

Le Somail / Narbonne

Canal des 2 Mers by bike - Atlantic / Mediterranean sea



Départ
Le Somail

Arrivée
Narbonne

Durée
1 h 12 min

Distance
19,22 Km

Niveau
I cycle often

Thématique
Canals & intimate rivers

This is a major additional stage that comes highly recommended. It leads you towards the city of Narbonne via a short stretch alongside a linking canal up to Sallèles-d'Aude. Then, given the lack of other options to cross the river, you need to continue via Cuxac-d'Aude along a road shared with motorized traffic to reach the Canal de la Robine at Raonel Lock. From there, a lovely, well-laid-out, signposted greenway leads to Narbonne itself.

The route

The route is not signposted along the linking canal. At Sallèles-d'Aude, join the D 1118 road up to Cuxac d'Aude, followed by the D 13, to reach the Canal de la Robine at Raonel Lock. From there, the route is laid out and signposted right up to the centre of Narbonne.

SNCF train stations

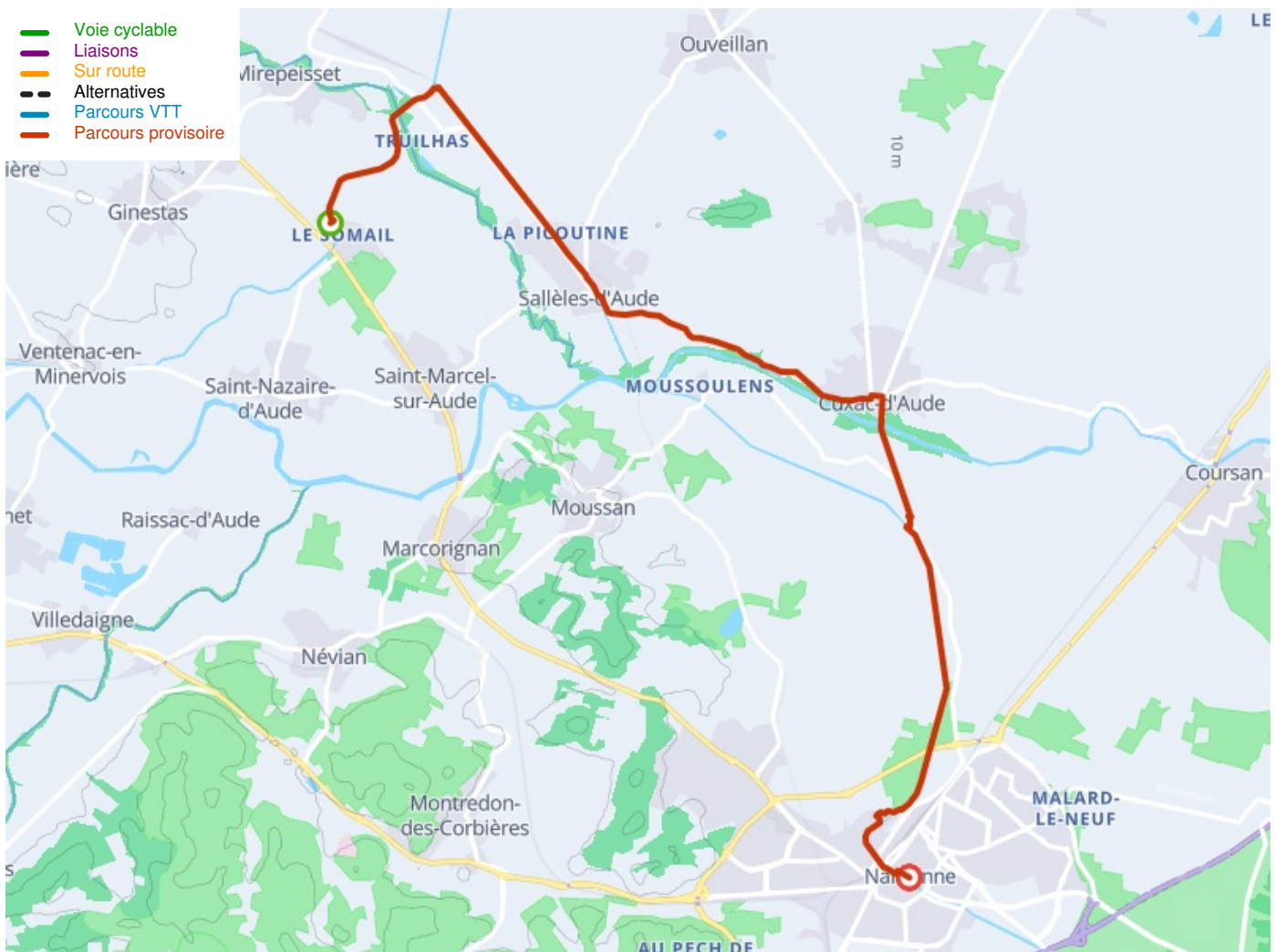
Narbonne train station:

TER regional trains and Intercités trains serve > Carcassonne/Castelnaudary/Toulouse/Bordeaux; Béziers/Agde/ Sète/Montpellier (6 to 10 trains daily); Avignon/Marseille (3 to 4 trains daily)
Connections at Montpellier for Lyon/Paris; Nîmes/Alès/Clermont-Ferrand.

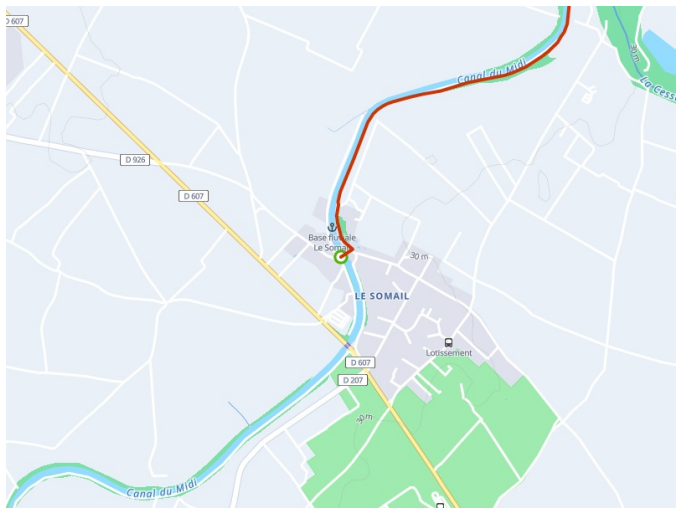
[Consult timetables](#)

Tourist offices

- [Office de Tourisme de Narbonne](#)



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