Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



CANAL DES DEUX MERS BY GRAVEL BIKE – FROM BORDEAUX TO AGDE, SÈTE OR MONTPELLIER

Cycling holiday along Canal des deux Mers (Canal of the two seas
A legendary route through Southwest France, combining vineyards, gastronomy, and authentic villages. From smooth asphalt to shaded towpaths, gravel riding shows its full versatility all the way to the Mediterranean coast. Each day ends with the charm and warm welcome of our selected guesthouses.

8 days / 7 nights from €1090
Self-guided cycling tour - Intermediate level
Custom trips available - contact us for details

Depending on availability and the chosen range, the location of the accommodation may vary, as may the number of kilometres.

ITINERARY

DAY 1: VISIT BORDEAUX BY BIKE OR ON FOOT

Arrival in Bordeaux

Meet at our charming guesthouse, ideally located near Bordeaux's St Jean train station or the city center. Your host will be happy to offer recommendations for sightseeing, activities, and must-try restaurants.
Your bike will be available from 7 p.m for an optional evening ride.

Dinner on your own and overnight stay in Bordeaux.

DAY 2: CANAL DES DEUX MERS FROM BORDEAUX TO FRONTENAC / COURPIAC

Distance cycled: 45-50km

You begin by following the Garonne River, where you can admire the beautiful facades of Bordeaux, the capital of the Gironde region. The landscapes alternate between wooded valleys, bastide towns, small château, and of course, the renowned Bordeaux vineyards !

Dinner on your own and overnight stay in Frontenac.

DAY 3: CANAL DES DEUX MERS FROM FRONTENAC / COURPIAC TO MAS D'AGENAIS / MARMANDE

Distance cycled : 60km-72km

You start the day on charming, quiet country roads winding through the rolling vineyards and shaded woods typical of the Entre-deux-Mers region. Then, the atmosphere changes as you join the Canal de la Garonne - a peaceful setting perfect for gravel biking The trail follows the canal, passing flower-lined locks, lively small ports, and majestic rows of plane trees, offering a smooth and relaxing route.

Dinner on your own and overnight stay in Mas d'Agenais.

DAY 4: CANAL DES DEUX MERS FROM MAS D'AGENAIS / MARMANDE TO MOISSAC

Distance cycled : 87-95km

After leaving Le Mas d'Agenais or Marmande, you continue your gravel adventure along the peaceful banks of the Canal de la Garonne. The route unfolds like a tranquil ribbon lined with century-old place trees, flower-adorned locks, and sleepy villages. The terrain is gentle, perfect for steady progress, while the scenery subtly changes along the way : fields, orchards, small ports, and woodland passages punctuate the day. Arrival in Moissac, a town of art and history on the banks of the Tarn, marks a beautiful end to the stage.

Dinner on your own and overnight stay in Moissac.

DAY 5: CANAL DES DEUX MERS FROM MOISSAC TO TOULOUSE

Distance cycled : 70-78km

From Moissac, the route follows the Tarn River before rejoining the Canal de la Garonne for a beautiful ride accross the Tarn-et-Garonne to the bustling city of Toulouse. The smooth, rolling path continues along tree-lined towpaths, dotted with charming engineering works, locks and quiet villages. The route alternates between shaded stretches and open views over the agricultural landscapes of the Southwest. As you approach Toulouse, the surroundings become more urban, but the greenway remains pleasant all the way into the heart of the Pink City.

Dinner on your own and overnight stay in Toulouse.

DAY 6: CANAL DES DEUX MERS FROM TOULOUSE TO CARCASSONNE

Distance cycled : 104km

You leave the Pink City following the Canal du Midi, a UNESCO World Heritage Site. Before long, the urban bustle fades away, giving way to a more peaceful atmosphere : between plane trees, stone bridges and history-laden locks, the route follows a green, shaded ribbon through the Lauragais countryside. The canal winds gently, passing typical villages and rolling landscapes, occasionally offering beautiful views of the distant Pyrenees. Your arrival in Carcassonne, with its iconic medieval ramparts as a backdrop, crowns a stage rich in atmosphere and heritage.

Dinner on your own and overnight stay in Carcassonne.

