

CANAL DE LA GARONNE BY BIKE - FROM BORDEAUX TO TOULOUSE

Self guided itinerant cycling holiday

This cycling holiday along the Canal de Garonne is the first part of the route known as "Le Canal des deux mers" or the "Canal of the two seas". From Bordeaux to Toulouse by bike, the trip takes you to the very heart of south west France. The route is very easy, entirely along well maintained cycle paths. You cross landscapes reminiscent of Tuscany, where fruit trees, vines, abbeys and peaceful villages await. Each evening, our selection of B&Bs with swimming pools will allow you to relax and unwind after your day's activities.



6 days from €540 / pers.

ITINERARY

DAY 1: VISIT BORDEAUX

Arrival in Bordeaux

Arrival at your charming B&B which is ideally located near to the train station, "St Jean de Bordeaux" or the city center. Your host will know just how to advise you on the sites to visit, activities and the restaurants which are not to be missed! Your bikes will be available from 19h00 for an evening bike tour if you feel like it.

Night in Bordeaux with dinner of your own choice.

DAY 2: LE CANAL DE LA GARONNE FROM BORDEAUX TO BELLEFOND/ FRONTENAC

Distance: 45km

You begin by cycling alongside the Garonne river from where you can admire the attractive facades of the buildings here in the capital of the Gironde 'departement'. The landscape then becomes more varied, changing between wooded valleys, fortified hamlets and small chateaux and - of course - Bordeaux vineyards!

Night in Bellefond or Frontenac.

DAY 3: LE CANAL DE LA GARONNE FROM BELLEFOND TO CAUMONT SUR GARONNE / LE MAS D'AGENAIS

Distance: 52km

Today's route begins on quiet lanes across bucolic landscapes of vines and forests. You then rejoin the Canal de Garonne with its locks and lively marinas interspersed with tranquil stretches lined with plane trees.

Night in Caumont sur Garonne or Le Mas d'Agenais

DAY 4: LE CANAL DE LA GARONNE BY BIKE FROM CAUMONT SUR GARONNE TO SÉRIGNAC SUR GARONNE

Distance: 44km

This morning you go through 'Mas d'Agenais, a peaceful, pretty village and ancient Roman settlement, with its 17th century corn halls and attractive five-sided communal laundry. The Canal de la Garonne then offers stunning river views, the vineyards gradually giving way to fields of cereal crops and orchards.

Night in Sérignac sur Garonne.

DAY 5: THE CANAL DE LA GARONNE FROM SÉRIGNAC SUR GARONNE TO MOISSAC

Distance: 55km

This stage allows you to discover two beautiful towns of south west France: Agen and Moissac. After orchards of fruit trees so characteristic of the Lot and Garonne, you arrive in Moissac. We invite you to take the time to visit this important town on the path to Santiago de Compostella, listed as a UNESCO World Heritage site.

Night in Moissac.

DAY 6: THE CANAL DE LA GARONNE FROM MOISSAC TO TOULOUSE

Distance: 67km

Your route goes through the charming town of Montech, with its half timbered, red brick houses. As for the cycle path this is along a peaceful "voie verte" or green way, with a good surface and shaded by plane trees.

Your holiday ends upon arrival in Toulouse if you choose the 5 night/6 day trip from Bordeaux to Toulouse.

Option :

If you wish to make the most of being in Toulouse, with time to explore, then we can recommend a B&B which we particularly like. Your host, Olivier, will welcome you into an authentic "Toulousaine" with garden, veranda and elegant salons. Living in Toulouse ourselves, we really want you to like the city as much as we do! Olivier will advise you on the unmissable places to visit as well as some lesser known spots! Night in Toulouse.

Tariff for this option: 50€ per person based on a shared double room. 80€ in a single room. Breakfast included.

NB: If you wish to shorten this day's stage (or avoid the outskirts of Toulouse) then you could consider taking a train from Montauban or Castelnau-d'Estréfond. We recommend visiting Montauban, a town of art and history.

