Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



LUXURY VERSION OF THE CANAL DU MIDI CYCLING TRIP - FROM TOULOUSE TO AGDE, SÈTE OR MONTPELLIER

An all-inclusive cycling holiday on the Canal du Midi
This tour offers you the chance to cycle through the south-west of France, from Toulouse to the Mediterranean Sea, staying in 4/5* hotels or mansions for a completely different experience. This jewel of southern history offers everyone the opportunity to take a journey through time along the water, visiting monuments and towns and discovering our local gastronomy

6 days / 5 nights from 990€.
Cycling holiday - Easy level
Tailor-made holidays and group breaks available.

ITINERARY

DAY 1: VISIT TOULOUSE BY BIKE OR FEET

Welcome to Toulouse

Welcome to Toulouse

On arrival, check in at your carefully selected accommodation, ideally located close to the historic centre of Toulouse. This prime location offers a first immersion into the warm and lively atmosphere of the Pink City.

Depending on your interests, set out to explore its most beautiful neighbourhoods, guided by your host's recommendations: Place du

Capitole, the city's iconic landmark; the Japanese Garden of Toulouse for a peaceful, green interlude; or the lively streets lined with characteristic pink-brick façades.

For food lovers, Toulouse also boasts excellent dining options, including the Michelin-starred restaurant of chef Michel Sarran, a reference for contemporary cuisine from Southwest France.

Dinner at leisure and overnight in Toulouse.

Suggestion 1 – Toulouse
Add an extra night to take more time to fully explore Toulouse (see options in the pricing section).

DAY 2: THE CANAL DU MIDI BY BIKE FROM TOULOUSE TO CASTELNAUDARY

Cycling : 60 km

After a restful night and an excellent breakfast at your exceptional accommodation in Toulouse, you begin your first cycling stage along the Canal du Midi.
The route follows a high-quality greenway, ideal for a gentle and comfortable warm-up ride.

Throughout the day, the canal accompanies you beneath plane trees, past locks and through the peaceful landscapes of the Lauragais. A stop at the Seuil de Naurouze, the canal's watershed divide, is a must—perfect for a relaxing break surrounded by nature.

You then reach Castelnaudary, the capital of cassoulet, where you settle into a carefully selected luxury guesthouse with old-world charm. We will share our best recommendations for discovering this iconic local specialty at a quality restaurant.

Dinner at leisure and overnight in Castelnaudary.

DAY 3: THE CANAL DU MIDI BY BIKE FROM CASTELNAUDARY TO CARCASSONNE

Cycling : 42 km

After **Castelnaudary**, the **Canal du Midi** becomes wilder and more peaceful. You enjoy the calm of the surrounding countryside before arriving around midday in **Carcassonne**, with plenty of time to explore its splendid medieval citadel and its many intriguing streets.
You stay in an exceptional property, ideally located close to the medieval city. You may also enjoy a relaxing moment by the pool, accompanied by a cocktail offered by your accommodation.

Dinner at leisure and overnight in Carcassonne in a 5-star hotel.

Suggestion 3 – Day in Carcassonne
We highly recommend adding an extra night at your magnificent accommodation, giving you more time to explore the Medieval City in greater depth—perhaps with a visit to the **Château Comtal**, former residence of the lords in the Middle Ages—or simply to relax (see options in the pricing section).

DAY 4: THE CANAL DU MIDI BY BIKE FROM CARCASSONNE TO HOMPS / PARAZA

Cycling : 41 km

Leaving **Carcassonne**, the route leads you through the emblematic wine-growing landscapes of southern France. You cycle through vineyards dotted with small, typical villages, in a gentle and sun-filled atmosphere.

Your stage ends at the port of **Homps**, a charming riverside village with a rich past. Ideally located between the Minervois vineyards to the north and the Corbières to the south, the area is perfectly suited to discovering the region's renowned wines. On arrival, enjoy a relaxing moment by the water while tasting a local wine.

Check in at your guesthouse in Homps or the surrounding area, carefully selected for its charm and comfort.

Dinner at leisure and overnight in Homps or **Paraza**.

