Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



# 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<br>*2 pers.* | Twin room<br>*2 pers.* | Triple room<br>*3 pers.* | Single room<br>*1 pers.* |
|---|---|---|---|---|
| **Essential range** | | | | |
| From Montpellier to Collioure<br>*7 days / 6 nights* | €690 | €690 | €615 | €1,045 |
| Haute Saison - Du 28/06/2026 au 13/09/2026<br>*7 days / 6 nights* | €780 | €790 | €695 | €1,150 |
| **Comfort range** | | | | |
| From Montpellier to Collioure<br>*7 days / 6 nights* | €830 | €850 | €730 | €1,150 |
| Haute Saison - Du 28/06/2026 au 13/09/2026<br>*7 days / 6 nights* | €890 | €890 | €790 | €1,315 |
| **Premium range** | | | | |
| From Montpellier to Collioure<br>*7 days / 6 nights* | €1,195 | €1,195 | €1,050 | €1,690 |
| Haute Saison - Du 28/06/2026 au 13/09/2026<br>*7 days / 6 nights* | €1,315 | €1,290 | €1,120 | €1,970 |

*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 confortable 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
- 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
- Registration fee: €20 per booking file
- 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:

| ESSENTIAL RANGE | |
|---|---|
| **REDUCTIONS** | |
| Discount: No luggage transfer | -€70 |
| **SUPPLEMENTS** | |
| Location d'un casque pour tout le séjour | €5 |
| Rapatriement de votre propre vélo | €50 |
| **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 |
| Rapatriement de votre propre vélo | €50 |
| **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 |
| Rapatriement de votre propre vélo | €50 |
| **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 | €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 |
| Nuit supplémentaire à Collioure en chambre triple avec petit déjeuner - Haute saison | €150 |

*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.



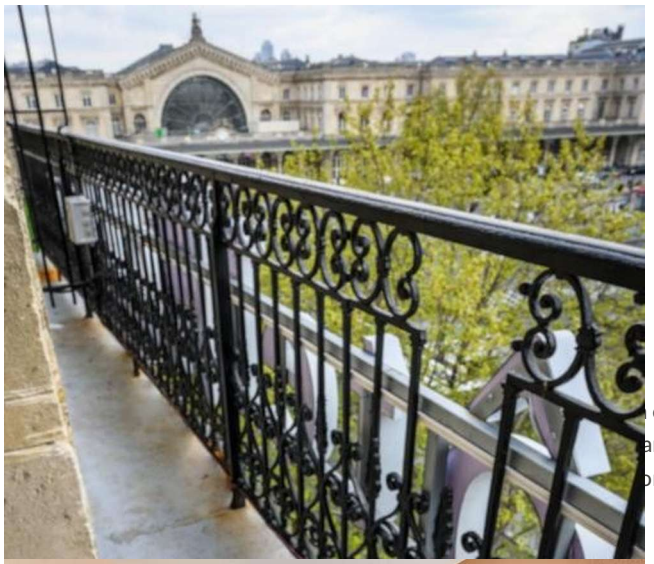
welcomes cycling travelers in a comfortable and friendly setting. Quality cyclists make it an essential stopover between Montpellier, Sète, Béziers,



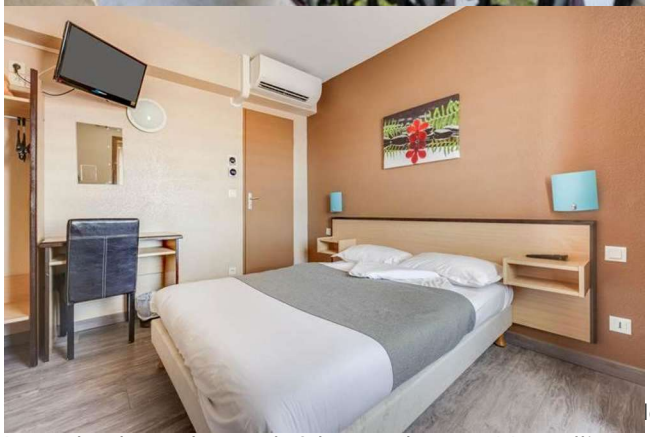
Montpellier to Collioure, this property is ideal for a relaxing break during a cycling journey. Comfortable rooms, a calm atmosphere, and attentive hospitality allow cyclists to fully recharge before continuing towards the Mediterranean coast.



e, 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.



cycling journey. In Leucate, this hotel is an ideal stop to slow down and enjoy ange of scenery and a relaxing setting, perfect for recovering after a day on ontpellier and Collioure, surrounded by beaches, lagoons, and wide open



lonia.

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

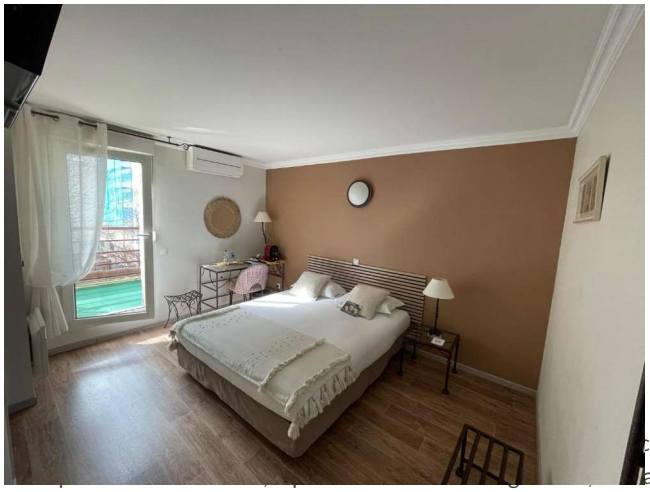
journey, and celebrate your cycling adventure to Catalonia.



