



## Cycling in Tarn-et-Garonne



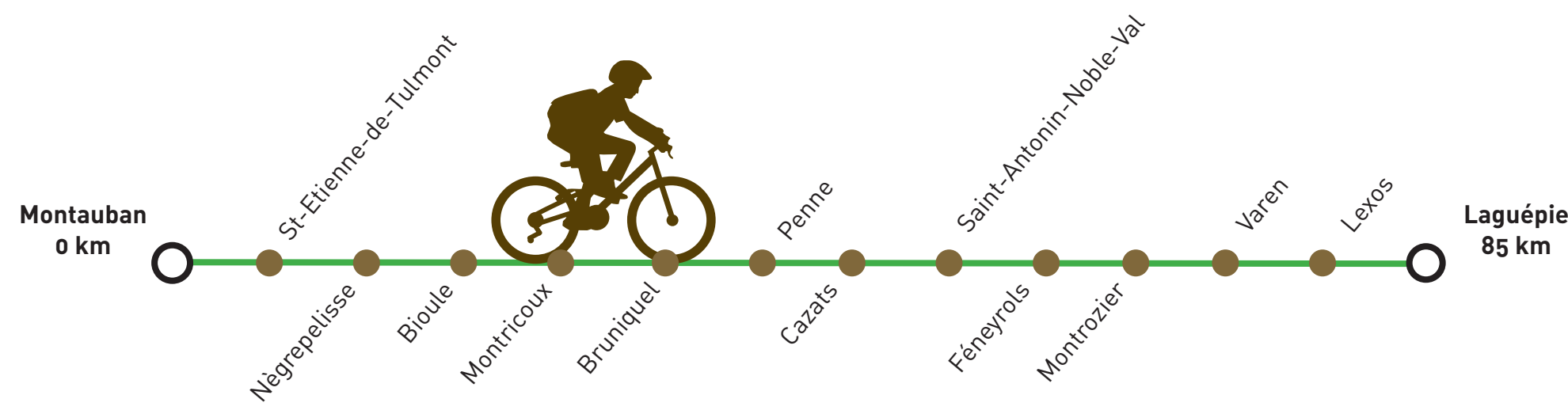
**Réservations :**  
Tarn-et-Garonne Réservation  
Hôtel du département - 100 Bd Hubert Gouze  
CS 90534 - 82005 MONTAUBAN CEDEX  
Tél. : 05 63 21 79 61 (de l'étranger +33 563 21 79 61)  
Fax : 05 63 66 80 30 (de l'étranger +33 563 66 80 30)  
Mail : reservation@tourisme82.com  
Site : www.myguide-tarnetgaronne.com

**Informations :**  
Agence de Développement Touristique  
de Tarn-et-Garonne  
Hôtel du département - 100 Bd Hubert Gouze  
CS 90534 - 82005 MONTAUBAN CEDEX  
Tél. : 05 63 21 79 65 (de l'étranger +33 563 21 79 65)  
Fax : 05 63 66 80 30 (de l'étranger +33 563 66 80 30)  
Mail : info@tourisme82.com  
Site : www.tourisme-tarnetgaronne.fr  
www.myguide-tarnetgaronne.com

Facebook : @tourismetarnetgaronne  
Twitter : @mytarnetgaronne  
Instagram : @tourisme\_tarn\_et\_garonne  
Google + : Tourisme Tarn et Garonne

www.tourisme-tarnetgaronne.fr

## The cycle routes in the Aveyron Gorges



### BIKE RENTALS

- MTC shop**  
16 avenue Gambetta  
82000 Montauban  
Tél. +33 563 91 99 68
- A loisirs**  
3130 route du Nord  
82000 Montauban  
Tél. +33 563 63 56 26  
www.aloisir.fr  
info@aloisir.fr
- Acti Eaux Vives**  
Route de Marsac  
82140 Saint-Antoine-Noble-Val  
Tél. +33 563 31 88 61
- Nature Escapade**  
22 boulevard des Thermes  
82140 Saint-Antoine-Noble-Val  
Tél. +33 563 31 41 76
- Variation sport nature**  
La Plage  
82140 Saint-Antoine-Noble-Val  
Tél. +33 563 68 25 25
- Les vélos de Josette**  
82140 Saint-Antoine-Noble-Val  
Tél. +33 627 42 06 10

### TOURIST OFFICES

- Office de Tourisme du Grand Montauban**  
Tél. +33 563 67 29 84 - www.montauban-tourisme.com
- Office de Tourisme de Bruniquel**  
Tél. +33 563 67 29 84 - www.bruniquel.fr
- Office de Tourisme de Saint-Antoine-Noble-Val**  
Tél. +33 563 30 43 47  
www.tourisme-saint-antoin-noble-val.com
- Bureau d'Informations de Laguèpie**  
Tél. +33 563 30 20 34



