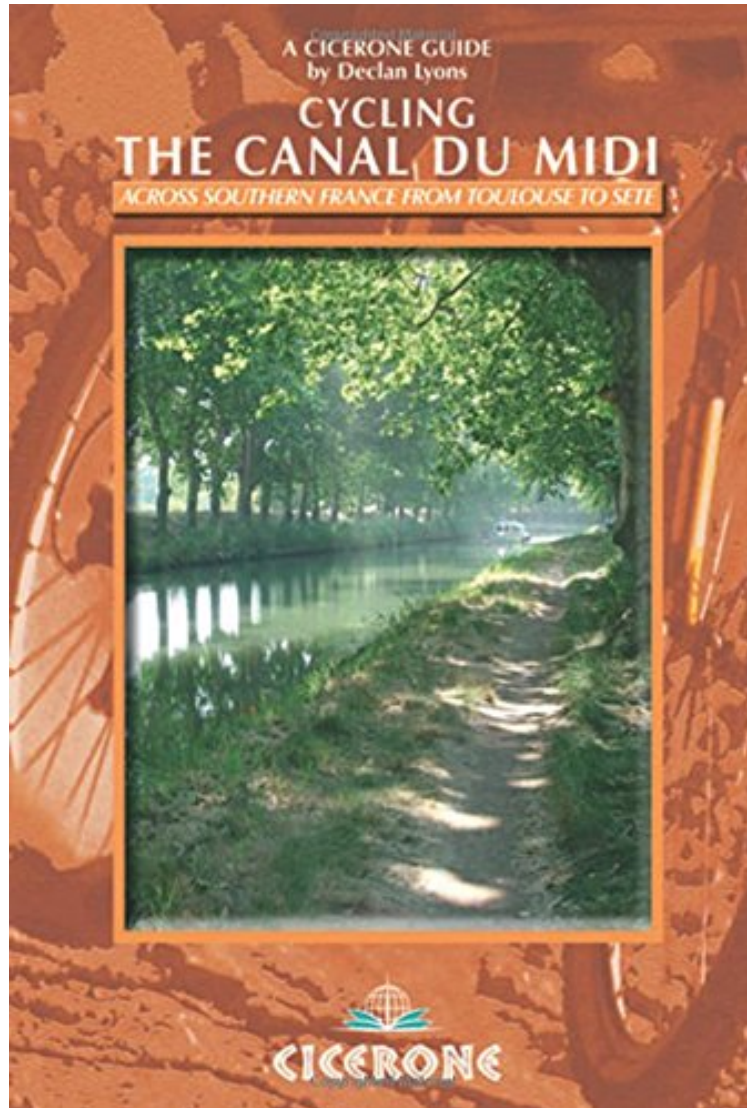


[PDF] Cycling the Canal du Midi (Cicerone Guides)

## Cycling the Canal du Midi (Cicerone Guides)

*Declan Lyons*

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**Declan Lyons : Cycling the Canal du Midi (Cicerone Guides)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cycling the Canal du Midi (Cicerone Guides):

3 of 3 people found the following review helpful. This is an excellent guidebook By Bertman We purchased this book to use on our 10 day Canal du Midi cruise from Carcassone to Beziers and back to Narbonne. Our crew of 6 kept referring to this book above all others for details on each town we passed. So it's great for cycling tips, but also includes very interesting information about the history of towns along the canal. We especially loved the suggested excursion from Homps to Minerve. That alone was worth the cost of the book. Be forewarned, if you try that ride the

section from Azuilnet to Minerve is steep and probably beyond the reach of most casual riders, especially while riding those heavy, doggy LeBoat rental bikes. But the directions were perfect and we would have never known about those towns if it hadn't been for this book. On that ride, we discovered 6 very interesting towns and spectacular scenery. We bought a few books about the canal, but this was by far the best. 2 of 2 people found the following review helpful. Perfect companion for our 2-week cycle jaunt

By W. Spencer  
We used this book extensively on our April 2012 cycle from Toulouse to Perpignan. V helpful info on path condition, and history of sights along the way. Just the right level of detail, and the right size and weight for a cycle tour. The accommodations listing was useful, but we supplemented this (not enough listings, we found) with the 7 euro French guide from the Toulouse Cycle association. Really liked the info on side trips. We followed two, including a trip to Minerve which we really enjoyed. Side trips give you some hilly challenge after the flat of the canal. A must-carry-with-you for any English speaking cyclists headed east from Toulouse.

Now, how about a similar guide for the Canal du Garonne, west from Toulouse? 1 of 1 people found the following review helpful. Must have trip companion

By Carl Bergemann  
Cycling the Canal du Midi will be an unforgettable life experience. However, the central part of the journey can be a bit tricky due to physical conditions on the path. There are also many worthwhile sites and experiences that you will likely miss unless you have this guide. We based in Toulouse, taking our bikes to Sete by train and then returning by bike on the canal. For us, a three day day bike trip with a simple back pack containing a toothbrush and set of civies. Great BnBs Along the way, always English speaking. Just do it!

A guidebook to cycle touring along the Canal du Midi in the sunny Languedoc region of southern France. The 240km main canal route, and the 37km Narbonne extension are described. Information is also given on short detours to sights close to the canal, and longer excursions into the surrounding countryside. Those planning a week-long cycling holiday should concentrate on the main canal and some of the short detours. Reasonably fit cyclists should be able to complete the canal and the excursions in two weeks. A stage-planning table is also included to make it easy to work out a different schedule to suit a particular timescale and ability. For each stage a route description with sketch map is included, together with details of terrain, availability of shade, ascent or descent made, maps needed, historical points of interest and information about places passed en route. 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