

## The Atlantic Coast by bike La Vélodyssée from Arcachon to Hendaye

**Accommodation in hotels with 'Selected' or 'High-end' option  
6 days 5 nights including 5 days of cycling**

**Type:** Self-guided cycling

**Difficulty level 2.5/3**



### **6 unforgettable days along the Atlantic coast**

Departing from Arcachon, set off for a trip following the Atlantic coast along the longest cycle route in France: La Vélodyssée, to Hendaye where the Basque Country awaits you.

Discover the Dune du Pilat, the most beautiful beaches in the Landes region, pine forests, the Basque coast... In the heart of perfectly preserved nature, ride at your own pace along stunning cycle paths, between dunes, beaches and forts. It is equally an opportunity to take in the renowned seaside resorts of the Atlantic coast, to taste local specialties and take a deep breath of sea air !

#### **KEY POINTS:**

- Cycling along the longest cycle route in France: la Vélodyssée.
- The beaches of the Landes region, the Basque coast, the Dune du Pilat, pine forests, saltwater ponds and the ocean horizon.
- Renowned seaside resorts on the Atlantic coast.
- Arrival in beautiful Hendaye !

## PROGRAMME

### **Day 1 : Arrival in Arcachon**

Free day in the town. Take the opportunity to discover the iconic landscape of the Dune du Pilat , the highest dune in Europe. Don't hesitate to climb to its peak to take in the view over the Bassin d'Arcachon, the ocean and the forests. Settle in to your hotel in Arcachon.

### **Day 2 : Arcachon – Biscarrosse = 50 km**

Today, you set off on a great crossing of the Landaise forest; playing leapfrog with the dunes along the way. Shortly before Biscarrosse beach, the Vélodyssée passes seamlessly from the Gironde into Les Landes. Warm and welcoming, gastronomy remains central to landaise traditions. Let yourself be tempted by these delights in Biscarrosse.

Night in the town of Biscarrosse.

### **Day 3 : Biscarrosse - Mimizan Plage = 40.50 km**

This stage takes you along the banks of the Lac de Biscarrosse: a base for the assembly and testing of the largest French seaplanes. Perhaps you will be lucky enough to see some? You will also cycle between the 'étangs' (saltwater ponds) whose blue hue gradually replaces that of the sea. These are key reserves for biodiversity: protected plant, bird and mammal species. You eventually arrive at the seafront resort of Mimizan Plage.

### **Day 4 : Mimizan Plage – Vieux Boucau = 62 km**

After the liveliness of Mimizan Plage, find peace in the pine forests. Wood cut from the forest near the town is used to produce Kraft paper and packaging. This connecting stage towards the ocean provides you with the chance to take a relaxed ride in the shade of the forest whilst enjoying the odor of the pine trees. And for a change from the ocean, why not take a dip in the Lac de Léon ? After, you take a gentle ride along the old Léon to Soustons railway line to arrive at Vieux Boucau.

Night in Vieux-Boucau-les-Bains

### **Day 5 : Vieux Boucau – Biarritz = 59 km**

Vieux Boucau stands at the former mouth of the River Adour and it is from here that you climb back in the saddle to follow the coast and what constitutes the longest sandy beach in Europe (106 km), ideal for lovers of sun, dips in the sea and drama ! Because this is the kingdom of surf and waves ! You are welcomed into the Basque country with, as always, an ocean backdrop. You reach the iconic sunshine resorts of Hossegor and Capbreton, the only fishing port in the Landes region. As you cross Bayonne, allow yourself to get lost in its streets before reaching Biarritz and its large beach.

Night in Biarritz.

### **Day 6 : Biarritz – Hendaye = 37 km**

Biarritz - one of the most prestigious seaside resorts on the Atlantic coast: with its huge beach, casino, clifftops and the Esplanade de la Vierge...head to the Marché dans les Halles where piment d'Espelette, foie gras and landaise asparagus await you. You then head south. This final stage requires a little more sporting effort, but you will be handsomely rewarded with exceptional ocean views. Cross the towns of Bidart, Guéthary (an old fishing port)...in St-Jean-de-Luz don't miss out on a walk along the lively fishing port (sardines, anchovies, tuna...). Then, the final stretch towards Hendaye. End your trip surrounded by beauty, following a superb route on the Basque corniche, taking you down into the town and to the beachfront.

End of trip in Hendaye.

*For groups, we can adapt the level, duration, price and programme.  
Contact us!*

## DURING YOUR STAY

### **SUPERVISION :**

#### **Self-guided cycling:**

You set off alone, equipped with the orientation equipment provided by us (detailed digital roadbook with GPS tracks), 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:**

You only need to carry what is required for the day and your picnic. Luggage is transported by vehicle. Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

### **ACCOMMODATION:**

#### **Nights in a double room in hotels.**

#### **5 nights on Bed and Breakfast basis (overnight stay and breakfast included).**

We have selected accommodation for their high quality, comfort and warm welcome: in order to take advantage of this, please reserve your accommodation as early as possible.

#### **You have two categories of accommodation to choose from:**

- **'Selected Hotel' option** : you will stay in a two or three star hotel or guest house, in a comfortable 2 person room. Sheets and towels are provided. A private bathroom will be reserved for you. (Single room option available - see prices on our site).

An extra night in Arcachon or Hendaye is possible with this option: please contact us.

- **'High-end Hotels' option:** Three and four star, high-end accommodation has been selected based on its high quality, comfort and warm welcome, charm and character. Availability is extremely limited so, in order to take advantage of this option, please reserve your accommodation as early as possible. You will stay in a high-end hotel room for two people, with a private bathroom. Sheets and towels are included. (Single room option available - see prices on our site).

At Mimizan Plage and in Vieux Boucau, there are very few high-end options available. Therefore, we have selected two star hotels (in a 'superior room').

An extra night in Arcachon or Hendaye is possible with this option: please contact us.

### **FOOD:**

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:**

Free departure available from two 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 Tél +33(0)5 61 65 20 93 Ou +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 2.5/3**

You are in good physical condition and go cycling or do another sport regularly. Stages vary from 37 to 62km per day and some stages (Day 2 and Day 6) include bigger climbs. The cycle paths are very well surfaced.

## **PERIOD:**

From April to October. An extra cost applies for departures in July and August.

**DEPARTURE AND MEETING POINT:** Arrival in Arcachon (33).

## **How to get there :**

By car : Motorways in the south of France.

By train : Arcachon SNCF station

By plane : Bordeaux Airport then train to Arcachon

## **THE PRICE INCLUDES:**

- Accommodation in a Bed and Breakfast (depending on the option chosen: 'Selected' or 'High-end'),
- Digital roadbook with GPS tracks
- Daily luggage transfers
- Organization and logistics costs

## **THE PRICE DOES NOT INCLUDE :**

- Dinners and picnics
- The delivery and return of rental bikes by La Rébenne.
- Accommodation during the return to Arcachon or Hendaye.
- Drinks,
- Personal expenses
- Personal cycling equipment (helmet, gloves)
- Bikes
- Return transport to the meeting point,
- The return train journey to Arcachon with your bikes and luggage. [www.voyages-sncf.com](http://www.voyages-sncf.com) (in general, you can take a TER train with a change at Fature – Biganos, journey of around 3 hours)
- 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 cable (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](http://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](mailto:contact@larebenne.com)
- Letter: 10 rue de la Comédie - 09000 FOIX

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