

# Marans / La Rochelle

## La Vélodyssée, the Atlantic Cycling Route



Nature takes centre stage during this leg of the journey, as you cycle past the water that flows through the charming canals which join the Poitevin marshes. We pass Marans, the ancient watchtower on the estuary of the Niort Sèvre which looks out over the marshes, and follow the canal that leads us to La Rochelle and onto the ocean.

### Itinerary

Greenway along the Marans Canal to La Rochelle except for a tricky undeveloped section of path to Dompierre-sur-Mer. Cycle lanes continue right into the centre of La Rochelle.

**Départ**  
Marans

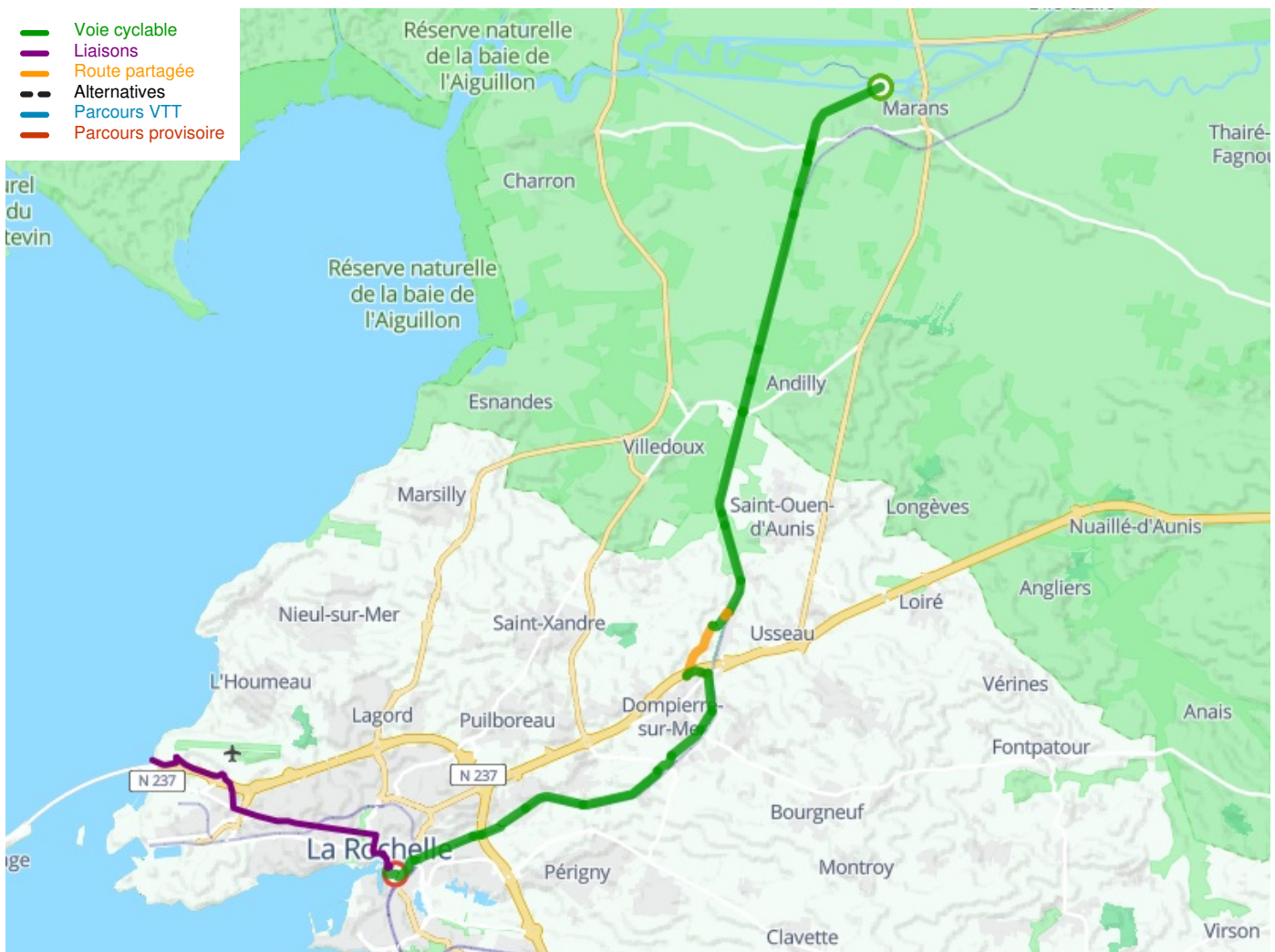
**Arrivée**  
La Rochelle

**Durée**  
1 h 42 min

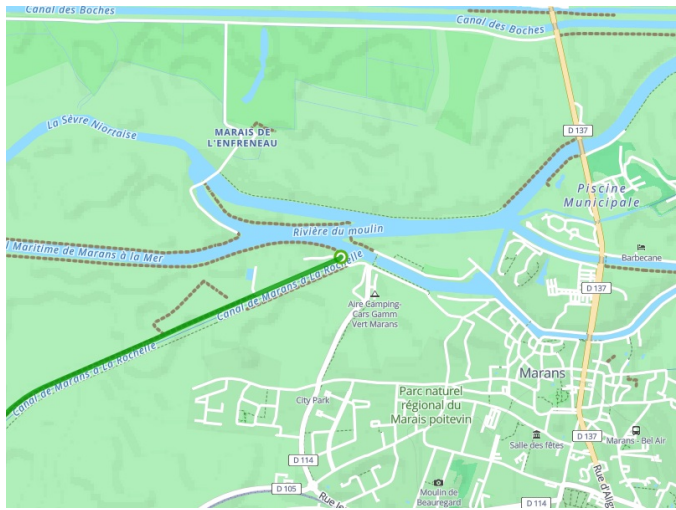
**Distance**  
25,38 Km

**Niveau**  
1 cycle often

**Thématique**  
Seaside



**Départ  
Marans**



**Arrivée  
La Rochelle**

