

Le Grau-du-Roi / Beaucaire -Tarascon

Mediterranean Cycle Route



Départ
Le Grau du Roi

Arrivée
Tarascon

Durée
4 h 44 min

Distance
68,59 Km

Niveau
I cycle often

Thématique
Canals & intimate rivers,
Castles & Monuments

Enjoy the Camargue's environment further on this stage of the Mediterranean Cycle Route. Cycle beside the Canal du Rhône à Sète, then across a plain dotted with lakes and irrigation canals and crisscrossed by tracks leading to traditional 'mas' (farms). Some of the cyclists you encounter will be finishing their journey along ViaRhôna. At the level of Fourques, you can head to Arles with its amazing Roman and Romanesque legacies. Saint-Gilles, at the foot of the wine-producing Coteaux des Costières, has a fine medieval centre. Discover Beaucaire, with its river port, before crossing to Tarascon-sur-Rhône, its imposing fort dominating the opposite bank.

The route

The Lido cycle track goes from Carnon-Plage to La Grande-Motte. At La Grande-Motte, there is a stretch cyclists share with pedestrians. Then follow the cycle path along the D255 road between Les Abîmes bridge and Le Grau-du-Roi's swing bridge.

The route is being finalized along the Canal du Rhône à Sète. There is provisional signposting between Gallician and Saint-Gilles, signposting along quiet roads between Fourques and the entrance to Beaucaire, and also towards Arles station. Take care on the D6572 road at the entrance to Saint-Gilles and when crossing the D6113 road. You follow small but well-surfaced farm roads after the D6113 in the direction of Beaucaire.

Smooth surfaces: along the whole of this stage.

Links

Le Grau du Roi <> Plage de l'Espiguette: from the centre of Le Grau-du-Roi make for Place de la Fête Foraine to join a cycle track leading you safely down to hugely popular L'Espiguette Beach.

Port de Gallician <> Gare de Vauvert: from Gallician's port, a lovely greenway with a smooth surface leads you very safely as far as Vauvert, with its regional TER train station.

Saint-Gilles: there is no signposting in place to reach the centre of Saint-Gilles, so leave the cycle route at the level of the Route des Iscles (the D179 road) to reach it.

Carrefour de Fourques: Fourques is an important crossroads for cyclists on the major ViaRhôna route, offering the choice between heading on to Sète, using a section in common with the Méditerranée à Vélo route, or continuing along ViaRhôna, going via Arles towards Port-Saint-Louis du Rhône. This crossroads is well signposted. From it, the ancient city of Arles lies 8km away.

PRACTICAL INFORMATION

Tourist Offices

[Office de tourisme du Grau du Roi - Port Camargue](#)

33 (0)4 66 51 67 70

[Office de Tourisme d'Aigues-Mortes](#)

33 (0)4 66 53 73 00

[Office de Tourisme de Nîmes Métropole](#)

33 (0)4 66 87 33 75

<http://tourisme.saint-gilles.fr>

[Office de tourisme d'Arles](#)

33 (0)4 90 18 41 20

[Office de tourisme de Beaucaire](#)

33 (0)4 66 59 26 57

[Bureau d'Information Touristique ACCM Tarascon
Tourisme](#)

