoy a gourmet break.
After this detour, carry on towards Revel. When you arrive, take some time to stroll through the narrow streets of this pretty bastide and explore its large central square, dominated by its remarkable 14th-century market hall and belfry.
Hotel

Day 4 : From Revel to Carcassonne: a blend of heritage and nature in the heart of the Montagne Noire : 60 km - 05h00 - Elevation: + 750 m

Before setting off again, take the time to have another stroll around Revel. Don't miss its 14th-century market hall and belfry, situated in the heart of the main square. On Saturdays, the square comes alive with one of France's most renowned markets. It's a wonderful opportunity to discover local produce and flavours!
You'll then leave Revel and head for Les Cammazes, a small village nestled in the heart of the Montagne Noire forest, at an altitude of around 600 metres. Thanks to its privileged location, it enjoys a climate influenced by both the Atlantic and the Mediterranean. It is a true haven of peace where walkers, cyclists and lovers of the great outdoors all come together, seeking a bit of fresh air and tranquillity.
At Les Cammazes, you will discover one of the most astonishing structures on the Canal du Midi: the Vauban tunnel. This tunnel, approximately 122 metres long and dug at the end of the 17th century, allows water to pass through the mountain to feed the Saint-Ferréol reservoir and ensure the water supply for the Canal du Midi. Built under Vauban's supervision following the death of Pierre-Paul Riquet, this structure is a testament to the ingenuity displayed. A remarkable piece of heritage set within a UNESCO World Heritage Site.
Continue this delightful exploration with a stroll along the Rigole de la Montagne. The path winds along the water's edge, in the shade of tall trees, in the heart of a peaceful forest.
Your route then continues towards the pretty village of Saissac, dominated by its impressive medieval castle, and on to Montolieu, the famous village of books and the arts. All that remains is to head back towards Carcassonne to round off this lovely cycling trip!
Hotel

undefined : Your stay is already coming to an end at Carcassonne :

Your stay is already coming to an end! Depending on your schedule, why not enjoy one last coffee on a terrace or take one final stroll around Carcassonne before setting off again.

TRAVEL CONDITIONS

Attendees :

From two people.

Formalities :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Departure and meeting point :

Your cycling holiday begins in Carcassonne!
The town is easily accessible, whether you're arriving by car, train or plane.
How do you get to Carcassonne and where can you park during your cycling holiday?
There are several ways to reach the starting point of your cycling adventure:

- By car: Carcassonne is accessible via the motorway from the main routes in the south of France.
- By train: Carcassonne's SNCF railway station is located in the city centre.
- By plane: Carcassonne Airport is situated close to the city centre. A shuttle bus provides easy access to the heart of the city.

Are you travelling by car and wish to leave it parked during your cycling holiday? Don't worry – there are several parking options available in Carcassonne. However, we do not offer parking bookings and cannot guarantee the availability of a free space for the entire duration of your stay. If you're parking for several days, we advise you to check the rates, access conditions and maximum permitted duration in advance. This will help you avoid any unpleasant surprises during your break!
Here are some useful links to help you prepare for your arrival:

- Carcassonne City Council – Parking information
- Carcassonne Tourist Office – Where to park?
- Would you prefer to park near the station? The EFFIA car park at Carcassonne station may also be a good option

Accompanying :

Self-guided cycling holidays: just get on your bike – we'll take care of the rest!

Fancy going on a cycling holiday whenever you like? With our self-guided cycling holidays, you can make the most of your getaway without worrying about the logistics. We take care of everything: booking your accommodation, transporting your luggage from one stage to the next, and planning your cycling route. All you have to do is hop on your bike and enjoy the ride! To guide you throughout your adventure, we provide you with a personalised roadbook and access to a navigation app on your smartphone. This way, you can follow the route at your own pace.
Cycle with peace of mind – we'll take care of everything!

- Accommodation booked in advance: every evening, your accommodation awaits you.
- Luggage transport: your belongings will be waiting for you on arrival, so you won't have to carry them whilst cycling.
- An itinerary planned just for you: discover our routes with your personalised roadbook.
- A navigation app: easily follow your route directly on your smartphone.

Get ready for new discoveries, wonderful encounters and the joy of cycling!

Accommodation :

Lovely places to stay where you can recharge your batteries every evening so you can get off to a flying start the next day!
After a lovely day on the trails, it's time to relax and unwind. Throughout your journey, you'll be welcomed into 3-star hotels or guesthouses carefully selected for the quality of their hospitality, comfort and charm. You'll stay in a double or triple room. Bed linen and towels are provided.

Food :

Your stay includes accommodation with breakfast each morning, as well as dinners in Castelnaudary and Revel (on the evenings of days 2 and 3).

What better way to round off these lovely days cycling than with a delicious meal! In Carcassonne, dinner is at your own expense. It's a great opportunity to enjoy the many fine dining options in the medieval city! Lunches are not included, but you'll have the chance to discover local specialities, sample regional produce or sit down on the terrace of a small restaurant.

Difficulty level :

Level 3: a bit of a challenge, lots of fun!
Do you enjoy being active, take part in sports and are used to cycling, without necessarily aiming for top performance? This cycling holiday is designed for cyclists who like to pedal at a leisurely pace, whilst enjoying a few small challenges along the way. On the programme: stages of 47 to 60 km a day, on varied routes, with a few lovely climbs, particularly around Revel. Nothing insurmountable, but enough to give your legs a bit of a workout and make you appreciate the breaks and the scenery all the more! The main thing is the pleasure of cycling, discovering new horizons and enjoying your cycling holiday at your own pace.

RATES

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

The price includes :

- 4 nights in a twin room or a triple room, in hotels and guesthouses
- 5 breakfasts
- 2 dinners: on day 2 in Castelnaudary and on day 3 in Revel
- Transport of one piece of luggage per person, weighing up to 20 kg
- Tourist taxes
- A personalised itinerary in PDF format and access to our smartphone navigation app
- Track your booking via your personal 'My La Rébenne' account
- Full organisation and logistics for your stay
- 24-hour telephone support

The price does not include :

- Transport to the starting point and from the finish
- Packed lunches
- Dinners in Carcassonne on days 1 and 4
- Drinks and personal expenses
- Bicycle hire and accessories
- Visits not included in the programme
- Insurance (assistance, repatriation, cancellation)
- Anything not mentioned under 'The price includes'

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 :

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