

# Toulouse / Montgiscard

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



Leave Toulouse via the greenway beside the Canal du Midi, a path that is very popular with local cyclists avoiding the car-clogged city roads. The canal-side route transports you swiftly into parts shaded by centuries-old plane trees, where old barges lie sleepily in the water. Soon, the village of Montgiscard appears, and you feel you've left the big city behind to enter the Lauragais farmlands.

### The route

The greenway is tarmacked and well signposted from central Toulouse to Mongiscard.

### SNCF train stations

#### Toulouse-Matabiau train station:

Regional TER and Intercités trains serve > Montauban/Agen/Bordeaux; Castelnaudary/ Carcassonne/Narbonne/ Béziers/Sète/Montpellier (with numerous daily trains).

Other destinations served from Toulouse include Brive/Limoges/Paris; Albi/Castres/Rodez/Figeac; Tarbes/Pau/Foix.

[Consult timetables](#)

### Tourist offices

[Office de Tourisme de Toulouse](#)

**Départ**  
Toulouse

**Arrivée**  
Montgiscard

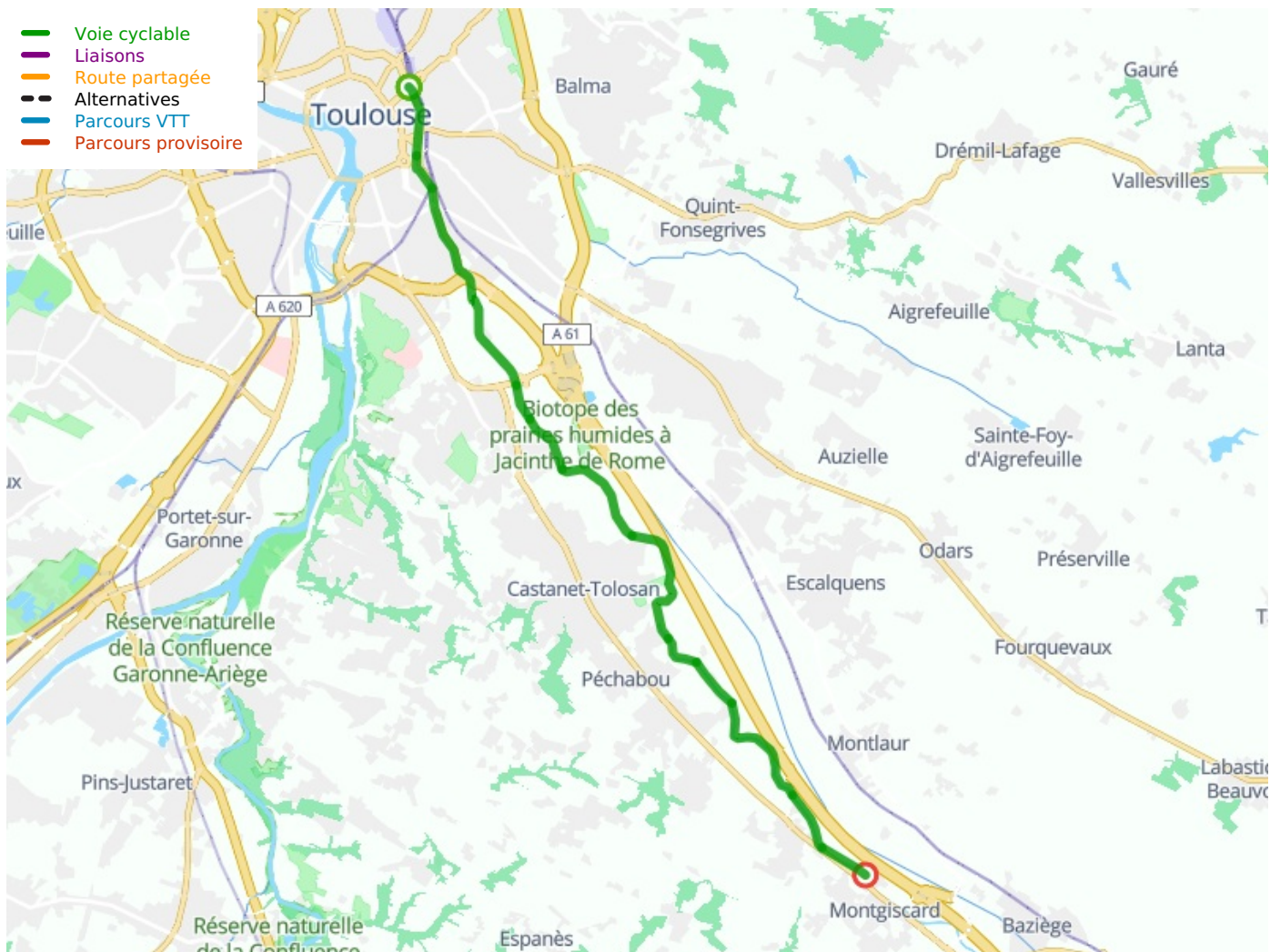
**Durée**  
1 h 25 min

**Distance**  
21,03 Km

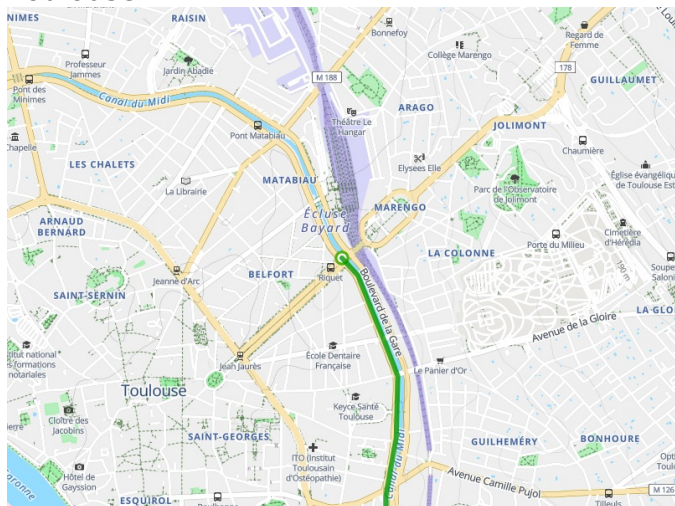
**Niveau**  
I begin / Family

**Thématique**  
Canals & intimate rivers

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



**Départ  
Toulouse**



**Arrivée  
Montgiscard**

