Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



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 610,00 €
Self-guided itinerant cycling holiday-easy

Tailor made Holidays - Contact Us

ITINERARY

DAY 1: VISIT TOULOUSE BY BIKE OR ON FOOT

Arrival in Toulouse

Enjoy the day exploring the Pink City by bike or on foot and discovering its many attractions: the Cité de l'Espace, the Quai des Savoirs, the Jardin des Plantes, and the Natural History Museum. Wander through the historic narrow streets of the city center and around its many churches and cathedrals typical of southwest France. End your day along the banks of the Garonne at one of the many lively riverside cafés.

Dinner at leisure and overnight at our partner guesthouse or hotel 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 Naurouze, watershed between the Atlantic and the Mediterranean, and an ideal spot for a break. Night in Castelnaudary. You 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 CARCASONNE

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 Caspestang, 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.

Want to keep the adventure going? Check out our itinerary from Montpellier to Collioure !

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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 Toulouse to Agde (Low Season) *6 days / 5 nights*	€610	€640	€530	€880
From Toulouse to Agde (High season) *6 days / 5 nights*	€640	€670	€550	€930
From Toulouse to Sète (Low season) *7 days / 6 nights*	€740	€770	€640	€1,020
From Toulouse to Sète (High season) *7 days / 6 nights*	€780	€810	€670	€1,100
Comfort range				
From Toulouse to Agde (Low Season) *6 days / 5 nights*	€720	€750	€590	€1,090
From Toulouse to Agde (High season) *6 days / 5 nights*	€750	€780	€610	€1,170
From Toulouse to Sète (Low season) *7 days / 6 nights*	€850	€880	€670	€1,250
From Toulouse to Sète (High season) *7 days / 6 nights*	€880	€910	€690	€1,330
Premium range				
From Toulouse to Agde (Low Season) *6 days / 5 nights*	€830	€860	€710	€1,290
From Toulouse to Agde (High season) *6 days / 5 nights*	€860	€890	€740	€1,340
From Toulouse to Sète (Low season) *7 days / 6 nights*	€990	€1,020	€830	€1,490
From Toulouse to Sète (High season) *7 days / 6 nights*	€1,110	€1,140	€860	€1,590

NB: prices shown are per person.

Discount from 4 participants.

Low season: from 10/04 to 31/05/2027 and from 01/10 to 17/10/2027
High season: from 01/06 to 30/09/2027

Departure possible on the day of your choice, including weekends.
Depending on availability at the time of booking, you may be charged a supplement for some of your services.
Outside this period, please contact us.

NB: These supplements are justified by the fact that we organize private transfers for your group during the low season. During this period, the taxi transfers only your luggage.

Essential range: selection of simple Bnb and 1* hotels.
Comfort range: selection of comfortable Bnb and 2* hotels.
Premium range: selection of charming Bnb and 3* hotels.

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

Saddling up (from €20/bike): Before you set off on your adventure, enjoy a personalized session with a member of the Nature Occitane team. We'll help you adjust your bike, get comfortable with your equipment, and share our best tips for cycling with confidence. The perfect way to start your journey on the right track!
Please note: this option is only available for departures from Toulouse.

OUR PRICE INCLUDES:

- 5/6/7 nights in attractive B&Bs or hotels
- Breakfasts
- 7/7 telephone assistance
- Luggage transfers (1 bag of 23 kg max per person)
- Local taxes
- A digital roadbook to download onto your mobile

OUR PRICE DOES NOT INCLUDE:

- Bike hire throughout the trip
- Saddling up
- Travel between your home and the start and end of the holiday
- Lunches and dinners
- Spending on personal items such as souvenirs and drinks
- Registration fee: €20 per booking file
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- Our bicycle insurance.
- Generally, all that is not mentioned in 'Our Price Includes'

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Discount: No luggage transfer (From Toulouse to Agde)	-€150
Discount: No luggage transfer (From Toulouse to Sète)	-€180
Discount: groups of more than 4 people (From Toulouse to Agde)	-€20
Discount: groups of more than 4 people (From Toulouse to Sète)	-€25
SUPPLEMENTS	
Saddling Up (for 1-2 pax)	€30
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 5+ pax)	€20
Additional luggage per stage per person (1 day = 1 stage)	€35
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Hybrid bike rental (including delivery to the start and its collection) - 5 days	€180
Extra hybrid bike rental day	€12
Comfort e-bike rental (including delivery to the start and its collection) - 5 days	€270
Extra comfort E-bike rental day	€20
Premium e-bike rental (including delivery to the start and its collection) - 5 days	€285
Extra premium E-bike rental day	€22
Luxury E-bike rental (including delivery to the start and its collection) - 5 days	€330
Extra Luxury E-bike rental day	€25
Gravel bike rental for the whole trip (delivery & return included) - 5 days	€260
Additional day of Gravel bike rental	€18

