

# Narbonne / Béziers

## Mediterranean Cycle Route



**Départ**  
Narbonne

**Arrivée**  
Béziers

**Durée**  
3 h 35 min

**Distance**  
53,99 Km

**Niveau**  
I cycle often

**Thématique**  
Canals & intimate rivers

The Moulin du Gua with its brasserie restaurant marks the end of the Narbonne city section. At Le Somail, the Mediterranean Cycle Route and Canal des 2 Mers à Vélo cycle routes meet. The Tunnel du Malpas was a major piece of civil engineering to carry the canal under Ensérune's hill. It's worth cycling up to the Oppidum d'Ensérune, a significant pre-Roman settlement with views down on the extraordinary dried-out Montaldy Lake. The sites get even more remarkable along this stretch, with Fonsérane's unique nine locks and the splendid canal-bridge over the Orb, a breath-taking engineering feat, offering views onto the city of Béziers.

It is advisable to request written authorization to cycle across these parts from VNF, the managing authority, in accordance with Article R4241-68 of the French Code des Transports.

### The route

Signposting for La Méditerranée à Vélo - EuroVelo 8 is being put in place.

As both the Canal de la Robine and Canal du Midi are protected UNESCO World Heritage Sites, modern facilities along their towpaths are rudimentary, and the quality of the surfaces along these stretches is patchy. Given that the tracks are sometimes rough, take special care and make sure you have suitable gear. However, if you venture along these ways, you will be rewarded by being able to enjoy the exceptional charm of the surrounds.

**Smooth surfaces:** only on the county roads (routes départementales) between Narbonne and La Cesse Lock, plus going through the towns.

**Rough surfaces:** the way that trees have been replanted along certain stretches of the Canal du Midi makes these portions very difficult for cyclists. From the Canal de Jonction to Capestang, the surface is very rustic, or rough. Take particular care with the surface at the entrance to Malpas Tunnel.

### Just off the route

It is worth considering a short detour to explore the port of Le Somail as it is so remarkable.

Two kilometres away, Nissan-lez-Enserune makes a good stop, or then Colombiers, with its very lively port, is a good alternative stopping point.

### Please note:

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## PRACTICAL INFORMATION

### Tourist Offices

[Office de Tourisme du Canal du Midi](#) au St-Chinian  
33 (0)4 67 37 85 29

[OT de la Domitienne](#)

04 67 32 88 77  
tourisme@ladomitienne.com

OT du Somail  
04 68 41 55 70  
lesomail@grandnarbonnetourisme.fr

[Office de Tourisme de Béziers Méditerranée](#)

