

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

Welcome to Montpellier

Check in at your accommodation, ideally located in the heart of Montpellier, a sun-drenched city where modernity and heritage blend harmoniously.

Stroll across the Place de la Comédie* wander through the medieval streets of the ***Écusson***, and enjoy the lively terraces—perhaps tempting yourself with a first tasting of local specialties.

Dinner at leisure and overnight in Montpellier.

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

Distance : 45 km

Your cycling adventure begins gently as you join the Canal du Rhône in Sète, the southern section of the famous "ViaRhôna", which links Geneva to the Mediterranean Sea. The cycle path winds between lagoons and reeds, through the heart of a preserved natural reserve that serves as a haven for migratory birds. Keep an eye out, flamingos, herons, and egrets are often part of the scenery.

The route is flat and pleasant, scented with sea air carried by the coastal breeze. You arrive in Sète, an authentic Mediterranean port nestled between sea and lagoon. Life here moves to the rhythm of fishing boats entering the harbour, colourful streets, and restaurants where you can enjoy local specialties such as tielles, Bouzigues oysters, and other seafood delights.

Dinner at leisure and overnight in Sète.

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

Distance : 50-55 km

You leave Sète along a seafront cycle path skirting both the Étang de Thau and the Mediterranean Sea. The route is flat and pleasant, carried by the scent of sea air and the cries of seagulls. Swimming is possible at any time—the deep blue sea is never far away for a refreshing break.

At the Pointe des Onglous, where the lagoon meets the sea, you rejoin the iconic Canal du Midi, listed as a UNESCO World Heritage Site. Beneath centuries-old plane trees, the route becomes more intimate: wine-growing villages, historic locks, and barges gliding gently along the water.

Your day's ride ends in Béziers, one of the oldest cities in France, dominated by its cathedral and renowned for its vineyards and southern way of life.

Dinner at leisure and overnight in Béziers.

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

Distance : 60 km

You continue your journey along the **Canal du Midi**. Within the first few kilometres, you reach the famous **Neuf Écluses de Fonseranes**, one of the most impressive works designed by **Pierre-Paul Riquet**, where 17th-century engineering unfolds before your eyes. Take time to admire this exceptional site—the choreography of boats navigating the locks is always fascinating.

The rest of the ride follows the peaceful rhythm of the canal, between plane trees, vineyards, and traditional Languedoc villages. You pass other remarkable structures—canal bridges, locks, and aqueducts—each a testament to the history and ingenuity that shaped this legendary waterway.

By late afternoon, you arrive in **Narbonne**, a former Roman capital renowned for its heritage, the **Canal de la Robine**, and its warm, welcoming atmosphere.

Dinner at leisure and overnight in Narbonne.

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

Distance : 35-40 km

You leave **Narbonne** and cycle through sun-drenched vineyards before reaching the **Sainte-Lucie Nature Reserve**, a beautifully preserved natural area. The scenery gradually changes as vineyards give way to lagoons, salt marshes, and wide open wild spaces typical of the Mediterranean coastline.

Along this section, the route winds between water and garrigue, sometimes carried by the salty breeze. Flamingos, frequently seen in the lagoons, put on a wonderful natural display for those who take the time to watch. A stop at the wild **Plage de la Vieille Nouvelle** is a must—vast, unspoilt, and perfect for a swim in a postcard-perfect setting.

You then continue on to **Leucate**, a lively seaside town known for its beaches, cliffs, and oyster tastings along the edge of the lagoon.

Dinner at leisure and overnight in Leucate.

DAY 6: THE MEDITERRANEAN COAST BY BIKE : FROM LEUCATE TO ARGELÈS/COLLIOURE

Distance : 55 - 60 km

For this final stage, you follow the Mediterranean coastline towards **Collioure**. The route alternates between cycle paths and quiet roads, regularly offering beautiful sea views, carried by the marine breeze, with plenty of opportunities to stop on the beaches along the way.

En route, you pass through **Le Barcarès**, **Canet-en-Roussillon**, and **Saint-Cyprien**, seaside resorts renowned for their marinas, long sandy beaches, and beach huts where you can enjoy seafood and local products with your feet in the sand.

