Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



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, an iconic medieval city in the Languedoc region and your gateway to the Canal du Midi and the vineyards of the Pays d'Oc. Before settling into your partner accommodation, take time to explore the surroundings: cobbled streets, ramparts, fortified towers, and viewpoints overlooking the lower town. A blend of history, heritage, and gastronomy, Carcassonne offers an authentic first taste of the region.

After your stroll, check in at your accommodation.

Dinner at leisure and overnight in Carcassonne.

DAY 2: FROM CARCASSONNE TO PARAZA

Distance : 55 - 60 km

For this first cycling stage, you leave Carcassonne and follow a pleasant route through vineyards, traditional Languedoc villages, and pine-lined paths. The terrain is smooth and ideal for an easy warm-up ride.
Along the way, a stop in Homps is recommended: its small river port provides the perfect setting for a coffee break or a tasting of Minervois wines.

You then continue on to Paraza (or Olonzac, depending on the selected accommodation), a typical village overlooking the canal. Here you'll find galleries, artists' studios, and—depending on the season—the opportunity to join wine tastings at the estate that dominates the village.

Dinner at leisure and overnight in Paraza (or Olonzac).

DAY 3: FROM PARAZA TO NARBONNE

Distance : 45 km

You continue your cycling journey along the canal, through the heart of the Minervois vineyards and its historic villages. The route is accessible to all, dotted with viewpoints over wine estates and gently rolling landscapes. A stop at Le Somail, a charming hamlet crossed by the Canal du Midi, offers a relaxing break or the chance to visit its beautiful old bookshop.

A few kilometres further on, you gradually leave the main canal to join the Canal de la Robine, which leads you directly to Narbonne, a former Roman city with more than 2,500 years of history. Take time on arrival to explore its historic centre, cathedral, and lively riverbanks.

Dinner at leisure and overnight in Narbonne.

DAY 4: FROM NARBONNE TO LEUCATE

Distance : 35 - 40 km

You leave your charming estate and resume your cycling route towards the Sainte-Lucie Nature Reserve. The scenery gradually changes: vineyards give way to lagoons, salt marshes, and wetlands typical of the Mediterranean coastline. Several viewpoints offer great opportunities to observe local wildlife, including the flamingos frequently seen in the area.

Along the way, a stop at the wild Plage de la Vieille Nouvelle provides the chance for a swim in a beautifully preserved natural setting. At the end of the day, you reach Leucate, a seaside town renowned for its wines, cliffs, and oysters. Here you can discover red wines made from Syrah and other local grape varieties, offered by your accommodation or at nearby wine estates.

Dinner at leisure and overnight in Leucate.

DAY 5: FROM LEUCATE TO ARGELES/COLLIOURE

Distance : 55 - 60 km

For this final stage, you follow the Mediterranean coast towards Collioure. The route alternates between cycle paths and gentle roads, regularly offering sea views and opportunities to stop along the long sandy beaches of the coastline.

You pass through Le Barcarès, Canet-en-Roussillon, and Saint-Cyprien, seaside resorts where you can enjoy oysters and fresh seafood directly from beachside huts, paired with fuller-bodied local wines typical of the Roussillon.

By late afternoon, you reach Collioure, a former fishing village and emblematic destination of the Côte Vermeille. Its cobbled streets, small coves, art galleries, and terraced vineyards give this stage a distinctive atmosphere.
A wine tasting with our partner wine merchant is possible to round off the trip with a local touch.

Dinner at leisure and overnight in Collioure or Argelès-sur-Mer.

DAY 6: END OF STAY

End of stay

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

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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 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

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 Carcassonne to Collioure *6 days / 5 nights*	€640	€660	€560	€1,130
Haute Saison - Du 28/06 au 13/09/2026 *6 days / 5 nights*	€710	€730	€620	€1,130
Premium range				
From Carcassonne to Collioure *6 days / 5 nights*	€1,290	€1,310	€1,270	€2,590
Haute Saison - Du 28/06 au 13/09/2026 *6 days / 5 nights*	€1,560	€1,590	€1,490	€2,590

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
- 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 not mentioned in "Our price includes" is included.

