LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RN22

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

Level: 4/5



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 !

Strengths

- 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

SCHEDULE

Day 1 : Arrival in Nantes :

Free 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.
Hotel (B&B)

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.
Hotel (B&B)

Day 3 : From St Brévin to Bouin : 67 km

Possibility to take an inland shortcut for a reduction of 13km.

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.
Hotel (B&B)

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.
Hotel (B&B)

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.
Hotel (B&B)

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'Aguillon.
Hotel (B&B)

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.
Hotel (B&B)

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!

TRAVEL CONDITIONS

Luggage :

Travel light – we'll take care of the rest!
Drop off your luggage before setting off in the morning; it will be waiting for you at your next stop. You'll only need to carry what you need for the day and your picnic. Luggage is transported by vehicle. Please allow one bag per person, weighing no more than 15 kg. One important detail: each bag must be labelled.

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.

Departure and meeting point :

Arrival in Nantes (44)
How to get there:
By car: A11 or A83 motorways
By train: Gare SNCF De Nantes
By plane: Nantes Atlantique airport and airport shuttle to the city center.

Difficulty level :

LEVEL: 2.5/3
You have a good physical condition and regularly practice cycling over long distances. Stages from 51.5 to 63 km per day.
Very good pavement of bike paths, roads with low traffic. No elevation gain.

Food :

There's no need to diet during your stay! This is the perfect opportunity to sample the local cuisine. During your stay, you will enjoy an overnight stay with breakfast included.

Accommodation :

Stay in comfortable rooms for two to three people in hotels or guest houses, with breakfast included. Sheets and towels are provided. We have selected our accommodation for the quality of the welcome and comfort it offers. To enjoy it, please book as soon as possible.

RATES

Version hotels Sélection	
Registration for 2 people	995€
Registration for 3 people	980€
Registration for 4 people	960€
Registration for 6 people	940€

The price does not include :

Transport to the starting point and from the finishing point
Picnics
Dinners
Drinks and personal expenses
Bicycles
Personal cycling equipment (helmets, gloves)
Visits not included in the programme
Insurance (assistance, repatriation, cancellation)
Any item not mentioned in the 'Price includes' section

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
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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 :

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