Nature Occitane
VOYAGES SPORTS & NATURE
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FROM TOULOUSE TO CARCASSONNE WITH THE FAMILY BY BIKE, ALONG THE CANAL DU MIDI (WITH POOLS)

Authentic and natural getaway with unusual overnight stay

Can you imagine traveling a section of the Canal du Midi with young children ? With these short stages, it allows children from 6 to 11 years old to be as independent as the others. For the youngest, other solutions may also be suitable. The accommodations where you will stop over will delight everyone, young and old...

ITINERARY

DAY 1: VISIT OF TOULOUSE BY BIKE OR ON FOOT

Welcome in Toulouse

Come to your charming guest house, located near the historic centre of Toulouse. You will be welcomed by a real "toulousaine" house, with a garden and a veranda ! Your equipment will be delivered to you before 7pm, so that you can take a night tour by bike, if you wish. As Toulousans, we want to make it easier for you to visit the place and to help you enjoy the city. Also, Olivier, your host, will not fail to make suggestions for visits, so do not hesitate to ask him !

Dinner at your own charge and night in Toulouse.

Suggestion 1 : Toulouse
Additional nights possible (see options in the price tab)

DAY 2: CANAL DU MIDI WITH THE FAMILY - FROM TOULOUSE TO THE LAURAGAIS LAND

Bike : 30km / Accommodation : Guestshouse with charms : a garden and a pool are waiting for you!

You can easily reach the Canal du Midi, located not far from your accommodation, and head towards the Lauragais plain... Keep your eyes

peeled: a canal bridge here, a magnificent bridge there: the curious ones will find plenty to look at along the way ! Soon, your digital roadbook will invite you to join your guesthouse, which will certainly surprise you...

Dinner at your own charge and night in Lauragais.

DAY 3: CANAL DU MIDI WITH THE FAMILY - FROM LAURAGAIS TO CASTELNAUDARY

Bike : 30km / Accommodation : A cosy guestshouse with a garden and a pool... or a barge !

You will find your bikes to continue through the bucolic landscapes of the Lauragais... The Port Lauragais area can be a cultural break ("Maison de la Haute Garonne" open to the public, with sale of local products). Soon, you will be at the gates of Naurouze, an ideal place for a short break, to taste the magic of the place.
Don't hesitate to approach the Riquet obelisk, located a few hundred metres away. The gates of Naurouze were of strategic importance in Riquet's time... you can guess why !

Dinner at your own charge and night in Castelnaudary.

DAY 4: CANAL DU MIDI WITH THE FAMILY - FROM CASTELNAUDARY TO BRAM

Bike : 19km / Accommodation : Guestshouse with charms : a garden and a pool... or a Castel !

You reach the large basin of Castelnaudary, which offers a certain quietness to the small town. You soon join the Chemin Saint Roch to continue the adventure. The stage will not be very long, leaving you free to explore the pretty snail-shaped village of Bram... Have you noticed this curious shape ?

Dinner at your own charge and night in Bram.

NB: end of the service after breakfast if you have opted for the Toulouse to Castelnaudary version, in 4 days/3 nights.

DAY 5: CANAL DU MIDI WITH THE FAMILY - FROM BRAM TO CARCASSONNE

Bike : 26km / Accommodation : Guestshouse with charms : a garden and a pool

Here is the highlight of the show, after a short stage, you reach the majestic medieval city of Carcassonne. Don't hesitate to explore it by foot, its winding streets lend themselves better to discovery on foot... Equipment hire ends this evening.

Dinner at your own charge and night in Carcassonne.

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Disclaimer
The stages and partner accommodations listed are those we prefer. Depending on your registration date, we may have to book another accommodation of the same category for you. If you book late, shortly before departure, we will do our best, but will be subject to remaining availability.

DATES & PRICES

Package	Double room *2 pers.*	Twin room *2 pers.*	Triple room *3 pers.*	4-person room *4 pers.*
From Toulouse to Castelnaudary (Low/High Season) *3 days / 2 nights*	€320	€340	€290	€270
From Toulouse to Carcassonne (Low Season) *5 days / 4 nights*	€570	€580	€450	€420
From Toulouse to Carcassonne (High Season) *5 days / 4 nights*	€610	€620	€470	€440

NB: prices shown are per person.