DAY 7: CANAL DES DEUX MERS FROM CARCASSONNE TO CAPESTANG

Distance cycled : 84-86km

Leaving the medieval city of Carcassonne, you continue your gravel journey along the towpaths of the Canal du Midi. This stage offers a peaceful and wild route, weaving between locks, canal bridges, and historic structures surrounded by lush vegetation. The path winds through the characteristic landscapes of the Aude region—vineyards, garrigue, and sun-drenched Languedoc villages. At times, the canal narrows and becomes more winding, creating a charming and ever-changing backdrop. You finally arrive in Capestang, with its port, impressive collegiate church, and warm canal-side atmosphere.

Dinner on your own and overnight stay in Capestang.

DAY 8: CANAL DES DEUX MERS FROM CAPESTANG TO SÈTE

Distance cycled : 72-74km

Final stretch toward the sea! From Capestang, you follow the Canal du Midi to its junction with the Étang de Thau. The route alternates between towpaths, endless vineyards, and open views of the Mediterranean landscape. The terrain remains gentle, and the atmosphere becomes increasingly bright and salty as you near the coast. After Agde, the Canal du Midi gives way to the Canal du Rhône à Sète: the scenery shifts, lined with lagoons, reeds, and sometimes even flamingos. Arriving in Sète—surrounded by sea, canals, and a vibrant port atmosphere—

provides a beautiful conclusion to this long-distance journey.

Note: The tour ends upon your arrival in Sète if you choose the 8-day / 7-night option from Bordeaux to Sète.
Optional extra night in Sète available.

--

Disclaimer
Depending on availability and the range chosen, the location of the accommodations may vary, as may the number of kilometers.

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.*
Comfort range				
From Bordeaux to Sète (Low season) *8 days / 7 nights*	€1,090	€1,120	€990	€1,550
From Bordeaux to Sète (High season) *8 days / 7 nights*	€1,150	€1,170	€1,040	€1,670
Premium range				
From Bordeaux to Sète (Low season) *8 days / 7 nights*	€1,190	€1,220	€1,140	€1,890
From Bordeaux to Sète (High season) *8 days / 7 nights*	€1,310	€1,340	€1,210	€2,150

NB: prices shown are per person.

Discount from 4 participants.

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

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.

Outside this period, please contact us.

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.

For last-minute bookings (less than 15 days before departure), additional transport/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 charming guesthouses or hotels
- Daily breakfasts
- Luggages transfers (1 bag per person, 23 kg max)
- 7-day-a-week telephone assistance
- Tourist taxes
- Your digital roadbook (smartphone version)

OUR PRICE DOES NOT INCLUDE :

- Bike rental (with delivery and return included, see below)
- Transfers from your home to the meeting point and return
- Parking for your vehicle during the tour
- Lunches and dinners
- Personal expenses and drinks
- Registration fee: €20 per booking file

- Our bike insurance - [Click here for more information]
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- In general, anything not listed under "Our price includes"

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€250
Discount: groups of more than 4 people	-€40
SUPPLEMENTS	
Early baggage delivery before 1 p.m (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Gravel bike rental (including delivery to the start and its collection) - 8 days	€386
Extra Gravel bike rental day	€18
Extra waterproof rear bag (20L) for the whole trip	€15
Ortlieb Gravel Bikepacking bags for the whole trip	€45
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included) - Low season	€80
Extra night in Bordeaux in double room (breakfast included) - High season	€95
Extra night in Bordeaux in single room (breakfast included) - Low season	€140
Extra night in Bordeaux in single room (breakfast included) - High season	€150
Extra night in Bordeaux in triple room (breakfast included) - Low season	€60
Extra night in Bordeaux in triple room (breakfast included) - High season	€65
Extra night in Sète in double room (breakfast included) - Low season	€60
Extra night in Sète in double room (breakfast included) - High season	€65
Extra night in Sète in single room (breakfast included) - Low season	€110
Extra night in Sète in single room (breakfast included) - High season	€135
Extra night in Sète in triple room (breakfast included) - Low season	€60
Extra night in Sète in triple room (breakfast included) - High season	€65
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Toulouse in double room (breakfast included) - Low season	€80
Extra night in Toulouse in double room (breakfast included) - High season	€85
Extra night in Toulouse in single room (breakfast included) - Low season	€110
Extra night in Toulouse in single room (breakfast included) - High season	€115
Extra night in Toulouse in triple room (breakfast included) - Low season	€60
Extra night in Toulouse in triple room (breakfast included) - High season	€65
Extra night in Carcassonne in double room (breakfast included) - Low season	€60
Extra night in Carcassonne in double room (breakfast included) - High season	€75
Extra night in Carcassonne in single room (breakfast included) - Low season	€120
Extra night in Carcassonne in single room (breakfast included) - High season	€135
Extra night in Carcassonne in triple room (breakfast included) - Low season	€60
Extra night in Carcassonne in triple room (breakfast included) - High season	€70
Additional stopover in Saint-Émilion in double room (**hotel and luggage transfer included)	€120
Additional stopover in Saint-Émilion in single room (**hotel and luggage transfer included)	€190
Additional stopover in Saint-Émilion in triple room (**hotel and luggage transfer included)	€100

PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer	-€250
Discount: groups of more than 4 people	-€50
SUPPLEMENTS	
Early baggage delivery before 1 p.m (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Gravel bike rental (including delivery to the start and its collection) - 8 days	€386
Extra Gravel bike rental day	€18
Extra waterproof rear bag (20L) for the whole trip	€15
Ortlieb Gravel Bikepacking bags for the whole trip	€45
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included) - Low season	€90
Extra night in Bordeaux in double room (breakfast included) - High season	€105
Extra night in Bordeaux in single room (breakfast included) - Low season	€160
Extra night in Bordeaux in single room (breakfast included) - High season	€170
Extra night in Bordeaux in triple room (breakfast included) - Low season	€70
Extra night in Bordeaux in triple room (breakfast included) - High season	€75
Extra night in Sète in double room (breakfast included) - Low season	€120
Extra night in Sète in double room (breakfast included) - High season	€135
Extra night in Sète in single room (breakfast included) - Low season	€230
Extra night in Sète in single room (breakfast included) - High season	€245
Extra night in Sète in triple room (breakfast included) - Low season	€80
Extra night in Sète in triple room (breakfast included) - High season	€90
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Toulouse in double room (breakfast included) - Low season	€90
Extra night in Toulouse in double room (breakfast included) - High season	€95
Extra night in Toulouse in single room (breakfast included) - Low season	€150
Extra night in Toulouse in single room (breakfast included) - High season	€155
Extra night in Toulouse in triple room (breakfast included) - Low season	€70
Extra night in Toulouse in triple room (breakfast included) - High season	€75
Extra night in Carcassonne in double room (breakfast included) - Low season	€80
Extra night in Carcassonne in double room (breakfast included) - High season	€105
Extra night in Carcassonne in single room (breakfast included) - Low season	€130
Extra night in Carcassonne in single room (breakfast included) - High season	€190
Extra night in Carcassonne in triple room (breakfast included) - Low season	€90
Extra night in Carcassonne in triple room (breakfast included) - High season	€105
Additional stopover in Saint-Émilion in double room (**hotel and luggage transfer included)	€120
Additional stopover in Saint-Émilion in single room (**hotel and luggage transfer included)	€190
Additional stopover in Saint-Émilion in triple room (**hotel and luggage transfer included)	€100

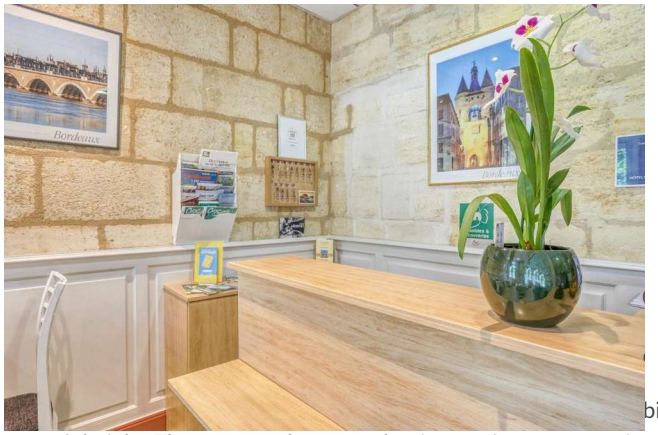
NB: prices are per person.

