

## Canal du Midi & Pyrenees & Toulouse - 11 days

This tour is a combination of our bike tours Canal du Midi from Montpellier to Toulouse and Pyrenees tour from Narbonne. The tour leads you through overwhelming landscapes and although it is situated in the Pyrenees Mountains, it's planned so that any cyclist can do it. It starts in Montpellier and follows the Canal du Midi to Narbonne then goes along the Mediterranean coast to Perpignan. The following day you will get up into the heart of the Pyrenees with one of the most beautiful mountain railways in Europe. During the next day you are cycling through the Capcir and the wild high valley of the Aude River, which is guiding you down and out of the mountains. Untouched landscapes and deep canyons awaits you as well as small villages and wonderful towns on your way to Carcassonne. From here you'll follow the Canal du Midi to the famous 'ville rose' Toulouse.

### Day 1 Arrival in Montpellier

Individual arrival in Montpellier. At the reception you will receive your traveler documents.

### Day 2 Montpellier > Sète ~45 km

At 9:30 am we will be at your hotel to adjust your rental bike and to give you all the necessary information about your tour. From the elegant city of Montpellier you will cycle along the Lez River on a bike path through a bird sanctuary to Palavas and the Mediterranean Sea. Then the way leads you along the Rhone-Sète Canal through the middle of a beautiful Lake District and finally to Frontignan-Plage and Sète.

### Day 3 Sète > Béziers ~60 km

This morning you should not forget to take your bathing togs. Because in the morning you ride along the beach on a perfect bike lane to Agde. Here you can visit the old town and the cathedral made of black stones. From here you follow the Canal du Midi to Béziers.

### Day 4 Béziers > Narbonne ~45 km

Via the bridge over the river Orb you reach the 7 locks at Fonsérannes. Continue your ride along the canal, past the Celtic oppidum of Ensérune and an imposing Gothic church in Capestang. You continue on little roads and paths through the vineyards to Narbonne.

### Day 5 Narbonne > Perpignan ~80 km

The first stage leads you along the Canal de la Robine and the Mediterranean coast to Catalonian Perpignan. You will realize that the Spanish border can't be far away from here. And your charming 3\*\*\* hotel in the town center will astonish you.

### Day 6 Perpignan > Mont Louis 1650 m

Visit Perpignan, its historical center and the amazing royal palace before leaving. Then take the train to the Pyrenees towards the medieval town of Villefranche-de-Conflent. After a visit continue with the yellow mountain railway «Petit Train Jaune» - a real highlight! It leads you through the mystic Pyrenees Mountains up to the fortified town of Mont-Louis (1650m), which was built by Vauban. From your 2\*\* hotel with swimming-pool you'll have a wonderful view of the Puigmal (2913m).

### Day 7 Mont Louis > Quillan ~70 km

On the plateau you will first go over a mountain pass at 1710m above sea level. Then follow the Aude River from its source down through wild canyons to Quillan. For those who like good honey we recommend to make a stop in Axat at Le Rucher de l'Ours.

### Day 8 Quillan > Carcassonne ~55 km

The Aude leads you to Carcassonne. Take a break in the former bishop's town Alet-les-Bains and cycle on to Limoux, which is well-known for the oldest sparkling wine worldwide, the Blanquette de Limoux. After this refreshing potion, which medieval kings already ordered to their castles, you pedal on through the lovely Aude Valley until you arrive in Carcassonne. And from your elegant 4\*\*\*\* hotel you'll see the impressive fortress on the other side of the river.

### Day 9 Carcassonne > Castelnaudary ~40 km

You continue to ride along the Canal du Midi to Castelnaudary, home town of the famous Cassoulet. The landscape changes and the vineyards are replaced by fields of sunflowers and corn. On the right side you can see the little

### Services:

10 nights in 2\*\*, 3\*\*\* and 4\*\*\*\* hotels  
10x breakfast  
welcome briefing  
tourist tax  
luggage transfer (1 piece p.P.)  
transfer of bike Perpignan - Mont-Louis  
signal vest  
detailed tour documentation GB, DE, FR  
GPS-tracks on request  
France-Bike signs along the route  
service hotline

### additional services:

|                                       |       |
|---------------------------------------|-------|
| supplement if only 3 persons starting | 120 € |
| supplement if only 2 persons starting | 180 € |
| supplement solo traveler (luggage)    | 360 € |
| theft insurance for the bike          | 20 €  |
| theft insurance for the e-bike        | 40 €  |
| rental bike 21 gears                  | 150 € |
| electric bike                         | 300 € |
| own bike                              | 0 €   |
| half board                            | 330 € |

### Price:

14.07.2024 - 24.07.2024 - hotel according to offer

|                  |        |
|------------------|--------|
| double room, BnB | 1840 € |
| single room, BnB | 2340 € |
| twin room, BnB   | 1840 € |



mountain chain of the 'Montagne Noir', where the canal gets its water from.

**Day 10 Castelnaudary > Toulouse ~65 km**

This is the last day that you ride along the Canal du Midi. Once more you enjoy the beautiful landscape and the nice, little villages that you are passing on your way to Toulouse. The Canal du Midi will accompany you until the very center of that beautiful city, so that you don't need to mind any traffic. And your hotel in downtown Toulouse is only a few meters from the canal.

**Day 11 Departure from Toulouse**

