Nature Occitane
VOYAGES SPORTS & NATURE
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FROM TOULOUSE TO VILLETON WITH THE FAMILY BY BIKE, ALONG THE CANAL DE LA GARONNE

Canal de la Garonne for family

This cycling trip is specially designed for families. This adapted itinerary takes into account the capacities of the youngest, and allows tourist stops recommended on your road book (cultural visits, swimming in lakes, kite surfing, visit of vineyards...). The accommodations have been specially selected for families (farm with animals, swimming pool for rewarding bathing at the arrival, large gardens), everything is done for a nice moment of sharing!

6 days / 5 nights, starting at 535 €
Customized stays are possible, please contact us

ITINERARY

DAY 1: TOUR OF TOULOUSE BY BIKE OR ON FOOT

Welcome in Toulouse

Come to your charming guest house, located near the historic centre of Toulouse. You will be welcomed by a real "toulousaine" house, with a garden and a veranda ! Your equipment will be delivered to you before 7pm, so that you can take a night tour by bike, if you wish. As Toulousans, we want to make it easier for you to visit the place and to help you enjoy the city. Also, Olivier, your host, will not fail to make suggestions for visits, so do not hesitate to ask him !

Dinner at your own charge and night in Toulouse.

Suggestion 1 : Toulouse
Additional nights possible (see options in the price tab)

DAY 2: CANAL DE LA GARONNE FOR FAMILY - FROM TOULOUSE TO POMPIGNAN

Distance: 30km / Accomodation: Charming guest house with large garden and pool!

The first day of your journey will take you through the pink city before joining the lateral canal of the Garonne with its famous "twin bridges". The Canal takes you away from the roar of the city and gradually gives way to a more preserved natural environment.
Arrival at your guest house with a swimming pool and large garden under trees.

NB: Our partner accommodation is located 16 minutes by train from Toulouse.
If you wish to avoid the suburban area of the Toulouse exit, we can propose you to meet at this accommodation.

DAY 3: CANAL DE LA GARONNE FOR FAMILY - FROM POMPIGNAN TO MOISSAC

Distance: 36km / Accomodation: Guest house with mini-farm and cultivation of fruits and vegetables!

Day of discovery of many places of interest such as the water slope of Montech (which will question your children as for its functioning), the city of Castelsarrasin, the crossing of the bridge-canal of Cacor and finally the famous abbey Saint-Pierre of Moissac.

DAY 4: CANAL DE LA GARONNE FOR FAMILY - FROM MOISSAC TO SAINT LOUP / PRÉZAT

Distance: 28km for Saint Loup / 45-50 km for Prézat

A few kilometers after your departure from Moissac, this stage allows you to stop at the pleasant leisure base of Saint-Nicolas-de-la-Grave. This 400-hectare lake is perfect for a family stopover, with its bird sanctuary and water sports activities (sailing, canoeing, swimming pool...). Dinner at your own charge and night in a guest house.

DAY 5: CANAL DE LA GARONNE FOR FAMILY - FROM SAINT LOUP / PRÉZAT TO SÉRIGNAC SUR GARONNE

Distance: 41 km from Saint Loup / 24km from Prézat. Accomodation: 19th century guest house with large garden and pool!

You pedal under the beneficial shade of plane trees, surrounded by orchards and cereal fields. Dinner at your own charge and overnight stay in a guesthouse with a swimming pool and a quiet and relaxing garden and a mini-farm for the lucky ones, ideal for your family stopover.

DAY 6: CANAL DE LA GARONNE FOR FAMILY - FROM SÉRIGNAC SUR GARONNE TO VILLETON

Distance: 33km / Accommodation: Guest house with swimming pool !

The Canal de la Garonne continues its bucolic path, sometimes following the river as closely as possible. Beautiful historical villages such as Buzet-sur-Baïse border the route. Arrival at your guest house, meeting with the producers and possibility to see the animals located a few kilometers from the establishment. Swimming in the pool and games in the large garden possible. Dinner with the products of the farm is also possible.

Suggestion 3: Extra night in your guest house on the farm
Day of rest to enjoy the swimming pool, the large garden and the farm.
We also suggest a nice bike ride with a swim in a lake (water ski lift for the older ones!) and a supervised beach near the green way of the canal (25km round trip).

DAY 7: END OF THE TRIP

End of the stay. Transfer to Tonneins train station

Breakfast at the farm. Transfer to the train station of Tonneins.
For your comfort, we will take care of the bikes. End of the stay.

