

# «CANAL DU MIDI» TOUR



**AUGUST 12 TO 17**  
6 DAYS / 206 KM



**ROWING LEVEL**

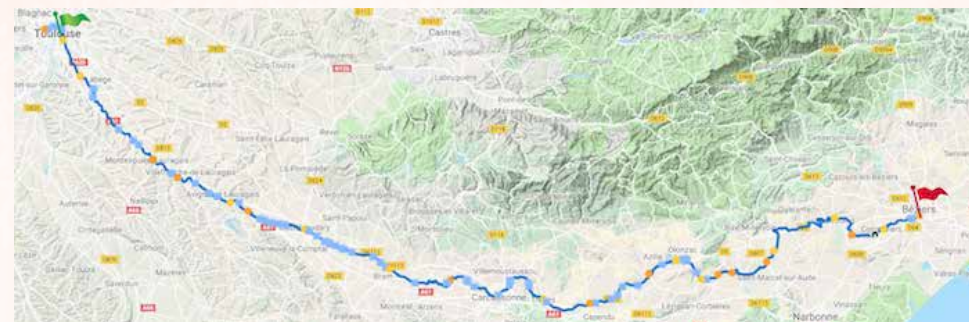
## ROUTE

The tour goes through the departments of Haute Garonne (le Lauragais), Aude (Carcassonné, Minervois) and Hérault (Biterrois) on a single navigable way, the Canal du Midi, which was listed a UNESCO world heritage site in 1996. You will enjoy a shady atmosphere along a 3-century old building, far from any modern noise. You will cross each lock in a wagon and share meals on the river banks under the centenarian trees.



## SIGHTSEEING

Each step of the way you will marvel at the rich southern smells and the warm welcome of the inhabitants. You will also enjoy the medieval city of Carcassonne, one of the world-famous fortified cities where you will stay for four nights. You will discover an unrivalled citadel, both in size and condition. The local gastronomy will also amaze you with dishes such as Castelnaudary Cassoulet, bull stew, cuttlefish in garlic sauce... with local wines of course. The internationalization of the tour will also help you improve your foreign languages: German, English, Portuguese, Italian, Spanish, Dutch and Afrikaner.



## PRATICAL INFORMATION



**TOUR DURATION**  
6 days – August 12 to 17, 2019



**TOUR PLACE**  
«Canal du Midi»



**BOATS**  
Recreational double scull, recreational four-person sculling boats



**FEES**  
**480 €** : with accommodation, 5 nights and 11 meals included  
**120 €** : without accommodation, 1 meal included  
Bike rental : 42€  
Cart rental : 40€



**FOR COMPANIONS**  
Identical fees



**SEAT RENTAL**  
72 seats available, 12 €



**SAFETY**  
Supervision : 25 people  
Your safety is insured from the riverbanks :  
1 following bike/boat and 8 bikes from the organisation



**PROVISIONAL PLANNING**  
**Day 1** : Morning : 22,8 km from Toulouse to Ayguesvives - Afternoon : 21,8 km from Ayguesvives to Port Lauragais  
**Day 2** : Morning : 14,7 km from Port-Lauragais to Castelnaudary - Afternoon : 16,6 km from Castelnaudary to Bram  
**Day 3** : Morning : 24,5 km from Bram to Carcassonne - Afternoon : 12,7 km from Carcassonne to Trèbes  
**Day 4** : Morning : 21,5 km from Trèbes to La Redorte - Afternoon : 21,4 km from La Redorte to Ventenac  
**Day 5** : Morning : 27,4 km from Ventenac to Capestang - Afternoon : 18,2 km from Capestang to Béziers  
**Day 6** : Morning : 5km to Béziers

## CONTACT



**André PERROT**  
**TOULOUSE PIERRE PAUL RIQUET**  
0670813374  
arm.perrot@orange.fr  
www.rallye-canaldumidi.org



**PARA-ROWING**  
**André PERROT**

## TO ENLIVEN YOUR STAY



**Haute Garonne Tourist Office**  
Phone : 0561994400  
bienvenue@cdt-haute-garonne.com  
www.hautegaronnentourisme.com

**Aude Tourist Office**  
Phone : 0468116600  
cdt.aude.payscotliere@wanadoo.fr  
www.audetourisme.com

**Toulouse Tourist Office**  
Phone : 0561110222  
infos@ot-toulouse.fr  
www.toulouse-tourisme.com

**Hérault Tourist Office**  
cdt@cdt-herault.fr  
www.office-de-tourisme.net/34-Herault

**Béziers Tourist Office**  
Phone : 0467764700  
accueil.tourisme@beziers-mediterranee.com  
www.beziers-in-mediterranee.com