Nature Occitane
VOYAGES SPORTS & NATURE
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BORDEAUX TO TOULOUSE BY BIKE – SAINT-ÉMILION VINEYARDS & EXCEPTIONAL STAYS

Self-guided cycling holiday along the Canal de Garonne

CYCLING THE CANAL DE GARONNE – AN IMMERSIVE JOURNEY THROUGH SOUTH-WEST FRANCE

FROM BORDEAUX TO TOULOUSE, A SELF-GUIDED CYCLING JOURNEY THROUGH VINEYARDS AND THE FRENCH ART OF LIVING

Discover the Canal de Garonne by bike on a high-end self-guided journey from Bordeaux to Toulouse, designed to give you time to explore the landscapes, vineyards and local gastronomy along the way. Your route first takes you into the Bordeaux wine region and through Saint-Émilion, surrounded by wine estates, characterful villages and vineyard landscapes. You then join the Canal de Garonne and its peaceful cycle paths, gradually making your way towards Toulouse.

More than simply a cycling route, this journey is designed to immerse you in the region. Daily distances are kept moderate, leaving plenty of time for discoveries along the way: visit a wine estate, meet local producers, linger in a village, enjoy a memorable meal or simply make the most of your accommodation. This is a self-guided journey, allowing you to travel at your own pace while following a carefully planned itinerary.

At each stage, we select high-end hotels and guesthouses for their character, comfort and quality of hospitality. We also share our recommendations for wine estates and restaurants, helping you discover the wines, produce and specialities that shape the identity of South-West France. From Bordeaux to Toulouse via Saint-Émilion, this cycling journey brings together cycling, wine tourism, gastronomy and exceptional stays, with an itinerary designed to let you experience the region without rushing.

ITINERARY

DAY 1: ARRIVAL IN BORDEAUX AND DISCOVERY OF THE CITY

Arrival and free time to explore Bordeaux

Your journey begins in Bordeaux, a UNESCO World Heritage city and the gateway to some of France's most renowned vineyards. After settling into your accommodation, take the time to discover the city at your own pace: stroll along the banks of the Garonne, explore the historic centre, visit the Place de la Bourse or wander through the Chartrons district.

This first day is an opportunity to soak up the atmosphere and lifestyle of Bordeaux before setting off by bike the following morning towards Saint-Émilion.

DAY 2: BORDEAUX TO SAINT-ÉMILION BY BIKE, THROUGH THE VINEYARDS

Cycling: 50 km | Elevation: +330 m / -270 m

Leave Bordeaux by bike and gradually make your way into the vineyards of the Entre-deux-Mers region. Following quiet country roads, the urban landscape gives way to vineyards, wine estates and small villages scattered across the Bordeaux countryside.

Your ride ends in Saint-Émilion, a medieval village renowned worldwide for its heritage and vineyards. Take the time to wander through its narrow streets, discover its historic monuments and enjoy the unique atmosphere of this village surrounded by prestigious wine estates.

This first day of cycling immerses you in the heart of Bordeaux wine country, before a shorter stage the following day gives you more time to continue exploring the area.

DAY 3: SAINT-ÉMILION TO RAUZAN THROUGH THE ENTRE-DEUX-MERS

Vélo : 26 km | Dénivelé : +140 m / -210 m

This shorter stage gives you time to enjoy Saint-Émilion before continuing through the rolling landscapes of the Entre-deux-Mers. Vineyards accompany you for much of the day as you follow quiet country roads through the Gironde countryside towards Rauzan.

With only 26 km to cycle, this stage has deliberately been designed at a leisurely pace, leaving plenty of time for discoveries, wine tastings or simply an earlier arrival at your accommodation.

Suggestion: if you would like to spend more time exploring the Saint-Émilion vineyards before heading towards Rauzan, you can add an approximately 15 km cycling loop around the village. This easy ride takes you through the vineyards and past several renowned wine estates. It can be added to the day's stage according to your interests and preferred pace.

DAY 4: FROM THE ENTRE-DEUX-MERS TO THE CANAL DE GARONNE

Cycling: approximately 37 to 45 km | Elevation: up to +400 m / -370 m depending on the accommodation

Continue through the Entre-deux-Mers towards the Garonne Valley. The terrain remains gently rolling during the first part of the day, taking you through vineyards, quiet country roads and villages, before gradually becoming flatter as you approach the Canal de Garonne.

