

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.

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 3 days / 2 nights	€260	€270	€230	€370
Comfort range				
From Toulouse to Carcassonne 3 days / 2 nights	€340	€350	€290	€450
Premium range				
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 16/10 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 (\leq 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, SUPPLEMENTS AND REDUCTIONS:

REDUCTIONS Discount: No luggage transfer -€20 SUPPLEMENTS
NIDDI EMENIC
OUPPLEIVIEN 15
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
Additional day of bike rental (VTC) €10
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days €155
Additional day of bike rental (VAE) €16
ocation d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours €175
lournée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) €18
uxury E-bike rental (including delivery to the start and its collection) - 3 days €195
Extra Luxury E-bike rental day €20
Gravel bike rental for the whole trip (delivery & return included) - 3 days €155
Additional day of Gravel bike rental €16
Rental of a 2nd waterproof case (20I) 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
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
luly/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
Additional day of bike rental (VTC) €10
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days €155
Additional day of bike rental (VAE) €16

Sournée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) 618 Lourny E-bilòr cental (including delivery to the start and its collection) - 3 days 6195 Estra Lourny E-bilòr cental (including delivery to the start and its collection) - 3 days 6195 Estra Lourny E-bilòr cental (including delivery to the start and its collection) - 3 days 6105 Additional day of Gravel bilòr cental (including delivery & return included) - 3 days 6106 Additional day of Gravel bilòr cental 6106 Rental of a 2nd waterproof case (201) for the whole stay 6106 6116 bilòr cental for the whole trip (delivery & return included) - 3 days 6275 Additional day of Child bilòr cental 6285 SUPPLEMENTARY NIGHTS ATTHE BEGINNING OR END OF YOUR TRIP 639 SUBJECTION - E-Extra night in Toulouse in single room (breakfast included) 640 640 640 640 640 640 640 64		
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Suggestion 3 - Extra night in Carcassonne in double room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in single room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 3 - Extra night in Carcassonne in triple room (breakfast included) 5uggestion 1 - Extra night in Toulouse in single room (breakfast included) 6uggestion 1 - Extra night in Toulouse in single room (breakfast included) 6uggestion 1 - Extra night in Toulouse in single room (breakfast included) 6uggestion 1 - Extra night in Toulouse in single room (breakfast included) 6uggestion 1 - Extra night in Toulouse in single room (breakfast included) 6uggestion 1 - Extra night in Toulouse in single room (breakfast included) 6uggestion 1 - Extra night in Toulouse in single room (breakfast included) 6uggestion 1 - Extra night in Toulouse in single room (breakfast included)	Suggestion 2 - Additional stopover in Lauragais in single room (luggage transfer included)	€115
Suggestion 3 - Extra night in Carcassonne in single room (breakfast included) Suggestion 3 - Extra night in Carcassonne in triple room (breakfast included) PREMIUM RANGE REDUCTIONS SUPPLEMENTS Sully/August supplement Saddling Up Saddling Up Saddling Up Sale ry baggage delivery before 1 p.m. (by transfer, excluding public holidays) EQUIPMENT HIRE Silke rental (VTC) for the whole trip (delivery & return included) - 3 days Additional day of bike rental (VAE) for the whole trip (delivery & return included) - 3 days Additional day of bike rental (VAE) Succation d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours Survy E-bike rental dyn et delication d'un vélo à assistance électrique privilège (VAE) Survy E-bike rental (including delivery & return included) - 3 days C175 Survy E-bike rental (including delivery to the start and its collection) - 3 days C175 Survy E-bike rental day C20 Gravel bike rental for the whole trip (delivery & return included) - 3 days C175 Additional day of Gravel bike rental day C20 Gravel bike rental for the whole trip (delivery & return included) - 3 days C175 Additional day of Gravel bike rental C166 Rental of a 2nd waterproof case (201) for the whole stay C167 Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental C58 SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 - Extra night in Toulouse in double room (breakfast included) C120	Suggestion 2 - Additional stopover in Lauragais in triple room (luggage transfer included)	€70
Suggestion 3 - Extra night in Carcassonne in triple room (breakfast included) PREMIUM RANGE REDUCTIONS Discount: No luggage transfer 20 SUPPLEMENTS July/August supplement20 Saddling Up30 Carly baggage delivery before 1 p.m. (by transfer, excluding public holidays)30 EQUIPMENT HIRE Sike rental (VTC) for the whole trip (delivery & return included) - 3 days30 Additional day of bike rental (VTC)30 Additional day of bike rental (VTC)30 Additional day of bike rental (VAE)30 Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours30 Curry E-bike rental (including delivery to the start and its collection) - 3 days30 Cardy baggestion 1 - Extra night in Toulouse in double room (breakfast included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Child bike rental for the whole trip (delivery & return included) - 3 days30 Chil	Suggestion 3 -Extra night in Carcassonne in double room (breakfast included)	€70
