Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



CANAL DU MIDI BY GRAVEL BIKE – FROM TOULOUSE TO SÈTE

From Toulouse, the "Pink City," to Sète on the Mediterranean, the Canal du Midi offers a gentle and sunlit journey across Southwest France. A UNESCO World Heritage site, this waterway is lined with plane trees, locks, quaint villages, and vineyards.

Designed for gravel bikes, the route combines smooth stretches with more natural paths, delivering a unique immersion into heritage, gastronomy, and Mediterranean landscapes.

4 days/3 nights from €390

Itinerant cycling trip - Intermediate level (stages averaging 80-90 km)

Customized trips available — please contact us

Depending on availability and the range chosen, the location of the accommodation may vary, as may the number of kilometers.

ITINERARY

DAY 1: VISITE DE TOULOUSE

Arrival in Toulouse

Take advantage of this day to explore the "Pink City" by bike and enjoy its many attractions: the Cité de l'Espace, the Quai des Savoirs, the Botanical Garden, or the Natural History Museum. Wander through the small historic streets of the city center and admire the many churches and cathedrals typical of Southwest France. End your day by the Garonne River, relaxing in one of its lively guinguettes.

Dinner on your own and overnight at our partner guesthouse in Toulouse.

DAY 2: THE CANAL DU MIDI FROM TOULOUSE TO CARCASSONNE

By bike : 104km

Leaving the Pink City, you follow the Canal du Midi, a UNESCO World Heritage site. The urban bustle soon gives way to a more peaceful atmosphere: shaded paths lined with plane trees, stone bridges, and historic locks trace a green corridor through the Lauragais countryside. The canal gently winds past picturesque villages and rolling landscapes, sometimes offering distant views of the Pyrenees. Your arrival in Carcassonne, with its impressive medieval ramparts, crowns a stage rich in heritage and atmosphere.

Dinner on your own and overnight in Carcassonne.

DAY 3: THE CANAL DU MIDI FROM CARCASSONNE TO CAPESTANG

By bike : 84-86km

Departing from the medieval city of Carcassonne, your gravel route continues along the towpaths of the Canal du Midi. This stage unfolds in a wild and tranquil setting, with locks, aqueducts, and old canal works framed by lush vegetation. The route meanders through the characteristic landscapes of the Aude: vineyards, garrigue, and sunlit Languedoc villages. The canal grows narrower and more winding at times, offering a varied and charming backdrop. You finally reach Capestang, with its small port, collegiate church, and welcoming canal-side atmosphere.

Dinner on your own and overnight in Capestang.

DAY 4: THE CANAL DU MIDI FROM CAPESTANG TO SÈTE

By bike : 72-74km

The final stretch towards the sea! From Capestang, you follow the Canal du Midi to its junction with the Thau lagoon. The route alternates between shaded towpaths, endless vineyards, and wide-open views of Mediterranean scenery. The terrain remains gentle, while the atmosphere becomes brighter and more saline as you approach the coast. After Agde, the Canal du Midi gives way to the Canal du Rhône à Sète: here, the landscape shifts to lagoons, reed beds, and sometimes even flamingos. Your arrival in Sète, between the sea, canals, and lively port atmosphere, makes for a memorable finale to your journey.

NB: End of services upon your arrival in Sète if you choose the 8 days / 7 nights itinerary from Bordeaux to Sète.
Optional extra night in Sète.

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.*
Comfort range				
From Toulouse to Sète (Low season) *4 days / 3 nights*	€390	€410	€350	€790
From Toulouse to Sète (High season) *4 days / 3 nights*	€420	€440	€380	€860
Premium range				
From Toulouse to Sète (Low season) *4 days / 3 nights*	€490	€520	€470	€870
From Toulouse to Sète (High season) *4 days / 3 nights*	€550	€580	€510	€990

NB: prices shown are per person.

Discount from 4 participants.

Depending on availability at the time of your booking, a supplement may apply to certain services.

Low season: from 12/04 to 31/05/2026 and from 01/10 to 14/10/2026
High season: from 01/06 to 30/09/2026
Departure possible on the day of your choice, including weekends.

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.

For any other dates outside these periods, please contact us. For last-minute bookings (less than 15 days before departure), additional transport/luggage transfer charges may apply depending on the number of participants and the number of stages in your trip.