Taxi form the accommodation to Tonneins train station
Price : 30€ to be paid on site

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Disclaimer
The stages and partner accommodations listed are the ones we prefer. Depending on your registration date, we may have to reserve for you another accommodation of the same category or different stages. For "last minute" registrations, we may have to offer you less comfortable accommodations and/or without a swimming pool. We know perfectly well the different accommodation options available for each stage: we will choose for you the best offer available at the time of your registration.

DATES & PRICES

Package	**Double room** *2 pers.*	**Twin room** *2 pers.*	**Triple room** *3 pers.*	**4-person room** *4 pers.*
From Toulouse to Villeton *7 days / 6 nights*	€655	€665	€555	€535
From Pompignan to Villeton *7 days / 6 nights*	€765	€775	€635	€585

From Pompignan to Villeton (Basse saison) *6 days / 5 nights*	€535	€545	€495	€485
Frpm Pompignan to Villeton (Haute saison) *6 days / 5 nights*	€595	€605	€525	€495

NB: prices shown are per person.

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

For a stay between 27/03 and 14/04/2026, or between 16/10 and 15/11/2026:

NB: These supplements are justified by the fact that we organize transfers privately for your group in low season.

Outside these periods, please contact us.

50€ for children still sleeping in a baby bed for the whole trip.

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 PRICES INCLUDE:

- 5/6 nights in beautiful guesthouses with swimming pools specially selected for families
- The breakfasts
- Luggage transfer (1 piece of luggage per person)
- Telephone assistance 7 days a week
- Registration fees
- Tourist taxes
- A digital roadbook to download on your mobile

OUR PRICES DO NOT INCLUDE:

- Bike and equipment rental (optional)
- Transfers from your home to the meeting point and dispersion
- Taxi between your last accommodation to the train station (30€ to pay on place
- Parking space for your vehicle for the duration of your stay
- Lunches and dinners
- Personal expenses, drinks
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- Our bicycle insurance. For more information, please click here.
- In general, everything that is not mentioned in "Our price includes".

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

REDUCTIONS	
Without luggage transfer	-€145
SUPPLEMENTS	
Early baggage delivery before 1 p.m. (by transfer, excluding public holidays)	€150
EQUIPMENT HIRE	
Adult hybrid bike rental (delivery & repatrition included) - 5 days	€155
Additional rental day for a hybrid bike	€12
Adult electric bike (VAE) confort range (delivery & repatrition included) - 5 days	€205
Additional rental day for an electric bike (VAE) confort range	€20
Rental of a 2nd waterproof rear bag (20l) for the whole trip	€25

Rental of a 2-seater children's trailer Thule (delivery & repatriation included) - 5 days	€115
Rental of a 2-seater children's trailer Weehoo model (delivery & repatriation included) - 5 days	€105
Rental of a child's bike adapted to the size of your child (delivery & repatriation included) - 5 days	€100
Additional rent day for a child's bike	€5
Rental of a Follow Me towing system (delivery & repatriation included) - 5 days	€50
"Bike puller" towing system	€20
Rental of a Thule rear baby seat (delivery & repatriation included)	€25
Adult Gravel bike for the whole trip (delivery & repatrition included) - 5 days	€225
Additional rental day for a Gravel bike	€18
Adult electric bike premium range (delivery & repatrition included) - 5 days	€240
Extra premium range E-bike rental day	€22
Adult electric bike Luxury range (delivery & repatrition included) - 5 days	€285
Extra luxury range E-bike rental day	€25
Helmet for the whole trip	€5
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Suggestion 3 - Additional night at your arrival in Villeton, double room in B&B	€40
Suggestion 3 - Additional night at your arrival in Villeton, triple room in B&B	€50
Suggestion 3 - Additional night at your arrival in Villeton, family room in B&B	€80
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Suggestion 4 - Swimming pool relaxation" package at the farm (to pay there)	€30

NB: prices are per person.

