

ATLANTIC COAST



ISLAND WORLDS, DUNES AND A FINE WINE

Who can resist such a perfect cycling destination? On picturesque paths, the island of Ile de Ré and Ile d'Oléron, the forest area of La Coubre offer a true natural paradise. Small fishing villages, salt pans, picture-book beach landscapes and the southern sun are your companions on this varied cycle tour. The Medoc is also a highlight thanks to its famous wines and lovely landscape.

LEVEL



KM

298

DURATION

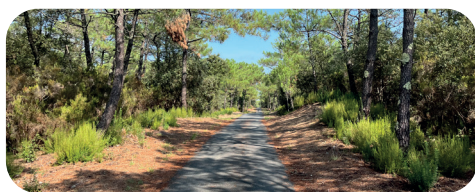
8 Days
7 Nights

TRAVEL DATES

20.07 – 27.07.2025
07.09 – 14.09.2025

Day 1

Travel to La Rochelle in the Charente Maritime on your own. The stylish 3-star hotel, a former city palace, is located right in the center of La Rochelle. Welcome drink and off to the first French dinner.



Day 2 Ile de Ré 43 km

Today is the first cycling expedition to the island of Ré. The crossing over the bridge alone is an unforgettable experience. The cycle route leads through the picturesque fishing villages of Rivedoux and La Flotte, with a short stop at the colorful market, to the lively port town of Saint Martin.

After a picnic lunch, you cycle through the salt marshes to Ars en Ré with its curious church tower. The bird sanctuary with viewing stands and many inviting bathing beaches also enrich the day before the stage ends at the far end of the island at the "Phare des Baleines" lighthouse. A relaxing end to the first day of cycling over dinner.

Day 3 Ile de Oléron 65 km

Another island is the Ile d'Oléron, the second largest island in France. An even higher bridge spans the Atlantic. The ride to the mighty citadel "Le Château-d'Oléron" and the oyster road is interesting. After just a short cycle, we stop for an oyster tasting. Of course, the dry white wine is a must. The nature reserve with its salt marshes is also a must-see, as are the dune forest with the offshore Fort Boyard and the Chaisiron lighthouse at the tip of the island. If you still have the energy at the end of the stage, you can climb up the steps to the lighthouse to enjoy an interesting view from here. The return journey is then by bus back to La Rochelle. An evening stroll through the romantic alleyways of La Rochelle after dinner is the order of the day.



Day 4 La Rochelle 55 km

La Rochelle is visited in the morning. The port city was established in 1666 within a few years as a royal naval base at the mouth of the Charente. Some impressive witnesses, such as the naval arsenal, the grocery store and the dry docks, can still be seen today. Visit the medieval ramparts at the entrance to the port. The beautiful town hall of La Rochelle, its picturesque alleyways and, above all, the market hall with its daily market activity are not left out. The tour then continues out of La Rochelle, along the harbor basin and the newly built marina with up to 3000 berths.



Drive along the south coast of La Rochelle. It goes through the villa district and along the coast with wonderful views of the Atlantic. It is certainly worth taking binoculars with you today, as you can see the island of Ile d Aix and Fort Boyard from afar. The birdlife in this area is also worth a closer look.



Once again, not too much was promised! A great trip

Katrin & Ralph



Day 5 Estuary of the Gironde 46 km

Transfer to Royan. Check into your room at the Belle Epoque Hotel and set off on a cycle tour along the banks of the Gironde. A fantastic tour with wonderful views, first from the Corniche de Pontailac of bays, beaches and the colorful fishing stalls, the "carrelets". Simply magnificent. The rock dwellings of Meschers, dug into the white limestone, provided shelter for pirates and fleeing Protestants before they became the homes of fishermen and workers in the 19th century. Some of them were already inhabited in the Stone Age. After the visit, return to Royan. Like La Rochelle, Royan invites you to take a stroll after dinner. Spoil for choice: the beach promenade or the many small alleyways with new and old beautifully laid out villas.



Relaxed cycling through the flatlands of the vineyards. Here and there a château pops up and wine connoisseurs are sure to recognize the names St Estèphe, Château Margaux and Château Mouton. Awe-inspiring cycling through the noble vineyards before stopping for a wine tasting! An exhilarating return journey by bus to the boat landing stage and crossing to Royan.

Day 7 Royan - La Coubre - Saint Palais - Royan 47 km

8000 ha of woodland is available for today's cycling day! The "Forêt domaniale de la Coubre" forest is made up of green oaks and pines and serves to stabilize the dunes. Today's cycle day leads partly through this green area on beautifully laid out cycle paths. A highlight is the "Phare de la Coubre" lighthouse with 60 meters of elevation gain and only 300 steps! Courage! The reward is an unforgettable panorama. Then continue on to Saint Palais with fantastic views and on to Royan. On the way, picnic on the beach with a swim.

Day 8 Departure



Day 6 Through the Médoc 55 km

Today you will first travel by boat across the impressive estuary of the Gironde. The widest point between the two banks is almost 10 km. Once the boat has docked, the crossing takes around 40 minutes, and after a short transfer you will cycle to the famous wine-growing region of the Médoc "Entre-les-Mers". It is located between the Atlantic Ocean on one side and the Gironde on the other.



GUIDED BIKE TOUR



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INCLUDED SERVICES

- 5 nights in a 4-star hotel
- 2 nights in a 3-star hotel
- Daily breakfast buffet
- 4-course menu in the evening
- 6 lunch picnics with regional specialties incl. drinks
- Qualified tour guide during the entire trip
- Ile de Ré bridge toll
- Boat passage across the Gironde
- All transfers mentioned
- All entrance fees
- 1 wine tasting in the Médoc
- Spa and local taxes

PER PERSON

ROOM

DBLE/DU/WC/VP	1462 €
SGL/DU/WC/VP	1840 €

BIKE RENTAL

21/27-Gear- Hybrid bike	90 €
E-Bike (250 € Deposit)	170 €

