



# BICYCLE GUIDE

HOTEL  
LA PRISON





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# Hotel La Prison welcomes you ...

... in this magnificent region of the Languedoc, where sun, nature and culture come together to create an unforgettable experience!

Discover the Biterrois region by bike: follow the tranquil course of the River Orb, pedal along the Canal du Midi in pursuit of the Mediterranean beaches, explore the vineyards of our countryside!

So many adventures for those who love freedom on 2 wheels!  
Rich in history and full of life, our terroir is just waiting for you.

On the way to your destination, our hotel will provide you with a well-deserved break.





# How to get to the hotel

Our hotel is located at 1 place des Albigeois, in the heart of the historic centre of Béziers, a 10-minute walk from the town centre, 15 minutes from the train station and 5 minutes by car from Béziers Cap d'Agde airport.

If you arrive in Béziers from the Canal du Midi, we invite you to take the magnificent "Liaison douce" walkway linking the Pont Vieux, where you can admire a postcard-perfect view of Béziers, to the upper part of the town. You'll need to take 3 lifts to get to us.

At the hotel, ask our receptionists who will be delighted to welcome you and guide you with your bikes.

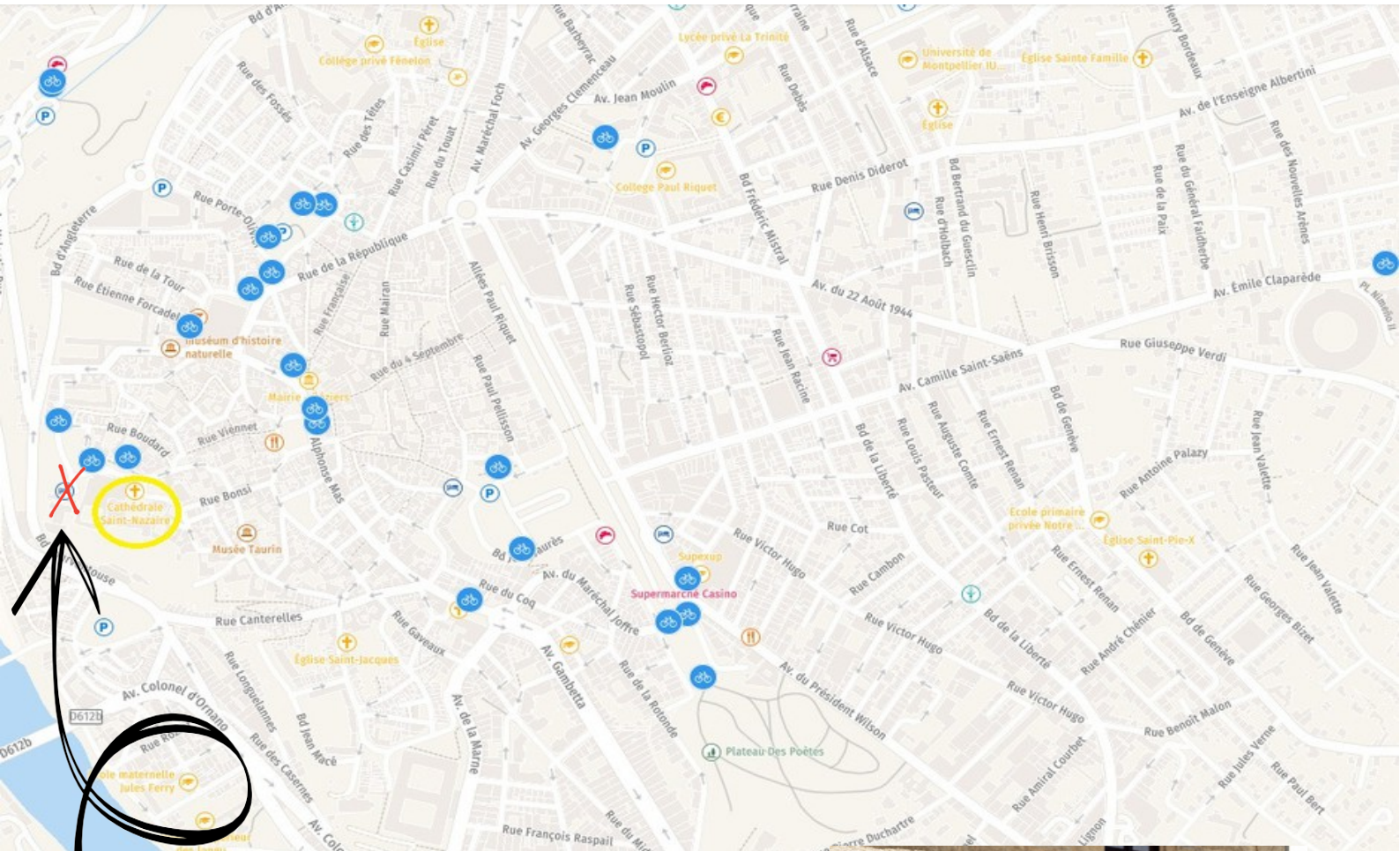
Please note that our hotel is fully equipped to meet your bicycle parking needs. We understand the importance of keeping your bike secure, which is why we have set up special facilities for you. We have a secure room where you can recharge your electric bikes...



