



Trip description

Cycling the Atlantic coast from La Rochelle to Biarritz

From La Rochelle to Biarritz, you will follow the Atlantic cycle route "Velodyssy" along the beaches of the Atlantic coast. You will appreciate the great diversity of landscapes alternatively through the marshes, the pine forests or along the dunes.



Destination	France
Location	Charente-Maritime
Duration	14 days
Difficulty Level	Easy
Validity	From April to October
Minimum age	12 years
Reference	VO1401

Type of stay
itinerant trip



Itinerary



From April 1 to June 14 and from September 16 to October 31, fixed departure day on Sunday.

Take the time to discover the many gems of the Atlantic coast thanks to this 14-day bike tour from La Rochelle to Biarritz. You cycle along the Atlantic cycle route "Velodyyssey" through rich and varied landscapes. The route starts in Charente region where you discover La Rochelle and its ancient fortified harbor, Rochefort and its "Corderie Royale", Brouage citadel built by the French engineer Vauban, the marshes of Marennes and the seaside town of Royan. Then, you cross the Gironde Estuary by ferry and cycle through the pine forests to Cap Ferret where you take a boat to cross the basin and reach Arcachon and the Dune of Pilat.

The second part of your journey takes you through the Landes region and its large beaches. Cross the seaside towns of Biscarrosse, Mimizan and Capbreton, very popular with surfers! You finish by cycling along the Basque coast from Bayonne in Biarritz. A varied and complete bike trip to discover 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

Admire France's last transporter bridge, classified as Historic Monument and dedicated to pedestrians and bicycles. It is currently under construction, so you will take a ferry boat to cross.

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

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.

64km

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 along 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 Dune 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

Suggested day trip : oyster-farming villages and the Leyre delta

Bike
41km

Learn about oyster farming from dedicated oyster farmers in Gujan Mestras and sample the freshest oysters you'll ever taste! The Leyre Delta is where fresh waters of the river and the salty waters of the ocean meet. You can go bird watching or rent a canoe or kayak and explore the area or water.

Oyster museum (Maison de l'huître) Approximately 1 hour, included in tour. The museum visit is partly guided.

Day 9

Arcachon-Biscarrosse beach

Bike
33km

Ride along Arcachon Bay to reach the highest dune of Europe: the Dune of Pilat. Leave your bike in order to climb the dune and enjoy the wonderful view over the blue sea and the golden sand. Take your bikes again and follow the cycling itinerary of the Vélodyssée in the heart of the forest and all along the beaches of the area.

Day 10

Biscarrosse beach- Mimizan beach

Bike
57km

The stage of today will take you to Mimizan beach. You start your ride on the soft hills of the forest dunes to reach the beach of Magide on the Cazaux lake, where you can swim in calm waters.

You finish the day riding along the shores of Aureilhan lake then at Mimizan beach, a lively seaside resort.

Day 11

Mimizan beach-Léon area

Bike
46/54km

Enjoy a relaxing panorama on the cycle path in the shade of the pine forest. You keep on riding through the forest and along the beaches. You can enjoy a swim at the beach (Cap de l'Homy). You finish your day in the area of Léon lake.

Day 12

Léon area-Capbreton

Bike
33/25km

We advise a short detour to the village center of Moliets et Maa where you can admire the typical architecture of the area. You bike further on the Velodyyssey cycle route which leads you to Vieux-Boucau and its nice maritime lake. You enter in the South of the Landes country which is the surfers' paradise. You end up in the port of Capbreton. Do not miss to have a walk on the jetty at sunset and pick up a nice terrace with a view on the port for dinner.

Day 13

Capbreton-Biarritz

Bike
40km

You leave the Landes country and bike on a cycle path through the pine and oaks forest before riding on shared small roads for the first time of the trip before reaching Bayonne. From the Adour river banks at the entrance of Bayonne, you enjoy a nice view on the cathedral towers. Take your time to discover this beautiful town, which is very proud of its identity.

In the afternoon, you bike along the coast and its sandy beaches to arrive in the famous town of Biarritz.

Day 14

Departure from Biarritz

After breakfast, take a last stroll in the streets of Biarritz 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'll be very comfortable staying in these mostly 3-Star hotels with clean and cozy accommodations. Enjoy the swimming pool before sleeping in your comfortable bed. A tasty breakfast is waiting for you each morning.



* 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).

To get back to starting point:

Regional trains take you back to your starting point if you wish (around 5h). Change in Bordeaux. Biarritz station is located 3km from the city center, you will need to take a bus to the station "La Négresse". Trains are accessible without booking in advance and bicycles are free (except Intercité and TGV). You have to buy your ticket on spot. 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

From April 1 to June 14 and from September 16 to October 31, fixed departure day on Sunday.

Category A

Double room fare

1799 €/pers

13 nights in ** hotels

13 breakfasts

12-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

a visit of the oyster museum

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

Middle season (*)

80 €/pers

High season (*)

280 €/pers

Single occupancy extra

70 €/night

Extra night in La Rochelle

62 €/pers

Extra night in La Rochelle - High season

68 €/pers

(from 01/07 to 31/08)

Extra night in Biarritz

61 €/pers

Extra night in Biarritz - High season

92 €/pers

(from 01/07 to 31/08)

Category B

Double room fare

1929 €/pers

13 nights in *** hotels

13 breakfasts

12-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

a visit of the oyster museum

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

Middle season (*)

100 €/pers

High season (*)

350 €/pers

Single occupancy extra

100 €/night

Extra night in La Rochelle

90 €/pers

Extra night in Biarritz

61 €/pers

Extra night in Biarritz - High season

92 €/pers

(from 01/07 to 31/08)

Options

Extra for solo traveller

110 €/pers

Extra for the rental of an electric bike (12 days)

155 €/pers

Discount if you ride your own bicycle

-245 €/pers

(*) Middle season :

from 01.05 to 30.06.22

from 01.09 to 30.09.22

High season :

from 01.07 to 31.08.22

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
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