



Press Trip
Along the Canal du Midi... by bike
Toulouse-Hérault-Aude
From 1st to 7th of June
FAZ

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<https://www.visit-occitanie.com/de/>

<https://www.instagram.com/voyageoccitanie/>

<https://www.facebook.com/VoyageOccitanie/>

@voyageoccitanie - #voyageoccitanie

www.toulouse-team.com

www.audetourisme.com

www.herault-tourisme.com

Monday, 1st of June

16.20 Arrival at Toulouse-Blagnac Airport

16.45 Taxi pick up from P0, Capitole taxi already booked, head to the reserved area in front of the flags, where the star is located on this capture:

Capitole taxi already booked (company's number +33 5 34 250 250), the driver will send you a text message indicating the model of the

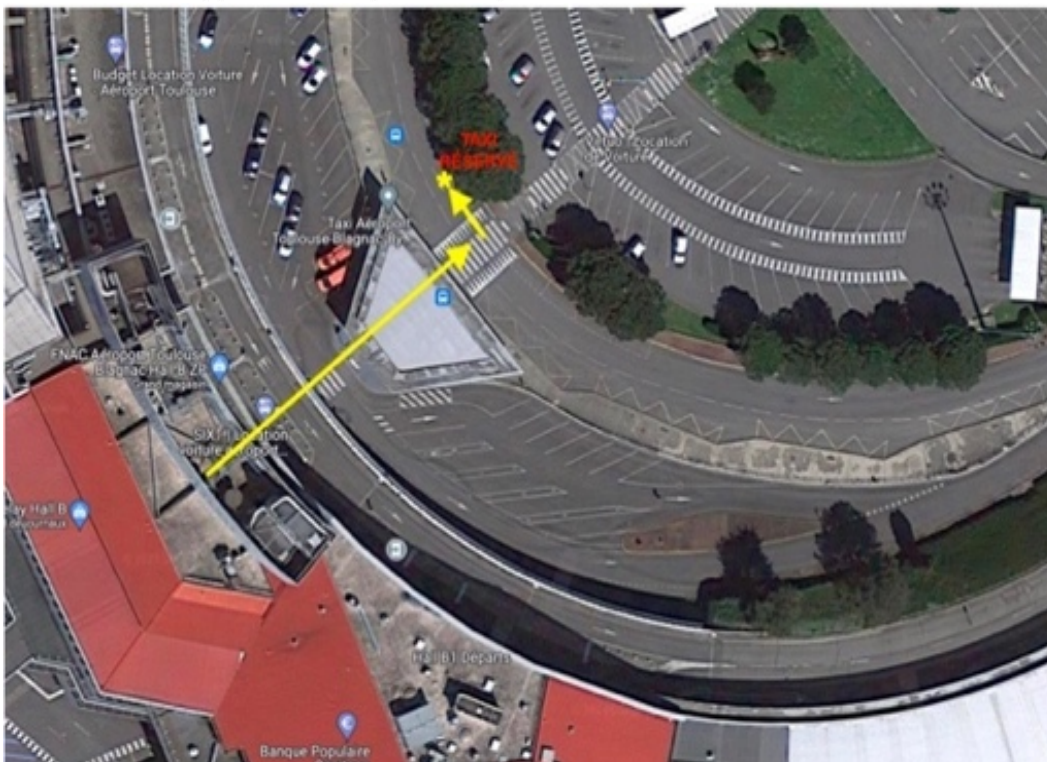


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vehicle
before arriving. The taxi voucher has been scanned and sent to the driver, no paper voucher needed

Check-in at hôtel Albert 1er***

8 Rue Rivals / Tel : +33 5 61 21 17 91 / <https://hotel-albert1.com/>

Located in the heart of the historic centre, the family-run Hotel Toulouse Albert 1er is the ideal place to soak up the charm and vibrancy of the 'Pink City'. Enjoy a unique and memorable experience, whilst making you feel right at home. The hotel is the first to have been awarded the European Ecolabel and offers a unique selection of off-the-beaten-track walking and cycling routes created and curated by "Albert's team", as well as a breakfast featuring locally sourced produce.

