

# Rochefort / Fouras / Ile d'Aix

## La Flow Vélo



**Départ**  
Saintes

**Arrivée**  
Saint-Savinien

**Durée**  
1 h 46 min

**Distance**  
25,38 Km

**Niveau**  
I begin / Family

**Thématique**  
Canals & intimate rivers

Escape Rochefort's arsenal for the last stage of La Flow Vélo, the sea's influence increasingly evident. The route hugs the final few kilometres of the Charente River, with a unique crossing via a transporter bridge, one of the few still in use in France. You continue beside wetlands before the Atlantic comes into view. Pedal along the final stretch to Fouras to the rhythm of the ocean waves. Extend your adventure to nearby Aix Island, taking your bike on the ferry, arriving on a little crescent of land dotted with whitewashed houses, beautified by hollyhocks... plus you can enjoy fabulous views of the Charente Estuary and Fort Boyard, an island prison turned sensational TV show setting.

### The route

The last stage of La Flow Vélo is easy, taking you from Rochefort along a mix of tracks and roads. There is a portion where you ride beside the RD137 main road to reach Saint-Laurent-de-la-Prée. At St Laurent, you shift from a bumpy track beside wetlands onto a small road. After St Laurent, the route guides you along quiet roads and through the resort of Fouras. You reach the sea and the ferry for Île d'Aix via well-surfaced stretches.

### SNCF train stations

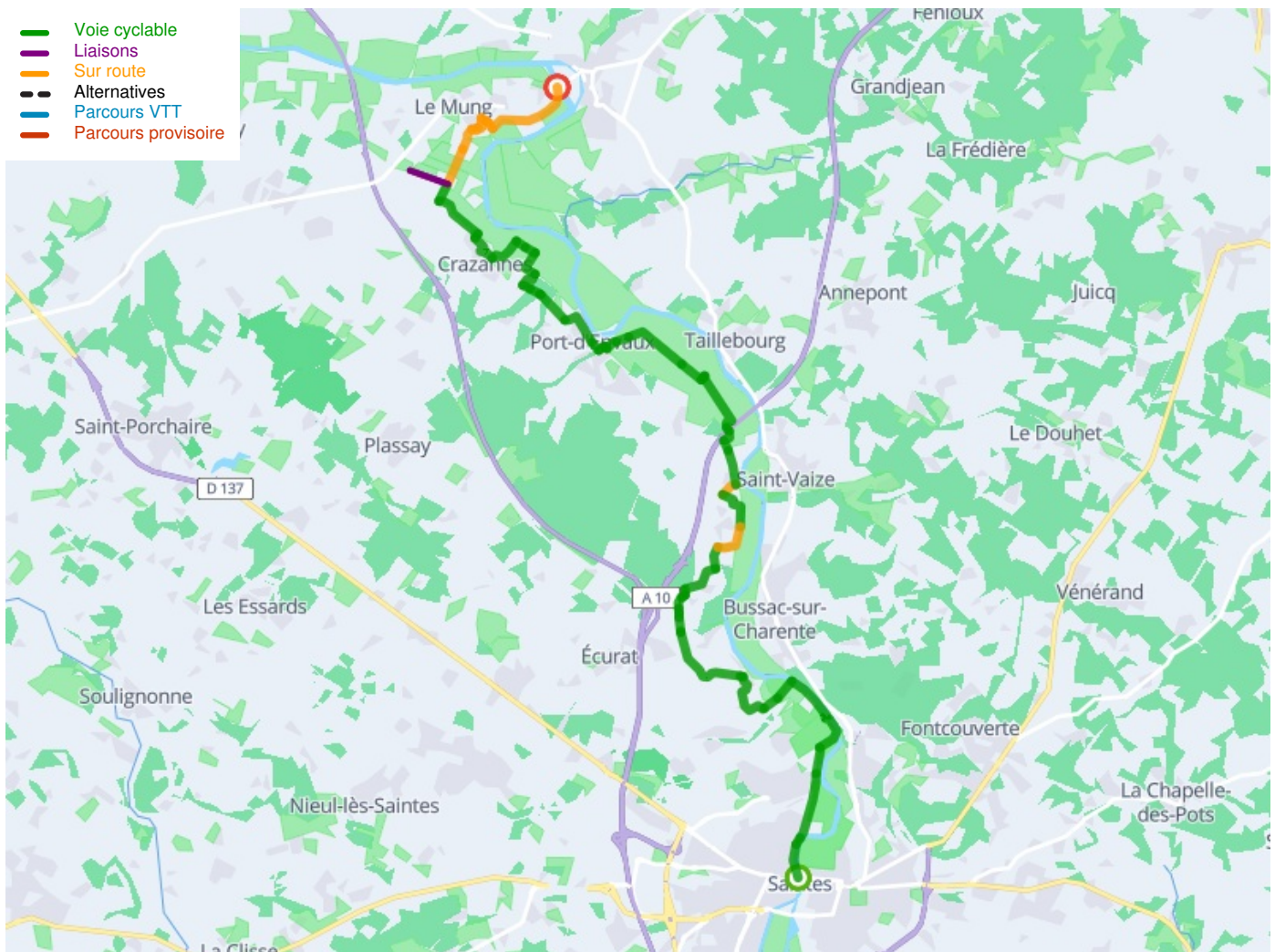
- Nearest train station in Rochefort
- TER and Intercity lines for La Rochelle, Saintes, Bordeaux
- Please note that the Intercités Bordeaux-Nantes line is interrupted for work between La Rochelle and La Roche-sur-Yon until May 2021.

### Boats

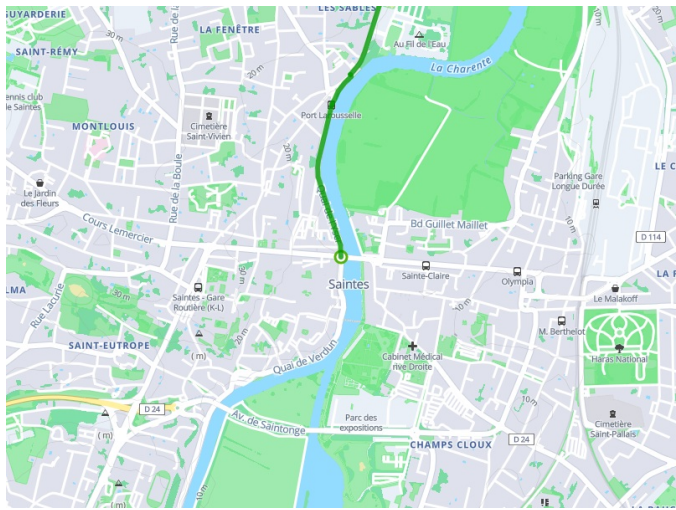
- Link Fouras - Island of Aix
- Island of Aix - La Rochelle
- Island of Aix - Island of Oleron

### Don't miss

- **Rochefort:** The Arsenal of the Seas : The Ropeway - International Centre of the Sea + The Hermione + The Mast Hook + The National Naval Museum / The former Naval Medical School, The Museum of the old trades, the Hèbre Museum - Museum of Art and History, the Begonia Conservatory, The Rochefort Ferry Bridge and its museum, the Place Colbert.
- **Fouras-Les-Bains:** Fort Vauban, La Pointe de la fumée, Fort Enet
- **Island of Aix:** Fort Liédot, The African museum, the Napoleon museum, The mother-of-pearl house



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