



Stage

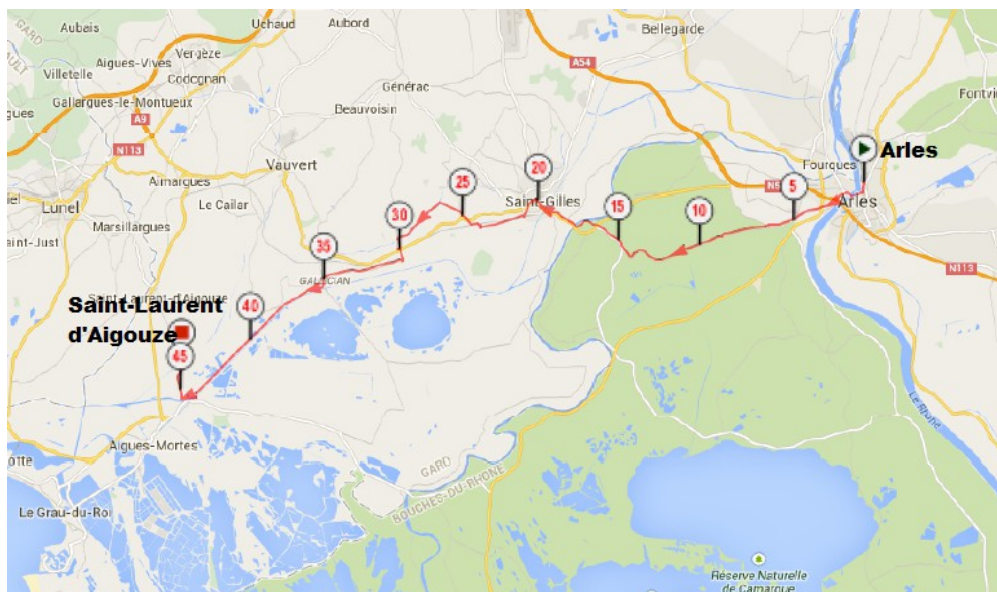
15/07/2015

Upon leaving Arles, the TdF

between the two arms of the Rhone River. The first 18 km of this stage will be set on narrow roads through the marshy plain before crossing the western arm of the Rhone River ("le petit Rhone") to enter the department of le Gard. Following the crossing of the small town of St Gilles, the route will continue through vineyards of « les Costières de Nimes » to reach the banks of the Rhône to Sète canal and the cycle route of the Via Rhôna. The runners will arrive in Saint Laurent d'Aigouze after passing under the 13th century watch tower of the Carbonnière on the edge of the village. The TdFFR 2015 will pitch its tents for the night on the campground of the camping Fleur de Camargue. [+info](#)



Arles > Saint-Laurent-d'Aigouze



Located in the heart of the Little Camargue, Saint-Laurent d'Aigouze is a small village in the vicinity of the medieval fortress-town of Aigues Mortes. Saint-Laurent d'Aigouze is also proud to carry on some of the ancestral values of the region by organizing each year "manades", bull fights and a votive feast of St Mary on August 15th.



Stage 19: St-Laurent-d'Aigouze > Villeneuve-lès-Maguelone

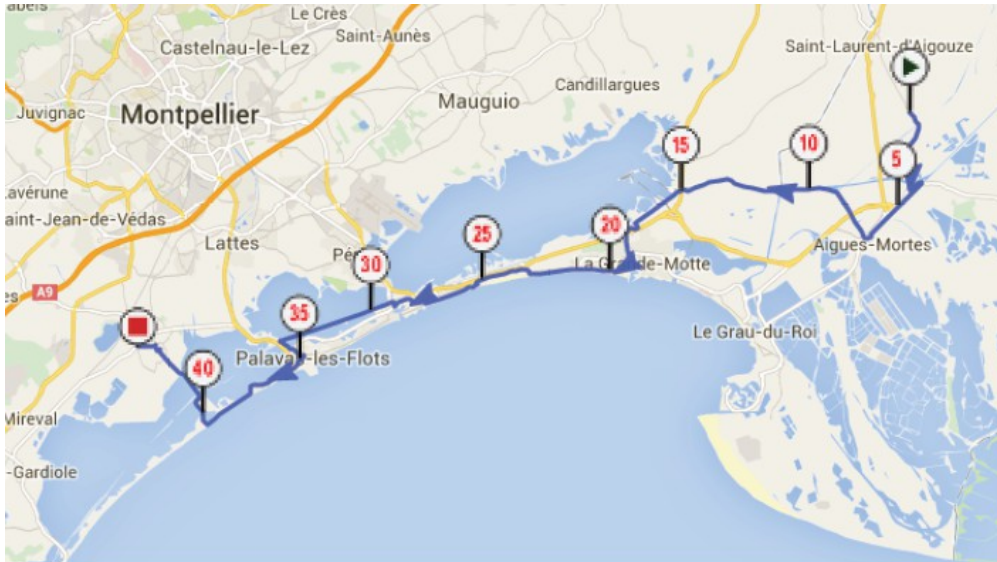
16/07/2015 44.17km Saint-Laurent-d'Aigouze > Villeneuve-lès-Maguelone

