

# CANAL DU MIDI



## IN THE FOOTSTEPS OF THE CATHARS BY BIKE



A dream since Roman times: a waterway linking the sunny shores of the Mediterranean with the Atlantic to transport the wealth of wine, grain and oil from the south directly to northern Europe - that is the Canal du Midi. In the shade of thousands of plane trees, the canal runs through the most south-western part of France. A dream for cyclists! Carcassonne, on the other hand, is remarkable for its medieval fortifications, walls, towers, castles and other defensive structures. The abbeys of Fontfroide and Valmagne, together with the cathedrals of Mende and Narbonne, bear witness to the triumph of Gothic architecture in Languedoc.

### NIVEAU



### KM

221

### DURATION

7 Days  
6 Nights

### TRAVEL DATES

24.05 – 30.05.2026  
05.07 – 11.07.2026

## Day 3 Minervois - Canal du Midi 47 km

The Route des Vins first takes you through Minervois with its vineyards and typical winegrowing villages. After about 20 km, nature changes and the Mediterranean vegetation begins with cypresses and pine forests. A pretty cycle path takes us to a romantic gem: Minerve, one of the most picturesque towns in the region with a fantastic panorama. After some effort on the way to Minerve, now comes the pleasure: it's all downhill to the Canal du Midi in Homps.

This old port was once one of the most important trading centers between the two seas. Continue with wonderful impressions along the Canal du Midi. The day ends with a wine tasting at a winery.



## Day 1

Travel to the area around Carcassonne. Welcome drink and then enjoy the first French dinner.



## Day 2 Narbonne - Canal du Midi 46 km

Visit to the city of Narbonne. The program includes the archbishop's palace and the Gothic cathedral, which are well worth seeing. The Roman witnesses of the past are also explored, such as the Roman storage facilities and the Via Dolmetia. After the stop in Narbonne, the cycle tour today does not initially run along the Canal du Midi, but along the Canal de la Robine. A fantastic route. Beautiful views and a wonderful cycle path. The Canal du Midi then runs through the Corbières region. A tranquil route along the banks of the Canal du Midi, with highly interesting viaducts and canal bridges, this afternoon invites you to "unwind".



## Day 4 La Montagne Noire 47 km

Mysterious stories and steeped in strong beliefs - this is the "Montagne Noire", which is located north of the Canal du Midi. It is part of the Haute-Languedoc region and was an ideal location for the construction of the Cathar castles in the 12th century. In the 15th century, the Reformation gained control of the region and confrontations between Protestants and Catholics ensued. Wonderful descents from dizzying heights, magnificent forest sections and stone villages make today's cycling day a special experience. Finally, we walk to the four Cathar castles of Lastours, which are situated together and offer a breathtaking view at an altitude of 300 meters.





“Thank you again for this wonderful trip, dreamlike and romantic places, which you were able to get to know through you.”  
Regine

## Day 5 Homps - Carcassonne 42 km

Today's cycle tour takes us through the land of the Cathars with its picturesque villages, accompanied by the Canal du Midi to the impressive city of Carcassonne. The city walls of Carcassonne form France's most complete ensemble of medieval fortifications. A visit to this picturesque town marks the end of today's cycle tour. Carcassonne was built on the remains of a Roman fortress and was the scene of battles between the crusaders and the heretics in the 13th century. In the 14th century, an important cloth-making industry developed here. After visiting the castle complex, a leisurely stop at one of the many street cafés is a good idea.



## Day 6 Cap d'Agde - Narbonne 60 km

The Canal du Midi, built in the 17th century, is one of the oldest canals in France and has been declared a UNESCO World Heritage Site. Leisurely cycling to Béziers and sightseeing. Continue to the impressive Fonsérannes lock. It's worth stopping here to watch one of the many houseboats maneuvering through the locks. Now continue along the meanders of the Canal du Midi until you reach the impressive Malpass tunnel. Here, three tunnels were built one above the other on the Canal du Midi. From here it is only a short detour to the Oppidume d'Ensérune. On the way there, there is a magnificent view of the curious landscape of Montady, a 400-hectare pond that was drained in 1247, giving it the perfect geometric shape of a sun.

## Day 7

Journey home



### GUIDED BIKE TOUR



### TRAVEL DATES

- 24.05 – 30.05.2026
- 05.07 – 11.07.2026

### INCLUDED SERVICES

- 6 nights in a 3-star charm hotel in a room with bath/shower/WC
- Daily breakfast buffet
- 4-course menu in the evening
- 5 lunch picnics with regional specialties incl. drinks
- Qualified tour guide during the entire trip
- Guided tours as per program
- All transfers mentioned
- All entrance fees
- 1 wine tasting

### PER PERSON

#### ROOM

DBLE/DU/WC/VP	1444 €
SGL/DU/WC/VP	1624 €

#### BIKE RENTAL

21/27-Gear- Hybrid bike	90 €
E-Bike (250 € Deposit)	170 €

