



## Trip description

### 4-day cycle trip from Toulouse to Carcassonne along the Canal du Midi

Self-guided cycle tour along Canal du Midi: from Toulouse to Carcassonne in 4 days.

Difficulty level: easy. The itinerary is flat along the canal but hilly as soon as you divert from the canal. The route takes you on the boat hauling path of the canal and quiet country roads. The stages are 30 to 49 km long, which means 3 to 5 hours biking at a slow pace (10km/h). The boat hauling path being still a dirt track on several portions (after Castelnaudary), it is sometimes bumpy to ride (narrow path).

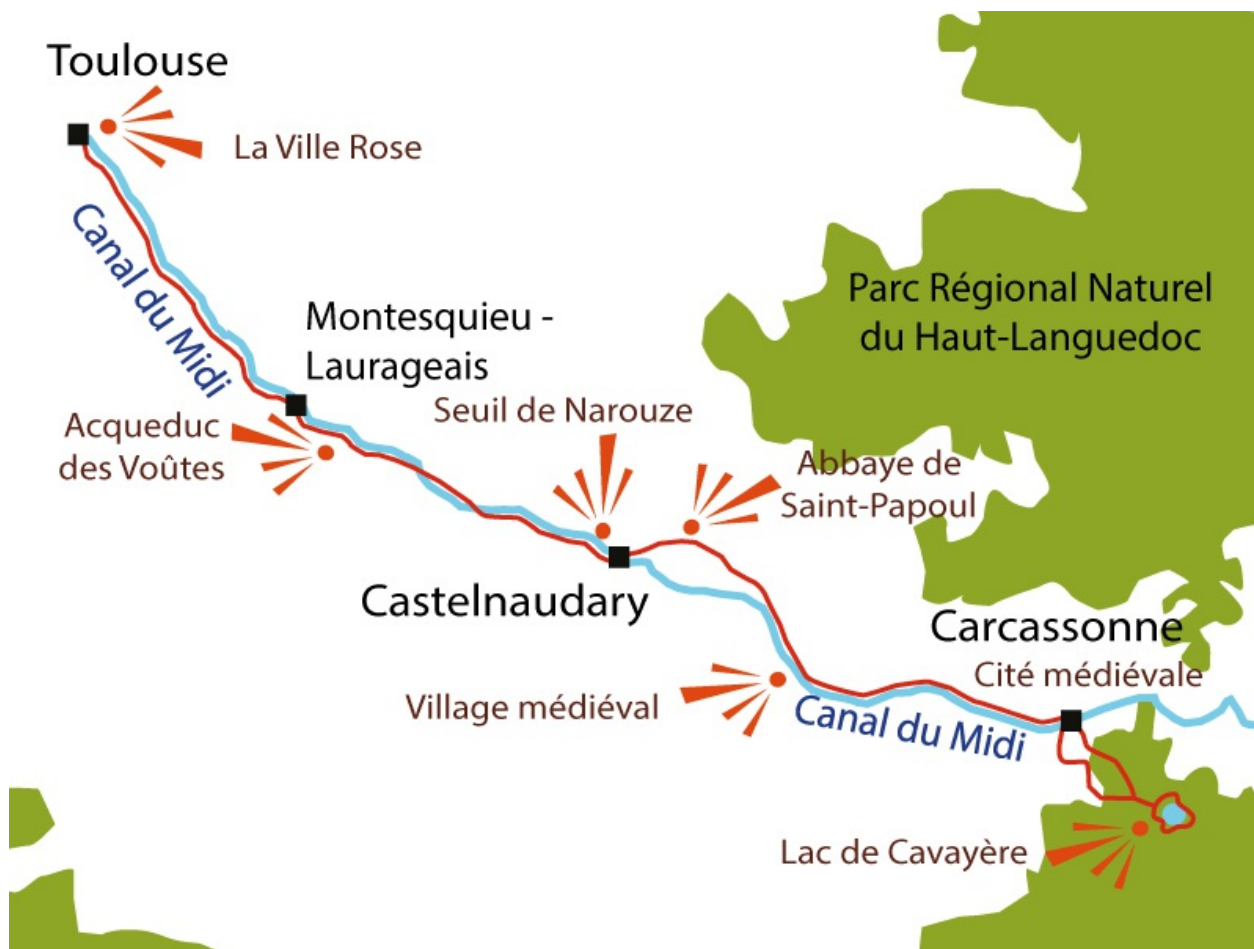


Destination	France
Location	Canal du Midi
Duration	4 days
Difficulty Level	Easy
Validity	From April 15th to October 15th
Minimum age	9 years old
Reference	M0402

Type of stay  
itinerant trip



## Itinerary



This 4-day cycle tour along the Canal du Midi rallies two major milestones of the canal : Toulouse, the Ville Rose and Carcassonne, the medieval fortress. You ride quietly sometimes on cycle paths or the hauling path along the canal, sometimes on low-traffic country roads. You will cross the Laurageais, a large fertile plain surrounded by hills that flourished on the 15th and 16th centuries thanks to pastel trade, which also brought prosperity to Toulouse. The village churches with their characteristic fortified bell towers are a heritage of this rich past. You ride through Castelnaudary, the proud capital of cassoulet, and the charming abbey of Saint-Papoul before arriving in Carcassonne at the foot of the impressive medieval fortress.

