

## Canal du Midi | Toulouse - Montpellier - 10 days

Cycle along Europe's most beautiful canal - a UNESCO World Heritage Site from Toulouse to Montpellier. The Canal du Midi was built by Pierre Paul Riquet between 1667 and 1681 in order to link the Mediterranean to Atlantic Ocean. This idea had already been dreamt of by the Romans but was only carried out sixteen centuries later and even at that time was a considerable technological achievement. All along the 260 km of canal situated in the South of France with its 64 locks, you will come across authentic and varied landscapes where time seems to stand still silent. Cars and industry are missing, here the bicycle reigns, riding along smaller roads or the towpath under century old plane trees. France-Bike, has however, extended this bike tour so you'll now discover 2 other canals dating from the 18th Century, namely the Canal de la Robine to Narbonne, and the Rhone-Sète canal between Sète and Montpellier. This section alone has it all, as the canal leads through the heart of the lakes and marshland area, so typical of the Mediterranean. Flamingos, herons, gulls and countless other species of birds accompany you as soon as you set off. Culture and architecture fans are in for a treat.

### Day 1: Arrival in Toulouse

At your arrival at the hotel reception you will receive your personal folder with maps for the upcoming trip. After that, you should take the time to get to know Toulouse a little better. Discover the cathedral and the Capitol, or simply take a stroll along the banks of the Garonne... I'm sure Toulouse has something for everyone.

### Day 2: Toulouse > Castelnaudary, ~60 km (37 miles)

The first day starts with a gentle climb to the watershed at Narouze, 190 m above sea level. The route then continues to Castelnaudary, the capital of the famous Cassoulet.

### Day 3: Loop tour to the lake St. Ferréol, ~50 km (31 miles)

On little roads you ride to the strategic point of the Canal project, the lake St. Ferréol, built in the 17th century. Then you go on to the medieval town of Revel with one of the nicest market halls in France, before riding back to Castelnaudary.

### Day 4: Castelnaudary > Carcassonne, ~40 km (25 miles)

Today you cycle along the Canal du Midi and on your left you see the heights of the Montagne Noir. Under plane trees and through dreamy villages you cycle to Carcassonne. The imposing Cité', the famous medieval fortress, whose visit will be a truly crowning conclusion to your day of travel, stands out like a fairy tale. And from our 4\*\*\*\* hotel you have the most beautiful view of this magnificent medieval fortress.

### Day 5: Carcassonne > Homps / Olonzac, ~42 km (26 miles)

Today you cycle the entire time along the Canal du Midi to Homps.

### Day 6: Homps / Olonzac > Narbonne, ~39 km (24 miles)

On today's stage you will drive along the Canal du Midi and the Canal de la Robine back to Narbonne. We absolutely recommend to visit the city and all its sights.

### Day 7: Narbonne > Béziers, ~40 km (25 miles)

Through the vineyards around Narbonne you cycle to Capetang, where you come across the Canal du Midi. Highlights are certainly the seven-stage lock staircase, which raises the canal by 22 meters, as well as the imposing bridge construction, which leads the Canal du Midi across the River Orb.

### Day 8: Béziers > Sète, ~58 km (36 miles)

Through the Parc des Poètes you will return to the canal, which you will follow to the Greek Agde. Then you will ride to the town of Marseillan, the lovely little harbour with its numerous restaurants and cafés. After lunch break you will reach the beautiful beach promenade which leads you to Sète.

### Day 9: Sète > Montpellier, ~50 km (31 miles)

Your way leads you to Frontignan-Plage, from there you follow the coastline through the typical lake area to Palavas. The cycle path Méditerranée à Vélo is always signposted and finally you reach your destination, the wonderful city of Montpellier. Very young and dynamic, this university town presents itself to you with its Place de la Comédie and its typical medieval center with the small, winding streets and the countless cafes and restaurants.

### Services:

9 nights in carefully chosen 3 \*\*\* and 4\*\*\*\* hotels  
 9x breakfast  
 tourist tax  
 luggage transport (1 piece per person)  
 carefully chosen roads and paths  
 detailed plans, maps and GPS tracks (no printed tour description)  
 France-Bike signs along the route  
 France-Bike security vest  
 service hotline

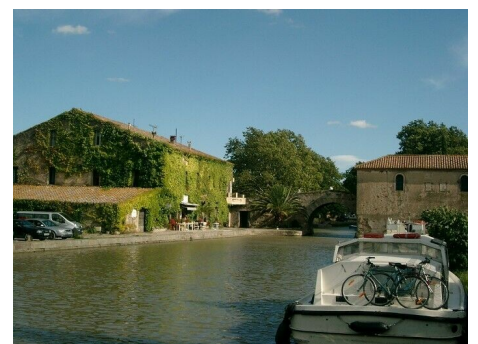
### additional services:

extra night, single BnB, Montpellier	110 €
extra night, double BnB, Montpellier	70 €
supplement 'arrival any day' if 3 persons starting	90 €
supplement 'arrival any day' if 2 persons starting	130 €
supplement solo traveler (luggage)	220 €
theft insurance for the bike	20 €
theft insurance for the e-bike	40 €
rental bike 21 gears incl. transfer back	150 €
electric bike incl. transfer back	300 €
own bike	0 €
half board	340 €

### Price:

02.06.2024 - 11.06.2024 - hotel according to offer

double room, BnB	1325 €
single room, BnB	1815 €
twin room, BnB	1325 €



**Day 10: Departure from Montpellier**

After breakfast this bike tour ends.