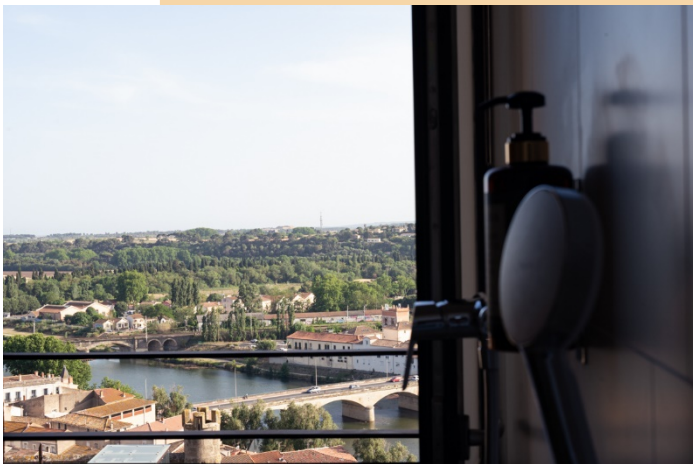


# Bicycle parking in Béziers

The town of Béziers has many parking points for your bicycles, marked on the map with this symbol:



This is us!





# Cycling itinerary

## The Canal des 2 Mers

*From the Atlantic to the Mediterranean by bike...*

From Royan to Sète, a superb cycle route of over 700 km links the Atlantic to the mediterranean: the Canal des 2 mers by bike. This exceptional route crosses the south-west of France, taking in such jewels as Bordeaux, Moissac, Toulouse, the Canal du Midi, the Minervois and Carcassonne. You can cycle all or part of it, at the weekend or on holiday, with friends or family, and always at your own pace.

There are 5 routes:

From Royan to Bordeaux 151km

From Bordeaux to Agen 154 km

From Agen to Toulouse 127 km

From Toulouse to Carcassonne.

And then from Carcassonne to Béziers, then on to Sète!

Before setting off, we recommend that you find out all about the different routes and their levels of difficulty. There are many detailed guides to help you on your journey.





