

# **The Atlantic Coast by bike La Vélodyssée from La Rochelle to Arcachon**

**Accommodation in hotels with 'Selected' option, 8 days 7  
nights including 7 days of cycling**

**Level: 4/5**



Setting off from the famous port of La Rochelle, you follow the superb route of La Vélodyssée. Discover the royal city of Rochefort, situated in the bend of the River Charente, then on through the oyster parks of the Marennes. Cycle paths weave through pine forests to lead you to Royan and the Médoc. Having crossed the Gironde Estuary, you reach the beaches, pine forests and charming seaside resorts of the Aquitaine region. Awaiting you at the end of your trip is the Bassin d'Arcachon, where you will have time to fully enjoy all it has to offer.

## **Strengths**

- Cycling along the longest cycle route in France: la Vélodyssée.
- Discover the maritime cities of La Rochelle and Rochefort.
- The Bassin d'Arcachon : its ports, small villages and Teich Bird Reserve.

## SCHEDULE

### **Day 1 : Arrival in La Rochelle :**

Free day in the city. Take the opportunity to explore this pretty maritime city, with its medieval relics and the surviving fortifications (remparts that surround the city destroyed by Richelieu in 1628). La Rochelle is also home to the largest marina on the Atlantic Coast, with a total of 3600 moorings at the Port des Minimes.

Settle in to your hotel.

Hotel (B&B)

### **Day 2 : La Rochelle – Rochefort : 55 km**

You set off from the famous 14th century medieval towers of the Port of La Rochelle. Ride along the seafront to reach Chatellailon – Plage with its pretty Belle Epoque villas. A rival town to La Rochelle during the Middle Ages, its castle disappeared into the ocean in the 13th century. Continue along the railway before turning off towards Fouras (from where Napoléon set sail for St Helena) to take in the Pointe de la Fumée, facing the Ile d'Aix. You then head on to Rochefort, a city of art and history. Take a look at the Arsenal neighbourhood, where the frigate Hermione was rebuilt. You may have a chance to see her if she has not sailed off into the Atlantic ?

Night in Rochefort.

Hotel (B&B)

### **Day 3 : Rochefort – Marennnes : 40 km**

As the transporter bridge is currently undergoing a makeover, you'll follow the banks of the Charente, crossing over further upstream in order to reach an old railway line, before joining the canal towpath. You then ride through the marshlands where you will be able to spot a wide variety of birds. Finally you arrive in Marennnes, the oyster capital!

Night in Marennnes.

Hotel (B&B)

### **Day 4 : Marennnes – Royan : 47 km**

Ride through the oyster parks and saltwater marshes towards the Seudre Estuary. The landscape gradually changes and opens up to dunes and pine forests. You are welcomed by the lighthouse, standing on the Pointe de la Coubre, before arriving in La Palmyre. Continue your ride along the seafront and coastline to reach Royan. Here, you will see more beautiful villas from the Belle Epoque.

Night in Royan.

Hotel (B&B)

### **Day 5 : Royan – crossing of the Gironde Estuary : 54 km**

Take advantage of the morning to visit Royan which was largely rebuilt in the 1950s, notably by Niemeyer and Le Corbusier. Take the ferry (no advance reservation possible, crossing at your own expense on the day – around €3.60/person (in 2021) with bike (free) – plan to arrive 30 minutes in advance with the crossing taking a further 30 minutes), to cross the Gironde and reach the Pointe de la Grave. In Soulac, do not miss the 12th century Roman Basilica, Notre Dame de la Fin des Terres.

Find your top gear to arrive in Hourtin – Plage- it's straight on (almost) !

Night in Hourtin.

Hotel (B&B)

### **Day 6 : Hourtin – Lacanau Océan : 48 km**

Follow the route of the lighthouses, with some sections of coastline thrown in to keep up the pace. Stick close to the sea to reach Lacanau - Océan, a seaside resort built in 1905. This is a highly-reputed surfing spot, home to a stage of the World Championships and the oldest surf school in Europe - why not give it a try?

Night in Lacanau - Océan.

