



Trip description

A cycling holiday in France through Ré and Oléron islands

The cycling tour starts in La Rochelle and winds from an island to the other passing through Rochefort-sur-mer and Marennes.



Destination	France
Location	Charente-Maritime
Duration	9 days
Difficulty Level	Very easy
Validity	From April to October
Minimum age	9 years
Reference	PC0701

Type of stay
loop trip



Itinerary



If you crave for a deep breath of sea air, a mild climate and the natural quiet life of the seashore, this cycling holiday is for you. "Ile de Ré" and "Ile

d’Oléron” welcome you on their paths edged with hollyhocks, across exceptional natural reserves or on the coastline. The cycling tour starts in La Rochelle and winds from an island to the other passing through Rochefort-sur-mer and Marennes. The very last stretch is on a boat to let you admire from a completely different perspective the coast and the 2 medieval towers protecting the old harbor of La Rochelle.

DAY 1

La Rochelle

La Rochelle prosperous past can be easily noticed thanks to its nice architecture from which the old fortified harbor is remarkable.

The city offers a wide range of cultural and touristic activities. Do not miss La Rochelle aquarium. The city is very well equipped with cycling paths, which makes it perfect for discovering it on a bicycle.

DAY 2

La Rochelle – Le Bois-Plage

Bike
27km

Facing La Rochelle, Ile de Ré is just a few pedal strokes away. You ride on the cycling paths along the coast to the bridge of Ile de Ré. You continue along the coast to La Flotte then through the vineyards to Le Bois-Plage-en-Ré.

DAY 3

Suggested day trip :
through the swamps of
Loix or Ars-en-Ré

Bike
28/38km

You start by riding through Saint-Martin-de-Ré where you can admire the Vauban citadel. Then, you continue along the coast to the delightful fishing village of Loix before riding back to Bois-Plage-en-Ré.

You can extend the day trip to Ars-en-Ré, listed among the most beautiful villages of France.

Suggested day trip : the
big tour of Ile de Ré

Bike
60km

This day trip for the most courageous leads first to Saint-Martin-de-Ré and then to the end of the island: the Portes-en-Ré. Then, you ride through the pine forest to the famous lighthouse of Ile de Ré: the lighthouse of whales before riding back to Le Bois-Plage.

DAY 4

Le Bois-Plage – La Rochelle

Bike
29km

You discover the coast with the fine-sand beaches and the delightful village of Sainte-Marie-de-Ré before taking back the bridge to La Rochelle.

DAY 5

La Rochelle – Rochefort-
sur-mer

Begin by riding on the seaside cycling path through small villages such as Les Boucholeurs or Chatellaillon-Plage. As you pedal along the marshes, try and spy the birds, herons and

Surfing

Bike
42km

storks in the area.

When you reach Rochefort, notice the distinct naval architecture. The city was an active naval base from the time of Louis XIV until 1926. You might want to tour the Corderie Royal, an interesting rope factory where all the ropes for military sailboats were made. Enjoy flowers? The Conservatoire du Begonia houses the world's largest collection of begonias!

DAY 6

Rochefort-sur-Mer - Saint-Trojan-les-Bains

Bike
47km

Start the day by admiring France's last transporter bridge. Classified as a national monument, the bridge gets walkers, runners and bikers cross the river safely. A moveable section of the bridge carries a segment of the roadway across a river.

Meander on the bike path along the marsh area. Originally this marsh was covered with water, making it a valuable site for the salt trade. The city of Brouage was built in the 16th century as a fortified port. The sea receded but part of Brouage remained. Explore the over 2km hike on the ramparts as well the many buildings still towering over the marsh. The route continues through the marshes of the estuary to the island of Oleron. From the bridge you'll see the magnificent silhouette of Fort Boyard. End your day with a delicious bowl of Marennes oyster. These oysters grow in oysters beds all their life, so they are less bitter than oysters caught in the sea.

DAY 7

Saint-Trojan-les-Bains

Bike
39km

Today is designed for relaxation and fun. Don't miss enjoying beautiful Gatseau beach, hidden behind a pine forest. It is accessible only by walking, biking or taking a small train but worth the extra effort!

If you like, take a day bike trip and discover the island of Oleron with its quaint villages, oyster ports and of course, beaches and forests.

DAY 8

Saint-Trojan-les-Bains - La Rochelle

Bike
25km

Boat ride between Boyardville and La Rochelle (Be careful there are only 2 crossings per day!)

Begin the day with a short ride to Boyardville, where you can fish, shop or look at the oyster farms. You could even try to surf! From here, take a boat ride back to La Rochelle. This small cruise lets you admire the coastline without pedaling. Keep you eyes open to see Fort Boyard, visible on clear days.

DAY 9

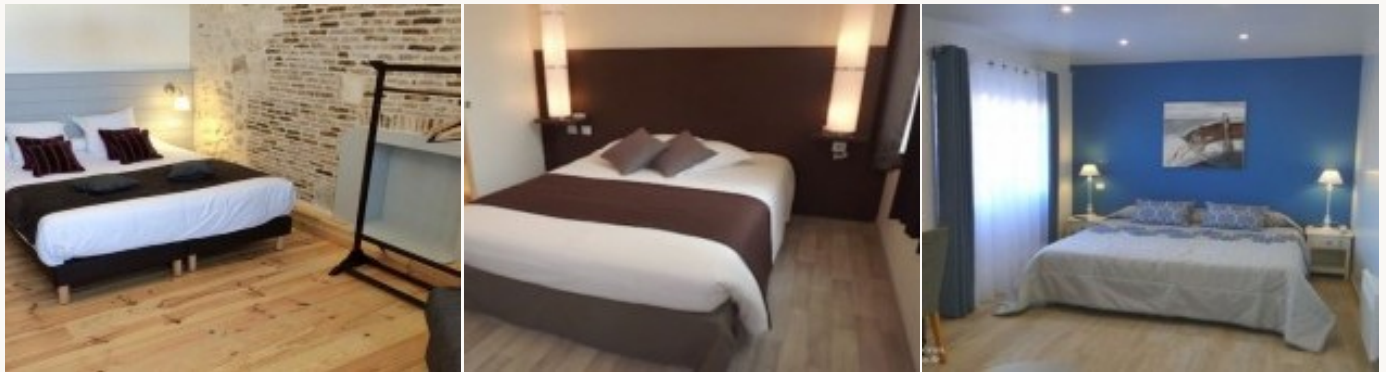
Departure from La Rochelle

After breakfast, you leave for your next destination or extend your stay as you wish.