Depending on availability at the time of booking, you may be charged a supplement for 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 on the day of your choice (departure possible on weekends).

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.

Outside these periods, please contact us.

A 50€ PACKAGE for the whole stay for children still sleeping in a baby bed.

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 PRICES INCLUDE:

- 2/4 nights in beautiful guesthouses with swimming pools specially selected for families
- The breakfasts
- Luggage transfer (1 piece of luggage 23 kg max per person)
- Telephone assistance 7 days a week
- Registration fees
- Tourist taxes
- A digital roadbook to download on your mobile

A file including : Maps with the itinerary and a detailed roadbook of the itinerary

OUR PRICES DO NOT INCLUDE:

- Bike and equipment rental (optional)
- Saddling up (optionnal)
- Transfers from your home to the meeting point and dispersal
- Parking for your vehicle for the duration of the trip
- Lunches and dinners
- Personal expenses, drinks
- 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. For more information, please click here.

In general, everything that is not mentioned in "Our price includes"

Saddling up : 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!

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

REDUCTIONS	
Without luggage transfer discount	-€120
SUPPLEMENTS	
Saddling Up (for 2 pax)	€30
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 5+ pax)	€20
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Adult hybrid bike rental (delivery & repatrition included) - 3 days	€110
Additional rental day for a hybrid bike	€12
Adult electric bike (VAE) confort range (delivery & repatrition included) - 3 days	€165
Extra comfort range E-bike rental day	€20
Adult electric bike premium range (delivery & repatrition included) - 3 days	€170
Extra premium range E-bike rental day	€22
Adult electric bike Luxury range (delivery & repatriation included) - 3 days	€195
Extra luxury range E-bike rental day	€25
Adult Gravel bike for the whole trip (delivery & repatriation included) - 3 days	€155
Additional rental day for a Gravel bike	€18
Rental of a child's bike adapted to the size of your child (delivery & repatriation included) for 3 days	€75

Additional rent day for a child's bike or equipment	€5
Rental of a 2-seater children's trailer Weehoo model (repatriation included) for a 3 days	€75
Additional rent day for a 2-seater children's trailer Weehoo model	€10
Rental of a 2-seater children's trailer Thule Chariot Cross 2 model (delivery & repatriation included) - 3 days	€85
Additionnal rent day for a 2-seater children's trailer Thule Chariot Cross 2 model	€10
Rental of a Follow Me towing system (delivery & repatriation included)	€40
"Bike puller" towing system	€20
Rental of a 2nd waterproof rear bag (20l) for the whole trip	€15
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Toulouse in a double room (breakfast included) - Low/High season	€70
Additional night in Toulouse in a triple room (breakfast included) - Low/High season	€60
Additional night in Toulouse in a family room (breakfast included) - Low/High season	€50
Additional night in Carcassonne in a double room (breakfast included) - Low season	€72
Additional night in Carcassonne in a double room (breakfast included) - High season	€80
Additional night in Carcassonne in a triple room (breakfast included) - Low season	€50
Additional night in Carcassonne in a triple room (breakfast included) - High season	€72
Additional night in Carcassonne in a family room (breakfast included) - Low season	€45
Additional night in Carcassonne in a family room (breakfast included) - High season	€55
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional night in Castelnaudary in a family room (breakfast included) - Low season	€60
Additional night in Castelnaudary in a family room (breakfast included) - High season	€65
Additional night in Castelnaudary in a triple room (breakfast included) - Low season	€50
Additional night in Castelnaudary in a triple room (breakfast included) - High season	€55
Additional night in Castelnaudary in a double room (breakfast included) - Low season	€60
Additional night in Castelnaudary in a double room (breakfast included) - High season	€65

NB: prices are per person.

HOSTS

VOTRE HÉBERGEMENT À TOULOUSE

Notre maison d'hôtes partenaire à Toulouse est idéalement située un joli quartier calme non loin du centre ville.
Accueil chaleureux par notre ami Olivier et possibilité de diner à sa table d'hôtes (gastronomie locale savoureuse).
Le jardin est un havre de paix idéal pour profiter de votre dîner et de votre petit-déjeuner.
Stationnement économique (environ 35€/semaine) dans un parking sécurisé économique situé tout proche de votre hébergement.