### Day 1

#### Toulouse - Montesquieu-Laurageais area

Bike  
~30km

You leave Toulouse on a cycling path along the Canal du Midi and enjoy riding out of the city away from cars, lulled by the soft sound of the water. You reach the first villages of the Laurageais, an area where the landscape is dotted with typical flat bell towers like in the village of Montesquieu-Laurageais.

### Day 2

#### Montesquieu-Laurageais area - Castelnaudary

Bike  
38km

You leave the canal to ride on a nice overhanging road offering magnificent views on the canal and countryside. You reach the Cathar village of Avignonet-Laurageais before passing by Port Laurageais and the watershed between the Atlantic and the Mediterranean sea. You then head towards Castelnaudary, where you will be warmly welcomed with a tasty cassoulet on the nice port.

### Day 3

#### Castelnaudary - Carcassonne

Today's route diverts you from the canal till the charming medieval village of Saint-Papoul, famous for its nice Benedictine abbey built in the 8th century. After the tour of the abbey,

## Carcassonne

Bike  
49 ou 45km

you keep on cycling through the countryside to Bram, where you reach again the canal. You can make a detour to the village, an ancient fortified circulate where you can still admire the circular pattern of the streets even if the walls no longer exist. You cycle further on the hauling path to Carcassonne. The itinerary becomes bumpy and narrow at some parts. Be careful to the roots during this stage.

## Day 4

### Day-trip from Carcassonne

Bike  
24km

The stage of the day is a short loop tour through the outskirts of Carcassonne. It takes you first around the unmissable medieval city of Carcassonne and then to the Lake of La Cavayère, where you can enjoy a swim or a relaxing moment on the beach. On the way back, you enjoy the marvellous views on the medieval fortress on top of the local vineyards!

## Accommodation

### Category B

You stay in hotels with \*\*\* standards or bed & breakfasts selected for their style and quality. Breakfast is included.



*\* Example of the type of accommodation*

## Practical information

### Main features:

Itinerant tour

### To get to departure point:

**By plane:** many airlines fly to Toulouse. A regular shuttle is going to the city center every 20 min (price € 8/pers). It takes 20 to 45 min to get to the city center depending on traffic.

**By train:** because of the geography, trains going to Toulouse are not high speed. As a consequence, it is quite a long train ride to get there: 5h30 from Paris, 4h from Marseille, 4h30 from Lyon and 2h from Bordeaux. To plan your trip, [www.raileurope.com](http://www.raileurope.com).

### Parking

If you drive to Toulouse, you need to know that secured car parks in the city center of Toulouse are very expensive. The 4-day rate in all the secured car parks of the city center is € 83. Another option is to park your car at the airport in the car park of Radisson Blu hotel. The rate for 4 days is € 40. You can book a spot on the website or the application of MobyPark. You can then take the shuttle (see upper).

All details will be given in your travel documents.

## To get back to starting point:

Trains take you back to your starting point if you wish. Regional direct trains (duration about 1 hr) are riding regularly. These trains take bikes without surcharge. You can buy your ticket on spot (full rate € 16.50/adult).

You will find the timetable of the day in your travel documents.

## Meeting time:

We recommend you to arrive at around 10am to enjoy your day fully without rushing and be able to do the visits on the way. We advise to book an extra night before in Toulouse if your travel plans make you arrive later.

**If you chose luggage transport, you must arrive before 10am to drop off your luggage.** Bikes pick up point and luggage drop off point are located next to the train station and will be given in your travel documents.

## Price description

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<b>Category B</b>	<b>€ 399 /pers</b>
Double room fare	

3 nights in \*\*\* hotels or B&Bs

3 breakfasts

4-day rental of a fully-equipped bike (packs, helmets, locks...)

a road book with maps and descriptions of the routes

a touristic leaflet

the delivery and return of the bikes

the access to our mobile app including the roadbook and the practical and tourist informations

7/7 hotline

High season (*)	€ 20 /pers
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Half-board (3 dinners)	119€/pers
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Extra for a single room	€ 60/night
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Extra night in Toulouse (limited dates possible in September and October 2023 due to the Rugby World Cup (**))	€ 94 /pers
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Extra night in Carcassonne	€ 79 /pers
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## Options

Luggage transport (high season: 15/4 - 15/10)	€ 86 /pers
Luggage transport (low season: 28/3 - 14/4 & 16/10 - 1/11)	€ 165 /pers

Discount if you bring your own bicycle	€ -69 /pers
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Extra for an electric bike	€ 69 /pers
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Entry to the medieval fortress in Carcassonne	€ 9,50 /adult
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(\*) **High season :**

from 01.07 to 02.09

(\*\*) **Blocked dates Rugby :**

9, 10, 11, 14, 15, 16, 22, 23, 24, 27, 28, 29, 30 September and 7, 8 and 9 October 2023.

**Children discount** (in the same room as 2 full rate participants):

0-4 years: -70%

5-11 years: -50%

12-17 years: -30%

**The package doesn't include:**

the journey to the tour location

drinks

meals which are not included  
entrance fee to sites  
insurances (optional)  
tourist taxes  
local taxes

For more information or booking : [www.levelovoyageur.com](http://www.levelovoyageur.com)  
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