Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



WEEK-END LE CANAL DU MIDI BY BIKE - FROM TOULOUSE TO CARCASSONNE

All-inclusive weekend on the Canal du Midi
This tour takes you on a weekend cycling tour of south-west France, from Toulouse to Carcassonne, along the Canal du Midi. This jewel of southern history offers everyone the opportunity to take a journey through time along the water, visiting monuments and towns and discovering our local gastronomy.

Cycling trip - Easy level

3 days/2 nights from €250

Tailor-made trips and group tours available.

ITINERARY

DAY 1: TOULOUSE BY BIKE OR ON FOOT – CITY TOUR

Arrival in Toulouse

Enjoy the day exploring the Pink City by bike or on foot and discovering its many attractions: the Cité de l'Espace, the Quai des Savoirs, the Jardin des Plantes, and the Natural History Museum. Wander through the historic narrow streets of the city center and around its many churches and cathedrals typical of southwest France. End your day along the banks of the Garonne at one of the many lively riverside cafés.

Dinner at leisure and overnight at our partner guesthouse or hotel in Toulouse.

DAY 2: THE CANAL DU MIDI BY BIKE FROM TOULOUSE TO CASTELNAUDARY

Distance: 60 km

Set off on 50 km of greenway paved with excellent asphalt. Take a break at the Seuil de Naurouze, the watershed point of the Canal du Midi, an

ideal spot to relax. Dinner at leisure and overnight in Castelnaudary, where we will share our best addresses to discover local gastronomy.

DAY 3: THE CANAL DU MIDI BY BIKE FROM CASTELNAUDARY TO CARCASSONNE

Distance: 42 km

After Castelnaudary, the Canal du Midi becomes wilder… Enjoy the peace and quiet of the surrounding nature. You arrive in Carcassonne around midday, just in time to visit the magnificent medieval citadel.

NB: Services end upon arrival in Carcassonne. Additional night optional.

Suggestion: One or more additional nights in a guesthouse or hotel can be arranged in Carcassonne to continue exploring the medieval city and its surroundings.

Feel like extending the adventure? Discover our wine route tour from Carcassonne to Collioure!

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Disclaimer
The stages and partner accommodation listed are those we prefer. Depending on your registration date, we may have to reserve other accommodation of the same category for you.
For last-minute bookings, we may have to offer you less comfortable accommodation and/or accommodation without a swimming pool, particularly 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 Toulouse to Carcassonne (Low Season) *3 days / 2 nights*	€250	€250	€230	€380
From Toulouse to Carcassonne (High Season) *3 days / 2 nights*	€260	€260	€240	€390
Comfort range				
From Toulouse to Carcassonne (Low Season) *3 days / 2 nights*	€290	€300	€270	€450
From Toulouse to Carcassonne (High Season) *3 days / 2 nights*	€300	€310	€280	€480
Premium range				
From Toulouse to Carcassonne (Low Season) *3 days / 2 nights*	€350	€370	€320	€520
From Toulouse to Carcassonne (High Season) *3 days / 2 nights*	€390	€410	€330	€560

NB: prices shown are per person.

Discount from 4 participants.

Low season: from 12/04 to 31/05/2026 and from 01/10 to 14/10/2026
High season: from 01/06 to 30/09/2026

Departure possible on the day of your choice, including weekends.
Depending on availability at the time of booking, you may be charged a supplement for some of your services.
Outside this period, please contact us.

NB: These supplements are justified by the fact that we organize private transfers for your group in low season. During this period, the taxi transfers only your luggage.

Essential range: selection of simple Bnb and 1* hotels.
Comfort range: selection of comfortable Bnb and 2* hotels.

Premium range: selection of charming Bnb and 3* hotels.

For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may apply depending on the number of people and the number of stops on the tour.

Saddling up (from €20/bike): Before you set off on your adventure, enjoy a personalized session with a member of the Nature Occitane team. We'll help you adjust your bike, get comfortable with your equipment, and share our best tips for cycling with confidence. The perfect way to start your journey on the right track!
Please note: this option is only available for departures from Toulouse.

OUR PRICE INCLUDES:

- 2 nights' accommodation in attractive B&Bs or hotels
- Breakfasts
- Luggage transfer (1 bag of 23 kg max per person)
- 7/7 telephone assistance
- Registration fees
- The registration fee & Tourist taxes
- A digital version of your road-book on your smartphone

OUR PRICE DOES NOT INCLUDE :

- Bike hire (delivery and return included)
- Saddling up
- Transfers from your home to the meeting point and dispersal
- Parking space for your vehicle for the duration of the tour
- Lunches and dinners
- Personal expenses and drinks
- Our bicycle insurance.
- 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 that is not mentioned in "Our price includes".

