Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



CANAL DES 2 MERS BY BIKE - FROM BORDEAUX TO AGDE, SÈTE OR MONTPELLIER

All inclusive cycling holiday on the Canal des 2 mers

This self-guided cycling holiday on the Canal des deux mers (or the canal of the two seas) offers a great way to cross the south-west of France, following the course of the canal in the shade of plane trees. This remarkable cycle route joins the Atlantic to the Mediterranean. Along the way, you will be able to make the most of the famous wines of Bordeaux, Corbieres and Minervois while savouring the gastronomy of the region. Each evening you will be welcomed into our selected B&Bs, offering swimming pools and charm.

11 days / 10 nights from 1150 €
Self-guided, itinerant cycling holiday - easy
Please contact us if you would like a tailor made holiday.

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 BY BIKE 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 BY BIKE 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 intersperced 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 givingway to fields of cereal crops and orchards.
Night in Sérignac sur Garonne.

DAY 5: THE CANAL DE LA GARONNE BY BIKE 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 BY BIKE FROM MOISSAC TO TOULOUSE

Distance: 64km

Your route goes through yhe 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. Night in Toulouse.

Suggestion 1 :
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!

DAY 7: THE CANAL DU MIDI FROM TOULOUSE TO CASTELNAUDARY

Distance: 60 km

After a good breakfast in the peaceful gardens, you set off for your first stretch of the canal: 50 km of tarmacked green lane, offering excellent cycling conditions. You can pause at seuil de Naurouze, watershed between the Atlantic and the Mediterranean, and an ideal spot for a break. Night in Castelnaudary. We will provide you with recommendations of the best places to discover the gastronomy of the city.

Suggestion 2 – Lauragais
Supplementary stage possible to allow this first leg to be divided into to 2 days of 30 km (options)

DAY 8: THE CANAL DU MIDI BY BIKE FROM CASTELNAUDARY TO CARCASONNE

Distance : 41 km

After Castelnaudary, the canal du midi becomes a little wilder… You can enjoy the peace of the surrounding landscape before arriving in the middle of the day in Carcassonne, with plenty of time to visit this splendid medieval city. Night in Carcassonne.

Suggestion 3 – Day in Carcassonne
We strongly recommend this supplementary night which will allow you to explore the medieval city.

DAY 9: THE CANAL DU MIDI BY BIKE FROM CARCASSONNE TO HOMPS

Vélo : 41 km

From now on you are pedalling between vineyards and villages typical of the south of France. In the small, historic port of Homps, you will be able to taste some of the best wines of the region. Homps is ideally situated between the terroirs of Minervois, to the north, and Corbieres to the south. Dinner of your own choice and night in a B&B with swimming pool in Homps or Olonzac.

Suggestion 4 – Minerve
Stage to Minerve with overnight in Le Somail – 36 km (contact us)

DAY 10: THE CANAL DU MIDI FROM HOMPS TO CAPESTANG

Distance: 43 km

After Homps, you will discover a series of engineering feats on the canal du midi. Man has had to show great ingenuity constructing the canal

through this rugged stretch of terrain.
Overnight in Caspestang, a pretty 14th century village.

DAY 11: THE CANAL DU MIDI BY BIKE FROM CAPESTANG TO AGDE

Distance: 42 km

Bit by bit, the scent of the sea gets closer on this last day … La pointe des Onglous, where the canal du midi joins the lagoon of the étang de Thau, is a magical place. Taking a moment to savour your arrival, you may well spot flamingos. This is also the moment to enjoy some oysters or mussels from nearby Bouzigues. Your trip finishes in the centre of Agde, where you drop off your bike with our partners, situated near the main train station.

Your trip finishes on arrival in Agde if you have chosen the 11 day / 10 night version, from Bordeaux to Agde by bike. Supplementary night in Agde is an option.

DAY 12: THE CANAL DU MIDI BY BIKE FROM AGDE TO SÈTE

Distance : 35 km

We strongly recommend that you continue your journey until arriving on the shores of the Mediterranean at Sète. You can then make the most of a highly enjoyable cycle path between the lagoon of the étang de Thau and the Mediterranean Sea. You could even take a break from cycling for a swim in the sea! On arrival in Sète, you can enjoy the comings and goings of the fishing boats in the historic port, which is unusually situated right in the town centre.

