

02

From the Canal du Midi to Castelnaudary

65 km | 4h30

Departure along the legendary Canal du Midi, a UNESCO World Heritage site. This water ribbon bordered by plane trees unfolds a peaceful landscape between locks, stone bridges and sleeping villages. On the way to Castelnaudary, the countryside unfolds gently, between vineyards, hills and forgotten chapels.



02

A night in Domaine de Lanis

65 km | 4h30

Upon arriving in Castelnaudary, pause for the night at Domaine de Lanis. Tucked away in the heart of the countryside, this secluded retreat offers a serene interlude amid fields and cypress trees. A former family estate thoughtfully restored, it promises quiet comfort, understated hospitality, and a moment of stillness before the journey continues.

