

# Vannes / Muzillac

## La Littorale



**Départ**  
Vannes

**Arrivée**  
Muzillac

**Durée**  
2 h 52 min

**Distance**  
38,97 Km

**Niveau**  
I cycle often

**Thématique**  
Seaside

Leaving Vannes to head for the Presqu'île de Rhuys (a wide peninsula closing off the southeastern side of the massive enclosed bay of the Golfe du Morbihan), la Littorale cycle route guides you across the Marais de Lasné, marshlands that have been designated an ornithological reserve, a perfect place to stop and observe the local wildlife. After Rhuys, our cycle route leads you on via Saint-Armel, Surzur, Ambon and Muzillac. You ride along either quiet roads with little motorized traffic or then rural tracks providing views of the hedge-divided fields of the Bocage Morbihannais. Before reaching the Marais d'Ambon (further marshlands), the cycle route runs along a former railway line (used by the Compagnie des Chemins de fer du Morbihan from 1903 to 1948) now converted into a greenway.

### The cycle route

Between Vannes and Theix-Noyal, your route alternates between cycle paths and minor roads, passing via a tunnel under the D780 road at one point. After Noyal, turn left in the direction of Muzillac to reach Surzur via farm tracks. Before Ambon, you join a greenway along a former railway line that heads on to the D20 road leading to Muzillac.

### Link

An alternative stretch of La Littorale cycle route guides you along the Presqu'île de Rhuys right up to Port-Navalo (the port at the end of this long peninsula that looks down on the narrow eastern entrance of the Atlantic into the Golfe du Morbihan), running in part beside the D780 road, in part via a series of segregated sections, and in part on roads with motorized vehicles.

### Practical information

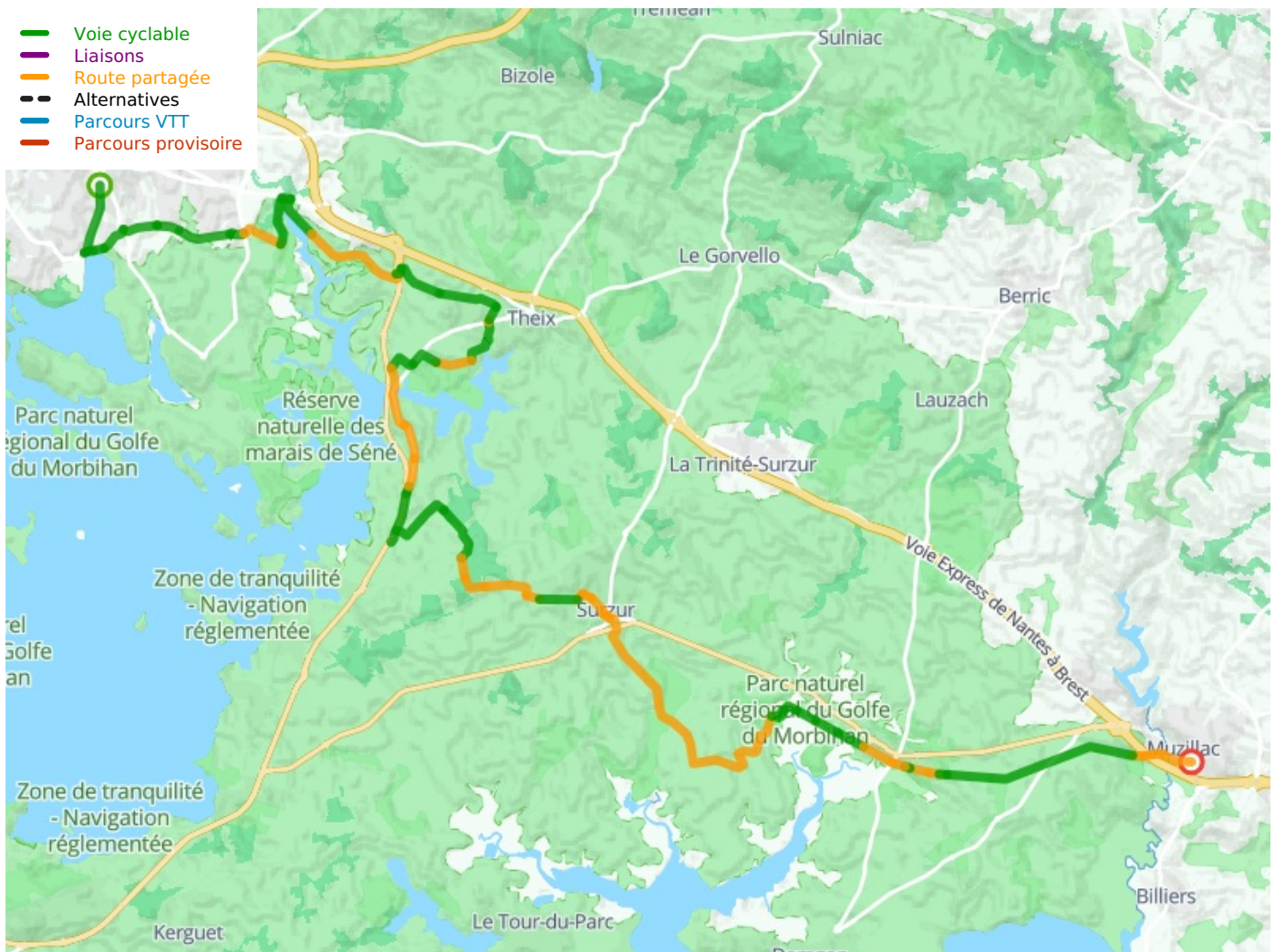
- **Golfe du Morbihan Vannes Tourisme** - Bureau de Vannes Quai Eric Tabarly 56000 Vannes - 02 97 47 24 34 <https://www.golfedumorbihan.bzh/>

### SNCF

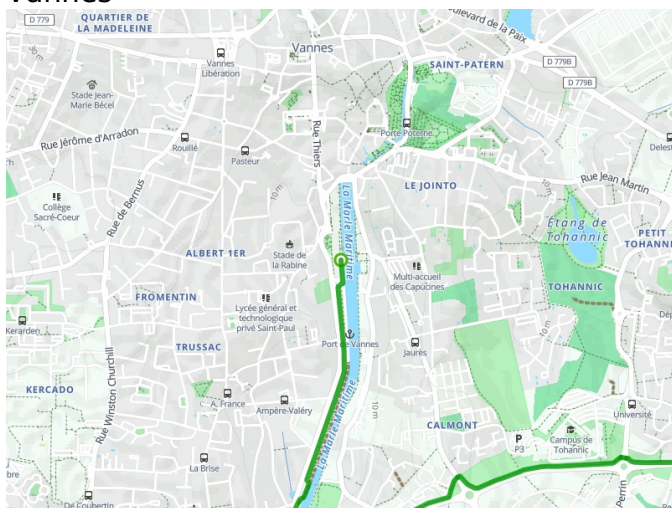
- **Vannes train station:**
  - High-speed train (TGV) Paris Montparnasse -Vannes : 3h15 (10 trains per day)
  - Regional train (TER) : Rennes and Nantes - Redon - Vannes - Lorient - Quimper

### Don't miss

- **Vannes** : designated a Ville d'Art et d'Histoire for its remarkable heritage, including its ramparts, its cathedral and its half-timbered houses; the marina just outside the city gates.
- **Marais de Lasné**: an ornithological reserve with observation posts
- **Muzillac**: Pen Mur nature site centred around a lake with an old mill.



**Départ  
Vannes**



**Arrivée  
Muzillac**

