

# ATLANTIC COAST

## Highlights

Cycle through nature  
reserve idyllic countryside,  
swimming in the sea,  
picturesque fishing villages,  
La Corderie Royale,  
Oyster farming

FRANCE  
À VÉLO

### THE BEAUTY OF THE ATLANTIC COAST AND ISLANDS (CAT A / CAT B)

The Atlantic coast is a paradise for cyclists. You will discover the fantastic coast and its marvelous sandy beaches, and ride along cycle paths through quiet pine forests. This is a charming region full of history and wonderful landmarks along the Atlantic Ocean.

#### DIFFICULTY

●○○○

#### KM

282

#### LENGTH

8 days  
7 nights

#### ARRIVAL

Saturdays  
20.03. - 31.10.21

### Day 1 La Rochelle

Arrival in La Rochelle. You will stay in a nice hotel in the heart of the town centre. Take your time to enjoy the city.



### Day 2 Baie de l'Aiguillon 47 km

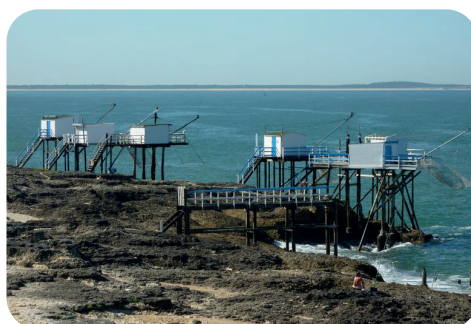
Situated North from La Rochelle, the Baie de l'Aiguillon is a graceful link between mainland and ocean. Your itinerary, along the white coast is flat and beautiful. The Baie de l'Aiguillon is famous for its mussel farms. You will have the opportunity to visit one of them: the interesting Maison de la Myticulture.

### Day 3 Baie de Chatelaillon 42 km

You leave La Rochelle towards the south on a pleasant cycling path along the coast. Enjoy the wonderful scenery of the Chatelaillon beach. After a walk in the charming town centre with its tiny streets, you can jump into the sea or just relax at the beach. Back to La Rochelle by small country roads and via Châteaux de Buzay.

### Day 4 Ile de Ré 57 km

You start the day by cycling across the impressive bridge to the Ile de Ré. You continue through the lovely fisherman's villages of Rivedoux and La Flotte with their colourful markets.



You follow the cycle path to reach Saint Martin, and you have many opportunities to stop for a swim along the coast.

### Day 5 La Rochelle - Rochefort 52 km

It's time to leave La Rochelle for another great town: Rochefort. In 1666, Louis XIV chose to establish a military dockyard. Today, you ride along the coast and you will see the former prison "Fort Boyard", and the island Ile d'Oléron from far.

### Day 6 Rochefort - Marennes 38 km

Marennes is one of the most famous Oyster farming centres in France, situated on a wide protected natural reserve. On your way, you can enjoy the birds that are enjoying this part of the coast. This idyllic day ends in Marennes.

### Day 7 Marennes - Royan 46 km

You will leave Marennes along a quiet cycle path and will arrive in a pine forest overlooking the sea. Do not forget your swimsuit! Your ride follows an enjoyable cycle path along the rocky coast to Royan. This final day will be dominated by the varied and colourful landscapes.

### Day 8 Departure

Transfer to La Rochelle after Breakfast.

## BOOKING INFORMATION

Category B: Accommodation in 3\* Hotels  
Category A: Accommodation in 4\* Hotels

On request arrival is possible on Fridays & Sundays

### SELF-GUIDED CYCLING TOUR



### ROUTE CHARACTERISTICS

- Mainly on cycling paths, quiet secondary roads, always asphalted, very few traffic on the streets

### SERVICE INCLUDED

- 7 nights in 3-4-Stars-Hotels
- Daily breakfast
- Personal welcome meeting
- Transfer Royan - La Rochelle
- Daily luggage transfer
- Route book, maps and information material
- 24 h Service Hotline
- GPS-Tracks on demand

### PER PERSON

#### DOUBLE ROOM

DBL B&B Cat B / Cat A*	866 € / 1030 €
DBL half-board Cat B / Cat A	1161 € / 1325 €

#### EXTRA NIGHT IN DBL

La Rochelle Cat B / Cat A	61 € / 90 €
La Rochelle High Season B / A	67 € / 102 €
Royan Cat B / Cat A	94 € / 112 €
Royan High Season B / A	117 € / 145 €

#### SINGLE ROOM

SGL B&B Cat B / Cat A*	1208 € / 1473 €
SGL half-board Cat B / Cat A	1503 € / 1768 €

#### EXTRA NIGHT IN SGL

La Rochelle Cat B / Cat A	105 € / 155 €
La Rochelle High Season B / A	119 € / 160 €
Royan Cat B / Cat A	149 € / 184 €
Royan High Season B / A	181 € / 218 €

#### BIKE RENTAL

21-Gear-Hybrid bike	100 €
E-Bike (250 € Deposit)	200 €

\*July/August extra  
Cat B / Cat A DBL: 82 / 81 € SGL: 127 € / 123 €

### POSSIBLE OPTIONS

- 4-Course-Dinner (Option half-board)
- Bike rental
- Helmet rental
- GPS navigation device