After 9km upon leaving the comfortable amenities of the Camping Fleur de Camargue, the runners will reach the banks of the Rhône to Sète canal after passing through the fortress-town of Aigues Mortes. The route will then take the cycle trail of EuroVelo8 (a trans-Mediterranean bicycle route) towards the beach town of La Grande Motte famous for its 70s architectural designs. The runners will then after be cruising along the beaches for a few kilometres before rejoining the banks of the Rhône to Sète canal on the edge of Palavas les Flots. From Palavas les Flots the route will head towards the Pilou Beach and then will leave the sandy beach to cross the Etang de L'Arnel and the Rhône to Sète canal at the Passerelle du Pilou to reach Villeneuve-lès-Maguelone.

The TdFFR 2015 will put up its bivouac for the night on the football pitch of the town of Villeneuve-lès-Maguelone at Le Prat du Castel sports centre.



Saint-Laurent-d'Aigouze > Villeneuve-lès-Maguelone



Sitting on the borders of the Arnel and Vic lagoons, Villeneuve-lès-Maguelone is a typical languedocian village with beautiful historical landmarks such as the Cathedral of Maguelone, the Porte of Maguelone, and with an amazing landscape of unspoiled sandy beaches, salt pans, and vineyards.



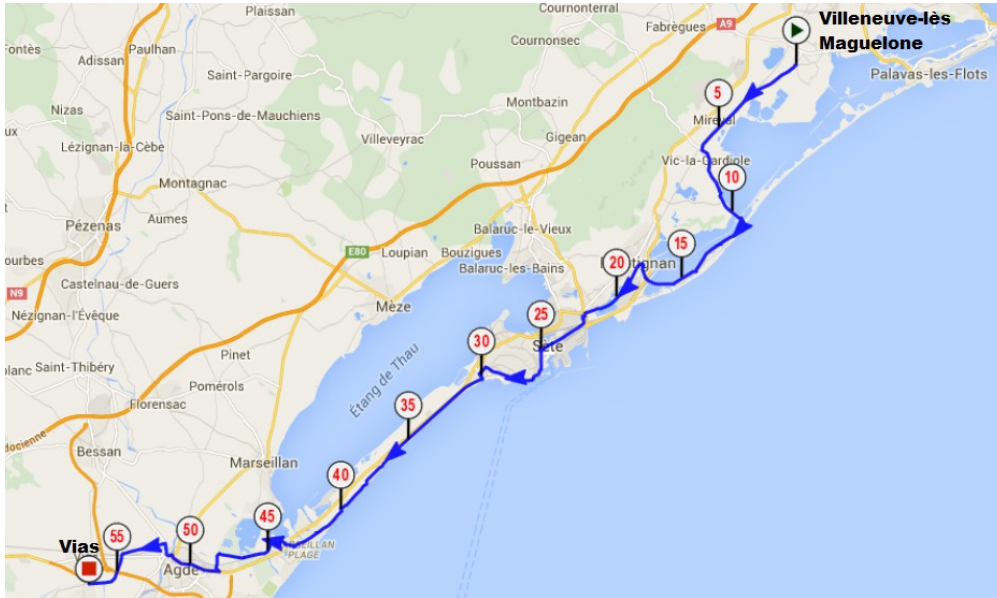
Stage 20: Villeneuve-lès-Maguelone > Vias

