

Seuil de Naurouze / Castelnaudary

Canal des 2 Mers by bike - Atlantic / Mediterranean sea



Going from lock to lock, the canal's towpath leads you through the heart of the Lauragais area. Le Seuil de Naurouze, at the watershed dividing the waters flowing to the Atlantic from those flowing to the Mediterranean, is a key point on the Canal du Midi, supplied by the Rigole de la Plaine channel coming down from St-Ferréol Lake. The canal continues to the town of Castelnaudary, capital of famed cassoulet bean and meat stew, but also boasting the largest canal basin on the Canal du Midi.

The route

The route along the towpath is not laid out specially for cyclists for the time being.

Off the official route

The greenway along the Rigole de la Plaine leads up to the Lac de St-Ferréol.

SNCF train stations

Castelnaudary train station:

TER regional trains serve >Toulouse and Carcassonne (many 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](#)
- [Office de Tourisme de Castelnaudary](#)

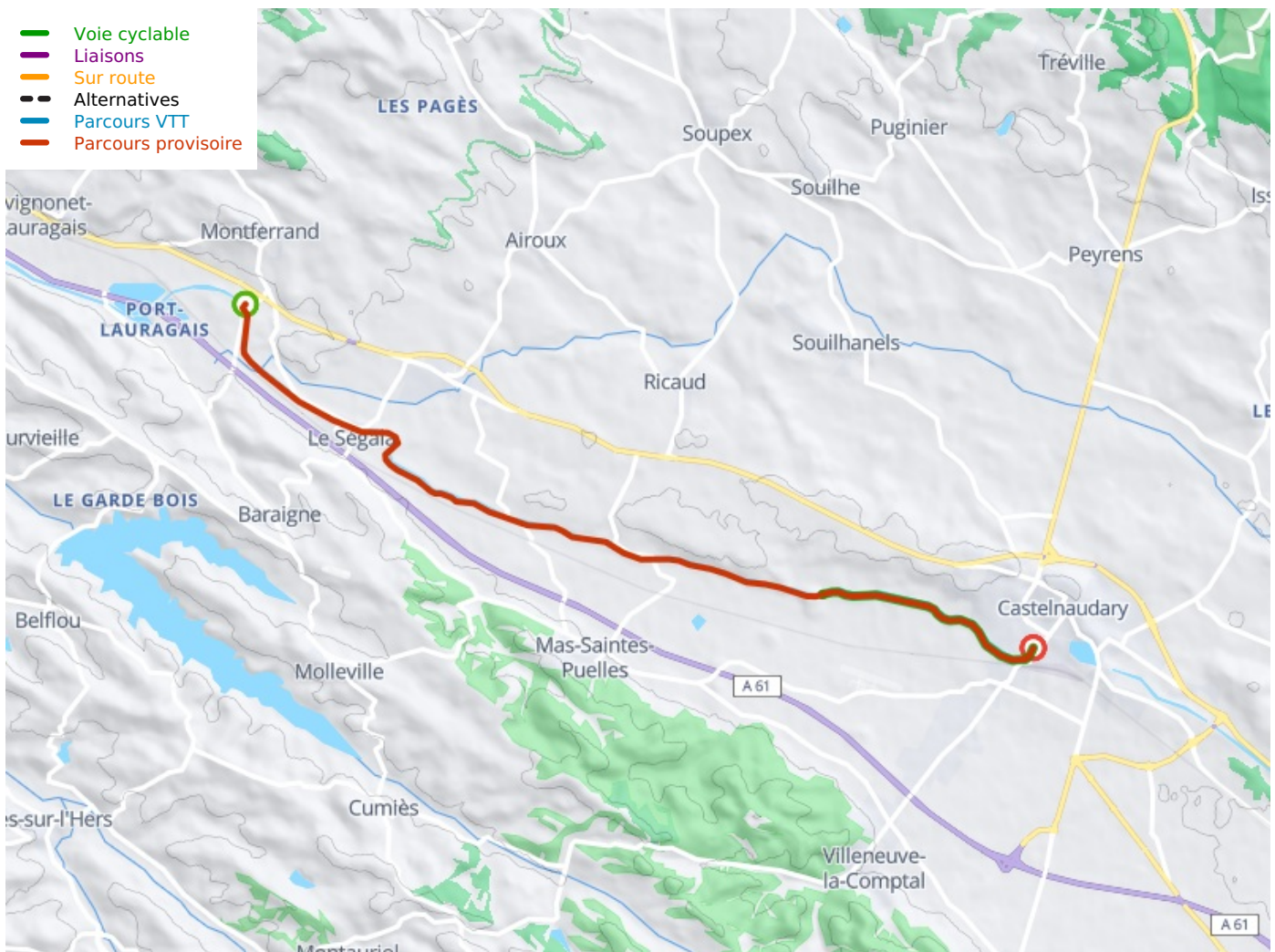
Départ
Seuil de Naurouze

Arrivée
castelnaudary

Durée
49 min

Distance
12,95 Km

Niveau
Mountain Bike advised



Départ
Seuil de Naurouze



Arrivée
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