

Biarritz / Urt

The Vélosud



Départ
Biarritz

Arrivée
Urt

Durée
2 h 02 min

Distance
30,68 Km

Niveau
I begin / Family

Thématique
Seaside, Nature & small heritage

Starting from the Grande Plage de Biarritz, the main beach in this famed resort, the Vélosud offers a dreamy setting for you to capture the beginning of your Pyrenean cycling adventure on camera. Along the first stretch, you share the same route as the Vélodyssée (EV1) cycle route, passing prestigious hotels and villas as you ride through the Quartier du Phare, around the lighthouse. Continuing northwards you ride alongside the parish of Anglet's beaches, the coastline here much straighter and sandier. Reaching the Adour Estuary, the coast-hugging start to your cycling journey comes to an end. The Vélosud now makes you turn your back on the Atlantic for good, guiding you east along the banks of the river, with, as your very distant destination, the Mediterranean! More immediately, a stop in the highly picturesque streets and lanes of Bayonne proves a joy for those who appreciate historic yet lively towns. Then continue riding beside the Adour, the best option for cycling in peace, avoiding any slopes, up to the village of Urt, with its old fishing harbour.

The route

You leave Biarritz riding along avenues lined by cycle lanes. Then you join a lane exclusively for cyclists as soon as you arrive in the parish of Anglet, leading you first along a stretch of coast, then beside the Adour River, up to Bayonne. Leaving Bayonne, the cycle route has been clearly laid out to guide you out of town via the south bank of the Adour. For the last third of this stage, the route is a mix of stretches shared with motorized vehicles, but with very little traffic, and then rough country tracks, the aim always being to keep cyclists away from major roads.

Points at which to take care:

- In Biarritz, along Avenue MacCroskey, there is a 400m-stretch without a cycle lane, so be sure to stick very much to the right-hand side of the road along there.
- In Anglet, along Boulevard des Plages, the greenway does cross several roads, so slow down on each occasion and make sure the way is clear before crossing these roads.
- In Bayonne, at Place du Réduit (a square), take care crossing the Carrefour du Pont Saint-Esprit junction.

Connections with further cycle routes

- In Bayonne, at the level of the Pont Charles Vaillant bridge (Kilometre 21.9), it's possible to branch off onto [the Vélodyssée](#) (EV1), heading off to discover much more of the Aquitaine coast.
- In Urt, at the end of the stage, cross the bridge over the Adour in order to reach the département (French county) of Les Landes and [the Scandibérique](#) (EV3) cycle route, allowing you to cycle through Gascony in the direction of the [Canal des Deux Mers à Vélo](#) (V80) cycle route.

Practical information

- [Office de Tourisme du Pays basque](#)

- [Office de Tourisme de Biarritz](#)
- [Office de Tourisme de Bayonne](#)

