DATA SHEET - RN06

Cycling the Vélodyssée from La Rochelle to Arcachon
Discover the Atlantic Coast by bike!

8 days and 7 nights, including 7 days of cycling

Level: 4/5



Starting from the famous port of La Rochelle, set off to discover one of the most beautiful sections of the Vélodyssée cycle route. Your journey takes you to Rochefort, the royal city nestled in a bend of the Charente River, before continuing through the renowned oyster farms of Marennes.
Between peaceful cycle paths and fragrant pine forests, you make your way to Royan and then the Médoc, before crossing the Gironde Estuary. The landscapes of the Aquitaine coast then unfold before you, with wild beaches, endless pine woods and charming seaside resorts accompanying every stage of your ride.
Your journey comes to an end on the shores of the Bassin d'Arcachon, an exceptional natural setting where you can take the time to fully enjoy its unique landscapes, relaxed atmosphere and many treasures.

Strengths

- Starting from the famous port of La Rochelle
- Between pine forests and peaceful cycle paths

- Your journey ends on the shores of the Arcachon Bay

SCHEDULE

Day 1 : Arrival in La Rochelle :

Depending on your arrival time in La Rochelle, take the opportunity to explore this charming maritime city. Wander through its historic streets, discover its medieval heritage and admire the remains of its former fortifications, including the city walls that once surrounded La Rochelle before being destroyed in 1628 on the orders of Cardinal Richelieu.
La Rochelle is also home to the largest marina on the Atlantic coast, the Port des Minimes, with 3,600 berths. You can then settle into your hotel for a relaxing first night before beginning your cycling adventure.

Day 2 : La Rochelle to 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 Chatellaillon - 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.

Day 3 : Rochefort to Marennes : 40 km

Leave Rochefort by following the right bank of the Charente River. To reach the opposite shore, you can cross aboard the famous Rochefort Transporter Bridge, an unforgettable experience that takes you back in time. In just 4½ minutes, the suspended gondola carries you across the river while offering unique views over the Charente.
Crossings operate every 10 to 15 minutes on demand, with no advance booking required. Tickets can be purchased at the visitor centre on the Rochefort side (€2.10 one way), or online if you prefer to save time.
Your route then follows a former railway line before joining a pleasant towpath alongside the canal. You continue cycling through peaceful marshlands, a protected natural habitat where a wide variety of bird species can be observed.
Today's ride ends in Marennes, the oyster capital of the region, where you can discover the unique oyster farms and maritime landscapes that have made this area famous.

Day 4 : Marennes to Royan : 47 km

Today's ride takes you through the iconic landscapes of the Charente coastline, passing oyster farms, salt marshes and the banks of the Seudre Estuary. Gradually, the scenery gives way to rolling sand dunes, vast pine forests and long sandy beaches. You pass the striking Coubre Lighthouse, standing proudly at the edge of the Côte Sauvage, before reaching the popular seaside resort of La Palmyre. Following the Atlantic coast, a few gentle climbs add variety to the route as you continue to Royan, where you can stroll along the lively seafront and admire its elegant Belle Époque villas.

Day 5 : Royan to Hourtin (crossing the Gironde Estuary) : 54 km

Before leaving Royan, take some time to explore this elegant seaside resort, largely rebuilt in the 1950s and now renowned for its remarkable modern architectural heritage.
You then board the ferry to cross the Gironde Estuary and reach Pointe de Grave (tickets not included). Taking a bicycle on board is free of charge. The crossing takes approximately 30 minutes, and we recommend arriving 30 minutes before departure. Once back on land, stop in Soulac-sur-Mer to admire the Basilica of Notre-Dame-de-la-Fin-des-Terres, a magnificent 12th-century Romanesque church. From there, simply follow the long cycle paths through the Landes pine forests to reach Hourtin-Plage, surrounded by peaceful and unspoilt natural landscapes.

Day 6 : Hourtin to Lacanau-Océan : 48 km

Today’s stage follows the famous Lighthouse Route, taking you through fragrant pine forests and along the Atlantic coastline. A few gentle climbs add variety to the ride before you return to the peaceful cycle paths of the coast.
You continue as close as possible to the ocean towards Lacanau-Océan, a seaside resort founded in 1905. Famous for its vast beaches and impressive waves, it has become one of Europe’s most renowned surfing destinations. A regular stop on the world surfing championship circuit and home to the oldest surf school in Europe, Lacanau is the perfect place to discover the thrill of riding the waves… why not give it a try?

Day 7 : Lacanau-Océan to Arès or 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.

Day 8 : From Arès or Lège-Cap-Ferret to Arcachon : 49 km

For this final stage, you set off to discover the treasures of the Arcachon Bay. Along the way, you will pass through several charming villages around the Bay. Take the opportunity to stop and explore their oyster-farming ports, enjoy some fresh local oysters, or simply take a break and soak up the atmosphere.
In Andernos, you can walk along the longest pier in France (232 m) and enjoy a peaceful moment overlooking the Bay.
You then continue your route along the former disused railway line that once connected Lacanau to Arcachon. Your journey takes you through the Teich Ornithological Park, a remarkable natural site where cyclists are asked to ride slowly in order to preserve the tranquillity of the area.
You will then reach Gujan-Mestras, the true oyster capital of Arcachon Bay, with its charming oyster-farming harbour. Finally, you follow the shores of the Bay and the Prés Salés salt marshes before gently arriving in Arcachon, where you can enjoy its elegant and welcoming atmosphere.
End of the trip in Arcachon.

TRAVEL CONDITIONS

Attendees :

From two people.

Formalities :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Accommodation :

Self-guided package with luggage transfer and accommodation in 2- or 3-star hotels and guesthouses.
Enjoy comfortable nights in rooms for two or three people, in guesthouses or two- or three-star hotels. We have carefully selected these accommodations for the quality of their welcome and comfort, their charm, and their proximity to the route. Bed linen and towels are provided, and each room has a private bathroom.

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
How to get there:

- By car: La Rochelle is easily accessible via the French motorway network.
- By train: Arrival at La Rochelle train station.
- By plane: Fly into Bordeaux Airport, then continue your journey by train to La Rochelle.

Food :

The package includes accommodation with breakfast each morning.
Lunches and dinners are not included, giving you the freedom to choose where and what to eat at each stop along the way. There are plenty of tempting opportunities to enjoy gourmet cuisine and discover the local flavours.

RATES

Version hotels Sélection	
Registration for 2 people	1065€
Registration for 3 people	1060€
Registration for 4 people	1050€
Registration for 6 people	995€

The price includes :

- accommodation in double, twin-bedded or triple rooms
- breakfasts
- transport of one piece of luggage per person, up to a maximum of 15 kg
- tourist taxes
- access to our smartphone navigation app
- a personalised roadbook in PDF format
- the monitoring of your booking file via your My La Rébenne account
- complete organisation and logistics of your trip
- 24/7 telephone assistance

The price does not include :

- transport to the starting point and from the arrival point
- picnics
- dinners
- drinks and personal expenses
- rental bikes and accessories
- visits not included in the programme
- insurance (assistance, repatriation, cancellation)
- any item not mentioned in the section “The price includes”

For the trip along the Vélodyssée, from La Rochelle to Arcachon (ref. RN06), the boat ticket from Arcachon to Le Cap Ferret (payable only on board and not available for advance booking) is not included.

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
+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 - www.larebenne.com
Immatriculation tourisme : IM 038100057