33 (0)4 90 91 03 52

SNCF train stations

Le Grau-du-Roi station

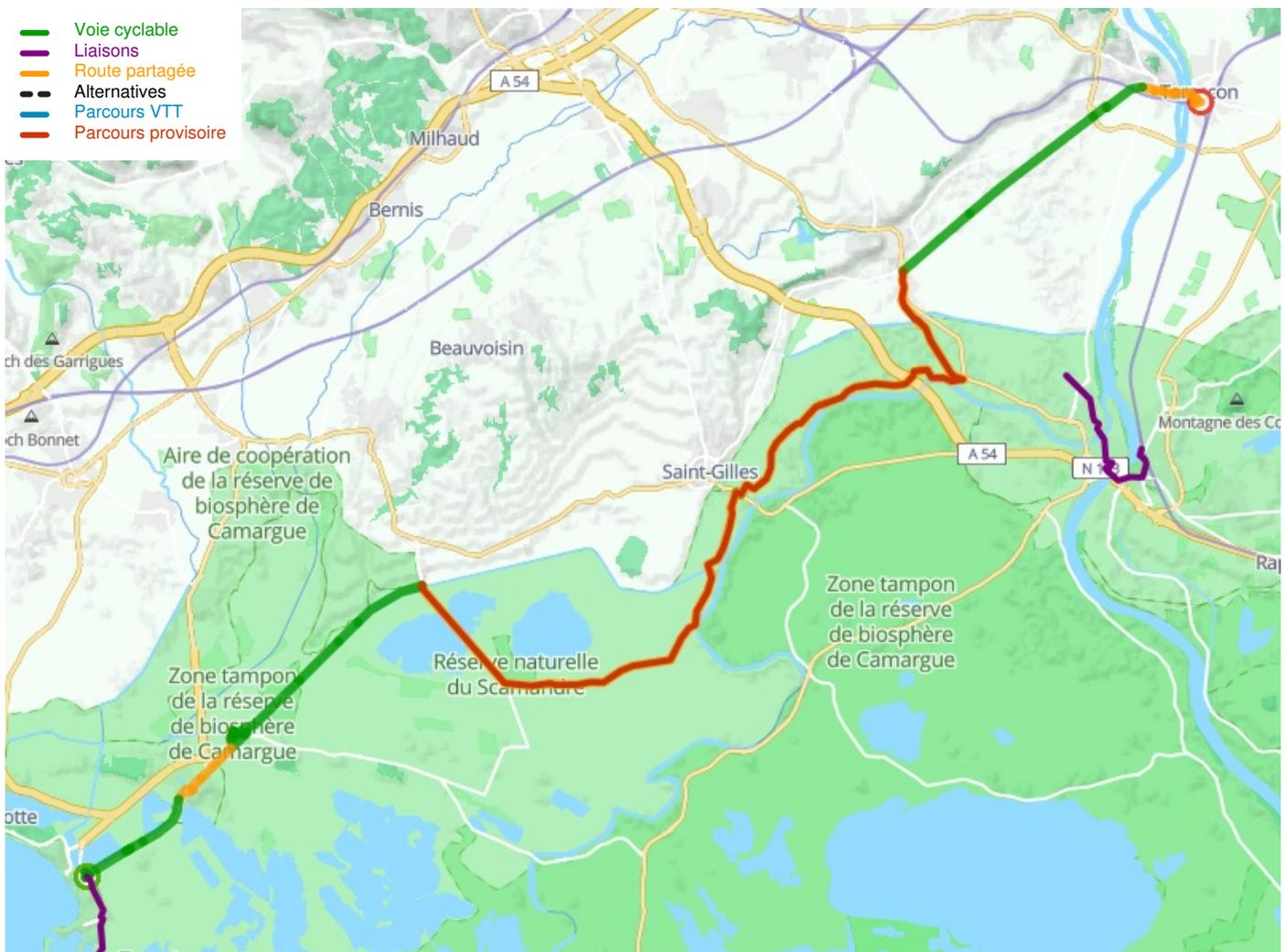
St-Gilles station

Arles station

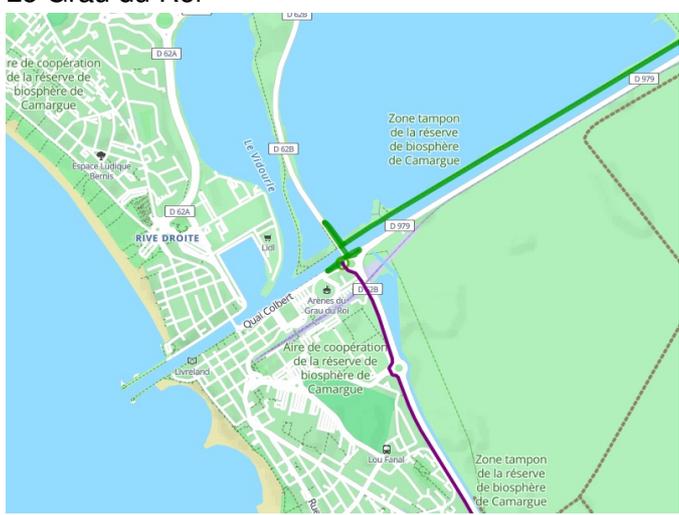
Beaucaire station

Tarascon-sur-Rhône station

[Consult the timetables](#)



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