



## Trip description

### Cycle the Atlantic from Nantes to La Rochelle

Take this self-guided trip on the Velodyssey cycle route, from Nantes to La Rochelle, to enjoy like never before the Atlantic coast of France.

Please note: Rugby World Cup matches will take place in Nantes on 09/16 - 09/30 - 10/07 and 10/08 which may lead to availability problems!



Destination	France
Location	Vendée
Duration	8 days
Difficulty Level	Moderate
Validity	From April to October
Minimum age	14 years old
Reference	VO0805

Type of stay  
itinerant trip



### Itinerary



Cycle along the Atlantic coast from Nantes to La Rochelle. You will see on this trip on the Velodyssey cycle route the wide variety of landscapes of the Atlantic, sandy beaches and rocky coastline, marshland and pine forests, charming villages and trendy seaside resorts. On the first stretch of the itinerary till Pornic, you may have the feeling to ride through the Breton country, because of the historic heritage and the architecture. You proceed further into the Vendee country in a different atmosphere. The land is more open, you ride through agricultural polders, oyster farming land and forests. The cycle path is most of the time close to the seashore, offering the best viewpoint on the ocean. You stay each night in one of the welcoming seaside towns scattered along the Vendee coast and end your bike trip in La Rochelle and its old harbour.

## Day 1

### Arrival in Nantes

Nantes is very dynamic and innovative city with a rich past. Take a stroll to visit the landmarks of the city, Saint-Pierre-et-Saint-Paul's cathedral, the castle of the Dukes of Brittany, the Graslin shopping district and the magnificent passage de la Pommeraye or the Lieu Unique, a culturel center built on the premisses of a former biscuit factory.

## Day 2

### Nantes - Saint-Brévin

Bike  
70km

This stage takes the South bank of the Loire estuary. You cycle out of Nantes passing on the island and its artistic site, Les Machines de l'Île. You ride further to the colourful neighborhood of Trentemoult, then through the shopping and residential areas before going through typical villages of the estuary hills. After Le Pellerin, you cycle along the canal de la Martinière and at the end, arrive in the port of Paimboeuf. You can already feel the fresh sea air. You finish the day with a breathtaking view on the bridge of Saint-Nazaire, at the entrance of Saint-Brévin.

## Day 3

### Saint-Brévin - Bouin

Bike  
55/70km

Cycle along the wide beaches of Saint-Brévin before going through the residential area of Saint-Michel-Chef-Chef. You ride further through the countryside to Pornic harbour, or choose a longer route along the coast passing by the Saint-Gildas headland (+15km). Wander in the lively streets of Pornic before riding the corniche where you can admire villas from the beginning of the 20th century facing the sea. After Les Moutiers, you proceed into the Breton marshland and enjoy nice views on the Bay of Bourgneuf. You end your ride in the peaceful village of Bouin.

## Day 4

### Bouin - Saint-Jean-de-Monts

Bike  
50/79km

You keep cycling through marshland. Make the detour to the "passage du Gois", a unique submergible road connecting mainland and the island of Noirmoutier. If you are there at low tide, you will be able to cycle across the bay on the passage and ride a bit on Noirmoutier. Strong riders can even make a longer itinerary to Noirmoutier-en-l'Île (+29km). At high tide, you have to ride another route on mainland passing by the Daviaud ecomuseum and Fromentine harbour. The end of the route for both options is going through the forest of Pays de Monts. You cycle up and down the dunes through pine trees to Saint-Jean-de-Monts.

## Day 5

### Saint-Jean-de-Monts - Les Sables d'Olonne

Bike  
55km

Not long after Saint-Jean-de-Monts, sandy beaches are followed by a spectacular rocky coastline called "corniche vendéenne". You'll be fascinated by the movement of waves crashing into the shore. You ride further through Saint-Gilles-Croix-de-Vie, which is well-known for sardines fishing. Your route continues along the coast and then meanders between marshland and forests in the Olonne country. View the nice panorama on "La Chaume" old village entering Les Sables and admire the famous bay.

## Day 6

### Les Sables d'Olonne - La Tranche-sur-Mer

Bike  
50km

After the bay of Les Sables, you ride along a rocky coastline punctuated by small coves such as the bay of Cayola. Don't miss the detour to the beach of Le Veillon located on a mouth between marsh and ocean. Have a break a little further in the oyster port of La Guitière if you are amateurs! The itinerary continues towards Saint-Vincent-sur-Jard where you can visit the last house of WW1 French leader, Georges Clémenceau. You cycle through the pine forest of Longeville before arriving in La Tranche-sur-Mer.

## Day 7

### La Tranche-sur-Mer - La Rochelle

Bike  
73km

This stage is longer but easy to cycle with some prolonged straight lines. You cycle through the Aiguillon bay to Marans. You will see many natural sites, such as the lagoon of Belle Henriette, the headland of L'Aiguillon, the limestone plateau of the Dive island, or the locks of Brault. Marans is a pleasant stop, with nice terraces looking at the river. Last, you ride along a canal which goes almost all the way to the Old Port of La Rochelle.

## Day 8

### Departure from La Rochelle

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

## Accommodation

### Category A

You stay in 2\* or 3\* hotels where you will be hosted with a warm welcome. Some of the accommodations have a swimming pool. Breakfast is included.



*\* Example of the type of accommodation*

### Category B

You stay in superior rooms in 2\* hotels or in 3\* hotels with more comfort. Some of the accommodations have a swimming pool. Breakfast is included.



\* Example of the type of accommodation

## Practical information

### To get to departure point:

**By plane:** flight to Nantes-Atlantique airport. A bus shuttle takes you to the city center in about 20mn depending on traffic. To return, you can take a flight in La Rochelle-Ile de Ré airport if your destination is served.

**By train:** go to Nantes train station. To plan your trip [www.trainline.eu](http://www.trainline.eu)

### Parking:

If you drive to Nantes, you can park in a secured car park located next to Nantes train station.

All details will be given in your travel documents.

### To return to the departure point:

You can take the regional trains back to Nantes. If you travel with your own bikes, please note that bike spots are limited and need to be reserved in advance. The rate is €5/bike. The travel will take between 2.30 and 2.45 hours. You buy your ticket yourself. You will find the timetable of the day 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

€1179 /pers

7 nights in 2\* or 3\* hotels

7 breakfasts

6-day rent of an equipped hybrid bike

luggage transfer

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

the delivery and return of the bike

7/7 hotline

High season (\*)

€30 /pers

Half-board (4 dinners)

€115 /pers

Single occupancy extra (\*\*)

€65 /night

Extra night in Nantes

€80 /pers

Extra night in La Rochelle

€65 /pers

Extra night in La Rochelle - High season  
(From 01/07 to 31/08)

€68 /pers

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## Category B

Double room fare

€1299 /pers

7 nights in 3\* hotels

7 breakfasts

6-day rent of an equipped hybrid bike

luggage transfer

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

the delivery and return of the bike

7/7 hotline

High season

€60 /pers

Half-board (3 dinners)

€100 /pers

Single occupancy extra (\*\*)

€69 /night

Extra night in Nantes

€85 /pers

Extra night in La Rochelle

€85 /pers

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## Options

Extra for solo traveller

€90 /pers

Discount if you bring your own bike

-95€ /pers

E-bike supplement

€90 /pers

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(\*) **High season:**

from July 1 to August 31, 2023

(\*\*) valid for minimum 2 participants

**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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