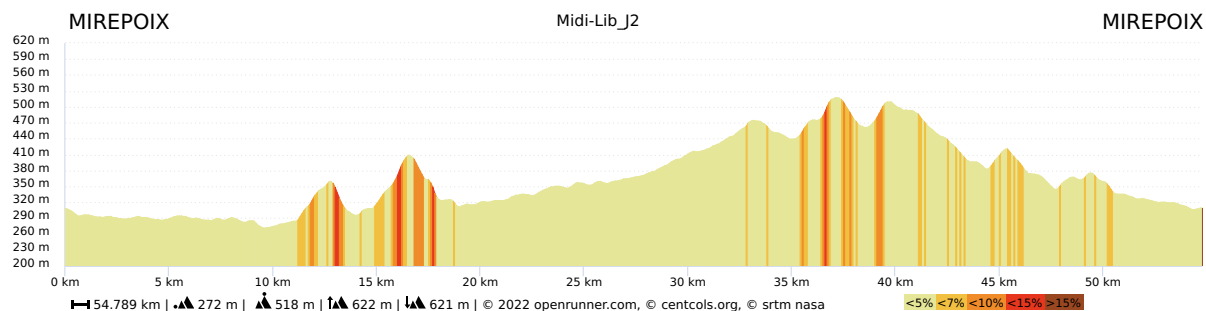


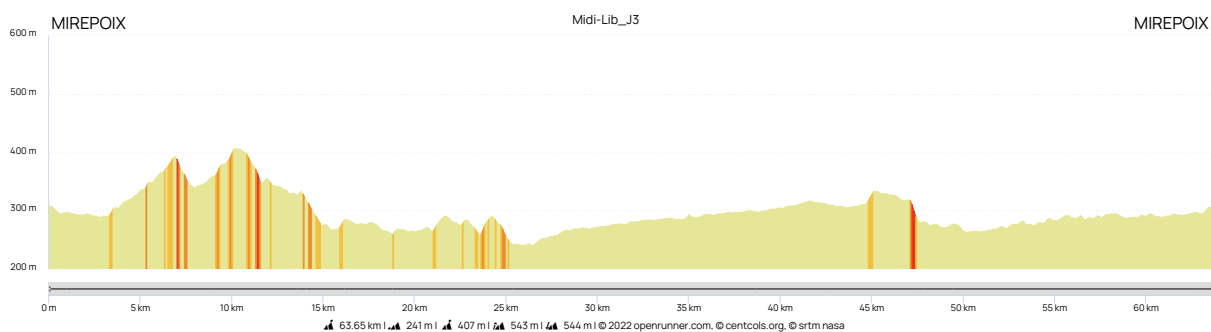
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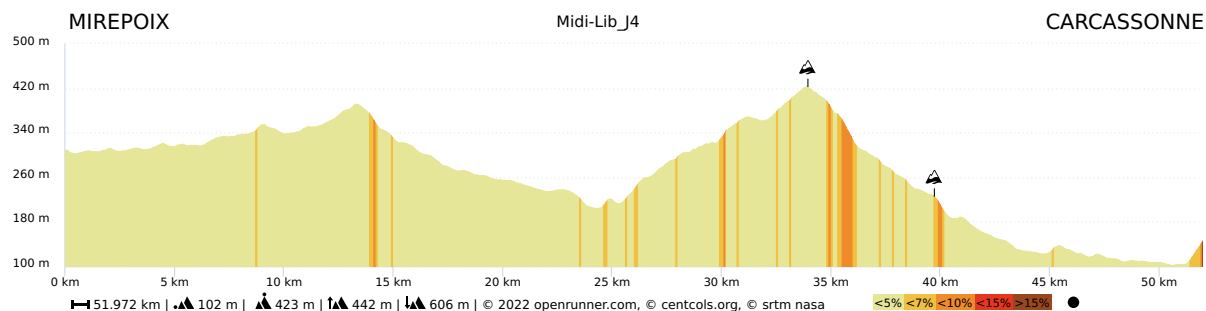
Jour 2 : Boucle autour de Mirepoix (Dun)