Your trip ends in Sète if you have chosen the 12 day / 11 night version, from Bordeaux to Sète by bike. Supplementary night in Sète is an option.

DAY 13: THE CANAL DU RHONE BU BIKE FROM SÈTE TO MONTPELLIER

Distance: 45 km

After Bordeaux and Toulouse, we propose that you discover another large and beautiful city of the South of France : Montpellier ! From Sète, you continue along the canal du Rhône, through the heart of a nature reserve, before following a cycle path into the centre of Montpellier.
Distance cycled : 45 km

Your trip ends on arrival in Montpellier if you have chosen the 13 day / 12 night version, from Bordeaux to Montpellier. Supplementary night in Montpellier is an option.

Want to keep the adventure going? Check out our itinerary from Montpellier to Collioure !

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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 Agde (Low season) *11 days / 10 nights*	€1,150	€1,160	€960	€1,690
From Bordeaux to Agde (High season) *11 days / 10 nights*	€1,180	€1,190	€980	€1,750
From Bordeaux to Sète (Low season) *12 days / 11 nights*	€1,250	€1,260	€1,090	€1,890
From Bordeaux to Sète (High season) *12 days / 11 nights*	€1,310	€1,320	€1,130	€1,990
Comfort range				
From Bordeaux to Agde (Low season) *11 days / 10 nights*	€1,290	€1,310	€1,150	€1,990
From Bordeaux to Agde (High season) *11 days / 10 nights*	€1,360	€1,380	€1,190	€2,140

From Bordeaux to Sète (Low season) *12 days / 11 nights*	€1,370	€1,390	€1,250	€2,090
From Bordeaux to Sète (High season) *12 days / 11 nights*	€1,440	€1,460	€1,300	€2,240
Premium range				
From Bordeaux to Agde (Low season) *11 days / 10 nights*	€1,490	€1,510	€1,390	€2,290
From Bordeaux to Agde (High season) *11 days / 10 nights*	€1,650	€1,680	€1,480	€2,590
From Bordeaux to Sète (Low season) *12 days / 11 nights*	€1,590	€1,620	€1,490	€2,390
From Bordeaux to Sète (High season) *12 days / 11 nights*	€1,810	€1,830	€1,630	€2,830

NB: prices shown are per person.

Discount from 4 participants.

Low season: from 12/04 to 31/05/2026 and from 01/10 to 14/10/2026
High season: from 01/06 to 30/09/2026

Departure possible on the day of your choice, including weekends.
Depending on availability at the time of booking, you may be charged a supplement for certain services.

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.
Premium 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.

OUR PRICE INCLUDES:

- 10/11/12 nights in pretty B&Bs with swimming pools
- Breakfasts
- Phone support 7/7
- Luggage transfers (1 bag of 23 kg max per person)
- Taxes de séjour (local accommodation tax)
- A digital roadbook to download on your mobile

OUR PRICE DOES NOT INCLUDE:

- Bike hire throughout the trip, including delivery to the start and its collection at the end (see below)
- Saddling up
- Travel between your home and the start and end of the holiday
- Lunches and dinners
- Spending on personal items such as souvenirs and drinks
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- Registration fee: €20 per booking file
- 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	-€280

