

Narbonne / Port-la-Nouvelle

Canal des 2 Mers by bike - Atlantic / Mediterranean sea



This very Mediterranean, very nature-based stage takes you through typical coastal Languedoc landscapes. You follow an extraordinary band of land shared with a railway line that passes between two huge coastal lakes. After passing by the Sainte-Lucie Reserve, you reach Port-la Nouvelle, both a working port and a resort, with a great long beach that cyclists can relax on after their 'crossing of the desert'!

The route

After crossing the city of Narbonne, partly along streets shared with motorized traffic, you follow the towpath, which has only been roughly laid out for cyclists, to reach Port-La-Nouvelle.

SNCF train stations

Narbonne train station:

TER regional trains and Intercités trains serve > Carcassonne/Castelnaudary/Toulouse/Bordeaux; Béziers/Agde/ Sète/Montpellier (6 to 10 trains daily); Marseille (3 to 4 trains daily); Port-la-Nouvelle/Perpignan (numerous trains daily); Cerbère/Barcelona.

Port-la-Nouvelle train station:

TER regional trains serve > Narbonne (numerous trains daily); Perpignan (numerous trains daily); Cerbère/Barcelona.

[Consult timetables](#)

Tourist offices

- [Office de Tourisme de Narbonne](#)
- [Office de Tourisme de Port-la-Nouvelle](#)

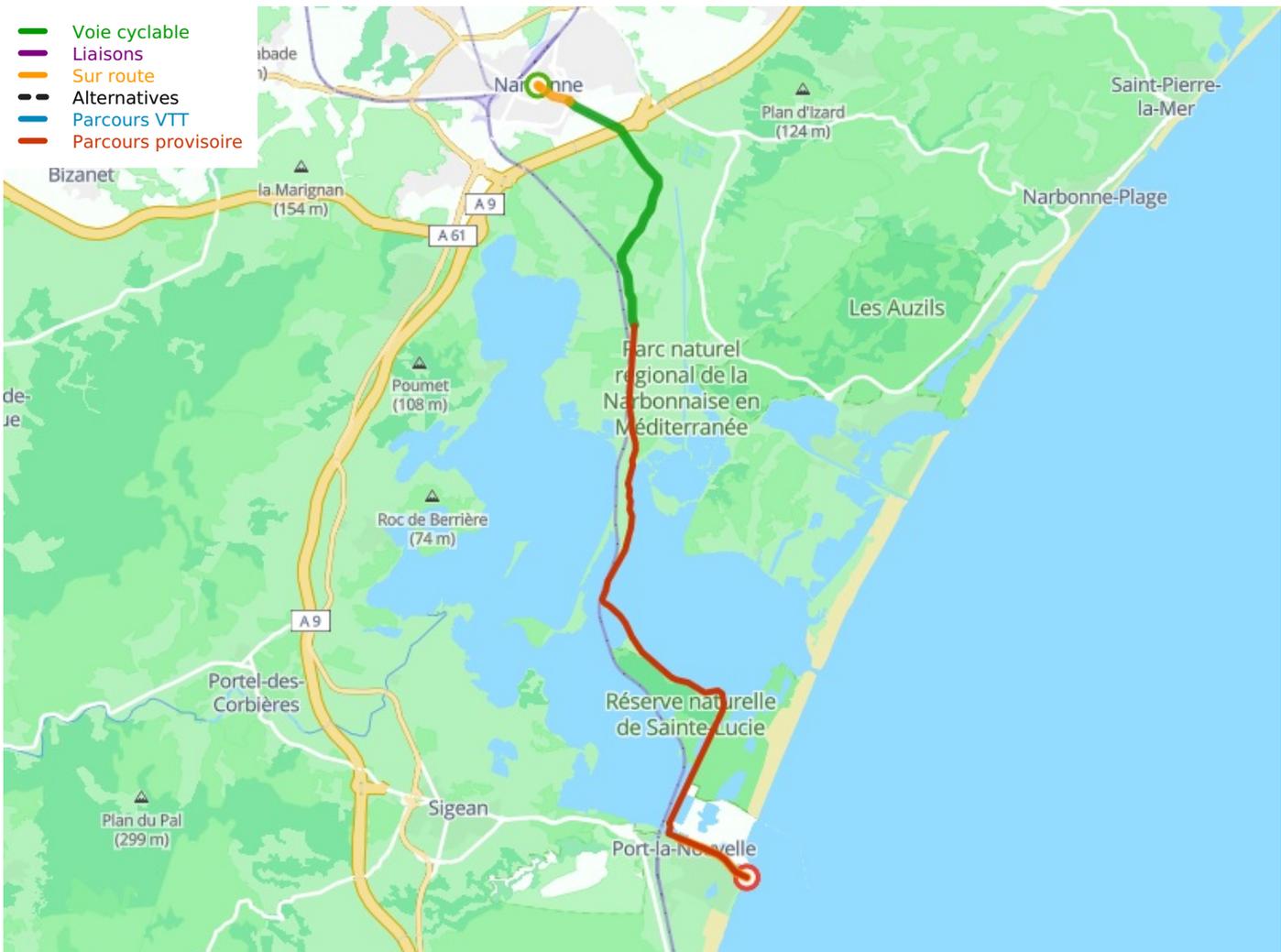
Départ
Narbonne

Arrivée
Port-la-Nouvelle

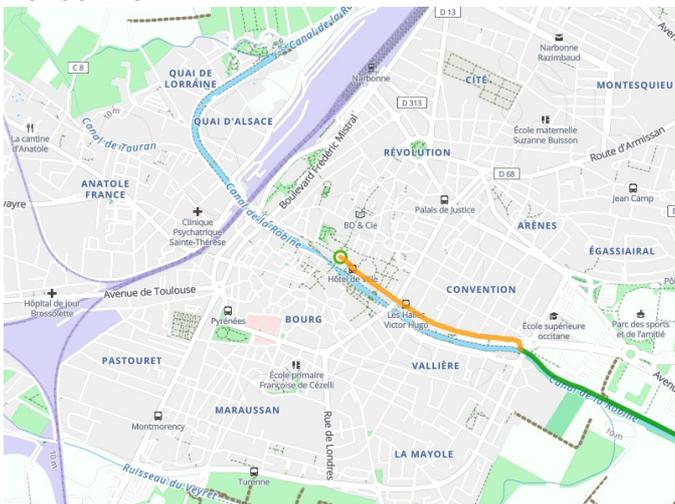
Durée
1 h 37 min

Distance
23,97 Km

Niveau
Mountain Bike advised



**Départ
Narbonne**



**Arrivée
Port-la-Nouvelle**