### BED & BREAKFAST HOTELS - CAMPSITES

- LAGUÈPIE**  
Hôtel des Deux Rivières  
Tél. +33 563 31 41 41  
les2rivières.laguèpie@wanadoo.fr  
www.lesdeuxrivières.fr
- MONTAUBAN**  
Hôtel du Commerce \*\*\*  
Tél. +33 563 66 31 32  
info@hotel-commerce-montauban.com  
www.hotel-commerce-montauban.com
- Le Trèfle rouge**  
325 Chemin de Canto merle  
Tél. +33 660 81 20 76  
chambre@ferme-treflerouge.fr  
www.ferme-treflerouge.com
- SAINT-ANTOINE-NOBLE-VAL**  
Camping des Gorges de l'Aveyron \*\*\*  
Tél. +33 563 30 69 76  
info@camping-gorges-aveyron.com  
www.camping-gorges-aveyron.com
- Moulin de Roumegous**  
56 pers. + 19 ch.  
Tél. +33 961 42 40 35  
moulinroumegous@gmail.com  
www.moulinroumegous.jimdo.com
- VAÏSSAC**  
Hôtel-Restaurant Chez Terrassier \*\*  
Tél. +33 563 30 94 60  
chez-terrassier@wanadoo.fr  
www.chezterrassier.com
- HARBOR OFFICE**  
**MONTAUBAN**  
Port Canal - Capitainerie  
125 rue des oules  
Tél. +33 563 66 78 60

### Circuits

- CAYLUS**  
Dans l'écrin des légendes  
● Distance 8 km  
● Durée 45 mn  
● Différence en level 100 m  
● Difficulté medium
- L'esprit caussenard**  
● Distance 28 km  
● Durée 3h  
● Différence en level 800 m  
● Difficulté medium
- LEXOS**  
En route vers le Rouergue  
● Distance 40 km  
● Durée 4 h  
● Différence en level 1000 m  
● Difficulté hard
- PARISOT**  
Sur les chemins des chevaliers  
● Distance 13 km  
● Durée 1h30  
● Différence en level 250 m  
● Difficulté medium
- VAREN**  
Les vallons de la Seye  
● Distance 11 km  
● Durée 1h30  
● Différence en level 150 m  
● Difficulté medium
- CAZALS**  
Haut les causses  
● Distance 23 km  
● Durée 3h  
● Différence en level 500 m  
● Difficulté hard
- LAGUÈPIE**  
Au fil du Viaur  
● Distance 21 km  
● Durée 1h45  
● Différence en level 300 m  
● Difficulté easy
- SAINT-ANTOINE-NOBLE-VAL**  
Florilèges de paysages  
● Distance 28 km  
● Durée 3h  
● Différence en level 450 m  
● Difficulté medium
- Eaux de roche**  
● Distance 19 km  
● Durée 2h  
● Différence en level 300 m  
● Difficulté hard
- Rock it**  
● Distance 10 km  
● Durée 1h30  
● Différence en level 250 m  
● Difficulté hard
- Alimenterre**  
● Distance 37 km  
● Durée 3h  
● Différence en level 500 m  
● Difficulté hard

For outdoor fans, the Tarn-et-Garonne has plenty of opportunities for pleasant rides along the 85 km of cycle paths in the Aveyron valley, linking Montauban to Laguèpie in the east. Well signposted, this itinerary enables you to easily explore the plains around Montauban; visiting medieval villages such as Montriquet, Bruniquel, Penne, Saint-Antoine-Noble-Val, Varen and Laguèpie.

Montauban carries its nine centuries of existence well! Built of pink brick, the town entrances visitors with the splendid arcades in the Place Nationale, old cobbled streets and private mansions as well as the wonderful view of the old Episcopal palace (now the Ingres museum) from the Old Bridge or 'Pont-Vieux', Saint-Jacques church, the Notre-Dame cathedral.

Saint-Etienne-de-Tulmont is a charming village founded in 1550 by the lord of Bruniquel. The village was called before Tulmont. 8 centuries later, this bastide still has its Tulmonac quadrangular square.

Montauban → Saint-Etienne-de-Tulmont : 11 km

In Nègrepelisse, the main asset is the new Design and Art Centre La Cuisine, unique in Europe, it's an exhibition and production site, all dedicated to the food culture with modern and contemporary creation and artists.

Saint-Etienne-de-Tulmont → Nègrepelisse : 7 km

Montriquet retains a great number of vestiges of mediaeval times : the Templar dungeon ; its castle, which is now a museum dedicated to the painter Marcel Lenoir; a well-known figure in Montmartre in the 20s; its church modelled on the Saint-Sernin basilica in Toulouse; its watchtowers and its ramparts; not forgetting its numerous half timbered houses. The mill on the river Aveyron, still active today, completes the picture.

Nègrepelisse → Montriquet : 11 km

This village forms the crossroads of the Quercy, the Rouergue and Albigeoisian territory and plunges you into its mediaeval past thanks to its ramparts, the twin castle ruins overhanging the River Aveyron and not forgetting the Maison Payrol, former residence of the Governors of Bruniquel and 12th C storeroom.

Montriquet → Bruniquet : 5 km

The fortress of Penne is on a top of a cliff. Keeper of the Aveyron Gorges, this masterpiece of medieval military architecture offers breathtaking views. The village is in the heart of the Gresigne forest, built on the rock with mysterious streets and medieval houses.

Bruniquet → Penne : 7 km

In the heart of the Aveyron Gorges nestles the mediaeval town of Saint-Antoine-Noble-Val, witness to twelve centuries of history. The historical centre comprises half-timbered houses higgledy-piggledy clustered in narrow, winding lanes. Many of these facades proudly boast twin or multioned windows, Gothic and Romanesque arches above doorways, as well as traces of ancient market stalls.