Free time to wander or bike around the city

19.45 Diner offered to you at the restaurant MADO

22 Rue des Blanchers, 31000 Toulouse / <https://restaurantmado.fr/>

Located between Place Saint-Pierre and La Daurade, MADO restaurant serves creative bistronomic cuisine, blending Asian influences, Mediterranean cuisine and French gastronomy

> Included: 2-3 dishes to share (or not) + one soft and one alcoholic beverage

Tuesday, 2nd of June

Breakfast at the hotel

9.00 Meeting with Marine, from Toulouse Team, in the hotel lobby and tour of the Victor Hugo Market, also know as “the Belly of Toulouse”, and walk back to the hotel to get your bike**9.25 Bike ride along the canal du Midi to “La Piste des Géants”**

Now regarded as the most attractive city in France, Toulouse is currently experiencing a demographic and economic growth that is largely driven by its aerospace industry. The Piste des Géants is a highly symbolic site, the cradle of Toulouse’s aviation industry, where, as early as 1917, Pierre-Georges Latécoère launched the first air routes that would give rise to the Aéropostale and the great aviation epics of the 20th century. Stretching 1.8 km and now listed as a Historic Monument, this legendary runway — from which the planes of pioneers such as Mermoz and Saint-Exupéry took off — has been transformed into a defining cultural and urban route, linking the Halle de la Machine, L’Envol des Pionniers and the Jardins de la Ligne.

19 minutes bike ride, itinerary [here](#)

10.00 Visit of La Halle de La Machine, meeting with Sonja, Véritable Machiniste, german-speaking

3 Av. de l'Aérodrome de Montaudran, 31400 Toulouse

11.00 Visit of L’Envol des pionniers, meeting with Fabrice Cruz, Mediator on-site (contact +33 6 07 95 73 25)

6 rue Jacqueline Auriol, 31400 Toulouse

Discover the adventure of the French airmail service, the Aeropostale, and visit the place where the great love story between Toulouse and the planes started back in 1918! The workshops where the pioneers built their planes and the historic runway from which they took off are here in Montaudran. Follow the footsteps of Mermoz, Guillaumet, Saint-Exupery and the hundreds of men and women involved in this incredible adventure!

12.30 Meeting in front of the restaurant Le Soulier with Marine from Toulouse Team

3 Pl. Montoulieu, 31000 Toulouse / <https://lesoulier.fr/>

14.00 Meeting with your guide Maëlle Lecomte in front of Toulouse tourist office, Square de Gaulles, for an English-guided tour of Toulouse unmissables**19.45 Diner offered to you at “Le J’Go” – a restaurant and wine bar serving regional Southwest Cuisine**

16 place Victor Hugo - 31000 Toulouse / <http://www.lejgo.com/>

 [lejgotoulouse](#)

Opposite the Victor Hugo market, in a spacious dining room with Gascon décor and a festive atmosphere, this restaurant serves specialities from the South-West and is now a popular meeting place where revellers, winegrowers, rugby players, food lovers and farmers all come together.

> Included: 3 course-meal à la Carte (starter, main, dessert) + one soft and one alcoholic beverage

Wednesday, 3rd of June

Canal du Midi by bike from Castelnaudary to Carcassonne (40 km / 2h30)

After breakfast, head to Matabiau Train Station

10h14 - Departure by train to Castelnaudary > Arrival in Castelnaudary at 10h59

*Pick up your picnic lunch: Chez Félicie
[51 Rue de Dunkerque, 11400 Castelnaudary](#)

Cycling along the Canal du Midi from Castelnaudary to Carcassonne (40 km / 2.5 hours)

Route information:

-Castelnaudary > Bram : 17 km/1h
<https://en.canaldes2mersavelo.com/cycle-route/castelnaudary-bram>

