

BEACHES, LAKES, RIVERS AND WATERPARKS

Water / rock shoes are useful for paddling lakes and rivers as they can be stony underfoot in shallows.

SAINT FERREOL BASIN (51 mins)

Beautiful green shores and a lake in which to swim or canoe.



LE PONT DU DIABLE, HERAULT, 09000 (1 hour)

This is listed in the top 10 wild swimming spots in France.

The Herald is one of the most important rivers in the Massif Central and Languedoc. A huge swimming pool forms under the impressive old bridge at the foot of a canyon.



LAGRASSE (1hr 16 mins)

It has been classified among the most beautiful villages in France. It has an old humpback bridge over the Orbieu, medieval houses, remains of ancient ramparts, the Benedictine abbey of St Mart d'Orbieu (founded in the 8th century), a Gothic church and an imposing bell tower. You can swim in the river and stroll through the medieval city with all its art and craft shops and small restaurants. There is a large parking lot right there too so it's super easy.



RIBAUTE (64 mins)

A small village between Fabrezan and Lagrasse. There is a restaurant there that we haven't tried yet. You can picnic down to the river and swim, rest, paddle in the many mini waterfalls and water pools. Young and old alike will appreciate this.



BIZE MINERVOIS (1 hr 18 mins)

Charming medieval village with Enid Blyton type river and picnic area. Go visit and you will know what we mean! Just along the way, stop at the olive factory. It is a popular village, particularly known for its river swimming, and various events throughout the year. It has a good selection of restaurants, small shops and historical sites to visit. They have a market on Wednesday mornings. You will find more information on this area in our places to visit guide.



CARCASSONNE

La Cavayere lac, 11000 (44 mins)

5 minutes from the city of Carcassonne. Occupies over 40 hectares of land and 18 hectares of water. Swimming is authorized at Lac de La Cavayère from June 6 to August 30, 2020 every day from 12:30 p.m. at 7 p.m. (holidays included). There are three sandy and pebble beaches with lifeguards.. <https://www.tourism-carcassonne.co.uk/discover/cavayere-lake>



Parc Aquatique Aquaviva, Carcassonne

Based at Lac de Cavayere, 11 am-7pm

This is made up of many inflatable and floating modules.

Slides, catapults, trampolines, sliding mats, climbing iceberg (5m high) and obstacle course, 10 sliding tracks, 2 jumping platforms (5m and 8m). Suitable for the youngest to the more adventurous. Helmet and life jackets provided. 8-10 euros per person or 18 euros pp for the whole day.

They also have pedal boats, ski lifts, paddles, mini golf, and an acrobatic forest trail (tree adventure). You can also walk or cycle on the trails around the lake (5 km). There is free parking and a picnic area.



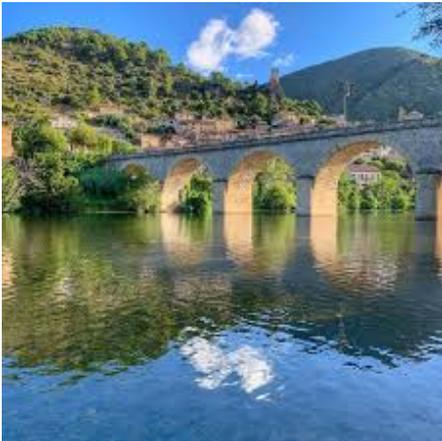
Lac de Mondely (1 hr 15 mins).

The nearest village is Gabre. There is a beach, a lifeguard and a small cafe.



Roquebrun (1 hr 50mins)

Consult our guide on watersports guide for river activities in Roquebrun and more about the area in our places to visit guide.



Saverdun (56 mins)

It has an inflatable floating amusement park which is fun for the kids. Small cafe there. Top tip - wear shorts and a rash vest if possible. Saves the friction burns from sliding on and off the inflatables.



Foix (1 hour)

Has a supervised swimming lake. You can also go rafting and canoeing in Foix. Check out our guide on water sports.

