

A guide 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.

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