

# Marmande / Damazan

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



**Départ**  
Marmande

**Arrivée**  
Damazan

**Durée**  
1 h 38 min

**Distance**  
24,66 Km

**Niveau**  
I begin / Family

Le Mas-d'Agenais is the highlight on this stage of the Canal des 2 Mers à Vélo cycle route. Its church of St-Vincent is an architectural gem, startlingly containing a work by Rembrandt, Christ on the Cross. The wide vista over the Garonne at one end of the village adds to its attractions. At the end of the stage, the cycle track leads to Damazan, a bastide fortified town built from scratch in the 13th century.

### The route

This stage is along a well laid-out, signposted greenway.

To reach Le Mas-d'Agenais itself, cross the canal at the first bridge you arrive at, climb the slope opposite, then pass in front of the former washhouse of La Fontaine Galliane.

### Link Canal de Garonne / Vallée du Lot

From Damazan, it's possible to join the Voie Verte de la Vallée du Lot greenway, which leads to the splendid town of Cahors via a delightful 150km route. The starting point for this route lies 500m from the exit to the village, beside the canal. After following some small roads with little traffic, cross the Garonne River via a road bridge (dismount from your bike and lead it by hand along the pavement), then follow a busier road taking you to Aiguillon, dominating the Garonne and Lot Valleys.

### Train stations SNCF

#### Train stations at Tonneins, Aiguillon and Port-Ste-Marie:

TER regional trains serve > Marmande and Bordeaux; and Agen (6 to 12 trains daily)

Change at Agen for Montauban/Toulouse

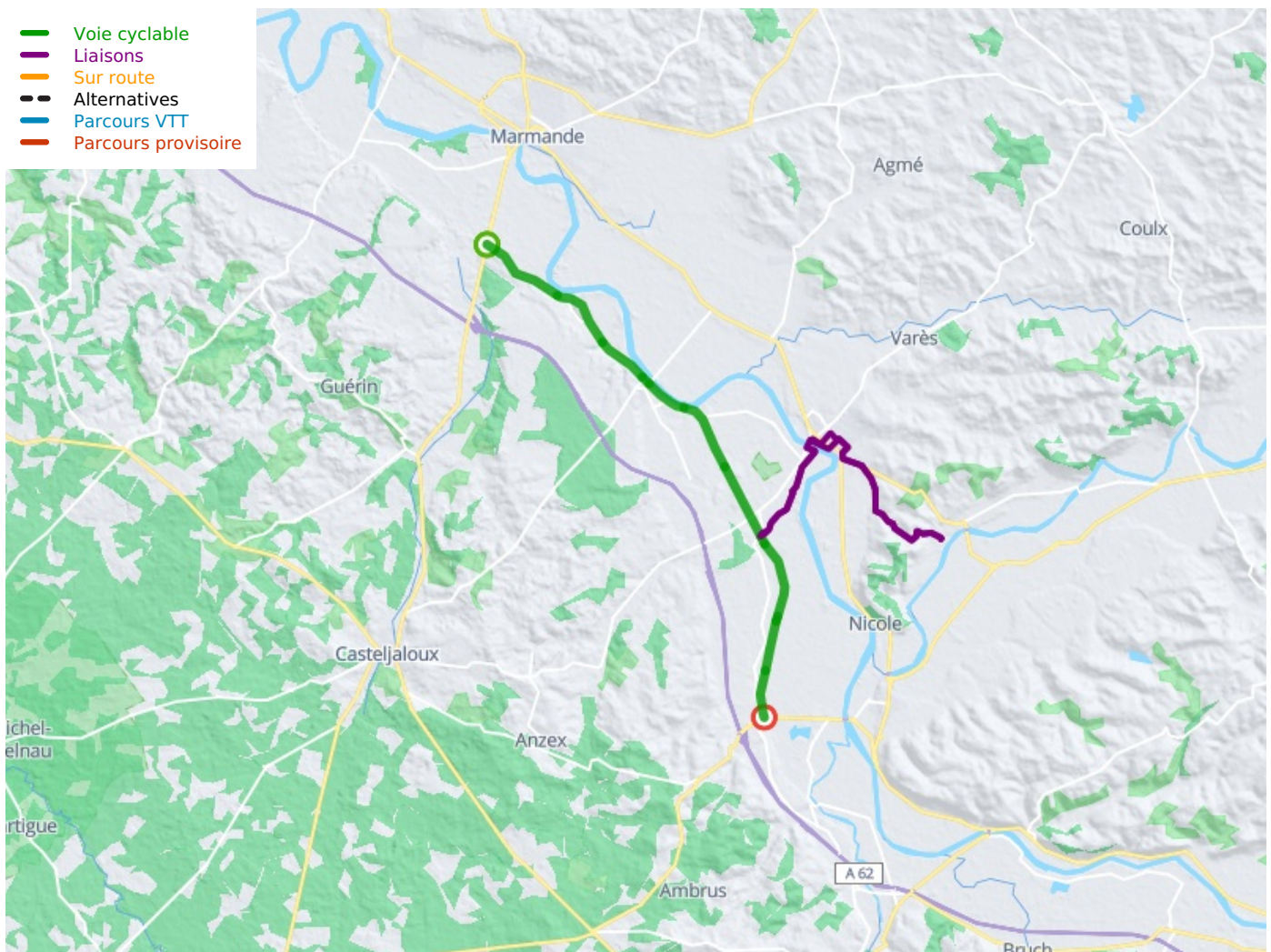
The train stations of Tonneins and Port-Ste-Marie lie 5km from the Canal de Garonne.

Note that there is no train station at Damazan (see Aiguillon, 6km away)

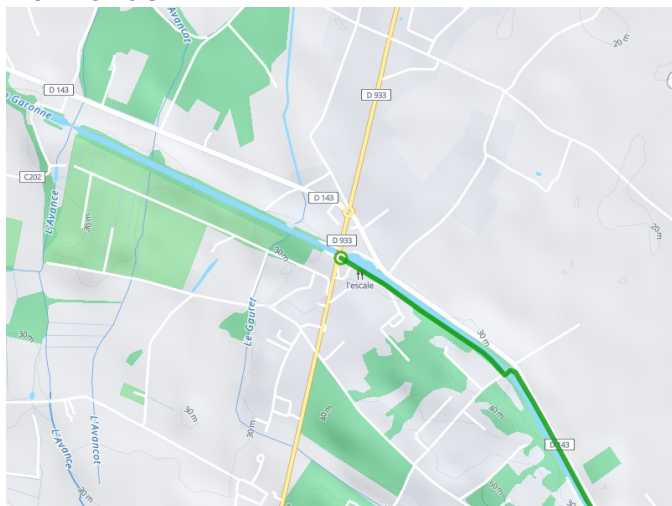
### Tourist offices

- [Office du tourisme de Val de Garonne](#)

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



**Départ**  
**Marmande**



**Arrivée**  
**Damazan**