The stage takes you towards La Réole and Puybarban. La Réole, officially recognised as a Ville d'Art et d'Histoire (Town of Art and History), is one of the main heritage sites along this part of the route. Nearby, the scenery gradually changes as the vineyard-covered hills give way to the Garonne plain and the landscapes of the canal.

For this stage, we favour characterful guesthouses and historic properties in the surrounding countryside, selected for the quality of their setting and hospitality. The exact cycling distance may therefore vary slightly depending on the accommodation available at the time of booking.

DAY 5: ALONG THE CANAL DE GARONNE THROUGH THE LOT-ET-GARONNE COUNTRYSIDE

Cycling : approximately 36 to 44 km | Elevation: up to +230 m / -280 m depending on the accommodation

The scenery gradually changes as your journey begins to follow the Canal de Garonne more closely through the Lot-et-Garonne countryside. The terrain becomes gentler and the route invites you to enjoy a peaceful day between the canal, small villages and agricultural landscapes.

Continue towards the area around Lagruère and Razimet, close to Marmande and Tonneins. This section reveals another side of the region, with a more rural atmosphere and the canal now becoming the guiding thread of your journey.

Your accommodation is located in the countryside close to the Canal de Garonne. We select characterful guesthouses and estates offering a peaceful and comfortable setting in which to relax after your day in the saddle. Depending on the property selected and availability, the day's cycling distance will be approximately 36 to 44 km.

DAY 6: ALONG THE CANAL DE GARONNE TO AGEN

Cycling : approximately 42 to 46 km | Elevation: +130 m / -120 m

Rejoin the Canal de Garonne for a particularly gentle stage. The cycle route largely follows the canal, allowing you to ride at a relaxed pace

through the Lot-et-Garonne countryside.

Locks, small ports and villages punctuate your journey towards Agen. This stage is also an opportunity to discover an area shaped by its agricultural traditions and local gastronomy, including the famous pruneau d'Agen (Agen prune), one of the region's emblematic products.

Arrive in Agen at the end of the day. Your accommodation is selected in the town or nearby, allowing you to enjoy this urban stop while maintaining the level of comfort and character sought throughout the journey.

DAY 7: AGEN TO MOISSAC ALONG THE CANAL DE GARONNE

Cycling: approximately 46 km | Elevation: +130 m / -110 m

From Agen, continue your journey along the Canal de Garonne. The predominantly flat route is particularly well suited to an unhurried day of cycling, following locks, tree-lined sections and the landscapes of the Garonne Valley.

Continue towards Moissac, an important stop on the pilgrimage routes to Santiago de Compostela. On arrival, take the time to discover its remarkable heritage, particularly the Abbey Church of Saint-Pierre and its cloister, among the finest examples of Romanesque art in France.

In Moissac, we favour characterful accommodation conveniently located for exploring the town and its heritage. The exact property may vary according to availability at the time of booking.

DAY 8: MOISSAC TO TOULOUSE, THE FINAL STAGE ALONG THE CANAL

Cycling: approximately 60 km | Elevation: +180 m / -100 m

For your final day of cycling, follow the Canal de Garonne towards Toulouse. The route remains predominantly flat and easy to ride, although at 69 km this is the longest stage of the journey. You gradually leave the landscapes of the Garonne Valley behind as you approach Toulouse and the end of your cycling adventure.

Your arrival in Toulouse marks the end of a journey that began in Bordeaux, taking you through the vineyards of Saint-Émilion and the Entre-deux-Mers before following the Canal de Garonne through the Lot-et-Garonne and Tarn-et-Garonne departments.

Suggestions for shortening this stage: to maintain the leisurely pace of the rest of the journey, two options are available:

Option 1 : You can add an extra night between Moissac and Toulouse and divide this final stage into two days.

Option 2 : A part of the journey can be made by train, either from Moissac or from one of the stations located further along the route, before continuing to Toulouse.