-Bram > Carcassonne : 24km / 1h30
<https://en.canaldes2mersavelo.com/cycle-route/bram-carcassonne>

Arrival in Carcassonne

15h00: Visit of the Peniche Europ'Odysée
[Port du Canal du Midi, 11000 Carcassonne](#)

Check in Hôtel du Pont vieux

18h30: Visit of the médiéval Castel
Meeting with Hélène Noblesse [+33 6 83 27 93 65](tel:+33683279365)
Meet in front of the Porte Narbonnaise, at the entrance to the Cité
[8 Rue Cros Mayrevieille, 11000 Carcassonne](#)

Overnight : Hôtel le Pont Vieux 30, rue Trivalle 11000 Carcassonne
<https://www.hotelpontvieux.com/>

Dinner Restaurant Chez Christine with Sarah
Cité de Carcassonne 4 rue de la Porte d'Aude 11000 Carcassonne

Thursday, 4th of June

From Carcassonne to Le Somail (60 km / 4 hours)

09.30 - Pick up your picnic:

Restaurant Chez Fred

31 Boulevard Omer Sarrault 11000 Carcassonne

<https://www.restaurant-chezfred.fr/>

Suggested spots for a lunch break:

- Marseillette lock: Écluse de l'Aiguille
- La Redorte: near the Épanchoir or Lac de Jouarres: <https://www.grand-carcassonne-tourisme.co.uk/the-destination/the-must-see-and-do-2/the-lac-de-jouarres/>

Route information

-Carcassonne > Marseillette : 22km/1h30

<https://en.canaldes2mersavelo.com/cycle-route/carcassonne-marseillette>

-Marseillette > Homps : 18km /1h15

<https://en.canaldes2mersavelo.com/cycle-route/marseillette-homps>

-Homps >Le Somail : 20km/1h20

<https://en.canaldes2mersavelo.com/cycle-route/the-canal-du-midi-by-bike-homps-le-somail>

Afternoon :

Meet at the **Le Somail Tourist Office**: [168 All. de la Glacière, 11120 Saint-Nazaire-d'Aude](#)

Meet Jenny and take a tour of the hamlet / Bookshop

Dinner Restaurant **L'escale du Somail** : [65 All. de la Glacière, 11120 Saint-Nazaire-d'Aude](#)

Overnight : Bed and breakfast L'itinérante

[18 Rue Paul Riquet, 11120 Ginestas](#) (Le SOMAIL)

<https://www.litinerante.fr/>

Friday, 5th of June

-Somail > Capestang : 26km / 1h45 min

<https://en.canaldes2mersavelo.com/cycle-route/le-somail-capestant>

11h00 : Meet **Dominique SAILLARD (+33 (0)6 52 42 67 37)** at the Tourist Office of Capestang (Quai Elie Amouroux – 34310 Capestang - tel : +33 (0)4 67 37 85 29

- <https://www.tourismecanaldumidi.fr/de/entdecken-sie/doerfer/capestant/>).

Visit the Collégiate church of Saint-Etienne.

Like a lighthouse amidst the vines, the collegiate church can be seen from afar. Its enormous proportions intrigue the traveller, and in itself is a summary of the history of the area. A fine example of southern Gothic architecture, it is attributed to Jacques Fauran, architect of the 2nd campaign of the cathedral of St Just in Narbonne.

The collegiate church is open to the public all year round, with guided tours to the bell tower terraces in season, to admire the incredible view from 43 metres up.

Dominique will take you back to the tourist office to meet **Janice Blesch**.

12h00 : lunch in the restaurant **La Batelière**, quai Elie Amouroux (<https://www.labateliere-capestang.fr/>), with **Janice**.

Set menu: starter - main course - dessert + 1 glass of wine + 1 coffee

-Capestang>Colombiers : 12km/45min

15h30 : meeting at the Tourist Office La Domitienne (Maison du Malpas) with Anaïs Salle-Sazarin Guide conférencière / (+33) 06.46.40.61.87

With another guide (german-speaking) Anaïs will accompany you until 7.00 pm

Someone will bring you by car to the Oppidum of Enserune.

