

Canal du Midi

10 DAYS / 9 NIGHTS, APPROX. 410 KM
BOOKING CODE: FR-TS9

DAILY ROUTE LENGTH ●●●●●
TOPOGRAPHY ●●●●●



Magnificent landscapes
between Toulouse and Sète

From Eur **1259,-**



Your tour

One of the most beautiful canals in Europe, the Canal du Midi winds its way through magnificent landscapes in the south of France. From Toulouse, you set off on a journey full of culture and pleasure. Discover places where time seems to stand still, Roman cathedrals and medieval buildings. It is not only culture that has a long tradition here, over the many an excellent cuisine has also developed over the years. Do you know cassoulet, garbure or aligot? No? Then it's time for a taste!

Itinerary

Day 1	Individual arrival in Toulouse
Day 2	Toulouse – Castelnaudary, approx. 60 km
Day 3	Castelnaudary – Mirepoix, approx. 50 km
Day 4	Mirepoix – Carcassonne, approx. 60 km
Day 5	Excursion to Montolieu, approx. 40 km
Day 6	Carcassonne – Olonzac / Homps, approx. 45 km
Day 7	Olonzac – Narbonne, approx. 45 km
Day 8	Narbonne – Béziers, approx. 45 km
Day 9	Béziers – Sète, approx. 65 km
Day 10	Individual departure

Travel time

Season A	11.04. – 25.04.	03.10. – 10.10.
Season B	02.05. – 30.05.	19.09. – 26.09.
Season C	06.06. – 12.09.	

Arrival Saturday 11.04. – 10.10.2026
The season is dictated by the arrival date.

Services

- 9 nights with breakfast, national 2* / 3*-level (Cat B)
- 9 nights with breakfast, national 3* / 4*-level (Cat A)
- Digital travel documents and route navigation via app
- Luggage transport from hotel to hotel to Sète, max. 20 kg / piece
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

Not included services

- Citys or visitors tax, if payable

Basic price per person

	Category B	Category A
Doubleroom, Season A	1259,-	1499,-
Doubleroom, Season B	1379,-	1639,-
Doubleroom, Season C	1469,-	1729,-
Additional fee single room	379,-	499,-

Additional night prices per person

	Category B	Category A
Sète DBL / BB	99,-	129,-
Sète SGL / BB	175,-	235,-
Toulouse DBL / BB	85,-	95,-
Toulouse SGL / BB	149,-	169,-

Additional services per person

E-bike / Pedelec*	329,-
Rental bike (30-speed)*	199,-
Rental bike (7- / 21-gear)*	119,-
Return transfer excl. bike (Sat & Mon, from 2 persons)	135,-
Return transfer incl. bike (Sat & Mon, from 2 persons)	179,-

*including rental bike insurance

Exemplary hotel list Category A

Toulouse	Hotel de Brienne Toulouse	https://hoteldebrienne.com/
Castelnaudary	Domaine de la Capelle Castelnaudary	http://www.domaine-la-capelle.fr/fr/accueil/
Mirepoix	Maisons des Consuls Mirepoix	https://www.maisondesconsuls.com
Carcassonne	Best Western Hotel Le Donjon Carcassonne	http://www.cite-hotels.com/hotels/best-western-donjon/
Carcassonne	Best Western Hotel Le Donjon Carcassonne	http://www.cite-hotels.com/hotels/best-western-donjon/
Olonzac / Homps	Le jardin d'Homps	http://jardinhomps.fr/home/
Narbonne	Clarions Suites – Moulin de Gua Narbonne	http://www.moulindugua.com/
Béziers	Insitu Hotel Béziers	http://www.insituhotel.com/
Sète	Le Grand Hotel de Sète	https://www.legrandhotelseite.com/

Exemplary hotel list Category B

Toulouse	d'Orsay Toulouse	https://hotel-dorsay.com
Castelnaudary	Le Clos Fleuri Castelnaudary	http://www.lesclosfleuri.com/
Mirepoix	Les Minotiers Mirepoix	https://www.lesminotiers.com
Carcassonne	Hotel l'Aragon Carcassonne	http://www.hotelaragon.fr/
Carcassonne	Hotel l'Aragon Carcassonne	http://www.hotelaragon.fr/
Olonzac / Homps	La Villa Limonade Olonzac	https://www.villalimonade.fr/de
Narbonne	Clarions Suites – Moulin de Gua Narbonne	http://www.moulindugua.com/
Béziers	Imperator Béziers	http://www.hotel-imperator.fr/
Sète	L'Orque Bleue Sète	http://www.hotel-orquebleue-sete.com/

Child reduction on basic price

Due to the challenging stages, we do not recommend this trip for children.