Penne → Saint-Antoine-Noble-Val : 16 km

Fénérols is a must see, for its roman remains, ceramics and thermal baths from the roman occupation during the Antiquity. The suspension bridge crossing the river Aveyron offers a stunning view on the river.

Saint-Antoine-Noble-Val → Fénérols : 7,5 km

In Varen, don't miss the church with its Romanesque sculptures from the Middle Ages and have a walk in the nice streets with old houses and fountains.

Fénérols → Varen : 9 km

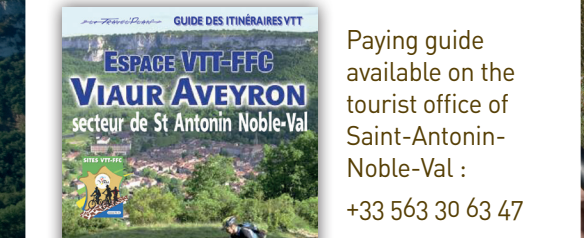
In Laguèpie you would enjoy a summer bath in the waters. The Viaur beach is a unique spot on the salvage river Viaur. Free access and lifeguards on July and August.

Varen → Laguèpie : 8 km

## Mountain bike

The «Gorges de l'Aveyron» and the limestone plateaus surrounding the cliffs are the perfect playground for mountain bike enthusiasts.

Thanks to the scenery and loops changes, it is a major spot for the mountain bike practice, in a natural and playful way, for any levels.



## Canoeing and kayaks



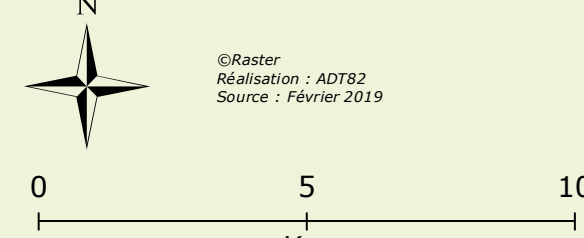
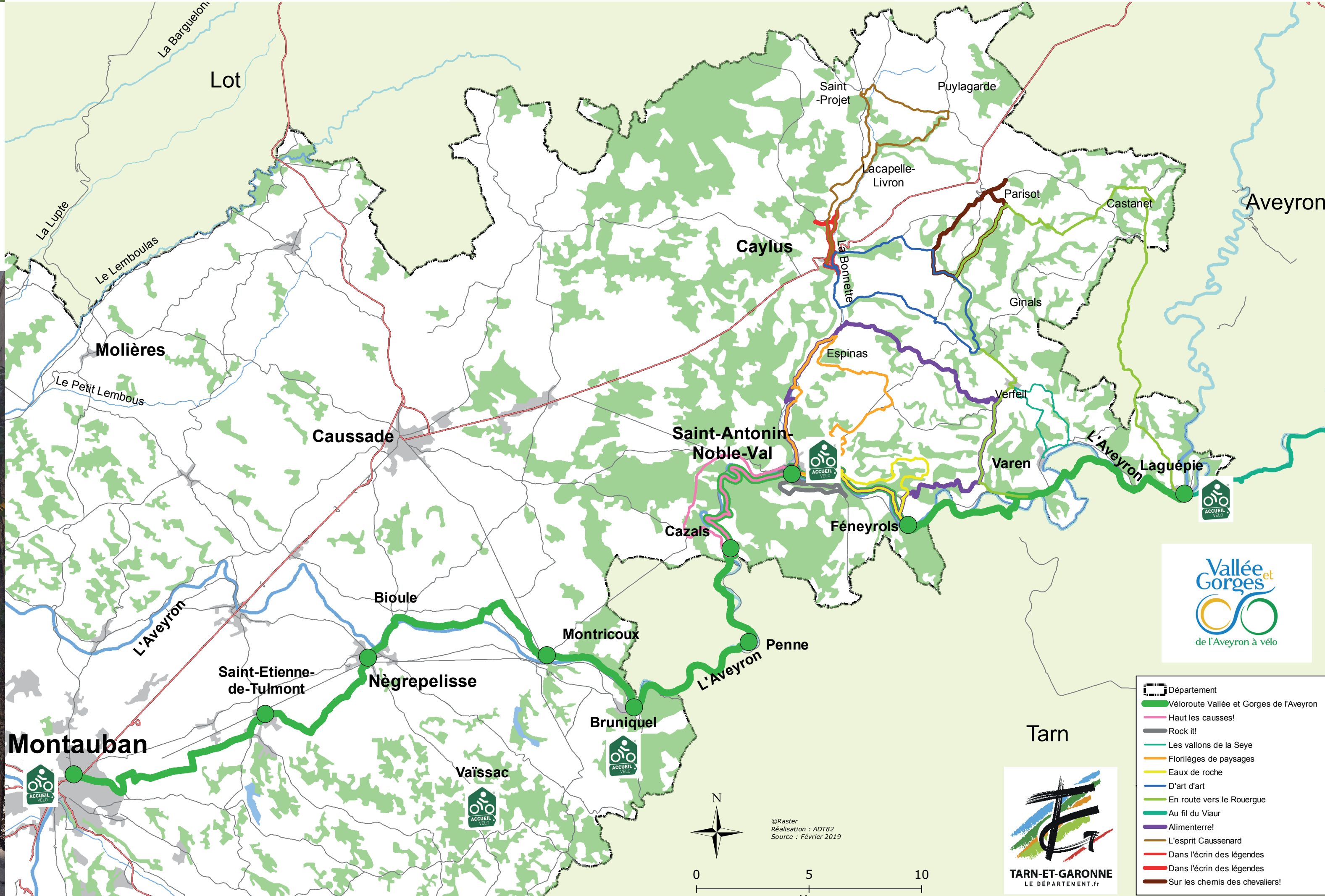
### BOAT RENTAL