As you head further south, the scenery becomes more characteristic of the Catalan coast, with terraced vineyards, rolling hills, and a rugged shoreline. **Collioure** comes into view—a stunning village with a strong artistic soul, an explosion of Catalan colours and flavours.

Dinner at leisure and overnight in Collioure.

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.

Keep exploring: discover our itinerary from Collioure to Cadaquès !

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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	€670	€690	€590	€1,020
Haute Saison - Du 28/06/2026 au 13/09/2026 7 days / 6 nights	€740	€760	€650	€1,130
Comfort range				
From Montpellier to Collioure 7 days / 6 nights	€790	€810	€690	€1,120
Haute Saison - Du 28/06/2026 au 13/09/2026 7 days / 6 nights	€860	€880	€750	€1,290
Premium range				
From Montpellier to Collioure 7 days / 6 nights	€1,150	€1,180	€1,020	€1,690
Haute Saison - Du 28/06/2026 au 13/09/2026 7 days / 6 nights	€1,260	€1,290	€1,085	€1,930

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
SUPPLEMENTS	
Location d'un casque pour tout le séjour	€5
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€180
Extra bike hire for one day	€18
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€270
Extra E-bike hire for one day	€30
Location d'un vélo à assistance électrique (VAE) Gamme Privilège (livraison & rapatriement inclus) - 6 jours	€285
Journée supplémentaire de location d'un vélo à assistance électrique privilège (VAE)	€22
Location d'un VAE vélo à assistance électrique Gamme Luxe (livraison & rapatriement inclus) - 6 jours	€310
Journée supplémentaire de location d'un vélo à assistance électrique de Luxe (VAE)	€25
Extra waterproof rear bag (20L) for the whole trip	€15
Location d'un casque pour tout le séjour	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room (breakfast included) - Bnb or hotel	€60
Nuit supplémentaire à Montpellier en chambre double avec petit déjeuner - Haute saison	€78
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€95
Nuit supplémentaire à Montpellier en chambre simple avec petit déjeuner - Haute saison	€135
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€55
Nuit supplémentaire à Montpellier en chambre triple avec petit déjeuner - Haute saison	€70
Extra night in Collioure in double room (breakfast included) - Hotel	€75
Nuit supplémentaire à Collioure en chambre double avec petit déjeuner - Haute saison	€85
Extra night in Collioure in single room (breakfast included) - Hotel	€110
Nuit supplémentaire à Collioure en chambre simple avec petit déjeuner - Haute saison	€145
Extra night in Collioure in triple room (breakfast included) - Hotel	€60
Nuit supplémentaire à Collioure en chambre triple avec petit déjeuner - Haute saison	€65
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
SUPPLEMENTS	
Location d'un casque pour tout le séjour	€5
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€180
Extra bike hire for one day	€18
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€270
Extra E-bike hire for one day	€30
Location d'un vélo à assistance électrique (VAE) Gamme Privilège (livraison & rapatriement inclus) - 6 jours	€285