Discount: groups of more than 4 people	-€40
Réduction "groupe à partir de 4 personnes" (Séjour Toulouse à Sète)	-€45
Réduction "groupe à partir de 4 personnes" (Séjour Bordeaux à Montpellier)	-€50
SUPPLEMENTS	
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental throughout the trip (delivery & return included) - 11 days	€296
Extra bike hire for one day	€12
Comfort e-bike rental (including delivery to the start and its collection) - 11 days	€425
Extra comfort E-bike rental day	€20
Premium e-bike rental (including delivery to the start and its collection) - 11 jours	€446
Extra premium E-bike rental day	€22
Luxury E-bike rental (including delivery to the start and its collection) - 11 days	€495
Extra Luxury E-bike rental day	€25
Gravel bike rental (delivery & repatrition included) - 11 days	€398
Additional rental day for a Garvel bike	€18
Extra waterproof rear bag (20L) for the whole trip	€30
Rental of a child's bike adapted to the size of your child (delivery & repatriation included) - 11 days	€205
Additional rent day for a child's bike	€5
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux - Contact us for pricing	€0
Extra night in Agde - Contact us for pricing	€0
Extra night in Sète - Contact us for pricing	€0
Extra night in Montpellier - Contact us for pricing	€0
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 1 - Extra night in Toulouse - Contact us for pricing	€0
Suggestion 2 - Extra stopover in Lauragais - Contact us for pricing	€0
Suggestion 3 - Extra night in Carcassonne - Contact us for pricing	€0
Suggestion 4 - Extra night in Homps - Contact us for pricing	€0
Suggestion 5 - Extra stopover in Le Somail - Contact us for pricing	€0
Suggestion 6 - Extra night in St Émilion - Contact us for pricing	€0
COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€280
Discount: groups of more than 4 people	-€50
Réduction "groupe à partir de 4 personnes" (Séjour Toulouse à Sète)	-€55
Réduction "groupe à partir de 4 personnes" (Séjour Bordeaux à Montpellier)	-€60
SUPPLEMENTS	
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental throughout the trip (delivery & return included) - 11 days	€296
Extra bike hire for one day	€12
Comfort e-bike rental (including delivery to the start and its collection) - 11 days	€425
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Suggestion 5 - Extra stopover in Le Somail - Contact us for pricing	€0
Suggestion 6 - Extra night in St Émilion - Contact us for pricing	€0
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€280
Discount: groups of more than 4 people	-€60
Réduction "groupe à partir de 4 personnes" (Séjour Toulouse à Sète)	-€65
Réduction "groupe à partir de 4 personnes" (Séjour Bordeaux à Montpellier)	-€70
SUPPLEMENTS	
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Bike rental throughout the trip (delivery & return included) - 11 days	€296
Extra bike hire for one day	€12
Comfort e-bike rental (including delivery to the start and its collection) - 11 days	€425
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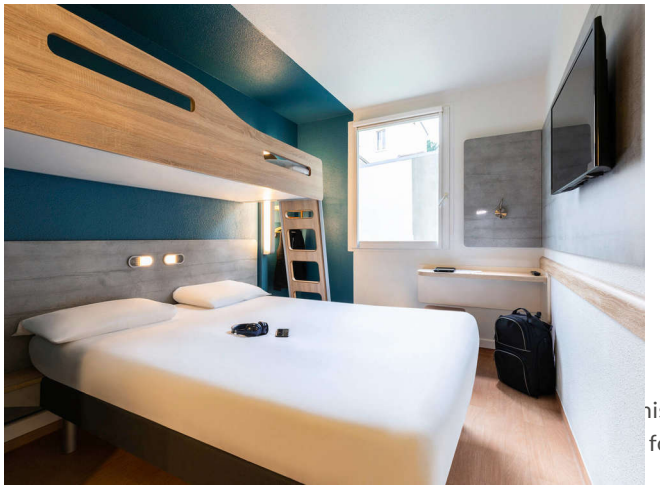
NB: prices are per person.

HOSTS

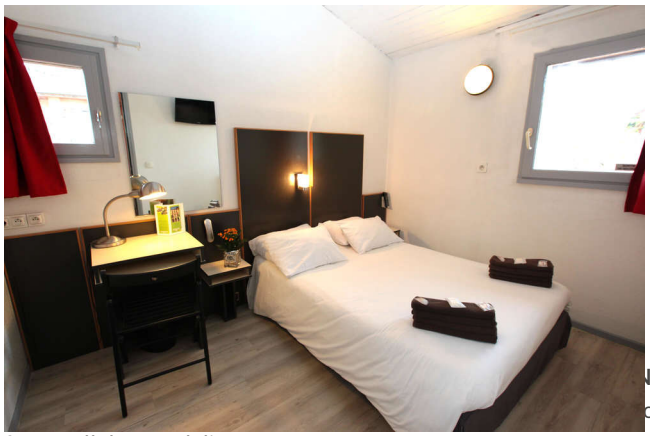
Essential range

OUR PARTNER HOTEL IN BORDEAUX

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



is 1* hotel is ideally located to visit the city center of the pink city and to for your needs.

