LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RN09

Cycling the Canal du Midi from Toulouse to Sète Discover south-west France on a six-day cycling tour from Toulouse to the Mediterranean!

A fully organised Self-guided cycling holiday with luggage transfer, 6 days / 5 nights, including 5 days of cycling, Accommodation in 3-star hotels and guesthouses

Level: 2/5



Listed as a UNESCO World Heritage Site, the Canal du Midi attracts visitors from all over the world. Entirely man-made, this waterway is lined with remarkable engineering structures designed by Pierre-Paul Riquet in the 17th century.

By bike, follow the route of this former commercial waterway and discover the rich diversity of the regions along the way. Leaving the "Pink City" of Toulouse behind, you will cross the Lauragais countryside, explore historic towns and gradually find yourself immersed in increasingly Mediterranean landscapes.

From Toulouse to Sète, you will discover Castelnaudary and its culinary traditions, Carcassonne and its medieval citadel, as well as Béziers and the famous nine Fonseranes locks.

This cycling holiday goes beyond the Canal du Midi itself, offering the opportunity to explore the Lauragais and its agricultural landscapes, the vineyards of the Minervois and the charming villages of Cathar Country.

This scenic cycling journey along the Canal du Midi will eventually lead you to the sparkling shores of the Mediterranean.

Strengths

- Toulouse, the Pink City, renowned for its architectural heritage and its warm southern French atmosphere.
- The Canal du Midi, a UNESCO World Heritage Site.
- Local gastronomy, particularly Castelnaudary's traditional cassoulet.
- Carcassonne and its medieval citadel.
- The vineyards of the Minervois.

SCHEDULE

Day 1 : Toulouse, the enchanting Pink City :

Arrive in Toulouse and settle into your hotel before heading out to discover the charms of the "Pink City". Famous for its beautiful pink-brick architecture, lively squares and vibrant atmosphere, Toulouse is the perfect introduction to the south of France. Take a leisurely stroll through its picturesque streets, soak up the laid-back southern lifestyle and enjoy a taste of the region's warm and welcoming spirit. A wonderful way to begin your cycling adventure!
Hotel

Day 2 : From Toulouse to Castelnaudary, home of the famous cassoulet : 62 km - 4 h00 -

Elevation: + 190 m

Your cycling adventure begins at the Pierre-Paul Riquet Bridge. Before leaving Toulouse, take a moment to soak up the city's unique atmosphere and admire its remarkable architectural heritage, which includes the Capitole, the Basilica of Saint-Sernin and the Convent of the Jacobins.
Follow the Canal du Midi, lined with countless moored barges, into the Lauragais countryside. This region was once renowned for its pastel cultivation. Your first stop is Avignonet, a village steeped in history, marked by the tragic events of the Albigensian Crusade. Its medieval heritage is still very much alive, as evidenced by a striking crusader knight sculpture and an impressive church.
Next, prepare for a short climb to reach the Naurouze watershed, the highest point of the Canal du Midi at 190 metres above sea level. From there, enjoy a lovely descent towards Castelnaudary, where the region's famous cassoulet awaits.
Dinner is included.
Hotel

Day 3 : From Castelnaudary to Carcassonne, with stunning views of its medieval citadel : 40

km - 2 h00 - Elevation: + 74 m

If you're feeling adventurous, take a short detour from the Canal du Midi and cycle through fields of wheat and rapeseed to reach the 8th-century Saint-Papoul Abbey. Be sure to take time to admire the church and the 19th-century cloister, which is home to an extraordinary collection of Gothic sculptures.
With the Montagne Noire to the east and the Pyrenees to the west, continue to the beautifully preserved circular village of Bram, dating back to around the year 1000.
Follow the peaceful paths dotted with villages, some of which have a history stretching back 2,000 years, and discover the ingenious engineering works designed by Pierre-Paul Riquet, including the Bital lock and the double Lalande lock.
Finally, the magnificent medieval citadel of Carcassonne comes into view, towering above the lower town of Saint-Jean. Steeped in history and full of hidden treasures, this remarkable UNESCO World Heritage Site is yours to explore!
Hotel

Day 4 : From Carcassonne to Homps, through the vineyards of the Minervois : 41 km - 2 h 00 -

Elevation: + 88 m

Leave the magnificent medieval citadel of Carcassonne behind you and return to the peaceful tranquillity of the Canal du Midi, with its charming succession of locks, spillways and bridges.
Stop at the lively boating harbour of Trèbes, an essential stop along the canal. Take the opportunity to visit the remarkable church here, whose impressive roof is supported by 320 carved oak corbels.
You can also stop off at Marseillette, a former Gallic settlement, or detour to explore the village of Capendu and

its beautiful Romanesque chapel.
Continue through the heart of the Minervois wine region, surrounded by vineyards and sun-drenched landscapes, to reach the charming village of Homps.
Guesthouse

Day 5 : From Homps to Béziers, via the historic port of Le Somail and the famous Fonseranes nine-lock staircase. : 63 km - 4 h00 - Elevation: + 163 m

