

## CANAL DES 2 MERS BY BIKE - FROM BORDEAUX TO AGDE, SÈTE OR MONTPELLIER



### All inclusive cycling holiday on the Canal des 2 mers

This self guided cycling holiday on the Canal des deux mers (or the canal of the two seas) offers a great way to cross the south west of France, following the course of the canal in the shade of plane trees. This remarkable cycle route joins the Atlantic to the Mediterranean. Along the way, you will be able to make the most of the famous wines of Bordeaux, Corbieres and Minervois while savouring the gastronomy of the region. Each evening you will be welcomed into our selected B&Bs, offering swimming pools and charm.

11 days / 10 nights from 860,00 €

Self guided, itinerant cycling holiday - easy

Please contact us if you would like a tailor made holiday.

### ITINERARY

#### DAY 1: VISIT BORDEAUX

##### *Arrival in Bordeaux*

Arrival at your charming B&B which is ideally located near to the train station, "St Jean de Bordeaux" or the city center. Your host will know just how to advise you on the sites to visit, activities and the restaurants which are not to be missed! Your bikes will be available from 19h00 for an evening bike tour if you feel like it.

Night in Bordeaux with dinner of your own choice.

#### DAY 2: LE CANAL DE LA GARONNE BY BIKE FROM BORDEAUX TO BELLEFOND / FRONTENAC

*Distance: 45km*

You begin by cycling alongside the Garonne river from where you can admire the attractive facades of the buildings here in the capital of the Gironde 'departement'. The landscape then becomes more varied, changing between wooded valleys, fortified hamlets and small chateaux and - of course - Bordeaux vineyards!

Night in Bellefond or Frontenac.

#### DAY 3: LE CANAL DE LA GARONNE BY BIKE FROM BELLEFOND TO CAUMONT SUR GARONNE/ LE MAS D'AGENAI

*Distance: 52km*

Today's route begins on quiet lanes across bucolic landscapes of vines and forests. You then rejoin the Canal de Garonne with its locks and lively marinas interspersed with tranquil stretches lined with plane trees.

Night in Caumont sur Garonne or Le Mas d'Agenais

#### DAY 4: LE CANAL DE LA GARONNE BY BIKE FROM CAUMONT SUR GARONNE TO SÉRIGNAC SUR GARONNE

*Distance: 44km*

This morning you go through 'Mas d'Agenais, a peaceful, pretty village and ancient Roman settlement, with its 17th century corn halls and attractive five-sided communal laundry. The Canal de la Garonne then offers stunning river views, the vineyards gradually giving way to fields of cereal crops and orchards.

Night in Sérignac sur Garonne.

#### DAY 5: THE CANAL DE LA GARONNE BY BIKE FROM SÉRIGNAC SUR GARONNE TO MOISSAC

*Distance: 55km*

This stage allows you to discover two beautiful towns of south west France: Agen and Moissac. After orchards of fruit trees so characteristic of the Lot and Garonne, you arrive in Moissac. We invite you to take the time to visit this important town on the path to Santiago de Compostella, listed as a UNESCO World Heritage site.  
Night in Moissac.

## DAY 6: THE CANAL DE LA GARONNE BY BIKE FROM MOISSAC TO TOULOUSE

*Distance: 64km*

Your route goes through the charming town of Montech, with its half timbered, red brick houses. As for the cycle path this is along a peaceful "voie verte" or green way, with a good surface and shaded by plane trees. Night in Toulouse.

Suggestion 1 :

If you wish to make the most of being in Toulouse, with time to explore, then we can recommend a B&B which we particularly like. Your host, Olivier, will welcome you into an authentic "Toulousaine" with garden, veranda and elegant salons. Living in Toulouse ourselves, we really want you to like the city as much as we do! Olivier will advise you on the unmissable places to visit as well as some lesser known spots!

## DAY 7: THE CANAL DU MIDI FROM TOULOUSE TO CASTELNAUDARY

*Distance: 60 km*

After a good breakfast in the peaceful gardens, you set off for your first stretch of the canal: 50 km of tarmacked green lane, offering excellent cycling conditions. You can pause at seuil de Naurouze, watershed between the Atlantic and the Mediterranean, and an ideal spot for a break. Night in Castelnaudary. We will provide you with recommendations of the best places to discover the gastronomy of the city.

