

# La Barre de Monts - Fromentine / St-Gilles-Croix-de-Vie

## La Vélodyssée, the Atlantic Cycling Route

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This stage of La Vélodyssée focuses entirely on the sea, the beach, the forest and the dunes. There are 18 kms of cycle paths winding through the national forest of Pays de Monts, after which you come to the very lively seaside resort of St-Jean-de-Monts. Before reaching the Vendéenne Cove and its famous boulders at Sion-sur-l'Océan, La Vélodyssée heads towards an old fishing village in the commune of St-Hilaire-de-Riez, adjoining St-Gilles-Croix-de-Vie. A superb stage.

### Itinerary

Tracks in the forest - mainly on separated cycle lanes or on very quiet secondary roads. However, remain alert at junctions, as there are many visitors here in the summer.

### Caution

Heavy traffic during peak holiday season at St-Gilles-Croix-de-Vie.

**Départ**  
La Barre de Monts

**Arrivée**  
Fromentine / St-Gilles-  
Croix-de-Vie

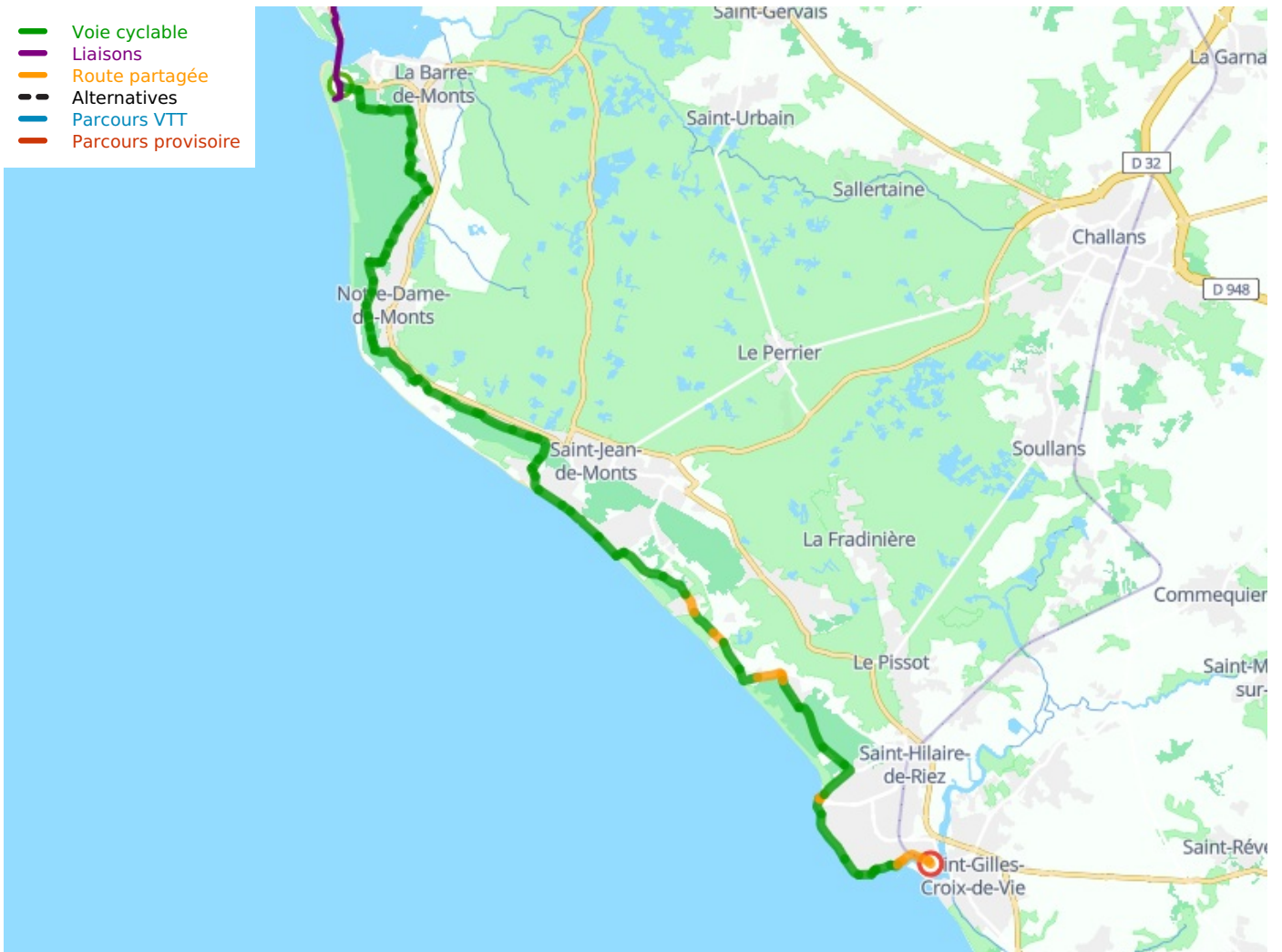
**Durée**  
2 h 23 min

**Distance**  
35,77 Km

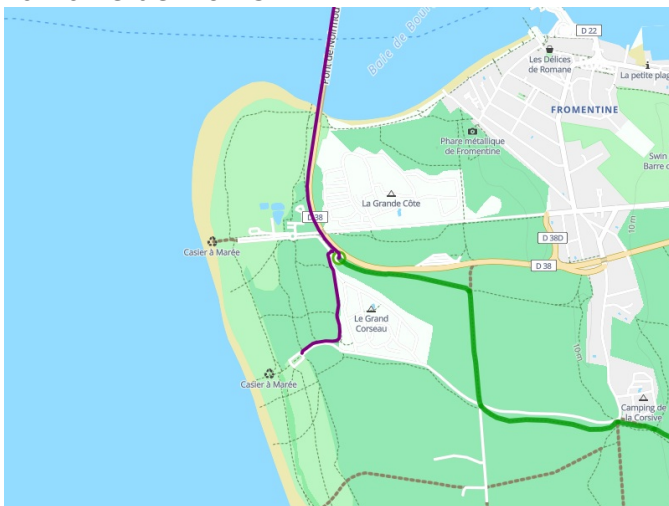
**Niveau**  
I begin / Family

**Thématique**  
Seaside

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



**Départ**  
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