Suggestion 4 – Extra night in Homps

During your free day, you may choose to:

* Enjoy a private guided tour of a Corbières wine estate, reached via a small scenic road winding through vineyards and olive groves (€35 per person, payable locally – please inform us at the time of booking);
* Visit the **Maison des Vins du Minervois** free of charge, located on the historic port of Homps, showcasing wines from over 100 estates and cellars at cellar-door prices;
* Or simply relax and make the most of your accommodation.

DAY 5: THE CANAL DU MIDI BY BIKE FROM HOMPS / PARAZA TO CAPESTANG

Cycling : 43km

This particularly enjoyable stage alternates between vineyards, characterful villages, and peaceful, tree-shaded towpaths.

Along the way, the **Canal du Midi** reveals the full richness of its heritage, punctuated by locks, river ports, and wine estates. Your arrival in **Capestang** marks a new immersion into history, with the **Saint-Étienne Collegiate Church** overlooking the village and offering remarkable panoramic views of the surrounding area.

Check in at your charming accommodation in Capestang, where comfort and tranquillity await after this beautiful day of cycling.

Dinner at leisure and overnight in Capestang, in a château set among the vineyards.

DAY 6: THE CANAL DU MIDI BY BIKE FROM CAPESTANG TO AGDE

Cycling : 42 km

For this final day of cycling, the atmosphere becomes distinctly Mediterranean. Following the **Canal du Midi**, you gradually draw closer to the sea, riding between lagoons, shifting light, and wide-open landscapes.

You reach the **Pointe des Onglous**, the iconic spot where the canal flows into the **Étang de Thau**. This remarkable natural site offers a unique pause, ideal for birdwatching—especially flamingos. Depending on your wishes, a tasting of oysters and mussels from Bouzigues can round off this final stretch.

You then continue to the town centre of **Agde**, where you return your bike to our partner, conveniently located near the SNCF train station. For those who wish to extend the experience, it is possible to continue on to the coast and enjoy a stay by the sea.

Note: Services end upon arrival in Agde if you choose the 6-day / 5-night itinerary from Toulouse to Agde. An additional night is available as an option.

Suggestion 6 – Extra night in Agde
Add an extra night to enjoy the beach.

DAY 7: THE CANAL DU MIDI BY BIKE FROM AGDE TO SÈTE

Cycling : 35 km

We highly recommend extending your journey to **Sète** to bring this trip to a beautiful close. This final stage follows a particularly pleasant cycle path between the **Mediterranean Sea** and the **Étang de Thau**, offering wide-open views and a distinctly maritime atmosphere.

Along the way, you are free to stop for a refreshing swim in the Mediterranean. Arrival in Sète provides an authentic finale in this characterful port town, where fishing boats animate the quays right into the heart of the city centre.

Note: Services end upon arrival in Sète if you choose the 7-day / 6-night itinerary from Toulouse to Sète.

An additional night in Sète is available as an option, in one of our carefully selected partner accommodations.

DAY 8: THE RHÔNE CANAL FROM SÈTE TO MONTPELLIER

Cycling : 45 km

After Toulouse, we invite you to discover another iconic city of southern France: **Montpellier**. This stage follows the **Canal du Rhône à Sète**, winding through preserved natural areas and protected wetlands, creating a peaceful and refreshing atmosphere.

Riding between lagoons, ponds, and Mediterranean light, you follow a pleasant route before gradually reaching Montpellier—an elegant and vibrant city renowned for its heritage, lively squares, and relaxed southern lifestyle.

Note: Services end upon arrival in Montpellier if you choose the 8-day / 7-night itinerary from Toulouse to Montpellier.
An additional night in Montpellier is available as an option, in a property featuring its own spa and a gourmet restaurant.

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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

Package	Double/twin room *2 pers.*	Triple room *3 pers.*	Single room *1 pers.*
From Toulouse to Agde, 6 days 5 nights (Low season) *6 days / 5 nights*	€1,280	€1,010	€2,320
From Toulouse to Agde, 6 days 5 nights (High season) *6 days / 5 nights*	€1,300	€1,020	€2,350
From Toulouse to Sète, 7 days / 6 nights (Low season) *7 days / 6 nights*	€1,590	€1,290	€2,790
From Toulouse to Sète, 7 days / 6 nights (High season) *7 days / 6 nights*	€1,630	€1,300	€2,860

NB: prices shown are per person.