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Disclaimer

The stages and partner accommodations listed are those we prioritise for this trip. Depending on when you book, we may need to arrange alternative accommodation of an equivalent standard or adjust certain stages of the itinerary.

For last-minute bookings, particularly during the busy summer season, some alternative accommodations may not have a swimming pool.

We have extensive knowledge of the accommodation options available at each stage and will select the best available option for you at the time of booking.

Daily cycling distances may also vary depending on the accommodation booked for your stay. Any adjustments will be clearly indicated in your roadbook.

DATES & PRICES

Package	**Double room** *2 pers.*	**Twin room** *2 pers.*	**Single room** *1 pers.*
De Bordeaux à Toulouse (Basse saison) *8 days / 7 nights*	€1,390	€1,420	€2,490
De Bordeaux à Toulouse (Haute saison) *8 days / 7 nights*	€1,520	€1,550	€2,740

NB: prices shown are per person.

Discount available for groups of 4 or more participants.

You can start your trip on the day of your choice, including weekends, subject to availability of accommodation and services.

Low season: from 12/04 to 31/05/2027 and from 01/10 to 14/10/2027
Haute saison: from 01/06 to 30/09/2027

For travel outside these periods, please contact us.

Depending on availability at the time of booking, a supplement may apply to certain services.

NB: These seasonal rates reflect the fact that luggage transfers are arranged privately for your group during the low season. At this time of year, the taxi service is dedicated exclusively to transferring your luggage.

For last-minute bookings made less than 15 days before departure, additional luggage transfer charges may apply depending on the number of participants and the number of stages in your trip.

OUR PRICE INCLUDES:

- 7 nights in carefully selected high-end hotels, guesthouses and characterful properties
- Breakfasts
- Luggage transfers (1 bag per person, maximum weight 23 kg)
- Pre-ride bike set-up assistance*
- 7-day-a-week telephone assistance
- Tourist taxes
- Your digital roadbook, including your cycling itinerary from Bordeaux to Toulouse and our recommendations for discovering the region

OUR PRICE DOES NOT INCLUDE:

- Bike rental
- Transfers from your home to the starting point of the trip and from the finishing point
- Parking for your vehicle during your trip
- Lunches and dinners
- Visits to wine estates, wine tastings and other activities suggested in the programme, unless otherwise stated
- Personal expenses and drinks
- Our bike insurance
- A €20 booking fee per booking
- Cancellation, assistance and repatriation insurance (7.5% of the trip price, to be taken out at the time of booking)
- In general, anything not listed under “Our price includes”

Before your first cycling stage, a member of the Nature Occitane team will assist you **remotely via video call to help you adjust your bike, familiarise yourself with your equipment and provide you with useful information about your route. This gives you the opportunity to get comfortable with your bike and equipment before setting off on your self-guided cycling journey from Bordeaux to Toulouse.*

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

REDUCTIONS	
No luggage transfer discount	-€250
Group discount for 4 people or more	-€45
SUPPLEMENTS	
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
Additional luggage per stage per person (1 day = 1 stage), max. 23 kg	€40
EQUIPMENT HIRE	
Hybrid bike rental (including delivery to the start and its collection) - 7 days	€200
Extra hybrid bike rental day	€12
Comfort e-bike rental (including delivery to the start and its collection) - 7 days	€310
Extra comfort E-bike rental day	€20
Premium e-bike rental (including delivery to the start and its collection) - 7 days	€320
Extra premium E-bike rental day	€22

Luxury E-bike rental (including delivery to the start and its collection) - 7 days	€380
Extra Luxury E-bike rental day	€25
Gravel bike rental (including delivery to the start and its collection) - 7 days	€290
Extra Gravel bike rental day	€18
Hire of a 2nd waterproof rear pannier (20l) for the entire trip	€16
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Bordeaux in a double room (breakfast included) - High season	€170
Additional night in Bordeaux in a single room (breakfast included) - High season	€290
Additional night in Toulouse in a double room (breakfast included) - High/Low Seasons	€180
Additional night in Toulouse in a single room (breakfast included) - High/Low Seasons	€290
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional stage : Between Moissac and Toulouse (double room and luggage transfer included)	€250
Additional stage : Between Moissac and Toulouse (single room, luggage transfer included)	€450
TRANSFERS	
Private 2-person transfer from Toulouse to Bordeaux (without bikes)	€590
Private 7-person transfer from Toulouse to Bordeaux (without bikes)	€870
Private 2-person transfer from Toulouse to Bordeaux (with bikes)	€790
Private 7-person transfer from Toulouse to Bordeaux (with bikes)	€990
Private 2-person transfer from Toulouse to Toulouse-Blagnac Airport	€60
Private 7-person transfer from Toulouse to Toulouse-Blagnac Airport	€90
Private 2-person transfer from Bordeaux to Bordeaux-Mérignac Airport	€120
Private 7-person transfer from Bordeaux to Bordeaux-Mérignac Airport	€150

