

# Grenoble / Vinay

## La Belle Via



**Départ**  
Grenoble

**Arrivée**  
Vinay

**Durée**  
3 h 15 min

**Distance**  
39,27 Km

**Niveau**  
I begin / Family

**Thématique**  
Canals & intimate rivers

Grenoble, a city surrounded by the great mountain ranges of the Belledonne, Chartreuse, Oisans and Vercors, offers a wonderful quality of life, plus all sorts of possibilities for exhilarating outdoor activities in different seasons. Leaving town by bike, you follow a peaceful, shaded greenway taking you through unspoilt parts, with impressive views of the Isère River and rocky cliffs rising far above it. As you ride along the wooded levées alongside the Isère, you can see islands where many species of birds nest. Plus, there's a culinary reward for cyclists, as you continue through the largest walnut groves in Europe. Le Grand Séchoir, a museum dedicated to walnuts, is where this stage ends, a perfect spot to fill up on the local omega-3-rich nuts, available in all manner of forms.

## The Route

This La Belle Via stage begins with a greenway running for some 35km alongside the Isère River, making use of old towpaths. It doesn't present cyclists with any particular difficulties, being flat and safely laid out all the way along. Near Saint-Gervais, this greenway comes to an end, at the level of a bridge marked by a barrier. At the bridge, turn right and continue for 6km along a steep stretch; the first 500m lead you along a cycle track on a busy road, while afterwards, the road you follow only has light traffic. From Saint Gervais to Vinay, the route makes you climb. If you're not a seasoned cyclist, we strongly recommend using an e-bike.

## Practical information

### Tourist offices

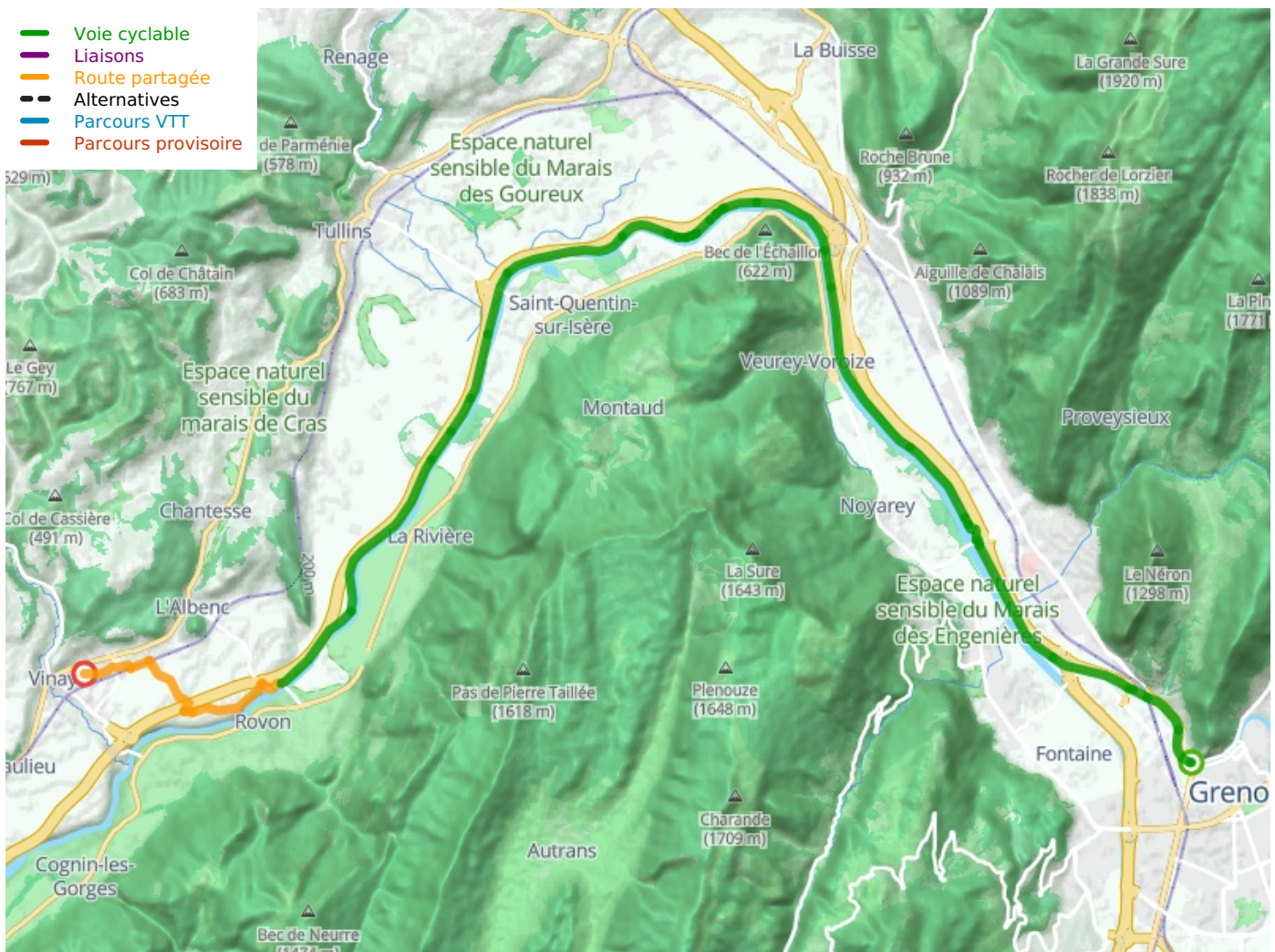
- [Office de Tourisme Grenoble Alpes](#), 14 rue de la République 38000 Grenoble - 04 76 42 41 41
- [Relais d'informations touristiques - Le Grand Séchoir](#) - Maison du Pays de la noix 705 Rte de Grenoble, 38470 Vinay - 04 76 36 36 10

### SNCF train services

- Stations: Grenoble, Saint Egrève, Voreppe, Moirans, Tullins, Poliéνας, Vinay

### Don't miss

- **Grenoble**: for its many activities and possibilities (the cable car taking you to Fort de la Bastille; the city's many museums; the medieval Saint Laurent Quarter sandwiched between Isère River and cliffs; the tourist train; Parc Mistral, one of the main city parks; and much more)
- **Tullins**: the church of Saint-Laurent des Prés; the Domaine de St Jean de Chépy (an historic estate promoting art and nature)
- **St-Quentin-sur-Isère**: Distillerie Charles Meunier
- **Les étangs**: the walnut orchards and views of the Isère Valley and Vercors mountain range
- **Vinay**: walnut products and local crafts, notably at Le Grand Séchoir



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