

# Bouin / La Barre de Monts - Fromentine

## La Vélodyssée, the Atlantic Cycling Route

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The last stage of La Vélodyssée in the Bay of Bourgneuf-en-Retz (your pedals keeping time with the sweeping circles of its wind turbines!) before arriving at the very lively Port-du-Bec in Epoids. The highlight of the day will be crossing the famous Gois causeway to the Island of Noirmoutier, tides permitting!

### Itinerary

Quiet lanes take us to the Gois; only crossed at low-tide; take care as the road surface is slippery and traffic also crosses. Greenways from Noirmoutier to Notre-Dame-de-Monts via the bridge

**Départ**

Bouin

**Arrivée**La Barre de Monts -  
Fromentine**Durée**

2 h 17 min

**Distance**

34,25 Km

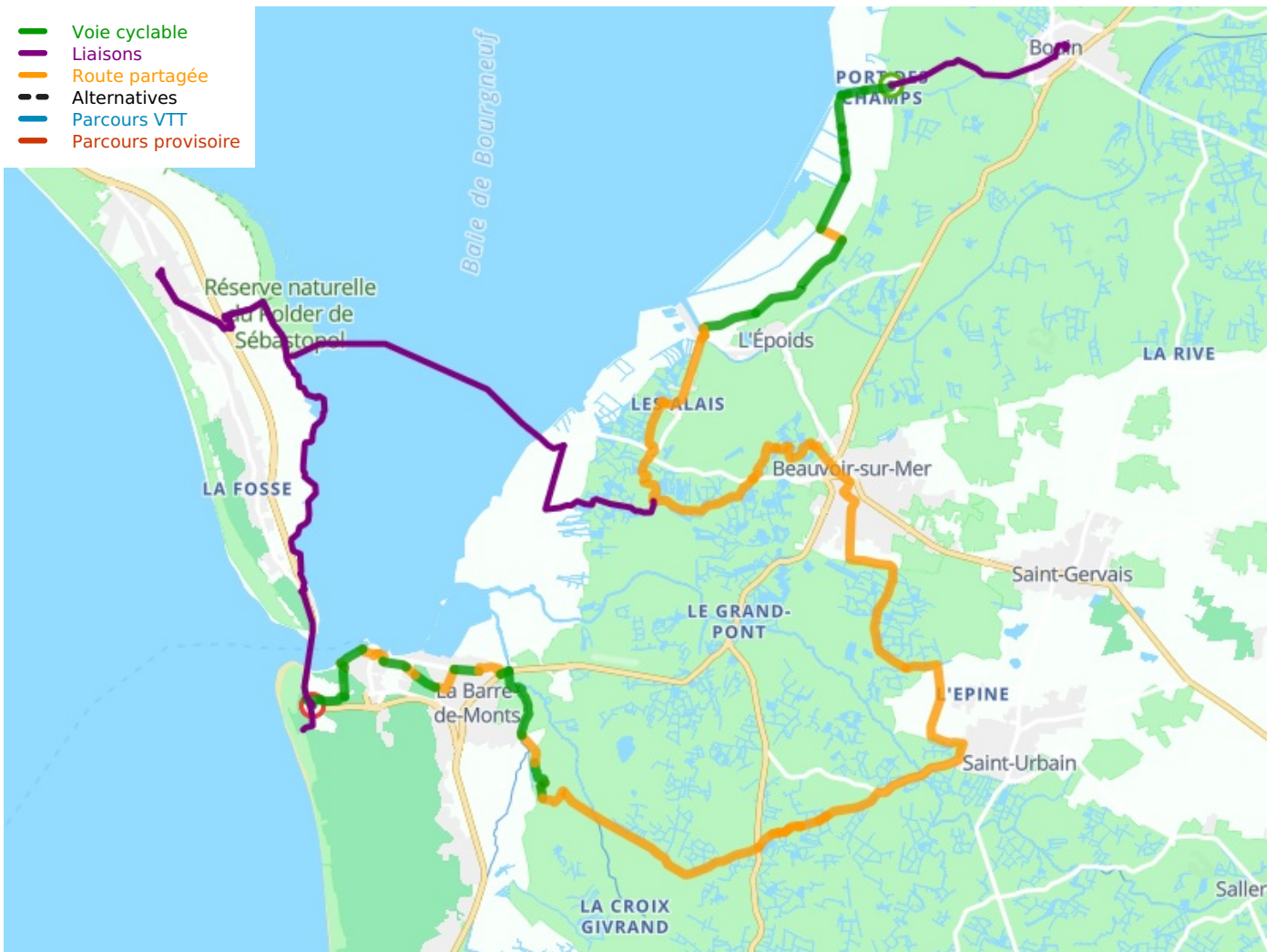
**Niveau**

I cycle often

**Thématique**

Seaside

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



**Départ**  
**Bouin**



**Arrivée**  
**La Barre de Monts - Fromentine**