HOSTS

Comfort range

OUR PARTNER ACCOMMODATION IN BORDEAUX

Located in the heart of Bordeaux, this 3-star hotel combines charm, comfort, and accessibility. Just steps away from the riverfront, shops, and the must-see sights of the historic center, it offers an ideal starting point for exploring the city on foot or by bike. The elegantly decorated rooms provide a relaxing retreat after a day of sightseeing.



bike path, this bed and breakfast offers all the comfort you need for a peaceful night. The warm welcome makes it a perfect stopover in the heart of the Gironde countryside.



OUR GUESTHOUSE PARTNER IN LE MAS D'AGENAIS

Our guest room in Mas-d'Agenais offers a peaceful and welcoming setting, ideal for relaxation. The place combines charm and simplicity, close to the Garonne Canal and the heart of the village.



ite you to a peaceful and comfortable retreat. Between bucolic charm and a relaxed atmosphere, it's an ideal place to unwind while exploring the surroundings at your own pace.



ue abbey, remarkable cloister, and peaceful atmosphere by the Tarn. It's a comfortable hotel on site to extend the enjoyment.



OUR PARTNER GUESTHOUSE IN TOULOUSE

Our partner guesthouse in Toulouse is ideally located in a nice quiet area not far from 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.
Economical parking (about 35€/week) in an economical secure parking lot located very close to your accommodation.

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



as well as an outdoor swimming pool. Enjoy outdoor activities such as hiking



Votre hébergement à Castelnaudary © Nature Occitane

ssonne, just a few minutes' walk from the Château Comtal and the cathedral.

Votre hôte à Toulouse - Canal du Midi à vélo © Nature Occitane

rn amenities such as a sun terrace and an on-site café. The location is perfect



rom the Canal du Midi, the Eloi Merle guesthouse is a former wine cellar full of character, surrounded by a large wooded garden.
You will find spacious and comfortable rooms, a pleasant swimming pool to refresh yourself after your journey, and above all, a caring host passionate about his region.



ming pool and spacious rooms. The village, rich in history, is ideally located



OUR PARTNER GUEST HOUSE IN AGDE

Our host Janine will give you a warm and friendly welcome. Enjoy her exotic garden, and why not have a drink in the jacuzzi...