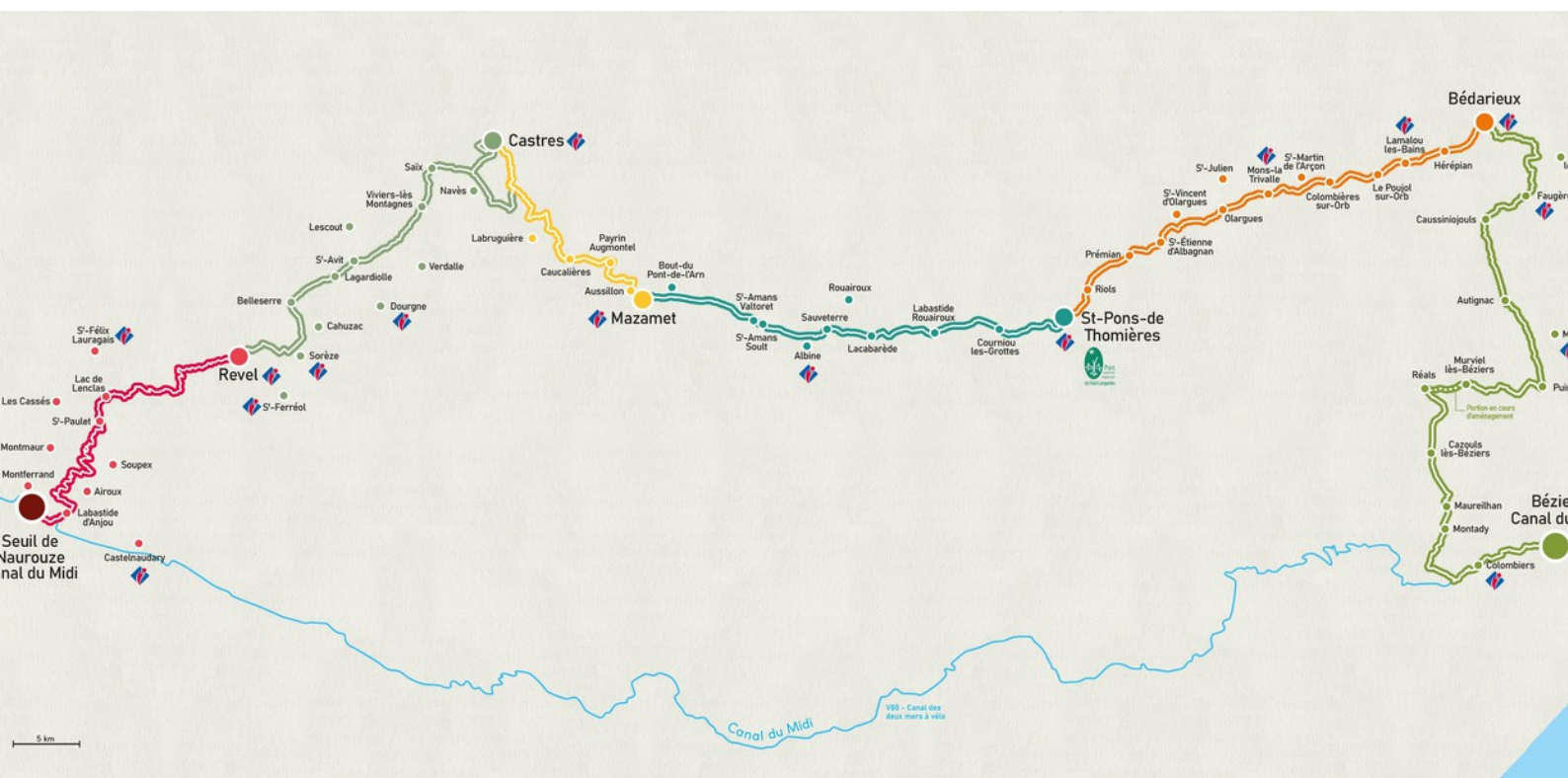
# The Véloccitanie

*An itinerary of small pleasures...*

This new cycle route links the Canal du Midi, the farmlands of the Lauragais region, the landscapes of the Haut-Languedoc Regional Nature Park (vineyards, cliffs, forests, rivers, meadows...) and, via the PassaPaïs, the wine-growing plains of many of Hérault's famous appellations.

When all is said and done, you'll be cycling more than 200 kilometres from the Seuil de Naurouze to Béziers, discovering a wide variety of natural and cultural heritage - enough to give you a breath of fresh air on two wheels.

Look out for the simple pleasures to be shared along the way, depending on what you feel like doing at the time





