

# BICYCLE HIRE

We use Mellow Velos and have found them to be extremely useful. The first store is closer and offers free delivery, the second in Paraza brings you closer to some key spots along the canal that come highly recommended. Such as Homps, Salleles d'Aude and Port Du Somail. They also offer electric bicycles.

[Mellow Vélos Limoux \(11 min\) 1 rue de cers, 11300, Pauligne](#)

[limoux@mellowvelos.com](mailto:limoux@mellowvelos.com)

8:00 a.m. to 6:00 p.m.

They can deliver and collect bikes from the house for free.

+33 (0) 6 10 65 14 24

## EXAMPLES OF ROUTES:

### [Limoux circular](#)

Distance: 30.50km Difficulty: Easy

A gentle climb out of Limoux with lovely views along the way. The walk climbs to a height of 366 m then there is a gentle descent towards Limoux.

### [Limoux circular via Saint Hilaire](#)

Distance: 61 km Difficulty: medium

A smooth start for this walk leading you through several pretty villages to Saint Hilaire and its famous Abby. The walk continues with a climb to 419 m to the Col de la Malepère where spectacular views can be enjoyed. It is then a descent towards Limoux.

### [Circulaire d'Alaigne \(our nearest village!\)](#)

Distance: 37 km Difficulty: Easy

A gentle panoramic stroll on the hills of Malepère. You can even treat yourself to a fantastic lunch at the Gayda Winery along the way!

### [Circular of Limoux via Couiza](#)

Distance: 83 km Difficulty: Difficult

A demanding walk in two passes but offering a fantastic view of the Pyrenees. There are also many points of interest to enjoy along the way.

Please contact them for more information on alternative routes, points of interest and recommended restaurants.

## [MELLOW BIKES PARAZA \(1 hour 12 min\), Route Neuve, 11200, Paraza](#)

Email: [paraza@mellowvelos.com](mailto:paraza@mellowvelos.com)

From June 2 to October 26 from 8 a.m. to 6 p.m.

Closed thursday

+44 7971232837

+33 (0) 9 62 69 38 21

+33 (0) 6 50 50 01 49

## EXAMPLES OF ROUTES:

### The canal du midi

Distance: 10 km Difficulty: Easy and electric bikes can be used here too

From Paraza you can choose to go left or right along the canal path. These are great routes for small children as they come and go so you can choose your own distance to suit your abilities.

The left takes you to Somail, a small and very beautiful village on the canal with a number of cafes and restaurants. You can continue along the canal by turning right at the Canal de Jonction and at the next Narbonne stop. The route is round trip, so the distance is up to you.

Turn right and head towards Carcassonne. Passing through the small villages of Roubia, Argens and up to Olonzac, there are cafes and picnics in abundance. Along this route you will find a number of Locks which also offer a selection of ice cream and cold drinks. on the way back you can exit the canal towpath and take the quiet roads through the vineyards.

### Circular from Paraza to Lac du Jouarres

Distance: 28 km Difficulty: Easy

This is our most popular day trip as it encompasses everything you imagine riding a bike in the South of France. Leaving by the small vineyard roads through the village of Roubia through the Château Tourril, you go to Olonzac. Stop by our favorite Café du Post cycling cafe for a coffee and croissant. (Tuesday is market day in Olonzac and you will not be allowed to cycle through the market). The Jouarres lake is full of picnic stops and offers the possibility of swimming in the open air - there is even an inflatable assault course. On the way back you can choose to continue along the canal towpath passing a number of Locks or you can take the quiet vineyard routes.

### Flyer from Olonzac to Roubia

Distance: 21km Difficulty: Easy A nice flat course on small roads through vineyards and woods with an easy return along the canal and possibility of swimming in the Lac du Jouarres.

### Circular from Paraza to Bize

Distance: 30 km Difficulty: Easy

Mix of small roads and canal towpath, this route takes you through Cabezac where you will find the local olive oil cooperative L'Oulibo and why not stop for a coffee in one of our cafes favorite, the Buvette de Cabazac. Bize Minervois offers you the possibility of swimming in the local river before leaving for your return via Le Somail and Ventenac.

Moderate

### Circular from Bize to Homps

Distance: 64 km Difficulty: moderate

Starting from the pretty village of Bize Minervois, this route follows the gorges of the Cess river to Minerve and beyond before descending Cesseracq and crossing the Aude valley to take the canal to Homps and return through the pretty villages. d'Argens, Roubia and Le Somail.

### Paraza sur Alaric to Lagrasse and back

Distance: 93 km Difficulty: moderate

Excellent for our road bikes with a fairly long rise of Category 3 on Alaric and especially wacky road surfaces. The ancient town of Lagrasse is an ideal stopover as it is home to a wonderful selection of bars and restaurants.

Difficult

### Paraza to Roquebrun and back

Distance: 95 km Difficulty: difficult

Another great road route with some grade climbs on good tarmac for the most part. Our favorite restaurant in Roquebrun is Le Petit Nice on the D19.

### BICYCLE TOURS

Zero Neuf- Lieu Dit Ferrieres, 09700 Gaudiès (47 mins)

Join them on one of their guided bike tours and their trained animators will show you the best routes the region has to offer. From the vineyards and castles of the Aude to the secret passes of the Ariège, they will take you to the best cafes and show you the breathtaking views of the region.

<https://zeroneufcycling.cc>

+33 (0) 5 34 01 77 54

### Aude by bike

Have a lot of Belgian and Dutch customers. Can arrange bicycle rental and plan routes for you.

[audecycling@gmail.com](mailto:audecycling@gmail.com)

5 Chemin de la Barrière, 11240 Bellegarde-du-Razès (8 mins away)

+33 (0) 6 87 73 01 43