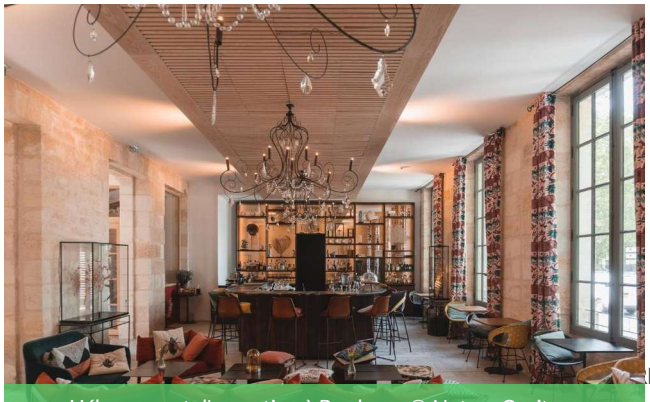
NB: prices are per person.

HOSTS

BORDEAUX – A CHARACTERFUL BOUTIQUE HOTEL

For your first night in Bordeaux, we select high-end hotels combining comfort, character and a prime location for discovering the city. Depending on availability, you may stay in a historic property that has been carefully restored or in a contemporary boutique hotel with a distinctive atmosphere.

These carefully selected addresses provide an ideal setting for your first night before setting off by bike towards the vineyards of Saint-Émilion.



Hébergement d'exception à Bordeaux © Nature Occitane

DS

ocated in or close to the medieval village and its world-renowned vineyards.

Historic buildings, views over the village or surrounding vineyards and carefully designed interiors contribute to the unique character of this stage. The location also allows you to make the most of Saint-Émilion and its wine estates before continuing your journey through the Entre-deux-Mers.



Hébergement d'exception à Saint-Emilion © Nature Occitane

nate experience in the countryside of the Entre-deux-Mers. Depending on
d by vineyards or in an original property closely connected to the local wine-

This peaceful setting is particularly well suited to the leisurely pace of this short cycling stage, leaving you time to enjoy both the surrounding vineyards and your accommodation.



Hébergement d'exception à Rauzan © Nature Occitane

IES BETWEEN VINEYARDS AND THE CANAL DE GARONNE
aracterful guesthouses and historic properties in the surrounding

These addresses combine a peaceful setting with comfortable rooms and provide an ideal transition between the vineyard landscapes of the first part of your journey and the gentler terrain of the Canal de Garonne. Depending on the accommodation selected, the exact distance of your cycling stage may vary slightly.



Hébergement d'exception à La Réole © Nature Occitane

ANAL DE GARONNE
es located close to the Canal de Garonne.

acterise the accommodation we select in this area. Some properties are located directly beside the canal, while others are set within the surrounding countryside, offering a relaxing setting after your day of cycling.



Hébergement d'exception à Lagruère © Nature Occitane

AGEN – HISTORIC CHARM OR A CONTEMPORARY BOUTIQUE HOTEL

In Agen, our selection combines two different styles of accommodation: historic properties with plenty of character and contemporary boutique hotels offering a high level of comfort.

Whichever property is selected, we prioritise quality, comfort and a convenient location for enjoying Agen and its historic centre. This urban stop provides a pleasant contrast with the quieter countryside and canal landscapes of the previous stages.



Hébergement d'exception à Agen © Nature Occitane

REAK

terful properties offering a peaceful setting after your day along the Canal de Garonne.