Suggestion 2 – Lauragais

Supplementary stage possible to allow this first leg to be divided into to 2 days of 30 km (options)

## DAY 8: THE CANAL DU MIDI BY BIKE FROM CASTELNAUDARY TO CARCASSONNE

*Distance : 41 km*

After Castelnaudary, the canal du midi becomes a little wilder... You can enjoy the peace of the surrounding landscape before arriving in the middle of the day in Carcassonne, with plenty of time to visit this splendid medieval city. Night in Carcassonne.

Suggestion 3 – Day in Carcassonne

We strongly recommend this supplementary night which will allow you to explore the medieval city.

## DAY 9: THE CANAL DU MIDI BY BIKE FROM CARCASSONNE TO HOMPS

*Vélo : 41 km*

From now on you are pedalling between vineyards and villages typical of the south of France. In the small, historic port of Homps, you will be able to taste some of the best wines of the region. Homps is ideally situated between the terroirs of Minervois, to the north, and Corbières to the south. Dinner of your own choice and night in a B&B with swimming pool in Homps or Olonzac.

Suggestion 4 – Minerve

Stage to Minerve with overnight in Le Somail – 36 km (contact us)

## DAY 10: THE CANAL DU MIDI FROM HOMPS TO CAPESTANG

*Distance: 43 km*

After Homps, you will discover a series of engineering feats on the canal du midi. Man has had to show great ingenuity constructing the canal through this rugged stretch of terrain.

Overnight in Caspestang, a pretty 14th century village.

## DAY 11: THE CANAL DU MIDI BY BIKE FROM CAPESTANG TO AGDE

*Distance: 42 km*

Bit by bit, the scent of the sea gets closer on this last day ... La pointe des Onglous, where the canal du midi joins the lagoon of the étang de Thau, is a magical place. Taking a moment to savour your arrival, you may well spot flamingos. This is also the moment to enjoy some oysters or mussels from nearby Bouzigues. Your trip finishes in the centre of Agde, where you drop off your bike with our partners, situated near the main train station.

Your trip finishes on arrival in Agde if you have chosen the 11 day / 10 night version, from Bordeaux to Agde by bike. Supplementary night in Agde is an option.

## DAY 12: THE CANAL DU MIDI BY BIKE FROM AGDE TO SÈTE

Distance : 35 km

We strongly recommend that you continue your journey until arriving on the shores of the Mediterranean at Sète. You can then make the most of a highly enjoyable cycle path between the lagoon of the étang de Thau and the Mediterranean Sea. You could even take a break from cycling for a swim in the sea! On arrival in Sète, you can enjoy the comings and goings of the fishing boats in the historic port, which is unusually situated right in the town centre.

Your trip ends in Sète if you have chosen the 12 day / 11 night version, from Bordeaux to Sète by bike. Supplementary night in Sète is an option.

### DAY 13: THE CANAL DU RHONE BU BIKE FROM SÈTE TO MONTPELLIER

Distance: 45 km

After Bordeaux and Toulouse, we propose that you discover another large and beautiful city of the South of France : Montpellier ! From Sète, you continue along the canal du Rhône, through the heart of a nature reserve, before following a cycle path into the centre of Montpellier. Distance cycled : 45 km

Your trip ends on arrival in Montpellier if you have chosen the 13 day / 12 night version, from Bordeaux to Montpellier. Supplementary night in Montpellier is an option.

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#### Disclaimer

The names and photos of the accommodation are given for information purposes. According to availability, the B&Bs or hotels could be changed without warning and replaced by another establishment of the same category.

## DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double room 2 pers.	Twin room 2 pers.	Triple room 3 pers.	Single room 1 pers.
Essential range				
From Bordeaux to Agde 11 days / 10 nights	€970	€990	€930	€1,490
From Bordeaux to Sète 12 days / 11 nights	€1,090	€1,120	€970	€1,650
From Bordeaux to Montpellier 13 days / 12 nights	€1,190	€1,210	€1,090	€1,790
Comfort range				
From Bordeaux to Agde 11 days / 10 nights	€1,190	€1,200	€1,090	€1,690
From Bordeaux to Sète 12 days / 11 nights	€1,290	€1,310	€1,170	€1,790
From Bordeaux to Montpellier 13 days / 12 nights	€1,390	€1,410	€1,290	€1,890
Premium range				
From Bordeaux to Agde 11 days / 10 nights	€1,550	€1,650	€1,490	€2,190
From Bordeaux to Sète 12 days / 11 nights	€1,690	€1,750	€1,640	€2,290
From Bordeaux to Montpellier 13 days / 12 nights	€1,890	€1,920	€1,850	€2,690

NB: prices shown are per person.

