

# Les Andelys / Poses

## La Seine à Vélo



**Départ**  
Les Andelys

**Arrivée**  
Poses

**Durée**  
1 h 58 min

**Distance**  
29,69 Km

**Niveau**  
I cycle often

**Thématique**  
Canals & intimate rivers

Leaving Les Andelys, admire the magnificent cliffs rising above the Seine. The river's winding meanders lead you to the small village of Poses, once a centre for Seine mariners, its towpath in an idyllic setting. Learn about the river boatmen's life and life along the river via the two boats-cum-museums recounting this story, via mariners' graffiti on the church walls, and via the dam here, with its Seinoscope, allowing you to view fish passing through. One meander follows another, with islands in the stream, the settings unspoilt. To relax at the end of your day, enjoy a refreshing visit to the outdoor leisure activities centre at Léry-Poses, based around lakes right beside the Seine, and to Biotropica, an animal park next door.

## The route

While awaiting the laying out of the stretch Les Andelys/Saint-Pierre-du-Vauvray as a greenway along almost the whole way (works scheduled to last from 2022 to 2024), the provisional Seine à Vélo route takes you along roads and tracks shared with motorized traffic for the time being.

Take great care crossing the bridge at Les Andelys, as the road is narrow and used by lorries. Signs have been put in place to warn lorry drivers, in an effort to make this crossing calmer for cyclists. The provisional route continues along the south bank of the Seine, on minor parish roads close to the river. In the area of Trois-Lacs (at Port-Morin/La Garenne), the exit from a quarry means you should look out for lorries along some 300m around here. Take particular care at the two crossroads. Between Trois-Lacs and Saint-Pierre-du-Vauvray, the gravel track is in a bad state of repair for some two kilometres at time of writing. The route then follows a parish road up to the footbridge at Poses, before continuing along a greenway up to the outdoor leisure park at Léry-Poses.

## SNCF train stations

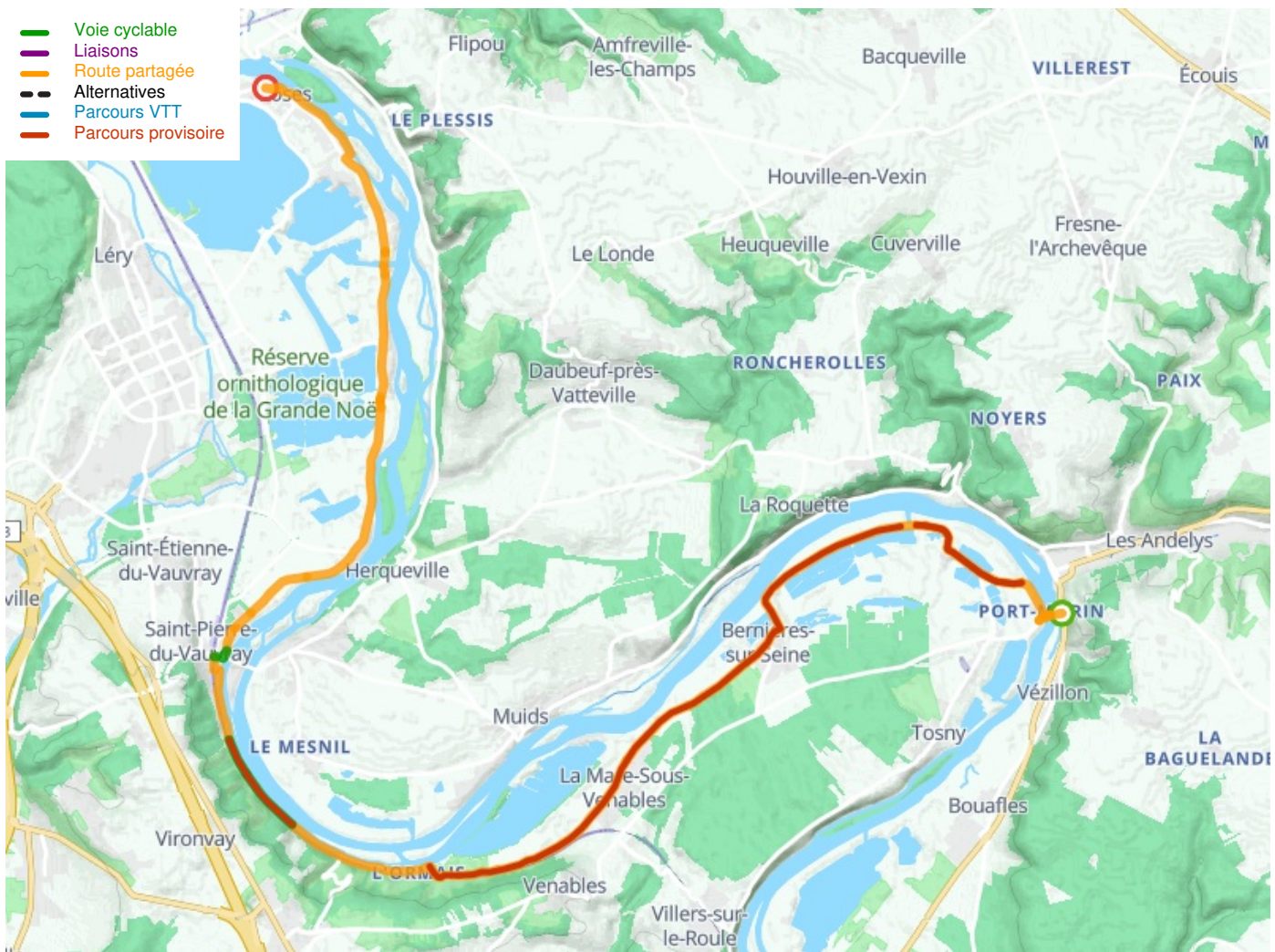
- Intercité in Val de Reuil and Gaillon-Aubevoye
- Connections to the SEMO network of the Seine Eure Conurbation to reach Louviers

