









★★★★★ (3)

Canal du Midi

From Toulouse to the Mediterranean Sea

Magnificent buildings, sensual pleasures and mediterranean sea and pyrinees

From the Occitan metropolis of Toulouse to beginning of the Pyrenees - and finally to the "French Venice" at the Mediterranean Sea. This cycle tour leads always along the world heritage site of the Canal du Midi. You pass the ancient land of the Cathars with world-famous fortress castles like Carcassonne. You explore the former medieval and Roman tracks. The wealth of culture along the Canal du Midi is matched by culinary treasures: Excellent wine is cultivated in the Minervois and Corbière, and the outstanding cuisine has Spanish influences. Savoir vivre in Occitania.

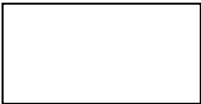
France

Easy to moderate

8 Days / 7 Nights

Self-guided tour

To the online version



Itinerary

Day 1 Individual arrival to Toulouse

Individual journey to Toulouse until late afternoon. Because of its buildings with reddish stones the inhabitants call Toulouse „ville rose“ too, the pink town. Take a little walk to see the important sacred buildings of Toulouse. One of it is the basilica St-Sernin de Toulouse, which is one of the most beautiful Romanesque sacred buildings in South France. Life takes place in cafés and along the Garonne at the old harbour, the Toulousains meet on the Place St. George for tapas. There's plenty to see: the Basilica of St. Sernin, the Place du Capitole or the Augustin Museum. One overnight stay in Toulouse.

Day 2 Toulouse – Castelnaudary | approx. 60 km

Castelnaudary is the largest port at the Canal du Midi, and even the largest wine freighters could turn around here. French people take long journeys to pay their culinary respects to the town of the hearty bean stew “Cassoulet”.

Day 3 Castelnaudary – Carcassonne | approx. 40 km

Carcassonne is today one of the best preserved fortress towns in Europe and since 1997 part of the UNESCO World Heritage. The mightiest building of the town and one of the biggest fortresses in Europe is the fortress Cité Médiévale of Carcassonne with its 52 towers. You can experience the lively Carcassonne best in the downtown with its lively streets and the bastion Saint Louis. One overnight in Carcassonne.

Day 4 Carcassonne – Olonzac/surroundings | approx. 45 km

Olonzac is the centre of the winegrowers in the Minervois, Homps was the shipping port. Vines everywhere, the Montagne Noire and the Corbière in sight, here you practise doing nothing on the canal. Overnight stay in Olonzac or Homps.

Day 5 Olonzac/surroundings – Narbonne | approx. 45 km

Narbonne, which is flanked by vineyards. The former capital of the Romanesque antiquity was the first Roman colony outside of Italy. Sights like the relics of the street “Via Domitia” or the houses-bridge with Roman origin “Pont des Marchands” are evidences of this time. But later centuries too have left their marks in the town: for example the archbishop's palace or the Gothic cathedral. One overnight in Narbonne.

Day 6**Narbonne – Béziers**

approx. 45 km

You drive via Capestang to Béziers, passing the famous Canal Tunnel. Once a rich wine-growing metropolis, to which many magnificent buildings bear witness, Béziers is also the birthplace of Paul Riquet, the builder of the Canal du Midi. The archbishop's palace watches over the town, and the attraction on the canal are the Neuf Écluses, the Nine Locks. One night in Béziers.

Day 7**Béziers – Sète**

approx. 65 km

The further you cycle, the saltier the air becomes. The cycle path leads directly along the sea towards Sète, the largest French fishing town on the Mediterranean, also called "Little Venice of the Languedoc" because of its many canals. Here, an evening stroll can be excellently combined with a good meal; the town's origins are Italian - and so is its cuisine. One overnight stay in Sète.

Day 8**Return journey**

The tour ends after breakfast. Individual return journey.

The route

Moderate heavy! All routes are predominant planar or are located in an area, which is a little bit rippled. You will cycle on partly asphalted or sand- and pebble ways as well as on light traffic branch roads.

