

The Loire by bike From Tours to St Brévin les Pins

Accommodation in hotels

8 days 7 nights including 6 days of cycling

Type: **Self-guided cycling**

Difficulty level 2/3



8 unforgettable days from the Loire to the ocean

From Tours to St Brévin les Pins, discover the Loire and its estuary, by bike.

Ride at your own pace along pretty cycle paths and quiet roads, between the Loire levees and Angevine countryside, fertile valleys and the Nantaise area before reaching the beautiful estuary.

Don't forget to rebuild your strength by tasting fresh fish from the Loire, the region's famous biscuits and local oysters - there really is something for everyone!

KEY POINTS :

- Cycling along the longest cycle route in France: La Loire by bike
- Varied landscapes stretching out to the horizon
- Gastronomic specialities
- A beautiful arrival into St Brévin les Pins

PROGRAMME

Day 1 : Tours

The city warmly welcomes you into its historic neighbourhoods, with the heart of the city located on the famous Place Plum': a place held dear to the Tourangeaux. Don't forget to try out the local specialities at one of the many 'guinguettes' of the city: fried delicacies from the Loire or a 'sandre (Zander fish) au beurre blanc', accompanied by a cold glass of wine, just for you. Night in a B&B.

Day 2 : From Tours to Chinon : 68 km

Momentarily step out of the Loire to reach the banks of the River Cher. Villandry awaits you, inviting you into its three-tier, terraced gardens. Next, part ways with the River Cher to take in a chateau built on the Ile de l'Indre: Azay-le-Rideau. Rejoin the Loire and discover the Château de Rigny-Ussé; a castle straight out of a fairytale and which is otherwise known as the Château of Sleeping Beauty. Next, head south towards Chinon, crossing the famous vineyards (which have been given AOC status), to arrive at a 12th century chateau which hosted the meeting of Jeanne d'Arc (Joan of Arc) and the future King Charles VII. Don't hesitate to taste the local wines, including Rabelais, which has been noted for its quality since the 16th century. Night in Chinon in a B&B.

Day 3 : From Chinon to Saumur : 39 km

After the previous day's epicurean stage, hop back on your bike and head towards Candès St Martin, at the mouth of the Vienne and the Loire. If you are tempted by the thrill of a detour, you have the option to visit Fontevraud with its royal abbey, which is one of the largest in Europe. Constructed in 1101, the abbey was transformed over many centuries, from monastery to prison! You can also explore the extensive troglodytic cliffs, before arriving in Saumur; a town dominated by its majestic chateau... You are now in the capital of horseback riding, so go and discover the Cadre Noir de Saumur at the National Equine School. You can also taste the celebrated Saumur Brut in of the many troglodytic caves of the town - you will be spoilt for choice! Night in Saumur in a B&B.

Day 4 : From Saumur to Angers : 56 km

As you leave Saumur, ride along the left bank of the Loire. The rich architectural heritage transports you back in time: the dungeon and Roman church of Trèves, the Priorial church in Cunault, the Gallo-Roman amphitheatre in Gennes... Continue along the levee and don't miss a break in the superb village of Thoureil- this former barge port still houses many typical guinguettes. Switch over to the other river bank now to cross through ancient marshlands created by the levees along the River Loire. Next, leave the royal river and take the ferry across the Authion, passing the impressive Trélazé slate quarries to arrive in Angers, a city dominated by its imposing bi-colour chateau, overlooking the Maine. Night in Angers.

Day 5 : From Angers to St Florent le Vieil : 47 km

Leave the Maine to rejoin the Loire at the river mouth and the village of Bouchemaine. Then, enter the Angevine countryside, following along the river and its many islands. Take a welcome pause amongst beautiful sculptures in the village of Montjean. Then continue along the levee as far as St Florent le Vieil, the birthplace of Julien Gracq. Night in St Florent le Vieil.

Day 6 : From St Florent le Veil to Nantes : 56 km

With the Loire ever-present, you enter the Loire Atlantique at Ancenis, continuing on to reach the pretty village of Oudon. Riding on along cycle paths, between the hills and the Divatte levee, you quickly arrive in Nantes. As you are welcomed into the City of Dukes, be seduced by its many architectural, cultural and historical relics... Don't miss the opportunity to get lost in its ports, go and say hello to the famous Elephant of the Ile des Machines, take a stroll through the covered passages and the medieval district of Bouffas. The Château of the Dukes of Brittany and the cathedral are also well worth a look... Night in Nantes in a hotel, on a B&B basis.

Day 7 : From Nantes to St Brévin les Pins : 59 km

And we're off again - hop back on your bike and let the Loire guide you to the Atlantic. Staying on the right bank, ride along the quays, taking in beautiful views of the Ile de Nantes and its harbour on the Loire. In Couëron, you board the Pellerin ferry to cross to the other side and rejoin the Canal de la Martinière. With the St Nazaire bridge in your sights, rejoin the Loire Estuary and head south to reach the shores of the Atlantic Ocean. Night in a hotel in St Brévin, on a B&B basis.

Day 8 : St Brévin

End of trip after breakfast.

DURING YOUR STAY

SUPERVISION:

Self guided tour :

You set off alone, equipped with the orientation equipment provided by us : detailed digital roadbook and maps with routes highlighted, to discover the circuit which has been designed by our team. You will be guided by the instructions we have carefully prepared, with the highest level of precision.

LUGGAGE TRANSPORT:

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. **Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.**

ACCOMMODATION:

We choose our hotels according to their Hospitality and Welcome : in order to enjoy it, we thank you to book as early as possible.

Overnights in hotels, on bed and breakfast.