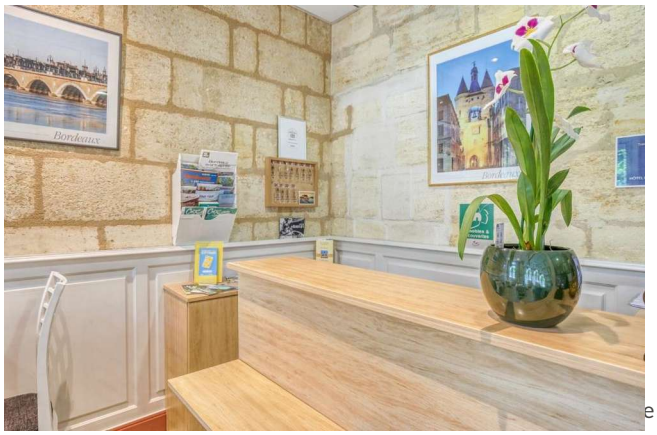


an relax in the peace and quiet of their outdoor courtyard, while remaining

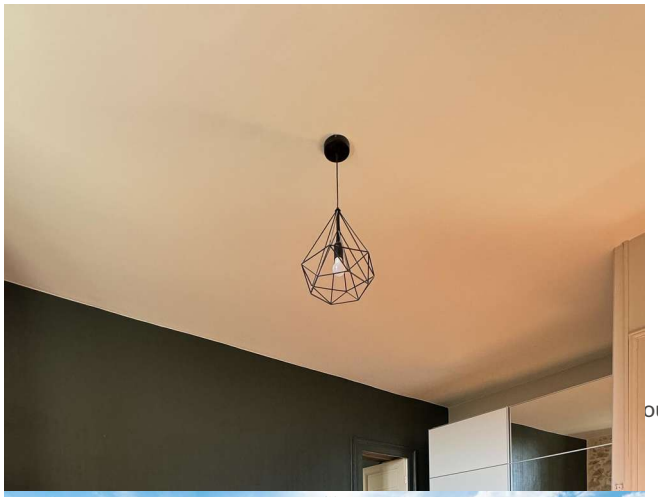


OUR PARTNER ACCOMMODATION IN BORDEAUX

Located in the very heart of Bordeaux, this 3-star hotel combines charm, comfort, and accessibility. Just steps from the quays, shops, and must-see sites of the historic center, it offers an ideal starting point to explore the city on foot or by bike. The elegantly decorated rooms invite relaxation after a day of sightseeing.



e of Sauveterre-de-Guyenne, surrounded by nature and majestic tall trees. Ideal for a green getaway, it offers a peaceful and spacious setting, perfect for recharging with family or friends while enjoying the authentic charm of Entre-deux-Mers.



ou will find a swimming pool, as well as a restaurant, a park, a tennis court,



ght and comfortable place with its large garden and its superb swimming

or a delicious meal.



m Matabiau train station and the Canal du Midi. It is only a 5-minute walk from Place du Capitole. The establishment offers comfortable rooms and features a restaurant with a friendly atmosphere, serving festive cuisine. Private parking is available.



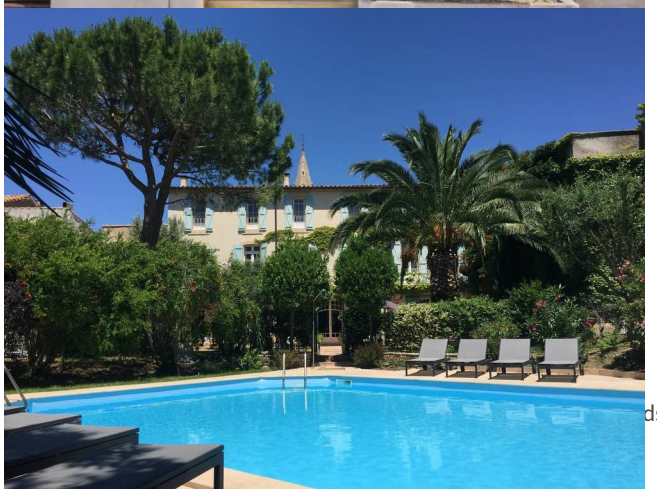
ne city, close to the Canal du Midi. This majestic place stands out for its spacious rooms and welcoming atmosphere, ideal for those who wish to enjoy a calm and elegant setting. The building, a former private mansion, offers the chance to discover the charm of Castelnaudary, including its port and quays where visitors can stroll and enjoy local restaurants. The location also allows for exploring the town without the need for a car.



de and its medieval fortress gates, this charming hotel will delight young and u're guaranteed to have a great time!



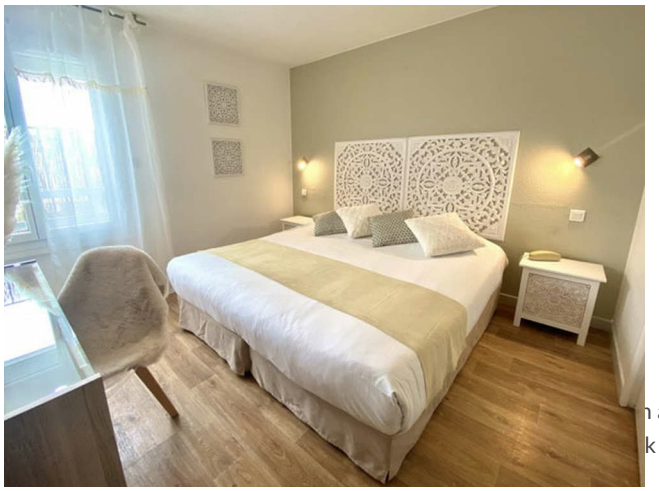
ne ingredients to win you over: an exceptional old building, comfortable forget to save a little time for a dip in the pool!



