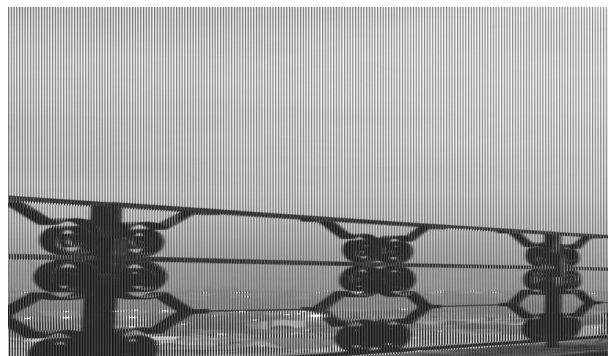


LUXURY VERSION OF THE CANAL DU MIDI CYCLING TRIP - FROM TOULOUSE TO AGDE, SÈTE OR MONTPELLIER



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 1390€.

Cycling holiday - Easy level

Tailor-made holidays and group breaks available.

ITINERARY

DAY 1: VISIT TOULOUSE BY BIKE OR FEET

Welcome to Toulouse

You head to your luxury accommodation chosen by us, closed by the centre of Toulouse. This ideal location will allow you, if you feel like it, to stroll through the most beautiful streets of the pink city, as indicated by your host, who will be able to suggest all the must-see sights and other unusual places. Visit the Capitole for its architecture, the Japanese garden for its wildlife or chef Michel Sarran's restaurant for its fine cuisine.

Dinner on your own and overnight in Toulouse in 4* hotel.

Suggestion 1 - Toulouse :

Visit Toulouse by bike and extra nights possible in your luxury accommodation (see options in the prices tab).

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

Cycling : 60 km

After a restful night's sleep and an excellent breakfast in your exceptional accommodation in Toulouse, you'll set off on a 50 km stretch of the greenway, which is paved with excellent tarmac. You can take a break at the Naurouze threshold, where the waters of the Canal are divided for relaxation. Dinner on your own and overnight in a property with old-fashioned charm in Castelnaudary, where we'll give you the best addresses for discovering the region's typical cassoulet dish. Dinner on your own and overnight in Castelnaudary on luxury BnB.

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

Cycling : 42 km

After Castelnaudary, the Canal du Midi becomes wilder... Enjoy the peace and quiet of the surrounding countryside. You arrive in Carcassonne in the middle of the day, just in time to visit the splendid medieval city and its many intriguing streets. Spend the night in an exceptional establishment, close to the medieval city. You can also enjoy a moment of relaxation in the swimming pool with a cocktail at your accommodation. Dinner on your own and overnight in Carcassonne in 5* hotel..

Suggestion 3 - A day in Carcassonne :

We highly recommend this extra night, which allows you to visit the medieval city at your leisure. You can also relax in our luxury partner hotel (see options in the prices tab).

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

Cycling : 41 km

You'll be cycling through vineyards and small villages typical of the South of France. The little port of Homps, steeped in history, is the perfect

place to sample some of the region's finest wines. Homps is ideally situated, with the Minervois to the north and the Corbières to the south. Dinner on your own and overnight in Homps or Olonzac. If you want to relax after your day's cycling, we invite you to unwind in the swimming pool, spa and other facilities in your accommodation Dinner on your own and overnight in Homps in luxury BnB...

Suggestion 4 - An extra night in Homps.

On your day off, you can :

- Take a private guided tour of a château in Corbière. Access via a small bucolic road, between vineyards and olive groves: 35€ per person to be paid on site. Please let us know when you book;
- Free visit to the "Maison des Vins du Minervois" in the historic port of Homps, to discover over 100 wine cellars and estates in the appellation, at the property price;
- Enjoy the garden and swimming pool at your host's home.