33 (0)4 99 41 36 36

**4 further places providing tourist information:**

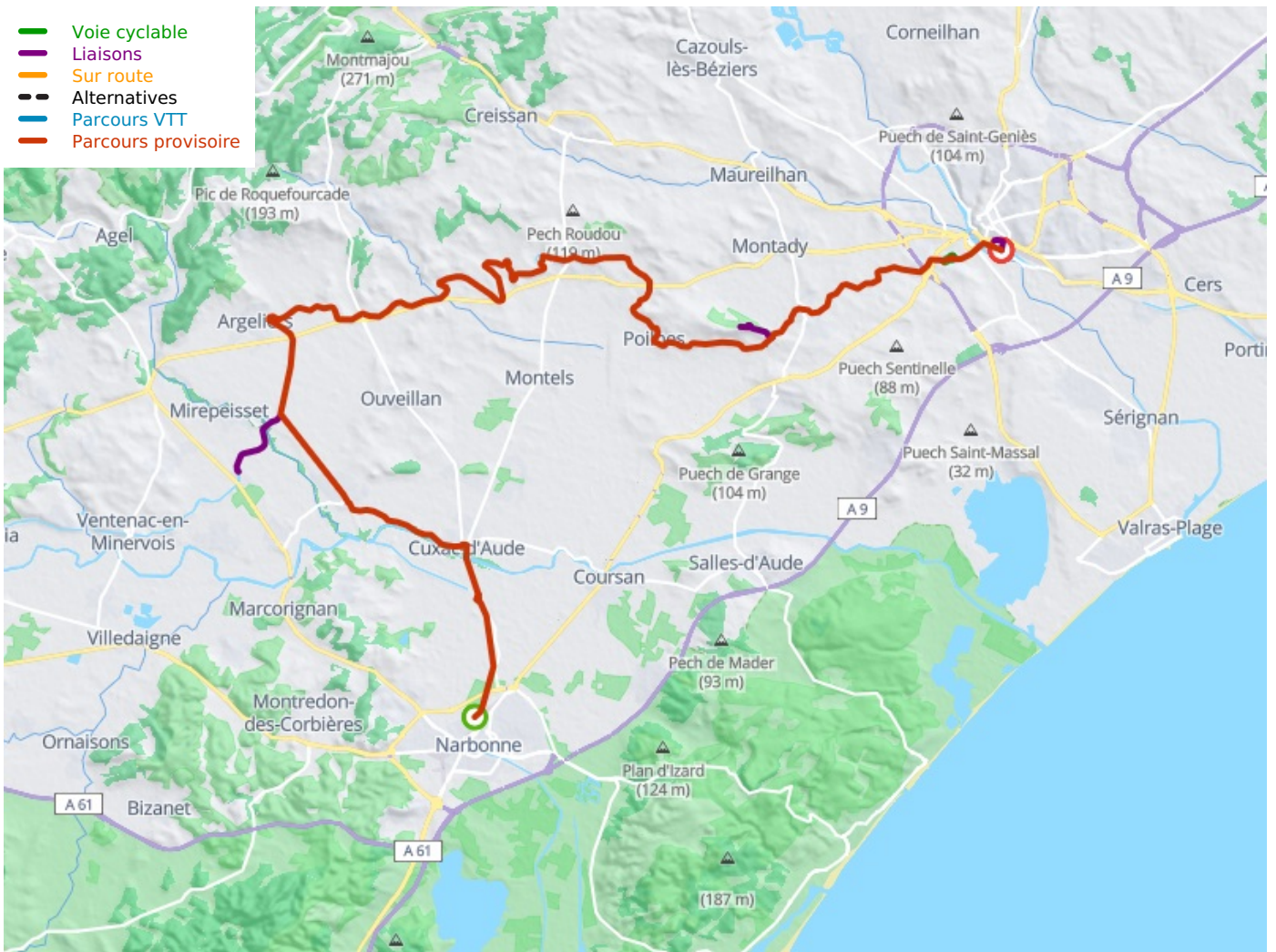
- Fonseranes Site des 9 écluses (site of the 9 locks),
- Parc Rayonnant - 1 avenue de Béziers - La Cigalière - Sérignan,
- Centre Station 2, square René-Cassin - Valras-Plage,
- La Gabare Rive du Canal du Midi - Villeneuve-les-Béziers

**SNCF train stations**

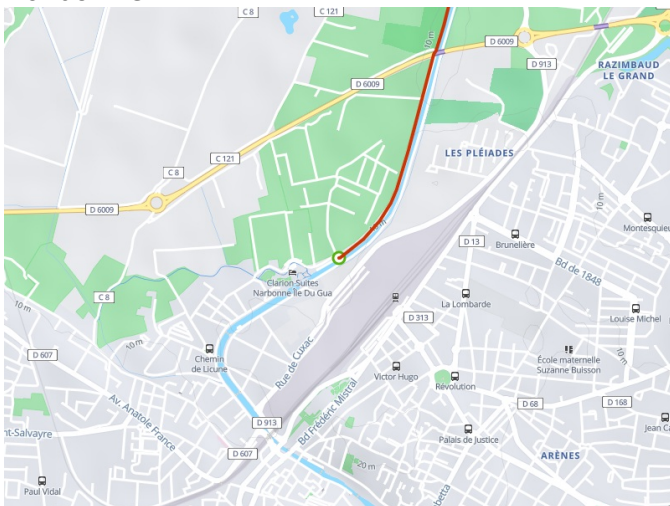
Narbonne station  
Béziers station  
TER regional and Intercités train lines >  
Narbonne/Carcassonne/Toulouse/Bordeaux;  
Agde/Sète/Montpellier (numerous trains daily);  
Avignon/Marseille (3 to 4 trains daily);  
Millau/Rodez/Clermont-Ferrand. Change at Montpellier  
for Lyon/Paris ; Nîmes/Alès/Clermont-Ferrand.  
Coursan station

[Consult the timetables](#)

- Voie cyclable
- Liaisons
- Sur route
- - - Alternatives
- Parcours VTT
- Parcours provisoire



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