Depending on availability, you may stay in a carefully restored historic residence close to Moissac's heritage sites or in a property surrounded by parkland in the nearby countryside. Comfort, tranquillity and the character of the property remain at the heart of our selection.



Hébergement d'exception à Moissac © Nature Occitane

R THE CANAL DE GARONNE

rties set in peaceful, green surroundings close to the Canal de Garonne. This urney to Toulouse while maintaining the relaxed pace of the trip.

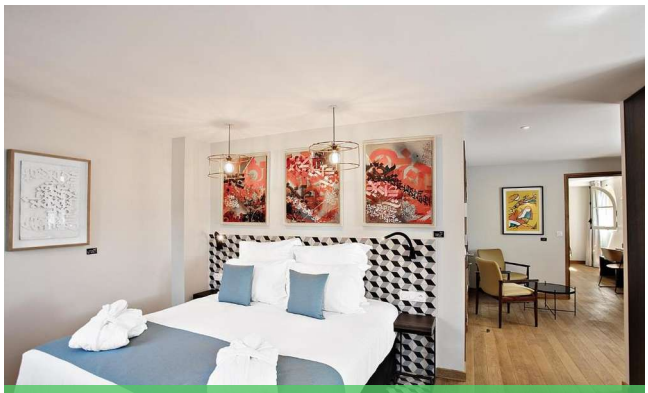
sant outdoor spaces, providing an ideal setting in which to unwind after a ryside a little longer before continuing towards Toulouse.



Hébergement d'exception à Montech © Nature Occitane

ntral Toulouse, allowing you to make the most of the Pink City after your

Boutique hotels, historic townhouses and elegant city hotels make up our preferred selection. Their central locations provide easy access to Toulouse's lively streets, squares and restaurants, making this final stay a fitting conclusion to your cycling journey from Bordeaux.



Hébergement d'exception à Toulouse © Nature Occitane

NB: These are our preferred accommodations. Depending on your booking date and availability, we may book an alternative accommodation of an equivalent standard for your stay.

PRACTICAL INFO

A WORD FROM GUILHEM, OWNER OF NATURE OCCITANE AND CYCLING INSTRUCTOR

The route from Bordeaux to Toulouse has two quite different profiles. The first stages, through the Bordeaux vineyards, Saint-Émilion and the Entre-deux-Mers, are the hillier sections of the trip. Once you reach the Canal de Garonne, the route gradually becomes flatter and easier to ride all the way to Toulouse.

To make the most of the journey, I recommend an **electric bike (e-bike)** for occasional cyclists or anyone looking for greater comfort, particularly during the first part of the route.

More experienced cyclists can complete the itinerary perfectly well on a **hybrid bike**. Our bikes have a range of gears, allowing you to adapt your effort to the terrain. For cyclists looking for a sportier and more dynamic ride, a **gravel bike** is also an excellent alternative.

In all cases, we select a bike suited to the itinerary, your body size and your cycling experience, so that you can enjoy the route in the best possible conditions.

WHICH BIKE SHOULD YOU CHOOSE FOR THE CANAL DE GARONNE?

We offer several categories of bikes suited to this journey. We work primarily with **Trek and Sunn** and may also use specialist partners depending on availability, your height and the type of bike selected.
Models may therefore vary. In all cases, we ensure that you are provided with a bike of an **equivalent category and equipment level**, suitable for a multi-day cycling trip.

E-BIKE – ELECTRIC BIKE

An e-bike is particularly recommended if you would like to enjoy the route with greater comfort or if you only cycle occasionally. The electric assistance is especially useful on the rolling terrain of the Bordeaux vineyards and the Entre-deux-Mers.
Our e-bikes offer a range suited to the daily distances included in the programme, with several assistance levels allowing you to adjust the

effort according to the terrain. They are selected for their comfort, reliability and equipment suited to multi-day cycling.

HYBRID BIKE

Versatile and comfortable, a hybrid bike is particularly suitable for regular cyclists who would like to complete the journey without electric assistance.
Our hybrid bikes are equipped to provide a comfortable riding position over several hours and to handle the different surfaces encountered during the trip. Their range of gears allows you to adjust your effort according to the terrain, particularly during the hillier stages at the beginning of the journey.

