



## Trip description

### Atlantic coast cycle tour from La Rochelle to Arcachon

Cycle on dedicated bike lanes on the Atlantic cycle route from La Rochelle to Arcachon and enjoy the beautiful landscapes of the Atlantic coast.



Destination	France
Location	Charente-Maritime
Duration	8 days
Difficulty Level	Easy
Validity	From April to October
Minimum age	9 years
Reference	VO0801

Type of stay  
itinerant trip



### Itinerary



Discover the Atlantic cycle route "Velodyssée" from La Rochelle to Arcachon through varied landscapes. You start your route in La Rochelle, ancient

fortified harbor with its three towers, then cycle along the beaches to Rochefort and its "Corderie Royale". Your path continues then through the marshes to Brouage citadel built by the French engineer Vauban and the Oyster Museum in Marennes. A few kilometers further you can have a stop in the oyster-farming port of La Tremblade before reaching the coastal town of Royan.

Then, you cross the Gironde Estuary by ferry to Le Verdon and continue your way through the pine forests. You reach Lacanau and its huge beach where surfers come to face the waves. Cycle along the ocean to the peninsula of Cap Ferret where you take a boat to cross the basin and reach Arcachon. A great cycling holiday on an easy and safe route along the Atlantic coast!

## 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 – Rochefort-sur-mer

Bike  
42km

Begin by riding on the seaside cycling path through small villages such as Les Boucholeurs or Chatelaillon-Plage. As you pedal along the marshes, try and spy the birds, herons and 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 3

### Rochefort - La Tremblade

Bike  
40km

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.

Continue biking along the canals then through the marshes populated by storks. Discover Brouage citadel built by the French engineer Vauban and bike along the oyster farms until the coast of Marennes beaches.

You cross over the Seudre River and end your day in La Tremblade.

## Day 4

### La Tremblade - Royan

Bike  
39km

You bike through La Tremblade forest till the lighthouse "Phare de la Coubre". You ride on along the superb bay "Baie des Anses" and reach La Palmyre. You keep along the seaside which gradually becomes rockier and offers beautiful little coves before getting to Royan and the Gironde Estuary.

## Day 5

### Royan - Hourtin

Bike  
64km

You take the ferry to cross the estuary of the Gironde to reach the wine region Medoc. Cycle through the pin forest along the until Hourtin, stopping at leisure in one of the natural lakes or on a long sand beach.

For logistical reasons, you take the ferry with your bikes and your luggage, you drop them off at the exit of the boat.

## Day 6

### Hourtin – Lacanau

Bike  
55km

You are on the bike trail called Vélodyssée. On this leg, between ocean, forests and lakes, you will cross the pine forest to reach Lacanau. This part is hilly because you follow the dunes but you can take an easier route along the largest natural lake in France, Hourtin's lake. If you're in the mood for some seaspray, ride to Carcans Ocean. Then ride on the Vélodyssée to reach the sea resort Maubuisson where you will find all kind of restaurants. The way to Lacanau is a wonderful green path, but take the time to stop at the nature reserve at Cousseau Lake. You'll finish your trip using on the cycle path joining Bordeaux to Lacanau.

## Day 7

### Lacanau-Arcachon

Bike  
44km

Ride alons the coastline on the designated bicycle path. Here's your chance for a unique ride as you get up close to the tallest sand dune in France, the Dne of Pyla. At the end of the ride, Cap-Ferret gives you amazing views of the Great Dune of Pyla. This giant dune is sometimes called "The Sahara of France" because of its four different sand formations. There's time to sun bathe or swim while experiencing the fresh salt air. Take the boat to Arcachon and enjoy the view of the coastline from a different perspective. Boat trip from Cap Ferret to Arcachon. Approximately 1 hour, included in tour

## Day 8

### Arcachon

After breakfast enjoy one last stroll in Arcachon before leaving.

## Accommodation

### Category A

You'll enjoy staying in these clean and cozy 2 and 3-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 stay in superior \*\*\*hotels and 2 nights in \*\*hotels where you will be hosted with a warm welcome. 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](http://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).

### To get back to starting point:

Regional trains take you back to your starting point if you wish. Change in Bordeaux. They are accessible without booking in advance and bicycles are free. You have to buy your ticket on spot (full rate ~35€/adult). There are several trains per day. You will find the timetable in your travel documents.

### 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

1139€ /pers

7 nights in \*\*/\*\*\* hotels  
7 breakfasts  
6-day rental of a fully-equipped bike (saddle bags, locks, toolkit)  
the luggage transport  
the ferry crossing from Royan to Le Verdon with bike

the boat ride from Cap-Ferret to Arcachon with bike  
the access to our mobile app including the roadbook and the practical and tourist information  
the delivery and the return of the bikes  
7/7 hotline

High season (*)	150 €/pers
Single occupancy extra	65 €/nuit
Half-board (6 dinners)	192 €/pers
Extra night in La Rochelle	65 €/pers
Extra night in La Rochelle - High season (From 01/07 to 31/08)	68 €/pers
Extra night in Arcachon	80 €/pers

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## Category B

1259 €/pers

Double room fare

5 nights in superior \*\*\*hotels and 2 nights in \*\*hotels  
7 breakfasts  
6-day rental of a fully-equipped bike (saddle bags, locks, toolkit)  
the luggage transport  
the ferry crossing from Royan to Le Verdon with bike  
the boat ride from Cap-Ferret to Arcachon with bike  
the access to our mobile app including the roadbook and the practical and tourist information  
the delivery and the return of the bikes  
7/7 hotline

High season (*)	100 €/pers
Single occupancy extra	85 €/nuit
Half-board (6 dinners)	210 €/pers
Extra night in La Rochelle	93 €/pers
Extra night in Arcachon	79 €/pers
Extra night in Arcachon - High season (From 01/07 to 31/08/23)	112 €/pers

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## Options

Extra for solo traveller	80 €/pers
Extra for the rental of an electric bike (6 days)	90 €/pers
Discount if you ride your own bicycle	-95 €/pers

### High season :

from 01.07 to 31.08.23

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

0-4 years : -70%  
5-11 years : -50%  
12-17 years : -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](http://www.levelovoyageur.com)  
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