Accommodation

Category A

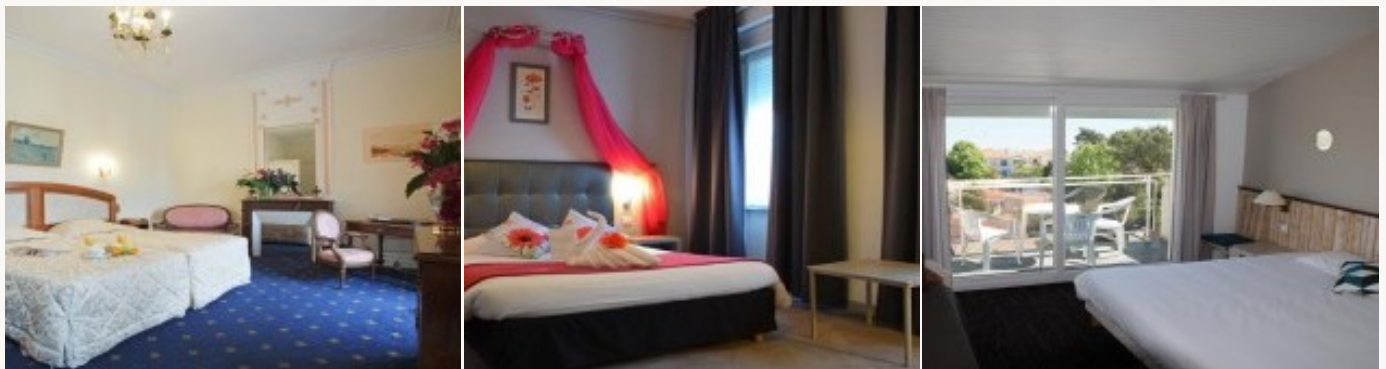
You'll enjoy staying in these clean and cozy 2-Star hotels that give you a pleasant rest after your day of biking. Breakfast is included when you spend the night in these friendly and family-run hotels.



** Example of the type of accommodation*

Category B

You'll get a good night's sleep when you stay in these 3-star hotels or Bed and Breakfasts. All properties have been selected for their cleanliness, style and friendliness of the staff. A hearty breakfast is included!



** Example of the type of accommodation*

Practical information

To get to departure point:

By plane: flight to Paris or Nantes or La Rochelle.

By train: TGV (fast trains) from Paris Montparnasse (direct or with a connection in Poitiers). The duration of the trip is estimated between 3h15 and 3h45. Inter-regional trains from Bordeaux and Nantes. To plan your trip, www.raileurope.com.

Parking

If you drive to La Rochelle, you can park your car in a secured car park located in the city center: parking Vieux Port Sud (Avenue de Colmar, weekly rate: 60€) or parking Verdun (place Verdun, 15€/day).

Meeting time:

The first day is an arrival day without cycling. You arrive whenever you want depending on from where you come. Please note that rooms are usually available in the middle of the afternoon depending on your accommodation. We thank you to advise us if you plan to arrive late.

Price description

Category A

Double room fare

1149 €/pers

8 nights in ** or *** hotels

8 breakfasts

7-day rental of a fully-equipped bike (saddled bags, locks, toolkit)

Luggage transport

the boat ride from "Ile d'Oléron" to La Rochelle with bikes

the access to our mobile app including the roadbook and the practical and tourist information

the delivery and return of the bikes

7/7 hotline

Middle season extra (*)

150 €/pers

High season extra (*)

200 €/pers

Halfboard (6 dinners)

223 €/pers

Single occupancy extra

75 €/night

Extra night in La Rochelle

65 €/pers

Extra night in La Rochelle - High season

68 €/pers

(From 01/07 to 31/08)

Category B

Double room fare

1399 €/pers

8 nights in *** hotels

8 breakfasts

7-day rental of a fully-equipped bike (saddled bags, locks, toolkit)

Luggage transport

the boat ride from "Ile d'Oléron" to La Rochelle with bikes

the access to our mobile app including the roadbook and the practical and tourist information

the delivery and return of the bikes

7/7 hotline

Middle season extra (*)

150 €/pers

High season extra (*)

260 €/pers

Halfboard (5 dinners)

190 €/pers

Single occupancy extra

120 €/night

Extra night in La Rochelle

93 €/pers

Options

Extra for solo traveller

55 €/pers

Extra for the rental of an electric bike (7 days)

105 €/pers

Discount if you ride your own bicycle

-105 €/pers

(*) Middle season :

• from 01.05 to 30.06.2023

• from 01.09 to 30.09.2023

High season :

from 01.07 to 31.08.2023

Children discount (in the same room as 2 full rate participants):

0-4 year : -70%

5-11 year : -50%

12-17 year : -30%

The package doesn't include:

the journey to the tour location
the drinks
the meals which are not included
the entrance fee to sites
insurances (optional)

For more information or booking : www.levelovoyageur.com
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