

# Parentis-en-Born / Mimizan-Plage

## La Véloodyssée, the Atlantic Cycling Route

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After the Biscarrosse and Parentis Lakes, the trail follows secondary roads and takes us to the more secluded northern lake of Aureilhan. Several access paths later, the trail brings us onto the western bank, for a moment of relaxation and a swim on the beach.

### Itinerary

Bike path well indicated

### Caution

Be careful, from Gastes to Peurnaout, the route crosses the "camping reserve" closed at night. Open from October to May from 9am to 6pm and from June to September from 6am to 9pm.

### Connection

The connection to Sanguinet is on a bike path (except for 1km).

**Départ**

Parentis-en-Born

**Arrivée**

Mimizan-Plage

**Durée**

2 h 04 min

**Distance**

31,13 Km

**Niveau**

I begin / Family

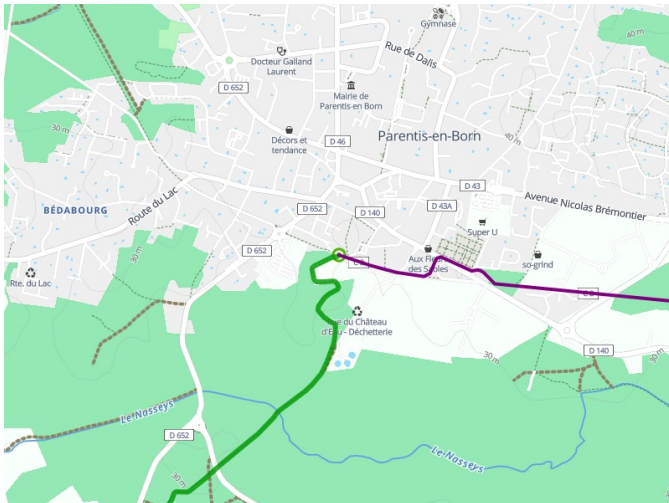
**Thématique**

Seaside

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



**Départ**  
Parentis-en-Born



**Arrivée**  
Mimizan-Plage