Languages Travel documents

→ German, English, Dutch, French

Additional note

- All bookings are on request.
- In France, helmets are compulsory for children up to the age of 12. However, for safety reasons, we generally recommend wearing a helmet.
- Optionally bookable: Printed travel documents incl. maps, per room € 20
- Return to Toulouse: Optional by minibus (min. 2 people, max. 6 people) from Sète (Mondays and Saturdays only), must be specified when booking.
- Alternatively on your own by train, connections several times a day, without changing trains.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

Equipment of our rental bikes

- Bike lock
- Odometer
- Handlebar bag
- Air pump
- Breakdown kit (1 x per booking)
- Unflat Schwalbe Marathon Plus tyres or comparable
- Waterproof pannier

Journey to Toulouse

- Nearest airports: Toulouse
- Train station: Toulouse

Parking in Toulouse

- Parking is available in a parking garage near the start hotel, approx. 10 – 25 € / day. No reservation by Radweg-Reisen possible.

Luggage transport

- Luggage pick-up from 09.00 a.m., delivery to the next hotel by 06.00 p.m. at the latest, labeling of luggage is 1 x for the whole tour. No restriction on the number of pieces of luggage, but max. 20 kg per piece of luggage.

Stages description

Day 1: Individual arrival in Toulouse

If you arrive early in Toulouse, you will have the time to explore this busy ville rose. Toulouse was given this name because of the many buildings here made of red brick. For example St-Sernin Basilica, which is one of the most beautiful Roman churches in the south of France. In the afternoon, the bikes for your cycling holiday on the Canal du Midi will be handed out.

Day 2: Toulouse – Castelnaudary, approx. 60 km

Pedal out of the busy town and into beautiful countryside. Enjoy the peace and quiet and the wonderful views of the canal and the passing boats. You get to Lauragais, fertile levels which are also known as the pays de Cocagne, which literally means land of milk and honey! You cycle through villages very typical of the south of France to Castelnaudary. In what used to be a town of mills you will discover the moulin de Cugarel, which is still intact today.

Day 3: Castelnaudary – Mirepoix, approx. 50 km

Impressive medieval towns will be on your route today. There is a museum in Bram which exhibits archaeological findings from the area. Carcassonne and its Cité, impressive fortifications, will whisk you away to days gone by. Up to 4000 people lived here during the Middle Ages, behind the city wall, which was some three kilometres in length. Wander down the narrow streets and enjoy watching the hustle and bustle from one of the many cafes and restaurants, after you've visited the museum and walked around the wall.

Day 4: Mirepoix – Carcassonne, approx. 60 km

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

Day 5: Excursion to Montolieu, approx. 40 km

At the edge of Montagnes Noires is the small town of Montolieu, situated on a rocky projection. Its nickname is the town of books as there are 15 antiquarian book shops here which accommodate 200,000 books. Michel Braibant museum tells the history of the book,

from the first writings to book printing. Not just book worms, but wine lovers will also like this town. Full-bodied red wines are produced here from the Syrah, Merlot and Cabernet Sauvignon grapes.

Day 6: Carcassonne – Olonzac / Homps, approx. 45 km

On your cycling holiday along the Canal du Midi you will be cycling through one of France's oldest wine-growing regions. The cycle paths in Minervois take you through beautiful countryside, usually up high and with lovely views down onto the vineyards. You cycle through old villages with Roman churches. Make sure you don't miss out on trying a glass of good wine. Match that with a good meal of fish or seafood, which you'll find in the many restaurants in Olonzac.

Day 7: Olonzac – Narbonne, approx. 45 km

After just a short trip on your bike, it's worth taking a break after a few kilometres. The picturesque village of Homps, right on the Canal du Midi, has the third biggest harbour along the canal. You continue cycling until you get to the diocese town of Narbonne. In addition to the wonderful cathedral, visit the many Roman buildings and artefacts that you'll find in the town's streets.

Day 8: Narbonne – Béziers, approx. 45 km

You drive via Capestang to Béziers, passing the famous Canal Tunnel. Once a rich wine metropolis, as evidenced by its many magnificent buildings, Béziers is also the birthplace of Paul Riquet, the builder of the Canal du Midi. The archbishop's palace watches over the city, the attraction on the canal are the Neuf Écluses, the Nine Locks.

Day 9: Béziers – Sète, approx. 65 km

The further you cycle, the saltier the air becomes. The bike path leads directly along the sea toward 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.

Day 10: Individual departure

After breakfast you start your individual return journey home or extend your stay.