

# Cognac / Saintes

## La Flow Vélo

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**Départ**  
Cognac

**Arrivée**  
Saintes

**Durée**  
2 h 35 min

**Distance**  
38,20 Km

**Niveau**  
I begin / Family

**Thématique**  
Canals & intimate rivers

Riding off along the town of Cognac's quays makes for a fine start to the next stage of La Flow Vélo. Along this bucolic stretch, you'll encounter several tributaries of the Charente River heading for the town of Saintes. Little chain-operated ferries enable you to cross the waters at Rouffiac and Chaniers in a fun way, plus there are simple riverside inns (guinguettes) to enjoy. The cycle route continues on through riverside flood meadows to Saintes, a place boasting 2,000 years of history for you to explore. Wandering around the streets on foot is the best way to take in the many sights of this deeply historic town going back to Gallo-Roman times.

### The route

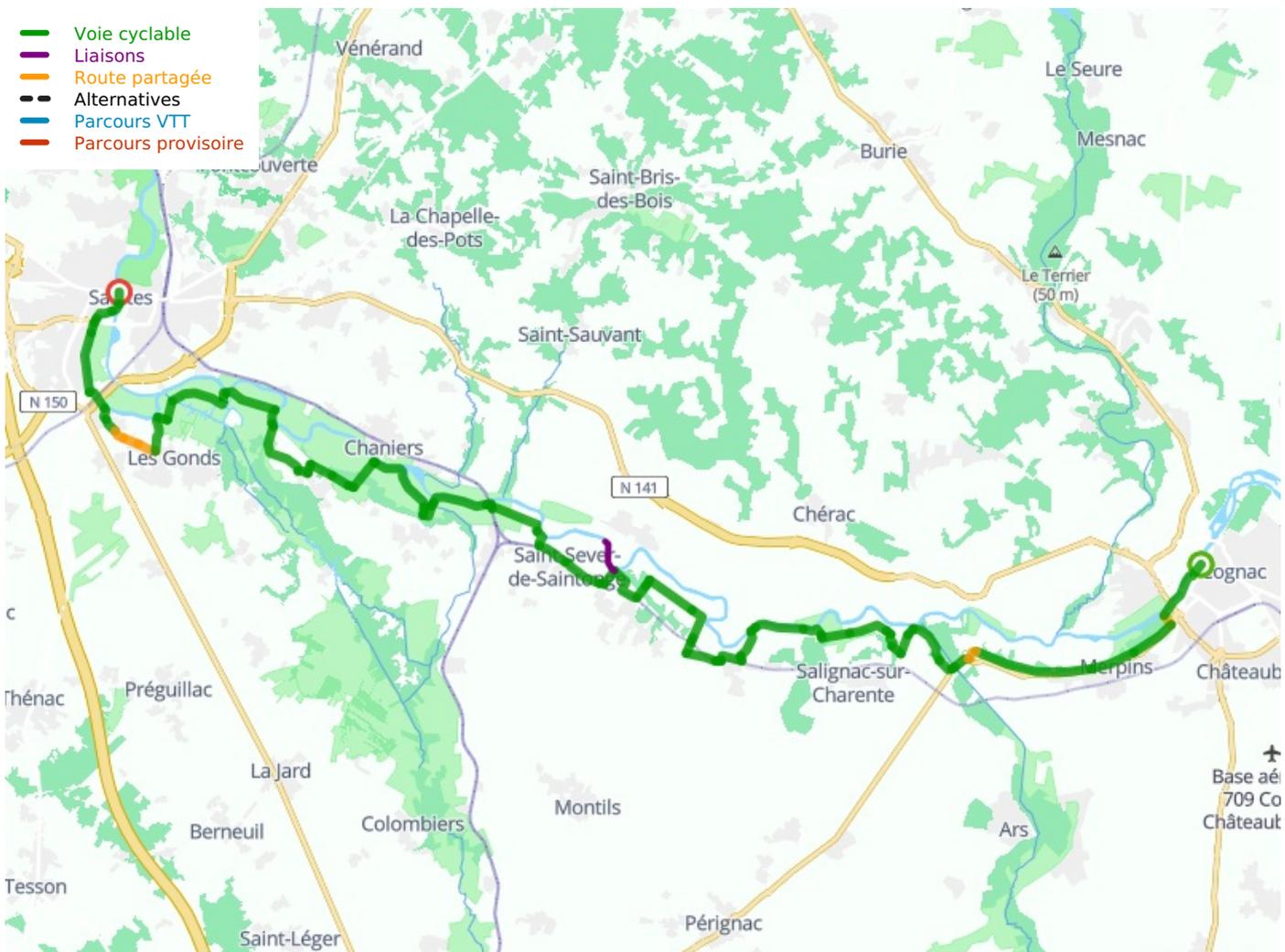
No particular difficulties along this stage of La Flow Vélo. There's a mix of small roads and stretches on towpaths, a delight for cyclists. The way is perfect for pottering along by bike; and relish the river crossings via little chain-operated ferries. Take care after Les Gonds, up to the entrance to Saintes, where you need to follow the 'Chaucidou' - on this narrow road, there are restrictions for motorized traffic, while riders keep to the coloured band reserved for cyclists. From the footbridge over the Né, signposting is mainly on wooden markers.

### Train stations

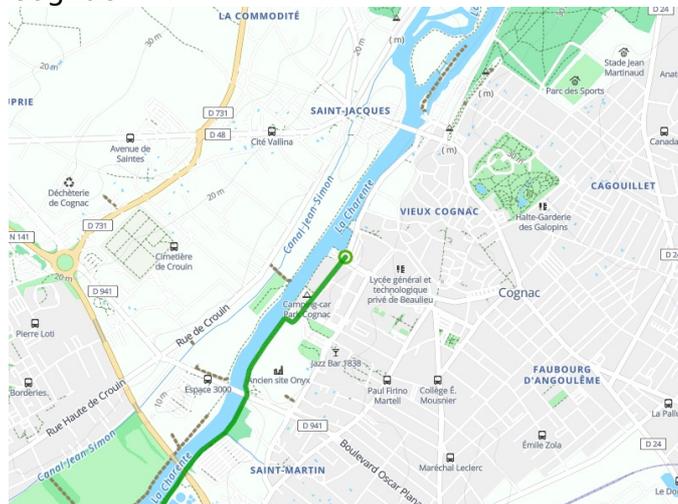
- Cognac and Saintes
- Regional train line (TER) Angoulême - Châteauneuf-sur-Charente - Jarnac - Cognac - Saintes - Saujon - Royan
- Regional train line (TER) and Intercitys for La Rochelle, Rochefort, Bordeaux, Niort

### Don't miss

- **Cognac:** L'espace découverte du pays de Cognac, Le musée des arts du Cognac, Le musée d'art et d'histoire, Le musée des Arts du Cognac, La Cognacthèque, Hôtel de ville gardens, Parc François 1er, wine merchants' houses
- **Salignac sur Charente :** Port du Lys
- **Rouffiac and Chaniers:** Chain ferries across the Charente,
- **Saintes:** Germanicus arch, Gallo-Roman amphitheatre, Saint-Eutrope church, Abbey aux Dames - la cité musicale, Charente river promenade, Saint Pierre cathedral, Musée de l'échevinage, Musée archéologique, Musée Dupuy-Mestreau



**Départ  
Cognac**



**Arrivée  
Saintes**