Journée supplémentaire de location d'un vélo à assistance électrique privilège (VAE)	€22
Location d'un VAE vélo à assistance électrique Gamme Luxe (livraison & rapatriement inclus) - 6 jours	€310
Journée supplémentaire de location d'un vélo à assistance électrique de Luxe (VAE)	€25
Extra waterproof rear bag (20L) for the whole trip	€15
Location d'un casque pour tout le séjour	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room (breakfast included) - Bnb or hotel	€70
Nuit supplémentaire à Montpellier en chambre double avec petit déjeuner - Haute saison	€90
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€110
Nuit supplémentaire à Montpellier en chambre simple avec petit déjeuner -Haute saison	€150
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€65
Nuit supplémentaire à Montpellier en chambre triple avec petit déjeuner - Haute saison	€85
Extra night in Collioure in double room (breakfast included) - Hotel	€85
Nuit supplémentaire à Collioure en chambre double avec petit déjeuner - Haute saison	€95
Extra night in Collioure in single room (breakfast included) - Hotel	€130
Nuit supplémentaire à Collioure en chambre simple avec petit déjeuner - Haute saison	€160
Extra night in Collioure in triple room (breakfast included) - Hotel	€75
Nuit supplémentaire à Collioure en chambre triple avec petit déjeuner - Haute saison	€80
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€70
SUPPLEMENTS	
Location d'un casque pour tout le séjour	€5
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 6 days	€180
Extra bike hire for one day	€18
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 6 days	€270
Extra E-bike hire for one day	€30
Location d'un vélo à assistance électrique (VAE) Gamme Privilège (livraison & rapatriement inclus) - 6 jours	€285
Journée supplémentaire de location d'un vélo à assistance électrique privilège (VAE)	€22
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Journée supplémentaire de location d'un vélo à assistance électrique de Luxe (VAE)	€25
Extra waterproof rear bag (20L) for the whole trip	€15
Location d'un casque pour tout le séjour	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Montpellier in double room (breakfast included) - Bnb or hotel	€90
Nuit supplémentaire à Montpellier en chambre double avec petit déjeuner - Haute saison	€120
Extra night in Montpellier in single room (breakfast included) - BnB or hotel	€140
Nuit supplémentaire à Montpellier en chambre simple avec petit déjeuner -Haute saison	€190
Extra night in Montpellier in triple room (breakfast included) - BnB or hotel	€115
Nuit supplémentaire à Montpellier en chambre triple avec petit déjeuner - Haute saison	€125
Extra night in Collioure in double room (breakfast included) - Hotel	€150
Nuit supplémentaire à Collioure en chambre double avec petit déjeuner - Haute saison	€175
Extra night in Collioure in single room (breakfast included) - Hotel	€250
Nuit supplémentaire à Collioure en chambre simple avec petit déjeuner - Haute saison	€350
Extra night in Collioure in triple room (breakfast included) - Hotel	€130

NB: prices are per person.

HOSTS

Essential range

HOTEL** IN MONTPELLIER

Located along the coastal cycling route, this hotel welcomes cyclists with dedicated services, including secure bike storage, comfortable rooms, and nearby dining options. A practical and relaxing stopover for cyclists traveling along the Mediterranean coast between Montpellier, Sète, Béziers, Narbonne, and Collioure — an ideal place to start your cycling journey by the sea.



Garden - Essential Range

GUESTHOUSE IN SÈTE

Perfectly located along the coastal cycling route, this guesthouse welcomes cycling travelers in a comfortable and friendly setting. Quality rooms, guaranteed rest after a day's ride, and services tailored to cyclists make it an essential stopover between Montpellier, Sète, Béziers, Narbonne, and Collioure.



Living room - Essential Range

HÔTEL IN BEZIERS

Set in a peaceful environment, close to the cycling routes linking Montpellier to Collioure, this property is ideal for a relaxing break during a cycling journey. Comfortable rooms, a calm atmosphere, and attentive hospitality allow cyclists to fully recharge before continuing towards the Mediterranean coast.



Breakfast - Essential Range

HÔTEL IN NARBONNE

This accommodation is ideal for staying in the center of Narbonne, parking your bike, and enjoying the city. It offers a simple and efficient stopover for cyclists on a touring itinerary. Easy to access and close to the riverbanks and lively districts, it allows you to do everything on foot once the bike is set aside. A perfect option to break up your stage, rest, and explore Narbonne before heading south again.



View - Essential Range

HÔTEL IN LEUCATE

A seaside break between lagoons and the Mediterranean during a cycling journey. In Leucate, this hotel is an ideal stop to slow down and enjoy the fresh sea air. Close to the coastal cycling routes, it offers a change of scenery and a relaxing setting, perfect for recovering after a day on the bike. A favorite stop for touring cyclists traveling between Montpellier and Collioure, surrounded by beaches, lagoons, and wide open spaces.



Double Room - Essential range

HÔTEL IN COLLIOURE

The perfect finishing touch to conclude a cycling journey to Catalonia.

Located at the southern end of the route between Montpellier and Collioure, this hotel marks both the arrival point and a well-earned reward after several days on the bike. Comfort, a warm atmosphere, and proximity to the sea create the ideal setting to relax, savor the end of the journey, and celebrate your cycling adventure to Catalonia.



