

Châteauneuf-sur-Charente / Cognac

La Flow Vélo

Départ Châteauneuf-sur-Charente	Arrivée Cognac
Durée 1 h 33 min	Distance 34,34 Km
Niveau I begin / Family	Thématique Canals & intimate rivers, Nature & small heritage

Taking you through the heart of the Charentais vineyards, La Flow Vélo zigzags between river and vineyards. The neat lines of cognac-making vines contrast with the wild islands in the Charente. A detour to Jarnac is very much worth while. Producing cognac spirit made the town's fame, added to by the fact that François Mitterrand (French President from 1981 to 1995) was born here. On Quai de l'Orangerie, picture how boats were once filled with cognac barrels before sailing down the Charente. Further on, after a big meander in the river, the town of Cognac itself comes into view, full of history and heritage. Break your journey here and visit some famous cognac-makers, sampling the refined local spirit.

The route

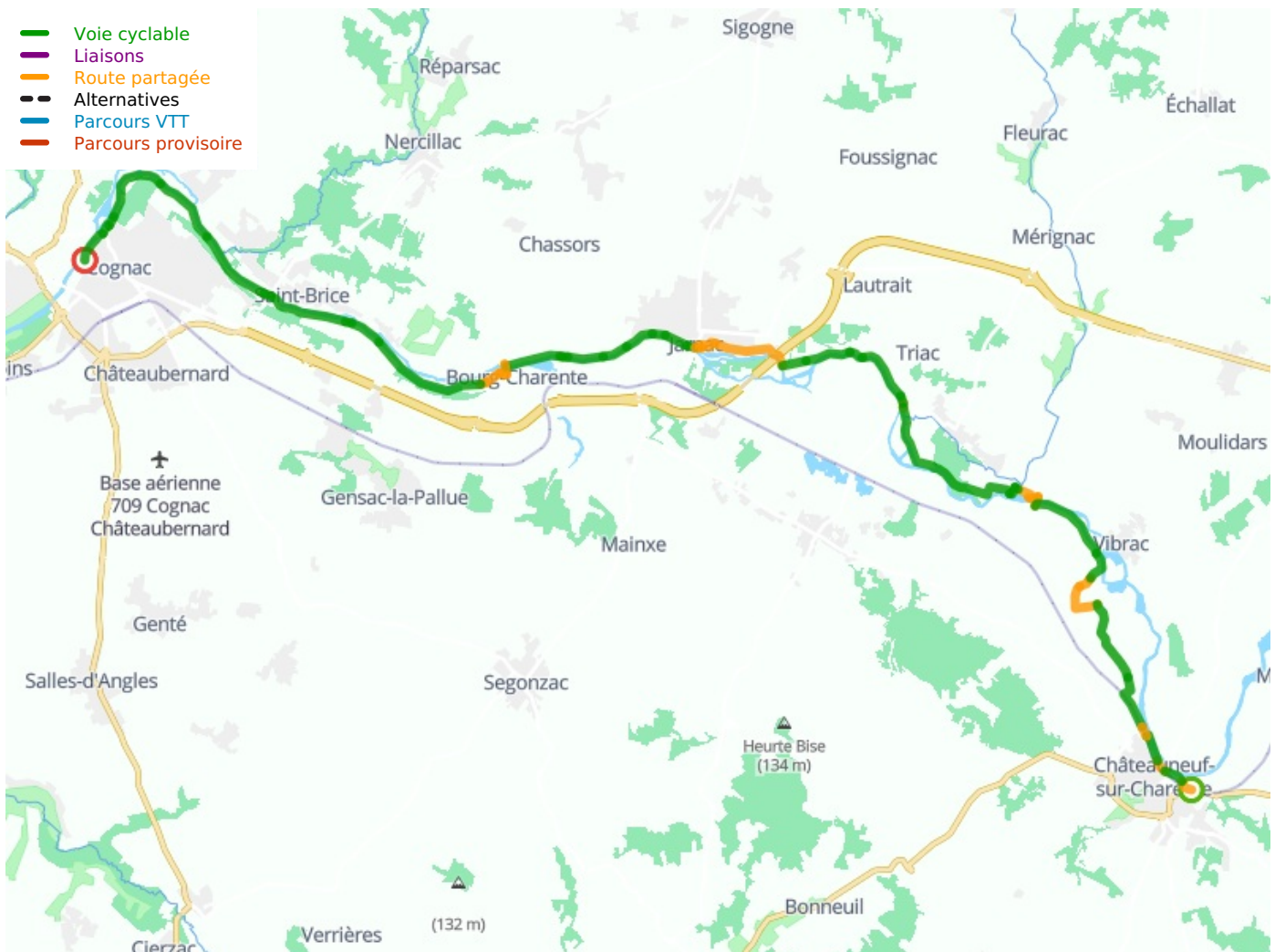
La Flow Vélo alternates between stretches on roughly surfaced greenways beside the Charente and very quiet, small country roads. There are no particular difficulties along this stage, a delight for families. There's just one slope, after Bourg-Charente. For the time being, until further development, the route passes several hundred metres from Jarnac, but it is easy to reach that town's centre safely.

Train stations

- Châteauneuf-sur-Charente, Jarnac and Cognac
- Regional train line (TER) Angoulême - Châteauneuf-sur-Charente - Jarnac - Cognac - Saintes - Saujon - Royan
- Train connection at Saintes for La Rochelle, Bordeaux
- Train connection at Angoulême for Bordeaux, Poitiers, Tours, Paris

Don't miss

- **Châteauneuf-sur-Charente** : Le Bain des Dames - Bases de loisirs, les îles de la fuie, L'église
- **Angeac-Charente**: paleontological site, one of the largest dinosaur deposits in Europe
- **Saint Simon**: the house of the gabarriers, the walls of the gabarriers, the church with the only ex-voto in Charente
- **Bassac**: The abbey
- **Jarnac**: François Mitterrand's birthplace, François Mitterrand museum, Saint Pierre church
- **Bourg Charente**: Romanesque church, nursery museum
- **Saint Brice**: Chatres Abbey, Dolmen
- **Cognac**: L'espace découverte du pays de Cognac, Musée des arts du Cognac, Musée d'art et d'histoire, Musée des Arts du Cognac, La Cognacthèque, Hôtel de ville gardens, Parc François 1er, maisons de négoce



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