Trips possible from 28 April to 2 October , at this price. Outside this period, please contact us.

Departure possible on the day of your choice, including weekends.

For a trip between 27/03 and 14/04/2023, or between 16/10 and 15/11/2023 :

'Low season' luggage transfer supplement for a group of 1 people: +50€/person/step

'Low season' luggage transfer supplement for a group of 2 people: +20€/person/step

'Low season' luggage transfer supplement for a group of 3 people: +€15/person/stage  
'Low season' luggage transfer supplement for a group of 4 people or more: +8€/person/step

For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may apply depending on the number of people and the number of stops on the tour.

#### OUR PRICE INCLUDES :

- 10/11/12 nights in pretty B&Bs with swimming pools
- Breakfasts
- Phone support 7/7
- Luggage transfers (1 bag per person)
- Taxes de séjour (local accommodation tax)
- A digital roadbook to download on your mobile

#### OUR PRICE DOES NOT INCLUDE:

- Bike hire throughout the trip, including delivery to the start and its collection at the end (see below)
- The registration fee (15 € per person) - FREE if you pay by check or by bank transfer
- Travel between your home and the start and end of the holiday
- Lunches and dinners
- Spending on personal items such as souvenirs and drinks
- Travel insurance covering cancellation, illness and repatriation
- Our bicycle insurance. For more information, please [click here](#).
- Generally all that is not mentioned in 'Our Price Includes'

### OPTIONS

#### OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€100
Discount: groups of more than 4 people	-€50
SUPPLEMENTS	
July / August	€100
EQUIPMENT HIRE	
Bike rental throughout the trip (delivery & return included) - 11 days	€260
Extra bike hire for one day	€10
E-bike for the whole trip (delivery & return included) - 11 days	€478
Extra E-bike hire for one day	€25
Extra waterproof rear bag (20L) for the whole trip	€30
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included) - B&B or hotel	€45
Extra night in Bordeaux in single room (breakfast included) - B&B or hotel	€90
Extra night in Agde in double room (breakfast included) - B&B or hotel	€50
Extra night in Agde in single room (breakfast included) - B&B or hotel	€85
Extra night in Sète in double room (breakfast included) - B&B or hotel	€50
Extra night in Sète in single room (breakfast included) - B&B or hotel	€95
Extra night in Sète in triple room (breakfast included) - B&B or hotel	€50
Extra night in Montpellier in double room (breakfast included) - B&B or hotel	€50
Extra night in Montpellier in single room (breakfast included) - B&B or hotel	€95
Extra night in Montpellier in triple room (breakfast included) - B&B or hotel	€50
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Extra night in Toulouse in double room (breakfast included)	€50

