



FOR CYCLING-LOVING CLIENTS WHO LIKE FRESH AIR

☀️ 4 DAYS 📍🚲 195 KM

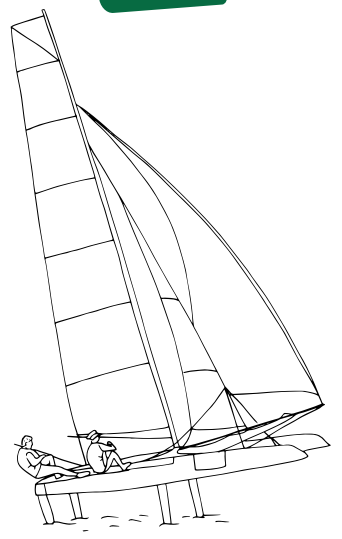
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# ALONG THE ATLANTIC COAST WITH LA VÉLODYSSÉE

Highlights of the trip:

- The creative city of Nantes and Les Machines de l'Île
- The saltmarshes
- The Island of Noirmoutier
- The local gastronomy (seafood, sardines, etc)

Saint-Hilaire-de-Riez, Atlantic Coast



## Day 1

🚲 65 KM



💡  
La Vélodyssée  
is the French portion  
of Atlantic Coast Route  
EuroVelo1, connecting  
Norway to Portugal

### Morning | Nantes to Le Pellerin

Arrive at Nantes airport or train station.

**Discover the Nantes-Saint Nazaire Estuary exhibition**, a collection of 33 artworks.

**Lunch in Le Pellerin in one of the local restaurants**, next to the local ferry and by the docks.

### Afternoon | Le Pellerin to Saint-Brevin-les-Pins

**Enjoy the atmosphere of the village of Paimboeuf and its little port.**

**Cycle along the Loire River** which flows into the Atlantic Ocean. Enjoy the view of Saint-Nazaire bridge, the longest one in France! Reach the final point of the mythical Loire by Bike itinerary.

**Dinner at “Le Cap” restaurant** in Saint-Brevin-les-Pins.

**Night at the 3\* Hotel Spa du Beryl**, facing the Ocean.

## Day 2

🚲 75 KM

Possibility to skip  
the stage in Pornic

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When in Saint-  
Brevin-Les-Pins,  
don't miss  
the Sea snake artwork  
in the water



### Morning | Saint-Brevin-les-Pins to Pornic

**Cycle along the sandy beaches at Saint-Brevin-les-Pins** and up to Pornic. Admire the still inhabited chateau facing the ocean and overlooking the port.

**Lunch at restaurant Marius** in Pornic.

### Afternoon | Pornic to Bouin

**Take the time to cycle in the Gourmalon district in Pornic** and admire the Belle Epoque villas.

After Les Moutiers, you cycle across the Breton marshes and enjoy beautiful views over the Baie de Bourgneuf.

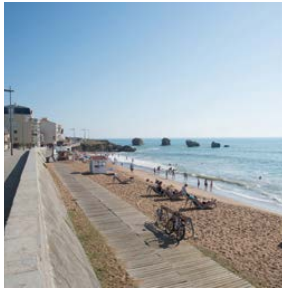
**Dinner and night at the 3\* hotel Domaine le Martinet** in Bouin.

## Day 3

🚲 55 KM



La Velodyssée itinerary is 1,200km long: 70% of the route is traffic-free.



### Morning | Bouin to La Barre-de-Monts

**Cycle through the marshes.** Don't forget to stop at the picturesque Port du Bec and enjoy a plate of oysters.

**Discover the Daviaud eco-museum** to learn more about the Breton Marshes preserved natural area.

**Lunch in a local restaurant in Fromentine.**

### Afternoon | Fromentine to Saint-Jean-de-Monts

**Cycle Saint-Jean-de-Monts through the Pays de Monts forest and the pine trees.**

**Dinner and night at 3\* hotel L'Espadon.**

> *Alternative: 3\* hotel Le Robinson in Saint-Jean-de-Monts*

*(Option: you can add a day and visit the Island of Noirmoutier: Bouin / Noirmoutier en l'île (Overnight stay) / Saint-Jean-de-Monts. When crossing the Gois passage, be sure to check the tide schedule as the road is submersible. At low tide, you can cycle across the bay. At high tide, take the bridge from La-Barre-de-Monts).*

## Day 4

🚲 55 KM



L'île Penotte in Les Sables d'Olonne is a district famous for its seashell mosaics



### Morning | Saint-Jean-de-Monts to Saint-Gilles-Croix-de-Vie

**Cycle along the ocean** and admire the sandy beaches giving way to the rocky Vendée coast. Stop by the fishing harbour of Saint-Gilles, famous for its sardines.