OUR PRICE INCLUDES :

- 3 nights in charming guesthouses or hotels
- Daily breakfasts
- Luggages transfers (1 bag per person, 23 kg max)
- 7-day-a-week telephone assistance
- Tourist taxes
- Your digital roadbook (smartphone version)

OUR PRICE DOES NOT INCLUDE :

- Bike rental (with delivery and return included, see below)
- Transfers from your home to the meeting point and return
- Parking for your vehicle during the tour
- Lunches and dinners - Personal expenses and drinks
- Registration fee: €20 per booking file
- Our bike insurance - [Click here for more information]
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- In general, anything not listed under "Our price includes"

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€100
Réduction "groupe à partir de 4 personnes"	-€25
SUPPLEMENTS	
Saddling Up (for 5+ pax)	€20
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 1-2 pax)	€30
Early baggage delivery before 1 p.m (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Gravel bike rental (including delivery to the start and its collection) - 4 days	€210
Extra hybrid Gravel bike rental day	€18
Extra waterproof rear bag (20L) for the whole trip	€10
Ortlieb Gravel Bikepacking bags	€25
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) - Low season	€80
Extra night in Toulouse in double room (breakfast included) - High season	€85
Extra night in Toulouse in single room (breakfast included) - Low season	€110
Extra night in Toulouse in single room (breakfast included) - High season	€115
Extra night in Toulouse in triple room (breakfast included) - Low season	€60
Extra night in Toulouse in triple room (breakfast included) - High season	€65
Extra night in Sète in double room (breakfast included) - Low season	€60

Extra night in Sète in double room (breakfast included) - High season	€65
Extra night in Sète in single room (breakfast included) - Low season	€110
Extra night in Sète in single room (breakfast included) - High season	€135
Extra night in Sète in triple room (breakfast included) - Low season	€60
Extra night in Sète in triple room (breakfast included) - High season	€65
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Carcassonne in double room (breakfast included) - Low season	€60
Extra night in Carcassonne in double room (breakfast included) - High season	€75
Extra night in Carcassonne in triple room (breakfast included) - Low season	€60
Extra night in Carcassonne in triple room (breakfast included) - High season	€70
Extra night in Carcassonne in single room (breakfast included) - Low season	€120
Extra night in Carcassonne in single room (breakfast included) - High season	€135
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€100
Réduction "groupe à partir de 4 personnes"	-€30
SUPPLEMENTS	
Saddling Up (for 5+ pax)	€20
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 1-2 pax)	€30
Early baggage delivery before 1 p.m (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Gravel bike rental (including delivery to the start and its collection) - 4 days	€210
Extra hybrid Gravel bike rental day	€18
Extra waterproof rear bag (20L) for the whole trip	€10
Ortlieb Gravel Bikepacking bags	€25
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) - Low season	€90
Extra night in Toulouse in double room (breakfast included) - High season	€95
Extra night in Toulouse in single room (breakfast included) - Low season	€150
Extra night in Toulouse in single room (breakfast included) - High season	€155
Extra night in Toulouse in triple room (breakfast included) - Low season	€70
Extra night in Toulouse in triple room (breakfast included) - High season	€75
Extra night in Sète in double room (breakfast included) - Low season	€120
Extra night in Sète in double room (breakfast included) - High season	€135
Extra night in Sète in single room (breakfast included) - Low season	€230
Extra night in Sète in single room (breakfast included) - High season	€245
Extra night in Sète in triple room (breakfast included) - Low season	€80
Extra night in Sète in triple room (breakfast included) - High season	€90
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Carcassonne in double room (breakfast included) - Low season	€80
Extra night in Carcassonne in double room (breakfast included) - High season	€105
Extra night in Carcassonne in triple room (breakfast included) - Low season	€90
Extra night in Carcassonne in triple room (breakfast included) - High season	€105
Extra night in Carcassonne in single room (breakfast included) - Low season	€130

Extra night in Carcassonne in single room (breakfast included) - High season	€190

NB: prices are per person.

HOSTS

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 Castelnaudary © Nature Occitane

Votre hôte à Toulouse - Canal du Midi à vélo © Nature Occitane

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

ssonne, just a few minutes' walk from the Château Comtal and the cathedral.

rn amenities such as a sun terrace and an on-site café. The location is perfect



from the Canal du Midi, the Eloi Merle guesthouse is a former wine cellar full of character, surrounded by a large wooded garden.

You will find spacious and comfortable rooms, a pleasant swimming pool to refresh yourself after your journey, and above all, a caring host passionate about his region.

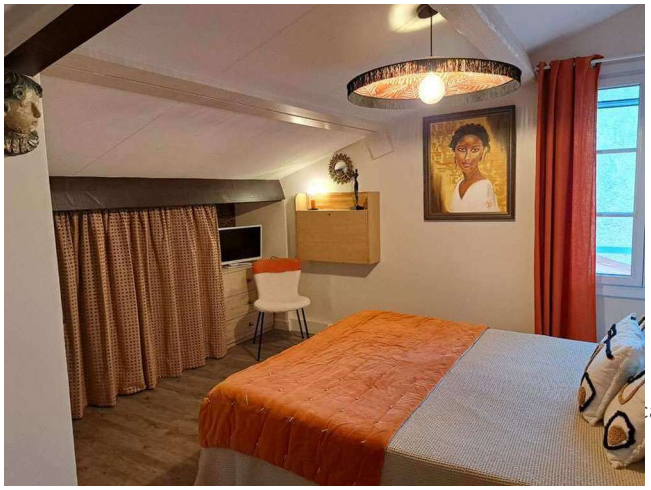




ming pool and spacious rooms. The village, rich in history, is ideally located

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 3-star hotel is located in the heart of Toulouse, just steps from Matabiau train station and the Canal du Midi. It is only a 5-minute walk from Place du Capitole. The establishment offers comfortable rooms and features a restaurant with a friendly atmosphere, serving festive cuisine. Private parking is available.



