

# The 2 seas Canal : Garonne Lateral Canal and Canal du Midi From Bordeaux to Sete

13 jours 12 nuits - 11 cycling days

Level: 3/5



From Bordeaux, city listed among UNESCO World Heritage list, start an unforgettable cycling trip along the lateral Canal and extend the experience along the famous Canal du Midi. The Garonne canal invites you to stroll in the Aquitaine countryside. Throughout charming still active ports, it crosses the river and flows into the Canal du Midi at Toulouse. Listed among UNESCO World Heritage, the Canal is a hand-created way dotted with ingenious buildings coming from Paul Riquet imagination during 17th century.

Discover the famous Bordelais vineyards and majestic medieval cities as well. Explore the rich cultural heritage in Moissac, Carcassonne or Beziers and the local gastronomy in Agen or Castelnaudary... Let yourself be guided until the Mediterranean, point of departure of great explorers...

## Strengths

- Bordeaux and the Canal du Midi listed among UNESCO World Heritage list
- The tranquillity of landscapes on the edge of water
- The arrival to the Mediterranean!

# SCHEDULE

## **Day 1 : Arrival in Bordeaux :**

Setting at Bordeaux hotel on B&B basis (night + breakfast included). Free evening in the centre town. From the Saint-Pierre's bridge, discover the beautiful city and the Garonne's docks listed on UNESCO world heritage list.

Night in Bordeaux.

Hotel

## **Day 2 : From Bordeaux to Saint Macaire :** 59 km - Elevation: + 290 m

Departure from Bordeaux Saint-Pierre's bridge. Left behind you the city to start exploring vineyards and old castles, with names in relation with famous wines: Sentout, La Caussade... Discover the ruins of the fortress and the church of Lestiac. Ride towards medieval cities of Rions, Beguey and also the village of Cadillac; very well-known because of the car's company!

Once arrived to Saint Macaire, enjoy the local gastronomy, close to the market place and the splendid church.

Night in St Macaire.

Hotel

## **Day 3 : From Saint Macaire to Marmande :** 57 km - Elevation: + 150 m

After this gastronomic stage, lets' ride the peaceful side of the lateral Canal. You can make a detour to discover the nice abbey of Pondaurat and reach after La Réole, on the steps of Compostela's pilgrims. Enjoy the typical village before to climb on the Meilhan terraces for a great overview. Cross the village of Fourques sur Garonne by little roads to reach Marmande. Night in Marmande.

Hotel

## **Day 4 : From Marmande to Feugarolles :** 58 km - Elevation: + 110 m

You spend the morning riding on shady paths, before stopping for lunch close to a nice church. Continue you way onto the past, riding among orchards, to reach the colorful bastide of Daumazan. This is the Buzet sur Baise wine area, discover the village of Port Sainte Marie and once again an amazing church. Half board night in Feugarolles in a guest house.

Bed & Breakfast

## **Day 5 : From Feugarolles to Agen :** 28 km - Elevation: + 450 m

With this stage, join the Garonne river. It is a unique opportunity to discover little medieval villages, and their romanesque churches. Once in Agen, you cross the Canal's bridge, one of the most beautiful of the region. Take your time to discover the historical centre. For the epicure, the "rue des Cornières" is the best place here to have a delightful dinner. "Bon appétit!". Night in Agen.

## **Day 6 : From Agen to Moissac :** 57 km - Elevation: + 480 m

Overpass the canal and discover a preserved countryside dotted of various pigeon houses. Have a stop in La Bastide de Donzac and discover the past rural way of life and the famous Gallo-roman city of Auvillar. The finish is planned in Moissac, well-known for its turning bridge and of course for its exceptional cloister in the Saint-Pierre abbey. Night in Moissac.

Hotel

## **Day 7 : From Moissac to Toulouse :** 68 km - Elevation: + 390 m

After crossing the Cacor canal-bridge, you are going to be surprised by the slope water of Montech, a real lift for boats! Continue through the living port of Castelsarrasin and join Toulouse, avoiding the usual hustle and bustle typical of big cities, by riding along the canal until the "port de l'Embouchure", entrance of the "Pink City" and starting of the canal du Midi. A possible other trip can lead you on the canal du Midi's sides to reach the Mediterranean. Night in Toulouse.

Hotel

### **Day 8 : From Toulouse to Castelnaudary : 63 km**

Point of departure : Paul Riquet's bridge.

Discover the "art of living" Toulouse style : its lilting accent, history and many hidden alleyways. Head out to Castelnaudary along the Canal du Midi, with a first stop in Avignonet, in the heart of the Lauragais, land of the Pastel flower, place of a battle against the Cathars. Pass over the highest point of the trip (190m high) and find several ancient canal locks such as the Lock of Sanglier, as well as many aqueducts, before reaching Castelnaudary. Castelnaudary is the city of cassoulet (a delicious local meat and bean stew) but perhaps this does not get your taste buds going so, as dinners are not included, feel free to choose another dish.

Night and breakfast in Castelnaudary.

Hotel

### **Day 9 : From Castelnaudary to Carcassonne : 40 km**

After a good night's rest, ride along the Canal du Midi, through a delight of many different villages and landscapes. Make your way to Saint Papoul's abbey, created in the 8th century, to discover the church in the middle of wheat fields. Then ride on until Bram passing quiet villages before heading for Carcassonne. Its architecture and the warmth of its narrow streets are waiting for you. You can enjoy the medieval walled town, which is also now listed among UNESCO's World Heritage Sites.

Night and breakfast in Carcassonne.

Hotel

### **Day 10 : From Carcassonne to Homps : 42 km**

Once you have drunk in enough of the secrets of Carcassonne, continue your trip and storm along to Homps and its port. Take your time to admire the buildings along the canal, a wonderful example being the Moulin de Trèbes. You can have a stop in Marseillette, an old Gallic village and in Capendu as well, to see its Romanesque church. Then continue on to arrive in Homps.

Night and breakfast in Homps.

Bed & Breakfast

### **Day 11 : From Homps to Beziers : 64 km**

This typical south-east town, in love with wine, rugby and festivities, will open its arms to you. Cross the tunnel de Malpas and discover the oppidum of Ensérune (apart from Canal), to arrive by the spectacular 9 canal locks of Foncérannes, and then onto Béziers, Riquet's birthplace. The city shows you lots of examples of his talent.

Night and breakfast in Beziers.

### **Day 12 : From Beziers to Sète :**

For this last stage, cycle to Agde where the Herault River and Canal du Midi flow into the Mediterranean. The maritime's influences are important and the landscape is different. The volcanic black stone of Agde, the wild black bulls and white horses are typical of this region.

Ride towards Sète port along Thau Basin. This city has a strong local culture, Sète will not miss to seduce you at your arrival. With chance, you maybe would see local sport played since 1666, nautical battles. Night and breakfast in Sète.

Hotel

**Day 13 : Sète :**

End of the stay after breakfast.

# TRAVEL CONDITIONS

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# RATES

## Freedom package with luggage transport by cab

Registration for 2 people	1320€
Registration for 3 people	1295€
Registration for 4 people	1250€
Registration for 6 people	1190€

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# GENERAL INFORMATION

## How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

[contact@larebenne.com](mailto:contact@larebenne.com)

+33 561 652 093

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## Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

\* Either go directly to your tour's page on our website and click on registration.

\* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

<b>100% secure payment</b>
You can pay by credit card (faster) or bank transfer.


## Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

## Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

## Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the five policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:  
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:  
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:  
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.