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€60
Discount for groups of 4 or more people	-€10
SUPPLEMENTS	
Saddling Up (for 1-2 pax)	€30
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 5+ pax)	€20
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental (VTC) for the whole trip (delivery & return included) - 3 days	€110
Additional day of bike rental (VTC)	€12
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days	€165
Additional day of bike rental (VAE)	€20
Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours	€170
Journée supplémentaire de location d'un vélo à assistance électrique privilège (VAE)	€22
Luxury E-bike rental (including delivery to the start and its collection) - 3 days	€195
Extra Luxury E-bike rental day	€25
Gravel bike rental for the whole trip (delivery & return included) - 3 days	€155

Additional day of Gravel bike rental	€18
Rental of a 2nd waterproof case (20l) for the whole stay	€10
Child bike rental for the whole trip (delivery & return included) - 3 days	€75
Additional day of Child bike rental	€5
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Toulouse in double room (breakfast included) - Low season	€70
Extra night in Toulouse in single room (breakfast included) - Low season	€90
Extra night in Toulouse in triple room (breakfast included) - Low season	€50
Extra night in Carcassonne in double room (breakfast included) - Low season	€50
Extra night in Carcassonne in single room (breakfast included) - Low season	€90
Extra night in Carcassonne in triple room (breakfast included) - Low season	€50
Extra night in Toulouse in double room (breakfast included) - High season	€75
Extra night in Toulouse in single room (breakfast included) - High season	€95
Extra night in Toulouse in triple room (breakfast included) - High season	€55
Extra night in Carcassonne in double room (breakfast included) - High season	€65
Extra night in Carcassonne in single room (breakfast included) - High season	€135
Extra night in Carcassonne in triple room (breakfast included) - High season	€60
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Additional stopover in Lauragais in double room (luggage transfer included)	€100
Suggestion 1 - Additional stopover in Lauragais in single room (luggage transfer included)	€150
Suggestion 1 - Additional stopover in Lauragais in triple room (luggage transfer included)	€80
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€60
Discount for groups of 4 or more people	-€15
SUPPLEMENTS	
Saddling Up (for 1-2 pax)	€30
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 5+ pax)	€20
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental (VTC) for the whole trip (delivery & return included) - 3 days	€110
Additional day of bike rental (VTC)	€12
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days	€165
Additional day of bike rental (VAE)	€20
Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours	€170
Journée supplémentaire de location d'un vélo à assistance électrique privilège (VAE)	€22
Luxury E-bike rental (including delivery to the start and its collection) - 3 days	€195
Extra Luxury E-bike rental day	€25
Gravel bike rental for the whole trip (delivery & return included) - 3 days	€155
Additional day of Gravel bike rental	€18
Rental of a 2nd waterproof case (20l) for the whole stay	€10
Child bike rental for the whole trip (delivery & return included) - 3 days	€75
Additional day of Child bike rental	€5
Helmet for the whole trip	€5

SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Toulouse in double room (breakfast included) - Low season	€80
Extra night in Toulouse in single room (breakfast included) - Low season	€110
Extra night in Toulouse in triple room (breakfast included) - Low season	€60
Extra night in Carcassonne in double room (breakfast included) - Low season	€60
Extra night in Carcassonne in single room (breakfast included) - Low season	€120
Extra night in Carcassonne in triple room (breakfast included) - Low season	€60
Extra night in Toulouse in double room (breakfast included) - High season	€85
Extra night in Toulouse in single room (breakfast included) - High season	€115
Extra night in Toulouse in triple room (breakfast included) - High season	€65
Extra night in Carcassonne in double room (breakfast included) - High season	€75
Extra night in Carcassonne in single room (breakfast included) - High season	€135
Extra night in Carcassonne in triple room (breakfast included) - High season	€70
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Additional stopover in Lauragais in double room (luggage transfer included)	€110
Suggestion 1 - Additional stopover in Lauragais in single room (luggage transfer included)	€160
Suggestion 1 - Additional stopover in Lauragais in triple room (luggage transfer included)	€90
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€60
Discount for groups of 4 or more people	-€20
SUPPLEMENTS	
Saddling Up (for 1-2 pax)	€30
Saddling Up (for 3-4 pax)	€25
Saddling Up (for 5+ pax)	€20
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental (VTC) for the whole trip (delivery & return included) - 3 days	€110
Additional day of bike rental (VTC)	€12
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days	€165
Additional day of bike rental (VAE)	€20
Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours	€170
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Luxury E-bike rental (including delivery to the start and its collection) - 3 days	€195
Extra Luxury E-bike rental day	€25
Gravel bike rental for the whole trip (delivery & return included) - 3 days	€155
Additional day of Gravel bike rental	€18
Rental of a 2nd waterproof case (20l) for the whole stay	€10
Child bike rental for the whole trip (delivery & return included) - 3 days	€75
Additional day of Child bike rental	€5
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Toulouse in double room (breakfast included) - Low season	€90
Extra night in Toulouse in single room (breakfast included) - Low season	€150
Extra night in Toulouse in triple room (breakfast included) - Low season	€70
Extra night in Carcassonne in double room (breakfast included) - Low season	€80

