

# Bouin / La Barre de Monts - Fromentine

## Vendée Vélo Tour

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**Départ**  
Bouin

**Arrivée**  
Fromentine

**Durée**  
2 h 17 min

**Distance**  
34,25 Km

**Niveau**  
I cycle often

**Thématique**  
Seaside

Leading you from one port to the next, this Vendée Vélo Tour stage has the tangy flavour of the sea! Culinary stops are dotted along the way, for you to discover local products, from delicious oysters to precious salt. Marvel at the ballet of the oyster farmers' vehicles coming in and out with the tides at the Port du Bec. Make sure not to miss the detour to the Passage du Gois, an iconic submersible sea road regularly crossed by the cyclists in the Tour de France. A tour of the local museum, the Écomusée du Daviaud, marks the end point of your cycling tour of the Marais Breton Vendéen wetlands. After that, head for Fromentine, a little seaside resort with a particularly gentle atmosphere.


### The route

Ride towards the coast to join one of the stages on the major Vélodyssée coastal cycle route. You go along a sea wall and continue along a stretch of greenway. At Le Port du Bec, cross the lock to cycle through the polders via the D51 road, otherwise known as Route des Ostréiculteurs. At the crossroads at La Croix Rouge, continue pretty much straight on, but take care here crossing the D948 that leads to the submersible road, the Passage du Gois, as this road is extremely busy in summer. Next, a circuit through the wetlands via tarmacked roads takes you on through the marshes of Beauvoir-sur-Mer and St-Urbain before heading to La Barre-de-Monts. To get there, you follow quiet little roads through further wetlands with very little traffic, up to the traditional fishing installations (pêcheries) of Le Porteau. Finally, you reach the quarter of Fromentine via the cycle path running alongside the D22 road.

### Getting to Noirmoutier Island via the Passage du Gois

This submersible road can only be used at low tide, so you must consult the tidal timetables and check on the size of the tide on the day you want to tackle the crossing. Also note that if the weather is bad, the Passage du Gois can be closed at short notice.

### Tidal timetable

Fromentine (embarcadère) (Heure légale) Horaire des marées		
01/07/2025		
	Heure	Hauteur Coeff.
BM	03:58	1.60 ---
PM	09:09	4.53 62
BM	16:10	1.79 ---
PM	21:30	4.66 57
<a href="#">Tous les horaires de marées du Shom</a> 		

## Getting to L'Île d'Yeu

The port (Gare Maritime) at Fromentine is one place from which ferries leave year-round for the island of Yeu. The crossing to this unspoilt island lasts 45 mins. Note that at time of writing, Yeu Continent is the only company that accepts bikes on board.

