

# Castelnaudary / Bram

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



Leaving Castelnaudary, you pass the imposing St-Roch lock with its four interconnecting chambers. Further on, at the level of Bram's port and the canal-side restaurant, l'île aux Oiseaux, a cycle track allows you to make a short detour into the centre of Bram, a town which stands out for its silhouette and its circular medieval centre, known as a 'circulade', a form typical of the Aude.

### The route

The towpath along this stage is still a bit rough.

### SNCF train stations

#### Castelnaudary train station:

TER regional trains serve > Toulouse and Carcassonne (many trains daily)

#### Bram train station:

TER regional trains serve > Castelnaudary/Toulouse and Carcassonne/Narbonne (6 to 12 trains a day)  
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](#)

### Offices de Tourisme

- [Office de Tourisme de Castelnaudary](#)

**Départ**  
Castelnaudary

**Arrivée**  
Bram

**Durée**  
1 h 06 min

**Distance**  
16,73 Km

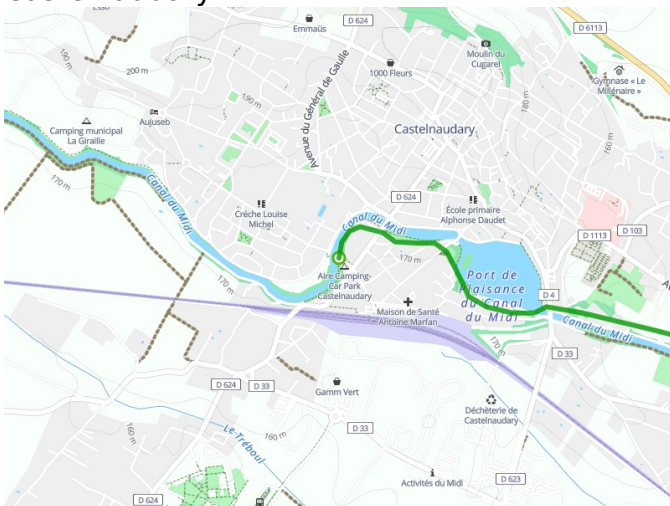
**Niveau**  
I cycle often

**Thématique**  
Nature & small heritage

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



**Départ  
Castelnaudary**



**Arrivée  
Bram**