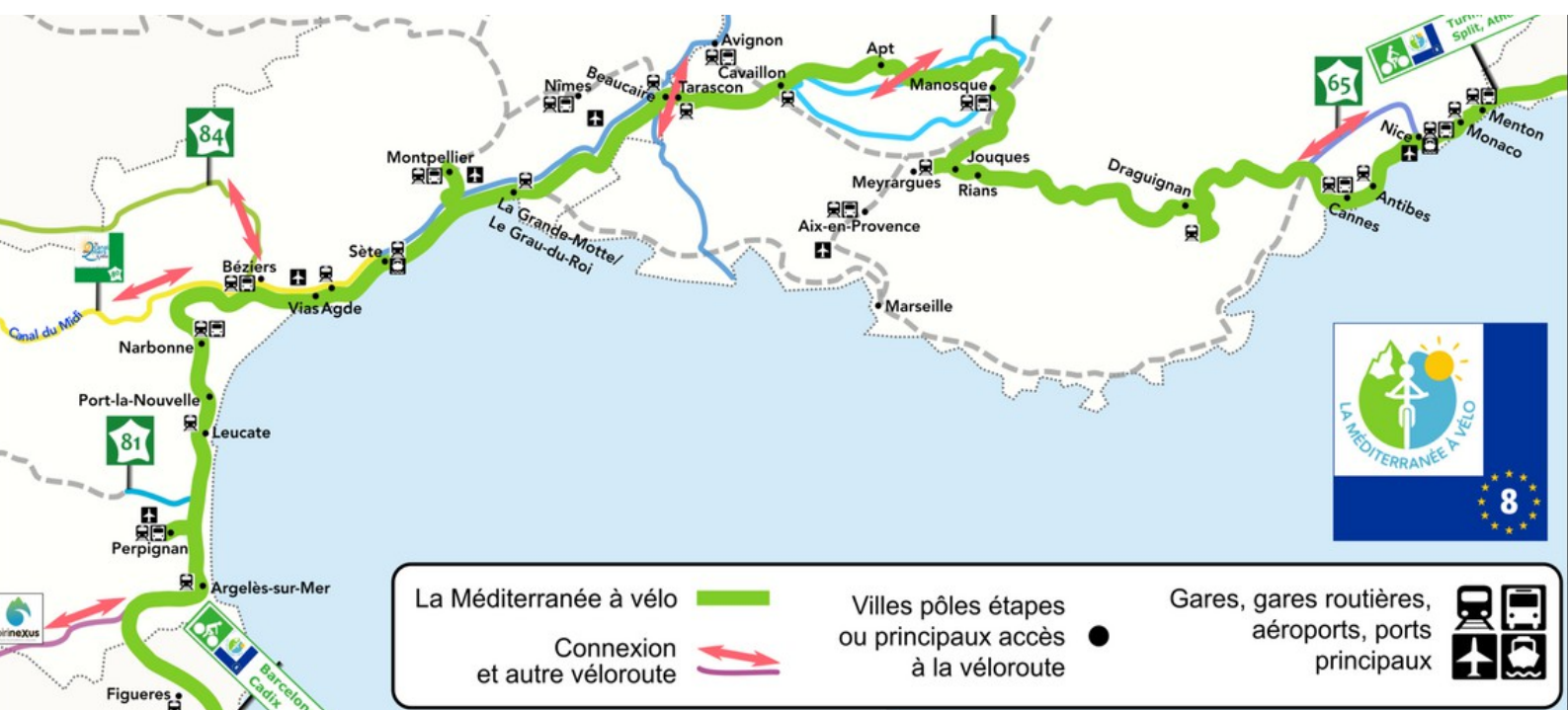
# The Mediterranean by bike

*A unique experience to enjoy the South of France...*

Linking the Pyrenees to the Alps and Spain to Italy via the back roads of France is the ambition of La Méditerranée à vélo.

The French section of EuroVelo 8, La Méditerranée à vélo first climbs the Pyrenees via a section of the Catalan Pirinexus route.

This cycle route is a new way of discovering the Mediterranean arc at your own pace. Combining the sea, mountains, lakes, marshes, canals and a sublime heritage, a legacy of the Roman Empire common to the Mediterranean rim, the promise of this beautiful route is to link Le Perthus to Menton on an 850km adventure bike route.





# Ideas for walks

*A few ideas for walks around our beautiful town of Béziers*

- A walk along the Béziers vineyards

This is a beautiful scenic route, discovering sun-drenched wine producing villages perched on hilltops, nestling in valleys or clustered around châteaux.

There are plenty of vineyards, but almond and olive trees also line the small, pleasant roads along the route. You can make a diversion to the beautiful church of Notre-Dame des Pins, near Espondeilhan.