REDUCTIONS Discount: No luggage transfer SUPPLEMENTS July/August supplement Saddling Up Saddling Up Sier y baggage delivery before 1 p.m. (by transfer, excluding public holidays) SEQUIPMENT HIRE Sike rental (VTC) for the whole trip (delivery & return included) - 3 days Additional day of bike rental (VTC) Selectric bike rental (VAE) for the whole trip (delivery & return included) - 3 days Sequipment of the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (delivery & return included) - 3 days Sequipment (VAE) for the whole trip (VAE) for the wh	Suggestion 3 -Extra night in Carcassonne in single room (breakfast included)	€120
Discount: No lugage transfer	Suggestion 3 -Extra night in Carcassonne in triple room (breakfast included)	€60
Discount: No luggage transfer 5UPPLEMENTS Duly/August supplement 520 53ddling Up 530 54dling Up 530 55EQUIPMENT HIRE Bilke rental (VTC) for the whole trip (delivery & return included) - 3 days 54dditional day of bike rental (VTC) 54dditional day of bike rental (VAE) 55ddditional day of bike rental (VAE) 56dditional day of Gravel bike rental (VAE) 56dditional day of Gravel bike rental (VAE) 56dditional day of Gravel bike rental 56dditional day of Gravel bike rental 56dditional day of Child bike rental 56dditional day of Child bike rental 57dditional day of Child bike rental 57dd	PREMIUM RANGE	
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Duly/August supplement €20 €30 €30 €30 €30 €30 €30 €310 Early baggage delivery before 1 p.m. (by transfer, excluding public holidays) €20 EQUIPMENT HIRE Bilke rental (VTC) for the whole trip (delivery & return included) - 3 days €90 Additional day of bike rental (VTC) €10 Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days €155 Additional day of bike rental (VAE) €16 Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours €175 Journée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) €18 Luxury E-bike rental (including delivery to the start and its collection) - 3 days €195 Extra Luxury E-bike rental for the whole trip (delivery & return included) - 3 days €20 Gravel bike rental for the whole trip (delivery & return included) - 3 days €315 Additional day of Gravel bike rental €16 Rental of a 2nd waterproof case (20I) 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 SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 - Extra night in Toulouse in double room (breakfast included) €20 Education of the start of the trip (breakfast included) €20 Education of the start of the trip (breakfast included) €20 Education of the start of the st	Discount: No luggage transfer	-€20
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Additional day of bike rental (VTC) Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days Additional day of bike rental (VAE) Electric bike rental for the whole assistance electrique privilège (VAE) Electric bike rental (including delivery to the start and its collection) - 3 days Electra Luxury E-bike rental day Electric bike rental for the whole trip (delivery & return included) - 3 days Electra Luxury E-bike rental for the whole trip (delivery & return included) - 3 days Electra bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole trip (delivery & return included) - 3 days Electric bike rental for the whole tr	EQUIPMENT HIRE	
Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days Additional day of bike rental (VAE) £16 Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours £175 Lournée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) £18 Luxury E-bike rental (including delivery to the start and its collection) - 3 days £20 £20 £30 £31 £40 £40 £40 £40 £40 £40 £50 £50	Bike rental (VTC) for the whole trip (delivery & return included) - 3 days	€90
Additional day of bike rental (VAE) Cocation d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours Cournée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) Cuxury E-bike rental (including delivery to the start and its collection) - 3 days Extra Luxury E-bike rental day Cavel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Cavel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 days Cavel bike rental for the whole trip (delivery & return included) - 3 da	Additional day of bike rental (VTC)	€10
Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours Cournée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) €18 Cuxury E-bike rental (including delivery to the start and its collection) - 3 days €195 Cournée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) €195 Cournée supplémental (including delivery to the start and its collection) - 3 days €195 Cournée supplémental day €20 Cournée supplémental day €20 Cournée supplémental day €195 Cournée supplémental day €195 Cournée supplémental day €195 Cournée supplémental for the whole trip (delivery & return included) - 3 days €155 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €75 Cournée supplémental for the whole trip (delivery & return included) - 3 days €150 Cournée supplémental for the whole trip (delivery & return included) - 3 days €100 Cournée supplémental for the whole trip (delivery & return included) - 3 days €100 Cournée supplémental for the whole trip (delivery & return included) - 3 days €100 Cournée supplémental for the whole trip (delivery & return included) - 3 days €100 Cournée supplémental for the whole trip (delivery & return included) - 3 days €100 Cournée supplémenta	Electric bike rental (VAE) for the whole trip (delivery & return included) - 3 days	€155