Suggestion 1 - Extra night in Toulouse in single room (breakfast included)	€75
Suggestion 2 - Extra stopover in Lauragais in double room (breakfast included)	€75
Suggestion 2 - Extra stopover in Lauragais in single room (breakfast included)	€115
Suggestion 3 - Extra night in Carcassonne in double room (breakfast included)	€50
Suggestion 3 - Extra night in Carcassonne in single room (breakfast included)	€80
Suggestion 4 - Extra night in Homps in double room (breakfast included)	€50
Suggestion 4 - Extra night in Homps in single room (breakfast included)	€90
Suggestion 5 - Extra stopover in Le Somail (double room and luggage transfer included)	€85
Suggestion 5 - Extra stopover in Le Somail (single room and luggage transfer included)	€130
<b>COMFORT RANGE</b>	
<b>REDUCTIONS</b>	
Discount: No luggage transfer	-€100
Discount: groups of more than 4 people	-€50
<b>SUPPLEMENTS</b>	
July / August	€80
<b>EQUIPMENT HIRE</b>	
Bike rental throughout the trip (delivery & return included) - 11 days	€260
Extra bike hire for one day	€10
E-bike for the whole trip (delivery & return included) - 11 days	€478
Extra E-bike hire for one day	€25
Extra waterproof rear bag (20L) for the whole trip	€30
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Extra night in Bordeaux in double room (breakfast included) - B&B or hotel	€80
Extra night in Bordeaux in single room (breakfast included) - B&B or hotel	€120
Extra night in Agde in double room (breakfast included) - B&B or hotel	€60
Extra night in Agde in single room (breakfast included) - B&B or hotel	€100
Extra night in Sète in double room (breakfast included) - B&B or hotel	€65
Extra night in Sète in single room (breakfast included) - B&B or hotel	€120
Extra night in Sète in triple room (breakfast included) - B&B or hotel	€60
Extra night in Montpellier in double room (breakfast included) - B&B or hotel	€65
Extra night in Montpellier in single room (breakfast included) - B&B or hotel	€120
Extra night in Montpellier in triple room (breakfast included) - B&B or hotel	€60
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Suggestion 1 - Extra night in Toulouse in double room (breakfast included)	€65
Suggestion 1 - Extra night in Toulouse in single room (breakfast included)	€100
Suggestion 2 - Extra stopover in Lauragais in double room (breakfast included)	€75
Suggestion 2 - Extra stopover in Lauragais in single room (breakfast included)	€115
Suggestion 3 - Extra night in Carcassonne in double room (breakfast included)	€70
Suggestion 3 - Extra night in Carcassonne in single room (breakfast included)	€120
Suggestion 4 - Extra night in Homps in double room (breakfast included)	€60
Suggestion 4 - Extra night in Homps in single room (breakfast included)	€110
Suggestion 5 - Extra stopover in Le Somail (double room and luggage transfer included)	€85
Suggestion 5 - Extra stopover in Le Somail (single room and luggage transfer included)	€130
<b>PREMIUM RANGE</b>	
<b>REDUCTIONS</b>	
Discount: No luggage transfer	-€100

Discount: groups of more than 4 people	-€50
<b>SUPPLEMENTS</b>	
July / August	€80
<b>EQUIPMENT HIRE</b>	
Bike rental throughout the trip (delivery & return included) - 11 days	€260
Extra bike hire for one day	€10
E-bike for the whole trip (delivery & return included) - 11 days	€478
Extra E-bike hire for one day	€25
Extra waterproof rear bag (20L) for the whole trip	€30
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Extra night in Bordeaux in double room (breakfast included) - B&B or hotel	€95
Extra night in Bordeaux in single room (breakfast included) - B&B or hotel	€140
Extra night in Agde in double room (breakfast included) - B&B or hotel	€130
Extra night in Agde in single room (breakfast included) - B&B or hotel	€190
Extra night in Sète in double room (breakfast included) - B&B or hotel	€155
Extra night in Sète in single room (breakfast included) - B&B or hotel	€255
Extra night in Sète in triple room (breakfast included) - B&B or hotel	€115
Extra night in Montpellier in double room (breakfast included) - B&B or hotel	€175
Extra night in Montpellier in single room (breakfast included) - B&B or hotel	€290
Extra night in Montpellier in triple room (breakfast included) - B&B or hotel	€155
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Suggestion 1 - Extra night in Toulouse in double room (breakfast included)	€95
Suggestion 1 - Extra night in Toulouse in single room (breakfast included)	€120
Suggestion 2 - Extra stopover in Lauragais in double room (breakfast included)	€75
Suggestion 2 - Extra stopover in Lauragais in single room (breakfast included)	€115
Suggestion 3 - Extra night in Carcassonne in double room (breakfast included)	€90
Suggestion 3 - Extra night in Carcassonne in single room (breakfast included)	€140
Suggestion 4 - Extra night in Homps in double room (breakfast included)	€70
Suggestion 4 - Extra night in Homps in single room (breakfast included)	€140
Suggestion 5 - Extra stopover in Le Somail (double room and luggage transfer included)	€85
Suggestion 5 - Extra stopover in Le Somail (single room and luggage transfer included)	€130

NB: prices are per person.

## HOSTS

### Essential range

#### OUR PARTNER HOTEL IN BORDEAUX

Close to the Toulouse train station, our partner hotel is ideally located: you can visit Bordeaux on foot or rest in modern and comfortable rooms.





#### OUR PARTNER HOTEL IN TOULOUSE

Located in the train station area and close to the Canal du Midi, this 1\* hotel is ideally located to visit the city center of the pink city and to start your stay. The establishment has all the necessary amenities for your needs.



