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# 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. 45 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-Pintaux' 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. 70 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> 15.06.2023 - 30.06.2023   01.09.2023 - 08.09.2023   Arrival daily	<b>Season 2</b> 01.07.2023 - 31.08.2023   Arrival daily	<b>Season 3</b> 01.03.2023 - 14.06.2023   09.09.2023 - 31.10.2023   Arrival daily
<b>Atlantic Coast I, 8 days,cat. A, FR-ATRNL-08A</b>			
Base price	1,349.00	1,439.00	1,539.00
Surcharge single room	799.00	799.00	799.00
<b>Atlantic Coast I, 8 days, cat. B, FR-ATRNL-08B</b>			
Base price	1,099.00	1,159.00	1,189.00
Surcharge single room	529.00	529.00	529.00

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> Jun 15, 2023 - Jun 30, 2023   Sep 1, 2023 - Sep 8, 2023   Arrival daily	<b>Season 2</b> Jul 1, 2023 - Aug 31, 2023   Arrival daily	<b>Season 3</b> Mar 1, 2023 - Jun 14, 2023   Sep 9, 2023 - Oct 31, 2023   Arrival daily
<b>Nantes</b>			
Double room p. P. cat. A	99.00	99.00	99.00
Surcharge single room	89.00	89.00	89.00
<b>La Rochelle</b>			
Double room p. P. cat. A	139.00	139.00	165.00

	<b>Season 1</b> Jun 15, 2023 - Jun 30, 2023   Sep 1, 2023 - Sep 8, 2023   Arrival daily	<b>Season 2</b> Jul 1, 2023 - Aug 31, 2023   Arrival daily	<b>Season 3</b> Mar 1, 2023 - Jun 14, 2023   Sep 9, 2023 - Oct 31, 2023   Arrival daily
Surcharge single room	109.00	109.00	139.00
<b>Nantes</b>			
Double room p. P. cat. B	69.00	69.00	69.00
Surcharge single room	55.00	55.00	55.00
<b>La Rochelle</b>			
Double room p. P. cat.B	79.00	79.00	79.00
Surcharge single room	65.00	65.00	65.00

Our rental bikes

	<i>Filter</i>
Rental bike 21-gear	155.00
E-Bike	275.00

Prices per person in EUR

# *Services and infos*

## Services

### Included:

- Accommodation in your selected category
- Breakfast
- Luggage transfer (1 piece of luggage per person with max. 20 kg)
- Detailed travel documents 1x per room (German, English, French)
- Service hotline
- Tourist tax

## Infos

### Arrival / Parking / Departure:

- Nantes train station
- Nantes airport
- 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.



**Elena Ferri, Travel specialist**



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**Book now**

