

CANAL DU MIDI

Highlights

River cycling on the Canal du Midi, world cultural heritage, ancient remains in Narbonne, medieval Carcassonne, popular wine region

FRANCE
À VÉLO

CANAL DU MIDI - BETWEEN VINEYARDS AND CASTLES

Then as now, the Canal du Midi winds its way over 260 km and 64 locks through magnificent landscapes and villages where time seems to have stood still. A cycling dream!

LEVEL

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KM
230

LENGTH
7 Days
6 Nights

ARRIVAL
Daily
14.03 - 31.10.2026

Day1 Montpellier

As soon as you arrive in Montpellier, you'll have the chance to discover this beautiful, lively city. The mild climate immediately puts you in the vacation mood and makes you want to enjoy the week ahead.



Day 2 Montpellier - Sète 45 km

Leave Montpellier and cycle south along the small river Lez. Discover the nature reserve and pedal leisurely along the cycle paths. You reach Palvas, already on the Mediterranean coast. Here, the Rhône-Sète canal runs parallel to the coast. From here, you cycle via Frontignan-Plage to the picturesque town of Sète.

Day 3 Sète - Béziers 60 km

After a visit to one of Sète's many art galleries, you can enjoy a relaxed cycle along the ideal seaside cycle path between Sète and Agde. Cap d'Agde is the perfect place for swimming and long walks on the beach. Then, along the Hérault and finally past Agde on the banks of the Canal du Midi, the rest of the cycle route takes you away from the Mediterranean towards Béziers. Béziers has a 2,700-year history and is the birthplace of Pierre-Paul Riquet, the "father" of the Canal du Midi. All around Béziers are vast vineyards.



Day 4 Béziers - Narbonne 45 km

Today, as you leave Béziers, the impressive staircase of the lock awaits you. Over 10,000 boats pass through here every year, and the spectacle is impressive. The route is very varied, with a passage past the Ensérune oppidum, a Roman archeological site, and the impressive tunnel passage next to it. The vineyards of Capeatang and the ancient Roman town of Narbonne add variety to today's ride.

Day 5 Narbonne - Homs / Olonzac 40 / 45 km

Visit the town of Narbonne. The archbishop's palace and Gothic cathedral are well worth a visit. Roman witnesses to the past can also be explored up close, such as the Roman warehouses and the Via Dolmetia. The bike tour first follows the Canal de la Robine and then joins the Canal du Midi.

Day 6 Homs/Olonzac -Carcassonne 35 / 40 km

Today's bike ride takes us through Cathar country, past picturesque villages and of course the Canal du Midi, to the impressive Cité de Carcassonne. The ramparts of Carcassonne are the most complete set of medieval fortifications in France, and a visit to this picturesque town brings today's bike tour to a close.

Day 7 Departure

Return by bus or train to Montpellier.
Departure or extension!

SELF-GUIDED CYCLING TOUR



ROUTE CHARACTERISTICS

Flat, sometimes slightly hilly, only partially asphalted, otherwise sand and gravel roads, sometimes narrow, as well as lightly traveled roads.

SERVICE INCLUDED

- 5 nights in 3 stars hotels
1 night in chambre d'hôtes
- Daily breakfast
- Welcome talk
- Daily luggage transfer
- Itinerary on our app
- Route book, maps and information material
- 7/7 Service Hotline

PER PERSON

ROOM	
with B&B DBLE / SGL	995 € / 1408 €
July/August seasonal supplement (per person)	130 €
BIKE RENTAL	
21/27 Gear - Hybrid bike	150 €
E-bike (250 € deposit)	260 €

City tax is not included and has to be paid on the spot.

POSSIBLE OPTIONS

- Rental of bikes, helmets, phone holder
- Transfer Carcassonne-Montpellier: on request