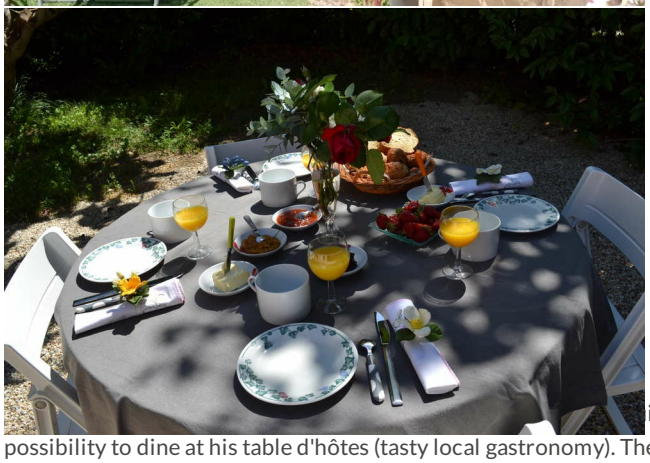


NE

offer you a welcome worthy of the south. Enjoy the restaurant and its terrace for a well deserved dinner.



to his warm house. You can relax in the large garden with swimming pool.



iet area of the city center. A warm welcome by our friend Olivier and the possibility to dine at his table d'hôtes (tasty local gastronomy). The garden is an ideal haven of peace to enjoy your dinner and breakfast. Free parking for your entire stay in the streets around the guesthouse. For more security, we can advise you to use a cheap secure parking, located very close to your accommodation.

Your host Olivier :
Olivier particularly likes to make you discover our gastronomy of the South West. His kindness associated with his tasty cooking based on local products is a very nice way to start your stay on the Canal du Midi by bike!



s in 2017... and all of our bike travelers are thrilled!
ve :-)

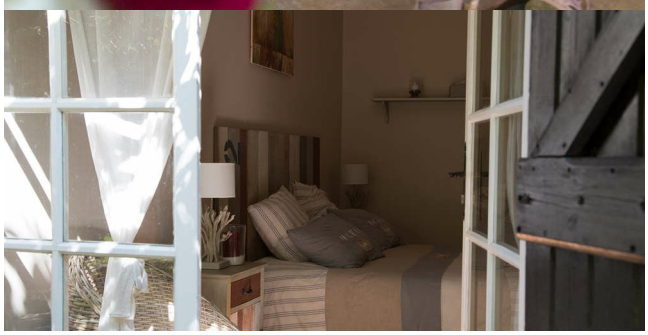


y her exotic garden, and why not have a drink in the jacuzzi...



ns. You'll fall under the spell of this old château in the heart of the Bordeaux





OUR PARTNER GUEST HOUSE IN CAPESTANG

Our partner guest house in Capestang, in the heart of the vineyards and with a famous table d'hôtes.

to welcome you to his rural setting. You'll be able to relax after a day's cycling in this authentic house, surrounded by greenery and calm. And why not try a real home-made cassoulet!



OUR PARTNER HOTEL IN SÈTE

A charming hotel in the heart of Sète, offering a warm welcome in a 19th-century building. Close to the canals, the peacefulness of the glass-roofed patio is sure to delight. You can also enjoy a gourmet break in their restaurant, where you can sample delicious Mediterranean cuisine "between land and sea".



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Categories :

Essential : a selection of simple guest houses and 1 hotels.*
Confort : a selection of charming and comfortable guest houses and 2 hotels.*
Privilege : a selection of exceptional 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 **Canal Latéral de la Garonne by bike from Bordeaux to Toulouse** is entirely paved with a nice bike path just like the **Canal du Midi** at the beginning. For the remaining 200km to Agde, you will find only dirt roads (with roots and frequent unevenness).

Our VTC have been selected for your comfort. Front suspension, adjustable stem, comfortable saddle and grips, hydraulic disc brakes, Orlieb panniers, lighting...

The quality of your bike is essential for the success of your stay, we want you to leave in the best conditions.

VTC BIKES FROM THE AMERICAN BRAND TREK



- High-stantard model chosen especially for the profile of our travelers
- A bike to fi 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
- Confort saddle
- Travel comfort handles
- Hydraulic disc brakes
- Adjustable stem (for the comfort of your back)
- Rear stand
- Front and rear lighting by dynamo

NB : Our bikes are serviced and cleaned after each outing.

