

Groslée / La Balme-les-Grottes

ViaRhôna



Départ
Groslée

Arrivée
La Balme-les-Grottes

Durée
3 h 27 min

Distance
51,97 Km

Niveau
I cycle often

Thématique
Canals & intimate rivers

This ViaRhôna stage takes you through unspoilt countryside beside the Rhône. Hidden in the magnificent landscapes of the southern Bugey, with their mountains and forests, lie splendid lakes and marshes. You pass lovely villages like Saint-Sorlin-en-Bugey and Sault-Brénez, and the more secretive La Balme-les-Grottes, with its great caves and picturesque centre. A lovely greenway links "La Vallée Bleue" to Lagnieu. At Lagnieu Bridge, follow the D 1075 and D 65 to join La-Balme-les-Grottes, Be careful on the road (no signposting).

The route

New cycle route which allows to cross "Le Pays des Couleurs" via Morestel, with an alternation of greenways and shared roads. The greenway between La Vallée Bleue and Lagnieu is signposted. At Lagnieu's bridge, follow the D 1075 road, then the D 65, to reach La Balme-les-Grottes; note that this stretch isn't signposted yet.

Alternative options

Groslée <> Sault-Brénez: follow the D 19 road, physically demanding, with lots of traffic.

Lagnieu <> La Balme-les-Grottes: along grassy tracks that you join by turning right after crossing Lagnieu's bridge (hybrid bike required).

Railway Stations (SNCF) :

Be careful, no trains directly along the route.

Nearest railway stations : Ambérieu-en-Bugey

13 km from Saint-Sorlin en Bugey

11 km from Lagnieu

15 km from la Balme-les-Grottes

- TER (local services) line 35 : Chambéry > Culoz > Ambérieu-en-Bugey > Lyon
- TER (local services) line 4 : Annecy > Aix-les-Bains > Saint-André-le-Gaz > Lyon Part Dieu > Ambérieu-en-Bugey
- TER (local services) line 3 : Saint-Gervais – Evian – Genève > Bellegarde > Culoz > Ambérieu-en-Bugey > Lyon Part Dieu
- TER (local services) line 30 : Mâcon > Bourg-en-Bresse > Ambérieu-en-Bugey

From Morestel : Saint-André-le-Gaz railway station : 19 km from Morestel

- TER (local services) line 54 : Chambéry > Lyon
- TER (local services) line 62 : Grenoble > Saint-André-le-Gaz
- TER (local services) line 4 : Annecy > Aix-les-Bains > Lyon
- TER (local services) line 1 : Grenoble > Bourgoin-Jallieu > Lyon

Tourist Information Centres :

- [Pays de Lhuis and Izieu Tourist Office](#) Ph. 04 74 39 80 92
- [Morestel Tourist Office](#) Ph. 04 74 80 19 59
- [Montalieu-Vercieu, La Vallée Bleue Tourist](#)

Don't miss :

Saint-Sorlin-en-Bugey: a medieval village with castle

Morestel: a well-flowered historic town that has traditionally attracted painters. It's a lively place, with numerous historic buildings, shops and exhibitions.

Grottes de la Balme: these conceal stalagmites and stalagmites as well as natural bassins of water. A Balcons du Rhône heritage site.

La Vallée Bleue: a big outdoor sports and recreation centre at Montalieu Vercieu

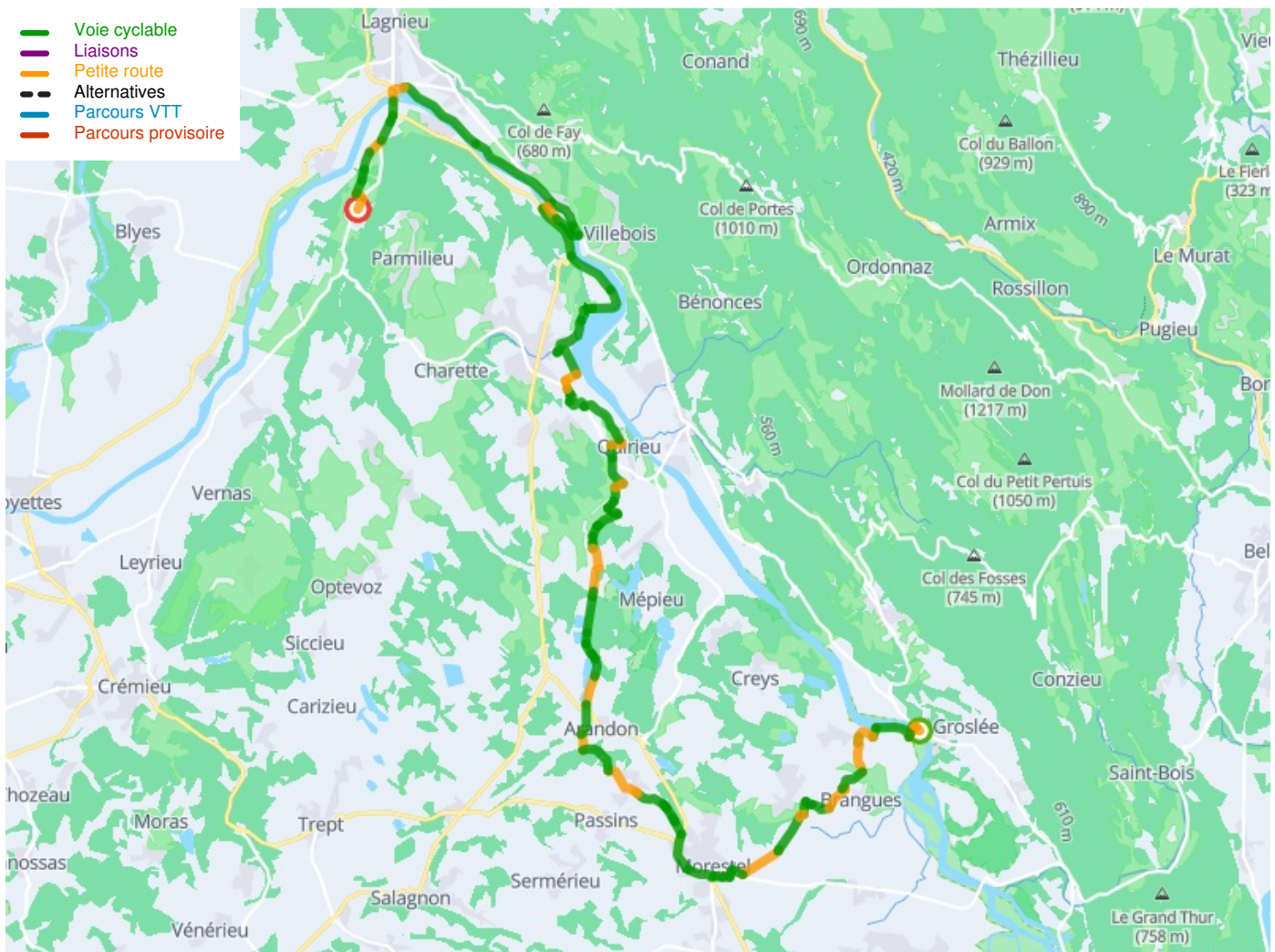
Briord: with a Roman aqueduct

Serrières-de-Briord: for Le Point-Vert outdoor sports and recreation centre

Markets :

Sault-Brénaz : Thursday morning

Morestel : Sunday morning



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