

# Blain / Nort-sur-Erdre

## La Vélodyssée, the Atlantic Cycling Route

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This is the last, very easy going and enjoyable stage of La Vélodyssée along the Nantes to Brest canal. The Bout-de-Bois Pond or the Chevallerais woods make two very timely stops for weary cyclists.

### Itinerary

Very easy going, designated cycle lanes. Careful when crossing the RD 164 and RD 16.

### Connection

Nort-sur-Erdre, by the Quiheix Lock. After 1 km, follow signposts left towards Poupinière. A footbridge takes you across the Grande Douve. Cross through agricultural farmland then take small lanes until you reach Nort-sur-Erdre.

**Départ**  
Blain

**Arrivée**  
Nort-sur-Erdre

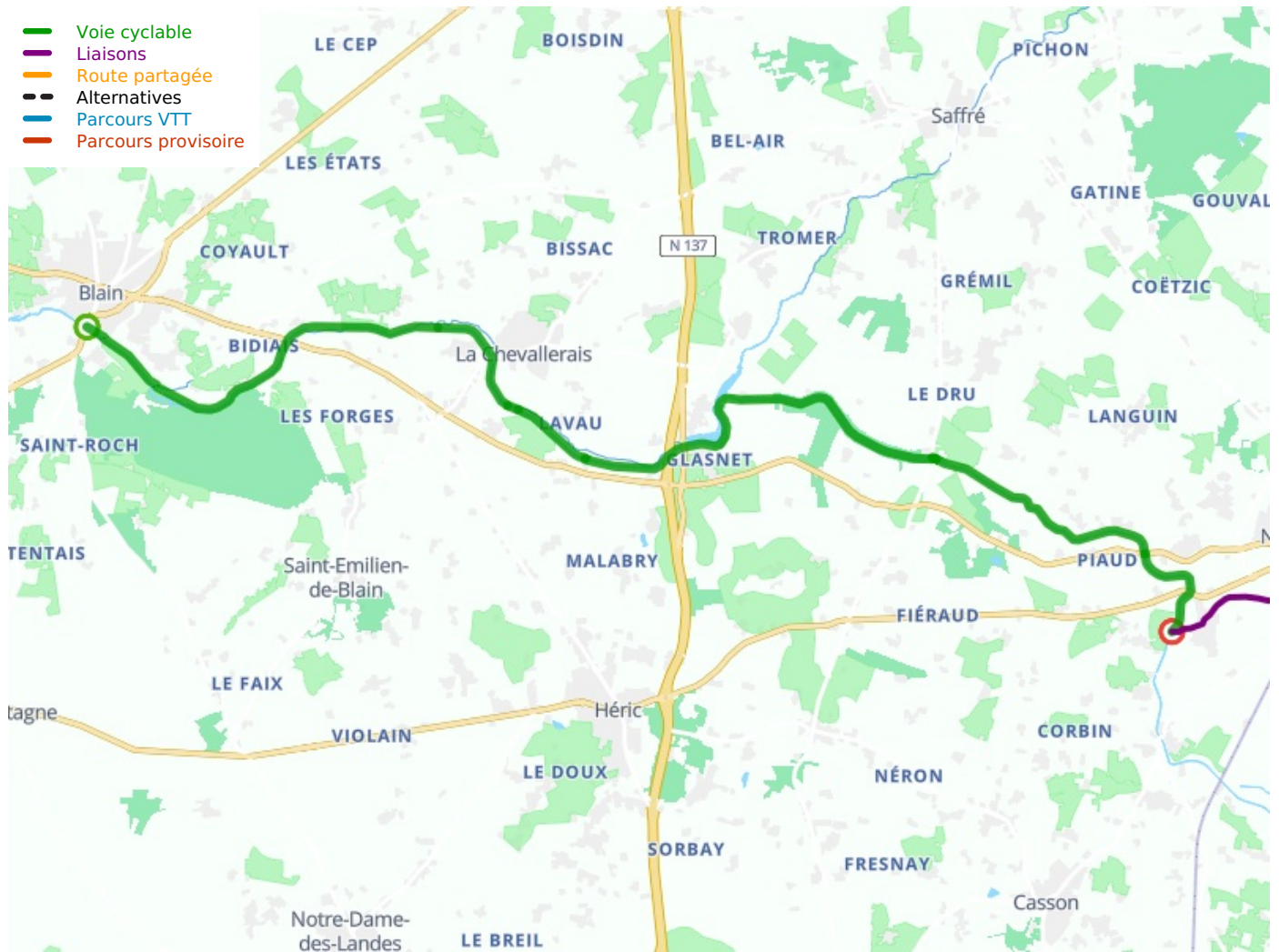
**Durée**  
1 h 34 min

**Distance**  
23,58 Km

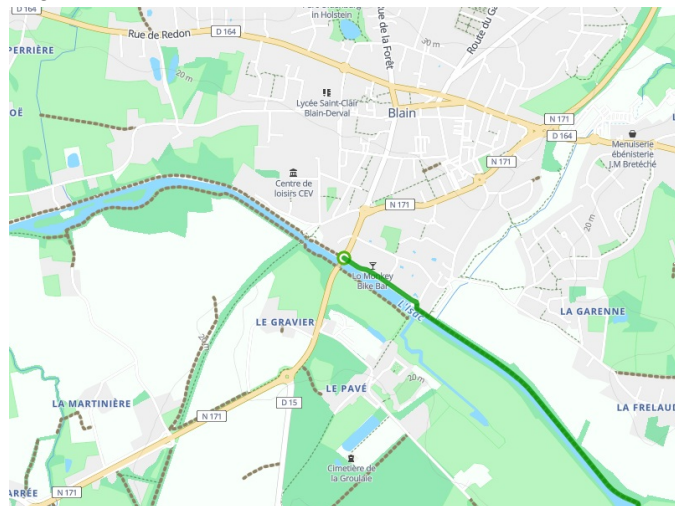
**Niveau**  
I begin / Family

**Thématique**  
Canals & intimate rivers

- Voie cyclable
- Liaisons
- Route partagée
- - - Alternatives
- Parcours VTT
- Parcours provisoire



### Départ Blain



### Arrivée Nort-sur-Erdre