Votre hôte Olivier :
Olivier aime particulièrement vous faire découvrir notre gastronomie du Sud Ouest. Sa gentillesse associée à sa cuisine savoureuse à base de produit locaux est une très belle manière de débuter votre séjour sur le Canal du Midi à vélo !



Votre hébergement à Toulouse - Gamme Confort © Nature Occitane

ur une pause en famille sur votre séjour à vélo le long du Canal du Midi entre

Toulouse et Carcassonne. Avec seulement 3 chambres, elle offre une expérience authentique et cocooning, parfaite pour se détendre après une journée de balade à vélo.

Le grand jardin clos et sécurisé assure tranquillité et liberté pour les enfants, avec piscine, balançoire et trampoline pour des moments de plaisir en toute sécurité. Les adultes pourront profiter de la bibliothèque et du salon en toute détente, tandis que petits et grands s'amusent autour de la piscine.



Votre hébergement à Lauragais © Nature Occitane

viality reigns. You will be able to relax by the pool after a day of biking and





Votre hébergement à Bram © Nature Occitane

assonne, est parfait pour un séjour à vélo en famille sur le Canal du Midi et la Route des Vins. Ses chambres spacieuses et son espace piscine offrent détente et confort après une journée d'aventure.
Un hébergement chaleureux pour profiter pleinement des vignobles, du patrimoine et des activités familiales de la région.



Votre hébergement à Carcassonne © Nature Occitane

NB: this is our preferred accommodation. 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 INSTRUCTOR :

We have created this trip especially for families. I'm a father, and cycling with my family on the Canal du Midi with young children requires good equipment. So we offer you the right equipment to make sure that your trip leaves everyone with the best memories. At the end of each stage, discovering our specially selected partner accommodation will be your reward !

VTC BIKES 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 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 de la Garonne
- Powerful braking with two hydraulic disc brakes
- Fully equipped: mudguards, side stand, powerful lighting and pannier holders
- Bosch Active Line motor

TREK CHILD'S BIKE



- The 8-speed single-plate transmission simplifies gear changes
- Its lightness
- Brake levers for small hands
- Lowered frame makes it easier for children to stop
- Its devastating look ! :-)

NB: Follow Me towing system not usable with children's bikes of this size.

ALL YOUR EQUIPMENT IS INCLUDED :

For adult bikes only :
- Ortlieb waterproof rear bag
- Ortlieb waterproof handlebar bag with smartphone / roadbook holder
- Front & rear lights
- Anti-theft device
- Repair kit

For adults and children bikes :
- Helmet provided free of charge on request (please ask us 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 dammage /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€

EQUIPMENT FOR YOUR CHILDREN :

HIRE A WEEHOO PEDAL TRAILER FOR CHILDREN.

This Weehoo iGo bike trailer is designed for a child between 2 and 9 years old.
The child can sit and pedal to his or her heart's content! Thanks to the relaxed sitting position, your child can enjoy long hours of cycling. This system is attached to the seatpost of the adult bike, so it is not incompatible with the rear panniers.

Discover here this trailer in video.

NB: we can offer you two trailers of this type with two seats. The child in the front seat has access to the pedals (non-driving of course). The youngest child is usually placed in the back seat and does not have access to the pedals.
Note that the seats are adjustable on the frame, in order to adjust to the size of the passengers.



RENTING A "FOLLOW ME" TOWING SYSTEM :

The big advantage of this system is that it allows the child to be autonomous when he wants to... and to be towed the rest of the time !
This system is compatible with children's bikes, from 12 to 20 inches. Be careful, it requires a little installation/handling beforehand, so you can only rent this equipment with the rental of the adult bike (which will be towed) and the child bike (which will be attached to it)... so we won't be able to provide you with this equipment to use it with your own bikes.



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

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)
- 1 small pocket (preferably waterproof) for money
- Toiletries: preferably take biodegradable products
- 1 towel : there are some that dry quickly
- Toilet paper
- Sunscreen + lip stick
- Soothing cream

This list should be adapted according to the season chosen.