ELECTRIC BIKE (VAE) FROM THE AMERICAN BRAND TREK



- High-end Trek model chosen especially for our travelers' profile
- A bike that fits you (available in sizes XS, S, M, L and XL)
- Sporty and dynamic frame geometry, making it easy to ride
- Large 28″ inch wheels that ensure precise steering and good performance of your electric bike on the Canal des 2 Mers
- Powerful braking with two hydraulic disc brakes
- Fully equipped: mudguards, side stand, powerful lighting and pannier holders
- Bosch Active Line motor

ALL OF YOUR EQUIPMENT IS INCLUDED

- Waterproof rear panier (Ortlieb)
- Waterprof front panier with smartphone / roadbook holder (Ortlieb)
- Front and back lights
- Bike lock
- Repair kit
- Helmet provided free of charge on request (please ask us when you register)

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€
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€
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 thinking of the environment, we encourage you to come by public or shared transport. We will take care of the delivery and collection of your bike.

IN AGDE, SÈTE OR MONTPELLIER

Solution 1 : Free parking in Agde ou Sète
Free parking in the quiet streets around your B&Bs.

Solution 2 : Paid for secure parking in Agde or Sète
Links to our recommended car parks in Agde, Sète and Montpellier :
→ Secure parking in Agde: Click here to calculate the parking charge for your trip
→ Secure parking in Sète : Click here to calculate the parking charge for your trip
→ Secure parking in Montpellier : Click here to calculate the parking charge for your trip

IN BORDEAUX

For more security, we can advise you to use a cheap secure parking, located very close to our partner guesthouse in Bordeaux.
Click here to calculate the rate for your stay or reserve your place.

MEETING POINT

Day 1 in your B&B

THE END OF YOUR TRIP

Your holiday will finish upon arrival in Agde, Sète or Montpellier depending on the trip that you have booked.

HOW TO GET THERE

In order to limit your carbon emissions, we encourage you to come by public transport or car sharing. We will take care of collecting our bikes at the end of the trip.

IF YOU COME BY TRAIN : SNCF Train stations of Bordeaux, Agde, Sète or Montpellier.

IF YOU COME BY PLANE : Either Bordeaux or Montpellier airport.

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 should 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.

Ken - August 2022

We selected the Bordeaux to Montpelier trip and had a wonderful time. The route is well laid out and easy to follow. We took 2 extra 'rest' days (14 total) for about 700km total.Nature Occitane took care of everything for us: Maps (a phone app), Bikes, Hotels, Luggage transfer, etc. The hotels were amazing - we would have really struggled to find anything equivalent. Most were large, with pools, and in amazing settings. The bikes were new, and well suited for the terrain. We have done a number of these trips in a variety of countries in Europe, and this one was the best organised and had the highest value for the Euro.

Cadialau - August 2021

In August 2021, we completed a 10-day cycling trip from Bordeaux to Agde, organized by Nature Occitane. Everything was perfect! We chose bikes without electric assistance, and the ones we received were new and durable, as the terrain on the Canal du Midi is rather difficult (unpaved). The guesthouses were excellent: charming residences in beautiful landscapes or villages, swimming pools to refresh and relax your

muscles after the effort, and very friendly and attentive hosts. During one of the stages, we suffered a flat tire on one of our bikes, and the support team arrived within the hour to replace the bike whose wheel couldn't be changed. In short, we recommend the 500 km trip offered by Nature Occitane, which can be completed in one (Canal des 2 Mers) or two (Canal latéral à la Garonne - Canal du Midi) trip, whether by electric bike or not. Note for the less sporty that the lateral canal to the Garonne is easier because it is tarmacked and shaded, but the southern canal, although difficult, also has a lot of charm.

Claudette - June 2021
Bordeaux - Sète via the canals by bike. Very well organized, very well-chosen guesthouses, a warm welcome, and very high-quality guest tables, with local products. Luggage transport is very well organized. The Bordeaux - Toulouse Canal des Deux Mers route is very pleasant, and has very good signage. The towpath between Castelnaudary and Agde is more difficult, which doesn't detract from the charm of discovering the landscape. A lot of work was required to uproot and replant trees to replace diseased plane trees. A wonderful human adventure, the history of this construction by Paul Pierre Riquet, the canal architect. Thank you, Nature Occitane, for this program, and long live cycling.

Pascal - June 2019
We completed a Bordeaux/Montauban cycling tour through Nature Occitane, and everything went very well. As was the case last year with our Canal du Midi trip, we are completely satisfied with Guilhem and his team. We will have no hesitation in repeating this experience under the same conditions. Thanks again to the entire team!