

Midi

be seduced by the South



Cruising Suggestions

1 WEEK - RETURN TRIP

■ *Castelnaudary/Toulouse*

Canal du Midi

Stretch your legs at **Mas-Saintes-Puelles** and enjoy splendid views over the Lauragais region. Cruising past colourful fields, the towns of **Port Lauragais**, **Naurouze** and **Villefranche** are a short cycle away. Built in red brick, the beautiful city of **Toulouse** is home to the St. Sernin Basilica, the largest Romanesque church in the world.

130 km • 48 locks • 26 hr round trip cruising time

■ *Castelnaudary/Argens*

Canal du Midi

Wander round Europe's largest and best preserved medieval fortress, the city of **Carcassonne**. **Homps** is home to several wine producers that are well worth a visit. Delight in the superb view from the 14th century castle that dominates the canal at **Argens Minervois**.

172 km • 102 locks • 46 hr round trip cruising time

■ *Port-Cassafières/Narbonne*

Canal du Midi - Canal de la Robine

The **Fonserannes** Staircase lock system gives you stunning views over the Orb Valley. Enjoy wines at the 400-year-old vineyard next to the **Guery** aqueduct. Pick up a rare edition or bestseller from the second hand bookshop at **Le Somail**. Entering **Narbonne** is quite spectacular as the canal passes under the Merchant's Bridge, one of the few left in France lined with houses.

128 km • 46 locks • 27 hr round trip cruising time



Europe's oldest waterway is unique due to its sheer size and the cleverness of its design. The canal stands as testament to French architect, Pierre Paul Riquet, and is a joy to navigate. Listed as a UNESCO world heritage site, the Canal du Midi transports you from the sun-drenched hillsides of Minervois to the vineyards of Aude and Cather and the pristine beaches of the Mediterranean. Pass through the peaceful Etang de Thau, a huge salt water lake lined with pretty fishing ports and inviting waterfront restaurants. Spot wild flamingos wading on the salt plains as you glide by!



Flavours of the region

Port-Cassafières/ Aigues-Mortes

Canal du Midi - Canal du Rhône à Sète

Walk a short distance from **Port Cassafières** to relax beside the Mediterranean Sea. Take a guided tour of the Noilly Prat vermouth cellars at **Marseillan**. Discover the comic strip museum at **Palavas-les-Flots** and the Henri Prades archaeological museum at **Lattes**. The striking Tower of Constance welcomes you as you moor at **Aigues-Mortes**.

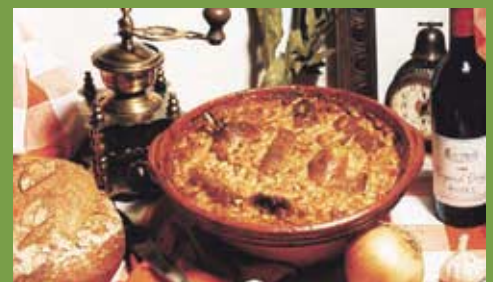
168 km • 2 locks • 27 hr round trip cruising time

Castelnaudary/ Port-Cassafières OR VICE-VERSA

Canal du Midi

Known as La Cite, **Carcassonne** is an extraordinary fortified town. Enjoy cycle trails at **Trèbes**. Stock up on local vintages at **Marseillette's** co-operative. **Lezignan-Corbières** is the capital of the corbières wine region; visit the town's museum of Vine and Wine to learn more. Walk through the stunning public gardens at **Béziers**.

157 km • 64 locks • 35 hr one way cruising time



Taste a Cassoulet in its hometown of Castelnaudary! A rich, hearty stew, it is made from succulent meats, tasty white beans and vegetables all cooked in special earthenware dishes. Seafood can be enjoyed in abundance at the Etang de Thau. Delicious oysters and mussels go down very well with a chilled glass of wine from Béziers.