Please contact us for further details.

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Disclaimer

The names and photos of the accommodation are given for information purposes. According to availability, the B&Bs or hotels could be changed without warning and replaced by another establishment of the same category.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double room 2 pers.	Twin room 2 pers.	Triple room 3 pers.	Single room 1 pers.
Essential range				
From Bordeaux to Toulouse 6 days / 5 nights	€590	€600	€540	€840
Comfort range				
From Bordeaux to Toulouse 6 days / 5 nights	€650	€660	€590	€1,030
Premium range				
From Bordeaux to Toulouse 6 days / 5 nights	€810	€820	€730	€1,230

NB: prices shown are per person.

Depending on availability at the time of booking, you may be charged a supplement for some of your services.

Trips possible from 13 April to 15 October, at this price. Outside this period, please contact us. Departure possible on the day of your choice, including weekends.

For a trip between 01/03 and 12/04/2025, or between 16/10 and 15/11/2025:

'Low season' luggage transfer supplement for a group of 1 people: +40€/person/stage

'Low season' luggage transfer supplement for a group of 2 people: +40€/person/stage

'Low season' luggage transfer supplement for a group of 3 people: +€30/person/stage

'Low season' luggage transfer supplement for a group of 4 people or more: +20€/person/stage

NB: These supplements are justified by the fact that we organize private transfers for your group during the low season. During this period, the taxi transfers only your luggage.

Essential range : selection of simple Bnb and 1* hotels.

Comfort range : selection of comfortable Bnb and 2* hotels.

Privilege range : selection of charming Bnb and 3* hotels.

For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may apply depending on the number of people and the number of stops on the tour.

For a stay entirely in a 2* or 3* hotel, please contact us.

OUR PRICE INCLUDES:

- 5/6/7 nights in pretty B&Bs or hotels
- Breakfasts
- Phone support 7/7
- Luggage transfers (1 bag per person)
- The registration fee & Taxes de séjour (local accommodation tax)
- A digital roadbook to download on your mobile

OUR PRICE DOES NOT INCLUDE:

- Bike hire throughout the trip, 180€ including delivery to the start and its collection at the end
- Travel between your home and the start and end of the holiday
- Lunches and dinners
- Spending on personal items such as souvenirs and drinks
- Travel insurance covering cancellation, illness and repatriation
- Our bicycle insurance. For more information, please [click here](#).
- Generally, all that is not mentioned in 'Our Price Includes'

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

ESSENTIAL RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€60
Discount: groups of more than 4 people	-€20
SUPPLEMENTS	
July/August supplement	€40
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental (VTC) for the whole trip (delivery & return included) - 6 days	€180
Additional day of bike rental	€10
Comfort e-bike rental (including delivery to the start and its collection) - 6 days	€265
Extra comfort E-bike rental day	€16
Premium e-bike rental (including delivery to the start and its collection) - 6 days	€300
Extra premium E-bike rental day	€18
Luxury E-bike rental (including delivery to the start and its collection) - 6 days	€335
Extra Luxury E-bike rental day	€20
Gravel bike rental for the whole trip (delivery & return included) - 6 days	€265
Additional day of Gravel bike rental	€16
Rental of a 2nd waterproof case (20l) for the whole stay	€15
Child bike rental for the whole trip (delivery & return included) - 6 days	€125
Additional day of Child bike rental	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included)	€60
Extra night in Bordeaux in single room (breakfast included)	€100
Extra night in Bordeaux in triple room (breakfast included)	€40
Extra night in Toulouse in double room (breakfast included)	€50
Extra night in Toulouse in single room (breakfast included)	€90
Extra night in Toulouse in triple room (breakfast included)	€50
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional stopover in Saint-Émilion (double room** & luggage transfer included)	€120