Extra night in Carcassonne in single room (breakfast included) - Low season	€130
Extra night in Carcassonne in triple room (breakfast included) - Low season	€90
Extra night in Toulouse in double room (breakfast included) - High season	€95
Extra night in Toulouse in single room (breakfast included) - High season	€155
Extra night in Toulouse in triple room (breakfast included) - High season	€75
Extra night in Carcassonne in double room (breakfast included) - High season	€105
Extra night in Carcassonne in single room (breakfast included) - High season	€190
Extra night in Carcassonne in triple room (breakfast included) - High season	€105
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Additional stopover in Lauragais in double room (luggage transfer included)	€120
Suggestion 1 - Additional stopover in Lauragais in single room (luggage transfer included)	€170
Suggestion 1 - Additional stopover in Lauragais in triple room (luggage transfer included)	€100

NB: prices are per person.

HOSTS

Essential range

HOTEL IN TOULOUSE**

A comfortable and welcoming hotel located close to the train station and the Canal du Midi, ideal for starting your cycling weekend. It offers quiet rooms with free Wi-Fi, a warm and friendly welcome, a secure bike storage area, and an early breakfast service. Perfect for exploring Toulouse before getting back on the road.



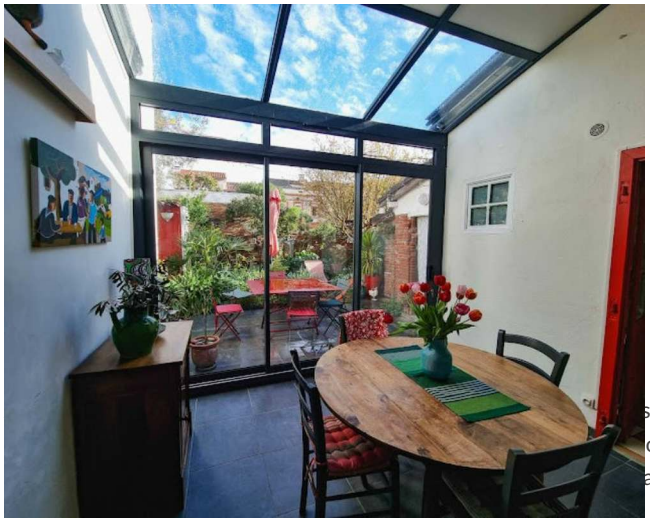
ct for a gourmet stop along the Canal du Midi. The property offers comfortable rooms with free Wi-Fi, air conditioning, and secure bike storage. Its restaurant serves the authentic Castelnaudary cassoulet, prepared according to the traditional recipe. An ideal choice for food lovers and cyclists eager to discover the Lauragais region.



en with a shaded terrace and a small relaxation pool. Bright, air-conditioned de from fruits and vegetables grown in the garden. A peaceful place to nicely



A welcoming guesthouse in Toulouse, located just 10 minutes from the historic city center. Certified "Accueil Vélo", it offers accommodation perfectly suited to cyclists. The comfortable rooms, peaceful garden, free Wi-Fi, and homemade breakfast prepared with local products make it an ideal place to start your cycling weekend.



se", nestled in a quiet residential area just a short walk from the banks of the oom, separate toilet, free Wi-Fi, and secure bike storage. Private parking, an aking this stop an ideal choice for a cycling break in Occitanie.



GUESTHOUSE IN CARCASSONNE

A charming guesthouse located in the heart of Carcassonne, just steps from the medieval citadel. Air-conditioned and offering free Wi-Fi, it features a private courtyard with a small outdoor pool, perfect for ending your cycling weekend on a relaxing note. Ideally located for exploring the historic city, this address combines comfort, character, and warm hospitality.



HÔTEL** IN TOULOUSE**

A modern and elegant 4-star hotel in Toulouse, certified "Bike welcome", ideal for cyclists seeking comfort. Its spacious, air-conditioned rooms provide a refined setting to relax and start your weekend in the best conditions. Located close to the city center, it is the perfect starting point for a stay combining comfort, convenience, and style.

udary is an ideal stop for a cycling trip along the Canal du Midi. Housed in a 17th-century private mansion, it offers comfortable rooms, a homemade breakfast, secure parking, and a warm welcome for cyclists. Combining authenticity, comfort, and a central location, it is the perfect place for a relaxing cycling stop.



HÔTEL* IN CARCASSONNE**

In the heart of Carcassonne, this 3-star hotel is an ideal stop for cycle tourists. Comfort, charm, and a swimming pool await you after a day of cycling, just steps from the medieval citadel. A perfect place to combine relaxation and discovery at the end of your cycling weekend along the Canal du Midi.