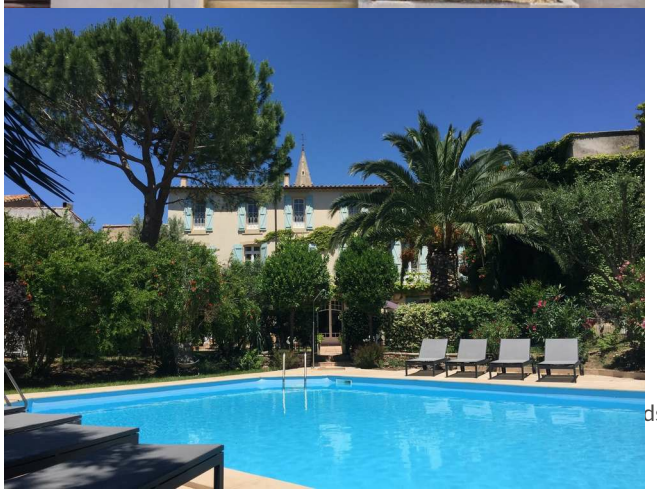
ne city, close to the Canal du Midi. This majestic place stands out for its spacious rooms and welcoming atmosphere, ideal for those who wish to enjoy a calm and elegant setting. The building, a former private mansion, offers the chance to discover the charm of Castelnaudary, including its port and quays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



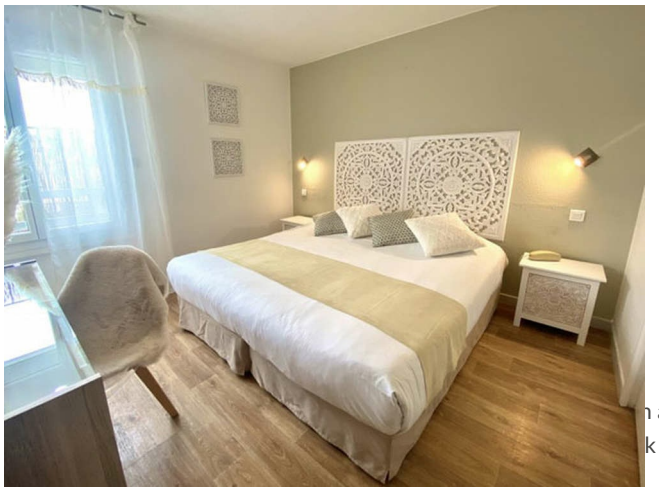
ne ingredients to win you over: an exceptional old building, comfortable forget to save a little time for a dip in the pool!



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,YOUR LOCAL CYCLING GUIDE:

The Canal du Midi from Toulouse to Sète begins with a nice paved section. For the remaining 200 km to Agde, however, you will find only dirt paths (with roots and frequent uneven terrain).

That's why we've selected gravel bikes for your comfort: lightweight frames, Shimano 11-speed single chainring transmissions, hydraulic disc brakes, Ortlieb bikepacking bags, lighting systems…

FRENCH BRAND GRAVEL BIKE SUNN:



EQUIPMENT INCLUDED :

- Waterproof Ortlieb rear bag
- Waterproof Ortlieb handlebar bag
- Front & rear lights
- Bike lock
- Repair kit

EQUIPMENT NOT INCLUDED :

- Helmet (available for 5€ upon request - please request it at the time of booking)
- SPD pedals

THEFT & BREAKDOWN INSURANCE - NATURE OCCITANE COVER YOU

In case of an incident along the way (theft or breakage not due to normal wear), we insure all your equipment for only:
- €2 per day per bike and/or piece of equipment
- €3 per day per electric bike or gravel bike

In case of theft of the bike or equipment :

Without insurance
- Gravel touring bike (Sunn) : €1712
- Full repair cost in case of damage

With insurance
- Gravel touring bike (Sunn) : €171
- 10% of the repair cost in case of damage

Note : A theft report from the police must be provided to Nature Occitane within 48 hours of the incident in both cases.

In case of theft or loss of accessories :
Rear bag: €50
Bike lock: €75
Multi-tool or pump: €15
Helmet: €50
Full bikepacking kit (3 bags): €300 (or €100 per bag)

PARKING OF YOUR VEHICLE DURING YOUR HOLIDAY

In thinking of the environment, we encourage you to come by public or shared transport.

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 Toulouse, Agde, Sète or Montpellier

IF YOU COME BY PLANE : Either Toulouse 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-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.