



Mediterranean Canals & Beaches Tour 6-Day Version

Tour Overview

Tour Dates: You may begin this tour on any day. See [Schedule](#) for blackout dates and additional tour scheduling considerations.

Location: The Languedoc Region of France. Near the border with Spain, this is coastal Mediterranean France at its best. This tour follows the course of the Canal du Midi, a 17th century engineering marvel constructed to connect the Atlantic Ocean to the Mediterranean Sea across 150 miles of French countryside. It has recently been named a United Nations World Heritage Site.

This tour begins in Carcassonne (another World Heritage Site), follows the Canal du Midi to Narbonne, and includes visits to at least 2 golden Mediterranean beaches. From Paris' Charles de Gaulle Airport, the train to Carcassonne takes 6 - 7 hours. The return train trip to Charles de Gaulle Airport from Narbonne requires 5 - 5.5 hours.

Tour Type: Circuit tour

Terrain: Easy, on bike paths with virtually no climbs; mostly off-road cycling on the shaded shore of the canal; some stretches of the path are rugged. Optional rides can add distance and challenge to the tour's itinerary.

Length: 6 days / 6 nights

Distance: Total: 115 miles / 185 km. This includes 66 miles / 106 km of day-trip cycling routes, which are optional.

Highlights:

The technological marvel of a canal constructed in 1680.

The many pont-canals (water bridges) which span the canal to cross intersecting rivers.

The magnificently preserved walled-city of Carcassonne.

The flamencos and the savage beauty of the Mediterranean wetlands south of Narbonne.

The wide, golden sand beaches outside of Narbonne.

Vineyards and opportunities for wine-tastings everywhere.

Days of shaded cycling along the canal's towpath.

Daily Itinerary

Day 1: Arrival in Carcassonne. Spend 2 nights.

Arrive in Carcassonne at the time of your choosing. No activities are scheduled for this day.

Day 2: Free Day in Carcassonne.

During your first full day in Carcassonne, you'll pick-up your bicycle and have the opportunity to take it for a leisurely test ride. In addition, you'll have plenty of time to sight-see, shop, dine and prepare for your next day's departure.

The town of Carcassonne is actually comprised of two villages: La Bastide Saint-Louis, the newer and main part of town; and the Cité, the walled town that has been designated a UNESCO World Heritage site. The Cité dates back to the Romans (200 BC) when it was incorporated into the Roman province of Narbonne. With its two sets of protective walls, 52 towers, sinuous medieval streets, and incredible views of the surrounding countryside the Cité is an unforgettable sight.

La Bastide Saint-Louis, also known as the Lower Town, retains its medieval character but is also a vibrant town full of treasures old and new. The center of activity, the Place Carnot, is a wonderful place to relax in a sidewalk cafe and enjoy the ever-changing scene.

Day 3: Bike from Carcassonne to Homps / Olonzac - 40 km / 25 miles. Spend 1 night.

Today you leave Carcassonne on the towpath of the Canal du Midi, just east of the canal's port. The highlights of today's ride include 8 single locks, 4 double locks, 2 triple locks, 2 canal bridges, and the beautiful spillway across the Argentdouble River. While the canal is no longer used for commercial traffic, it has become popular with pleasure craft. If you get an early start you'll see natives and tourists alike enjoying morning croissant and coffee on board a variety of vessels. Today's destination, Homps, is a tiny port village with a slow, relaxed pace. Should you need more stimulation however, you can explore the busy village of Olonzac, just 3 km away or head to the huge Lac de Jouarrès for a swim.

Following a dip in the pool of your B&B, we recommend hopping back on your bicycle for a visit to the ancient and beautiful village of Minerve, capital of the Cathars. On this optional circuit, you'll leave the level path of the Canal du Midi, climb into the mountains and make your way through the vineyards on a quiet winding road with fantastic vistas. In addition to seeing another side of this region's magnificent natural beauty, you'll have the opportunity to explore Minerve's narrow, winding streets and sites such as the village's Romanesque church containing an altar dating back to 465 AD. Following your easy and fun all-downhill ride back to Homps / Olonzac, you'll have plenty of time to enjoy a relaxing dinner.

Day 4: Bike from Homps / Olonzac to Narbonne - 38 km / 24 miles. Spend 3 nights.