Extra waterproof rear bag (20L) for the whole trip	€15
Child bike rental for the whole trip (delivery & return included) - 5 days	€120
Additional day of Child bike rental	€5
Dog trailer rental (delivery & repatriation included) - 5 days	€130
Additional day's rental of a dog trailer	€10
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Toulouse in double room (breakfast included) - High season	€80
Extra night in Toulouse in single room (breakfast included) - High season	€110
Extra night in Toulouse in triple room (breakfast included) - High season	€70
Extra night in Agde in double room (breakfast included) - High season	€70
Extra night in Agde in single room (breakfast included) - High season	€110
Extra night in Agde in triple room (breakfast included) - High season	€60
Extra night in Sète in double room (breakfast included) - High season	€70
Extra night in Sète in single room (breakfast included) - High season	€130
Extra night in Sète in triple room (breakfast included) - High season	€55
Extra night in Montpellier in single room (breakfast included) - High season	€120
Extra night in Montpellier in double room (breakfast included) - High season	€75
Extra night in Montpellier in triple room (breakfast included) - High season	€60
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional stopover in Lauragais in double room (breakfast and luggage transfer included)	€70
Additional stopover in Lauragais in single room (breakfast and luggage transfer included)	€150
Additional stopover in Lauragais in triple room (breakfast and luggage transfer included)	€60
Extra night in Carcassonne in double room (breakfast included) - High season	€60
Extra night in Carcassonne in single room (breakfast included) - High season	€100
Extra night in Carcassonne in triple room (breakfast included) - High season	€60
Additional stopover in Le Somail in double room (breakfast and luggage transfer included)	€80
Additional stopover in Le Somail in single room (breakfast and luggage transfer included)	€150
Additional stopover in Le Somail in triple room (breakfast and luggage transfer included)	€70
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer (From Toulouse to Agde)	-€150
Discount: No luggage transfer (From Toulouse to Sète)	-€180
Discount: groups of more than 4 people (From Toulouse to Agde)	-€30
Discount: groups of more than 4 people (From Toulouse to Sète)	-€35
SUPPLEMENTS	
Saddling Up (for 1-2 pax)	€30
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 5+ pax)	€20
Additional luggage per stage per person (1 day = 1 stage)	€35
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Hybrid bike rental (including delivery to the start and its collection) - 5 days	€180
Extra hybrid bike rental day	€12
Comfort e-bike rental (including delivery to the start and its collection) - 5 days	€270
Extra comfort E-bike rental day	€20

Premium e-bike rental (including delivery to the start and its collection) - 5 days	€285
Extra premium E-bike rental day	€22
Luxury E-bike rental (including delivery to the start and its collection) - 5 days	€330
Extra Luxury E-bike rental day	€25
Gravel bike rental for the whole trip (delivery & return included) - 5 days	€260
Additional day of Gravel bike rental	€18
Extra waterproof rear bag (20L) for the whole trip	€15
Child bike rental for the whole trip (delivery & return included) - 5 days	€120
Additional day of Child bike rental	€5
Dog trailer rental (delivery & repatriation included) - 5 days	€130
Additional day's rental of a dog trailer	€10
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Toulouse in double room (breakfast included) - High season	€85
Extra night in Toulouse in single room (breakfast included) - High season	€130
Extra night in Toulouse in triple room (breakfast included) - High season	€80
Extra night in Agde in double room (breakfast included) - High season	€80
Extra night in Agde in single room (breakfast included) - High season	€120
Extra night in Agde in triple room (breakfast included) - High season	€70
Extra night in Sète in double room (breakfast included) - High season	€80
Extra night in Sète in single room (breakfast included) - High season	€140
Extra night in Sète in triple room (breakfast included) - High season	€65
Extra night in Montpellier in single room (breakfast included) - High season	€130
Extra night in Montpellier in double room (breakfast included) - High season	€85
Extra night in Montpellier in triple room (breakfast included) - High season	€70
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional stopover in Lauragais in double room (breakfast and luggage transfer included)	€80
Additional stopover in Lauragais in single room (breakfast and luggage transfer included)	€160
Additional stopover in Lauragais in triple room (breakfast and luggage transfer included)	€70
Extra night in Carcassonne in double room (breakfast included) - High season	€80
Extra night in Carcassonne in single room (breakfast included) - High season	€130
Extra night in Carcassonne in triple room (breakfast included) - High season	€70
Additional stopover in Le Somail in double room (breakfast and luggage transfer included)	€100
Additional stopover in Le Somail in single room (breakfast and luggage transfer included)	€160
Additional stopover in Le Somail in triple room (breakfast and luggage transfer included)	€80
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer (From Toulouse to Agde)	-€150
Discount: No luggage transfer (From Toulouse to Sète)	-€180
Discount: groups of more than 4 people (From Toulouse to Agde)	-€40
Discount: groups of more than 4 people (From Toulouse to Sète)	-€45
SUPPLEMENTS	
Saddling Up (for 1-2 pax)	€30
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 5+ pax)	€20
Additional luggage per stage per person (1 day = 1 stage)	€35

Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
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Comfort e-bike rental (including delivery to the start and its collection) - 5 days	€270
Extra comfort E-bike rental day	€20
Premium e-bike rental (including delivery to the start and its collection) - 5 days	€285
Extra premium E-bike rental day	€22
Luxury E-bike rental (including delivery to the start and its collection) - 5 days	€330
Extra Luxury E-bike rental day	€25
Gravel bike rental for the whole trip (delivery & return included) - 5 days	€260
Additional day of Gravel bike rental	€18
Extra waterproof rear bag (20L) for the whole trip	€15
Child bike rental for the whole trip (delivery & return included) - 5 days	€120
Additional day of Child bike rental	€5
Dog trailer rental (delivery & repatriation included) - 5 days	€130
Additional day's rental of a dog trailer	€10
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Toulouse in double room (breakfast included) - High season	€90
Extra night in Toulouse in single room (breakfast included) - High season	€150
Extra night in Toulouse in triple room (breakfast included) - High season	€85
Extra night in Agde in double room (breakfast included) - High season	€100
Extra night in Agde in single room (breakfast included) - High season	€150
Extra night in Agde in triple room (breakfast included) - High season	€80
Extra night in Sète in double room (breakfast included) - High season	€110
Extra night in Sète in single room (breakfast included) - High season	€210
Extra night in Sète in triple room (breakfast included) - High season	€85
Extra night in Montpellier in single room (breakfast included) - High season	€180
Extra night in Montpellier in double room (breakfast included) - High season	€100
Extra night in Montpellier in triple room (breakfast included) - High season	€80
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional stopover in Lauragais in double room (breakfast and luggage transfer included)	€85
Additional stopover in Lauragais in single room (breakfast and luggage transfer included)	€170
Additional stopover in Lauragais in triple room (breakfast and luggage transfer included)	€80
Extra night in Carcassonne in double room (breakfast included) - High season	€90
Extra night in Carcassonne in single room (breakfast included) - High season	€180
Extra night in Carcassonne in triple room (breakfast included) - High season	€90
Additional stopover in Le Somail in double room (breakfast and luggage transfer included)	€100
Additional stopover in Le Somail in single room (breakfast and luggage transfer included)	€170
Additional stopover in Le Somail in triple room (breakfast and luggage transfer included)	€80

NB: prices are per person.

HOSTS

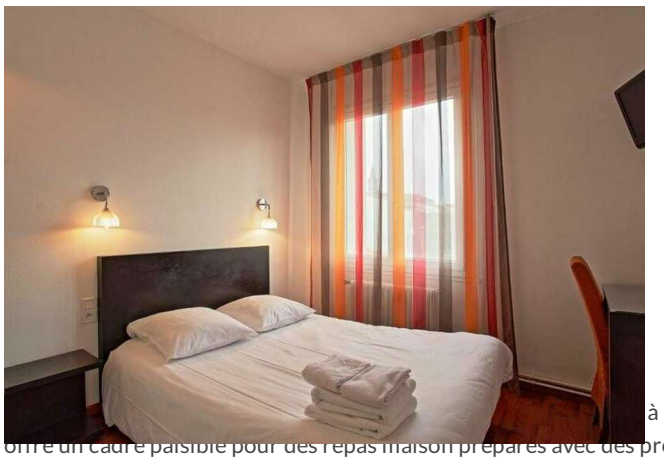
Essential range

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.