## INFOS PRATIQUES



Cyclotouriste



MAGALAS



Boucle



22.3km



2h



Très facile



01h30



Très facile



+ 186m

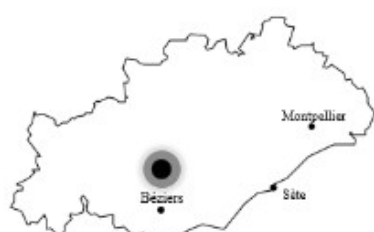
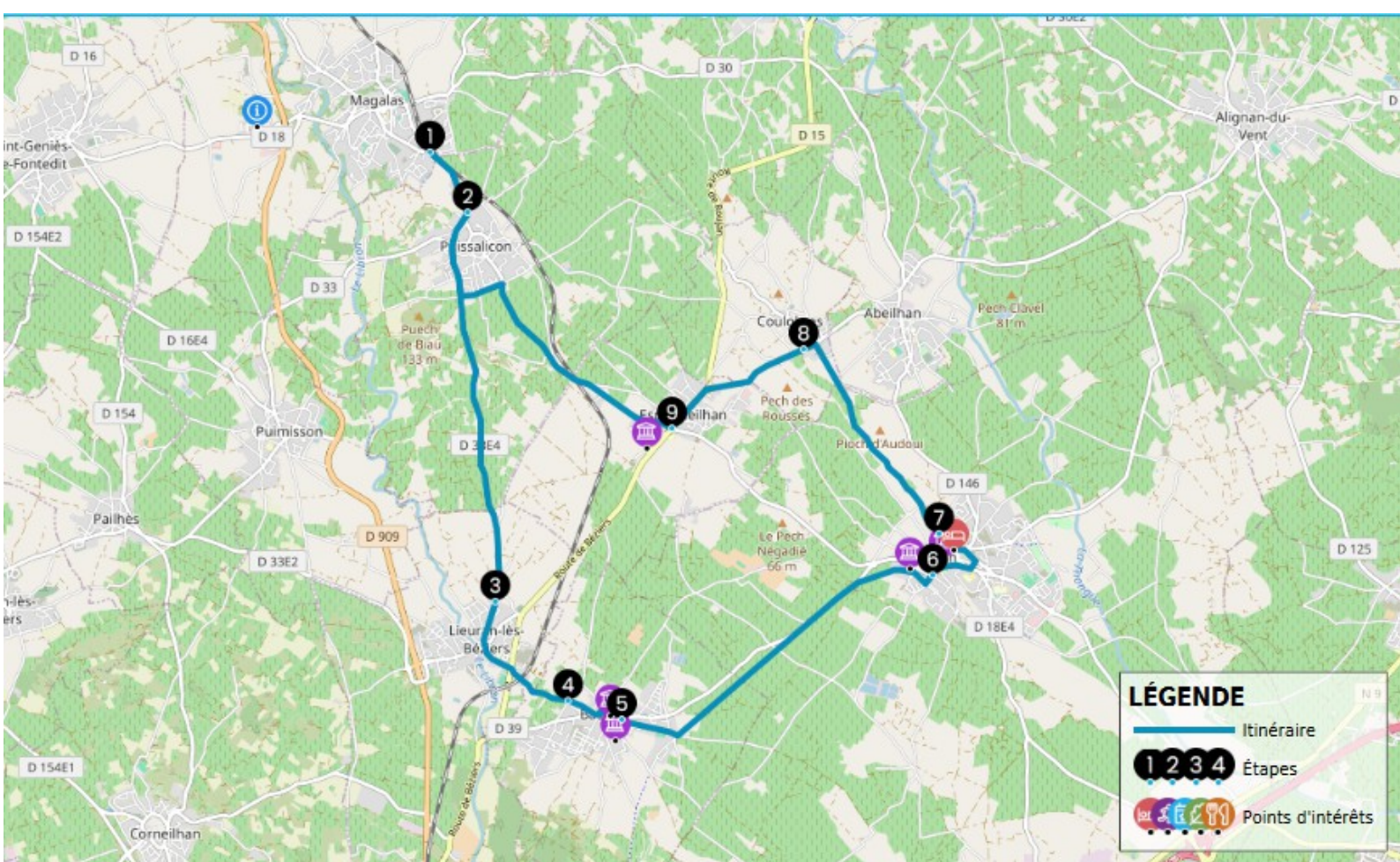


- 186m



Balissage :

Labels : Hérault Vélo





- A walk along the Orb valley

The route begins in the hills of the Haut-Languedoc, as far as Berlou, before following the course of the Orb and its picturesque valley. A veritable jewel of the Haut-Languedoc, it winds its way through evergreen oaks, vineyards and olive groves, wine-growing plains at the foot of the Caroux and reveals the remarkable architecture of its villages and market towns, which tell us a great deal about the history of this region.

From Vioussan to Cessenon, you'll discover the deepest part of the river and its steep gorges, shaped by nature over thousands of years..