After passing through the lovely medieval villages of Roubia, Paraza, and Le Somail -- all ports along the canal -- you briefly leave the Canal du Midi to follow two other canals to the old Roman capital city of Narbonne. Set in the heart of a countryside rich in vineyards, Narbonne is a typical Mediterranean city with tiny streets, avenues bordered plane trees, and grand buildings the color of blond stone. The lovely Canal de la Robine running through the center of the city adds to the city's Eden-like feel. With its many flowers and flowering trees crowding the banks of the canals, Narbonne is an incredibly beautiful city. Principle sights include the Archbishop's Palace, a palace built in two parts and housing the Museum of Art and History and the Museum of Archeology, and the Cathédrale de St. Just. In the main square that borders the palace a portion of the Via Domitia, the ancient Roman road connecting Spain with the Alps, has been excavated.

Days 5-6: Day Trips from Narbonne to the Mediterranean wetlands and Narbonne's beach.

Your cycling options from your base in Narbonne include:

- A day-trip to the wetlands (shallow, salt-water lagoons) just to the south. A bike path will take you the 22 km from Narbonne to Port-la-Nouvelle on the Mediterranean Sea. This is an area where sea and land, salt and freshwater mix freely creating a unique ecosystem constantly affected by wind and sea currents. This fragile wetland, which supports an incredible variety of flora and fauna, is a major stop for migratory birds and is home to large colonies of pink flamencos. In Port-la-Nouvelle you may take a train (with your bike) for the short return trip to Narbonne, or enjoy the return trip on your bike.
- A day-trip to Narbonne Plage. The ride to the beach is fairly easy with a good portion of it on off-road bicycle paths. On your return to Narbonne however, you'll cycle on-road through the Mountains of the Clape climbing to several magnificent vistas. Parts of this landscape are lush and pine-clad, others rugged and desolate, all reminiscent of a Greek island. On the lower slopes are vineyards, and everywhere there is the scent of Mediterranean sunshine. Your ride atop the mountains affords classic views of the sea; in the distance you can even see the Pyrenees as they tumble down to meet the deep blue of the Mediterranean. The area is crisscrossed by a series of hiking trails, temptation to linger even longer in this unique setting. Total mileage is approximately 42 km / 26 miles.

Rental bikes will be picked up at your hotel in the late afternoon of Day 6.

Tour Price: US \$575.00 per person

Children's Price - Children 16 years or younger traveling with 2 adults: \$250.00 per child.

Discounts are available for parties of 5 or more adults.

The tour price includes:

- Tour Documentation: Route instructions, map, Pre-trip Preparation Guide, On-Road Quick Reference Guide, and Sights Guide.
- Bike Rental for 5 Days: Excellent quality hybrid with handlebar bag, map carrier, cyclometer, water bottle cage, rear rack, lock, repair kit, and helmet. Optional pedal cages.
- Delivery and Pick-up of your Rental Bike
- Daily Baggage Transfers
- English-Speaking Support Staff
- Reservation of your Accommodations
- Shipping and Handling Charges for US customers
- Basic SAG Support: If you choose not to cycle on one or more days due to weather, illness, etc., AND you notify your Diverse Directions support representative in advance so that you and your bikes can be transported along with your luggage, no additional charges will apply.

The tour price does NOT include:

- Hotels: Because you are free to select from a wide range of hotels -- from charming and basic 2-star to 4-star luxury (where available) -- the cost of your hotel accommodations is not bundled into the tour package price. See our Accommodations Options page for the price ranges of each category of hotel. A list of accommodations options for this tour, with website links, is available upon request.
- Meals: You are free to determine your own budget for meals. A wide variety of options are available -- from creating a picnic from provisions obtained at a boulangerie / patisserie, to dining at bistros and restaurants, or taking meals at your hotel (where available.) Please note that breakfasts are NOT included in France hotel rates. However, hotels with restaurants often offer a demi-pension option, which includes the cost of your room, breakfast, and dinner at a reasonable price.
- Transportation from your home to Carcassonne and from Narbonne to your home.
- Personal expenses
- Insurance
- Shipping and Handling Charges for non-US customers. A shipping & handling charge of US \$15.00 will be added to tour package orders outside the US.

For Diverse Directions' payment terms, cancellation policy, and all terms & conditions, please see [Terms & Conditions](#).