

## 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 €220

Tailor-made trips and group tours available.

### ITINERARY

#### DAY 1: THE CANAL DU MIDI BY BIKE FROM TOULOUSE TO CASTELNAUDARY

Biking : 60 km

You're off on a 50 km stretch of greenway with excellent tarmac. You can take a break at the Naurouze threshold, where the waters of the Canal are divided for relaxation. Dinner on your own and overnight in Castelnaudary, where we'll give you the best addresses for discovering our gastronomy.

Suggestion 2 - Stage in the Lauragais region

Additional stage possible to divide this 1st stage into 2 stages of 30 km each (see options in the prices tab).

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

Biking : 42 km

After Castelnaudary, the Canal du Midi becomes wilder... Enjoy the peace and quiet of the surrounding countryside. You arrive in Carcassonne in the middle of the day, just in time to visit the splendid medieval city.

Overnight in a bed and breakfast or hotel\*\* in Carcassonne.

#### DAY 3: DAY IN CARCASSONNE

Visit to Carcassonne

After a restful night in a bed and breakfast or hotel, enjoy a final breakfast, leaving you free to visit the medieval city of Carcassonne for the rest of the day.

Our services end after breakfast.

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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.
<b>Essential range</b>				
From Toulouse to Carcassonne 3 days / 2 nights	€260	€270	€230	€370
<b>Comfort range</b>				
From Toulouse to Carcassonne 3 days / 2 nights	€340	€350	€290	€450
<b>Premium range</b>				
From Toulouse to Carcassonne 3 days / 2 nights	€400	€410	€360	€500

NB: prices shown are per person.

Depending on availability at the time of booking, you may be charged a supplement for certain services.

**Stay available from 01/04 to 15/10/2023 at the above price.**

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

4 participants minimum.

July/August supplement: €20

**For a stay between 01/03 and 12/04/2025, or between 15/10 and 15/11/2025:**

Low-season luggage transfer supplement for a group of 1 person: +€60/person/stopover

Low-season luggage transfer supplement for a group of 2 people: +60€/person/stopover

Luggage transfer supplement "low season" for a group of 3 people: +40€/person/stopover

Luggage transfer supplement "low season" for a group of 4 people or more: +30€/person/stopover

NB: These supplements are justified by the fact that we organize private transfers for your group in low season. Outside these periods, please contact us.

**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 (€30/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\*\*
- Breakfast
- Luggage transfer (1 piece of luggage 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.

For more information, click here [Our Europassistance cancellation / interruption / assistance & repatriation insurance \(6% of the price of your stay, including COVID-19 and to be taken out when you register\)](#) In general, everything that is not mentioned in "Our price includes".