- Canoe Nègrepelisse**  
Nègrepelisse - Tél. +33 563 31 56 43  
www.canoe-nègrepelisse.org
- Canoe Loisirs**  
Saint-Antoine-Noble-Val  
Tél. +33 632 03 94 06 - +33 563 31 63 95  
www.canoeogorgesaveyron.com
- Acti Eaux Vives**  
Saint-Antoine-Noble-Val  
Tél. +33 563 31 88 61 - +33 612 51 83 23  
www.actieauxvives.fr
- Nature escapade**  
Saint-Antoine-Noble-Val  
Tél. +33 563 31 41 76  
www.nature-escapade.com
- Les pieds dans l'eau**  
Saint-Antoine-Noble-Val  
Tél. +33 563 68 24 80  
www.locationcanoe.com
- À l'Eau Canard**  
Saint-Antoine-Noble-Val  
Tél. +33 632 03 94 06 - +33 563 31 63 95  
www.canoeogorgesaveyron.com
- Canoe Loisirs**  
Saint-Antoine-Noble-Val  
Tél. +33 563 30 66 24 - +33 683 15 52 84
- Évasion**  
Saint-Antoine-Noble-Val  
Tél. +33 563 30 87 45 - +33 677 11 31 75  
www.location-canoe-kayak-82.com
- Variation**  
Saint-Antoine-Noble-Val  
Tél. +33 563 68 25 25  
www.variations82.eu
- Kayman**  
Saint-Antoine-Noble-Val  
Tél. +33 608 42 96 81  
www.kayman.fr

### Descent of the Gorges of the Aveyron

The east of Tarn-et-Garonne once belonged to the Aveyron and so consists of gorges hollowed out of the limestone at the foot of sheer cliffs, to the delight of intense sports fans!