## Don't miss

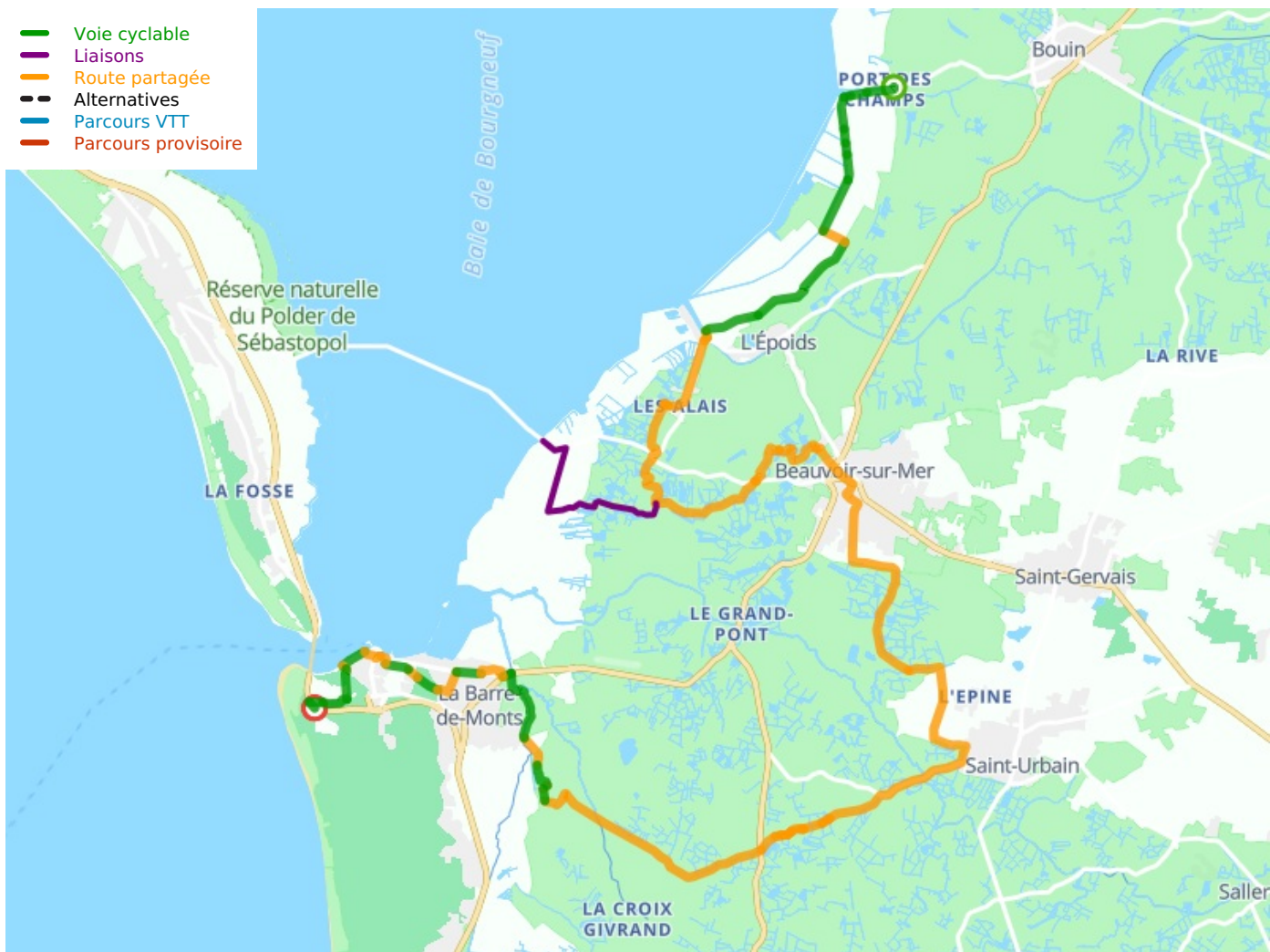
- **Bouin :**
  - **Port des Champs:** a port strung along an étier, or sea canal, that stands out for its colourful huts, its fishermen's installations and its lock, plus there are magnificent views to be had over the Baie de Bourgneuf from the end of the port.
  - **Port du Bec:** a gem of distinctive Vendée coastal heritage, nicknamed the "petit port chinois" (or "little Chinese port") for its resemblance to certain Chinese harbours, with their wooden piers. Listed on the inventory of the département of Vendée's exceptional sites, this place, strung along the Dain River, is also the leading oyster- and trawler-fishing port in the wider Bourgneuf Bay.
  - **Oyster tastings:** in each of the ports you cross, it's possible to enjoy a foodie stop at one of the traditional oyster farm shops.
- **Beauvoir-sur-Mer:**
  - **Passage du Gois:** a unique site not just in France but in the world, given that this submersible road is over 4km in length, the Passage du Gois linking Beauvoir-sur-Mer on the mainland to Noirmoutier Island at low tide.
  - **La Maison de l'âne:** an educational donkey farm located in the heart of the Marais Breton Vendéen wetlands, presenting several species of donkeys (along with other farm animals), and where you can see donkeys being milked, producing asses' milk. Donkey rides also possible.
  - **Les Salines du Breuil:** visit a salt marsh, with its special flora and fauna, learning about halophile (or salt-loving) plants, plus you'll find salt, salt crystals and samphire in particular on sale. Open April to September. Free daily tour at 11am.
- **La Barre-de-Monts - Fromentine :**
  - **Le Daviaud:** Écomusée du Marais Breton Vendéen, a museum dedicated to local traditions, allowing you to learn much more

about the enchanting protected natural area here. (Accueil Vélo accredited site)

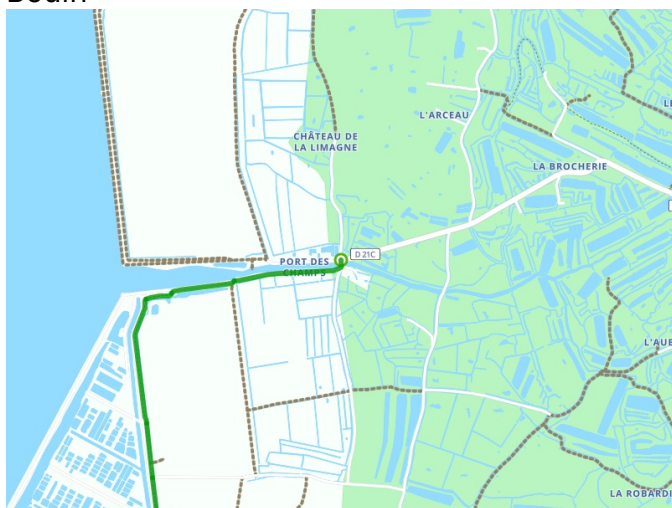
- **Le Porteau:** with its historic sluice, its elegant fishermen's huts strung along the sea canal and its green, plant labyrinth, plus its picnic and playground area, Le Porteau is well worth a stop.
- **Port du Pont Neuf:** a charming little traditional port boasting 90 wooden posts for boats to moor.
- **Oyster tastings:** around the seaside village of La Barre-de-Monts - Fromentine, try tasting fresh oysters at an oyster farmer's establishment located beside the oyster parks stretching across the waters.

### **SNCF train stations**

- SNCF coach services at Bouin and La Barre-de-Monts - line 13 (Nantes - Noirmoutier). The coaches have six spaces for transporting bikes.



## Départ Bouin



## Arrivée Fromentine