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: group of more than 4 people	-€25
SUPPLEMENTS	
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	€215
Extra bike hire for one day	€25
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 5 days	€290
Extra E-bike hire for one day	€35
Location d'un vélo à assistance électrique (livraison & rapatriement inclus) gamme Privilège - 5 jours	€360
Journée supplémentaire de location d'un vélo à assistance électrique (VAE) gamme Privilège	€40
Luxury E-bike rental (including delivery to the start and its collection) - 5 days	€460
Extra Luxury E-bike rental day	€40
Extra waterproof rear bag (20L) for the whole trip	€15
Location casque pour la durée du séjour	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Carcassonne in single room (breakfast included)	€110
Nuit supplémentaire à Carcassonne en chambre simple avec petit déjeuner - Haute saison	€130
Additional night in Carcassonne in double room (breakfast included)	€60
Nuit supplémentaire à Carcassonne en chambre double avec petit déjeuner - Haute saison	€75
Additional night in Carcassonne in triple room (breakfast included)	€60
Nuit supplémentaire à Carcassonne en chambre triple avec petit déjeuner - Haute saison	€65
Additional night in Collioure in single room (breakfast included)	€125
Nuit supplémentaire à Collioure en chambre simple avec petit déjeuner - Haute saison	€165
Nuit supplémentaire à Collioure en chambre double avec petit déjeuner- Haute saison	€90
Additional night in Collioure in double room (breakfast included)	€70
Additional night in Collioure in triple room (breakfast included)	€60
Nuit supplémentaire à Collioure en chambre triple avec petit déjeuner- Haute saison	€68
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: group of more than 4 people	-€40
SUPPLEMENTS	
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	€215
Extra bike hire for one day	€25
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 5 days	€290
Extra E-bike hire for one day	€35
Location d'un vélo à assistance électrique (livraison & rapatriement inclus) gamme Privilège - 5 jours	€360
Journée supplémentaire de location d'un vélo à assistance électrique (VAE) gamme Privilège	€40

Luxury E-bike rental (including delivery to the start and its collection) - 5 days	€460
Extra Luxury E-bike rental day	€40
Extra waterproof rear bag (20L) for the whole trip	€15
Location casque pour la durée du séjour	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Carcassonne in single room (breakfast included)	€385
Nuit supplémentaire à Carcassonne en chambre simple avec petit déjeuner - Haute saison	€460
Additional night in Carcassonne in double room (breakfast included)	€205
Nuit supplémentaire à Carcassonne en chambre double avec petit déjeuner - Haute saison	€235
Additional night in Carcassonne in triple room (breakfast included)	€235
Nuit supplémentaire à Carcassonne en chambre triple avec petit déjeuner - Haute saison	€248
Additional night in Collioure in single room (breakfast included)	€270
Nuit supplémentaire à Collioure en chambre simple avec petit déjeuner - Haute saison	€300
Nuit supplémentaire à Collioure en chambre double avec petit déjeuner- Haute saison	€175
Additional night in Collioure in double room (breakfast included)	€160
Additional night in Collioure in triple room (breakfast included)	€175
Nuit supplémentaire à Collioure en chambre triple avec petit déjeuner- Haute saison	€130

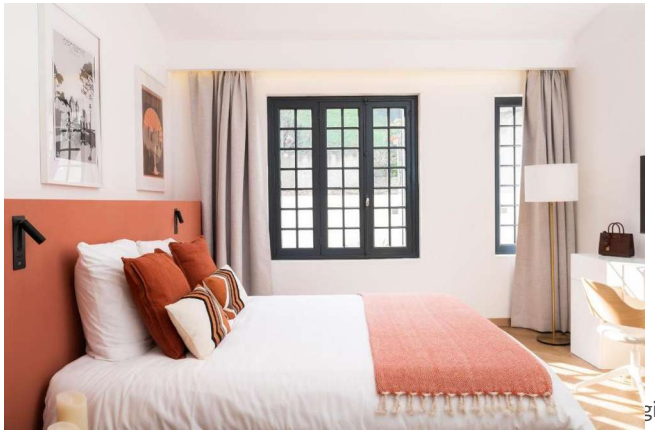
NB: prices are per person.