Living room - Essential Range

Comfort range

HOTEL IN MONTPELLIER

The ideal starting point for a cycling journey toward the Mediterranean.

In Montpellier, this hotel offers a comfortable first stop before heading toward Sète, Béziers, Narbonne, and Collioure. With attentive hospitality, a restful night's sleep, and a convenient location, cyclists can prepare for their departure with peace of mind and begin their adventure in the best possible conditions.



Double Room- Confort Range

HÔTEL ** IN SÈTE

A peaceful stop to slow the pace during a cycling journey.

With its simple and authentic atmosphere, this hotel offers a welcome break between two days of riding. Ideal for cyclists traveling between Montpellier and Collioure, it provides a calm setting to rest, recharge fully, and set off again the next day with renewed energy.



CHAMBRE 21 - DEUXIÈME ÉTAGE
Double Room - Confort Range

GUESTHOUSE IN BÉZIERS

A character-filled accommodation with a swimming pool for a truly enjoyable stopover.

After a day on the bike, this property offers a genuine moment of relaxation thanks to its comfortable lodging and swimming pool, perfect for cooling off and easing tired muscles. The well-kept setting and peaceful atmosphere turn this stop into a pleasant break along the route between Montpellier and Collioure, far more than just a simple overnight stay.



Swimming pool - Confort Range

GUESTHOUSE IN NARBONNE

During your cycling journey from Montpellier to Collioure, make an ideal stop in Narbonne. Located along a major cycling route between the Mediterranean and the vineyards, this guesthouse offers peace, comfort, and a warm welcome to cycle travelers. Perfect for a cycling stop in Narbonne, it provides easy access to bike paths, the historic city center, and the beaches, allowing you to set off refreshed toward the Catalan coast.



Double Room - Confort Range

HÔTEL *** IN LEUCATE

Located in Leucate, between the Mediterranean Sea and the lagoons, this hotel is an ideal stop for a stay on the Aude coast. Close to the beaches, the marina, and well-known kitesurfing spots, it offers comfort, tranquility, and easy access. Perfect for a getaway in Leucate, a seaside break, or a cycling journey along the coast, it is a prime base for discovering the natural and marine landscapes of southern France.



Double Room - Confort Range

HÔTEL *** IN COLLIOURE

The perfect finishing touch to conclude a cycling journey to Catalonia.

Located at the southern end of the route between Montpellier and Collioure, this hotel marks both the arrival point and a well-earned reward after several days of cycling. Comfort, a warm atmosphere, and proximity to the sea provide the ideal setting to savor the end of the route, relax, and celebrate your cycling adventure to Catalonia.



Living room - Confort Range

Premium range

HOTEL **** IN MONTPELLIER

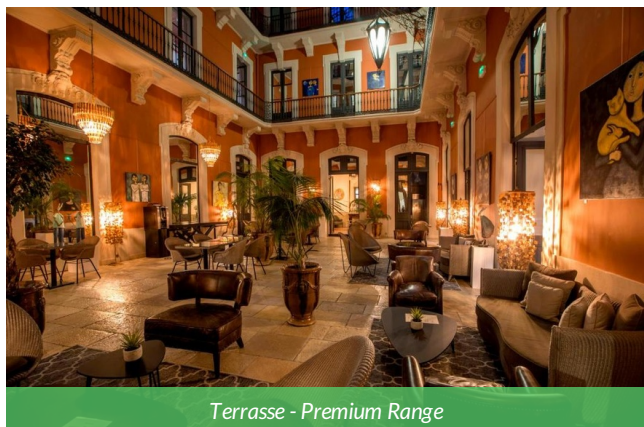
This accommodation in Montpellier is the ideal starting point for beginning a stay in the south of France. Located opposite Saint-Roch train station and just steps from the historic city center, this contemporary hotel offers comfort, easy access, and high-quality services. Perfect for exploring Montpellier, reaching the coast, or setting off on a route toward the Mediterranean, it combines a strategic location with an elegant urban experience.