Discount from 4 participants.

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.
Depending on availability at the time of booking, you may be charged a supplement for certain 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.
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 4/5* hotels or luxury BnBs
- Breakfasts
- Saddling up*
- Luggage transfer (1 bagage of 23 kg max per person)
- 7/7 telephone assistance
- Registration fees
- Local taxes
- Digital version of your road-book on your smartphone

OUR PRICE DOES NOT INCLUDE:

- Bike hire
- Transfers from your home to the meeting point and dispersal
- Parking for your vehicle for the duration of your stay
- Lunches and dinners
- Personal expenses and drinks
- Our bicycle insurance. For more information, click here.
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)

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

*Before you set off on your adventure, enjoy a personalized session with a member of the Nature Occitane team. We will 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	
No baggage transfer" discount	-€120

Group discount for 4 people or more (Toulouse to Agde trip)	-€40
Group discount for 4 people or more (Toulouse to Sète trip)	-€45
SUPPLEMENTS	
Saddling Up	€0
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) - 6 days	€180
Extra hybrid bike rental day	€12
Comfort e-bike rental (including delivery to the start and its collection) - 6 days	€270
Extra comfort E-bike rental day	€20
Premium e-bike rental (including delivery to the start and its collection) - 6 days	€285
Extra premium E-bike rental day	€22
Luxury E-bike rental (including delivery to the start and its collection) - 6 days	€330
Extra Luxury E-bike rental day	€25
Hire of a 2nd waterproof rear pannier (20l) for the entire trip	€15
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Agde in double room (breakfast included) - Low season	€120
Extra night in Agde in double room (breakfast included) - High season	€190
Extra night in Agde in a single room (breakfast included) - Low season	€240
Extra night in Agde in a single room with breakfast (breakfast included) - High season	€380
Extra night in Agde in a triple room with breakfast (breakfast included) - Low season	€100
Extra night in Agde in a triple room (breakfast included) - High season	€150
Extra night in Sète in a double room (breakfast included) - Low season	€180
Extra night in Sète in a double room (breakfast included) - High season	€210
Extra night in Sète in a single room (breakfast included) - Low season	€300
Extra night in Sète in a single room (breakfast included) - High season	€350
Extra night in Sète in a triple room (breakfast included) - Low season	€110
Extra night in Sète in a triple room (breakfast included) - High season	€150
Extra night in Montpellier in a double room (breakfast included) - Low season	€120
Extra night in Montpellier in a double room (breakfast included) - High season	€150
Extra night in Montpellier in a single room (breakfast included) - Low season	€240
Extra night in Montpellier in a single room (breakfast included) - High season	€280
Extra night in Montpellier in a triple room (breakfast included) - Low season	€100
Extra night in Montpellier in a triple room (breakfast included) - High season	€120
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Toulouse in double room (breakfast included) - Low season	€150
Extra night in Toulouse in double room (breakfast included) - High season	€180
Extra night in Toulouse in single room (breakfast included) - Low season	€300
Extra night in Toulouse in single room (breakfast included) - High season	€350
Extra night in Toulouse in a triple room (breakfast included) - Low season	€120
Extra night in Toulouse in a triple room (breakfast included) - High season	€140
Extra night in Carcassonne in double room (breakfast included) - Low season	€160
Extra night in Carcassonne in double room (breakfast included) - High season	€260
Extra night in Carcassonne in single room (breakfast included) - Low season	€350
Extra night in Carcassonne in single room (breakfast included) - High season	€450

