

## THE MEDITERRANEAN COAST FROM MONTPELLIER TO COLLIOURE

This stay in the South West of France invites you to discover a beautiful part of the Mediterranean coast from Montpellier to Collioure. Between discovery of maritime gastronomy, swimming on the numerous beaches and lazing in the sun on one of the most emblematic coasts of the country, this itinerary is an invitation to a journey where the Mediterranean atmosphere and culture is in the spotlight.



7 days / 6 nights from 640 € Cycling trip - Easy level

### ITINERARY

#### DAY 1: THE MEDITERRANEAN COAST BY BIKE : WELCOME TO MONTPELLIER

*Accueil à Montpellier*

Meet at your ideally located hotel in Montpellier. Montpellier is one of the largest and most dynamic cities in the south of the country. Your bike will be available from 7 p.m. for a possible evening ride in the historic center of the city where culture reigns.

Free dinner and night in Montpellier

#### DAY 2: THE MEDITERRANEAN COAST BY BIKE : FROM MONTPELLIER TO SÈTE

*Distance : 45 km*

You start your route by bike on the Canal du Rhône or the "via Rhôna", linking Geneva to the sea. You pedal in the middle of a nature reserve: open your eyes wide, with chances you will be able to meet flamingos ! Arrival in the pretty town of Sète, where you can enjoy the ballet of fishing boats which dock in the town centre.

Free dinner and night in Sète

#### DAY 3: THE MEDITERRANEAN COAST BY BIKE : FROM SÈTE TO BÉZIERS

*Distance : 50-55 km*

Your day on the bike begins with a very pleasant cycle path, between the Mediterranean Sea and the Etang de Thau. At your leisure, you can stop for a nice swim in the deep blue. You leave this cycle path at the Point des Onglous, where you join the famous Canal du Midi, a jewel of the past that shapes history lovers. Arrival in the ancient city of Béziers.

Free dinner and night in Béziers

#### DAY 4: THE MEDITERRANEAN COAST BY BIKE : FROM BÉZIERS TO NARBONNE

*Distance : 60 km*

Today, you continue your cycling trip through the past on the Canal du Midi. Your dive into the history of this construction begins at the Nine Locks of Fonseranes, probably the architect's most ingenious work. After Béziers, you can discover a series of very beautiful structures accompanied by the songs of cicadas and the passage of boaters.

Free dinner and night in Narbonne.

#### DAY 5: THE MEDITERRANEAN COAST BY BIKE : FROM NARBONNE TO LEUCATE

*Distance : 35-40 km*

You leave the Romanesque city of Narbonne in the middle of the vineyards to reach the Sainte Lucie nature reserve. Here is a change of atmosphere: you leave behind the rhythm of the Languedoc countryside to find yourself again in 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.

Free dinner and night in Leucate.

## DAY 6: THE MEDITERRANEAN COAST BY BIKE : FROM LEUCATE TO ARGELÈS/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 seafood platter with different cabins installed along the beach. 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.

Free dinner and night in Collioure or Argelès.

## DAY 7: THE MEDITERRANEAN COAST BY BIKE : DEPARTURE FROM ARGELÈS/COLLIOURE

End of your trip

You enjoy the last moments with our partner in front of your 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.
Essential range				
From Montpellier to Collioure 7 days / 6 nights	€710	€740	€660	€1,140
Comfort range				
From Montpellier to Collioure 7 days / 6 nights	€810	€840	€770	€1,290
Premium range				
From Montpellier to Collioure 7 days / 6 nights	€1,220	€1,240	€1,150	€1,740

NB: prices shown are per person.

Stay possible from 01/04 to 15/10/2023 at the above rates.

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

Discount from 4 participants.

For stays between 01/04 and 14/04/2023, or between 16/10 and 15/11/2023 :

"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.