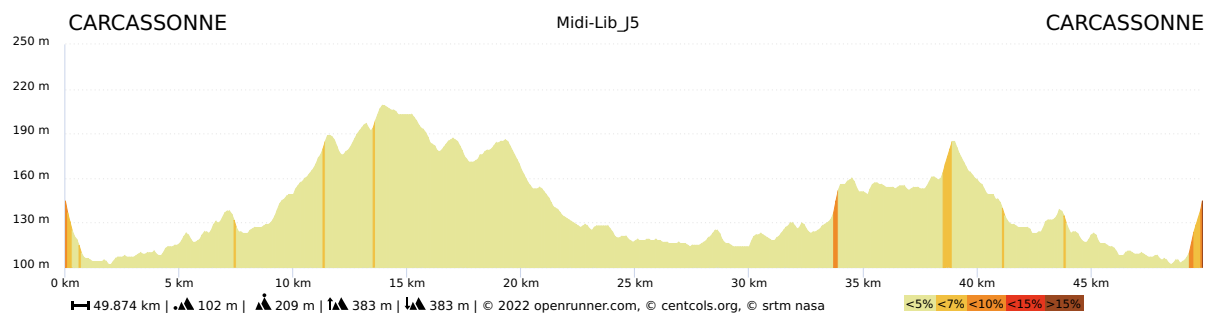
Jour 3 : Boucle autour de Mirepoix (Belpech)



Jour 4 : Mirepoix à Carcassonne



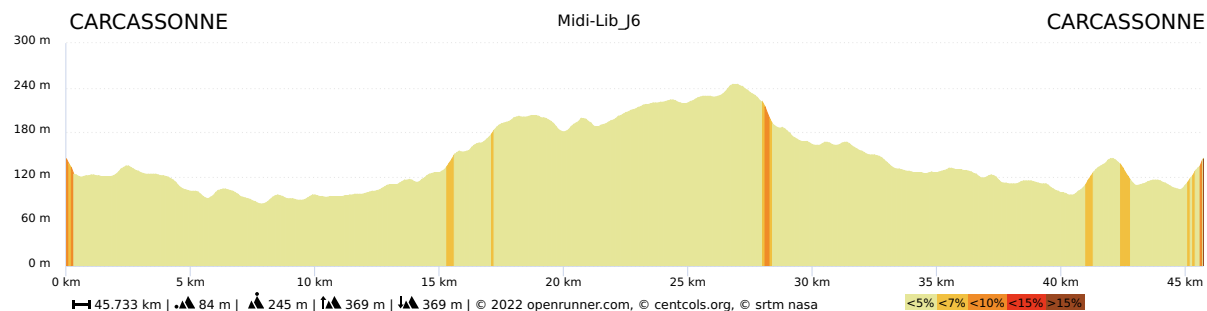
Jour 5 : Boucle autour de Carcassonne (Lavalette)



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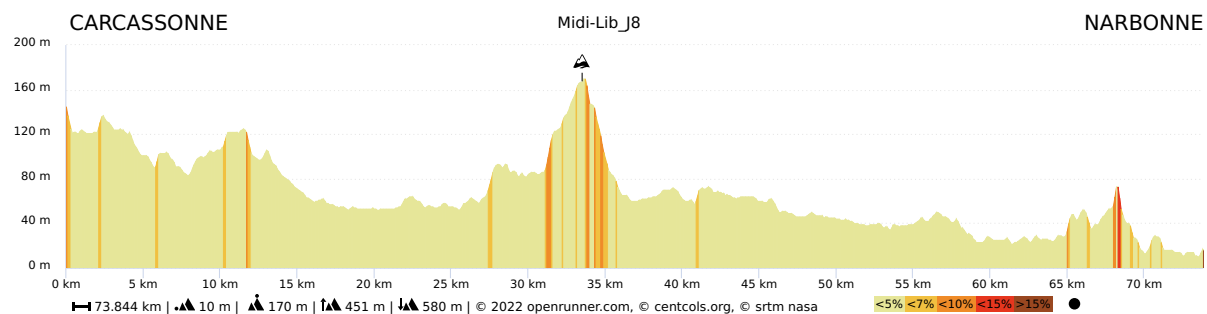
Canal du Midi en liberté - Dénivelés

Jour 6 : Boucle autour de Carcassonne (Minervois)