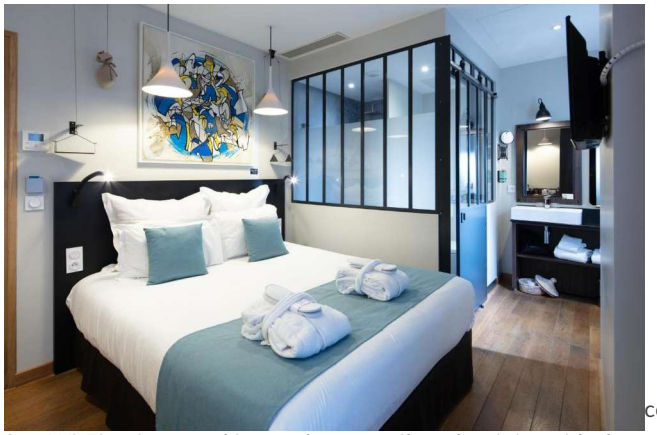
Extra night in Carcassonne in triple room (breakfast included) - Low season	€150
Extra night in Carcassonne in triple room (breakfast included) - High season	€230

NB: prices are per person.

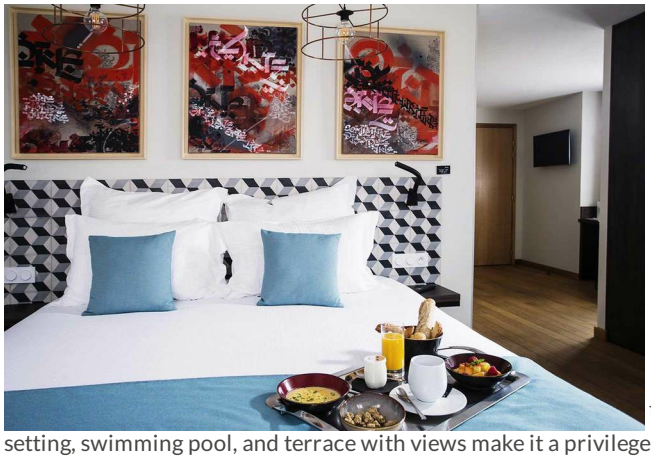
HOSTS

HOTEL** IN TOULOUSE**

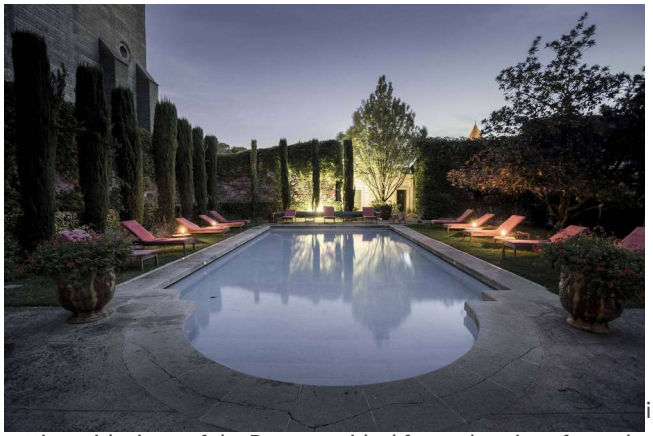
This 4-star hotel in Toulouse is ideal for high-end cyclists. With its stylish design, the property offers spacious and elegant rooms, personalized service, and premium amenities for a luxury cycling stay in the heart of the Pink City. Perfectly located near major cycling routes and key sights, it provides comfort, relaxation, and refinement, an ideal starting point for your journey..



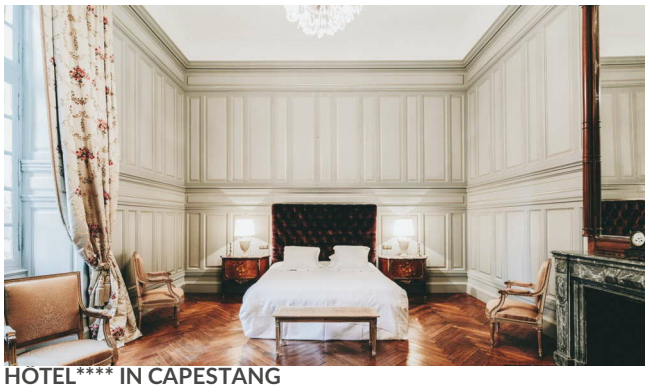
comes you into a refined and peaceful 17th-century historic residence. With free Wi-Fi, private parking, and a tranquil garden, it is an ideal stop for cyclists seeking high-end comfort. Located close to the historic center, it offers an elegant and well-appointed break to explore the Lauragais in complete serenity. The rooms, decorated in floral tones, immerse you in a period setting with their baroque-style décor.