**Essential range** : selection of simple Bnb and 1\* hotels.

**Comfort range** : selection of comfortable Bnb and 2\* hotels.

**Privilege range** : selection of charming Bnb and 3\* hotels.

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 :

- 6 nights accommodation in BnB or hotels
- 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:

ESSENTIAL RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: groups of more than 4 people	-€20
SUPPLEMENTS	
July / August	€50
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€130
Extra bike hire for one day	€20
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€235
Extra E-bike hire for one day	€35
Extra waterproof rear bag (20L) for the whole trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room (breakfast included) - Bnb or hotel	€50
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€95
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€50
Extra night in Collioure in double room (breakfast included) - Hotel	€80
Extra night in Collioure in single room (breakfast included) - Hotel	€130
Extra night in Collioure in triple room (breakfast included) - Hotel	€65
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: groups of more than 4 people	-€20
SUPPLEMENTS	
July / August	€40

EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€130
Extra bike hire for one day	€20
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€235
Extra E-bike hire for one day	€35
Extra waterproof rear bag (20L) for the whole trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room (breakfast included) - Bnb or hotel	€65
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€120
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€60
Extra night in Collioure in double room (breakfast included) - Hotel	€80
Extra night in Collioure in single room (breakfast included) - Hotel	€130
Extra night in Collioure in triple room (breakfast included) - Hotel	€65
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
Discount: groups of more than 4 people	-€20
SUPPLEMENTS	
July / August	€100
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€130
Extra bike hire for one day	€20
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€235
Extra E-bike hire for one day	€35
Extra waterproof rear bag (20L) for the whole trip	€15
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room (breakfast included) - Bnb or hotel	€175
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€290
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€155
Extra night in Collioure in double room (breakfast included) - Hotel	€150
Extra night in Collioure in single room (breakfast included) - Hotel	€260
Extra night in Collioure in triple room (breakfast included) - Hotel	€112

NB: prices are per person.

## HOSTS

### Essential range

#### ESSENTIAL RANGE

For this package, we offer a selection of 1 or 2\* hotels.



Hotel in Béziers

## Comfort range

### CONFORT RANGE

For this package, we offer a selection of comfortable 2 or 3\* hotels or Bnb.

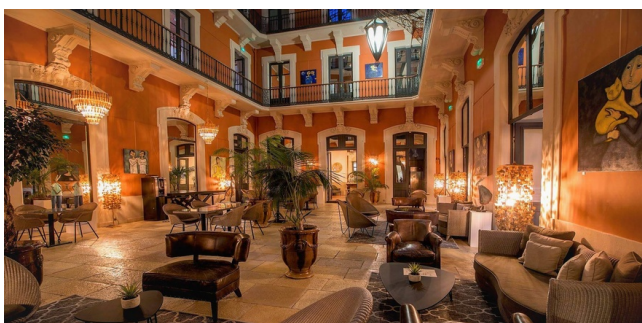


Bnb in Sète

## Premium range

### PRIVILEGE RANGE

For this package, we offer a selection of 3\* hotels and charming Bnb.



Hotel in Sète

#### 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.

## 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.

## HYBRID AND E-BIKE FROM THE AMERICAN BRAND SCOTT



- High-standard model chosen especially for the profile of our travelers
- A bike to fit your height (available in M, L and XL. For smaller height, other models are available)
- Frame geometry and standover : easy to mount and dismount
- Front suspension
- Travel comfort handles Hydraulic disc brakes

### ALL EQUIPMENT INCLUDED

Waterproof rear pannier 20l

Waterproof front pannier with 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)

### 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

Back pannier : 50€

Anti-theft device : 75€

Multi-tool or pump : 15€

Helmet : 50€

*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.*

### MEETING POINT

Day 1 in your B&B

### END OF YOUR TRIP



Your holiday will finish at your departure in Collioure

## HOW TO GET THERE

In order to limit your carbon emissions, we encourage you to come by public transport or car sharing. We will take care of collecting our bikes at the end of the trip.

**IF YOU COME BY TRAIN :** SNCF Train stations in Montpellier

**IF YOU COME BY PLANE :** Either Montpellier 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)

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.**