## OPTIONS

### OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€20
SUPPLEMENTS	
July/August supplement	€20
Saddling Up	€30
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	€90
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days	€130
Additional day of bike rental (VTC)	€10
Additional day of bike rental (VAE)	€16
Rental of a 2nd waterproof case (20l) for the whole stay	€10
Luxury E-bike rental (including delivery to the start and its collection) - 3 days	€255
Extra Luxury E-bike rental day	€29
Gravel bike rental for the whole trip (delivery & return included) - 3 days	€130
Additional day of Gravel bike rental	€16
Child bike rental for the whole trip (delivery & return included) - 3 days	€70
Additional day of Child bike rental	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Suggestion 1 -Extra night in Toulouse in double room (breakfast included)	€50
Suggestion 1 -Extra night in Toulouse in single room (breakfast included)	€75
Suggestion 1 -Extra night in Toulouse in triple room (breakfast included)	€45
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 2 - Additional stopover in Lauragais in double room (luggage transfer included)	€75
Suggestion 2 - Additional stopover in Lauragais in single room (luggage transfer included)	€115
Suggestion 2 - Additional stopover in Lauragais in triple room (luggage transfer included)	€70
Suggestion 3 -Extra night in Carcassonne in double room (breakfast included)	€50
Suggestion 3 -Extra night in Carcassonne in single room (breakfast included)	€80
Suggestion 3 -Extra night in Carcassonne in triple room (breakfast included)	€40
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€20
SUPPLEMENTS	
July/August supplement	€20
Saddling Up	€30
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	€90
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days	€130
Additional day of bike rental (VTC)	€10
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Gravel bike rental for the whole trip (delivery & return included) - 3 days	€130
Additional day of Gravel bike rental	€16
Child bike rental for the whole trip (delivery & return included) - 3 days	€70
Additional day of Child bike rental	€5
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Suggestion 1 -Extra night in Toulouse in double room (breakfast included)	€65
Suggestion 1 -Extra night in Toulouse in single room (breakfast included)	€100
Suggestion 1 -Extra night in Toulouse in triple room (breakfast included)	€75
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Suggestion 2 - Additional stopover in Lauragais in double room (luggage transfer included)	€75
Suggestion 2 - Additional stopover in Lauragais in single room (luggage transfer included)	€115
Suggestion 2 - Additional stopover in Lauragais in triple room (luggage transfer included)	€70
Suggestion 3 -Extra night in Carcassonne in double room (breakfast included)	€70
Suggestion 3 -Extra night in Carcassonne in single room (breakfast included)	€120
Suggestion 3 -Extra night in Carcassonne in triple room (breakfast included)	€60
<b>PREMIUM RANGE</b>	
<b>REDUCTIONS</b>	
Discount: No luggage transfer	-€20
<b>SUPPLEMENTS</b>	
July/August supplement	€20
Saddling Up	€30
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
<b>EQUIPMENT HIRE</b>	
Bike rental (VTC) for the whole trip (delivery & return included) - 3 days	€90
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days	€130
Additional day of bike rental (VTC)	€10
Additional day of bike rental (VAE)	€16
Rental of a 2nd waterproof case (20l) for the whole stay	€10
Luxury E-bike rental (including delivery to the start and its collection) - 3 days	€255
Extra Luxury E-bike rental day	€29
Gravel bike rental for the whole trip (delivery & return included) - 3 days	€130
Additional day of Gravel bike rental	€16
Child bike rental for the whole trip (delivery & return included) - 3 days	€70
Additional day of Child bike rental	€5
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Suggestion 1 -Extra night in Toulouse in double room (breakfast included)	€95
Suggestion 1 -Extra night in Toulouse in single room (breakfast included)	€120
Suggestion 1 -Extra night in Toulouse in triple room (breakfast included)	€90
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Suggestion 2 - Additional stopover in Lauragais in double room (luggage transfer included)	€75
Suggestion 2 - Additional stopover in Lauragais in single room (luggage transfer included)	€115
Suggestion 2 - Additional stopover in Lauragais in triple room (luggage transfer included)	€70
Suggestion 3 -Extra night in Carcassonne in double room (breakfast included)	€90
Suggestion 3 -Extra night in Carcassonne in single room (breakfast included)	€140
Suggestion 3 -Extra night in Carcassonne in triple room (breakfast included)	€70

NB: prices are per person.

## HOSTS

### Essential range

#### OUR PARTNER HOTEL IN CARCASSONNE

Situated close to the centre, the train station and the Canal du Midi, this establishment boasts a privileged location. Whether you are travelling alone or with friends, the staff will welcome you and advise you on what to do in Carcassonne.



### Comfort range

#### OUR PARTNER HOST IN CASTELNAUDARY

Mathieu welcomes you to his charming, friendly guest house. You can relax by the pool after a day's cycling and exploring.



### Premium range

#### OUR PARTNER HOST IN CASTELNAUDARY

Situated on the outskirts of the village, our host will be delighted to welcome you to his rural setting. You'll be able to relax after a day's cycling in this authentic house, surrounded by greenery and calm. And why not try a real home-made cassoulet !



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Categories :

*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.