



# Atlantic Coast I: Nantes - La Rochelle

FROM NANTES TO LA ROCHELLE.

Following Vélodyssée routes, experience the wild beauty of seaside landscapes: huge beaches, giant dunes, large salt marshlands and pine forests ... always with the Ocean as a backdrop. Charming fishing ports and sweet seaside resorts will punctuate your journey.

- Get all information and many more tour tips for our [cycle tours in Brittany](#).

## Challenging



8 Days / 7 Nights



Self-guided Tour



Minimum participants: 2

## To the online version



# Itinerary

DAY  
1

## *Arrival in Nantes*

Discover the charms and secrets of this Art & History city settled on the Loire river banks: its magnificent houses in the old districts, its cathedral and its Ducs de Bretagne chateau.

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DAY  
2

## *Nantes – Saint-Brévin- les- Pins* | approx. 60 km

This first bike stage will allow you to reach the Loire river estuary with its calm and wild landscapes, between marshlands and countryside ... before breathing salty and fresh sea air in Saint Brévin les Pins. Enjoy the beautiful beaches.

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DAY  
3

## *Saint-Brévin- les- Pins – Bouin* | approx. 55 km

Discover the "oyster capital" of the Vendée area, former island now protected by dikes and polders, and unique in France. Observe the salt marshland workers and don't forget to taste some oysters at Port du Bec, enjoying the view over Noirmoutier island.

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DAY  
4

## *Bouin – Saint- Jean-de-Monts* | approx. 55 km

Follow the cycling paths through dunes and forests, and admire the 20th century villas all along the way. After the small loop on the Noirmoutier island, a beautiful fine white sand beach is waiting for you at Saint Jean de Monts.

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DAY  
5

## *Saint- Jean- de- Monts – Les Sables d' Olonne* | approx. 55 km

Between Sion and St-Gilles-Croix-de-Vie, ride along the picturesque rocks of 'Cinq-Piteaux' and 'Trou du Diable'. Discover the old fishing port of St-Hilaire-de-Riez before reaching the famous 'Vendée Globe' race departure town: Les Sables d'Olonne. There you can taste seafood products such as the well-known 'sablaise' sardine.

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DAY  
6*Les Sables d'Olonne – La-Tranche-sur-Mer*

approx. 45 km

On the first part of this stage, you will ride close to the sea, from beaches to rocky creeks... before riding along the Payré estuary with its astonishing and contrasting colours. Leave your bike for a while to have a swim on one of the nice beaches such as Conche beach, before reaching La-Tranche-sur-Mer, a famous seaside resort dedicated to board sports.

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DAY  
7*La-Tranche-sur-Mer – La Rochelle*

approx. 75 km

Cycle through the dry part of the 'Marais Poitevin' and follow the 'Voies Vertes' cycling paths to enter the village of Marans. Have a look at the church and its surprising bell tower made of glass and metal. Continue to La Rochelle with its old towers, remains from the old defensive walls. You will enjoy the charms of the old city bathed with warm and sweet lights.

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DAY  
8*Departure or extension*

# Tour character

You cycle mainly on well-developed cycle paths, partially there are also segments on grit ways. The stages are generally hilly, with several climbs on stages 2 and 5.



# Prices and events

*Place of arrival: Nantes*

	<b>Season 1</b> 01.03.2022 - 30.06.2022   01.09.2022 - 31.10.2022   daily arrival	<b>Season 2</b> 01.07.2022 - 31.08.2022   daily arrival
<b>Atlantic Coast I, 8 days, cat. A, FR-ATRNL-08A</b>		
Base price	1,299.00	1,369.00
Surcharge half board	325.00	325.00
Surcharge single room	739.00	739.00
<b>Atlantic Coast I, 8 days, cat. B, FR-ATRNL-08B</b>		
Base price	1,039.00	1,099.00
Surcharge half board	265.00	265.00
Surcharge single room	459.00	459.00

Category A: 3\*\*\* and 4\*\*\*\* hotels (French classification)

Category B: 2\*\* and 3\*\*\* hotels (French classification)

# Additional nights

*Place of arrival: Nantes*

	<b>Season 1</b> Mar 1, 2022 - Jun 30, 2022   Sep 1, 2022 - Oct 31, 2022   daily arrival	<b>Season 2</b> Jul 1, 2022 - Aug 31, 2022   daily arrival
<b>Nantes</b>		
Double room p. P. cat. A	89.00	89.00
Surcharge single room	79.00	79.00
<b>La Rochelle</b>		

	<b>Season 1</b> Mar 1, 2022 - Jun 30, 2022   Sep 1, 2022 - Oct 31, 2022   daily arrival	<b>Season 2</b> Jul 1, 2022 - Aug 31, 2022   daily arrival
Double room p. P. cat. A	12900	14900
Surcharge single room	9900	12500
<b>Nantes</b>		
Double room p. P. cat. B	6900	6900
Surcharge single room	4900	4900
<b>La Rochelle</b>		
Double room p. P. cat.B	7500	7900
Surcharge single room	5500	5500

## Our rental bikes

*Filter*

<b>Rental bike 21-gear</b>	12900
<b>E-Bike</b>	21900

Prices per person in EUR

# Services and infos

## Services

### Included:

- Accommodation in your selected category
- Breakfast
- Luggage transfer
- Detailed travel documents 1x per room (German, English, French)
- Service hotline
- Tourist tax

### Optional extras:

- Half-board evening meal (mostly multi-course, sometimes outside the property, payable with voucher)
- Return transfer by minibus to Nantes, price on request

## Infos

### Arrival / Parking / Departure:

- Nantes train station
- Nantes airport
- Public multi-storey car park "Talensac" in Nantes costs approx. EUR 8 / day
- Good train connections from La Rochelle to Nantes

### Things to note:

- Further important information according to the package travel law can be found [here!](#)

# Contact & booking

Do you still have questions about the tour? We are happy to help and look forward to your inquiry.



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**Book now**

