









★★★★★ (3)


Canal du Midi

From Toulouse to the Mediterranean Sea


Magnificent buildings, sensual pleasures and 60,000 trees

60,000 trees were planted formerly at the Canal du Midi in France to secure the banks. And until today trees in many places line the canal, which runs from Toulouse down to the MediterraneanSea. They shade the towpaths and little streets too, which lead you to countless cultural monuments: to cathedrals and palaces, to Roman and medieval buildings. The wealth of culture is at the Canal du Midi faced with culinary treasures. In the region grows good wine and it gave birth to an excellent cuisine. Pleasure has a long tradition here.


France



Easy to moderate



10 Days / 9 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 – Mirepoix | approx. 50 km

Follow the Canal du Midi to Bram, then head towards the Pyrenees. On an old railway line converted for cyclists, the climb is moderate, you roll through railway tunnels, over viaducts and bridges to Mirepoix, an enchanting bastide from the Middle Ages.

Day 4 Mirepoix - Carcassonne | approx. 60 km

Back through the Ariège countryside, a quiet and meditative agricultural landscape with rolling hills, to Carcassonne. There, the imposing Cité, the largest fortified city in Europe, awaits you; you are in the heart of the Cathars.

Day 5 Roundtrip to Montolieu | approx. 40 km

Montolieu is a wonderful city at the edge of the Montagnes Noires. There are 15 antique stores with over 200.000 books in this worth seeing city of book. The former royal textile manufacturing was declared to a National Monument in 2004. Further overnight in Carcarssonne.

Day 6**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 7**Olonzac/surroundings - Narbonne**

approx. 45 km

The destination of your journey today is Narbonne, you will change to the Canal, driving along the Canal de la Robine towards the Mediterranean Sea. Great buildings of the Middle Ages are the unfinished cathedral and the palace of the archbishops. Another highlight is the market hall "Les Halles", it was awarded as the most beautiful in France. One overnight stay in Narbonne.

Day 8**Narbonne - Béziers**

approx. 45 km

You drive via Capeatang 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 9**Beziers – 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 10**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

	Season 1 13.04.2024 - 26.04.2024 22.09.2024 - 05.10.2024	Season 2 27.04.2024 - 14.06.2024 15.09.2024 - 21.09.2024	Season 3 15.06.2024 - 14.09.2024
Canal du Midi, 10 days, cat. Deluxe, FR-CMRST-10D			
Base price	1,569.00	1,659.00	1,739.00
Surcharge single room	399.00	399.00	399.00
Canal du Midi, 10 days, cat. X, FR-CMRST-10X			
Base price	1,269.00	1,369.00	1,429.00
Surcharge single room	339.00	339.00	339.00

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

	Season 1 Apr 13, 2024 - Apr 26, 2024 Sep 22, 2024 - Oct 5, 2024	Season 2 Apr 27, 2024 - Jun 14, 2024 Sep 15, 2024 - Sep 21, 2024	Season 3 Jun 15, 2024 - Sep 14, 2024
Toulouse			
Double room p. P. cat. deluxe	88.00	88.00	88.00
Surcharge single room	75.00	75.00	75.00
Sète			
Double room p. P. cat. A	118.00	118.00	118.00

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

Our bookable bikes

	Price
21-gear unisex	11900
21-gear gents	11900
7-gear unisex	11900
Rental bike PLUS	18900
Electric bike	29900

Prices per person in EUR

Services & Extras

Services

Included:

- 9 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

How to get there

Good arrival via train or plane to Toulouse.

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

Via **train** from Sète to Toulouse approx. € 40,-.

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.



Meike Engling

 **+49 (0)441 485 97 28**

 **meike.engling@rueckenwind.de**

Book now