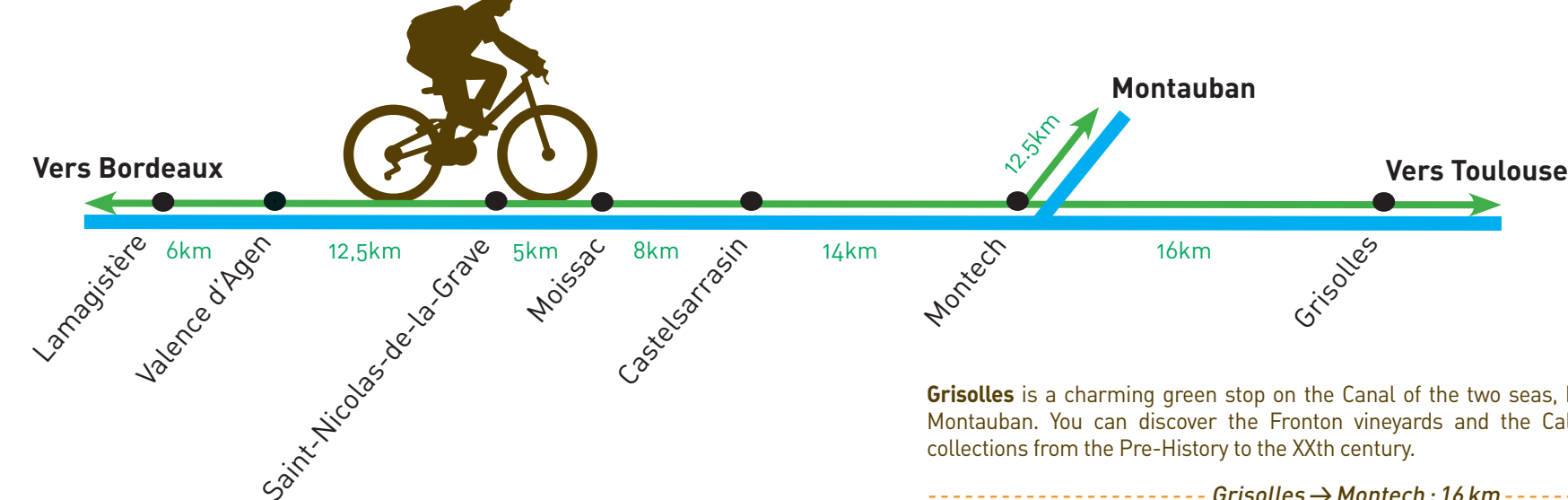
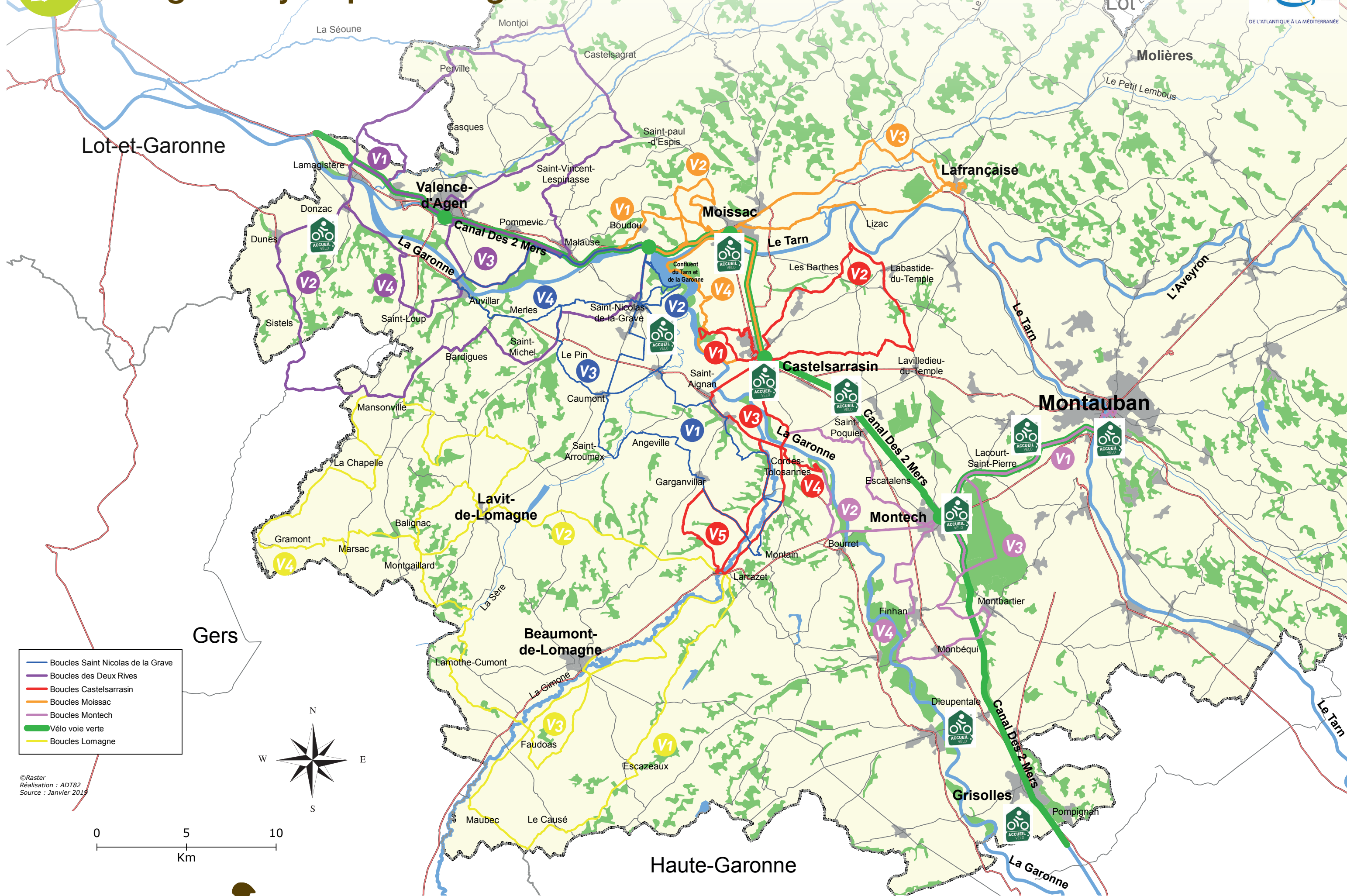
Canoeing-kayak is one of the most popular sports in this area : it takes 3 hours to navigate the 9 kilometres of the Aveyron. Several clubs or associations offer boat rental.





# The green cycle path along the Two Seas Canal

www.canaldes2mersvelo.com



The green cycle path along the Two Seas Canal enables you to go from Toulouse to Bordeaux and Royan by bike, riding along the 800 km of cycle route, which is totally safe and recently renovated. So... on your bike for an original and unusual holiday!

It will take you through a variety of rural landscapes, from the Fronton vineyards to the orchards of the Tarn-et-Garonne. Your itinerary will be interspersed with a number of major tourist sites, starting with Toulouse, Moissac and Bordeaux.

**Grisolles** is a charming green stop on the Canal of the two seas, between Toulouse and Montauban. You can discover the Fronton vineyards and the Cablet Museum with its collections from the Pre-History to the XXth century.

Located between Toulouse and Montauban, **Montech** is a stopover not to be missed. This welcoming green spot is a little paradise for the cruising pleasure-seekers and the tourists. Unique in Europe, the "Water slope" allowed the barges to cross 5 locks between Montech and Montauban.

**Castelsarrasin** owns an important harbour, the port Jacques-Yves Cousteau, and is well known for its flowers. The French label "Villes et villages fleuris" rewarded the town with 3 flowers.

**À PROXIMITÉ** - À 10 km de Castelsarrasin  
The Cistercian abbey of Belleperche, was created in 1130 and was one of the most powerful abbey in the South West. Owned by the Tarn-et-Garonne Council since 1983, today it is the Museum of Table's Art and displays great exhibitions, such as the unique Valfre collection of Chinese and Asian ceramics. The Abbey also organises special events, concerts, and the annual medieval days.

