

## La Vélodyssée from Nantes to La Rochelle The Atlantic Coast by bike

**Accommodation in hotels with 'Selected' or 'High-end' option**

8 days 7 nights including 6 days of cycling

**Type: Self-guided cycling**

**Difficulty level 2.5/3**



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### **8 unforgettable days from the Loire to the ocean**

From Nantes to La Rochelle, discover the Loire, its estuary and La Vélodyssée by bike. Set off on your mountain bike, initially accompanied by the Atlantic Ocean and the marshlands, you head south towards the Pointe St Gildas and its corniche, the beautiful village of Pornic and the Vendée beaches. Ride at your own pace along pretty and quiet cycle paths, between wild coves, dunes, fine sandy beaches, rugged cliffs, forests, salt marshes, canals and polders. Don't miss the opportunity to regain your strength with crepes, fish from the Loire, biscuits, oysters...there is something for everyone ! Finally, as the towers of the port of La Rochelle come into view you conclude your beautiful trip from the Loire to the Ocean !

#### **KEY POINTS :**

- Cycling along the longest cycle route in France: La Vélodyssée.
- Varied landscapes reaching out to the horizon: the corniche, beaches, pine forests, marshes, canals.
- Renowned seaside resorts of the Atlantic coast
- Gastronomic specialities
- Beautiful arrival in La Rochelle

## PROGRAMME

### **Day 1 : Arrival in Nantes**

First day in the city. 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 de l'Ile des Machines, take a stroll through the covered passages and the medieval district of Bouffas. The Château des Ducs de Bretagne and the cathedral are also well worth a look...

Night in a hotel, on a bed and breakfast basis, in Nantes.

### **Day 2 : From Nantes to St Brévin : 59 km**

And we're off! Hop on your bike and keep the Loire as your reference point throughout this stage, letting it lead you to the Atlantic. On the right bank, ride along the quays and take in the beautiful views of the Ile de Nantes and its port on the Loire. In Couëron, board the Pellerin ferry to cross over to the other bank and reach the pretty Canal de la Martinière. With the St Nazaire bridge in sight, you rejoin the Loire estuary and turn south towards the shores of the Atlantic Ocean.

Night in a hotel, on a bed and breakfast basis, in St Brévin.

### **Day 3 : From St Brévin to Bouin : 67 km via the superb Pointe St Gildas Possibility to take an inland shortcut for a reduction of 13km : 54 km**

This pretty stage, initially following the coast, gives pride of place to the beautiful beaches and wild coves of the Jade Coast. Do not miss a stop off at St Michel Chef-Chef's 'biscuiterie' to taste their renowned galettes. The fisheries, Pointe St Gildas, Préfailles and the delightful Port de Pornic punctuate your journey. You then leave the Pays de Retz and enter the Vendée. Ride through the marshes and polders of the Baie de Bourgneuf.

Night in a hotel, on a bed and breakfast basis, in Bouin.

### **Day 4 : From Bouin to St Jean de Monts : 53 km**

The route weaves between marshes and polders, in the heart of the Marais Breton Vendéen. Don't miss out on a little detour to the Passage du Gois (+6km there and back) with a visit to the Ile de Noirmoutier, which is accessible from the mainland only at low tide via a normally submerged track. You then join the 'Cote de Lumière' and its Vendée beaches, via a lovely cycle path behind the dune and passing through the pine forest for a smooth arrival into St Jean de Monts.

Night in a hotel, on a bed and breakfast basis.

### **Day 5 : From St Jean de Monts to Sables d'Olonne : 54 km**

This is a very pretty stage, where you will alternate between cycle paths in the forest and the Corniche Vendéenne. Between Sion and St Gilles Croix de Vie, the views are spectacular and well worth a stop for a photo: Trou du Diable, les Rochers des Cinq Pineaux, the Feu de Grosse Terre... Next, moving between the Vendée groves and the coast, you head to the Sables D'Olonne, the starting point of the famous Vendée Globe transatlantic race.

Night in a hotel, on a bed and breakfast basis.

### **Day 6 : From Sables d'Olonne to L'Aiguillon : 53 km**

Leave behind the charming villas on the Sablais seafront to ride along the twisting coastline before sinking into the marshes and on to the pretty forest of Longeville. Here, the beaches are known for their waves and you can take a well-deserved break to admire the surfers' talents.

Night in a hotel, on a bed and breakfast basis, in L'Aiguillon.

### **Day 7 : From L'Aiguillon to La Rochelle : 63 km**

The final stop on this beautiful trip, you leave the Vendée to head into the Charente Maritime. The Marais Poitevin is close by and should be seen. You have two choices today - either you take a fantastic route overlooking the cliffs of Perthuis Breton, before skirting around the Baie de L'Aiguillon to reach La Rochelle, or you follow the Canal de Marans to arrive in the 'White City'. The towers of the port of La Rochelle are in sight, as well as the cafe terraces where a refreshing, well-deserved drink awaits you.

Night in La Rochelle in a hotel, on a bed and breakfast basis.

### **Day 8 : La Rochelle.**

End of trip after breakfast. Don't hesitate to extend your trip with an excursion to the Ile de Ré, a true paradise for cyclists!

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

SAS LaRébenne, 1 place du 8 Mai 1945, 09000 Foix

Tel : 05.61.65.20.93 / 06.81.53.77.75 – URGENCES uniquement / 09.77.89.93.37

contact@larebenne.com [www.larebenne.com](http://www.larebenne.com)

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## DURING YOUR STAY

### **SUPERVISION :**

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

You set off alone, equipped with the orientation equipment provided by us: a 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 and/or Bed and Breakfast. Bed and Breakfast formula (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 bed and breakfast, in a comfortable 2 or 3 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 with bed and breakfast, 'Selected' version in Nantes or La Rochelle: please contact us.

- **'High-end Hotels' option:** Three, four and five 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 benefit from 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.

In Aiguillon, there are few accommodation options: we will therefore reserve a two star hotel for you (or three star if available), in a superior bedroom if possible.

An extra night with bed and breakfast, 'High-end' version in Nantes or La Rochelle: 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 are not planned or 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 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 2.5/3**

You are in good physical condition and regularly go cycling over long distances. Stages vary from 51.5 to 63km per day. The cycle paths are very well surfaced and not overcrowded. No climbing.

### **PERIOD:**

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

**DEPARTURE AND MEETING POINT:** Arrival in Nantes (44)

### **How to get there :**

By car : A11 or A83 motorways

By train : Nantes SNCF station

By plane : Nantes Atlantique airport then the airport shuttle to the town centre.

### **THE PRICE INCLUDES :**

- Reservation of your chosen accommodation (either 'Selected' or 'High-end'), with bed and breakfast included (dinner not included).
- Digital TopoGuide
- Daily transfer of luggage: 1 bag per person, 15kg maximum
- Organisation and logistics fees
- Telephone assistance from La Rébenne in an emergency.

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### **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 Nantes from La Rochelle ([www.sncf-connect.com](http://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
- Extension of your trip to the Ile de Ré

**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 pratiques - 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.

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### **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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