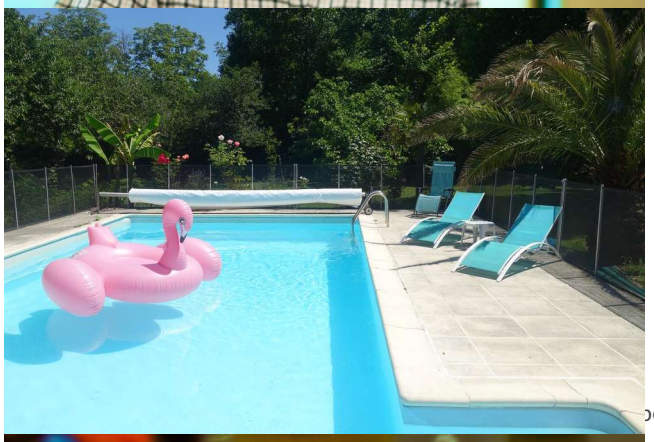
HOSTS

FOR YOUR COMFORT

We have selected for you and your family the best guest houses along the route.
At each arrival, the swimming pools allow you to refresh yourself and reward the whole family for their efforts.
Some accommodations are on the farm with the possibility of discovering the animals of the farm and the cultivation of fruits and vegetables with the producers etc...
Breakfast included. Possibility to eat at the guesthouse (table d'hote)



will appreciate the swimming pool and the large garden in the quiet.



pe charmed by this large property. Relax in the space offered by this large



en and adults will love the possible contact with the animals, the large green spaces and of course the swimming pool :-)



NB: this is our preferred accommodation. 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 INSTRUCTOR :

We have created this trip especially for families. I'm a father, and cycling with my family on the Canal de la Garonne with young children requires good equipment. So we offer you the right equipment to make sure that your trip leaves everyone with the best memories. At the end of each stage, discovering our specially selected partner accommodation will be your reward !

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 recent, serviced and perfectly cleaned after each ride.

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 de la Garonne
- Powerful braking with two hydraulic disc brakes
- Fully equipped: mudguards, side stand, powerful lighting and pannier holders
- Bosch Active Line motor

TREK CHILD'S BIKE FROM 16" TO 26"



- The 8-speed single-plate transmission simplifies gear changes
- Its lightness
- Brake levers for small hands
- Lowered frame makes it easier for children to stop
- Its devastating look ! :-)

NB: Follow Me towing system not usable with children's bikes of this size.

ALL YOUR EQUIPMENT IS INCLUDED :

For adult bikes only :

- Ortlieb waterproof rear bag
- Ortlieb waterproof handlebar bag with smartphone / roadbook holder
- Front & rear lights
- Anti-theft device
- Repair kit

For adults and children bikes :

- 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€

EQUIPMENT FOR YOUR CHILDREN :

2-SEATS CHILD TRAILER THULE CHARIOT CROSS MODEL

In our opinion, it is the most comfortable trailer on the market.
Adjustable suspension, one-handed reclining seat for your child's nap, comfortable and padded seats... everything is there for your child's well-being.
Load capacity: 45kg.



PEDAL TRAILER FOR CHILDREN WEEHOO MODEL

This Weehoo iGo bike trailer is designed for a child between 2 and 9 years old.
The child sits and can pedal to his heart's content! Thanks to the relaxed sitting position, your child can enjoy long hours of cycling.

NB: we can offer you two trailers of this type with two seats. The child in the front seat has access to the pedals (non-driving of course). The youngest child is usually placed in the back seat and does not have access to the pedals.
Note that the seats are adjustable on the frame, in order to adjust to the size of the passengers.



"FOLLOW ME" TOWING SYSTEM :

The big advantage of this system is that it allows the child to be autonomous when he wants to... and to be towed the rest of the time !This system is compatible with children's bikes, from 12 to 20 inches. Be careful, it requires a little installation/handling beforehand, so you can only rent this equipment with the rental of the adult bike (which will be towed) and the child bike (which will be attached to it)... so we won't be able to provide you with this equipment to use it with your own bikes.



PARKING OF YOUR VEHICLE DURING YOUR HOLIDAY

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 departure from Villeton. Supplementary night in Villeton is an option.
Possibility of transfer with your host to the station of Tonneins. Please contact him before your arrival.

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

OUR PARTNER TOUR OPERATORS

We are a local incoming travel agency: we co-design the trips of our partner tour operators, then we receive their clients in our region.

BORDEAUX - TOULOUSE THROUGH THE CANAL DE LA GARONNE : AOÛT 2020 (REVIEW TRIPADVISOR)

Great family experience with two children aged 8 and 11. The bikes were of very good quality and the week was very well organized with a very nice itinerary, clean and welcoming guest rooms, swimming pool every evening to rest, quality restaurants and tables d'hôtes booked, in

short a very good stay!
You can trust the team, they are attentive and very reliable: we will not hesitate to call on them again on another route! For those who would be worried, we did 300km over 5 days in August with 34 degrees on average: most of the time, the route is shaded and there are many water points to cool down. We are not great sportsmen but it is quite feasible, even with children ;)