

# The Garonne Lateral Canal by bike From Bordeaux to Toulouse

**Accommodation in selected hotels or guest houses, 7 days 6 nights – 6 biking days**

**Level: 2/5**



From Bordeaux, listed among the UNESCO's world heritage cities, ride along the Garonne lateral canal, Canal du Midi's outcome to Atlantic Ocean. Quieter, it allows you to ride at your own pace in the Aquitaine countryside, by roundabout ways to charming still active ports where the impetuous river Garonne flows. With the softness of that landscape, discover the famous Bordelais vineyards, the medieval cities rounded by majestic chateaux. Explore the rich heritage and the local gastronomy linked to cities as Agen or Moissac, to end in beauty to Toulouse, the pink city.

## Strengths

- Vineyards and numerous castles to visit
- The famous history of the region and the crossing of medieval cities
- The local gastronomy
- End your stay in Toulouse, the beginning of the Canal du Midi

## 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

Après cette étape épicurienne, installez-vous confortablement sur votre selle et longez les eaux calmes du canal latéral. Faites un crochet au Sud pour découvrir l'abbaye de Pondaurat et rejoignez ensuite La Réole en suivant les traces passées des pèlerins de Compostelle. Les halles de ce village s'offrent à vous avant d'admirer la magnifique vue du haut des terrasses de Meilhan-sur-Garonne. En croisant les bateliers, vous passez au paisible village de Fourques-sur-Garonne, d'où par les petites routes de campagne, vous arrivez à Marmande.

Hotel

### Day 4: From Marmande to Faugarolles : 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 Baïse wine area, discover the village of Port Sainte Marie and once again an amazing church. Half board night in Faugarolles in a guest house.

Bed & Breakfast

### Day 5: From Faugarolles 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

Lors de cette étape, vous allez vous éloigner quelque peu du canal pour découvrir une campagne authentique semée d'une multitude de pigeonniers. Faites un arrêt à la bastide de Donzac pour découvrir la richesse de la vie rurale d'antan et remontez le temps dans la cité gallo romaine d'Auvillar et sa célèbre halle. Pour une fin en beauté, votre arrivée est prévue à Moissac, avec son pont tournant et l'exceptionnel cloître de l'abbaye de Saint Pierre qui vous livre les secrets de la Bible à travers ses 88 chapiteaux historiés ! Nuit et petit déjeuner en hôtel à 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. End of your trip in Toulouse.

# TRAVEL CONDITIONS

## Formalities :

- A valid official ID
- We recommend travel insurance with repatriation included

## Accompanying :

Free Ride:

Equipped with the orientation material we give you: maps with highlighted route and detailed topoguide, you go alone to discover circuits designed by our team. You are guided by carefully prepared directions, for maximum precision.

## Attendees :

From 2 people.

## Accommodation :

Nights in double rooms in hotels \*\* and \*\*\* and guest rooms.

Bed and Breakfast formula: night and breakfast included. 1 night in half board in Feugarolles on day 4: dinner at the table d'hôtes.

We have selected our accommodations for their quality of welcome and comfort: to enjoy, thank you to book as soon as possible.

Double room formula: you sleep in comfortable rooms for 2 people in hotels or guest rooms. Sheets and towels are provided. A bathroom is reserved for you.

Extra night in B&B in Bordeaux or Toulouse: contact us.

## Difficulty level :

You have a good physical condition and practice fairly regularly cycling or other sporting activity, without being an athlete.

Stages from 28 to 68 km per day. Elevation gain between 110 and 480m per day.

On this tour, we offer trips around the canal to visit a pretty village or abbey. These detours induce climbs but they are optional. The announced gradients are avoidable from day 2 by taking the bike path of the side canal.

## Options :

- Formula 3 or 4 days: tailor-made program from the 3 or 4 stages you choose yourself,
- Additional accommodation before or after the stay,
- Single room supplement,
- Rental of MTB semi-rigid or VTC,
- Rental of electric bike,
- Bike bag rental,
- Bike rental at the end of your stay by LaRébenne.

## DEPARTURE AND MEETING POINT :

Departure from Bordeaux (33).

How to get there:

By car: Highway of the south of France.

By train: Bordeaux train station.

By plane: Bordeaux airport then shuttle to the city center.

### **Food :**

No need to diet during your stay! It's the perfect opportunity to savor the local cuisine. During your stay, you'll enjoy an overnight stay with breakfast. The price does not include picnics, drinks and dinners (unless otherwise mentioned in the program).

### **Luggage :**

Carrying is limited to business of the day and picnic. Luggage is carried by vehicle. Please allow 1 bag per person, maximum 15kg/bag.

## RATES

| Freedom package with luggage transport by cab |      |
|-----------------------------------------------|------|
| Registration for 2 people                     | 750€ |
| Registration for 3 people                     | 730€ |
| Registration for 4 people                     | 710€ |
| Registration for 6 people                     | 695€ |

### The price includes :

- Accommodation in bed and breakfast formula (except day 4 half board),
- The dinner of day 4,
- The transport of luggage,
- Delivery of rental bikes on the morning of day 2.

### The price does not include :

- Diners except day 4 half board,
- The lunches/ picnics,
- Drinks,
- Personal expenses,
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- The return to Bordeaux by train with your luggage,
- The parking lot,
- Insurance.

## 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

+33 681 537 775

### 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.

#### 100% secure payment

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 three 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.

### **Informations :**

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