

# Montech / Castelnau-d'Estrétefonds

Canal des 2 Mers by bike - Atlantic / Mediterranean sea



**Départ**  
Montech

**Arrivée**  
Castelnau-d'Estrétefonds

**Durée**  
1 h 31 min

**Distance**  
36,21 Km

**Niveau**  
I begin / Family

Leaving Montech, the Canal des 2 Mers à Vélo cycle route leads south along the greenway beside the Canal de Garonne towards the great regional capital of Toulouse. Numerous big villages are dotted along the way, like Grisolles, with its museum, and many 'Villeneuves', 'new towns' dating from the construction of fortified grid-plan settlements... in the 13th century. A cycling circuit through the nearby vineyards of the Frontonnais allows you to discover them and a grape variety unique to this part of southwest France – négrette.

## The route

Four hundred metres after Montech, cross the splendid footbridge on to the Canal de Garonne's other bank. The greenway is well laid out and signposted.

## SNCF train stations

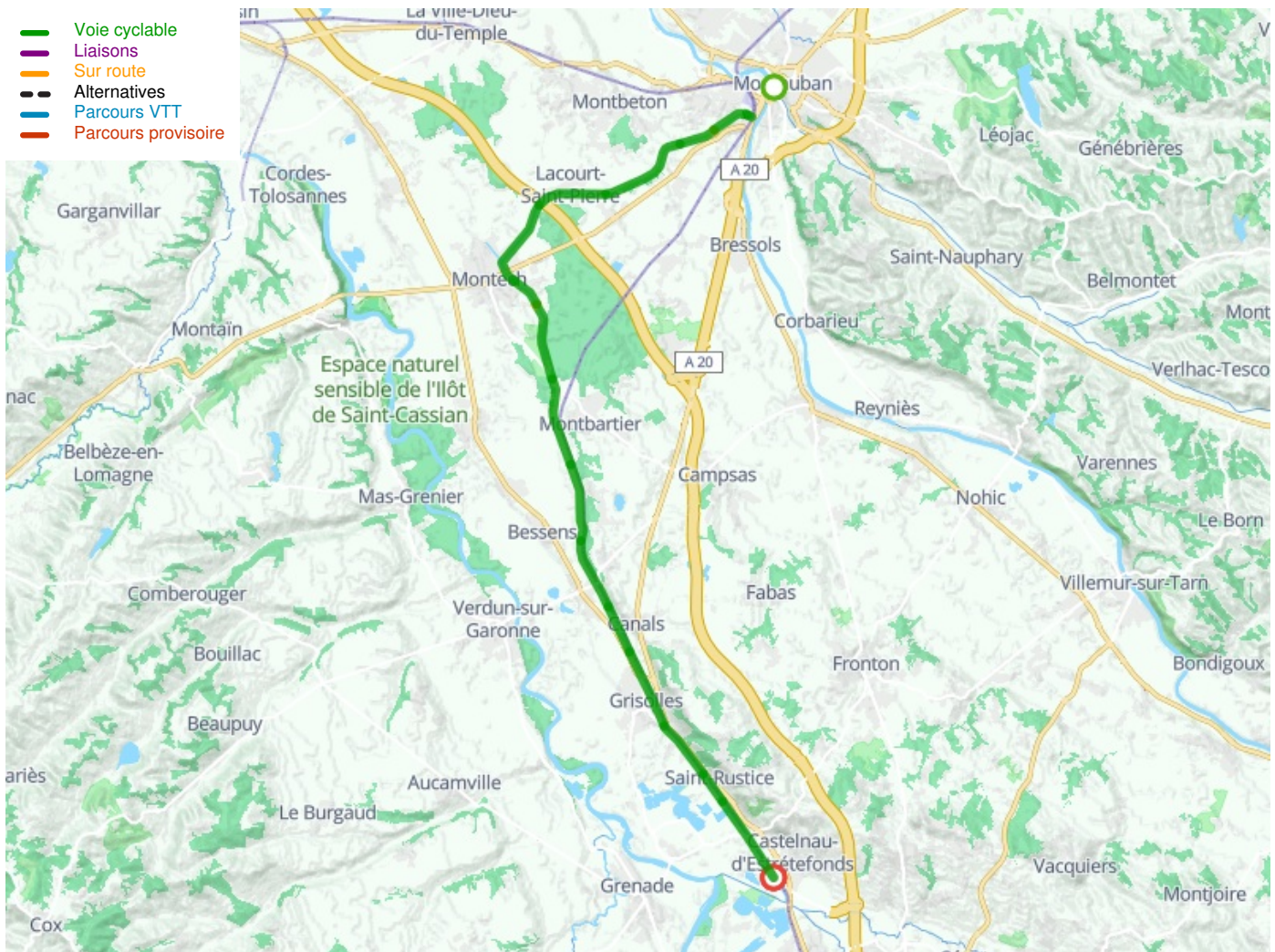
**Montbartier, Dieupentale, Grisolles, Castelnau-d'Éstrétefonds train stations :**

TER regional trains serve > Toulouse ; Montauban (3 to 7 trains daily)

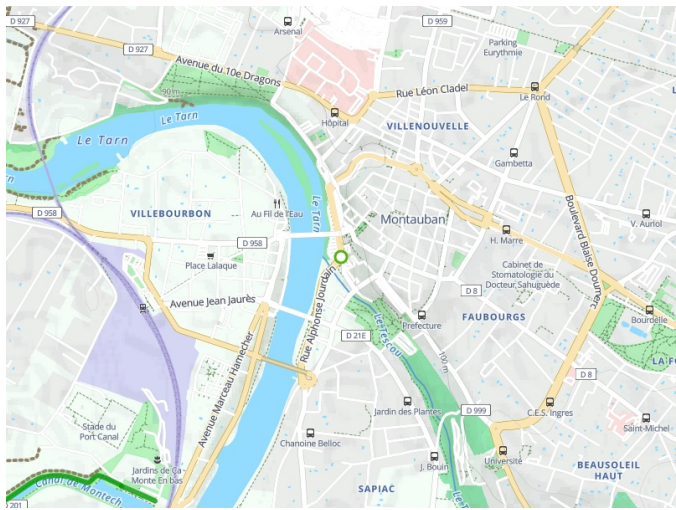
[Check timetables](#)

## Tourist offices

- [Office de Tourisme de Montech](#)



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