

Sète / Le Grau-du-Roi

Mediterranean Cycle Route

Départ
Sète

Arrivée
Le Grau du Roi

Durée
3 h 51 min

Distance
56,67 Km

Niveau
I cycle often

Thématique
Seaside

On this Mediterranean Cycle Route stage, keep towel and bathers at the top of your pannier! For lunch, taste local shellfish accompanied by a Muscat de Frontignan wine, the perfect reward for tackling this watery scenery. Towards Montpellier, the route meanders between lagoons and beaches. Make a detour to Saint-Pierre de Maguelone Cathedral, the Gardiole Range in the background covered in typical garrigue scrubland. Then head for the lighthouse at Palavas-les-Flots. Next, the great pyramids of La Grande Motte call, man-made reflections of the grand Pic St-Loup rock inland. At the port-resort of Le Grau-du-Roi, why not try some nautical sliding sports, witness a Camargue bull run or savour local produce?

The route

The vast majority of this section is along cycle tracks or greenways beside beaches or lagoons. There are just a few short stretches on roads shared with motorized traffic.

Smooth surfaces: along the whole of this stage.

PRACTICAL INFORMATION

Tourist Offices

[Office de tourisme de Sète](#)

33 (0)4 99 04 71 71

[Office de tourisme de Frontignan](#) Plage

33 (0)4 67 18 31 60

[Office de tourisme de Vic-la-Gardiole](#)

33 (0)4 67 78 94 43

[Office de tourisme de Palavas-les-Flots](#)

33 (0)4 67 07 73 34

[Office de tourisme de Mauguio-Carnon](#)

33 (0)4 67 50 51 15

[Office de tourisme de la Grande Motte](#)

33 (0)4 67 56 42 00

contact@lagrandemotte.com

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

33 (0)4 66 51 67 70

www.letsgrau.com

SNCF train stations

Sète station

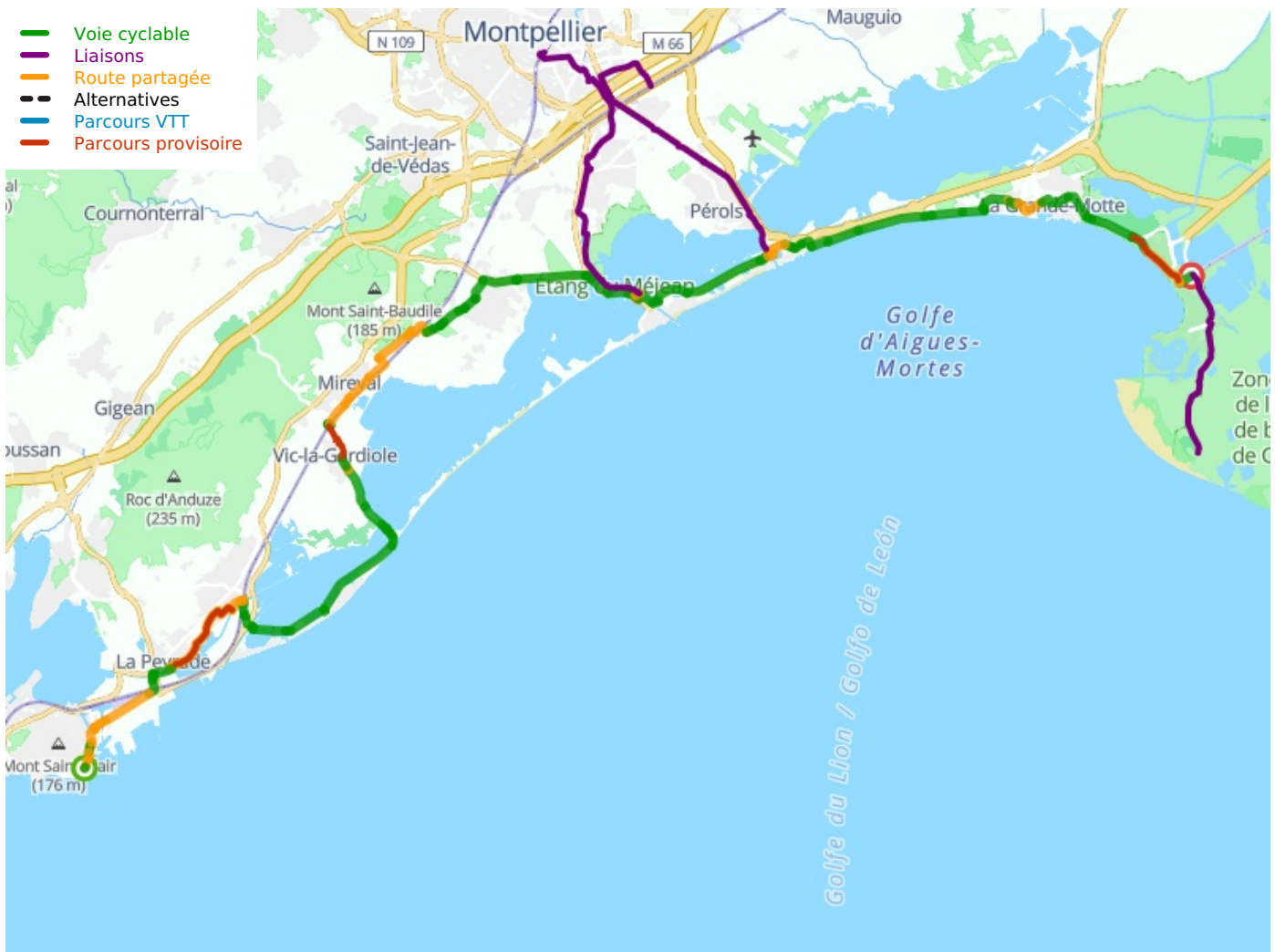
Frontignan station

Vic-Mireval station

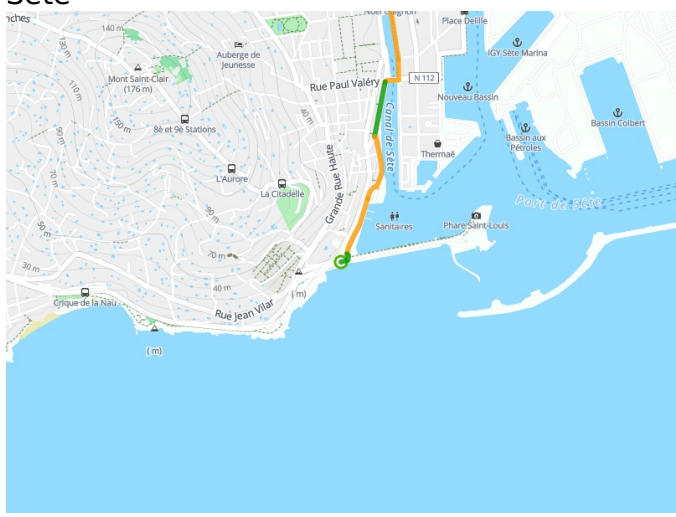
Villeneuve-les-Maguelone station

Le Grau-du-Roi station

[Consult the timetables](#)



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