Narbonne Plage (1 hour 19 mins)

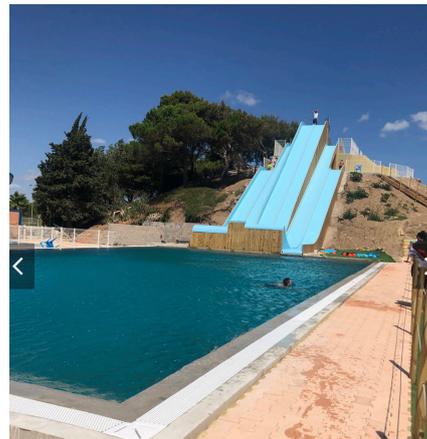
Long, flat beach and plenty of places to eat. The sea is shallower for longer and there is a mini water park nearby for under 10s so this might be the best choice with young children.



Aquajet Parc, Route de Gruissan, 11100, France

Tel: +33 (0) 4 68 49 33 61

Nice clean water park with several slides, various swimming pools, bouncy castles, trampolines, etc. 15 euros entry per person. Entertains the children. Plenty of lounge chairs and shaded picnic areas. It doesn't compare to water parks in Florida, of course, but as long as you don't expect it, just good, laid-back family fun for the kids is fine. Right next to the beautiful sandy beach too, and they allow you to come and go as long as you have a bracelet. slide. Basic food options available.

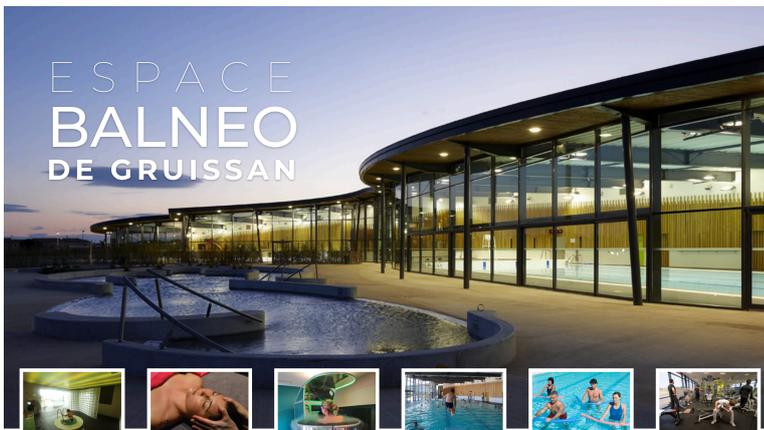


ESPACE BALNÉO-PARC AQUATIQUE, Avenue des bains, Rive gauche, 11430 GRUISSAN
+33 (0) 4 68 75 60 50

For the whole family. Outdoor aquatic leisure park with its geysers, whirlpools, lagoons, slide, speed slide, inflatable structures... and a relaxation area with a grassy beach with deckchairs. Accessible with a pool and / or spa entrance ticket. 15 euros per person.



This location also has a spa offering massages, cryotherapy, etc. Visit their website for details, <https://www.gruissan-balneo.com/massages/>



La Franqui (1 hr 30 mins)

https://en.tripadvisor.com.hk/Attraction_Review-g2478736-d3433459-Reviews-La_Franqui_Beach-La_Franqui_Aude_Occitanie.html



LAC DE JOUARRES, Azille / Olonzac (1hr 7 mins)

Located just 2 km from the Canal du Midi. We did this as part of our bike ride when we hired the bikes from Mellow Velo, but you can easily drive there (large car park available). Magnificent lake just behind the port of Homps. Swim, picnic, go out in a canoe (sometimes the inflatable structures are also on the water) or have lunch at La Guinguette du Lac (details below), located on the shore and overlooking the lake (in Olonzac near Lezignan-Corbières).

LA GUINGUETTE DU LAC, Lieu-dit Lac de Jouarres, Olonzac, 34210,

They serve burgers, salads, grilled meats, fish, Italian ice cream, etc. and between July and August every Sunday evening, they organize concerts. Call for details and to confirm reservations.

<https://www.restaurant-guinguette-lac.fr>, +33 (0) 4 68 91 26 20

