

# Castelnau-d'Estrétefonds / Toulouse

Canal des 2 Mers by bike - Atlantic / Mediterranean sea



You can sense the outskirts of the huge regional metropolis of Toulouse long before reaching the centre of 'the pink city', as it's nicknamed. Sticking to the Canal de Garonne, its historic tranquillity contrasts with the rampant urbanisation beyond. You enter Toulouse at the junction of the Canal de Garonne, the Canal de Brienne and the Canal du Midi, at the level of Les Pont-Jumeaux. Then a cycle track beside the Canal du Midi takes you into the city centre.

## The route

The greenway alongside the Canal de Garonne is well laid out and safe for cyclists. For the final stretch to reach Toulouse city centre, use the cycle track beside the Canal du Midi.

**Départ**  
Castelnau-d'Estrétefonds

**Arrivée**  
Toulouse

**Durée**  
1 h 30 min

**Distance**  
23,05 Km

**Niveau**  
I begin / Family

**Thématique**  
Canals & intimate rivers

## SNCF train stations

### Castelnau-d'Éstrétefonds and St-Jory trains station :

TER regional trains serve > Toulouse; Montauban (3 to 7 trains daily)

### Toulouse-Matabiau train station :

TER regional trains and Intercités trains serve > Montauban/Agen/Bordeaux ; Castelnaudary/ Carcassonne/Narbonne/ Béziers/Sète/Montpellier (many trains daily)

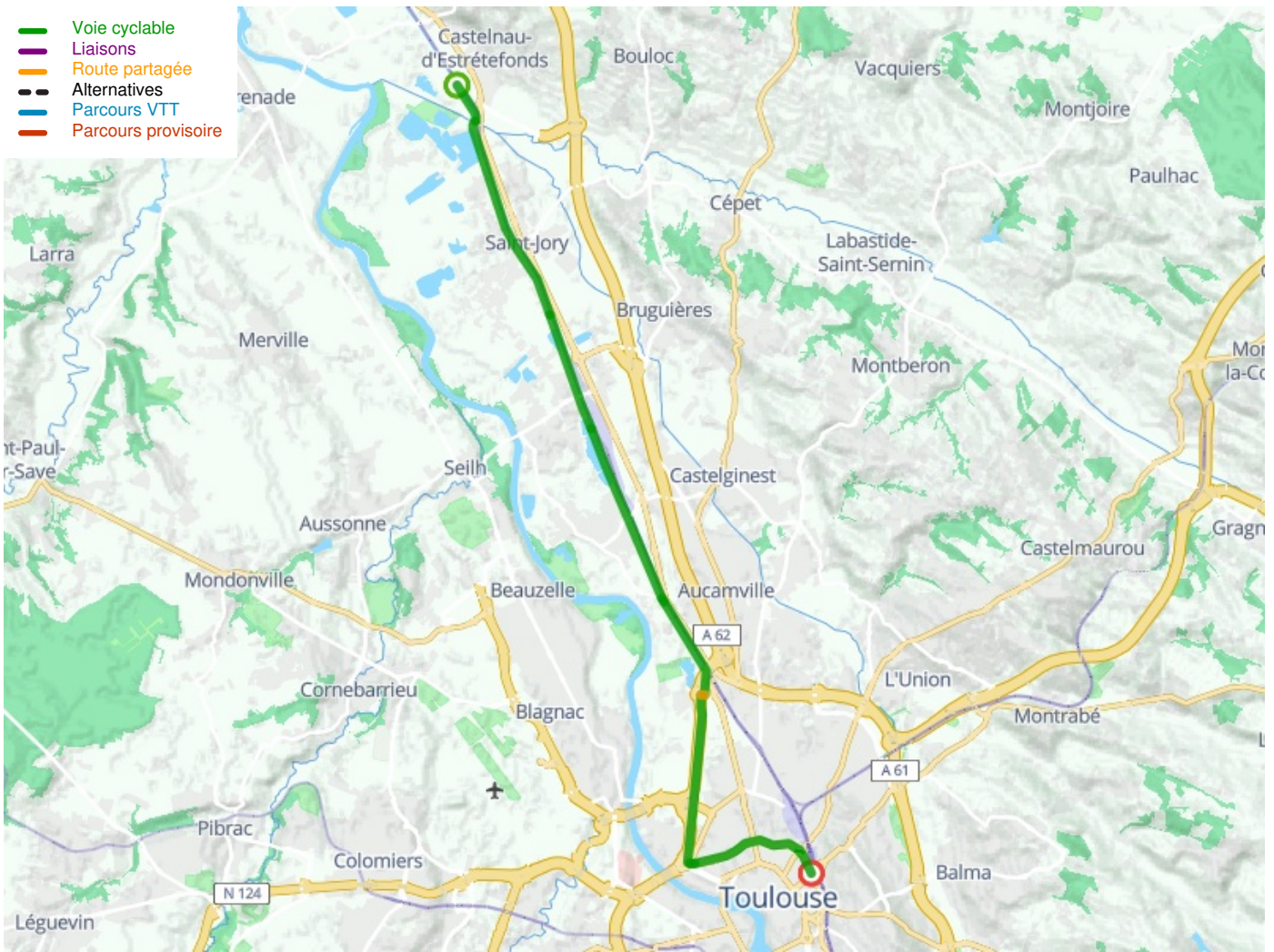
Other connections from Toulouse pour Brive/Limoges/Paris ; Albi/Castres/Rodez/Figeac ; Tarbes/Pau/Foix.

[Check timetables](#)

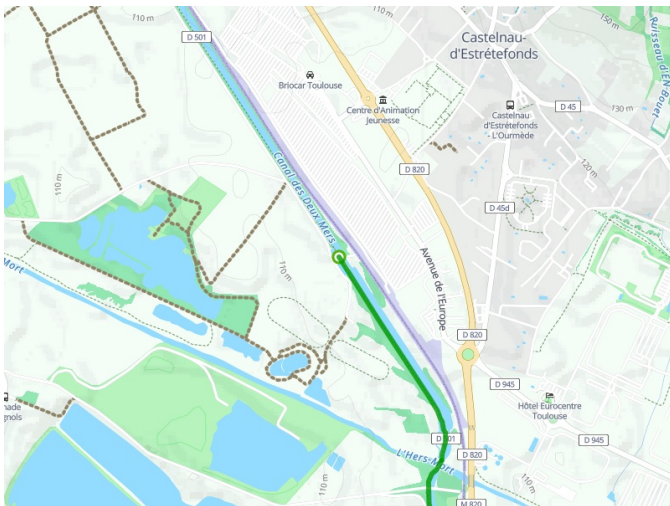
## Tourist offices

- [Office de Tourisme de Toulouse](#)

- Voie cyclable
- Liaisons
- Route partagée
- Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
Castelnau-d'Estrétefonds



**Arrivée**  
Toulouse