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

Cycling : 43 km

After Homps, you can discover a series of beautiful structures on the Canal du Midi. Here, man has had to use his ingenuity to cope with the rugged terrain of the region. Arrive at Caspestant, a pretty 14th-century village. Dinner and overnight stay with our partner in a splendid setting. Here you will be staying in a luxury château hotel in the middle of the vineyards, with a range of top-of-the-range facilities for your well-being. Dinner on your own and overnight in Capestant in a luxury castle.

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

Cycling : 42 km

The sea air is gradually coming closer for this last day...

The Pointe des Onglous, where the Canal du Midi flows into the inland sea that is the Etang de Thau, is a magical place. Enjoy this unique spot, where you may even spot pink flamingos. Taste the delicious Bouzigues oysters and mussels. Back in Agde town centre, you can leave your bike at our partner's bike depot, located just a stone's throw from the SNCF station. If you wish to continue on your way, you can sleep in an exceptional hotel with a view on the Mediterranean sea.

NB: End of service on your arrival in Agde if you choose the 6-day / 5-night tour, from Toulouse to Agde. Additional night optional in a 4* hotel

Suggestion 6 - Extra night in Agde to enjoy the beach.

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

Cycling : 35 km

We strongly recommend that you finish your journey by continuing on to Sète. You'll be able to take advantage of a very pleasant cycle path between the Mediterranean Sea and the Etang de Thau. If you like, you can stop for a dip in the big blue sea. Arrive in the pretty town of Sète, where you can enjoy the ballet of fishing boats docking in the town centre.

NB: End of service on your arrival in Sète if you choose the 7-day / 6-night tour, from Toulouse to Sète in a luxury BnB
Optional extra night in Sète in one of our superb partner accommodations.

DAY 8: THE RHÔNE CANAL FROM SÈTE TO MONTPELLIER

Cycling : 45 km

After Toulouse, we invite you to discover another big, beautiful city in the South of France: Montpellier! You'll cycle along the Canal du Rhône, through a nature reserve, before reaching the heart of Montpellier.

NB: Service ends on arrival in Montpellier if you choose the 8-day/7-night Toulouse to Montpellier tour.
Optional extra night in Montpellier in 4* hotel at one of our exceptional partners with its own spa and 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 room 2 pers.	Twin room 2 pers.	Triple room 3 pers.	Single room 1 pers.
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From Toulouse to Agde, 6 days 5 nights <i>6 days / 5 nights</i>	€1,690	€1,990	€1,390	€2,990
From Toulouse to Sète, 7 days / 6 nights <i>7 days / 6 nights</i>	€1,990	€2,390	€1,590	€3,690
From Toulouse to Montpellier, 8 days / 7 nights <i>8 days / 7 nights</i>	€2,390	€2,690	€1,890	€4,290

NB: prices shown are per person.

Depending on availability at the time of booking, you may be charged a supplement for certain services.

Stay possible from 13/04 to 15/10/2025 at the above rate.

Departure on the day of your choice (weekend departures possible).

Reductions from 4 participants.

July/August supplement :

For a stay between 01/03 and 12/04/2024, or between 16/10 and 15/11/2025:

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

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

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

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

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

Outside these periods, please contact us.

For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may apply depending on the number of people and the number of stops on the tour.

OUR PRICE INCLUDES:

- 5/6/7 nights in 4/5* hotels or luxury BnBs
- Breakfasts
- Saddling up : 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!
- Luggage transfer (1 piece of luggage 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 (from €130, including delivery and return)
- 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](#).
- [Our Europassistance cancellation / interruption / assistance & repatriation insurance](#) (6% of the price of your stay, including COVID-19, to be taken out when you register).