Hotel (B&B)

### **Day 7 : Lacanau Océan – Arès/Lège Cap Ferret : 48 km**

Initially staying next to the ocean, you then turn east at the Grand Crohot. The landscape opens up progressively, giving pride of place to the oyster farms. If your legs are still in good shape, you can opt to head on towards Cap Ferret or, alternatively, pass through the Lège Nature Reserve to arrive in Arès, which has been home to a runway for UFOs since 1976!

Night in Arès or Lège.

Hotel (B&B)

### **Day 8 : Arès/Lège Cap Ferret – Arcachon : 49 km**

As you cross through the towns of the Bassin d’Arcachon, don’t hesitate to dismount and explore the oyster-farming ports, take time to enjoy some oysters or simply stretch your legs in Andernos by walking along the longest pier in France (232m). You will follow the former Lacanau to Arcachon railway before passing through the very pleasant Teich Bird Reserve (cyclists should dismount) and arriving in the oyster-farming port of Gujan - Mestras, oyster capital of the Bassin d’Arcachon...Take a gentle ride around the Bassin and the saltflats before reaching Arcachon with its cosy atmosphere.

End of trip in Arcachon.

# TRAVEL CONDITIONS

## Attendees :

From 2 people.

## Formalities :

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

## Accompanying :

Free Ride:

Equipped with the orientation material we give you: maps with highlighted route and detailed topoguide, you go alone to discover circuits designed by our team. You are guided by carefully prepared directions, for maximum precision.

## Accommodation :

Nights in double room in hotels, in Bed and Breakfast formula (night and breakfast included).

We have selected our accommodations for their quality of welcome and comfort: to enjoy, thank you to book as soon as possible.

Hotels Selection: you sleep in comfortable rooms for 2 people in hotels or guest rooms, category \*\* or \*\*\*. Sheets and towels are provided. A bathroom is reserved for you.

Extra night in B&B, selection version in La Rochelle or Arcachon: contact us.

## Difficulty level :

You have a good physical condition and regularly practice cycling or other sports activity. Stages from 41 to 68 km per day.

## DEPARTURE AND MEETING POINT :

Departure from La Rochelle (17)

How to get there:

By car: Highway of the south of France.

By train: La Rochelle train station.

By plane: Bordeaux airport then train to La Rochelle.

## Food :

No need to diet during your stay! It's the perfect opportunity to savor the local cuisine. During your stay, you'll enjoy an overnight stay with breakfast. The price does not include picnics, drinks and dinners (unless otherwise mentioned in the program).

## Options :

Pour connaître les tarifs de la location de vélo et de matériel, incluant la livraison au point de départ et le rapatriement depuis votre point d'arrivée, n'hésitez pas à nous contacter directement.

## RATES

Version hotels Sélection	
Registration for 2 people	980€
Registration for 4 people	930€
Registration for 6 people	875€

### The price includes :

- Accommodation in bed and breakfast formula in hotel,
- GPS electronic trace in format. gpx,
- The extracts of the official topoguide La Véloodyssée, with the plans of the stages,
- The transport of luggage,
- Delivery and repatriation of rental bikes by LaRébenne.

### The price does not include :

- Dinners and picnics,
- Accommodation on return to Arcachon or La Rochelle,
- Drinks,
- Personal expenses,
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- Tickets (pedestrian + bike) for the crossing of the Gironde estuary,
- The return to La Rochelle by train with your luggage and your bikes ([www.voyages-sncf.com](http://www.voyages-sncf.com)),
- Entries in the tourist sites,
- Parking in La Rochelle,
- Insurance.

## GENERAL INFORMATION

### How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

[contact@larebenne.com](mailto:contact@larebenne.com)

+33 561 652 093

+33 681 537 775

### Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

\* Either go directly to your tour's page on our website and click on registration.

\* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

#### 100% secure payment

You can pay by credit card (faster) or bank transfer.



### Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

### Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

### Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:  
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:  
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:  
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.

### **Informations :**

LaRébenne - 10 rue de la Comédie - 09000 Foix - France  
Tel : + 33 (0)5 61 65 20 93 - [contact@larebenne.com](mailto:contact@larebenne.com) - [www.larebenne.com](http://www.larebenne.com)  
Immatriculation tourisme : IM 038100057