**Moissac** : a major resting point along the Saint-Jacques-de-Compostelle pilgrim route. The town has a Roman abbey that is a listed Unesco heritage site and boasts the Pont Canal, a feat of engineering that carries the Canal of the two seas across the River Tarn. It is also a trading hub for South-West France's fruit produce, particularly the AOC grapes that bear the town's name: Chasselas de Moissac.

**Saint-Nicolas-de-la-Grave** is at the confluence of the Tarn and Garonne rivers. You can visit the bird sanctuary and practice a lot of leisure outdoor activities, such as paddle, canoe... the museum Lamothe-Cadillac is also not to be missed. He was the founder of the town of Detroit in USA and gave his name to the famous car.

**Valence d'Agen** is a bastide from the XIIIth century, where you can have a nice walk discovering the former wash houses all in stone and wood, its charming markets, its old dovecotes and its lovely harbour. In the harbour there is also a fully fitted stop available for tourists, cyclists, campers and motor homes.

**Auvillar**, 6 km from there, is one of the most beautiful villages in France and a must to see!



# Circuits and rambling on mobile phone !



On foot, on horseback, by bicycle or by car, go off to explore Tarn-et-Garonne...  
You can right now travel routes and digital hikes then embark them (cards, texts, tablet ...) on your mobile phone or your tablet to use them without internet connection.

All the circuits and gone hiking which are proposed to you were carefully selected by our teams.  
Find all our hikes on [www.tourisme-tarnetgaronne.fr](http://www.tourisme-tarnetgaronne.fr)  
Section Rambles



# Fluvial tourism



The «canal of the two seas», consisting of the famous Midi canal linked a World heritage site by Unesco linking Toulouse to Sète, and the Garonne canal linking Bordeaux to Toulouse, is one of the major tourist attractions of the area.

Imagine sailing from Toulouse to Montauban, via Castelsarrasin, Moissac and arriving at the port of Valence d'Agen a tranquil journey ideal for exploring the department, only interrupted by 33 locks and several odd quirks such as the canal bridge at Acor, on the Tarn or the water slope at Montech (an experimental installation unique in the world).

Along the canal numerous marinas propose boating activities as well as cruises, enabling tourists to thoroughly explore the waterways. The canal path, often with shade provided by the large plane trees along its banks, is bordered by vineyards, coppes, wooded slopes, orchards and villages, as well as historical, architectural monuments.

**Le Boat - Port de Castelsarrasin**  
[www.leboat.fr](http://www.leboat.fr)

# Cyclists Welcome

**LA MARQUE « ACCUEIL VÉLO »**  
Accueil Vélo (Cyclists Welcome) is a national mark guaranteeing a high quality of welcome and services for cyclists where you see the sign across France.  
This quality mark is similar to that you'll find in certain other countries (e.g. Bett & Bike in Germany or Welcome Cyclists around Quebec).  
The quality mark Accueil Vélo concerns: accommodation, Tourist Offices, bike rental and repair companies, places to visit.

**BIKE RENTALS**  
**Rand'eau**  
229, chemin des Rhodes  
82200 Moissac  
Tél. +33 563 47 72 47 - [randeau-ck@wanadoo.fr](mailto:randeau-ck@wanadoo.fr)  
[www.randeau.net](http://www.randeau.net)  
**Go Cycles**  
53 avenue du midi - 82400 Golfech  
Tél. +33 563 95 82 07 - +33 685 46 23 27  
[go.cycles@orange.fr](mailto:go.cycles@orange.fr)  
**Expecycle**  
736, chemin de la chaumière  
82100 Castelsarrasin - Tél. +33 563 32 07 42  
[jeff.leutner2@wanadoo.fr](mailto:jeff.leutner2@wanadoo.fr)

**BED & BREAKFAST HOTELS - CAMPSITES**  
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Hôtel Relais des Garrigues \*\*\*  
Tél. +33 563 67 31 59  
[relaisdesgarrigues@orange.fr](mailto:relaisdesgarrigues@orange.fr)  
[www.relaisdesgarrigues.com](http://www.relaisdesgarrigues.com)  
Chambre d'hôtes Le Sorgho  
2 pers. + 1 ch.  
24, rue du Fort  
Tél. +33 563 44 79 71 - +33 609 05 94 37  
[hubert.bricourt@free.fr](mailto:hubert.bricourt@free.fr)  
La Villa Toulouseane  
58 rue Darnaud Bernaud  
Tél. +33 782 08 06 34  
[villa.toulousaine@gmail.com](mailto:villa.toulousaine@gmail.com)  
**SAINT-PORQUIER**  
Domaine de l'Hermitage  
223, Chem de Montauban  
Tél. +33 608 63 16 84  
[francine.debiasi@wanadoo.fr](mailto:francine.debiasi@wanadoo.fr)  
**CASTELSARRASIN**  
Hôtel Marceillac \*\*  
Tél. +33 563 32 30 10  
[info@hotelmarceillac.com](mailto:info@hotelmarceillac.com)  
[www.hotelmarceillac.com](http://www.hotelmarceillac.com)  
**MOISSAC**  
Hôtel Le Pont Napoléon \*\*  
Tél. +33 563 04 01 55  
[contact@le-pont-napoleon.com](mailto:contact@le-pont-napoleon.com)  
[www.le-pont-napoleon.com](http://www.le-pont-napoleon.com)  
**CASTELSARRASIN**  
Hôtel Marceillac \*\*  
Tél. +33 563 04 01 55  
[contact@le-pont-napoleon.com](mailto:contact@le-pont-napoleon.com)  
[www.le-pont-napoleon.com](http://www.le-pont-napoleon.com)  
**SAINT-PORQUIER**  
Domaine de l'Hermitage  
223, Chem de Montauban  
Tél. +33 608 63 16 84  
[francine.debiasi@wanadoo.fr](mailto:francine.debiasi@wanadoo.fr)  
**CASTELSARRASIN**  
Hôtel Marceillac \*\*  
Tél. +33 563 32 30 10  
[info@hotelmarceillac.com](mailto:info@hotelmarceillac.com)  
[www.hotelmarceillac.com](http://www.hotelmarceillac.com)  
**MOISSAC**  
Hôtel Le Pont Napoléon \*\*  
Tél. +33 563 04 01 55  
[contact@le-pont-napoleon.com](mailto:contact@le-pont-napoleon.com)  
[www.le-pont-napoleon.com](http://www.le-pont-napoleon.com)

