

# Caen / Thury-Harcourt

## La Vélo Francette: Normandy / Atlantic by bike



Once you've gone round Caen's marina, explore the city via its 'green lungs', notably the racecourse and a special Espace Naturel Sensible, an environmentally protected area. Continue south beside the Orne River, taking the greenway into La Suisse Normande's hills. This portion runs along a former railway line, offering an exceptionally peaceful route, a delight for nature lovers.

### The route

This stage is easy, entirely on a greenway beside the Orne River as you head south from Caen's racecourse.

### Tourist Offices

- [Caen Tourist Office](#)
- [La Suisse Normande Tourist Office](#)

### SNCF Train Services

Caen train station

Trains on the major Intercités route linking Paris Saint-Lazare - Cherbourg

Trains on the major Intercités route linking Caen - Le Mans - Tours

Regional TER trains that allow you to carry your bike on board, serving Rennes, Rouen, Saint-Lô, Coutances, Lisieux, Alençon

[www.ter.sncf.com/basse-normandie](http://www.ter.sncf.com/basse-normandie)

### Markets

**Caen:** Sunday mornings, Place Courtonne / Friday mornings, Place Saint-Sauveur

**Thury-Harcourt:** Tuesday mornings, Place de la Mairie

### Don't miss

**Caen:** the medieval charm of the Le Vaugeux Quarter with its timber-frame houses; the views across town from the castle with its fine regional museums; the Mémorial de Caen, a museum dedicated to both war and peace.

**Départ**  
Caen

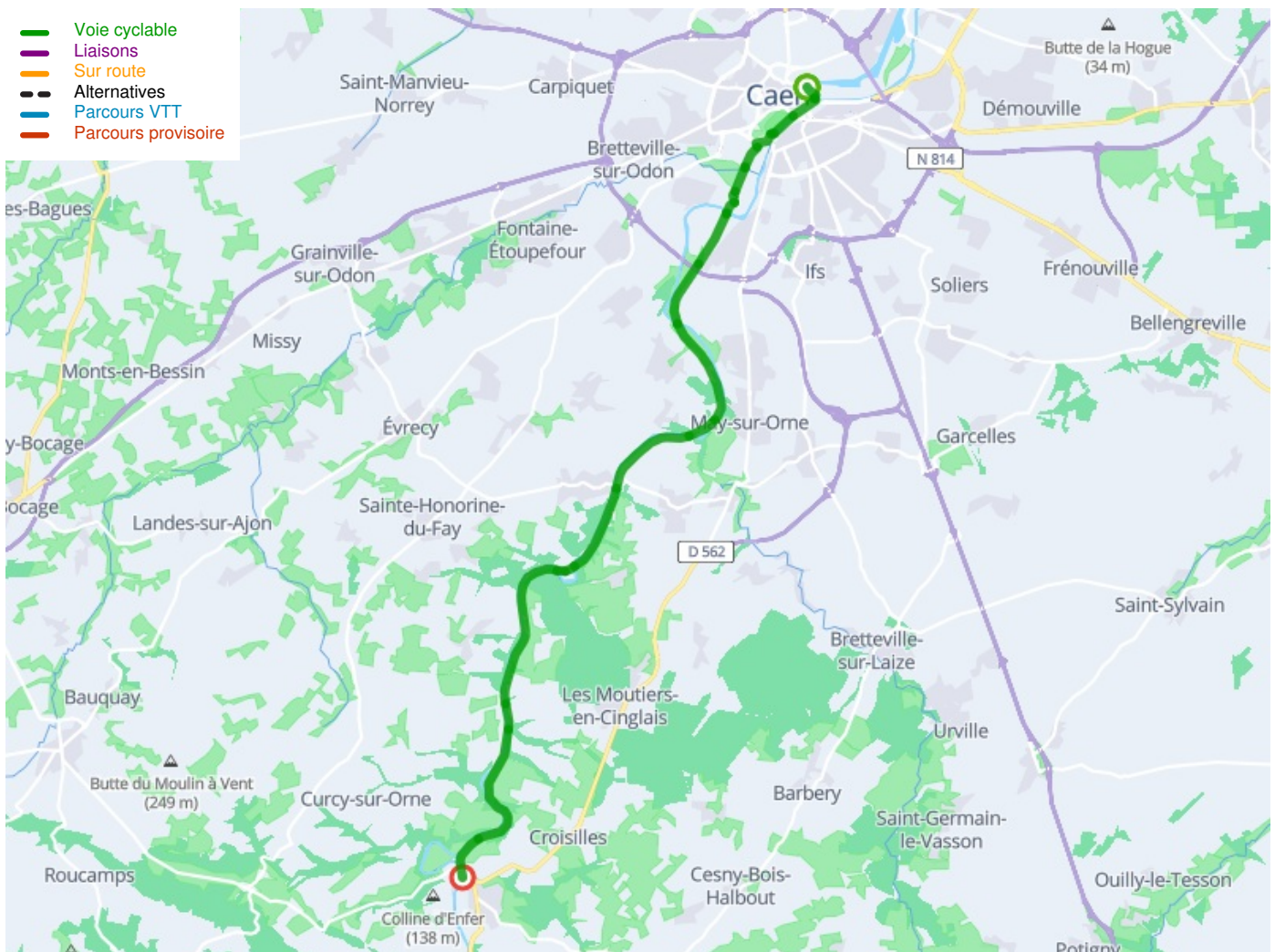
**Arrivée**  
Thury-Harcourt

**Durée**  
1 h 52 min

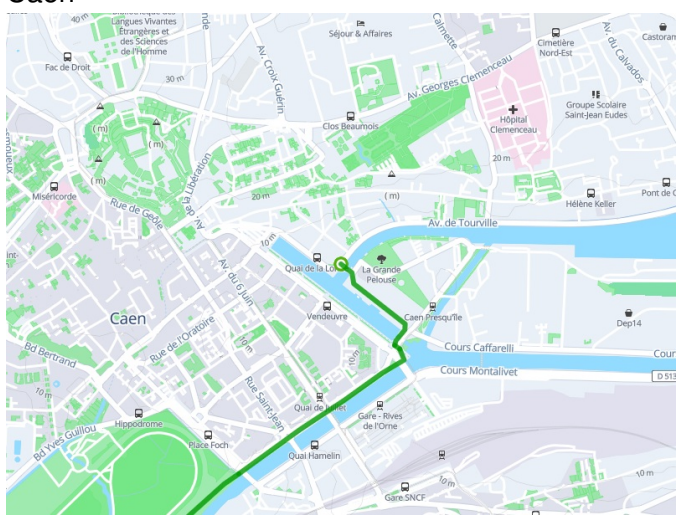
**Distance**  
28,16 Km

**Niveau**  
I cycle often

**Thématique**  
Nature & small heritage



**Départ  
Caen**



**Arrivée  
Thury-Harcourt**

