

THE CANAL DU MIDI AND MEDITERRANEAN WINE ROUTE: FROM CARCASSONNE TO COLLIOURE

Bike trip on the Canal du Midi and along the Mediterranean coast

The grape varieties of Languedoc Roussillon are waiting for you, so get on your bike and discover the sumptuous surroundings of this wine route, which is sure to delight even the most discerning palate with its tastings and gastronomy. You'll discover France's largest wine-growing region, with Grenache, Cinsault, Syrah, Mourvèdre and Carignan grape varieties.

Don't wait any longer to discover the most beautiful parts of the Pays d'Oc and the secrets of its fifty-eight grape varieties with very broad organoleptic profiles.

6-day / 5-night itinerant tour.

From 1890€ per person.



ITINERARY

DAY 1: ARRIVAL IN CARCASSONNE

Welcome in Carcassonne

Welcome to Carcassonne, a medieval hilltop town in Languedoc famous for its medieval citadel and ramparts.

Before settling in at our exceptional partner establishment, take the time to stroll through the winding streets of this beautiful city and discover all the riches it contains. Whether in the city center for its culture and its past as a cloth-making town or the medieval city itself, observe all these reminiscences of the past. Night in an exceptional establishment for one night as close as possible to the medieval city. You can also enjoy a moment of relaxation in the swimming pool accompanied by a cocktail that your accommodation may offer.

Free dinner and night in Carcassonne.

DAY 2: FROM CARCASSONNE TO PARAZA

Distance : 55 - 60 km

For your first day of cycling, you will now pedal between vineyards and small villages typical of the South of France. Stop at the small port of Homps: a short break in this village steeped in history will allow you to taste the best wines of the region. Once you arrive in Paraza, take advantage of this village to visit the various artists' shops or to take advantage of the various workshops and tastings offered by the castle overlooking the village.

Free dinner and night in Paraza.

DAY 3: FROM PARAZA TO NARBONNE

Distance : 45 km

You continue your journey along the water in the middle of the Minervois vineyards, its pretty historic villages and its breathtaking panoramas. After a break at Le Somail, you take the Rebiegue canal a few kilometers further. You then reach Narbonne and its rich heritage from more than 2500 years ago. Don't miss a visit to this ancient city before returning to your wine estate for the night.

Free dinner and night in Narbonne.

DAY 4: FROM NARBONNE TO LEUCATE

Distance : 35 - 40 km

You get back on your bikes and leave your charming estate to reach the Sainte Lucie nature reserve. Here's a change of atmosphere: you leave the vineyard fields and cycle through the middle of ponds and salt pans, a typical landscape of the Mediterranean coast. Take advantage of the different viewpoints to admire the pink flamingos. A stop on the wild beach of the old news seems obligatory for a swim in the middle of a postcard landscape. Arrival in Leucate to discover other, more subtle wines: here you can see red wines made from Syrah. Our partner hotel

will be able to offer you quality local wines.

Free dinner and night in Leucate.

DAY 5: FROM LEUCATE TO ARGELES/COLLIOURE

Distance : 55 - 60 km

Last stop to explore Collioure, this old fishing village. For this last day, you cycle along the coast, offering views of the sea. Le Barcarès, Canet en Roussillon, Saint Cyprien, so many names inviting you to taste a platter of oysters with the different cabins set up by the sea, accompanied by a glass of regional wine: a more powerful and velvety grape variety offering a sublime palette of flavors and smells. Arrival in Collioure, a charming little Catalan village which inspired the famous painters Matisse and Derain. Bordered by terraces of vines plunging in steps from the mountains towards the sea, you enjoy the panoramas, intertwined cobbled streets, art galleries and beaches. Wine tasting possible at our wine merchant partner Sylvain.

Free dinner and night in Collioure or Argelès.

DAY 6: END OF STAY

End of stay

Enjoy your last moments with our exceptional partner over breakfast.
End of our services.

--

Disclaimer

The stages and partner accommodations listed are those we prefer.

Depending on your registration date, we may have to book other accommodation of the same category or different stages for you.

For "last-minute" bookings, we may have to offer you less comfortable accommodation and/or accommodation without a swimming pool, especially during the high summer season.

We are fully aware of the different accommodation options available for each stage: we will choose the best available offer for you when you register.

DATES & PRICES

Package	Double room 2 pers.	Twin room 2 pers.	Triple room 3 pers.	Single room 1 pers.
From Carcassonne to Collioure 6 days / 5 nights	€2,190	€2,390	€1,890	€3,990

NB: prices shown are per person.

Stay possible from 01/04 to 15/10/2025 at the above rates.

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

For stays between 01/04 and 14/04/2025, or between 16/10 and 15/11/2025:

"Low season" luggage transfer supplement for groups of 1 person: +60€/person/stage

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

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

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

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

Outside these periods, please contact us.

For "last-minute" bookings (less than 15 days before departure), supplements for luggage transport/transfer may apply, depending on the number of people and the number of stages in the trip.