HOSTS

Comfort range

GUESTHOUSE IN CARCASSONNE

Ideally located in the heart of Carcassonne, this accommodation is a perfect stop to begin your cycling journey along the Wine Route towards Collioure. This charming residence combines historic elegance with modern comfort, offering a peaceful setting after a day spent between the Languedoc vineyards, the Canal du Midi and wine tourism discoveries. Spacious rooms and a warm welcome make it a preferred address for cyclists wishing to enjoy Carcassonne's heritage before heading into the wine-growing landscapes of Occitanie.



gion, this accommodation is an ideal stop on your cycling journey from Carcassonne to Collioure along the Wine Route. This characterful house offers a warm welcome and a peaceful setting amid the vineyards, perfect for unwinding after a day spent between the Canal du Midi, wine estates and the landscapes of Languedoc. Close to typical villages and Minervois wineries, it is a preferred address for cyclists seeking comfort and authenticity in Occitanie.



p on a cycling journey from Carcassonne to Collioure along the wine routes the cycling itineraries of the Narbonnaise, it offers a warm and welcoming mfortable accommodation while immersing yourself in the rich gastronomy vards the colours of the Mediterranean.



journey from Carcassonne to Collioure along the Roussillon wine route. Set modern comfort and direct access to the coastal cycling paths. Nearby, plateau wines, seafood, coastal honeys and Catalan flavours. A perfect stop to colourful landscapes of Collioure.



the heart of one of the Mediterranean's most beautiful villages, making it the nne. Just steps from the beaches, the Royal Castle and local art galleries, it e southern vineyards. Here, Catalan flavours come naturally to the fore, Côte Vermeille wines, Collioure anchovies, artisanal sweets and sun-kissed produce from local markets. An ideal address to savour the final stage of the journey, between sea, Catalan culture and gourmet pleasures.



DOMAINE IN CARCASSONNE

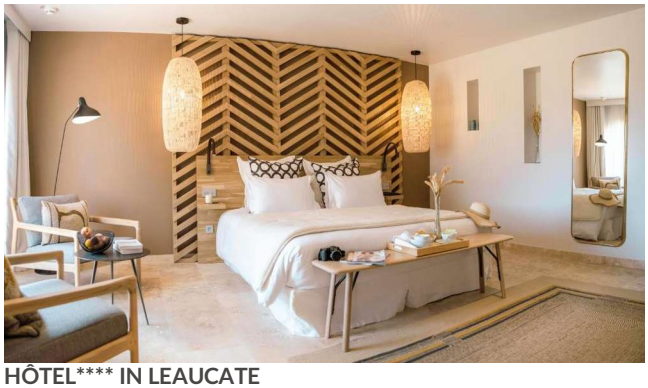
Located in the Languedoc wine region, this estate is a renowned vineyard producing high-quality red, white and rosé wines. Sun-drenched hills and endless rows of vines create an ideal setting for a cycling journey. Visitors can discover the estate's history, take part in wine tastings and enjoy an authentic, friendly atmosphere. A perfect starting point to combine sport, nature and the pleasure of wine.



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.

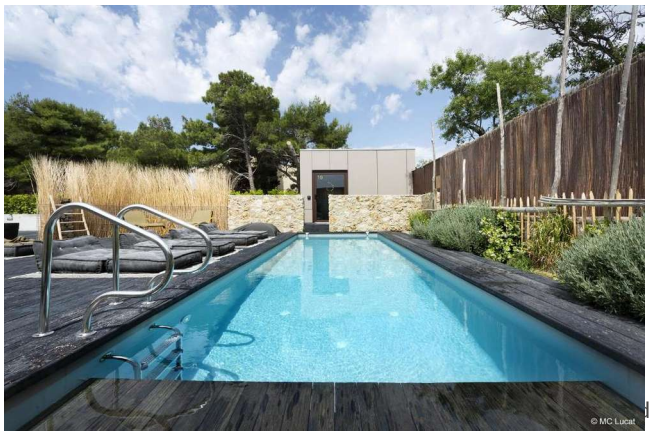


s total rejuvenation. A moment by the pool surrounded by the vineyards of u to live this experience to the full.



HÔTEL** IN LEAUCATE**

An ideal stop on a cycling journey, this 4-star hotel combines modern comfort with refined charm. After a day of cycling, enjoy cosy rooms, attentive service and a warm atmosphere to unwind and recover. Located in the heart of the region, it allows you to combine relaxation with local discoveries, offering a perfect break between landscapes and nearby vineyards such as the Domaine d'Auriac.



d 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-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 BRAND TREK



- High-stantard model chosen especially for the profile of our travelers.
- A bike to fi 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.
- Powerfull hydraulic disc brakes
- Bosch motor

ALL EQUIPMENT INCLUDED

- Waterproof rear panier Ortileb 20l
- Waterproof front panier 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 ASSITANCE 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 accomodations.
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.