ds and with a famous table d'hôtes.



in Cap d'Agde. It offers air-conditioned rooms and a peaceful setting with an outdoor pool, a wellness area (sauna, hammam), and a shaded terrace. Nearby, you can enjoy the marina, restaurants, shops, and attractions such as Aqualand and Luna Park — all within walking distance. The hotel is also well situated for exploring the region, with cycling paths and sites like the Canal du Midi close by.



n a 19th-century building. Close to the canals, the peacefulness of the glass-
k in their restaurant, where you can sample delicious Mediterranean cuisine



--

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,YOUR LOCAL CYCLING GUIDE

The Canal Latéral de la Garonne from Bordeaux to Toulouse is fully paved with a beautiful cycle path. **The Canal du Midi from Toulouse to Sète** begins with a nice paved section. For the remaining 200 km to Agde, however, you will find only dirt paths (with roots and frequent uneven terrain).

That's why we've selected gravel bikes for your comfort: lightweight frames, Shimano 11-speed single chainring transmissions, hydraulic disc

brakes, Ortlieb bikepacking bags, lighting systems…

FRENCH BRAND GRAVEL BIKE SUNN:



EQUIPMENT INCLUDED :

- Waterproof Ortlieb rear bag
- Waterproof Ortlieb handlebar bag
- Front & rear lights
- Bike lock
- Repair kit

EQUIPMENT NOT INCLUDED :

- Helmet (available for 5€ upon request - please request it at the time of booking)
- SPD pedals

THEFT & BREAKDOWN INSURANCE - NATURE OCCITANE COVER YOU

In case of an incident along the way (theft or breakage not due to normal wear), we insure all your equipment for only:
- €2 per day per bike and/or piece of equipment
- €3 per day per electric bike or gravel bike

In case of theft of the bike or equipment :

Without insurance
- Gravel touring bike (Sunn) : €1712
- Full repair cost in case of damage

With insurance
- Gravel touring bike (Sunn) : €171
- 10% of the repair cost in case of damage

Note : A theft report from the police must be provided to Nature Occitane within 48 hours of the incident in both cases.

In case of theft or loss of accessories :
Rear bag: €50

Bike lock: €75
Multi-tool or pump: €15
Helmet: €50
Full bikepacking kit (3 bags): €300 (or €100 per bag)

PARKING YOUR VEHICLE DURING YOUR TRIP

For environmental reasons, we strongly encourage you to arrive and depart using public transportation.

In Bordeaux
For added security, we can recommend a secure, affordable parking lot located near our partner guesthouse in Bordeaux. Click here to calculate the price or to book your spot
Meeting point
Day 1 at your accommodation.

End of your trip
Your tour ends upon arrival in Sète.

How to get there ?
To limit your CO2 emissions, we encourage you to use public transportation. We will arrange return transport for your bike from the end of your journey.
→ BY TRAIN: SNCF train stations in Bordeaux or Sète.
→ BY PLANE: Airports in Bordeaux or Montpellier.

RECOMMEND GEAR

Bring a travel bag or suitcase for your weekly clothes.
This will be transported by vehicle and delivered each evening to your accommodation.

Clothing :
- 1 sun hat or cap (helmet available upon request at booking)
- 1 light scarf or neck warmer
- Breathable t-shirts (avoid cotton, which dries slowly; prefer quick-dry short-sleeved shirts)
- 1 fleece
- 1 Gore-Tex-style jacket (waterproof and breathable)
- 2 padded cycling shorts (short or long) for better comfort
NB: Cycling shorts are worn directly on the skin.
- 1 comfortable pair of trousers for the evening
- Underwear
- Socks (avoid cotton tennis socks – they dry slowly)
- 1 swimsuit for the pool or the sea at the end of your trip

Shoes :
- 1 pair of multi-sport shoes for cycling and walking
- Trainers or sandals for evenings

Gear :
- Sunglasses
- Pocket knife (must be packed in checked luggage if flying)
- Toiletries
- Toilet paper
- Sunscreen
- Anti-chafing cream

This list should be adjusted depending on the season.