#### OUR PARTNER HOTEL IN CAPESTANG/NISSAN-LEZ-ENSERUNE

Located in a typical village near the Canal du Midi, this hotel will offer you a welcome worthy of the south. Enjoy the restaurant and its terrace for a well deserved dinner.



Comfort range

#### OUR PARTNER GUEST HOUSE IN MOISSAC

Our host and privileged partner will be delighted to welcome you to his warm house. You can relax in the large garden with swimming pool. For breakfast, you can relax on the terrace.



#### OUR PARTNER GUEST HOUSE IN TOULOUSE

Our partner guesthouse in Toulouse is ideally located in a nice quiet area of the city center. A warm welcome by our friend Olivier and the possibility to dine at his table d'hôtes (tasty local gastronomy). The garden is an ideal haven of peace to enjoy your dinner and breakfast. Free parking for your entire stay in the streets around the guesthouse. For more security, we can advise you to use a cheap secure parking, located very close to your accommodation.

Your host Olivier :

Olivier particularly likes to make you discover our gastronomy of the South West. His kindness associated with his tasty cooking based on local products is a very nice way to start your stay on the Canal du Midi by bike!



#### OUR PARTNER GUEST HOUSE IN HOMPS

We have been working with Brigitte since she started her business in 2017... and all of our bike travelers are thrilled! Her beautiful house and pool will make you happy when you arrive :-)





#### OUR PARTNER HOST IN AGDE

Our host Janine will give you a warm and friendly welcome. Enjoy her exotic garden, and why not have a drink in the jacuzzi...



Premium range

#### OUR PARTNER GUEST HOUSE IN SAUVETERRE-DE-GUYENNE

Magalie and Stéphane welcome you to their charming guest rooms. You'll fall under the spell of this old château in the heart of the Bordeaux vineyards.



#### OUR PARTNER GUEST HOUSE IN CAPESTANG

Our partner guest house in Capestang, in the heart of the vineyards and with a famous table d'hôtes.



#### OUR PARTNER GUEST HOUSE IN CASTELNAUDARY

Situated on the outskirts of the village, our host will be delighted to welcome you to his rural setting. You'll be able to relax after a day's cycling in this authentic house, surrounded by greenery and calm. And why not try a real home-made cassoulet!



#### OUR PARTNER HOTEL IN SÈTE

A charming hotel in the heart of Sète, offering a warm welcome in a 19th-century building. Close to the canals, the peacefulness of the glass-roofed patio is sure to delight. You can also enjoy a gourmet break in their restaurant, where you can sample delicious Mediterranean cuisine "between land and sea".



Categories : Essential : a selection of simple guest houses and 1\* hotels. Confort : a selection of charming and comfortable guest houses and 2\* hotels. Privilege :

a selection of exceptional guest houses and 3\* hotels. NB : these are our preferred accommodations. Depending on your registration date, we may be able to reserve other accommodation of the same category for you.

## PRACTICAL INFO

### A WORD FROM GUILHEM, LOCAL CYCLING GUIDE:

The **Canal Latéral de la Garonne by bike from Bordeaux to Toulouse** is entirely paved with a nice bike path just like the **Canal du Midi** at the beginning. For the remaining 200km to Agde, you will find only dirt roads (with roots and frequent unevenness).

**Our VTC have been selected for your comfort.** Front suspension, adjustable stem, comfortable saddle and grips, hydraulic disc brakes, Orlieb panniers, lighting...

The quality of your bike is essential for the success of your stay, we want you to leave in the best conditions.

### VTC BIKES FROM THE AMERICAN BRAND TREK



- High-standard model chosen especially for the profile of our travelers
- A bike to fit your height (available in M, L and XL. For smaller height, other Trek and KTM models are available)
- Frame geometry and standover : easy to mount and dismount.
- Front suspension
- Comfort saddle
- Travel comfort handles
- Hydraulic disc brakes
- Adjustable stem (for the comfort of your back)
- Rear stand
- Front and rear lighting by dynamo

NB : Our bikes are serviced and cleaned after each outing.

