

ATLANTIC COAST

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



THE BEAUTY OF THE ATLANTIC COAST AND ISLANDS (ECO)

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	LENGTH	ARRIVAL
●○○○	287	8 days 7 nights	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 Mytilculture.

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 - Bourcefranc 41 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 Bourcefranc.

Day 7 Bourcefranc - Royan 47 km

You will leave Bourcefranc 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 by train to La Rochelle after breakfast.



SELF-GUIDED CYCLING TOUR



ROUTE CHARACTERISTICS

Mainly on cycling paths, quiet secondary roads, always asphalted, very little traffic on the streets.

SERVICES INCLUDED

- 1 night in a 3 stars hotel
- 6 nights in 2 stars hotels
- Daily breakfast
- Welcome talk
- Transfer by train Royan - La Rochelle (day 8)
- Delivery and return of rental bikes
- Daily luggage transfer
- Itinerary on our app
- Route book, maps and information material
- 7/7 Service Hotline

PER PERSON

ROOM

- **MEDIUM SEASON (14.03 - 14.06 / 16.09 - 31.10)**

with B&B DBLE / SGL 885 € / 1295 €

EXTRA NIGHT

La Rochelle DBLE / SGL 72 € / 126 €
Bourcefranc DBLE / SGL 66 € / 121 €
Royan DBLE / SGL 75 € / 150 €

- **IN HIGH SEASON (15.06 to 15.09)**

with B&B DBLE / SGL 920 € / 1350 €

EXTRA NIGHT

La Rochelle DBLE / SGL 75 € / 130 €
Bourcefranc DBLE / SGL 75 € / 135 €
Royan DBLE / SGL 75 € / 150 €

BIKE RENTAL

21/27-Gear- Hybrid bike 180 €
E-Bike (250 € Deposit) 280 €

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: 220 €