

# Capestang / Béziers

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



**Départ**  
Capestang

**Arrivée**  
Béziers

**Durée**  
1 h 19 min

**Distance**  
19,89 Km

**Niveau**  
I cycle often

**Thématique**  
Canals & intimate rivers,  
Nature & small heritage

This stage is packed with surprises. The 17th-century Tunnel de Malpas draws the attention, built as Europe's first-ever navigable canal tunnel. On the hill above, visit the impressive vestiges of a pre-Roman, Celtic settlement, the Oppidum d'Ensérune. From here, look down on the amazing pattern of the dried-out circular lake of Montady, originally dug by medieval monks. Then admire the extraordinary nine locks of Fonsérannes and the splendid canal-bridge over the Orb River with magnificent views up to historic Béziers.

### The route

The track along the towpath is not specially laid out for cyclists and is rough in patches.

### Off the route

Just 2km away from this stage, Nissan-lez-Ensérune is one much-appreciated stopping place, but the very lively port of Colombiers makes another tempting option for a stop.

### Gares SNCF

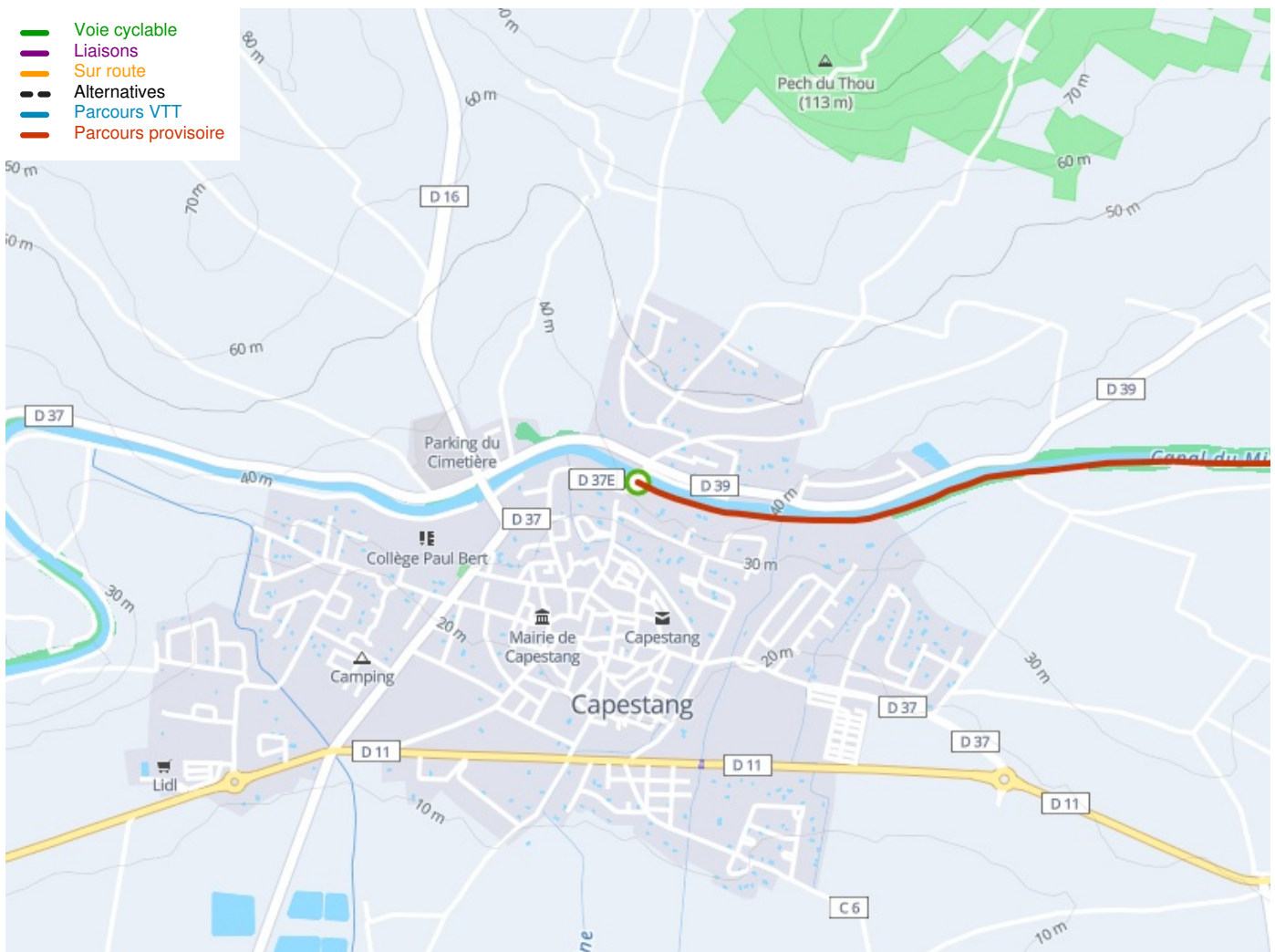
#### Béziers train station:

TER regional trains and Intercités trains serve > Narbonne/Carcassonne/Toulouse/Bordeaux; Agde/Sète/Montpellier (many trains daily); Avignon/Marseille (3 to 4 trains daily); Millau/Rodez/Clermont-Ferrand  
Connections at Montpellier for Lyon/Paris; Nîmes/Alès/Clermont-Ferrand.

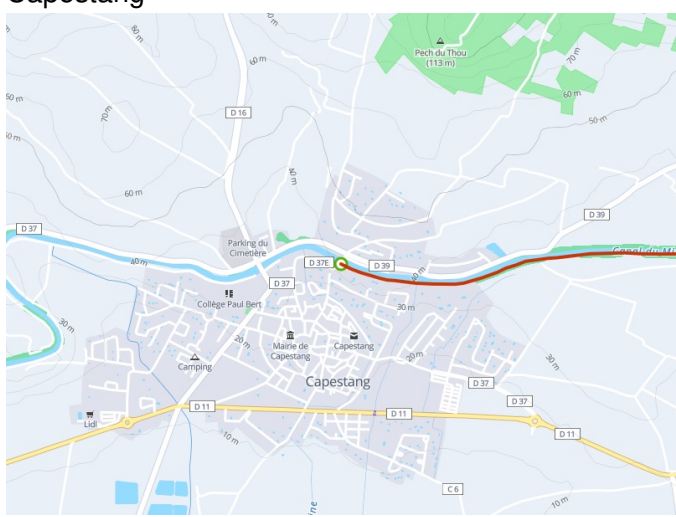
[Consult timetables](#)

### Tourist offices

- [Office de Tourisme du Canal du Midi](#)
- [Office de Tourisme de Béziers](#)



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Capestang**



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