16h00 : guided tour of **the Oppidum of Ensérune and its Museum** - <https://www.canal-du-midi.com/en/explore/along-the-waters/carcassonne-to-beziers/colombier-malpas-montady-enserune/>

<https://www.tourismeendomitienne.com/halte-du-malpas>

After the visit, someone will pick you up at Enserune to take you back to Malpas.

Evening in Colombiers (<https://www.herault-tourisme.com/fr/decouvrir/villes-et-villages-dans-herault/colombiers/>)

Check-in at guest-house **Les Acacias** – 10 rue des Acacias – 34440 Colombiers – Tel : +33 (0)6 10 65 54 66 - <https://www.tourismeendomitienne.com/annuaire/les-acacias>

From 18h30 : Take part at the **"Bacchanales"** organized by the Tourist Office and the IGP of the Côteaux d'Ensérune. <https://www.tourismeendomitienne.com/annuaire/les-bacchanales-2026-port-de-colombiers>

Anaïs Salle-Sazarin - 06.46.40.61.87 / Mélanie Sorini et Romain Combes will stay with you during the Evening. Meal booked at the Food truck there

Saturday, 6th of June

From Colombiers to Sète: 60km / 3h30

Route information

-Colombiers > Béziers : 6km / 25 min

Around 09h/09h15, departure for Béziers.

Arrival at the 9 locks of Fonseranes **around 9h30/10h**. Meeting with the guide **Maxime (+33 (0)6 75 62 27 69)** at the Tourist Office situated next to the Fonseranes' locks.

Visit the site of the 9 locks of Fonseranes, followed by the Saint-Nazaire cathedral, the Paul Riquet walkways and the covered market. <https://www.canal-du-midi.com/en/explore/stopover-towns/beziers/>.

Guided tour by bike.

Lunch with Maxime in the covered market (12h15-13h15).

From Béziers to Sète, with a stopover in Agde

Béziers > Sète : 51km/3h

Béziers > Agde : <https://en.canaldes2mersavelo.com/cycle-route/beziers-agde>

Agde > Sète : <https://en.canaldes2mersavelo.com/cycle-route/agde-sete>

13h30 : Leave Béziers for Agde

15h30/16h : visite the **Château Laurens** -<https://www.capdagde.com/fiche-sit/chateau-laurens-de/>

Guided tour of the castle in English with Milena Perraud.

Do not hesitate to keep her informed in case of delay: +33 6 10 39 17 55

milena.perraud@ville-agde.fr

17h : Departure from Agde and continuation of the bike ride towards Sète <https://www.canal-du-midi.com/en/explore/stopover-towns/sete/>

18h00 : arrival in Sète, and check-in at **Georges Hostel & Café** (8 rue Gabriel Péri - 34200 Sète - Tel : +33 (0)4 67 19 39 30 - <https://georghostel.com/>)

19h30 : Dinner on your own at the **Monte Christo Restaurant** (31 quai Général Durand – 34200 Sète - <https://lemontechristo.com/>). Reservation made in your name by the Tourist Office. €35 set menu, including one glass of wine. Additional items will be at your expense.

Sunday, 7th of June

Matin : pas de visite guidée - Halles de Sète (incontournable, à voir absolument)
Déjeuner et fin de programme

09h50 : Meeting place Léon Blum (place du Pouffre) with Danielle Dumontel for a public guided tour (in French?? **Oui mais Danielle parle anglais, s'il a des questions**) of the **MaCO** (street-art open air Museum) on the occasion of the K-LIVE festival.

Visit the covered market on your own

Lunch in the restaurant **Halles & Manger** inside the covered market.

Réservé au nom de l'Office de Tourisme

Formule découverte avec boisson

After lunch, departure by train to Nimes.