**SAINT-NICOLAS-DE-LA-GRAVE**  
Camping de la Base des Loisirs du Tarn-et-Garonne \*\*  
Tél. +33 581 78 12 09 - +33 611 09 73 53  
[info@chambresdeshotesmoissac.fr](mailto:info@chambresdeshotesmoissac.fr)  
[www.chambresdeshotesmoissac.fr](http://www.chambresdeshotesmoissac.fr)  
La Maison du Pont St-Jacques  
7 pers. + 5 ch.  
20 quai Magenta  
Tél. +33 581 78 12 09 - +33 611 09 73 53  
[info@chambresdeshotesmoissac.fr](mailto:info@chambresdeshotesmoissac.fr)  
[www.chambresdeshotesmoissac.fr](http://www.chambresdeshotesmoissac.fr)  
La Halle aux Vergers  
7 pers. + 2 ch.  
1295 route des vergers  
Tél. +33 563 32 52 35 - +33 683 16 11 00  
[lahalleauxvergers@gmail.com](mailto:lahalleauxvergers@gmail.com)  
[www.lahalleauxvergers.com](http://www.lahalleauxvergers.com)  
Chambre d'hôtes  
Au cœur des éléments  
2 boulevard du Barry  
82210 St Nicolas de la Grave  
Tél. +33 617 45 23 35  
[severine@basedelesloisirs82.com](mailto:severine@basedelesloisirs82.com)  
[www.loisirs82.fr](http://www.loisirs82.fr)  
**VALENCE D'AGEN**  
Le Jardin du Contrôleur  
Maison de Garde - Ecluse N°30  
Tél. +33 563 44 58 04  
[lejardinducontrôleur@free.fr](mailto:lejardinducontrôleur@free.fr)  
**VALENCE D'AGEN**  
Le Cave des vigneron du Bruhois  
3438, avenue du Bruhois  
Tél. +33 563 39 91 92  
[info@vigneronsdubruhois.com](mailto:info@vigneronsdubruhois.com)  
[www.vigneronsdubruhois.com](http://www.vigneronsdubruhois.com)  
**HARBOR OFFICE**  
**DONZAC**  
La Cave des vigneron du Bruhois  
3438, avenue du Bruhois  
Tél. +33 563 39 91 92  
[info@vigneronsdubruhois.com](mailto:info@vigneronsdubruhois.com)  
[www.vigneronsdubruhois.com](http://www.vigneronsdubruhois.com)  
**PLACES OF VISIT**  
**MONTAUBAN**  
Hôtel Deltour \*\*\*  
Tél. +33 563 67 68 69  
[montauban@deltourhotel.com](mailto:montauban@deltourhotel.com)  
[www.montauban-city-deltourhotel.com](http://www.montauban-city-deltourhotel.com)  
Hôtel du Commerce/George Hotel \*\*  
Tél. +33 563 63 31 32  
[info@hotel-commerce-montauban.com](mailto:info@hotel-commerce-montauban.com)  
[www.hotel-commerce-montauban.com](http://www.hotel-commerce-montauban.com)  
Le Tréfle rouge  
325 Chemin de Canto merle  
Tél. +33 640 81 20 76  
[chambredelherme-triflerouge.fr](mailto:chambredelherme-triflerouge.fr)  
[www.ferme-triflerouge.com](http://www.ferme-triflerouge.com)  
**RESTAURANT**  
**LE SAINT-PORQUIER**  
82700 Saint Porquier  
Tél. +33 563 68 73 14  
**BISTROT CONSTANT**  
82700 Montech  
Tél. +33 563 24 63 02  
[www.maisoncanal-st.com](http://www.maisoncanal-st.com)  
**L'OGUSTE**  
Dieupentale  
Tél. +33 532 09 69 36  
[www.tourisme-moissac-terresdes-confluenes.fr](http://www.tourisme-moissac-terresdes-confluenes.fr)  
**CHEZ GABRIEL**  
82200 Lacourt-Saint-Pierre  
Tél. +33 563 64 76 39  
[www.chez-gabriel-resto-vinguette.business.site](http://www.chez-gabriel-resto-vinguette.business.site)