Pass through the Argens lock and follow the canal as it winds its way along the hillside towards the charming village of Le Somail. Take a well-deserved break here and step into the fascinating second-hand bookshop to browse its collection of old books and enjoy a moment of literary escapism.
At the canal junction, bear right onto the Canal de la Robine and continue towards Capestang, which is dominated by its magnificent collegiate church. Its impressive silhouette can be seen from afar. Climb to the top of the bell tower to enjoy sweeping views of the Mediterranean Sea and the nearby 14th-century château.
Your journey to Béziers takes you back in time, following in the footsteps of the Gallo-Roman civilisation. Cycle through Poilhes-la-Romaine and discover the ancient hilltop settlement of Ensérune.
The Malpas Tunnel and the famous nine Fonseranes locks once again showcase the remarkable engineering genius of Pierre-Paul Riquet.
Finally, you will arrive in Béziers, the birthplace of this visionary engineer. Take time to explore the town's picturesque historic streets and uncover its many treasures.
Hotel

Day 6 : From Béziers to Sète, you will arrive on the shores of the Mediterranean. : 47 km - 3 h00 - Elevation: + 98 m

Although the sea is not yet visible, you can sense its presence. The landscape gradually becomes flatter, revealing a mosaic of dunes, marshlands and vast lagoons. You are now entering the domain of the little egret, which you may spot alongside horses and bulls, reminiscent of the distinctive landscapes of the Camargue.
In this unique setting, two remarkable feats of engineering catch your eye: the unusual covered bridge over the Libron and the circular lock at Agde. Halfway along the route, volcanic stone begins to appear. This dark rock forms much of the town’s architecture, including Agde Cathedral.
A few fishing trawlers moored where the Hérault River meets the Canal du Midi invite you to imagine setting sail for the Mediterranean. Continue towards the port of Sète from here, following a beautiful cycle path alongside the Étang de Thau lagoon and the seafront.

TRAVEL CONDITIONS

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 :

Start of your cycling holiday:
As the first day is dedicated to your arrival, you are therefore free to arrive in Toulouse at a time that suits you. Rooms are generally available from the late afternoon onwards.
How to get to the starting point:
There are several ways to reach Toulouse:

- By car: Toulouse is easily accessible via the motorways in southern France.
- By train: Toulouse railway station (Gare SNCF) is conveniently located in the city centre.
- By plane: Toulouse-Blagnac Airport is served by numerous airlines. A regular shuttle service provides easy access to the city centre.

Travelling by car? Parking in secure car parks in the city centre can be relatively expensive. To make things easier at the end of your cycling holiday, we recommend an alternative: park your car near Sète railway station and take the train to Toulouse. This way, your car will be waiting for you in Sète when you finish your holiday, so you won't need to travel back by train.
Return to the starting point!
At the end of your holiday, you can travel back to Toulouse from Sète by train. There are regular direct regional trains running between the two cities, with a journey time of approximately one hour.

Difficulty level :

You have a good physical condition and practice fairly regularly cycling or other sports activity. Steps of 25 to 64km per day, no elevation gain. Path sometimes bumpy (holes, roots and potholes), narrow and in medium condition.

Accommodation :

Comfortable and carefully selected accommodation.
You will stay in 3-star hotels or guesthouses, in double or triple rooms. Each accommodation has been carefully selected for the quality of its welcome and its comfort, ensuring you enjoy a pleasant stay. Bed linen and towels are provided.

Food :

The package includes accommodation with breakfast each morning.
Lunches and dinners are not included, giving you the freedom to choose where and what to eat at each stop along the way. There are plenty of tempting opportunities to enjoy gourmet cuisine and discover the local flavours.

Luggage :

We offer a cycling holiday package with luggage transfers included, which can be tailored to suit your preferences.

Travel light and enjoy your cycling holiday with our luggage transfer service, which takes care of transporting your main luggage from one overnight stop to the next (one bag per person, weighing up to 23 kg). You will only need to carry your personal belongings for the day and your packed lunch.

Prefer greater independence? Your holiday can also be tailored without luggage transfers. In this case, you will carry all your belongings with you throughout the journey.

RATES

6 days, 5 nights, 5 days bike tour - hotel double room	
Registration for 2 people	790€
Registration for 4 people	750€
Registration for 6 people	730€

The price includes :

- Overnight stays in double, twin or triple rooms in 3-star hotels and/or guesthouses.
- Breakfasts
- One dinner (on days 2)
- Transportation of one piece of luggage per person, weighing no more than 23 kg
- Tourist taxes
- A personalised PDF roadbook and access to our smartphone navigation app
- Tracking of your booking through your personal My La Rébenne account
- Full organisation and logistics of your trip
- 24/7 telephone assistance

The price does not include :

- Transport to the starting point and from the finishing point.
- Dinners, except for dinner in Castelnaudary on Day 2.
- Picnic lunches.
- Drinks and personal expenses.
- Personal cycling equipment (helmet, gloves, etc.).
- Bike hire.
- Visits and admission fees not included in the itinerary.
- Insurance (travel assistance, repatriation and cancellation).
- Any item not specifically listed 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
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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.

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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