They also include the equipment required for a multi-day cycling trip: **effective brakes, tyres suited to both roads and cycle paths, lights, a rear rack and a kickstand.**

GRAVEL BIKE

Lighter and more dynamic, a gravel bike is ideal for cyclists looking for a sportier riding experience. Combining some of the characteristics of a road bike with the versatility required for mixed surfaces, it offers excellent efficiency on smoother sections while remaining well suited to the paths and cycle routes encountered along the itinerary.
Our gravel bikes feature gearing suited to changing terrain, versatile tyres and effective brakes. The riding position is sportier than on a hybrid bike or e-bike, so we recommend this option for cyclists who are already comfortable with this type of bike. If you prefer **SPD pedals**, please let us know.

Pre-ride bike set-up: Before setting off, you will have a dedicated session with a member of the Nature Occitane team. We assist you remotely by video call (via WhatsApp, for example) to help you adjust your bike, familiarise yourself with your equipment and share practical advice for your journey. This gives you the opportunity to get comfortable with your bike and equipment before beginning your self-guided cycling holiday.

The models and brands shown are those we generally use. Depending on your height, travel dates and availability, you may be provided with a different brand or model of an equivalent category.

WHAT EQUIPMENT IS PROVIDED WITH YOUR BIKE?

For your comfort throughout the journey, your bike is supplied with the equipment required for your cycling trip:

- Waterproof Ortlieb rear pannier
- Waterproof handlebar bag with smartphone/roadbook holder (on some models, this may be replaced by a smartphone holder only)
- Front and rear lights
- Bike lock
- Repair kit

Equipment may vary slightly depending on the bike provided.
A is available on request when booking for a small supplement of €5 for the entire trip.undefined

INSURANCE

CANCELLATION, ASSISTANCE AND REPATRIATION INSURANCE

Cancellation, assistance and repatriation insurance can be taken out when you book your trip. The cost is **7.5% of the total trip price.**
This insurance is provided under a **separate contract** and must be taken out at the time of booking. Full details of the cover, exclusions and applicable conditions are set out in the insurance policy.
Our advice: some bank cards, particularly premium cards such as Gold cards, may include travel insurance and assistance cover when the trip is paid for using the relevant card. Before taking out our insurance, we recommend contacting your bank or card provider to check the cover you may already have, the conditions that apply and the level of protection provided.

BIKE INSURANCE

Specific insurance for your rental bike can also be taken out to limit your financial liability in the event of theft or damage, subject to the terms and conditions of the policy.
This insurance is **separate from the cancellation, assistance and repatriation insurance**. Prices, excesses and applicable conditions will be provided when you book and are detailed in our General Terms and Conditions.

PRACTICAL INFORMATION FOR YOUR SELF-GUIDED CYCLING HOLIDAY

STARTING YOUR TRIP IN BORDEAUX

Your trip begins in Bordeaux. Details of your first accommodation, bike collection or delivery arrangements and the start of your cycling itinerary will be provided in your travel documents.

ENDING YOUR TRIP IN TOULOUSE

Your journey ends in Toulouse after your final cycling stage. Details of how and where to return your bike will be provided before your departure.

TRAVELLING TO BORDEAUX AND RETURNING FROM TOULOUSE

Bordeaux and Toulouse are both easily accessible by train and both have an airport. As your journey starts and finishes in two different cities, we recommend travelling by public transport whenever possible. If you are travelling by car, remember to plan your parking arrangements in Bordeaux as well as your return journey from Toulouse in advance.

WHAT SHOULD YOU PACK FOR YOUR CYCLING HOLIDAY?

Bring comfortable clothing suited to cycling and to the weather conditions expected during your travel dates.
We particularly recommend:

- Breathable clothing suitable for cycling
- One or two pairs of padded cycling shorts
- A waterproof and breathable jacket
- A lightweight warm layer
- Comfortable shoes suitable for both cycling and walking
- Sunglasses
- Sun protection
- Comfortable clothes and shoes for evenings and sightseeing

You should also bring a main bag containing your personal belongings. This will be transferred from one accommodation to the next while you are cycling.
This list should be adapted according to the season and the weather forecast before your departure.