OUR PRICE INCLUDES:

- 5 nights' accommodation in 4* accommodations
- Breakfasts

- Luggage transfer (1 bag per person)
- 7/7 telephone assistance
- Registration fees
- Tourist taxes
- Digital version of your roadbook on your smartphone

OUR PRICE DOES NOT INCLUDE:

- Bike rental
- Transfers from your home to the meeting point and dispersal
- Parking space for your vehicle for the duration of your stay
- Lunches and dinners
- Personal expenses, 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 not mentioned in "Our price includes" is included.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: group of more than 4 people	-€20
SUPPLEMENTS	
July / August	€100
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 5 days	€210
Extra bike hire for one day	€20
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 5 days	€280
Extra E-bike hire for one day	€35
Luxury E-bike rental (including delivery to the start and its collection) - 5 days	€450
Extra Luxury E-bike rental day	€29
Extra waterproof rear bag (20L) for the whole trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Carcassonne in single room (breakfast included)	€600
Additional night in Carcassonne in double room (breakfast included)	€330
Additional night in Carcassonne in triple room (breakfast included)	€250
Additional night in Collioure in single room (breakfast included)	€400
Additional night in Collioure in double room (breakfast included)	€200
Additional night in Collioure in triple room (breakfast included)	€230
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional night in Narbonne in single room (breakfast included)	€900
Additional night in Narbonne in double room (breakfast included)	€450
Additional night in Narbonne in triple room (breakfast included)	€370

NB: prices are per person.

HOSTS

OUR HOST IN PARAZA

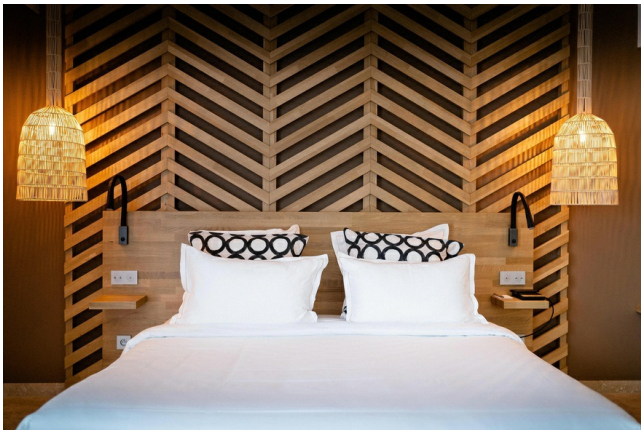
Here you will find one of the most beautiful châteaux in the area, with our partner guaranteeing an exceptional setting and welcome. Relax by

the pool or take a moment in the spa before treating your palate to finely prepared dishes.



OUR HOST IN NARBONNE

Here at our host's you'll find natural, elegant luxury that promises total rejuvenation. A moment by the pool surrounded by the vineyards of the estate, at the spa or on the sports wellness areas will allow you to live this experience to the full.



OUR HOST IN COLLIOURE

On the shores of the Mediterranean, our partner will be delighted to welcome you to an old house dating from the 1870s, which has retained all its original splendour. In the midst of the old stonework, you can relax and enjoy the architecture of this beautiful building, with its French savoir faire.



--

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:

On the Canal du Midi, from Carcassonne to Narbonne, you'll find nothing but dirt roads (with roots and frequent unevenness). Then, along the Mediterranean, you'll find a lovely cycle path.

Our VTCs meet the demands of this terrain for your comfort.

Front suspension, adjustable stem, comfort saddle and grips, hydraulic disc brakes, Ortlieb saddlebags, lighting... The quality of your bike is essential to the success of your trip, and we want you to leave in the best possible condition.

VTC FROM THE AMERICAN BRAND TREK



- High-standart 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-standard model chosen especially for the profile of our travelers.
- A bike to fit 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.
- Powerful hydraulic disc brakes
- Bosch motor

ALL EQUIPMENT INCLUDED

- Waterproof rear pannier Ortlieb 20l
 - Waterproof front pannier 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)
- **NATURE OCCITANE PROVIDES AN INSURANCE FOR ROBBERY AND ASSISTANCE FOR 1€50 PER DAY AND BIKE AND/OR EQUIPMENT**

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 CARCASSONNE**

Secure pay parking in Carcassonne

For added security, we can recommend secure parking, bookable in advance.

[Click here](#) to calculate the rate for your stay or reserve your space.

IN COLLIOURE

Free parking in Collioure in the quiet streets around our partner accommodations.

You can find out more about parking facilities on the official [Tourist Office website](#).

MEETING POINT

Day 1 at your accommodation.

END OF YOUR STAY

End of service at your departure in Collioure.

If you are coming by car and need to reach Carcassonne from your arrival point, we recommend that you take the train for ecological and economic reasons.

You can make your own reservations on the [SNCF Connect 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:** Carcassonne SNCF station.

→ **IF YOU ARE COMING BY PLANE:** Carcassonne 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.