17/07/2015 56.698km Villeneuve-lès-Maguelone > Vias

Upon leaving Villeneuve-lès-Maguelone, the TdFFR will head towards Frontignan by the road D116 and then the bicycle lane V60B. The runners will reach the Rhône to Sète canal while crossing Frontignan (Km18) and will follow the banks of the canal to enter Sète by the Moulins quays. Soon after exiting Sète by the Corniche promenade at the bottom of the Mount St.Clair, the runners will take the EV8 trail for the next 12 km, running between the Thau lagoon and the Mediterranean Sea towards Marseillan Plage. The route will then pass near the Onglous lighthouse to go along the Midi Canal, going through Agde historical centre before crossing the Herault River to reach Vias following the Midi Canal for the next 4 km. The TdFFR will pitch its tents in Vias on the campground of the Camping de l'Air Marin. [+info](#)



Villeneuve-lès-Maguelone > Vias



Vias is a small village on the banks of the Midi Canal with close ties with the city of Agde. Built on the edge of an old volcano - "volcan de Roque-Haute" - , many of Vias landmarks have been built using the local dark lava rock: The church of Saint Jean Baptiste (14th century), the old residence of Agde archbishops (12th century). Vias is one of the prime touristic destinations of the Languedoc coast with its wide sandy beaches, its vineyards and many upscale campgrounds.



Stage 21: Vias > Capestang

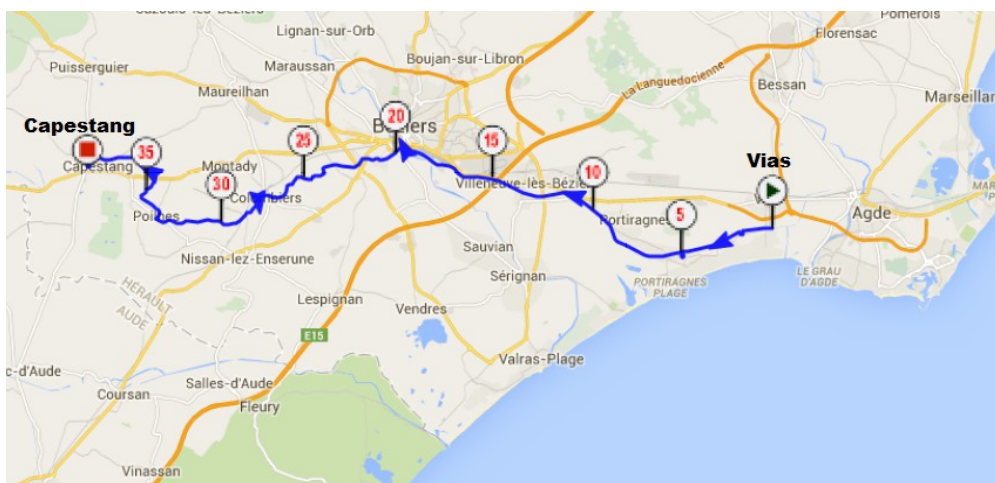
18/07/2015 39.549km Vias > Capestang

This will be the first of four stages that will go almost exclusively along the Canal du Midi from Vias to Toulouse. This stage will be one of the shortest of this Tour but it will offer the opportunity to admire some of the audacious structures designed by Pierre-Paul Riquet to complete this project considered as the greatest construction works of the 17th century: The Fonserannes

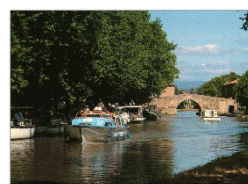
locks near Beziers (Km 29 mark), the Malpas tunnel (Km29 mark). The route will arrive in Capestang where the runners will stop for the night on the campground of the camping Municipal de Tounel. [+info](#)



Vias > Capestang



Capestang is a picturesque town of 3000 inhabitants on the Canal du Midi famous as a staging post for boating holidaymakers, and its 13th century Collegiate church of St Etienne and the vestiges of the 14th century castle that was built for the Archbishops of Narbonne.