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

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

REDUCTIONS	
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No baggage transfer" discount	-€70
Group discount for 4 people or more (Toulouse to Agde trip)	-€20
Group discount for 4 people or more (Toulouse to Sète trip)	-€25
Group discount for 4 people or more (Toulouse to Montpellier trip)	-€30
SUPPLEMENTS	
July / August supplement	€100
Saddling Up	€0
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Cycle hire (VTC) for the entire stay (delivery & return included) - 6 days	€130
Additional day's bike hire (VTC)	€20
Rental of an electrically-assisted bicycle (EAB) for the entire stay (delivery & return included) - 6 days	€235
Additional day's hire of an electrically-assisted bicycle (EAB)	€35
Luxury E-bike rental (including delivery to the start and its collection) - 6 days	€468
Extra Luxury E-bike rental day	€29
Hire of a 2nd waterproof rear pannier (20l) for the entire trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Agde in a double room with breakfast	€230
Extra night in Agde in a single room with breakfast	€360
Extra night in Agde in a triple room with breakfast	€230
Extra night in Sète in a double room with breakfast	€205
Extra night in Sète in a single room with breakfast	€390
Extra night in Sète in a triple room with breakfast	€185
Extra night in Montpellier in a double room with breakfast	€150
Extra night in Montpellier in a single room with breakfast	€275
Extra night in Montpellier in a triple room with breakfast	€200
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Extra night in Toulouse in a double room with breakfast	€230
Suggestion 1 - Additional night in Toulouse in a single room with breakfast	€360
Suggestion 1: Extra night in Toulouse in a triple room with breakfast	€230
Suggestion 3 - Extra night in Carcassonne in a double room with breakfast	€330
Suggestion 3 - Extra night in Carcassonne in a single room with breakfast	€600
Suggestion 3 - Extra night in Carcassonne in a triple room with breakfast	€250
Suggestion 4 - Extra night in Homps in a double room with breakfast	€70
Suggestion 4 - Extra night in Homps in a single room with breakfast	€140
Suggestion 4 - Extra night in Homps in a triple room with breakfast	€70
TRANSFERS	
Private return transfer Sète - Toulouse (group price, maximum 8 people)	€600

NB: prices are per person.

HOSTS

OUR PARTNER HOTEL IN TOULOUSE

This 4* hotel benefits from an ideal location in the center of the pink city. A stone's throw from the Saint-Sernin basilica, you can relax in sumptuous, very comfortable rooms.



OUR PARTNER HOTEL IN CASTELNAUDARY

Equivalent to a 3-star hotel, this guest house located in an old building welcomes you in an authentic and unique setting. The colorfully decorated rooms immerse you in a period setting with their baroque decoration.



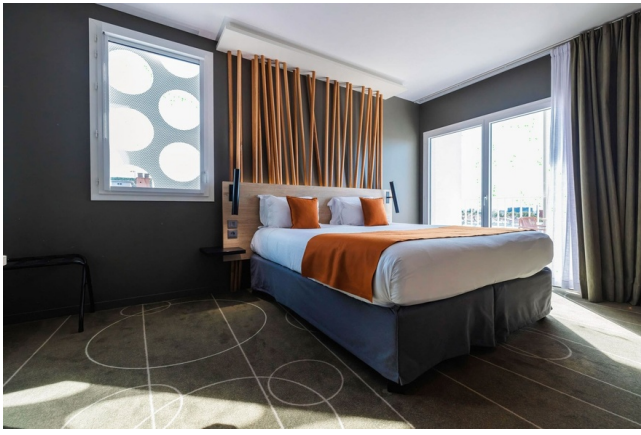
OUR PARTNER HOTEL IN CARCASSONNE

In the heart of the medieval city of Carcassonne, discover our luxury partner accommodation which will welcome you in a privileged setting. Take advantage of this setting to relax at the spa or the swimming pool before enjoying the hotel's gourmet restaurant.



OUR PARTNER HOTEL IN MONTPELLIER

You've arrived in a haven of luxury, surrounded by an elegant, modern and comfortable atmosphere. A modern establishment, yet you'll immediately feel at home.



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For the Castelnaudary and Homps stages you will be accommodated in 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

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.

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.