**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.



come break between two days of riding. Ideal for cyclists traveling between
arge fully, and set off again the next day with renewed energy.

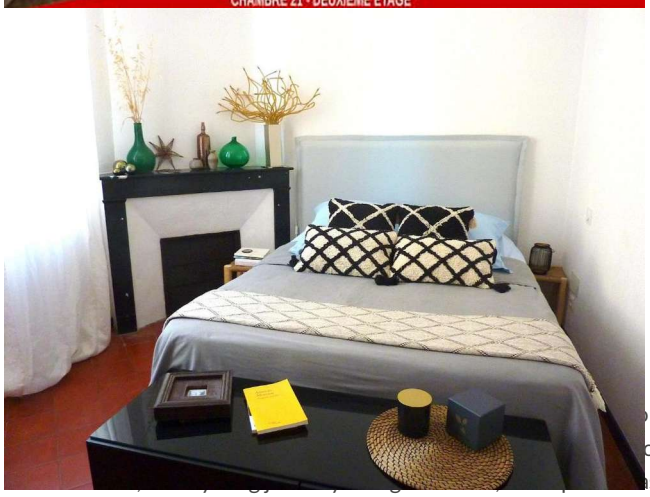


uly enjoyable stopover.
relaxation thanks to its comfortable lodging and swimming pool, perfect for
aceful atmosphere turn this stop into a pleasant break along the route
vernight stay.



an ideal stop in Narbonne. Located along a major cycling route between the
omfort, and a warm welcome to cycle travelers. Perfect for a cycling stop in
center, and the beaches, allowing you to set off refreshed toward the Catalan



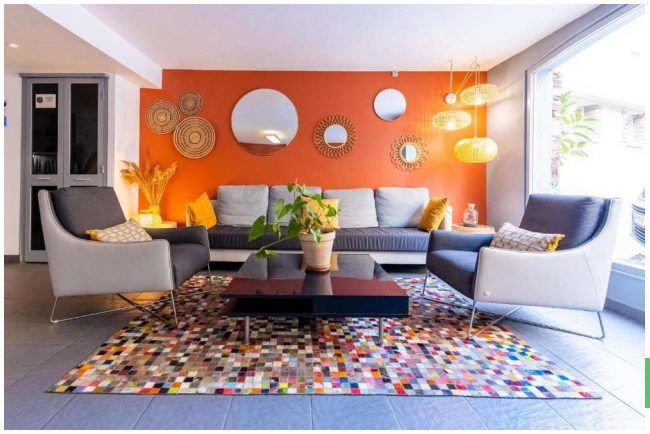



ons, this hotel is an ideal stop for a stay on the Aude coast. Close to the
omfort, tranquility, and easy access. Perfect for a getaway in Leucate, a
se for discovering the natural and marine landscapes of southern France.



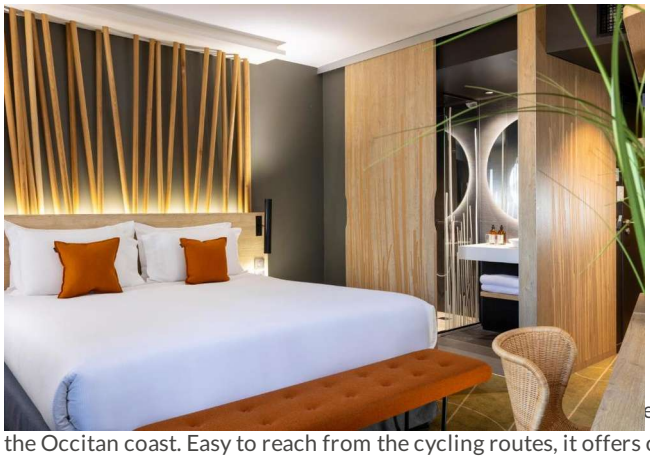
lonia.
Located at the southern end of the route between Montpellier and Collioure, this hotel marks both the arrival point and a well-earned reward

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.



**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.



erranean 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.



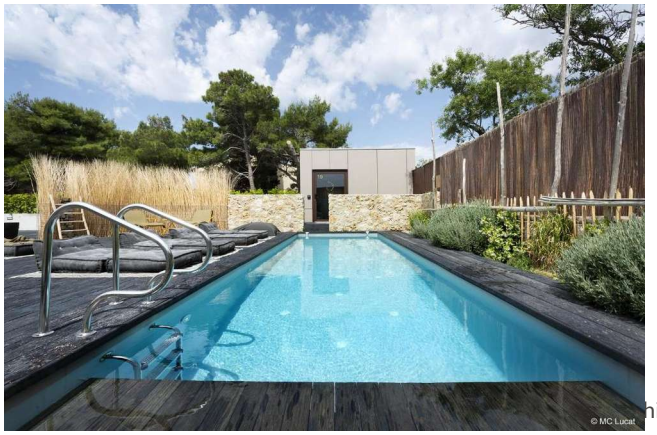
ds, this wine estate château offers an exceptional stopover during a cycling journey in Occitanie. Set in a peaceful environment, it provides an elegant and relaxing setting to unwind after a day of riding. Ideal for a cycling stop between the Mediterranean and the wine-growing countryside, it is a privileged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



is hotel is an ideal stopover during a cycling journey between the
m the cycling routes, it offers comfort and tranquility to recover after a day
k access to the historic city center, the Canal de la Robine, and the iconic landscapes of the Aude region before continuing your journey.



acter-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.




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.



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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-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 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 panier 20l
Waterproof front panier with smartphone / roadbook holder
Front and back lights
Bike lockRepair 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.**