

CANAL DU MIDI BY BIKE - FROM TOULOUSE TO AGDE, SÈTE OR MONTPELLIER

All inclusive cycling holiday on the Canal du Midi

This cycling holiday along the Canal du Midi offers a fascinating journey across South West France, from Toulouse to the Mediterranean Sea. The canal has been listed as a Unesco World Heritage site since 1996 and this jewel of southern French history offers an opportunity to go back in time and relive the history of the region. Your journey along the canal allows visits to historic monuments and cities as well as ample opportunity to discover the gastronomic delights of the area..

6 days / 5 nights from 470,00 €

Self guided itinerant cycling holiday- easy

[Tailormade Holidays - Contact Us](#)



ITINERARY

DAY 1: VISIT TOULOUSE BY BIKE OR ON FOOT

Arrival in Toulouse

Arrival at your charming B&B, ideally situated in Toulouse. Your hosts will welcome you into an authentic "Toulousaine" with garden, veranda and elegant salons. Your bike will be available from 19h00, should you fancy an evening ride. Living in Toulouse ourselves, we really want you to like the city as much as we do! Night in Toulouse.

Suggestion 1 – Toulouse

Tour of Toulouse by bike and supplementary nights possible (options)

DAY 2: THE CANAL DU MIDI FROM TOULOUSE TO CASTELNAUDARY

Distance cycled: 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 Naourouze, watershed between the Atlantic and the Mediterranean, and an ideal spot for a break. Night in Castelnaudary. Your host 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 3: THE CANAL DU MIDI BY BIKE FROM CASTELNAUDARY TO CARCASSONNE

Distance cycled: 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 4: THE CANAL DU MIDI FROM CARCASSONNE TO HOMPS

Distance cycled: 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 Corbieres to the south. Night in a B&B with swimming pool in Homps or Olonzac.

Suggestion 4 – Minerve

Stage to Minerve with overnight in Le Somail – 20 km (options)

DAY 5: THE CANAL DU MIDI FROM HOMPS TO CAPESTANG

Distance cycled: 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 Caspeatang, a pretty 14th century village.

DAY 6: THE CANAL DU MIDI FROM CAPESTANG TO AGDE

Distance cycled: 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 6 day / 5 night version, from Toulouse to Agde. Supplementary night in Agde is an option.

DAY 7: THE CANAL DU MIDI FROM AGDE TO SÈTE

Distance cycled: 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 7 day / 6 night version, from Toulouse to Sète. Supplementary night in Sète is an option.

DAY 8: THE CANAL DU RHONE BU BIKE FROM SÈTE TO MONTPELLIER

Distance cycled : 45 km

After 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.

Your trip ends on arrival in Montpellier if you have chosen the 8 day / 7 night version, from Toulouse 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				
Cycling holidays 6 days /5 nights - From Toulouse to Agde 6 days / 5 nights	€490	€500	€470	€750
Cycling holidays 7 days / 6 nights - From Toulouse to Sète 7 days / 6 nights	€590	€600	€540	€850
Cycling holidays 8 days / 7 nights - From Toulouse to Montpellier 8 days / 7 nights	€690	€700	€670	€990
Comfort range				
Cycling holidays 6 days /5 nights - From Toulouse to Agde 6 days / 5 nights	€570	€580	€540	€850
Cycling holidays 7 days / 6 nights - From Toulouse to Sète 7 days / 6 nights	€690	€700	€630	€990
Cycling holidays 8 days / 7 nights - From Toulouse to Montpellier 8 days / 7 nights	€780	€790	€740	€1,190
Premium range				

Cycling holidays 6 days / 5 nights - From Toulouse to Agde <i>6 days / 5 nights</i>	€790	€800	€690	€1,090
Cycling holidays 7 days / 6 nights - From Toulouse to Sète <i>7 days / 6 nights</i>	€990	€1,000	€880	€1,290
Cycling holidays 8 days / 7 nights - From Toulouse to Montpellier <i>8 days / 7 nights</i>	€1,190	€1,200	€1,120	€1,690

NB: prices shown are per person.

Trips possible from 01 April to 15 October , at this price. Outside this period, please contact us.

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

For a trip between 01/04 and 14/04/2024, or between 16/10 and 15/11/2024 :

'Low season' luggage transfer supplement for a group of 1 people: +60€/person/step

'Low season' luggage transfer supplement for a group of 2 people: +60€/person/step

'Low season' luggage transfer supplement for a group of 3 people: +€40/person/stage

'Low season' luggage transfer supplement for a group of 4 people or more: +30€/person/step

NB: These supplements are justified by the fact that we organize private transfers for your group in low season.

Essential range : selection of simple Bnb and 1* hotels.

Comfort range : selection of comfortable Bnb and 2* hotels.

Privilege range : selection of charming Bnb and 3* hotels.

For a stay entirely in a 2* or 3* hotel, please contact us.

Outside these periods, please contact us.