al du Midi. Ce lieu emblématique propose une expérience typique de la gastronomie locale, mettant en avant le célèbre cassoulet de Castelnaudary, préparé avec des confits de canard et de porc. L'établissement dispose de chambres confortables et modernes, idéales pour une escapade gourmande dans la région du Lauragais, souvent surnommée la « capitale mondiale du cassoulet »



à Carcassonne propose des chambres lumineuses et confortables. Son jardin offre un cadre paisible pour des repas maison préparés avec des produits frais.



n de Homps, dans la région viticole du Minervois, entre Carcassonne et s confortables, dont certaines avec vue sur les rues tranquilles du village. Dégustez un petit-déjeuner continental dans une cour intérieure ou un salon Art Nouveau. Des dîners raffinés préparés par le chef Simon sont également proposés.



anal du Midi, offre un cadre calme et raffiné. Elle dispose de chambres
sent une table d'hôtes sur réservation, ainsi que des activités bien-être.
départ pour explorer la région, avec des plages proches et des sites comme le



rale Saint-Étienne, cet hôtel offre un cadre agréable et familial. Il est
un accès facile aux plages, au Cap d'Agde, et à la gare SNCF. Il est également
aurens



Comfort range

OUR PARTNER GUESTHOUSE IN TOULOUSE

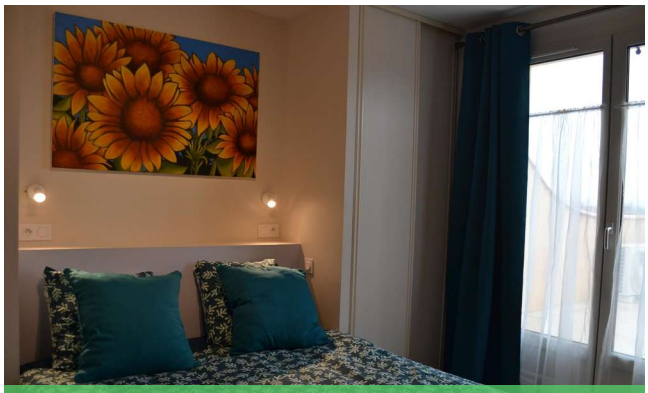
Our partner guesthouse in Toulouse is ideally located in a nice quiet area not far from the city center.
A warm welcome by our friend Olivier and the possibility to dine at his table d'hôtes (tasty local gastronomy).
The garden is an ideal haven of peace to enjoy your dinner and breakfast.
Economical 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!



Votre hébergement à Toulouse - Gamme Confort © Nature Occitane

as well as an outdoor swimming pool. Enjoy outdoor activities such as hiking and cycling.



Votre hébergement à Castelnaudary © Nature Occitane

ssonne, just a few minutes' walk from the Château Comtal and the cathedral. It offers elegant rooms, a garden with an outdoor pool, and modern amenities such as a sun terrace and an on-site café. The location is perfect for exploring the city and its surroundings.



s in 2017... and all of our bike travelers are thrilled!
Her beautiful house and pool will make you happy when you arrive :-)



ming pool and spacious rooms. The village, rich in history, is ideally located for exploring the region and enjoying many outdoor activities.



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...



an relax in the peace and quiet of their outdoor courtyard, while remaining



OUR PARTNER ACCOMMODATION IN TOULOUSE

This 4-star hotel in the heart of Toulouse will be the perfect starting point for your stay. With secure bike storage, a repair workshop, and a wash station, everything is in place to ensure you get back on the saddle under the best possible conditions. You will appreciate the air-conditioned rooms, hearty breakfast, and direct access to the canal du midi.

Finally, enjoy your excursion with peace of mind by leaving your car in the hotel's private car park for the duration of your trip!



Votre hébergement à Toulouse - Gamme Privilège © Nature Occitane

ne city, close to the Canal du Midi. This majestic place stands out for its spacious rooms and welcoming atmosphere, ideal for those who wish to enjoy a calm and elegant setting. The building, a former private mansion, offers the chance to discover the charm of Castelnaudary, including its port and quays where visitors can stroll and enjoy local

restaurants. The location also allows for exploring the town without the need for a car.



de and its medieval fortress gates, this charming hotel will delight young and u're guaranteed to have a great time!



