

Cycling Europe

CYCLE FRANCE'S CANAL du MIDI

UNESCO WORLD HERITAGE SITE

2020 SELF GUIDED or GUIDED - 7 DAYS/6 NIGHTS



The Canal du Midi in the South of France is undoubtedly the most beautiful canal in Europe. Approximately 260 kms long and with 64 locks, this canal was built between 1667 and 1681 in order to link the Mediterranean to the Atlantic Ocean. There are no cars or industry to ruin the vista on the old tow path and cycling along the canal takes you through vineyards, wheat fields and picture perfect villages. Lovers of culture and architecture are in for a real treat. Montpellier is famous for its old university and medieval architecture. Béziers has a stunning cathedral, old town and Roman bridge. The wonderful walled town of Carcassonne was one of the most powerful medieval fortresses in Europe and its battlements loom impressively above the waterway. Toulouse has the biggest Romanesque pilgrim church in Europe and many art treasures. And then there's the food! Your biking tour will be a divine culinary journey indulging in the delectable cuisine of the south of France. With over 300 sunny days a year, conditions are superb most of the year.

GRADE: Moderate. The portion cycled on the towpath can sometimes be mud packed or sandy with occasional tree roots and other obstacles.

ITINERARY

DAY 1: Montpellier

Arrive in Montpellier, the capital of Languedoc-Rousillon region and the 8th largest city in France.

DAY 2: Montpellier→Sète – approx. 45kms

Meet at 9.30 am at your hotel for a tour briefing and to receive your bikes. Starting in the lively university town of Montpellier, this easy day cycle follows the River Lez passing through a bird sanctuary showcasing flocks of flamingos, on to Palavas then past sun-kissed Mediterranean beaches to the charming town of Sète.

Day 3: Sete→Béziers - approx. 60kms

Today you cycle along the beach road to Cap d'Agde to visit the old town and cathedral, before continuing along the Canal du Midi to Béziers.

DAY 4: Béziers→Narbonne – approx. 45kms

Explore Béziers before setting out on today's journey via the bridge over the river Orb to the 7 Fonsérane locks. Continue along side roads to Ensérune and the imposing Gothic church in Capestang, and finally through vineyards to Narbonne.



DAY 5: Narbonne→Homps or Olonzac– approx. 40 or 45kms

At Narbonne visit the Palace of the Archbishop, Gothic cathedral, subterranean Roman storage installations then pedal the peaceful paths along the Canal de la Robine and the Canal du Midi to the little village of Homps, or a little further on to La Redorte (charming Bed & Breakfast).

DAY 6: Homps/ Olonzac→Carcassonne – approx. 40 or 35 kms

Follow the Canal du Midi to the fascinating and beautiful medieval city of Carcassonne with its 2 circular walls and huge medieval fortress.

DAY 7: Carcassonne

Arrangements end after breakfast. We recommend you book an extra night in Carcassonne to spend more time exploring this amazing medieval city.



2020 SELF GUIDED TOURS

Start any **Sunday** between 15 March – 01 November 2020

TO START A SELF GUIDED TOUR ANY OTHER DAY EXCEPT SUNDAY

A party of 4 or more people can start any day (subject to availability)

2 people, an additional supplement of €90 per person, and 3 people €60

1 person, an additional supplement of €180

2020 SELF GUIDED COST PER PERSON IN EURO

	Standard Hotels	Deluxe
Double or Twin Share Room	€1145	€1520
High Season Surcharge (28 June-30 August)	€ 50	€ 50
Single Room Supplement (travelling with others)	€ 230	€ 300
Bike rental hybrid unisex 21speed or 7 speed pedal brake	€ 90	€ 90
Electric bike	€ 180	€ 180
Helmet hire	€ 5	€ 5

Hotels Standard – good 3 *** hotels/ charming B&B (Homps) x 5 nights and 1 night 4* hotel

De Luxe: Good 3 *** hotels x 2 nights in superior room and 4*** hotel/ charming B&B x 4 nights

2020 SCHEDULE GUIDED TOURS (Standard hotels)

A minimum of 8 persons is required for guided tours to operate

15 March; 19 April; 17 May; 14 June; 13 September; 11 October

2019 GUIDED COST PER PERSON IN EURO - A MINIMUM OF 8 PERSONS REQUIRED TO OPERATE

Double / Twin Room Standard hotels	€ 1395
Single Room Supplement:	€ 230 (travelling with others)
Bike hire 21-speed Hybrid (unisex)	€ 90
Electric bike	€ 180
Helmet hire	€ 5 (Must be booked in advance)



TRANSFER: EUROS PER PERSON

Transfer from Carcassonne to Montpellier - min. 4 passengers: €65 per person (not available 4 July -29 August) **NOTE:** Return to Montpellier can be made by train for approx. €25

EXTRA NIGHTS ACCOMMODATION (BREAKFAST INCLUDED): EUROS PER PERSON

Double/Twin Share: from €73 (€95 Deluxe)

Single room: from €111 (€134 Deluxe)

BIKES

Our unisex aluminum frame bikes have comfortable saddles, 7 or 21 gears, lights, mudguard, lock, 12.5 L pannier bag, map-holder, bike stand, reflective safety vest, pump and puncture repair kit.

TOUR COST INCLUDES

- 6 nights accommodation in good 3* and 4* star hotels – Refer note on Hotels
- 6 breakfasts
- 6 three course dinners at the best restaurants in the area
- Tour briefing in Montpellier at 1st hotel
- Luggage transfers (1 piece per person)
- Detailed cycling route notes and maps with the marked route
- High Visibility vest with bike hire
- Visitor tax
- Bike return to Montpellier
- Service hotline
- English speaking guide (for the guided tour only – guide is a specialist in French history and culture)

GPS Tracks are now available – please request from us if you would like these to download onto your own device.



Book through:

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