the Cité of Carcassonne, combines elegance, serenity, and comfort. Its lush setting, swimming pool, and terrace with views make it a privileged stop for cycle tourists and cultural travelers alike. With its intimate atmosphere and attentive service, it is an exceptional address for fully enjoying the Occitan art of living.



idence combines charm, elegance, and comfort. You will enjoy a peaceful setting with views of the Pyrenees, ideal for recharging after a day of cycling. A tasting of the estate's wines completes this refined interlude along the Canal du Midi.



HOTEL** IN CAPESTANG**

This exceptional wine estate, nestled between vineyards and garrigue, is a 4-star château hotel offering a unique experience in the heart of Languedoc. Combining wine tourism, cycling getaways, and relaxation by the infinity pool, it blends historic charm with contemporary comfort. Its refined suites and villas, gourmet restaurant, and peaceful atmosphere make it a must-visit address for a prestigious stay in Occitanie.



ury stop along the Canal du Midi. Set in the heart of a golf course, it offers spacious and elegant rooms overlooking the pool or the greens, a wellness area with spa and sauna, and attentive services for cyclists. Combining comfort, relaxation, and refinement, it is a privileged address for a high-end cycling stay in Occitanie — an elegant destination blending comfort, nature, and leisure in Cap d'Agde.



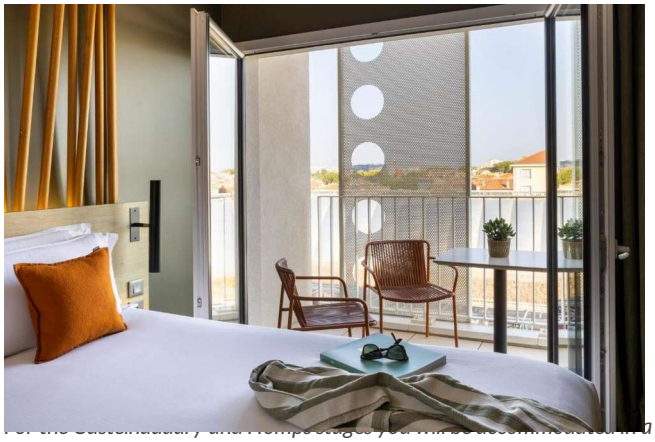
the Canal du Midi. Nestled in a peaceful garden with a swimming pool, it offers elegant and comfortable rooms, along with a wellness area perfect for relaxing after a day of hiking or cycling. Located close to the canals and the historic city center, it is a refined address combining high-end comfort with the discovery of Occitanie.



HOTEL** IN MONTPELLIER**

This 4-star hotel in the heart of Montpellier is the perfect place to end your stay on an elegant note. Certified Accueil Vélo, it offers stylish design rooms, a spa, a cocktail bar, and a modern brasserie — an ideal setting for a high-end urban stay combining relaxation and city life. The

perfect way to conclude a journey filled with great memories.



a charming Bnb equivalent to a 3-star establishment. We cannot provide a 4 or 5 star establishment due to the location of the stage and its hotel offering.

**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

The Canal du Midi begins with an attractive cycle path. For the remaining 200km to Agde, you'll find nothing but dirt roads (with roots and frequent unevenness).
Our VTCs meet the demands of this terrain for your comfort.
Front suspension, adjustable stem, comfort saddle and grips, hydraulic disc brakes, Ortlieb panniers, lighting... The quality of your bike is vital to the success of your trip, and we want you to set off in the best possible conditions.

