

# Mimizan-Plage / Léon

## La Vélodyssée, the Atlantic Cycling Route

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**Départ**  
Mimizan-Plage

**Arrivée**  
Léon

**Durée**  
3 h 08 min

**Distance**  
47,12 Km

**Niveau**  
I cycle often

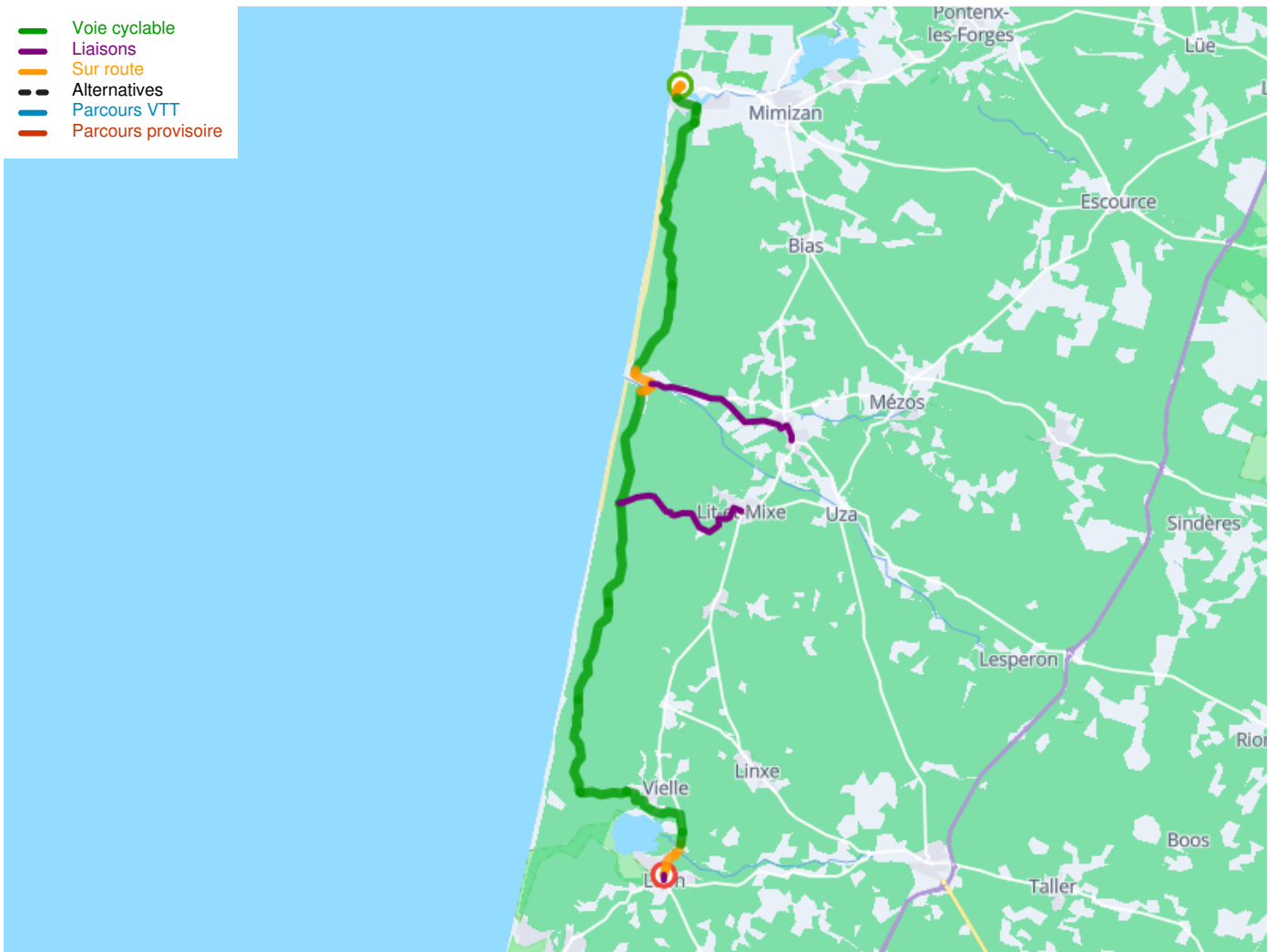
**Thématique**  
Seaside

Having soaked up the atmosphere of the Mimizan-Plage seaside resort, it's back on the saddle to once more find the inner calm of the forest: its silence and delicate fragrances, with the deep sense of tranquility, and being master of this happy space, far away from the hustle and bustle of the world. La Vélodyssée encourages meditation... The woodland trail bringing a feeling of peace, reinforced by the fragrant pine trees. You have to leave the trail to enjoy the seaside beaches near Contis-Plage or St-Girons-Plage, or those of the Léon Lake beaches that you come to.

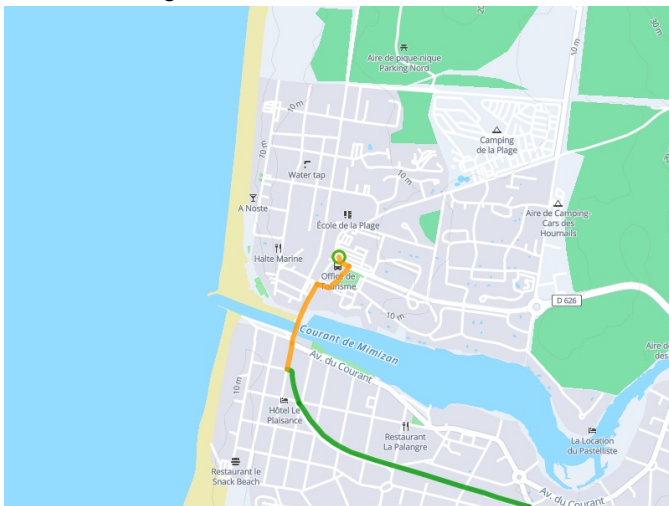
### Itinerary

You cross Mimizan in an urban environment, but the rest of the stage takes place in the middle of the forest sheltered from busy roads. There is a very narrow cycle path between the exit from Mimizan-Plage and the way out of Lespécier beach - the lane surface is uneven on this section. Léon is a pretty village - but take care not to get lost.

- Voie cyclable
- Liaisons
- Sur route
- Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
Mimizan-Plage



**Arrivée**  
Léon