## INFOS PRATIQUES



Cyclotouriste



CESSENON-SUR-ORB



Boucle



42.6km



3h 30 min



Facile



03h00



Très facile



+ 513m

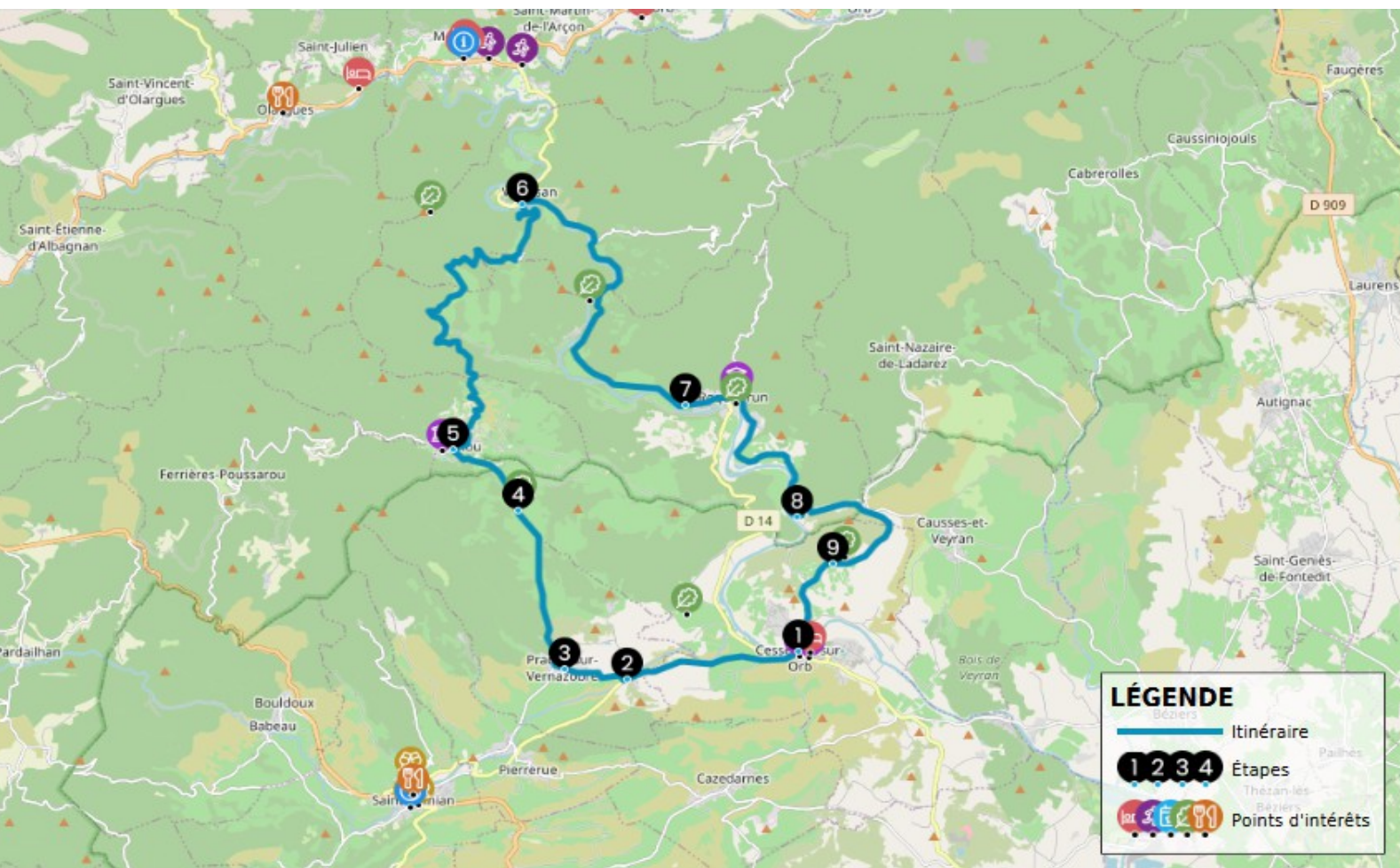


- 513m



Balissage :

Labels : Hérault Vélo






## INFOS PRATIQUES


- A walk south of the Canal du Midi


This magnificent 27km itinerary is a real compendium of the best that nature and heritage have to offer in the region.


Just listen on your bike, you'll discover the wonders of the Canal du Midi, the 9 locks at Fonseranes, the Orb bridge-canal, the Malpas tunnel, the port of Colombiers, the Vendres lake...

And if you're feeling brave, you can also try climbing up to the Ensérune oppidum and overlooking the surprising dry pond at Montady.

