

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 (DELUXE)

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

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KM

271

LENGTH

8 days
7 nights

ARRIVAL

Daily

14.03 - 31.10.2026

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 - La Tremblade 35 km

Idyllic cycling on the way from Rochefort to your next accommodation in La Tremblade. Possibility to stop in Marennes - 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.

Day 7 La Tremblade - Royan 37 km

After leaving La Tremblade you 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 by cab to La Rochelle after breakfast.

SELF-GUIDED CYCLING TOUR



ROUTE CHARACTERISTICS

Mostly on cycling paths, quiet side roads, always asphalted, very little traffic on the roads.

SERVICES INCLUDED

- 5 nights in 4 stars hotels
2 nights in 3 stars hotels
- Daily breakfast
- Welcome talk
- Private cab transfer Royan - La Rochelle (day 8)
- Daily luggage transfer
- Delivery and return of rental bikes
- Itinerary on our app
- Route book, maps and information material
- 7/7 Service Hotline

ROOM (PER PERSON)

• MEDIUM SEASON (14.03- 15.06 / 16.09 - 31.10)	
with B&B DBLE / SGL	1290 € / 1885 €
EXTRA NIGHT	
La Rochelle DBLE / SGL	99 € / 183 €
Rochefort DBLE / SGL	111 € / 199 €
Ronce les Bains DBLE / SGL	99 € / 173 €
Royan DBLE / SGL (sea view)	117 € / 216 €

• IN HIGH SEASON (16.06 to 15.09)	
with B&B DBLE / SGL	1370 € / 2005 €
EXTRA NIGHT	
La Rochelle DBLE / SGL	102 € / 189 €
Rochefort DBLE / SGL	104 € / 200 €
Ronce les Bains DBLE / SGL	114 € / 215 €
Royan DBLE / SGL (sea view)	145 € / 246 €

BIKE RENTAL	
21/27-Gear- Hybrid bike	185 €
E-Bike (250 € Deposit)	290 €

City tax is not included and has to be paid on the spot.

POSSIBLE OPTIONS

- Rental of bikes, helmets, phone holder
- Transfer Royan - Bordeaux : 320 € (day/week) / 470 € (evenings, Sundays, holidays)
- Solo traveller supplement: 156 €