FRENCH BIKE TOURS

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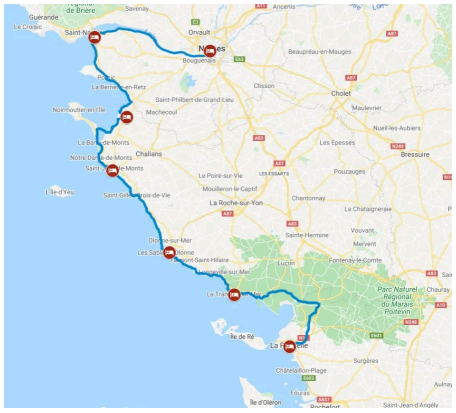
NATURE , GASTRONOMY , COAST

type :	Self-guided Linear cycle routes Easy cycling Electric bike option
hybrid :	●●○○○
e-bike :	●◐○○○
duration :	duration 8 days
comfort :	●●◐○○
period:	Mar Apr May Jun Jul Aug Sep
code:	FRSB475

Atlantic Coast - Vélodyssée from Nantes to La Rochelle

8 days, *€ 1000*

Introduction



Follow the Atlantic Ocean coast, between the towns Nantes and La Rochelle: an entertaining/amazing part of the '**Vélodyssée**'. La Vélodyssée, the French part of the Atlantic Coast Route - EuroVelo 1, is a bicycle route that crosses Brittany and along the Atlantic to the Basque Coast. An invigorating cycling journey through landscapes of unspoilt beauty. You can enjoy the woods, dunes, salt sea air and the sparkling light. Take a break now and then for a refreshing dive into the sea or a nice lunch in this Eldorado for 'seafood' lovers. We advise you to extend your stay in order to take the time to visit the beautiful city of **La Rochelle**, and visit the **famous aquarium**.

Highlights :

- Nantes, a rich city of art and history
- Fishing ports and fresh seafood
- Travel through beaches, forests and dunes
- Discover the Marais Poitevin
- Enjoy the Old Harbour of La Rochelle

Day to Day

Day 1 **Arrival in Nantes**

Arrival in Nantes, the biggest and maybe the most attractive town on the Loire. Take a walk through the charming town centre: Saint-Pierre-et-Saint-Paul's cathedral, the castle of the Dukes of Brittany, the magnificent passage de la Pommeraye, ...

Day 2 **Nantes – Saint-Brévin-les-Pins**

Surprising works of art in unusual places enliven the start of this trip along the mouth of the Loire. After Le Pellerin, the Martinière canal is your guide. You cycle via small, quiet roads on the cycling route of "La Loire à Vélo" through the impressive landscapes of the river estuary - broad marshes and vast forelands. From Paimboeuf, your itinerary on the coastal route "Velodysée" starts and you will observe more and more the strong influence of tides and currents on the Loire. The end of the day is in St-Brevin, a lively seaside resort on the Atlantic.

Challenge: 58.3km, 91m ascent, 89m descent

Day 3 **Saint-Brévin-les-Pins - Bouin**

South of the Loire, "La Vélodyssée" has a maritime feel: sandy coves, jagged coastline and small seaside resorts. Here you find Pornic, the gem of La Côte de Jade, nestling in an inlet. The Marais Breton Marshlands bridge the Loire-Atlantique and Vendée.

Challenge: 57.9km, 195m ascent, 199m descent

Day 4 **Bouin - Saint-Jean-de-Monts**

Today, your ride focuses entirely on the sea, the beach, the forest and the dunes. There are 18 km of cycle paths winding through the national forest of Pays de Monts, after which you come to the very lively seaside resort of St-Jean-de-Monts. The highlight of the day will be crossing the famous Gois causeway to the Island of Noirmoutier, tides permitting!

Challenge: 44.1km, 73m ascent, 70m descent

Day 5 **Saint-Jean-de-Monts - Les Sables d'Olonne**

Before reaching the Vendéenne Cove and its famous boulders at Sion-sur-l'Océan, "La Vélodyssée" heads towards an old fishing village in the commune of St-Hilaire-de-Riez, then to St-Gilles-Croix-de-Vie a working port, well-known seaside resort, significantly located on a river whose name means "life" (la vie)... all this and the Grande Plage... altogether an unmissable location! Take time to stroll around before continuing the route which gets closer to the coast towards Brétignolles-sur-Mer, Brem-sur-Mer and finally Les Sables-d'Olonne via the Port de Plaisance. A superb cycling day, this is an idyllic location for family seaside holidays.

Challenge: 55.5km, 177m ascent, 167m descent

Day 6 **Les Sables d'Olonne - La Tranche-sur-Mer**

A dream ride for this part of "La Vélodyssée" - close to the sea, beaches and rocky coves. A beautiful trail and a real pleasure to cycle along whilst breathing in the fresh sea air before turning back inland. A little way after St-Vincent, the itinerary winds its way through the large national forest of Longeville, drawing

close to the sea on two occasions from where beautiful beaches can easily be accessed, such as Les Conches. A quick dip is a must on this stage!

Challenge: 44.5km, 165m ascent, 168m descent

Day 7 **La Tranche-sur-Mer - La Rochelle**

La Belle-Henriette Lagoon, separated from the sea by a narrow band of sand, and then your arrival into La Faute-sur-Mer which stretches endlessly towards the point of Arçay, mark this stage of "La Vélodyssée". The route then heads inland to St-Michel-en-l'Herm through the reclaimed marshes of Marais Poitevin, a great expanse of drainage channels and cultivated land dotted with farms and sheds. The crossing of the Pont du Brault takes us into Charente-Maritime in the ancient district of Aunis. Marans, the capital of the reclaimed Marais marshes, was once a very important look-out point. Enjoy the ride at the end of the day into the vibrant town of La Rochelle with its old towers, remains from the original defensive walls.

Challenge: 73.4km, 44m ascent, 49m descent
This stage will be the longest, you can split this into two days and stay in Marans, then the route would be La Tranche-sur-Mer / Marans (47 km) and Marans / La Rochelle (26 km)

Day 8 **Departure from La Rochelle**

After breakfast, end of your cycling trip. Some time left? We advise you to extend your stay in order to take the time to visit the beautiful town of La Rochelle, the famous aquarium and the beautiful Île de Ré.

Prices, Data, Booking

Starting dates:
Daily from April 01 till October 31
Of course you can also book extra night(s) during the trip. We can give you these prices on request. Please mention where you would like to add extra night(s).

Practical Info

7 Nights included

2/3 Star Hotels or 3/4 Star Hotels (supplement applied)

Breakfast included, Halfboard optional on request

Maps and tourist information on all the places of interest

24/7 Bilingual Emergency hotline



Luggage transport to your next accommodations. Luggage accepted per person: 1 suitcase or travel bag (15 kg maximum)



For time tables and further information check the **website of SNCF** or **rome2rio** for all French National trains (SNCF).
We strongly advise you to **download the sncf mobile app** prior to departure.
If you want to travel on a train with your bike, you can find more information **via this link**.



Parking informations on request



GPS tracks are available on request