 Cyclotouriste

 BEZIERS


 Boucle

 27.3km

 2h 30 min

★★★★★ Facile

★★★★★  Très facile

 + 285m

 - 285m

Balisage : 





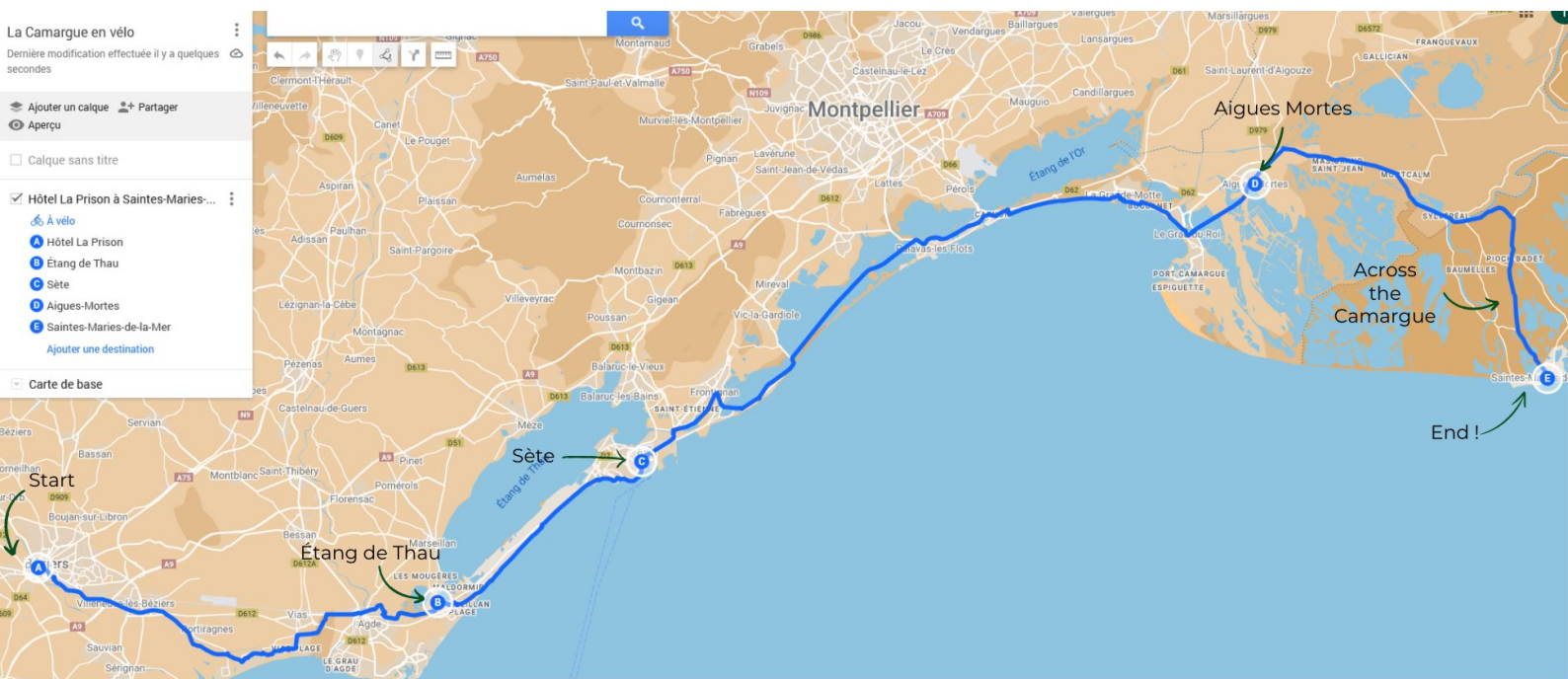
- From the Camargue to the Canal du Midi

This itinerary will take you on a cycling tour of the Camargue along the Mediterranean coast.

The Camargue, a land of contrasts and diversity, offers a unique harmony between its vast salt marshes, lush green rice fields and stretches of coastal dunes. This emblematic region of France also boasts a wealth of wildlife, with white Camargue horses and pink flamingos living in perfect harmony...

Departing from our hotel, you'll follow the Canal du Midi to Portiragnes, where you'll pass through Vias and the Roman town of Agde, before continuing to Marseillan, where you can take a short diversion to admire the Etang de Thau. Then, between the lake and the sea, continue to Sète. You might even catch a glimpse of the famous jousting matches or try a tielle Sétoise!