Additional stopover in Saint-Émilion (single room** & luggage transfer included)	€140
Additional stopover in Saint-Émilion (triple room** & luggage transfer included)	€110
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€60
Discount: groups of more than 4 people	-€20
SUPPLEMENTS	
July/August supplement	€40
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental (VTC) for the whole trip (delivery & return included) - 6 days	€180
Additional day of bike rental	€10
Comfort e-bike rental (including delivery to the start and its collection) - 6 days	€265
Extra comfort E-bike rental day	€16
Premium e-bike rental (including delivery to the start and its collection) - 6 days	€300
Extra premium E-bike rental day	€18
Luxury E-bike rental (including delivery to the start and its collection) - 6 days	€335
Extra Luxury E-bike rental day	€20
Gravel bike rental for the whole trip (delivery & return included) - 6 days	€265
Additional day of Gravel bike rental	€16
Rental of a 2nd waterproof case (20l) for the whole stay	€15
Child bike rental for the whole trip (delivery & return included) - 6 days	€125
Additional day of Child bike rental	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included)	€80
Extra night in Bordeaux in single room (breakfast included)	€120
Extra night in Bordeaux in triple room (breakfast included)	€70
Extra night in Toulouse in double room (breakfast included)	€60
Extra night in Toulouse in single room (breakfast included)	€100
Extra night in Toulouse in triple room (breakfast included)	€60
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional stopover in Saint-Émilion (double room** & luggage transfer included)	€120
Additional stopover in Saint-Émilion (single room** & luggage transfer included)	€140
Additional stopover in Saint-Émilion (triple room** & luggage transfer included)	€110
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€60
Discount: groups of more than 4 people	-€20
SUPPLEMENTS	
July/August supplement	€40
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental (VTC) for the whole trip (delivery & return included) - 6 days	€180
Additional day of bike rental	€10
Comfort e-bike rental (including delivery to the start and its collection) - 6 days	€265
Extra comfort E-bike rental day	€16

Premium e-bike rental (including delivery to the start and its collection) - 6 days	€300
Extra premium E-bike rental day	€18
Luxury E-bike rental (including delivery to the start and its collection) - 6 days	€335
Extra Luxury E-bike rental day	€20
Gravel bike rental for the whole trip (delivery & return included) - 6 days	€265
Additional day of Gravel bike rental	€16
Rental of a 2nd waterproof case (20l) for the whole stay	€15
Child bike rental for the whole trip (delivery & return included) - 6 days	€125
Additional day of Child bike rental	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included)	€95
Extra night in Bordeaux in single room (breakfast included)	€150
Extra night in Bordeaux in triple room (breakfast included)	€80
Extra night in Toulouse in double room (breakfast included)	€80
Extra night in Toulouse in single room (breakfast included)	€120
Extra night in Toulouse in triple room (breakfast included)	€70
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional stopover in Saint-Émilion (double room** & luggage transfer included)	€120
Additional stopover in Saint-Émilion (single room** & luggage transfer included)	€140
Additional stopover in Saint-Émilion (triple room** & luggage transfer included)	€110

NB: prices are per person.

HOSTS

Essential range

OUR PARTNER HOTEL IN FRONTENAC

Located in the small village of Frontenac near the bicycle path, this bed and breakfast has all the necessary amenities for your overnight stay. You can dine at the bar-restaurant of the same establishment in the evening.



OUR PARTNER GUEST HOUSE IN MOISSAC

Agnès will welcome you with conviviality in her gîte d'étape. Offering two rooms in dormitory, you will find all the necessary comfort for a good night's sleep. Located in the heart of Moissac, you will find many shops nearby.



OUR PARTNER HOTEL IN BORDEAUX

Close to Toulouse train station, our partner hotel is ideally located: you can visit Bordeaux on foot or relax in modern, comfortable rooms.



Comfort range

OUR PARTNER GUEST HOUSE IN MOISSAC

Our host and privileged partner will be delighted to welcome you to his warm house. You can relax in the large garden with swimming pool. For breakfast, you can relax on the terrace.