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 :

- 5/6/7 nights in pretty B&Bs or hotels
- 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 (130€)
- The registration fee (15 € per person) - FREE if you pay by credit card 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	-€70
Discount: groups of more than 4 people (From Toulouse to Agde)	-€20
Discount: groups of more than 4 people (From Toulouse to Sète)	-€25

Discount: groups of more than 4 people (From Toulouse to Montpellier)	-€30
SUPPLEMENTS	
July / August	€70
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€130
Extra bike hire for one day	€20
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€235
Extra E-bike hire for one day	€35
Extra waterproof rear bag (20L) for the whole trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
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 Agde in triple room (breakfast included) - B&B or hotel	€50
Extra night in Sète in double room (breakfast included) - BnB or hotel	€50
Extra night in Sète in single room (breakfast included) - BnB or hotel	€95
Extra night in Sète in triple room (breakfast included) - BnB or hotel	€50
Extra night in Montpellier in double room (breakfast included) - BnB or hotel	€50
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€95
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€50
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Extra night in Toulouse in B&B in double room (breakfast included)	€50
Suggestion 1 - Extra night in Toulouse in B&B in single room (breakfast included)	€75
Suggestion 1 - Extra night in Toulouse in B&B in triple room (breakfast included)	€45
Suggestion 2 - Additional stopover in Lauragais in double room (breakfast and luggage transfer included)	€75
Suggestion 2 - Additional stopover in Lauragais in single room (breakfast and luggage transfer included)	€115
Suggestion 2 - Additional stopover in Lauragais in triple room (breakfast and luggage transfer included)	€70
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 3 - Extra night in Carcassonne in triple room (breakfast included)	€40
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 4 - Extra night in Homps in triple room (breakfast included)	€50
Suggestion 5 - Additional stopover in Le Somail in double room (breakfast and luggage transfer included)	€85
Suggestion 5 - Additional stopover in Le Somail in single room (breakfast and luggage transfer included)	€130
Suggestion 5 - Additional stopover in Le Somail in triple room (breakfast and luggage transfer included)	€75
TRANSFERS	
Private return transfer Sète - Toulouse (group price)	€600
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: groups of more than 4 people (From Toulouse to Agde)	-€20
Discount: groups of more than 4 people (From Toulouse to Sète)	-€25
Discount: groups of more than 4 people (From Toulouse to Montpellier)	-€30
SUPPLEMENTS	
July / August	€40
EQUIPMENT HIRE	

Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€130
Extra bike hire for one day	€20
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€235
Extra E-bike hire for one day	€35
Extra waterproof rear bag (20L) for the whole trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
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 Agde in triple room (breakfast included) - B&B or hotel	€60
Extra night in Sète in double room (breakfast included) - BnB or hotel	€65
Extra night in Sète in single room (breakfast included) - BnB or hotel	€120
Extra night in Sète in triple room (breakfast included) - BnB or hotel	€60
Extra night in Montpellier in double room (breakfast included) - BnB or hotel	€65
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€120
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€60
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Extra night in Toulouse in B&B in double room (breakfast included)	€65
Suggestion 1 - Extra night in Toulouse in B&B in single room (breakfast included)	€100
Suggestion 1 - Extra night in Toulouse in B&B in triple room (breakfast included)	€75
Suggestion 2 - Additional stopover in Lauragais in double room (breakfast and luggage transfer included)	€75
Suggestion 2 - Additional stopover in Lauragais in single room (breakfast and luggage transfer included)	€115
Suggestion 2 - Additional stopover in Lauragais in triple room (breakfast and luggage transfer included)	€70
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 3 - Extra night in Carcassonne in triple room (breakfast included)	€60
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 4 - Extra night in Homps in triple room (breakfast included)	€60
Suggestion 5 - Additional stopover in Le Somail in double room (breakfast and luggage transfer included)	€85
Suggestion 5 - Additional stopover in Le Somail in single room (breakfast and luggage transfer included)	€130
Suggestion 5 - Additional stopover in Le Somail in triple room (breakfast and luggage transfer included)	€75
TRANSFERS	
Private return transfer Sète - Toulouse (group price)	€600
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: groups of more than 4 people (From Toulouse to Agde)	-€20
Discount: groups of more than 4 people (From Toulouse to Sète)	-€25
Discount: groups of more than 4 people (From Toulouse to Montpellier)	-€30
SUPPLEMENTS	
July / August	€40
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€130
Extra bike hire for one day	€20
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€235
Extra E-bike hire for one day	€35

Extra waterproof rear bag (20L) for the whole trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
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 Agde in triple room (breakfast included) - B&B or hotel	€110
Extra night in Sète in double room (breakfast included) - BnB or hotel	€155
Extra night in Sète in single room (breakfast included) - BnB or hotel	€255
Extra night in Sète in triple room (breakfast included) - BnB or hotel	€115
Extra night in Montpellier in double room (breakfast included) - BnB or hotel	€175
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€290
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€155
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Extra night in Toulouse in B&B in double room (breakfast included)	€95
Suggestion 1 - Extra night in Toulouse in B&B in single room (breakfast included)	€120
Suggestion 1 - Extra night in Toulouse in B&B in triple room (breakfast included)	€90
Suggestion 2 - Additional stopover in Lauragais in double room (breakfast and luggage transfer included)	€75
Suggestion 2 - Additional stopover in Lauragais in single room (breakfast and luggage transfer included)	€115
Suggestion 2 - Additional stopover in Lauragais in triple room (breakfast and luggage transfer included)	€70
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 3 - Extra night in Carcassonne in triple room (breakfast included)	€70
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 4 - Extra night in Homps in triple room (breakfast included)	€70
Suggestion 5 - Additional stopover in Le Somail in double room (breakfast and luggage transfer included)	€85
Suggestion 5 - Additional stopover in Le Somail in single room (breakfast and luggage transfer included)	€130
Suggestion 5 - Additional stopover in Le Somail in triple room (breakfast and luggage transfer included)	€75
TRANSFERS	
Private return transfer Sète - Toulouse (group price)	€600

NB: prices are per person.

