

# Montgiscard / Seuil de Naurouze

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



**Départ**  
Montgiscard

**Arrivée**  
Seuil de Naurouze

**Durée**  
1 h 49 min

**Distance**  
26,91 Km

**Niveau**  
I begin / Family

Up to Le Seuil de Naurouze, the Canal du Midi is shadowed by the Autoroute des 2 Mers motorway, but these parallel ways are worlds apart. Centuries-old plane trees continue to provide green shade for cyclists enjoying a journey transporting them back in time to another era. You should thank the canal's Ancien Régime designer, Pierre-Paul Riquet, the many wondrous architectural designs along the canal attesting to his genius.

### The route

Follow a tarmacked, signposted greenway from the centre of Montgiscard up to Le Seuil de Naurouze - don't hesitate to wander around the latter, at the watershed point dividing the waters flowing to the Atlantic from those flowing to the Mediterranean, and an exceptional sight.

### SNCF train stations

#### Villefranche-de-Lauragais train station:

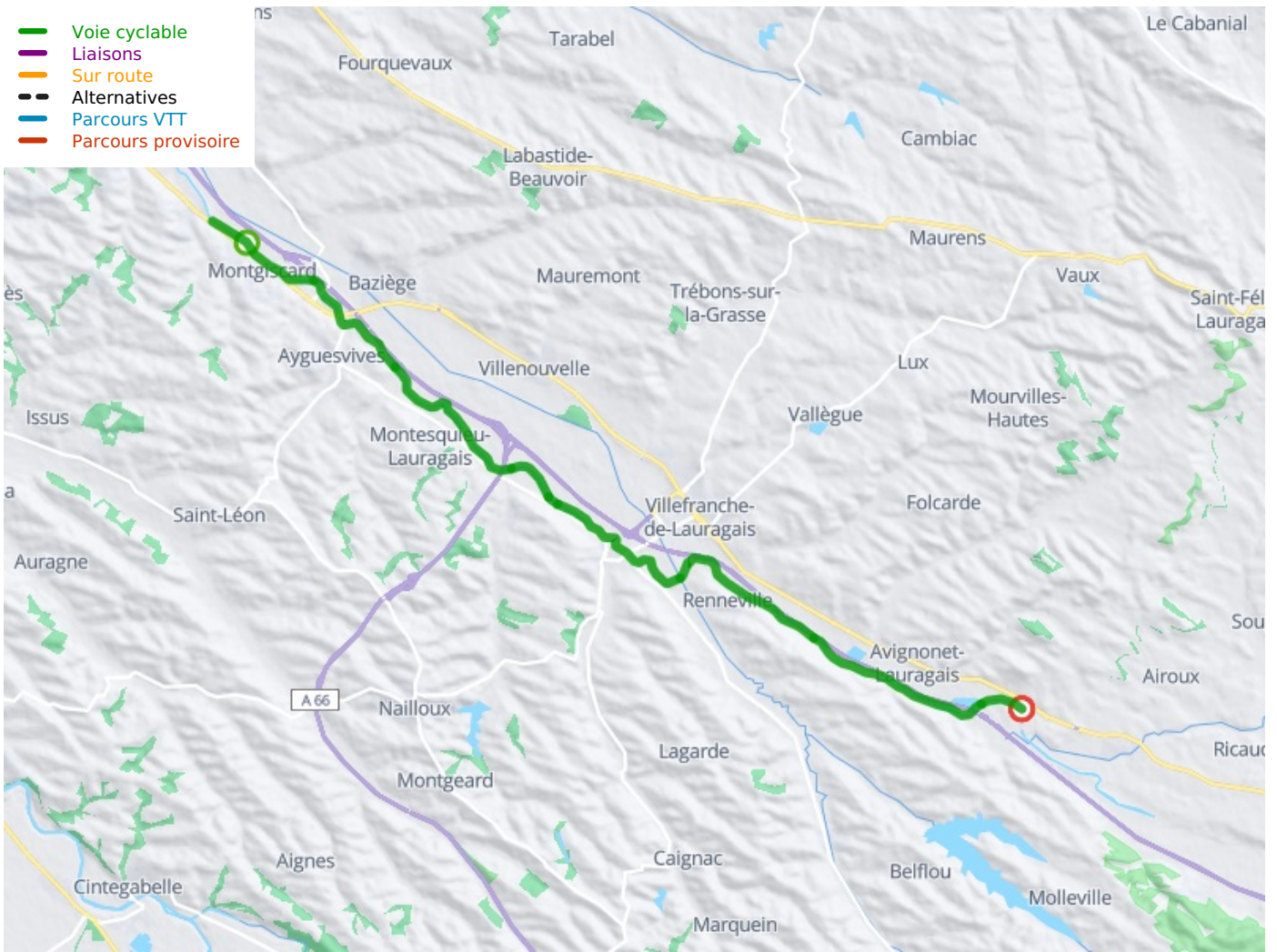
TER regional trains serve > Toulouse;  
Castelnaudary/Carcassonne (numerous trains daily)  
Connections at Toulouse for  
Montauban/Agen/Bordeaux; Brive/Limoges/Paris;  
Albi/Castres/Rodez/Figeac; Tarbes/Pau/Foix.  
Connections at Carcassonne for  
Narbonne/Béziers/Sète/Montpellier/Marseille; Limoux

[Consult timetables](#)

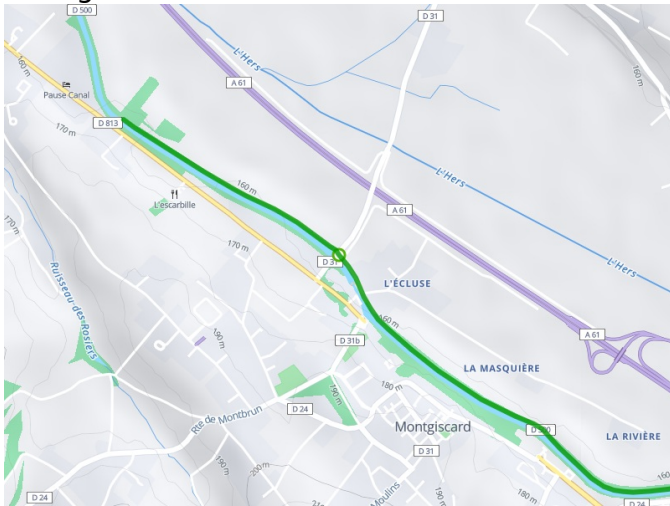
### Tourist offices

- [Office de Tourisme de Villefranche-de-Lauragais](#)

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



**Départ**  
Montgisard



**Arrivée**  
Seuil de Naurouze

