

CYCLING THE CANAL DE LA GARONNE

From Bordeaux to Toulouse

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A guidebook to cycling the Canal de la Garonne in the south of France. It describes a 290km route from Bordeaux to Toulouse in 7 stages, as well as a 135km excursion to Lacanau on the Atlantic coast. Optional side trips explore the countryside and historical towns and villages, including Agen, Moissac, Marmande and Montauban. Mainly flat and easy cycling, including 193km along the main canal towpath, this is an easy route suitable for lone cyclists, families, groups and those using e-bikes.

Bustling Bordeaux is the starting point for a voyage of discovery through the beautiful Gascon countryside to the splendid rose city of Toulouse. It is perfect for those planning a cycling holiday in the region, or for those boating on the canal or holidaying nearby.

The book describes nearly 500km of cycling. Detailed route descriptions are accompanied by 1:50,000 maps, with lots of fascinating information about the places encountered along the route and notes on the region's history and the building of the canal. Also contains practical information on travel, choosing the right bike and equipment, facilities and cycle shops.

Key marketing points

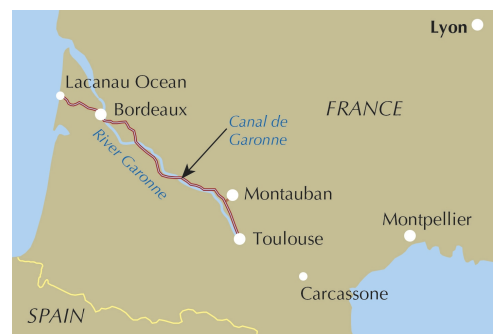
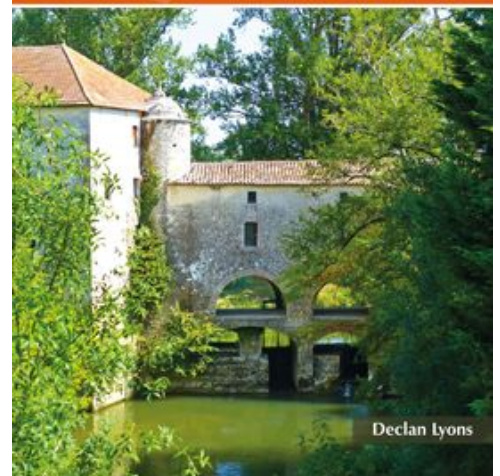
- An easy route suitable for lone cyclists, families and groups
- Starts in the elegant city of Bordeaux, where you will find the largest urban UNESCO World Heritage Site in the world

About the author

Declan Lyons has a lifelong passion for cycling and touring. He was bitten by the bug when, as a teenager in the 1960s, he explored the wilds of Connemara on a rusty three-speed Rudge bicycle. Since then he has toured extensively in Ireland and further afield. Declan is an advocate of cycle touring - taking time on his cycles and relishing the nature, history and daily life all around. He has toured the region between the Atlantic and the Mediterranean extensively.

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