**TOURIST OFFICES**  
**Office de Tourisme des Deux Rives**  
Tél. +33 563 39 89 82 - [www.auvillar.com](http://www.auvillar.com)  
**Bureau d'information Touristique de Valence d'Agen**  
Tél. +33 563 39 91 67  
**Office de Tourisme de Moissac Terres des Confluenes**  
Tél. +33 532 09 69 36  
[www.tourisme-moissac-terresdes-confluenes.fr](http://www.tourisme-moissac-terresdes-confluenes.fr)  
**Bureau d'information Castelsarrasin**  
Tél. +33 563 32 01 39  
**Bureau d'information Saint-Nicolas-de-la-Grave**  
Tél. +33 563 94 82 81  
**Office de Tourisme du Grand Montauban**  
Tél. +33 563 63 60 60  
[www.montauban-tourisme.com](http://www.montauban-tourisme.com)  
**Office de Tourisme de Montech**  
Tél. +33 563 64 16 32  
[www.cc-garonne-canal.fr](http://www.cc-garonne-canal.fr)  
**Office de Tourisme de Verdun-sur-Garonne**  
Tél. +33 563 26 30 64  
[www.garonne-gascogne.com](http://www.garonne-gascogne.com)  
**Office de Tourisme de la Lomagne**  
Tél. +33 563 02 42 22  
[www.lalomagne.com](http://www.lalomagne.com)

# Circuits

**MOISSAC**  
Circuit des cotéaux de Boudou : V1  
● Distance 17km  
● Duration 2h  
● Difference in level 164m  
● Difficulty medium  
Circuit de découverte du Chasselas : V2  
● Distance 17km  
● Duration 2h  
● Difference in level 187m  
● Difficulty medium  
Circuit de Moissac à Lafrançaise : V3  
● Distance 34km  
● Duration 3h30  
● Difference in level 258m  
● Difficulty hard  
Balade entre Tarn et Garonne : V4  
● Distance 25km  
● Duration 2h  
● Difference in level moy débit  
● Difficulty easy  
**MONTECH**  
Escapade à Montauban, ville d'art et d'histoire : V1  
● Distance 26km aller-retour  
● Duration 1h15  
● Difference in level 72m  
● Difficulty medium  
L'abbaye de Belleperche, sur les chemins de campagne : V2  
● Distance 28km  
● Duration 2h30  
● Difference in level 141m  
● Difficulty hard  
Circuit à travers la forêt d'Agre : V3  
● Distance 13km  
● Duration 1h  
● Difference in level 33m  
● Difficulty easy  
Warning mountain bike circuit  
Circuit découverte et gourmand entre Garonne et canal : V4  
● Distance 28km  
● Duration 2h20  
● Difference in level 84m  
● Difficulty medium  
**CASTELSARRASIN**  
Circuits des deux lacs : V1  
● Distance 58km  
● Duration 4h30  
● Difference in level 170m  
● Difficulty hard  
Entre terroir et exotisme : V2  
● Distance 26km  
● Duration 2h15  
● Difference in level 48m  
● Difficulty medium  
Circuit de l'abbaye de Belleperche : V3  
● Distance 16km  
● Duration 1h20  
● Difference in level 45m  
● Difficulty easy  
Montée vers les Cordes Tolosanes : V4  
● Distance 8km  
● Duration 45m  
● Difference in level 80m  
● Difficulty medium  
Les portes de la Lomagne : V5  
● Distance 20km  
● Duration 1h45  
● Difference in level 61m  
● Difficulty hard  
**ST-NICOLAS-DE-LA-GRAVE**  
Bouée de Siré-Garonne-Gimone : V1  
● Distance 37,5km or 41,7km  
● Duration 4h30  
● Difference in level 170m  
● Difficulty hard  
Circuit de l'Observatoire aux Oiseaux : V2  
● Distance between 9 and 15km  
● Duration 1h20  
● Difference in level 45m  
● Difficulty easy  
Balade des Terrasses de la Garonne : V3  
● Distance 27km  
● Duration 2h15  
● Difference in level 102m  
● Difficulty medium  
Escapade vers Auvillar : V4  
● Distance 32km  
● Duration 2h  
● Difference in level 121m  
● Difficulty medium  
**VALENCE D'AGEN**  
Entre Seoune et Barguelonne : V1  
● Distance 37,5km or 41,7km  
● Duration 4h30  
● Difference in level 170m  
● Difficulty hard  
Circuit des deux rives : V2  
● Distance 100km or 73,7km  
● Duration 5h or 3h  
● Difference in level 590m or 398m  
● Difficulty hard  
Circuit Val de Garonne : V3  
● Distance 18,3km or 22km  
● Duration 1h15 or 1h40  
● Difference in level 15m or 43m  
● Difficulty easy  
Circuit de Garonne : V4  
● Distance 28,8km  
● Duration 2h  
● Difference in level 139m  
● Difficulty medium  
**LA LOMAGNE**  
Circuit de la Gimone : V1  
● Distance 50km  
● Duration 4h  
● Difference in level 136m  
● Difficulty medium  
Circuit des Vallons : V2  
● Distance 60km  
● Duration 5h  
● Difference in level 169m  
● Difficulty medium  
Circuit des ruisseaux : V3  
● Distance 16km  
● Duration 1h15  
● Difference in level 57m  
● Difficulty easy  
Circuit de l'Aranas : V4  
● Distance 57km  
● Duration 5h  
● Difference in level 177m  
● Difficulty hard

