

# Seuil de Nauroze / Castelnau-dary

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

□

**Départ**  
Seuil de Nauroze

**Arrivée**  
castelnaudary

**Durée**  
49 min

**Distance**  
12,92 Km

**Niveau**  
Mountain Bike advised

Going from lock to lock, the canal's towpath leads you through the heart of the Lauragais area. Le Seuil de Nauroze, 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 Castelnau-dary, 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.

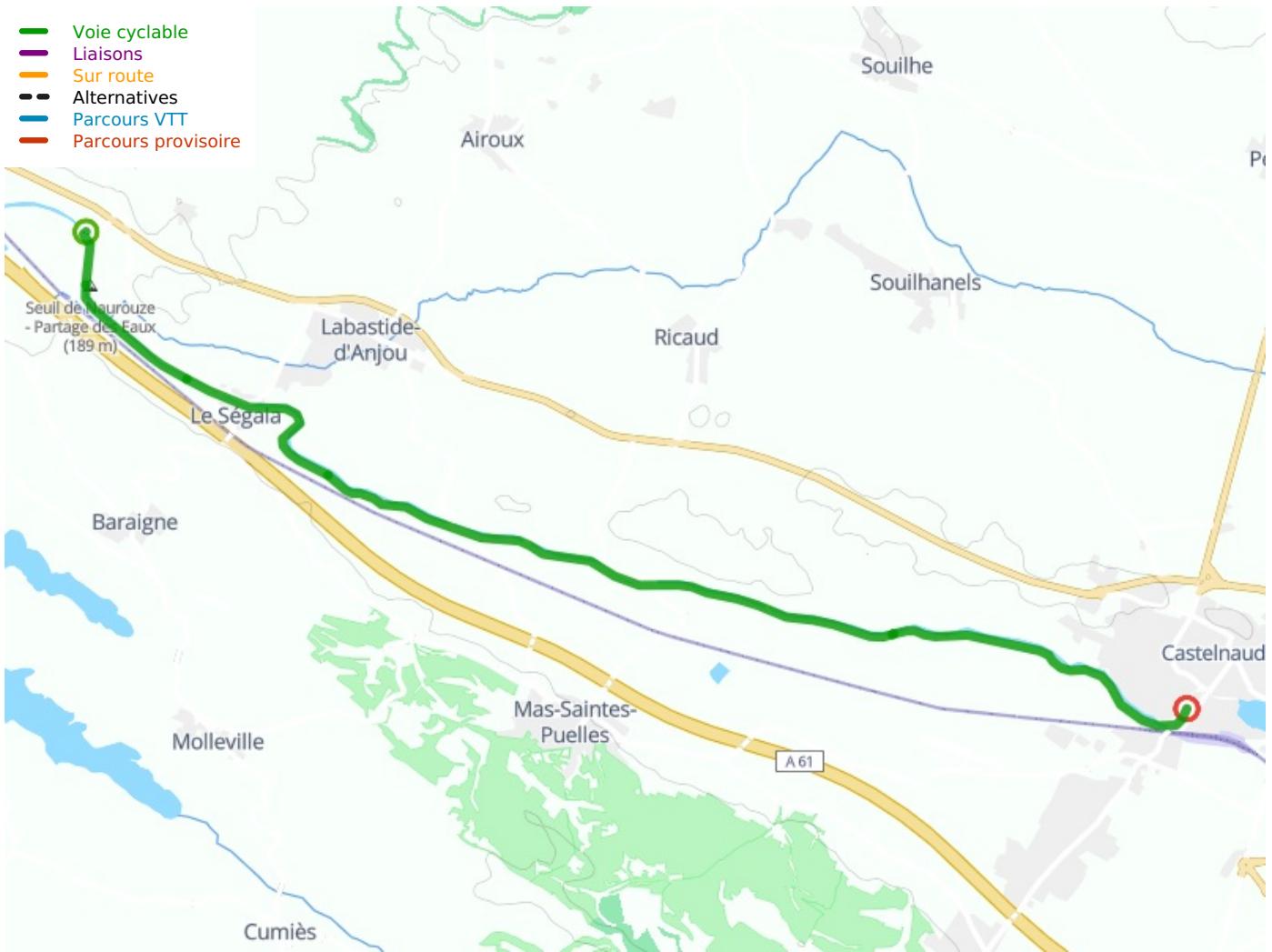
### SNCF train stations

**Castelnau-dary 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

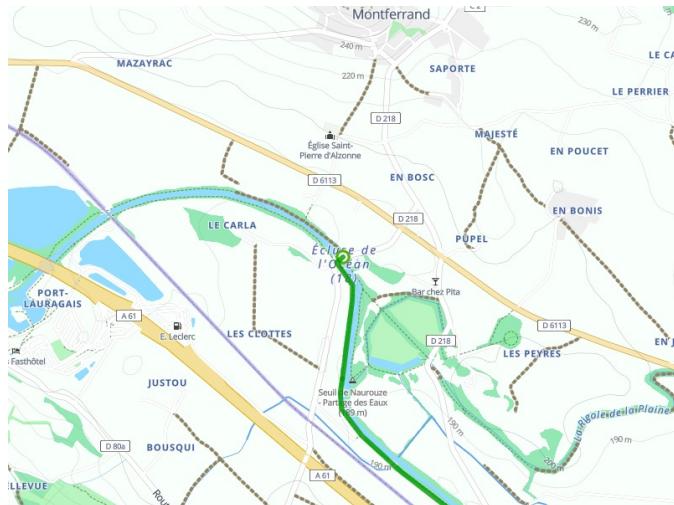
[Consult timetables](#)

### Tourist offices

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



### Départ Seuil de Naurouze



### Arrivée castelnaudary

