

CYCLING THE CANAL DU MIDI

INFORMATION

The Canal du Midi in France's sunny southern Languedoc is a UNESCO world heritage site. Its 240km route meanders through lush, beautiful countryside rich in history and culture, linking Toulouse and Sète. It is perfect cycling country with flat, car-free paths for a comfortable pedal as well as access to tougher excursions in the nearby hills and mountains.

When he started building the canal in 1666, Pierre Paul Riquet had a vision of linking the economies of the Atlantic and Mediterranean coasts. In the process he also created one of the world's most picturesque waterways. The prosperity the region enjoyed is reflected in the grand homes, houses and chateaux that grace the water's edge.

The route, which tunnels through hillsides, and crosses rivers and tracks, also represents a considerable feat of engineering.

- Includes excursions to Cathar strongholds, the canal's water source in the Montagne Noire and the lagoons and marshes in the Aude and Orb delta
- With practical information on accommodation, cycle shops, markets and local festivals.

AREA MAP

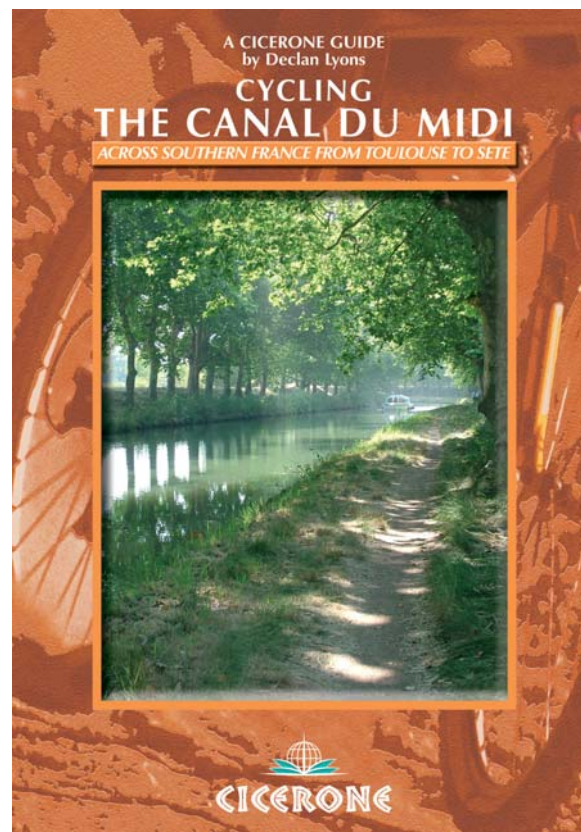


THE AUTHOR

Declan Lyons brings a lifelong passion for cycling and touring to this guide. As a teenager in the 1960s, he explored the wilds of Connemara on a rusty three-speed Rudge bicycle. Since then, he has toured extensively in Ireland and further afield. He has cycled throughout France including regular trips from the Channel to the Mediterranean. Declan now lives next to the Canal du Midi, where he has spent the past decade exploring its history, culture and wildlife – accompanied by his wife, son and fellow bike enthusiasts.

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KEY MARKETING POINTS

- Details the main canal (240km) and its Narbonne extension (37km).
- Easily accessible and hugely attractive for cyclists of most abilities.

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