**Lunch in Saint-Gilles-Croix-de-Vie at La Cotriade restaurant.**

### Afternoon | Saint-Gilles-Croix-de-Vie to Les Sables-d'Olonne

**Keep cycling along the coast** and then through marshes and forests in the Olonne region. Les Sables-d'Olonne is known worldwide for the Vendée Globe, the solo non-stop yacht race around the world without assistance.

**Dinner and night at the 4\* Atlantic Hotel & Spa hotel in Les Sables.**

> *Alternative : 3\* Arc en Ciel Hotel and Spa*

Depart from Les Sables-d'Olonne TGV train station

*(To cycle down to La Rochelle: add another 2 days: Les Sables-La Tranche: 45 km + La Tranche-La Rochelle: 73km) La Rochelle : end of La Vélo Francette itinerary*

## CONTACTS OF SUPPLIERS

**3\* Hotel Spa du Beryl, Saint-Brevin-les-Pins**  
s.delrous@joa.fr

**3\* Hotel Domaine le Martinet, Bouin**  
contact@domaine-lemartinet.com

**3\* Hotel L'Espadon, Saint-Jean-de-Monts**  
info@hotel-espadon.com

**4\* Atlantic Hotel & Spa, Les Sables-d'Olonne**  
info@atlantichotel.fr

These selected accommodations bear the "Accueil Vélo" logo



# INTERESTED IN CYCLING TOURISM?

PLEASE FIND BELOW ADDITIONAL SUGGESTIONS IN ATLANTIC LOIRE VALLEY

- **The Accueil Vélo logo**

690 places bear the Accueil Vélo logo in Atlantic Loire Valley. Located within 5 km of a cycle route, they provide visiting cyclists with facilities such as secure bike shelters and repair kits, etc. and they offer practical advice and service along with a warm welcome. Services include cycling circuits, weather info, luggage transfer, laundry services (washing and drying), bike and accessory hire, bike wash, etc.



- **Bike rental**

Paulette Bike: One agency in Nantes (next to the train station)  
[www.paulette.bike/en](http://www.paulette.bike/en)  
Bicybags  
[www.bicybags.com](http://www.bicybags.com)  
Détours de Loire:  
[www.locationdevelos.com](http://www.locationdevelos.com)

- **Specialised incoming agencies – DMCs**

Rando Vélo:  
[www.biking-france.com](http://www.biking-france.com)  
A Bicyclette Voyage:  
[www.abicyclette-voyages.com](http://www.abicyclette-voyages.com)  
Le Vélo Voyageur:  
[www.levelovoyageur.com](http://www.levelovoyageur.com)  
Safran Tours  
[www.safrantours.com](http://www.safrantours.com)

- **On the Velodyssée - a 3-day-journey along the Nantes to Brest Canal (Nantes to Redon: 105 km)**

Take a deep breath of fresh air on your bike for a bucolic getaway with your better half. Sail along the Nantes to Brest Canal to relax and unwind in the glorious countryside! From Redon to Nantes, discover a rolling and tree-lined route ideal for escapism! The great thing about this route is that 85% of it is off-road, so you'll have the countryside all to yourselves!

- **Vélocéan - just north of the Loire estuary**

, the route alternates between seafront and hinterland over 80 km from Saint-Nazaire to Piriac-sur-Mer. Discover the unique landscapes and historical heritage of the coast. You can take in small rocky creeks and large sandy beaches, and cross famous seaside resorts such as La Baule & Pornichet. Then you will make your way over the salt marshes and discover the charm of small towns like Piriac-sur-Mer.

- Explore the **2 Vendée islands of Yeu and Noirmoutier by bike**. A 7-day itinerary (each stage from 20 to 75 km) that will allow you to discover this part of the Atlantic, from the large seaside resorts to the picturesque oyster ports. With DMC Parenthèse Océan Voyages.

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**For more details: [b2b@solutions-eco.fr](mailto:b2b@solutions-eco.fr)**