Stage 22: Capestang > Trèbes

19/07/2015

72.516km

Capestang

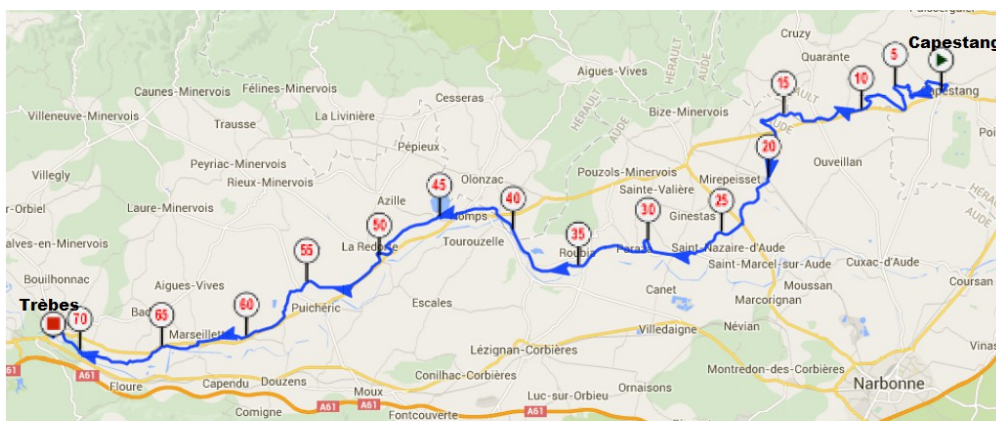
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Trèbes

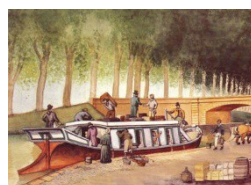
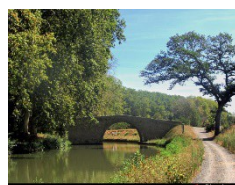
This second stage along the Canal du Midi will zigzag out of the department of l'Herault for 15km before entering the department de l' Aude and taking the runners through the Minervois region towards Trèbes . This stage will be long but almost flat and quiet under the shadows of the plane trees, the silence being broken when crossing the beautiful villages nestled around the locks on the canal like Somail, Paraza or Argens en Minervois. The runners will arrive in Trèbes where they will stay overnight at the camping of l'Ombre des Micocouliers on the banks of the Aude River. [+info](#)



Capestang > Trèbes



Trèbes is a city of about 5,500 people located near Carcassonne. It is crossed by the Canal du Midi and has a marina for many tourists travelling on the Canal du Midi who stop here to admire Trebes triple lock, the aqueduct over the Orbiel River or the beautiful bridge over the canal, the Pont de Roque. Trebes was the second trading post on the route of the Barque de Poste, a river barge service ferrying passengers up and down the canal between Toulouse and Agde in 4 days between 1673 and 1858.