Version Selected ** and * hotels : Double room formula :** you will sleep in comfortable 2 person rooms in hotels, guest houses, and sometimes hostels. Sheets and towels will be provided. A bathroom will also be reserved for you. (Single room option – see our website for pricing).

Extra night on B&B in Tours or St Brevin : consult us.

FOOD:

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide : well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

For each stage, we established a list of quality restaurants of different categories, with their contacts. We chose them according to different criteria : cooking of course, but also the service quality, their good value for money, their ambient..

Picnics and dinners are not included.

NUMBER OF PARTICIPANTS:

Starting from 2 people.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tel +33(0)5 61 65 20 93 Or +33(0)6 81 53 77 75
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Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

FORMALITIES

- A valid official ID.
- We recommend travel insurance with repatriation included.

DIFFICULTY LEVEL 2/3

You are in good physical condition and regularly go cycling over long distances. Stages vary from 39 to 59 km per day. The cycle paths are very well surfaced and not overcrowded. No climbing.

PERIOD:

From April to October.

DEPARTURE AND MEETING POINT:

Departure from Tours (37)

How to get there :

By car : A10 motorway in the direction of Tours.

By train : Tours-Centre SNCF train station or St Pierre des Corps SNCF train station and then shuttle bus.

By plane : Tours Airport then the airport shuttle to the town centre.

THE PRICE INCLUDES :

- Accommodation in a Bed and Breakfast,
- Digital roadbook with GPS tracks
- Daily luggage transfers
- Organization and logistics costs

THE PRICE DOES NOT INCLUDE:

- Dinners and picnics
- Drinks
- Personal expenses
- Personal cycling equipment (helmet, gloves)
- Bikes
- Return transport to the meeting point
- The return journey to Tours from St Brévin les Pins (www.sncf-connect.com)
- Entry into tourist sites
- Parking
- Insurance

OPTIONS :

- Rental of bikes and equipment
- Extra night of accommodation before or after the stay

See prices on our website or contact us.

INSURANCE:

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by Assurever.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by Assurever.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances): <http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible (non-exhaustive).

2 bags: 1 small saddle or handlebar bag, about 10L, containing what you need for half a day- your phone, camera, raincoat etc.

1 piece of luggage to be transported by vehicle.

VTT (mountain bike) OR VTC (all-terrain/hybrid bike) (ROAD BIKES ARE NOT SUITABLE)

In order to avoid your trip turning into a lesson in bike mechanics, it is strongly advised that you thoroughly service your bike before hitting the road:

- > Carefully check that the chainrings and number of teeth are suitably adapted to both the route and you
 - > A well set-up bike computer
 - > A map holder for bikes
 - > The tyres are well inflated and in good condition
 - > The cables and chain are in good condition
 - > Transmission elements are clean and oiled
 - > The wheels are well attached
 - > The brakes are in a good state (concerning wear)
 - > The headset and steerer tube have been checked.
- And remember, anomalies are easier to spot on a clean bike!

EQUIPMENT FOR REPAIRS:

To avoid any unforeseen mechanical problems, it is always better to be well-prepared and carry the basics with you:

- > 1 spare tyre and 2 inner tubes
- > A pump
- > Tyre levers
- > A multi-tool
- > Small pliers
- > A chain tool

In addition to that, you can put together your own repair kit and we will transfer it along with your larger luggage. You should include:

- > Brake cables (front and back)
- > Cable covers
- > Spare spokes
- > Derailleur cable
- > Chain oil
- > A rag
- > A lock

EQUIPMENT

- > A bike helmet (obligatory!) + a hat and headband
- > Bike gloves
- > Sunglasses
- > Cycle shorts and leggings
- > Breathable t-shirt (avoid cotton)
- > A race jersey

DAILY BACKPACK

As it can be uncomfortable to carry a backpack which is too heavy, think carefully about what to include:

- > A CamelBak and/or a bike water bottle (3L/day/person minimum)
- > 'Race food' (energy bars, dried fruit etc.)
- > Basic equipment for repairs (see above)
- > A windbreaker (waterproof)
- > Suncream (and lip protection)
- > Toilet paper and a lighter
- > A first aid kit
- > Your mobile phone

PICNIC (NOT INCLUDED)

To avoid unnecessary waste at picnic time, please carry:

- > An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box.
- > Cutlery (fork, folding knife, spoon).

LUGGAGE

Your luggage will be transferred for you during your trip and will be waiting for you at your accommodation each night. In order to make sure you do not forget something important...:

- >A sleeping bag (for trips in 'gites')
- >Changes of clothes
- >A light pair of shoes for the evenings
- >A big jumper or fleece jacket
- >A toilet bag and towel

PHARMACY

On all accompanied stays, the guide will carry a first aid kit. However, it is indispensable to carry some personal medical supplies. Here is a list of some basic supplies to carry with you:

- >Insect repellent
- >Disinfectant and gauze
- >Tape
- >Protective cream for the buttocks
- >Water purification tablets
- >A survival blanket

A more complete medical kit should be compiled with the advice of your doctor.

BIBLIOGRAPHY:

La Côte Atlantique à vélo, éditions Chamina, collection grands itinéraires à vélo

www.lavelodyssee.com

L'Atlantique en roue libre, éditions Ouest France

AFTER YOUR RETURN

Tell us what you think ! And to ensure that these great travel memories are not lost, we would be extremely happy to receive your photos, videos, montages, comments...created during your trip.

AT YOUR SERVICE

The entire La Rébenne team is at your disposal to ensure your stay goes to plan, so please do not hesitate to contact us: we will do everything possible to make your trip a success.

Your can contact us by:

- Telephone : 05.61.65.20.93
- Mobile: 06.81.53.77.75
- Email : contact@larebenne.com
- Letter: 10 rue de la Comédie - 09000 FOIX

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