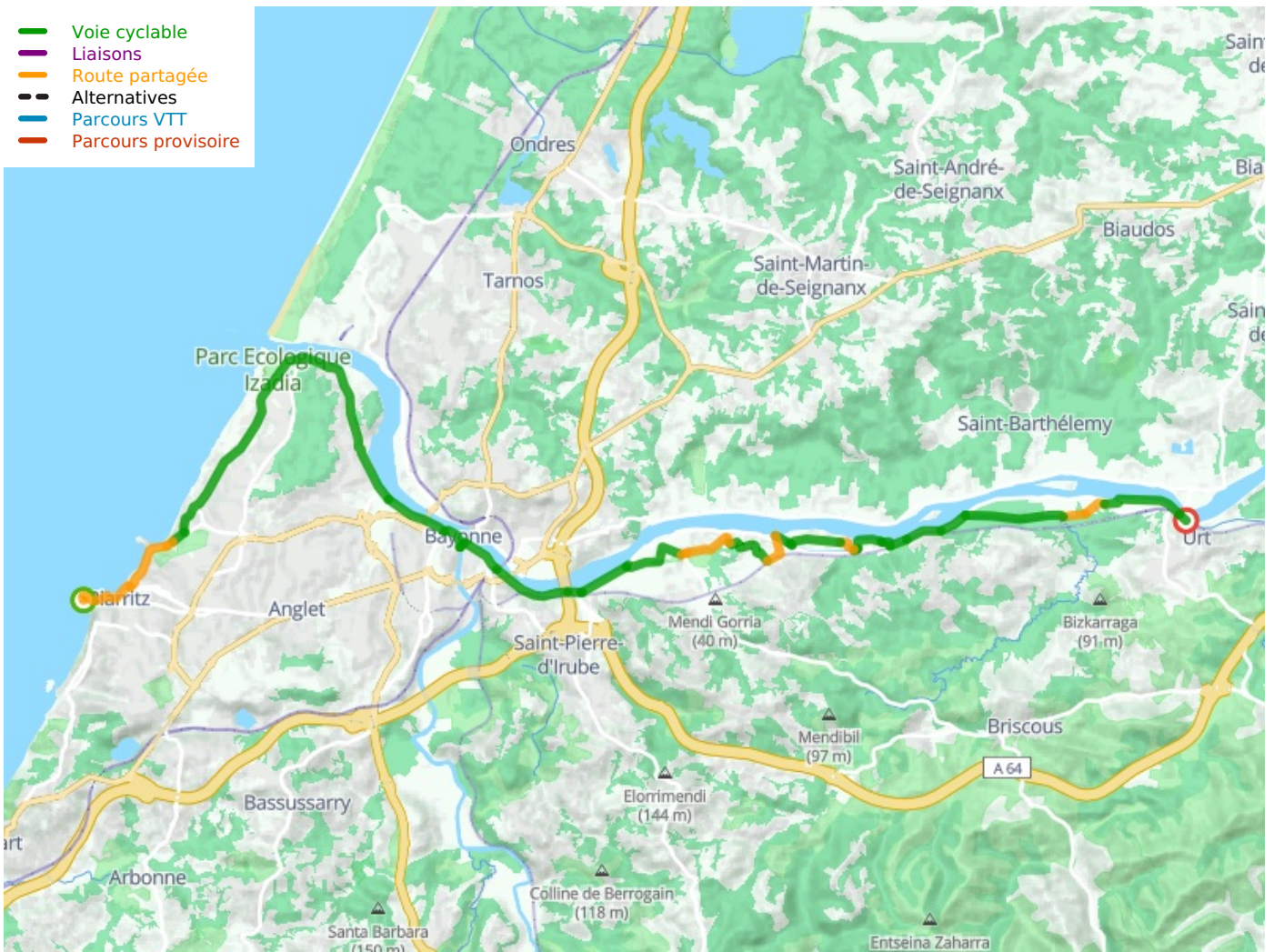
Transports

- Gare de Biarritz railway station: high-speed TGV trains (line Bordeaux-Hendaye); Intercités trains; and regional TER Nouvelle-Aquitaine trains (you can transport your bike for free on these last). There's a 5km-long cycle link from Biarritz Station, inland, to the Grande Plage de Biarritz, the resort's central beach.
- Gare de Bayonne railway station: high-speed TGV trains (line Bordeaux-Hendaye); Intercités trains; and regional TER Nouvelle-Aquitaine trains (you can transport your bike for free on these last).

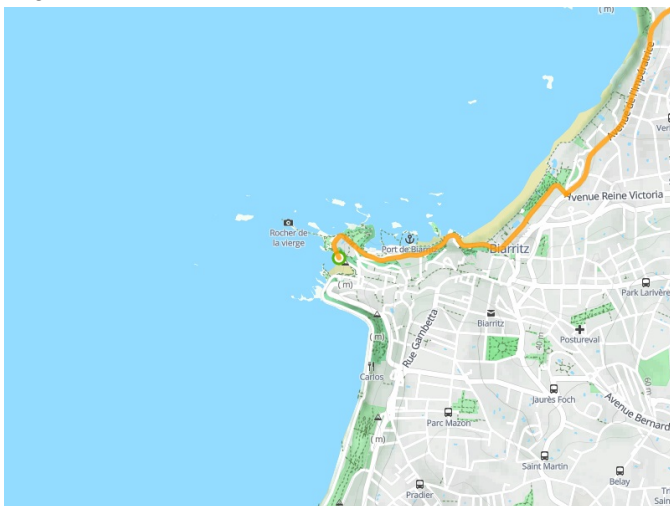
Don't miss

- **Biarritz** : luxury addresses like the Hôtel du Palais; the views along the Chambre d'Amour, a beautiful coastal stretch
- **Anglet** : the villas of Chiberta, Anglet's upmarket quarter; the Adour Estuary and La Barre, a great jetty
- **Urcoit** : the Barthes de l'Ardevy, local polders

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



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