OUR PARTNER GUEST HOUSE IN CAUMONT-SUR-GARONNE

After your first day on the bike, take advantage of the peaceful surroundings to recharge your batteries, of course after taking your first dip in the pool! For breakfast, fill up on vitamins with fresh local produce under the shade of the cherry tree.



OUR PARTNER GUEST HOUSE IN SÉRIGNAC

Located a few kilometers from the Canal de la Garonne, you will be charmed by this large property. Relax in the space offered by this large wooded park, without forgetting to visit the horses of the domain.



Premium range

OUR PARTNER GUEST HOUSE IN SAUVETERRE-DE-GUYENNE

Magalie and Stéphane welcome you to their charming guest rooms. You'll fall under the spell of this old château in the heart of the Bordeaux vineyards.



OUR PARTNER HOTEL IN SÉRIGNAC SUR GARONNE

Enjoy the freshness and calm of a 17th century residence. You will find a swimming pool but also a restaurant, a park, a tennis court, a swimming pool...



OUR PARTNER HOTEL IN MOISSAC

Not far from the abbey of Moissac, this old house offers you a bright and comfortable place with its large garden and its superb swimming pool. Don't forget to reserve your table at the hotel's restaurant for a delicious meal.



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Categories :

Essential : a selection of simple guest houses and 1 hotels.*

Confort : a selection of comfortable guest houses and 2-star hotels.

Privilege : a selection of charming guest houses and 3 hotels.*

NB : these are our preferred accommodations.

Depending on your registration date, we may be able to reserve other accommodation of the same category for you.

PRACTICAL INFO

A WORD FROM GUILHEM, LOCAL CYCLING GUIDE:

The pretty towpath of the Canal de la Garonne has been totally resurfaced for cyclists. Our hybrid bikes have been selected for your comfort. Front suspension, hydraulic brakes (no jamming of the brake pads in wet conditions), ORLIEB paniers, front and back lights ...The quality of your bike is key to the success of your trip and we are committed to ensuring you set off in the best possible conditions.

HYBRID BIKES FROM THE AMERICAN BRAND TREK



- High-standard model chosen especially for the profile of our travelers.
- A bike to fit your height (available in M, L and XL. For smaller height, other Trek and KTM models are available)
- Frame geometry and standover : easy to mount and dismount.
- Front suspension
- Comfort saddle
- Travel comfort handles
- Hydraulic disc brakes
- Adjustable stem (for the comfort of your back)
- Rear stand
- Front and rear lighting by dynamo
- Our bikes are serviced and cleaned after each outing.

This model is the one who select in priority. However, depending on your registration, we might reserve another bike.

E-BIKES FROM THE AMERICAN BRAND TREK



- High-standard model chosen especially for the profile of our travelers.
- A bike to fit your height (available in XS, S, M, L and XL).
- Frame geometry and standover : easy to mount and dismount.
- Large 28 inch wheels that ensure precise steering and good performance.
- Powerful hydraulic disc brakes
- Bosch motor

Our bikes are serviced and cleaned after each outing.

ALL OF YOUR EQUIPMENT IS INCLUDED

- Waterproof rear panier (Ortlieb)
- Waterproof front panier with smartphone / roadbook holder (Ortlieb)
- Front and back lights
- Bike lock
- Repair kit
- Helmet on demand (please, make the request at the registration)

THEFT AND ASSISTANCE INSURANCE: NATURE OCCITANE INSURES YOU

In the event of an incident along the route (theft, breakage not resulting from wear and tear, etc.), we insure all equipment for only :

- 2€ per day per bike and/or per piece of equipment
- 3€ per day per electric bike

AT YOUR CHARGE IF YOUR BIKE OR TRAILER ARE ROBBED :

Caution / Excess without the insurance :

Premium trip bike : 924€
Premium trip electric bike : 2275€
Electric Over Sunn bike : 1799€ Gravel Sunn bike: 1712€
Child bike : 400€
Luggage trailer BOB Ibex : 570€
Repair rate in case of damage / breakage

Caution / Excess with the insurance :

Premium trip bike : 92€
Premium trip electric bike : 228€
Electric Over Sunn bike : 179€
Gravel Sunn bike: 171€
Child bike : 40€
Luggage trailer BOB Ibex : 57€
10% of the repair rate in case of damage /breakage

NB: The statement of robbery at the police station must be sent to Nature Occitane in both cases in the time limit of 48h after the offence.