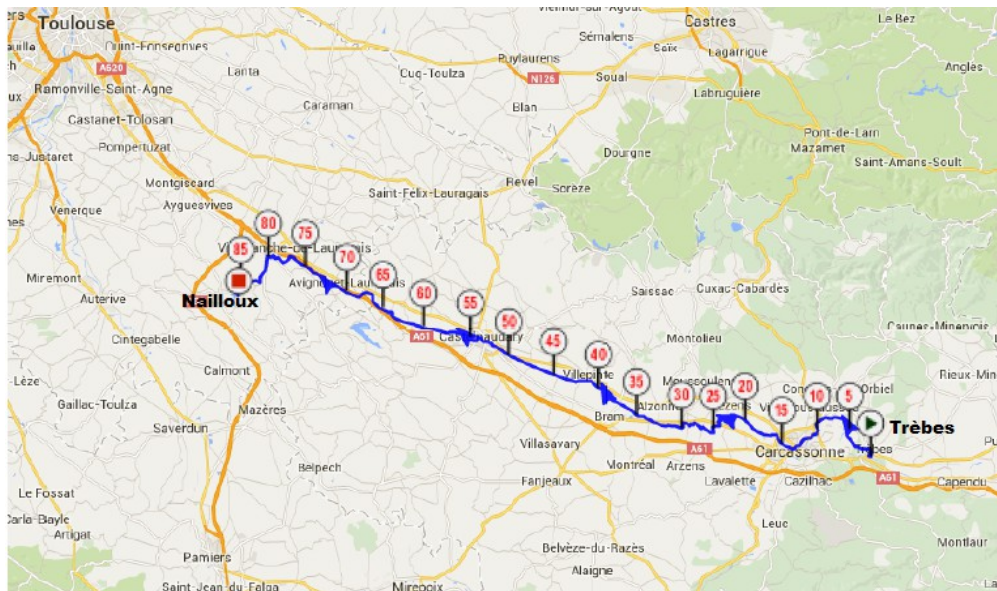


Stage 23: Trèbes > Nailloux

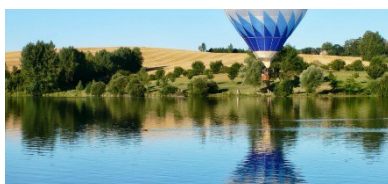
This stage is going to be the longest of the 4 stages along the Canal of Midi. The route will cross Carcassonne (Km12) at the bottom of the famous medieval fortress restored by Eugène Viollet-le-Duc in the 19th century to head towards Castelnaudary (Km 52), famous for cassoulet of which it claims to be the world capital . The runners will arrive in Nailloux after leaving the Canal of Midi at the 79 Km mark to take a small road to reach the campground of the lake of the Thésauque where they will stay overnight. [+info](#)



Trèbes > Nailloux



The Lac de la Thésauque is an artificial lake of 80 acres, built in 1973 in the middle of a nature reserve between Nailloux and Montgeard.



