

# La Réole / Marmande

## Canal des 2 Mers by bike - Atlantic / Mediterranean sea

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**Départ**  
La Réole

**Arrivée**  
Marmande

**Durée**  
1 h 26 min

**Distance**  
21,52 Km

**Niveau**  
I begin / Family

The cycle route joins the Canal de Garonne close to the startling Musée de l'Allumette (Match Museum) at Fontet. This place's port and outdoors recreation centre make it a great spot to stop before starting out on the greenway beside the canal. This stage is calm, but the perched village of Meilhan-sur-Garonne draws you up to it for fabulous views. For a further short detour, visit the town of Marmande, which conceals some surprises.

### The route

Part of this stage is shared with motorized traffic, going on small roads from La Réole to Pont Berrat. Then you join the well laid-out, signposted greenway along the Canal de Garonne.

### Off the route

To reach the town of Marmande there are two options: from Pont-des-Sables, following the signposted cycle track alongside the very busy D 933 road for 6km; or, from Pont-de-Fourques, 2km further on, follow quiet roads with very little traffic that take you back close to the Garonne River, which you then have to cross via the D 933 road to reach the centre of Marmande - count 7km in all for this second option.

### SNCF train stations

#### La Réole train station:

TER > Langon/Bordeaux (6 to 10 trains daily) ; Agen (5 to 8 trains daily)

#### Marmande train station:

ER regional trains and Intercités trains serve > La Réole/Bordeaux; Agen (many trains daily)  
Connection from Agen to Montauban/Toulouse/Montpellier/Marseille

[Check timetables](#)

### Tourist offices

- [Office de Tourisme de l'Entre-deux-Mers](#)
- [Office du Val de Garonne](#)



**Départ**  
**La Réole**



**Arrivée**  
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