At your charge in case of theft or loss of equipment :

Back pannier : 50€
Anti-theft device : 75€
Multi-tool or pump : 15€
Helmet : 50€

PARKING OF YOUR VEHICLE DURING YOUR HOLIDAY**IN BORDEAUX**

We can advise you a car park located closed by your accommodation. [Click here](#) to have an approximate price or to book your park.

IN TOULOUSE**Solution : Paid for secure parking in Toulouse**

For peace of mind, we can give you the details of an inexpensive, secure car park, not far from your B&B.
[Click here](#) to see an approximate price or to book.

MEETING POINT :

Day 1 in your B&B.

THE END OF YOUR TRIP:

Your holiday will finish upon your arrival in Toulouse. Supplementary night in Toulouse is an option.

HOW TO GET HERE:

In order to reduce carbon emissions, we encourage you to come by public transport and/or car-sharing. We take care of the delivery of your bikes to the start of your trip and their collection at the end.

IF YOU COME BY TRAIN : SNCF train station in Bordeaux

IF YOU COME BY PLANE : Bordeaux airports.

RECOMMENDED EQUIPMENT :

Take a travel bag or suitcase for a change of clothes for the week. You will find it in your accommodation each evening.

CLOTHING :

- 1 sun hat or cap (helmet provided on request when you register)
- 1 scarf
- Breathable T-shirts

NB: Avoid cotton, which takes a long time to dry; prefer short-sleeved t-shirts (breathable material)

- 1 fleece
- 1 Gore-tex jacket, waterproof and breathable

- 2 pair of shorts (short or long), preferably padded for comfort on the bike

NB: The shorts must be worn next to the skin.

- 1 pair of comfortable trousers for the evening
- Underwear
- Socks

NB: Avoid "tennis" type socks (cotton), which take a long time to dry.

- 1 swimming costume for the pool and your arrival at the sea

SHOES :

- 1 pair of multi-activity shoes for cycling and walking
- Tennis shoes or sandals for the evening

EQUIPMENT :

- 1 pair of sunglasses
- 1 pocket knife (to be put in the hold luggage if you take the plane)
- Toiletries
- Toilet paper
- Sunscreen
- Soothing cream anti-friction

This list must be adapted according to the season chosen.

REVIEWS

The following French tour operators have chosen to work with us; we create trips to match their clients expectations and then welcome their clients to our region.



SOME FEEDBACK FROM PREVIOUS GUESTS

The comments below were left by our travelers who were kind enough to testify on the Tripadvisor or Google site.

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CANAL DE GARONNE - TOULOUSE BORDEAUX BY BIKE!!!

Andrée - April 2022

We rode the Garonne Canal from Bordeaux to Toulouse on our own electric bikes in 5 stages, stopping at 7 accommodations. The proposed route is excellent; the stages are relatively short, allowing us to take our time visiting nearby villages and attractions. The last stage, however, seemed a bit monotonous, but we had to reach Toulouse. The phone app we use to view the route and track our progress using GPS is great, although it takes a little while to get the hang of it. The choice of accommodations was excellent, with a welcome from our hosts that we will remember forever. Our luggage was waiting for us at each stage. Thank you to the Nature Occitane team.

Dalila - July 2018

New trip along the Canal de Garonne by bike from Bordeaux to Toulouse. We chose this trip of 5 days and are happy to have seen these beautiful places, a part of the Canal de Garonne which you share with walkers following the path to Santiago de Compostella. (GR5). Very good selection of B&Bs, excellent welcome! Well done and a big thank you to Guilhem and his team!