➤ [Explore the area on Google Maps](#)



Prices and events

Place of arrival: Toulouse

	<div>Season 1</div> <div>13.04.2024 - 26.04.2024 22.09.2024 - 05.10.2024 Saturday</div>	<div>Season 2</div> <div>27.04.2024 - 14.06.2024 15.09.2024 - 21.09.2024 Saturday</div>	<div>Season 3</div> <div>15.06.2024 - 14.09.2024 Saturday</div>
Canal du Midi, 8 days, cat. D, FR-CMRST-08D			
Base price	1,199.00	1,279.00	1,329.00
Surcharge single room	359.00	359.00	359.00
Canal du Midi, 8 days, cat. X, FR-CMRST-08X			
Base price	1,049.00	1,149.00	1,199.00
Surcharge single room	269.00	269.00	269.00

Sustainability with Rückenwind!

Help us to achieve greater sustainability. If you choose to use the digital route book and forgo the printed version you will help us to reduce our environmental impact and we'll give you a discount of 20 Euro per room as a thank you.

Additional nights

Place of arrival: Toulouse

	<div>Season 1</div> <div>Apr 13, 2024 - Apr 26, 2024 Sep 22, 2024 - Oct 5, 2024 Saturday</div>	<div>Season 2</div> <div>Apr 27, 2024 - Jun 14, 2024 Sep 15, 2024 - Sep 21, 2024 Saturday</div>	<div>Season 3</div> <div>Jun 15, 2024 - Sep 14, 2024 Saturday</div>
Toulouse			
Double room p. P. cat. D	88.00	88.00	88.00
Surcharge single room	75.00	75.00	75.00
Sète			

	Season 1 Apr 13, 2024 - Apr 26, 2024 Sep 22, 2024 - Oct 5, 2024 Saturday	Season 2 Apr 27, 2024 - Jun 14, 2024 Sep 15, 2024 - Sep 21, 2024 Saturday	Season 3 Jun 15, 2024 - Sep 14, 2024 Saturday
Double room p. P. cat. deluxe	118.00	118.00	118.00
Surcharge single room	104.00	104.00	104.00
Toulouse			
Double room p. P. cat. standard	82.00	82.00	82.00
Surcharge single room	60.00	60.00	60.00
Sète			
Double room p. P. cat. standard	79.00	79.00	79.00
Surcharge single room	63.00	63.00	63.00

Our bookable bikes

	Price
21-gear unisex	99.00
21-gear gents	99.00
7-gear unisex	99.00
Rental bike PLUS	169.00
Electric bike	259.00
7-gear gents bike	99.00

Prices per person in EUR

Services & Extras

Services

Included:

- 7 Overnights in hotels of the booked category incl. breakfast
- Luggage transfer
- Personal welcome briefing (GE,EN)
- At best elaborated route with maps (GE,EN,FR)
- Detailed travel documents with maps 1x per room (GE,EN,FR)
- GPS-Tracks and Navigation-App
- For rental bikes, rental bike insurance
- 7-days-service-hotline

Not included:

- Arrival and departure
- Costs for parking
- City tax
- Transfers
- Optional sightseeings
- City maps
- Repairs of own bike
- Travel Insurances
- Costs of the private requirements

Extras

Arrival / Parking / Departure

Good arrival via train or plane to Toulouse.

Airport: Toulouse, Montpellier or Béziers/Cap d'Agde.

Via **train** from Sète to Toulouse.

Bus transfer on Saturday or Monday from Sète € 125,- per person. For the return transport of your own bike we charge € 39,- extra. A reservation is required at the time of booking, a maximum of 6 people can be transported. Payment is made on the spot.

Parking

Cat. X: Sufficient parking spaces in a car park near the start hotel, approx. € 15,- per day.

Cat. Deluxe: Parking garage of the hotel, approx. € 15,- per night.

Hotels

French hotel classification

Category X: Overnight stays in good quality hotels of the 2*/3* category and 1x in a „chambre d'hôte“ in Olonzac. All rooms with shower/bath and WC.

Category Deluxe: Overnight stays in hotels of the 3*/4* category. Mostly they are the best hotels in the place and nearly all of them offer separate wellness and beauty areas. In addition, enjoy the excellent restaurants in these beautiful accommodations. All rooms have shower/bath and WC.

Important notes


Further important information according to the package travel law can be found [here!](#)

Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



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Book now