The second part of the route continues to waver between the Mediterranean and the lakes as far as Aigues Mortes, then enters the Bouches du Rhône to cross the magnificent Camargue as far as Saintes Maries de la Mer.





# Producers, craftsmen - Bicycle home

In and around Béziers, you'll find many tourism professionals with the "Accueil vélos" label.

We've listed a few for you to enjoy!

- **Nootka Microbrasserie** craftsman in Villeneuve Les Béziers
- **Chateau de Raissac** in Béziers, you can taste cuvées from 11 different grape varieties, as well as a selection of regional products.
- **Restaurant Le 9** in Béziers, you can enjoy an unmissable view of Écluse de Béziers
- **Le Mas du Canti** seafood tasting in Mèze
- **La vinothèque de la maison Cantonnière** in Capestang boutique selection of wines from several appellations
- **Maison Noilly Prat** in Marseillan, tasting and cellar tour
- **La Maison des Orpellières** in Béziers

And many other professionals to discover here:

<https://www.herault-tourisme.com/fr/activites/dans-la-nature/velo-herault/accueil-velo/>





# Bicycle professionals

If you're looking to hire bikes, we've got just what you need!



- RENTAL :

*Paulette Béziers* : bike rental and luggage transport  
83 Avenue du Président Wilson, 34500 Béziers  
05 61 53 29 06

*Loue 1 vélo*

06 73 05 06 09 sur RDV  
Access point in Béziers on contact or in Vias, 500m from the Canal du Midi

- ORGANIZER :

*Relax Bike Tour*: offers bike tours along the Canal du Midi, daily luggage transfers and bike rentals.

Allées Paul Riquet, 34500 Béziers  
[relaxbeziers@gmail.com](mailto:relaxbeziers@gmail.com)

- REPAIR :

*Repair and Run*

12 allées Paul Riquet 34500 Béziers  
04 67 94 30 34

*Mondo Vélo*

Repair and sale of accessories  
39, rue de l'Industrie, 34500 Béziers  
04 99 41 56 44





# Getting around by bike

## By train:

On TER (regional trains), you can take your unmounted bike on board free of charge and without reservation, subject to availability.

On TGV, Intercités and OUIGO trains, some lines offer paying spaces for unmounted bikes, but a reservation is required. If this service is not available, you must dismantle your bike and put it in a cover.

Transporting a dismantled bike - bag: for lines without bike racks, you must store your bike in a bag measuring no more than 90x120cm (at no extra charge).

Please note: Special features during the summer: during the summer period, some regions and lines set up reservation systems, even on TER trains.

## Price:

Intercités with unmounted bike stands cost varies between €5 and €10 depending on the line.

TGV line: some lines accept bicycles on board in special spaces. This service is subject to a charge (€10) and is only available by reservation. TER line: most TER lines allow you to take your bike with you free of charge, subject to availability.



## By bus:

Only folding bicycles are accepted on BEEMOB buses in the conurbation.

On certain lines, such as A, B, C, D, E, H, K, P, J and L, there are special areas for transporting bicycles. These are indicated by "bicycle" pictograms on the doors. These spaces are subject to availability and cannot be reserved.



# Useful links

- **Brochure: Mountain biking and hiking itineraries: explore the Languedoc by bike!**

117 km of mountain bike trails, approved by the French Cycling Federation, divided into 7 loops that criss-cross our villages in the heart of the vineyards. Discover the most authentic aspects of our region: vineyards, pine forests, hills and vines on itineraries accessible to all! Ideal for family outings.

- **Vélo en France**

veloenfrance.fr : ideal for finding out about tours and cycling clubs. You'll find maps, ideas, events, challenges and more!

- **Hérault Tourisme**

<https://www.herault-tourisme.com/fr> : The site for tourism in Hérault, as its name suggests. You will find all the current ideas and outings, with advice and photos to support them! More specifically for our beautiful region.

- **Béziers Tourist Office**

<https://www.beziers-mediterranee.com/>: our best ally: the Béziers Tourist Office. Enthusiasts with the best tips and information about the city.

- **Office du Tourisme Béziers**

<https://www.beziers-mediterranee.com/>: our best ally: the Béziers Tourist Office. Enthusiasts with the best tips and information about the city.

- **More ideas for ride:**

<https://www.herault-tourisme.com/fr/activites/dans-la-nature/velo-herault/boucles-cyclo/>

