

CYCLING THE CANAL DU MIDI

Across Southern France from Toulouse to Sete

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This guidebook describes a cycling route along the Canal du Midi in France's sunny southern Languedoc. The 240km route mainly along the towpath meanders through beautiful countryside rich in history and culture, linking Toulouse with Sète on the Mediterranean coast.

The guide is written for those who want to explore the canal and visit the main attractions along the way. The route is presented in five stages, with lots of optional detours to sites of interest near the canal, as well as six longer excursions. It could be completed in a week by reasonably fit cyclists.

Begun in 1666 the Canal du Midi is one of the world's most picturesque waterways and a World Heritage Site. The canal itself is a considerable feat of engineering, and the prosperity the region enjoyed is reflected in the grand homes and chateaux that grace the water's edge.

The guide offers detailed route descriptions and mapping for each stage, alongside a comprehensive index to accommodation along the route. Incorporates excursions to Cathar strongholds, including Carcassonne, and to Narbonne, Vendres lagoon and the Portiragnes marshes.

Key marketing points

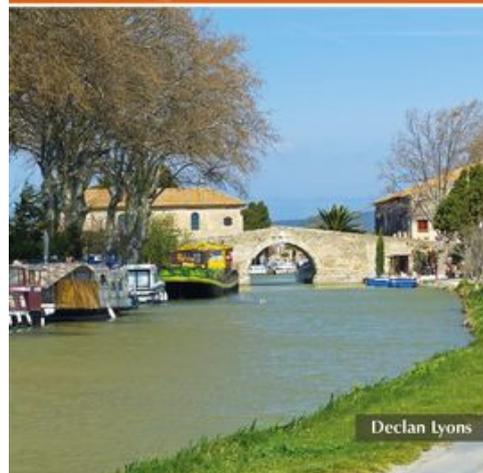
- Details the main canal (240km) as well as excursions
- Easily accessible and hugely attractive for cyclists of most abilities

About 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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