

Lacanau-Océan / Lège-Cap-Ferret

La Vélodyssée, the Atlantic Cycling Route

**Départ**

Lacanau-Océan

Arrivée

Lège-Cap-Ferret

Durée

2 h 27 min

Distance

36,82 Km

Niveau

I begin / Family

Thématique

Seaside

A pleasant stage of La Vélodyssée on designated lanes between dunes and the forest. Take time out to stray off the cycle lane and appreciate one of the handful of connections to the sea and enjoy the fantastic ocean views. Take care on the Atlantic beaches! You're constantly discovering new horizons in the direction of Bassin d'Arcachon Bay. A hugely different atmosphere with a return to the land of oysters. Here we can take a splendid alternative route down the tracks leading to Cap Ferret

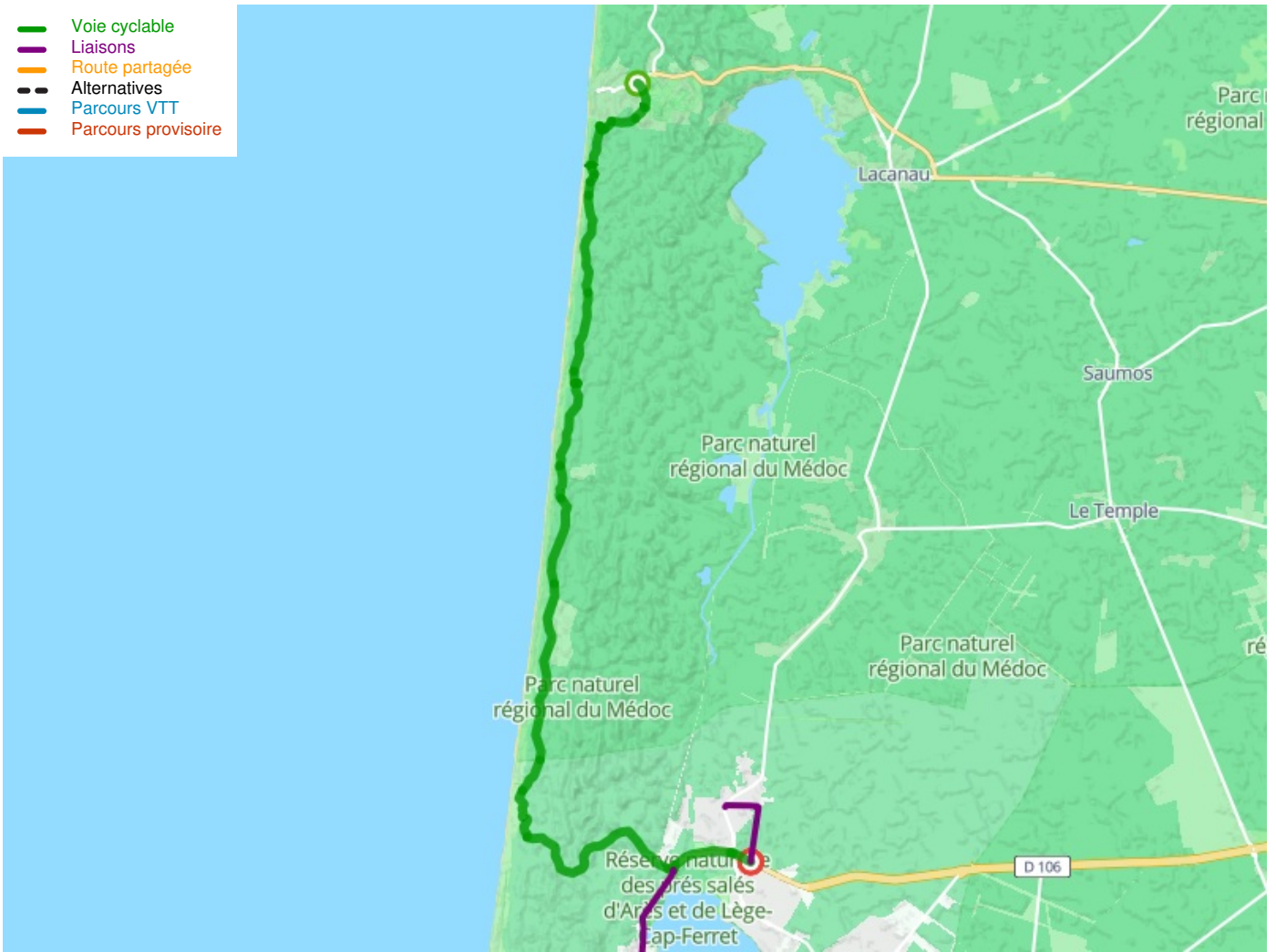
Itinerary

On designated lanes, along the shoreline in the shelter of the dunes.
Be aware that a 4 km segment between fire-guards no.64 and 66 has uneven surfaces.

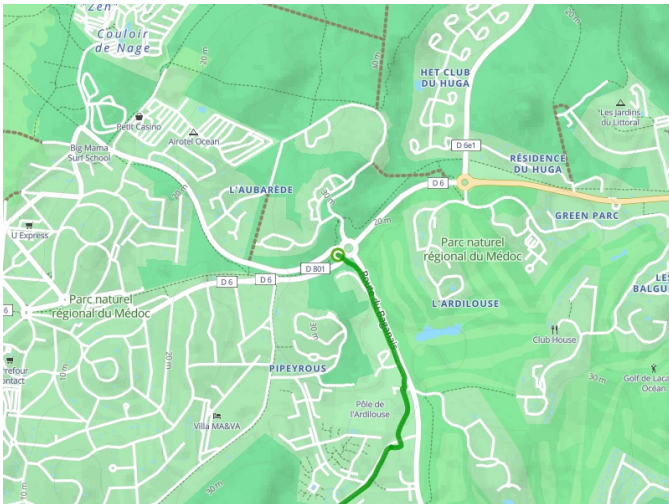
Connection

Towards the natural reserve of the Arès-Lège salt fields. Gironde's cycle network is very concentrated here, giving several options towards Cap Ferret.
Download the trail map of Gironde
At Cap Ferret a ferry can take you and your bike across to Arcachon.

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



Départ
Lacanau-Océan



Arrivée
Lège-Cap-Ferret