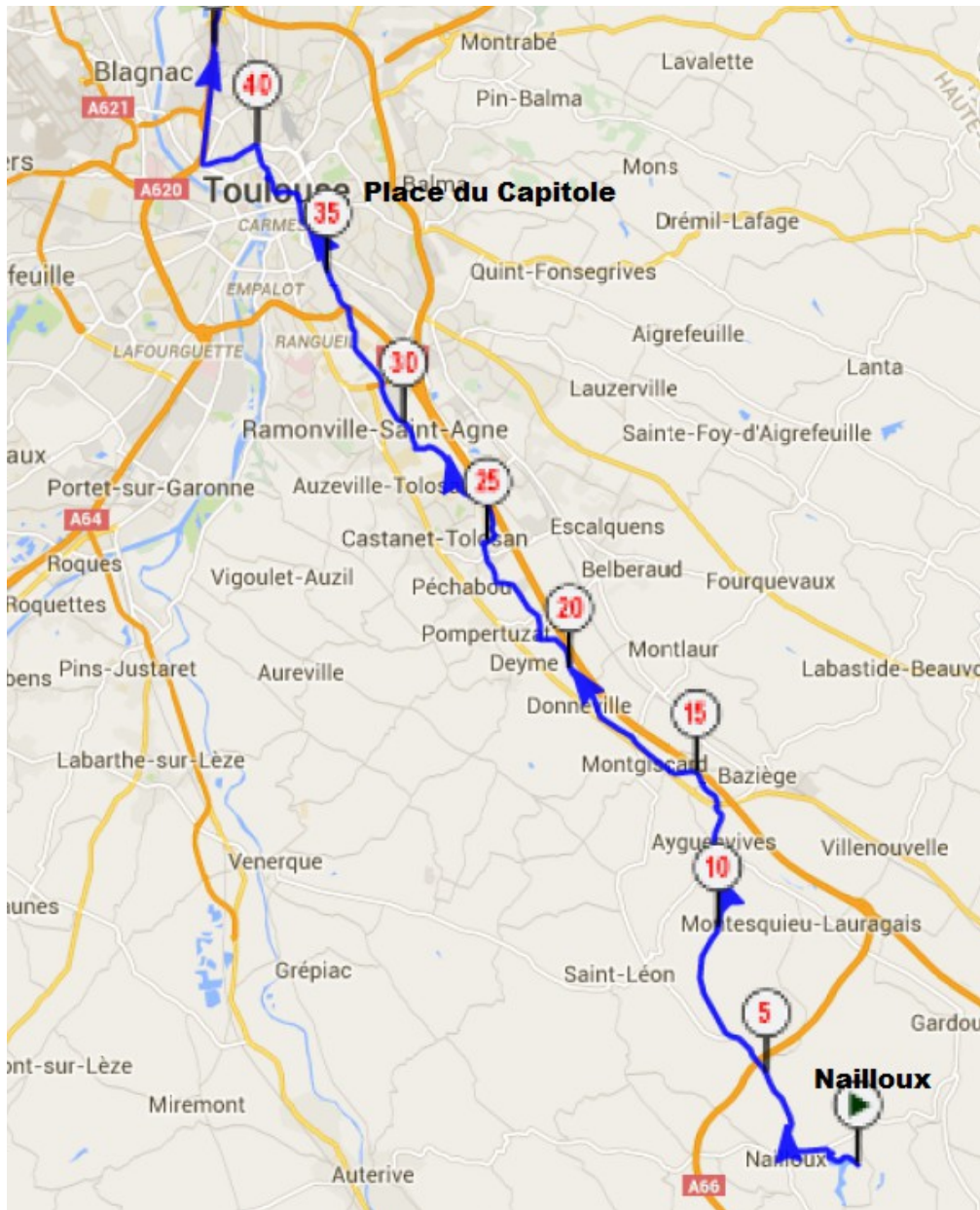
Stage 24: Nailloux > Toulouse

21/07/2015 38.500km Nailloux > Toulouse

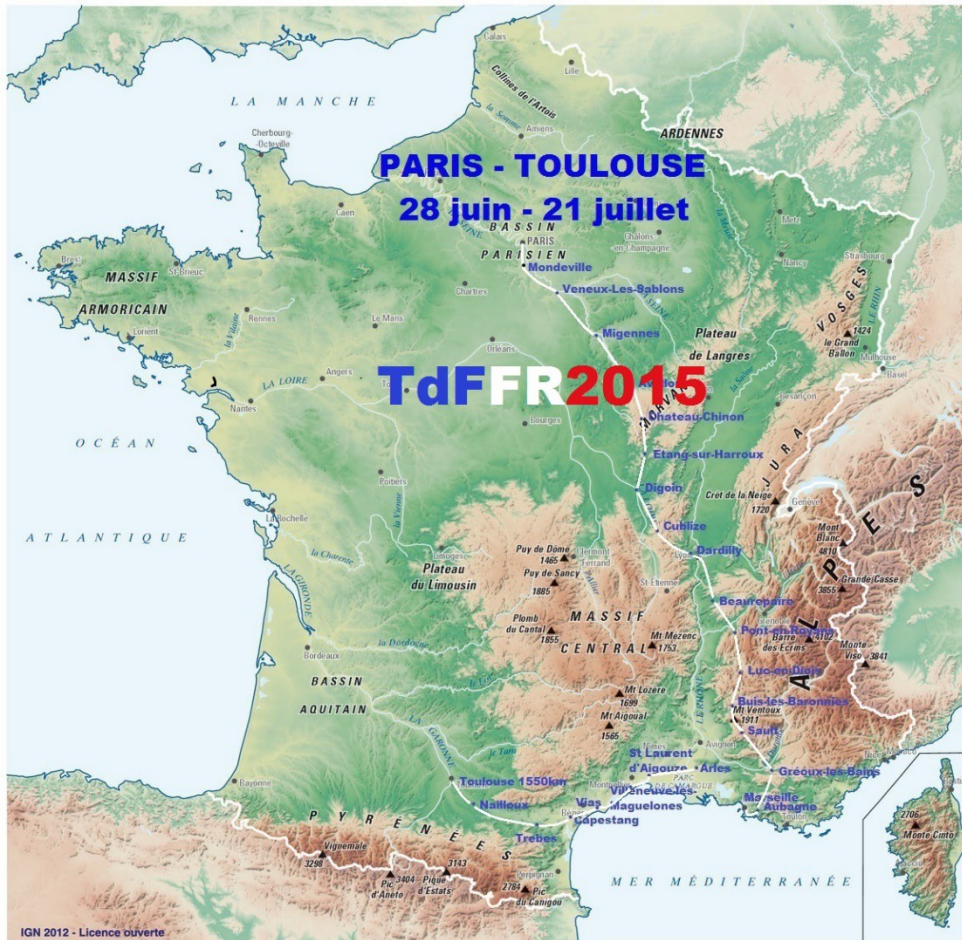
Upon leaving the lake of the Thésauque the runners will reach the banks of the Canal after 14km on small roads. The runners will take the beautiful trees lined bicycle lanes of Toulouse to arrive at the Place of the Capitole, the historical centre of the “Pink City” before going towards Montech. TdFFR’s runners will have run at this point 1550km over 24 consecutive days since they left Paris Notre Dame de Paris on June 28th.



Nailloux > Toulouse



France's fourth largest city, Toulouse, known as '[La Ville Rose](#)' (the Pink City) thanks to the dusky-pink bricks used in many of its buildings, is a modern city with a rich history past. The Pink City has so much going for it: a crackling cultural scene, the largest universities outside Paris, an old quarter around the Place du Capitole, with over 70 with *hôtels particuliers* (private mansions), a fantastic space museum and the main Airbus factory.



Sponsor officiel du TdFFR 2015



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