## Don't miss

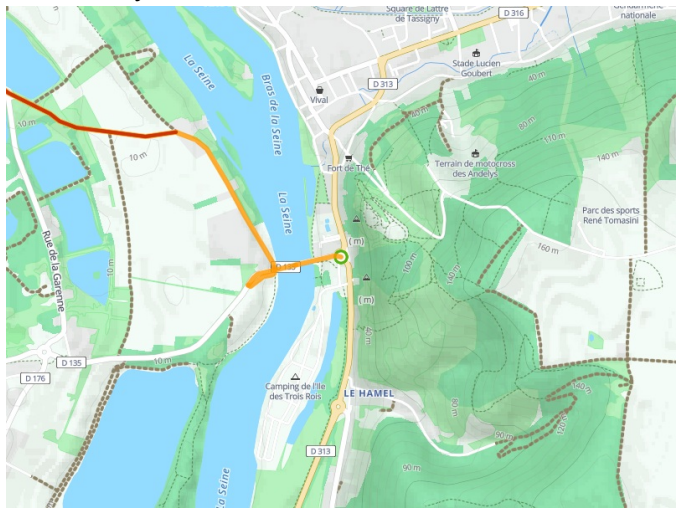
- **Base de Léry Poses:** Imagine a centre covering 1,300 hectares, 650 of them consisting of lakes, just one hour from Paris, [dedicated to outdoor leisure pursuits](#). There are three lakes in all. Les Deux Amants is all about leisure pursuits, with beaches with lifeguards, crazy golf, volleyball and boule pitches, plus places from which to head out to enjoy water sports, with canoes, pedalos and waterskiing on offer. Le Mesnil Lake is above all devoted to sports clubs and school and youth activities, including canoeing, sailing and climbing. As to La Grande Noé Lake, it's a reputed ornithological reserve, lying along an important route for migrating birds. This outdoor leisure centre is also home to an 18-hole golf course, where you can practise your swing while viewing the Seine.
- **Musée de la Batellerie:** Explore the [history of local river-trading on the Seine](#) by going on a guided tour led by passionate guides at the two boats-cum-museums. Aboard Le Fauvette, a river tug now listed as an historic monument, appreciate how life would have been when it was a working vessel, seeing inside wheelhouse, engine room and accommodation. The barge, Le Midway, retraces the history of the Seine and different

navigational techniques used through time. The river's working locks and dams and its oldest engine-driven river vessels, including steam boats, are all covered.

- **Biotropica:** At the Seine Valley's animal park, [Biotropica](#), plunge into the atmosphere of a tropical forest, along with luxuriant vegetation, in a special setting covering over 6,000m<sup>2</sup>. Spot monkeys, lorikeet parrots, piranhas and alligators, among other fascinating species. Outside, there are various trails to see the animals scattered across 10 hectares that include the pelicans' lake, the 'Australian bush' with its kangaroos, the 'African bush' with its leopards, the Asian garden with its red pandas and mischievous otters and the penguins' creek, not forgetting the miniature farm.



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