### ELECTRIC BIKE (VAE) FROM THE AMERICAN BRAND TREK





- High-end Trek model chosen especially for our travelers' profile
- A bike that fits you (available in sizes XS, S, M, L and XL)
- Sporty and dynamic frame geometry, making it easy to ride
- Large 28" inch wheels that ensure precise steering and good performance of your electric bike on the Canal des 2 Mers
- Powerful braking with two hydraulic disc brakes
- Fully equipped: mudguards, side stand, powerful lighting and pannier holders
- Bosch Active Line motor

### ALL OF YOUR EQUIPMENT IS INCLUDED

- Waterproof rear panier (Ortlieb)
  - Waterproof front panier with smartphone / roadbook holder (Ortlieb)
  - Front and back lights
  - Bike lock
  - Repair kit
  - Helmet provided free of charge on request (please ask us when you register)
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- **NATURE OCCITANE PROVIDES AN INSURANCE FOR ROBBERY AND ASSISTANCE FOR 1€50 PER DAY AND BIKE AND/OR EQUIPMENT**
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- **AT YOUR CHARGE IF YOUR BIKE OR TRAILER ARE ROBBED :**

#### Caution / Excess without the insurance :

Premium trip bike : 924€

Premium trip electric bike : 2275€

Child bike : 400€

Luggage trailer BOB Ibex : 570€

Repair rate in case of damage / breakage

#### Caution / Excess with the insurance :

Premium trip bike : 92€

Premium trip electric bike : 228€

Child bike : 40€

Luggage trailer BOB Ibex : 57€

10% of the repair rate in case of damage /breakage

*NB : The statement of robbery at the police station must be sent to Nature Occitane in both cases in the time limit of 48h after the offence.*

**At your charge in case of theft or loss of equipment :**

Back pannier : 50€

Anti-theft device : 75€

Multi-tool or pump : 15€

Helmet : 50€

**PARKING OF YOUR VEHICLE DURING YOUR HOLIDAY**

In thinking of the environment, we encourage you to come by public or shared transport. We will take care of the delivery and collection of your bike.

**IN AGDE, SÈTE OR MONTPELLIER**

**Solution 1 : Free parking in Agde ou Sète**

Free parking in the quiet streets around your B&Bs.

**Solution 2 : Paid for secure parking in Agde or Sète**

Links to our recommended car parks in Agde, Sète and Montpellier :

→ Secure parking in Agde: [Click here](#) to calculate the parking charge for your trip

→ Secure parking in Sète : [Click here](#) to calculate the parking charge for your trip

→ Secure parking in Montpellier : [Click here](#) to calculate the parking charge for your trip

**IN BORDEAUX**

For more security, we can advise you to use a cheap secure parking, located very close to our partner guesthouse in Bordeaux.

[Click here](#) to calculate the rate for your stay or reserve your place.

**MEETING POINT**

Day 1 in your B&B

**THE END OF YOUR TRIP**

Your holiday will finish upon arrival in Agde, Sète or Montpellier depending on the trip that you have booked.

**HOW TO GET THERE**

In order to limit your carbon emissions, we encourage you to come by public transport or car sharing. We will take care of collecting our bikes at the end of the trip.

**IF YOU COME BY TRAIN :** SNCF Train stations of Bordeaux, Agde, Sète or Montpellier.

**IF YOU COME BY PLANE :** Either Bordeaux or Montpellier airport.

**RECOMMENDED EQUIPMENT**

Take a travel bag or suitcase for a change of clothes for the week. You will find it in your accommodation each evening.

**CLOTHING :**

- 1 sun hat or cap (helmet provided on request when you register)
- 1 scarf
- Breathable T-shirts

*NB: Avoid cotton, which takes a long time to dry; prefer short-sleeved t-shirts (breathable material)*

- 1 fleece
- 1 Gore-tex jacket, waterproof and breathable
- 2 pair of shorts (short or long), preferably padded for comfort on the bike

**NB: The shorts must be worn next to the skin.**

- 1 pair of comfortable trousers for the evening
- Underwear
- Socks

*NB: Avoid "tennis" type socks (cotton), which take a long time to dry.*

- 1 swimming costume for the pool and your arrival at the sea



**SHOES :**

- 1 pair of multi-activity shoes for cycling and walking
- Tennis shoes or sandals for the evening

**EQUIPMENT :**

- 1 pair of sunglasses
- 1 pocket knife (to be put in the hold luggage if you take the plane)
- Toiletries
- Toilet paper
- Sunscreen
- Soothing cream anti-friction

This list should be adapted according to the season chosen.

## REVIEWS

The following French tour operators have chosen to work with us; we create trips to match their clients expectations and then welcome their clients to our region.



We have a Tripadvisor Certificate of Excellence and a 5\* rating following the 2018 season.