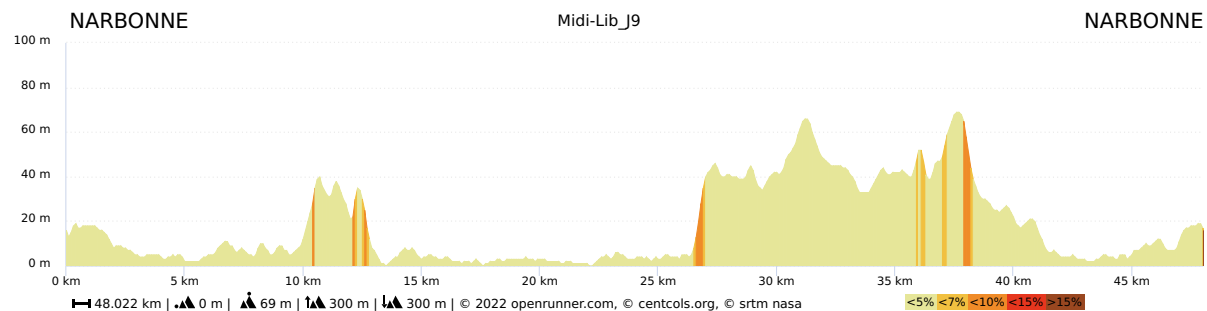


Jour 7 = congé

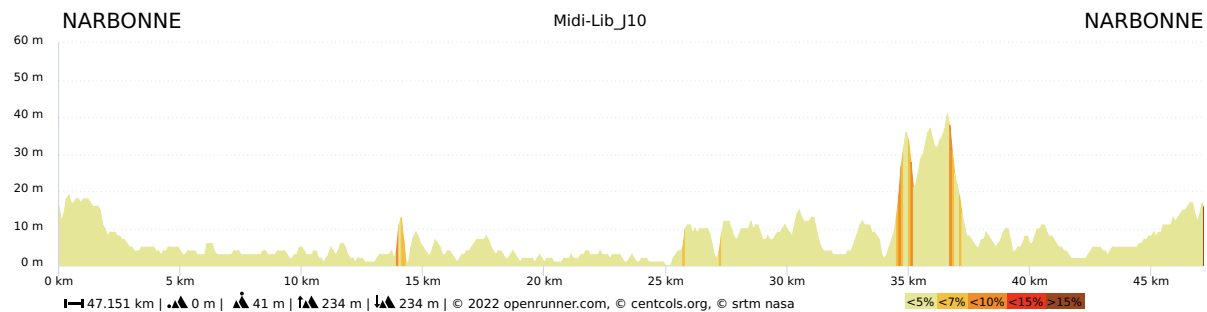
Jour 8: Carcassonne à Narbonne



Jour 9: Boucle autour de Narbonne (Narbonne Plage)

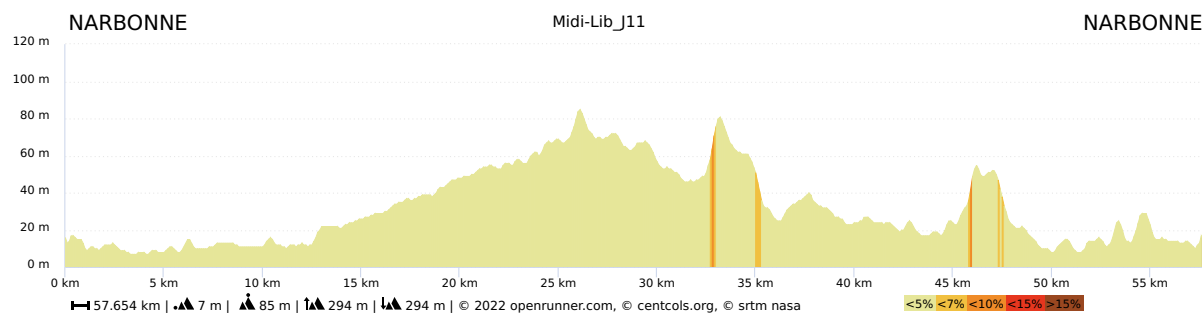


Jour 10: Boucle autour de Narbonne (Gruissan)



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Jour 11: Boucle autour de Narbonne (Maihac)



Jour 12: Narbonne à Sète