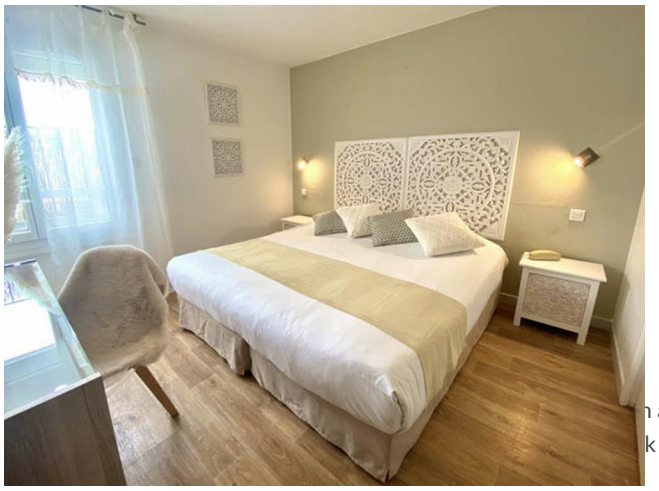
ne ingredients to win you over: an exceptional old building, comfortable forget to save a little time for a dip in the pool!



ds and with a famous table d'hôtes.



in Cap d'Agde. It offers air-conditioned rooms and a peaceful setting with an outdoor pool, a wellness area (sauna, hammam), and a shaded terrace. Nearby, you can enjoy the marina, restaurants, shops, and attractions such as Aqualand and Luna Park — all within walking distance. The hotel is also well situated for exploring the region, with cycling paths and sites like the Canal du Midi close by.



n a 19th-century building. Close to the canals, the peacefulness of the glass-
k in their restaurant, where you can sample delicious Mediterranean cuisine



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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-stantard model chosen especially for the profile of our travelers
- A bike to fi 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
- Confort 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-stantard model chosen especially for the profile of our travelers.
- A bike to fi 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.
- Powerfull hydraulic disc brakes
- Bosch motor

ALL EQUIPMENT INCLUDED

- Waterproof rear panier Ortileb 20l
- Waterproof front panier 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)

THEFT AND ASSISTANCE INSURANCE: NATURE OCCITANE INSURES YOU

In the event of an incident along the route (theft, breakage not resulting from wear and tear, etc.), we insure all equipment for only :

- 2€ per day per bike and/or per piece of equipment
- 3€ per day per electric bike

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.

SOME FEEDBACK FROM PREVIOUS GUESTS

The comments below were left by our travelers who were kind enough to testify on the Tripadvisor or Google site.

Denise - June 2025
Highly highly recommend this company. The customer service was top-notch. Very responsive to all my questions and changes as I planned the trip. We did the Toulouse to Carcassonne trip and really enjoyed it. The bikes were great, the hotels Nature partnered with were thoughtfully chosen and matched the level of service we requested. I would absolutely do another trip with them.

Michelle - August 2024
Bravo to Nature Occitane for the superb organization: all the details of the tour, luggage transfer, great choice of accommodations, providing a relaxing evening after the miles. We had a problem leaving with our bikes, Nature Occitane kept them for 8 days free of charge. Upon collection, thank you to the team and the mechanic, who welcomed us with great kindness. Trust Nature Occitane!!!

Frédéric - June 2022
A beautiful bike ride along the Canal du Midi, full of discoveries. The stages are balanced and take into account both the distance and the few difficulties of the route. The accommodations perfectly met our expectations and included a mix of guesthouses and traditional hotels. We were always very well received by hosts and staff, who were attentive to our comfort. I recommend this hike and Nature Occitane, whose responsiveness and quality of information and services I would like to highlight.

Polli - May 2022
We had a wonderful ride down the Canal du Midi - Everything went like clockwork with provision of bikes and transport of luggage. Outstanding accommodation with the friendliest and most helpful of hosts. A special mention for them - rarely have I had such a hospitable reception.

Catrine - August 2021
Great cycling experience between Toulouse and Sète with a quality agency NATURE OCCITANE. Excellent bike, very sturdy because the towpaths are not always easy. Beautiful guest rooms... super welcome... Glass of rosé in Janine's Jacuzzi, excellent memory! Thank you for this wonderful vacation to the entire N O team.

Matthieu - August 2021
A very pleasant, all-inclusive stay along the Canal du Midi, with a detailed itinerary and convenient bookings made by Nature Occitane. We recommend their services.

Andy - June 2018
Helpful. Trip organized 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.

Sabine - October 2017
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 easily for riding, making picnics and all the time a perfect view into the landscape.

Silverfox, July 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.

Maryam, June 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!