Essential : a selection of simple guest houses and 1 hotels.*
Confort : a selection of charming and comfortable guest houses and 2 hotels.*
Privilege : a selection of exceptional guest houses and 3 hotels.*

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 INSTRUCTOR

The Canal du Midi begins with a pretty cycle path. For the remaining 200km to Agde, you'll find nothing but dirt roads (with roots and frequent unevenness).
Our VTCs meet the demands of this terrain for your comfort.
Front suspension, adjustable stem, comfort saddle and grips, hydraulic disc brakes, Ortlieb panniers, lighting... The quality of your bike is vital to the success of your trip, and we want you to set off in the best possible conditions.

VTC FROM AMERICAN BRAND TREK



- A top-of-the-range Trek model specially chosen for the profile of our travellers
- A bike to suit you (available in sizes S, M, L and XL. For smaller sizes, other Trek and KTM models are available)
- Frame geometry for easy straddling
- Front suspension (essential for the Canal du Midi)
- Comfort saddle
- Special travel comfort grips
- Hydraulic disc brakes (no pad 'jamming' in the rain)
- Adjustable stem (for a more upright or reclined position)
- Rear stand (handy with loaded rear panniers)
- Front and rear dynamo lighting

Our bikes are serviced and thoroughly cleaned after each outing.

NB : The bikes below are the ones we prefer. Depending on your registration date, we may be able to reserve another bike of the same category for you.

AMERICAN BRAND TREK EBIKES (ELECTRICALLY ASSISTED BICYCLES)



- A top-of-the-range Trek model specially chosen for the profile of our travellers
- A bike to suit you (available in sizes XS, S, M, L and XL)
- Sporty, dynamic frame geometry for easy straddling
- Large 28″ wheels for precise handling and good performance.
- Powerful braking with two hydraulic disc brakes
- Fully equipped: mudguards, side stand, powerful lighting and pannier holders
- Bosch engine

Our bikes are serviced and thoroughly cleaned after every ride.

NB : The bikes below are the ones we prefer. Depending on your registration date, we may be able to reserve another bike of the same category for you.

ALL YOUR EQUIPMENT IS INCLUDED

- Ortlieb waterproof rear bag
- Ortlieb waterproof handlebar bag with smartphone / roadbook holder
- Front and rear lights
- Anti-theft device
- Repair kit
- Helmet supplied free of charge on request (please ask when you register)

THEFT AND ASSISTANCE INSURANCE: NATURE OCCITANE INSURES YOU

In the event of an incident along the route (theft, breakage not resulting from wear and tear, etc.), we insure all equipment for only :

- 2€ per day per bike and/or per piece of equipment
- 3€ per day per electric bike

At your expense in the event of theft of the bike or equipment :

Deductible : No insurance :
Premium travel bike: €924
Premium electric travel bike: €2275
Cost of repairs in the event of breakage

Deductible : With insurance :
Premium travel bike: €92
Premium electric travel bike: €228
10% of repairs in the event of breakage

NB : In both cases, you must provide Nature Occitane with a theft report from the police station within 48 hours of the incident.

At your expense in the event of theft or loss of equipment :
Rear pannier: €50
Anti-theft device: €75
Multi-tool or pump: €15
Helmet: €50

PARKING YOUR VEHICLE DURING YOUR STAY

IN TOULOUSE
Secure pay parking in Toulouse
For added security, we can recommend a low-cost secure car park close to our partner guest house in Toulouse.
Click here to calculate the rate for your stay or reserve your space.

MEETING POINT
The meeting point is at one of our partners "La Maison Naude" in Toulouse.

END OF YOUR STAY
Our services end on the 3rd day, after breakfast in Carcassonne.

HOW DO I GET THERE ?
To limit your CO2 emissions, we encourage you to use public transport. We will take care of collecting our bikes from your arrival point. If you are coming by car and need to get to Toulouse from your arrival point, we recommend that you make the journey by train from Carcassonne station, for both ecological and economic reasons. You can book your journey yourself on the OUI SNCF website.

RECOMMENDED EQUIPMENT

Pack a travel bag or suitcase for a change of clothes for the week.
This will be transported by vehicle and returned to your accommodation each evening.

Clothing :
- 1 sun hat or cap (helmet supplied on request when you register)
- 1 scarf
- Breathable T-shirts 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 shorts (short or long), preferably padded for greater comfort on the bike

NB: The shorts must be worn next to the skin
- 1 pair of comfortable trousers for the evening
- Underwear
- Socks. Avoid tennis socks (cotton), which take a long time to dry.
- 1 swimming costume for the pool and when you arrive at the beach

Footwear:
- 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 packed in checked baggage if you are flying)
- Toiletries
- Toilet paper
- Sun cream
- Soothing anti-chafing cream

This list should be adapted according to the season you choose.