Cournée supplémentaire de location d'un vélo à assistance électrique privilège (VAE) Extra Luxury E-bike rental (including delivery to the start and its collection) - 3 days Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Entral of a 2nd waterproof case (20I) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental Estra Luxury E-bike rental day € 105 Extra Luxury E-bike rental day € 105 Extra Luxury E-bike rental day € 106 Entral bike rental for the whole trip (delivery & return included) - 3 days € 106 Extra Luxury E-bike rental day € 106 Extra Luxury E-bike rental day € 107 Extra diditional day of Child bike rental € 107 Extra might in Toulouse in double room (breakfast included) € 107 Extra night in Toulouse in single room (breakfast included) € 120	Additional day of bike rental (VAE)	€16
Extra Luxury E-bike rental (including delivery to the start and its collection) - 3 days Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Entra 2nd waterproof case (201) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days Extra 2nd waterproof case (201) for the whole stay Entra 3 days Entra 3 days Entra 4 ditional day of Child bike rental Extra 6 ditional day of Child bike rental Extra 7 sight in Toulouse in double room (breakfast included) Entra 8 days Extra 1 days Entra 8 days Entra 8 days Entra 9 days Extra 1 days Extra 2 d	Location d'un VAE vélo à assistance électrique privilège (livraison & rapatriement inclus) - 6 jours	€175
Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Rental of a 2nd waterproof case (20I) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days 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) €95 Suggestion 1 - Extra night in Toulouse in single room (breakfast included)	Journée supplémentaire de location d'un vélo à assistance électrique privilège (VAE)	€18
Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Rental of a 2nd waterproof case (20I) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days 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) €95 Suggestion 1 - Extra night in Toulouse in single room (breakfast included)	Luxury E-bike rental (including delivery to the start and its collection) - 3 days	€195
Additional day of Gravel bike rental Rental of a 2nd waterproof case (201) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental ESUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 -Extra night in Toulouse in double room (breakfast included) Suggestion 1 -Extra night in Toulouse in single room (breakfast included) € 120		620
Rental of a 2nd waterproof case (201) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental ESUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 - Extra night in Toulouse in double room (breakfast included) €95 Suggestion 1 - Extra night in Toulouse in single room (breakfast included)	Extra Luxury E-bike rental day	€20
Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental ESUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 - Extra night in Toulouse in double room (breakfast included) Esuggestion 1 - Extra night in Toulouse in single room (breakfast included) €95		
Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental ESUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 - Extra night in Toulouse in double room (breakfast included) Esuggestion 1 - Extra night in Toulouse in single room (breakfast included) €95	Extra Luxury E-bike rental day	€155
Additional day of Child bike rental SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 -Extra night in Toulouse in double room (breakfast included) €95 Suggestion 1 -Extra night in Toulouse in single room (breakfast included)	Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days	€155 €16
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 -Extra night in Toulouse in double room (breakfast included) €95 Suggestion 1 -Extra night in Toulouse in single room (breakfast included)	Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental	€155 €16 €10
Suggestion 1 - Extra night in Toulouse in double room (breakfast included) Suggestion 1 - Extra night in Toulouse in single room (breakfast included) €120	Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Rental of a 2nd waterproof case (20I) for the whole stay	€155 €16 €10
Suggestion 1 -Extra night in Toulouse in single room (breakfast included) €120	Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Rental of a 2nd waterproof case (20I) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days	€155 €16 €10
	Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Rental of a 2nd waterproof case (201) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental	€155 €16 €10 €75 €5
	Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Rental of a 2nd waterproof case (20l) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 -Extra night in Toulouse in double room (breakfast included)	€155 €16 €10 €75 €5
OUR SUGGESTIONS DURING YOUR HOLIDAY	Extra Luxury E-bike rental day Gravel bike rental for the whole trip (delivery & return included) - 3 days Additional day of Gravel bike rental Rental of a 2nd waterproof case (20l) for the whole stay Child bike rental for the whole trip (delivery & return included) - 3 days Additional day of Child bike rental SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP Suggestion 1 -Extra night in Toulouse in double room (breakfast included) Suggestion 1 -Extra night in Toulouse in single room (breakfast included)	€155 €16 €10 €75 €5 €95 €120

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

$\underline{\mathsf{Equipment}}:$

- 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.