VTC FROM AMERICAN BRAND TREK



- A top-of-the-range Trek model specially chosen for the profile of our travellers
- A bike in your size (available in S, M, L and XL). For smaller sizes, other Trek and KTM models are available)
- Frame geometry that makes it easy to step over
- Front suspension (essential for the Canal du Midi)
- Comfort saddle
- Special travel comfort grips
- Hydraulic disc brakes (no pad 'jamming' in the rain)
- Adjustable stem (for a more upright or reclined position)
- Rear stand (handy with loaded rear panniers)
- Front and rear dynamo lighting

Our bikes are serviced and thoroughly cleaned after each outing.

NB: The bikes below are the ones we prefer. Depending on your registration date, we may be able to reserve another bike of the same category for you.

AMERICAN BRAND TREK EBIKES (ELECTRICALLY ASSISTED BICYCLES)



- A top-of-the-range Trek model specially chosen for the profile of our travellers
- A bike to suit you (available in sizes XS, S, M, L and XL)Sporty, dynamic frame geometry for easy straddling
- Large 28″ wheels for precise handling and good performance.
- Powerful braking with two hydraulic disc brakes
- Fully equipped : mudguards, side stand, powerful lighting and pannier holders
- Bosch engine

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ALL YOUR EQUIPMENT IS INCLUDED

- Ortlieb waterproof rear bag
- Ortlieb waterproof handlebar bag with smartphone/roadbook holder
- Front & rear lights
- Protective lock
- Repair kit
- Helmet supplied 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 EXPENSE IN THE EVENT OF THEFT OF THE BICYCLE OR EQUIPMENT :

Deductible : Without insurance :
Premium travel bike: €924
Premium electric travel bike: €2275
Cost of repairs in the event of breakage

Deductible : With insurance :
Premium travel bike: €92
Premium electric travel bike: €228
10% of repairs in the event of breakage

NB: In both cases, Nature Occitane must receive a theft report from the police station within 48 hours of the incident.

At your expense in the event of theft or loss of equipment :

Rear bag: €50
Anti-theft device: €75
Multi-tool or pump: €15
Helmet: €50

PARKING YOUR VEHICLE DURING YOUR STAY

IN TOULOUSE
Solution 1: Secure pay parking in Toulouse
For added security, we can recommend a low-cost secure car park close to our partner guest house in Toulouse.
Click here to calculate the rate for your stay or reserve your space.

IN AGDE or SÈTE
Solution 1: Free parking in Agde or Sète Free parking in Agde and Sète in the quiet streets around our partner guesthouses.
Free parking in front of Agde SNCF station.

Solution 2 : Secure pay parking in Sète and Montpellier :
Links to the car parks we recommend in Sète and Montpellier :
→ Secure, enclosed outdoor car park in Sète: Click here to calculate the rate for your stay
→ Secure car park in Montpellier: Click here to calculate the rate for your stay

MEETING POINT :
Day 1 at your accommodation.

END OF YOUR STAY :
End of service on your arrival in Agde, Sète or Montpellier depending on the option you have chosen.

If you are coming by car and need to get to Toulouse from your arrival point, we recommend that you take the train for ecological and economic reasons.
You can make your own reservations on the OUI SNCF website.

HOW DO I GET THERE ?
To limit your CO2 emissions, we encourage you to use public transport.
We will take care of returning our bikes from your arrival point.
→ **IF YOU ARE COMING BY TRAIN** : Toulouse, Agde, Sète or Montpellier SNCF stations.
→ **IF YOU ARE COMING BY PLANE** : Toulouse Blagnac airport.

RECOMMENDED EQUIPMENT

Pack a travel bag or suitcase for a change of clothes for the week.
This will be transported by vehicle and returned to your accommodation each evening.

Clothing :

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

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

- 1 fleece1 Gore-tex jacket, waterproof and breathable
- 2 shorts (short or long), preferably padded for greater comfort on the bike

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

- 1 pair of comfortable trousers for the evening
- UnderwearSocks. Avoid tennis socks (cotton), which take a long time to dry.
- 1 swimming costume for the pool and when you arrive at the beach

Footwear :

- 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 packed in checked baggage if you are flying)
- Toiletries
- Toilet paper
- Sun cream
- Soothing anti-chafing cream

This list needs to be adapted according to the season chosen.