HOSTS

Essential range

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.



OUR PARTNER HOTEL IN CARCASSONNE

Located near the center, the train station and the Canal du Midi, this establishment has a privileged situation. Whether alone or with others, the staff will welcome you and advise you on the activities to visit in Carcassonne.



Comfort range

OUR PARTNER GUESTHOUSE IN TOULOUSE

Our partner guesthouse in Toulouse is ideally located in a nice quiet area not far from 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.

Economical parking (about 35€/week) in an economical secure parking lot located very close to your accommodation.

Your host Olivier :

Olivier particularly likes to make you discover our South West gastronomy. His kindness combined with his tasty cuisine based on local products is a great 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 GUEST HOUSE 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...



OUR PARTNER HOTEL IN SÈTE

Discover this cosy guest house run by a small Italian family. You can relax in the peace and quiet of their outdoor courtyard, while remaining right in the center of Sète.



Premium range

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 CARCASSONNE

Just 50 metres from the historic centre of Carcassonne in the Aude and its medieval fortress gates, this charming hotel will delight young and old alike. With its private swimming pool and peaceful rooms, you're guaranteed to have a great time!



OUR PARTNER GUEST HOUSE IN HOMPS

Not far from the Canal du Midi, this charming residence has all the ingredients to win you over: an exceptional old building, comfortable bedrooms, lush gardens... All with a friendly welcome. And don't forget to save a little time for a dip in the pool!



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 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".



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Categories : Essential : a selection of simple guest houses and 1 hotels. Confort : a selection of comfortable guest houses and 2-star hotels. Privilege : a selection of charming 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 du Midi presents first and foremost a highly enjoyable cycle route. Between Toulouse and Agde, you have 200km of earth and gravel paths (with tree roots and frequent surface irregularities). Our hybrid bikes are perfectly suited to the demands of this terrain. As long as I am available, I will be delighted to come to your B&B in Toulouse to meet you the evening before you set off. I will give you plenty of tips and advice to help you on your way!

VTC 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 BRAND TREK



- High-standard model chosen especially for the profile of our travelers.
- A bike to fit your height (available in XS, S, M, L and XL)
- Frame geometry and standover : easy to mount and dismount.
- Large 28 inch wheels that ensure precise steering and good performance.
- Powerful hydraulic disc brakes
- Bosch motor

ALL EQUIPMENT INCLUDED

- Waterproof rear pannier Ortlieb 20l
- Waterproof front pannier with Ortlieb smartphone / roadbook holder
- Front and back lights
- Bike lock
- Repair kit
- Helmet provided free of charge on demand (please ask for one when you register)

- **NATURE OCCITANE PROVIDES AN INSURANCE FOR ROBBERY AND ASSISTANCE FOR 1€50 PER DAY AND BIKE AND/OR EQUIPMENT**

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 TOULOUSE**Solution : Paid for secure parking in Toulouse.**

For peace of mind, we can give you the details of an inexpensive, secure car park, not far from your B&B.

[Click here](#) to see an approximate price or to book.

IN AGDE OR SÈTE**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

MEETING POINT

Day 1 in your B&B

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 in 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 must be adapted according to the chosen season.

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 2019 season.

SOME FEEDBACK FROM PREVIOUS GUESTS

Helpful

Trip organised from Toulouse to Agde. Everything worked well -bikes delivered on time-no issues with accommodation -trip notes were fine. Happy to recommend them and will use them again.

Andy, London June 2018

Perfect Organisation

Perfect organisation, good road-maps for every day, the transportation for the luggage all the time at the right place. The accommodation fine and lovely, with friendly people. The way mostly easy for riding, making picnics and all the time a perfect view into the landscape.

Sabine, October 2017

On your bike!

We cycled the Canal du Midi with Nature Occitane. Guilhem was friendly and helpful, the route directions good, and the choice of accommodation was superb - we went for the slightly more luxurious option : 3 star B&Bs, several with pool and they were all lovely, with hosts who went out of their way to be friendly, welcoming and helpful.

Silverfox, July 2017

Cycling holiday along the canal du midi

Nature Occitane organised a wonderful tailor-made cycling holiday for us. This was first for us (couple in late fifties) and all went so well that we will certainly do it again. The bikes were perfect, the B&B's welcomed us with excellent accommodation, food and great conversation. The luggage transfers were well organised and timely. Cycling through beautiful countryside and historic towns was wonderful. Well done!

