

Bram / Carcassonne

Canal des 2 Mers by bike - Atlantic / Mediterranean sea



From Bram to Carcassonne, the route runs alongside the Canal du Midi, which is in no rush, so take your time to linger over this beautiful stage. You come to the port in the lower town of Carcassonne, built originally as a fortified medieval grid-plan bastide. Above, Carcassonne's mighty medieval citadel atop its hill dominates the surrounding countryside. Listed as a UNESCO World Heritage Site since 1997, the citadel encourages many cyclists to make a significant halt on the route here.

The route

This stage is not specifically laid out for cyclists, but the hardened earth track is fairly easy to cycle along.

Additional link

To reach the upper citadel at Carcassonne, cross through the centre of the lower town, then cross the Aude River by the old bridge to head on up to the medieval citadel.

SNCF train stations

Bram train station:

TER regional trains serve > Castelnaudary/Toulouse; Carcassonne/Narbonne (6 to 12 trains daily)

Carcassonne train station:

TER regional trains and Intercités trains serve > Castelnaudary/Toulouse (9 to 17 trains daily); Narbonne/Béziers/Sète/Montpellier (7 to 12 trains daily).

From Carcassonne, further destinations are served via Limoux.

Connections at Toulouse for Montauban/Agen/Bordeaux; Brive/Limoges/Paris; Albi/Castres/Rodez/Figeac; Tarbes/Pau/Foix.

[Consult timetables](#)

Tourist offices

- [Office de Tourisme de Carcassonne](#)

Départ
Bram

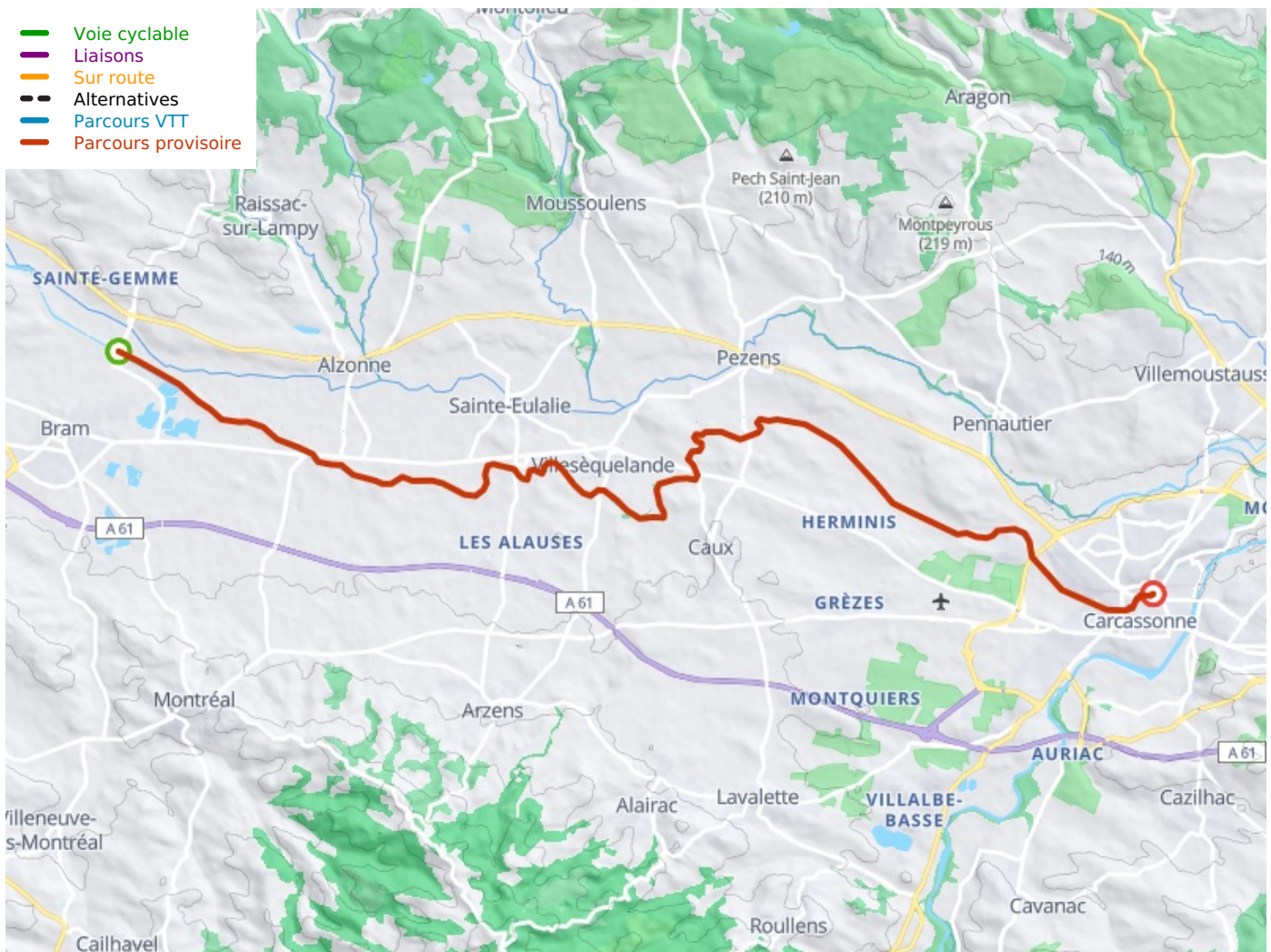
Arrivée
Carcassonne

Durée
1 h 36 min

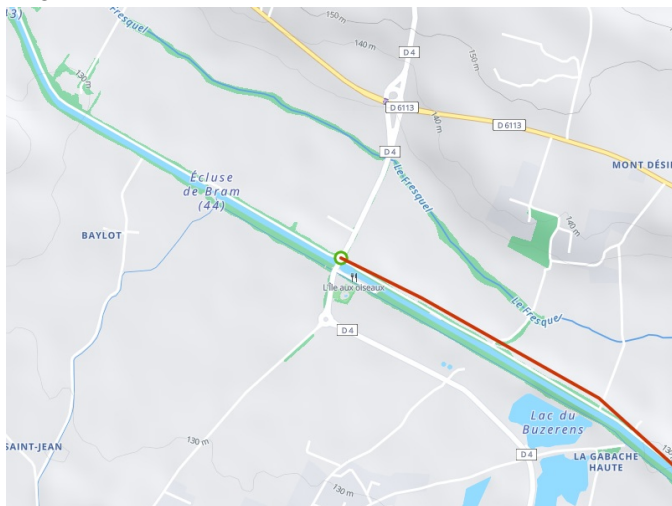
Distance
24,11 Km

Niveau
Mountain Bike advised

- Voie cyclable
- Liaisons
- Sur route
- - - Alternatives
- Parcours VTT
- Parcours provisoire



**Départ
Bram**



**Arrivée
Carcassonne**