Double Room - Premium Range

HÔTEL* IN SÈTE**

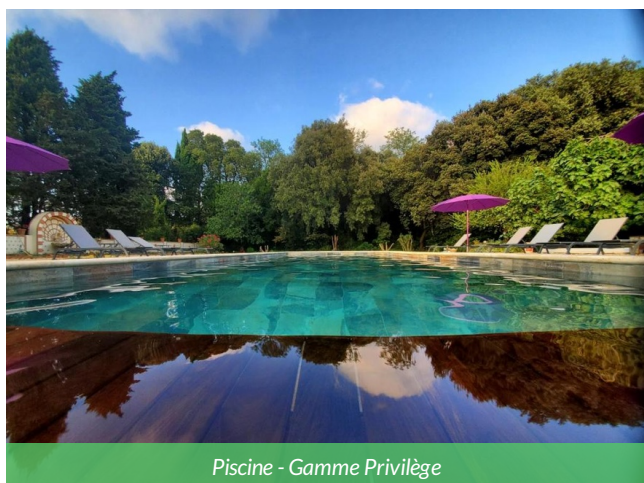
Ideally located in Sète, between canals, the harbor, and the Mediterranean Sea, this hotel is a perfect stopover during a cycling journey along the Occitan coast. Easy to reach from the cycling routes, it offers comfort and relaxation after a day of riding. Close to the city center and the beaches, it is a practical base for discovering Sète's maritime atmosphere before continuing along the Mediterranean coast.



Terrasse - Premium Range

CHÂTEAU IN SÈTE

On the outskirts of Béziers, in the heart of the Languedoc vineyards, this wine estate château offers an exceptional stopover during a cycling journey in Occitanie. Set in a peaceful environment, it provides an elegant and relaxing setting to unwind after a day of riding. Ideal for a cycling stop between the Mediterranean and the wine-growing countryside, it is a privileged place to explore the landscapes of the Béziers area and continue your journey in complete serenity.



Piscine - Gamme Privilège

HÔTEL* IN NARBONNE**

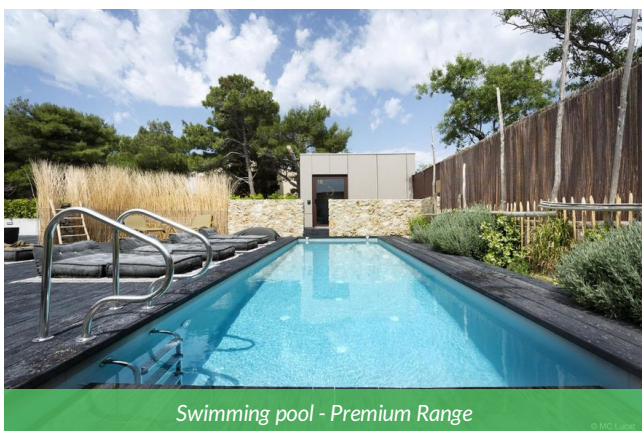
Located just outside Narbonne, in a peaceful and green setting, this hotel is an ideal stopover during a cycling journey between the Mediterranean, the canal, and the vineyards. Easily accessible from the cycling routes, it offers comfort and tranquility to recover after a day of riding. Perfect for a cycling stop near Narbonne, it allows quick access to the historic city center, the Canal de la Robine, and the iconic landscapes of the Aude region before continuing your journey.



Swimming pool - Premium Range

HÔTEL**** IN LEUCATE

In Leucate, just steps from the beaches and the lagoons, this character-filled hotel charms guests with its intimate atmosphere and homely feel. Comfortable rooms, tasteful décor, and attentive hospitality make it a particularly appreciated stop for cyclists. After a day of riding along the Mediterranean coast, it offers peace and relaxation before continuing on toward Narbonne or the Catalan coast in the best possible conditions.



Swimming pool - Premium Range

HÔTEL**** IN COLLIOURE

In the heart of Collioure, just a few minutes from the harbor and hidden coves, this charming hotel offers an ideal stop to conclude a cycling journey along the Catalan coast. Set in a peaceful setting with a garden and swimming pool, it allows you to fully relax after a day of riding. Comfort, elegance, and a Mediterranean atmosphere make it a privileged stop to enjoy Collioure before or after your journey between the sea, vineyards, and Catalan villages.



Swimming pool - Premium Range

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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.

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.