

# THE VÉLODYSSÉE BY BIKE IN FAMILY, FROM ARCACHON TO BIARRITZ

## All inclusive stay on La Véloodyssée

From 6 years old. For those who love special family moments mixing sport and discovery of beautiful landscapes of all kinds, this trip has been designed for you! What better way to discover the French west coast than on La Véloodyssée? Our roadbook and our suggestions guarantee you a pleasant stay. With equipments adapted for everyone, the capacities of each one are taken into account and thus allow a comfort for all the family.

7 days / 6 nights from 785€ per person



## ITINERARY

### DAY 1: VISIT OF ARCACHON BY BIKE OR BY FOOT

*Arrival in Arcachon*

Let's go to Arcachon for a first day to visit this sunny and peaceful city on the Atlantic Ocean. Why not take a stroll to the aquarium museum or a tour of the Bird Island ? You can then walk to your family accommodation ideally located in Arcachon to enjoy a nice evening.

Night in Arcachon.

### DAY 2: LA VÉLODYSSÉE FROM ARCACHON TO BISCAROSSE PLAGE

*Distance cycled : 34km*

Let's go for a family adventure ! Leaving this beautiful oyster town, you leave behind the fishermen's houses for the fine sandy beaches where sand castles and swimming are waiting for you. And what would this stage be without a stop at the majestic Dune du Pilat. Take advantage of this stage to climb it, a rather amusing challenge for children young and old. Why not save some time for a swim on the beaches of La Salie. At the end of the day you will finally reach your charming accommodation for a well-deserved rest rocked by the sound of the waves nearby.

Night in Biscarosse area.

### DAY 3: LA VÉLODYSSÉE FROM BISCAROSSE PLAGE TO PARENTIS EN BORN

*Distance cycled : 28km*

After a stage in the sun of the west coast, you now enter the interior and discover all together the pine forests and other secrets that shelter the local fauna and flora. So why not take the time to stop around the pond of Biscarosse, Parentis or Aureilhan ? Near the latter, you can let your senses wake up to the scents and colors of the 300 varieties of flowers and shrubs along it. History lovers will also be able to keep a watchful and curious eye to find in the middle of this landscape the old oil wells around Parentis.

Night in Parentis en Born area.

### DAY 4: LA VÉLODYSSÉE FROM PARENTIS EN BORN TO MIMIZAN

*Distance cycled : 29km*

The seaside resort of Mimizan will delight the whole family. In the middle of an almost untouched nature, the nature lovers will be filled, a small jump on the beach of Lespecier and here is a good moment to immortalize this stay in a photogenic frame apart. Take the opportunity to go to the nautical leisure base and have fun thanks to the activities it offers. If you want to explore or just have a walk on the lake of Mimizan, you can go on a Pacific boat (Hawaiian pirogue), Kayaksurf or Paddle lessons to have fun. These activities are also adapted for the youngest of the family. Between the spirit of board sports and an active city, you won't be left hungry !

Night in Mimizan.

### DAY 5: LA VÉLODYSSÉE FROM MIMIZAN TO THE HEART OF THE LANDES

*Distance cycled : 20km / 50km*

The adventure continues by heading to Contis Plage, while the most courageous will continue to Léon. For the wonderment of the youngest as well as the oldest we advise to visit the majestic lighthouse of Contis-plage, the biggest of the Landes province. Imposing and nobly erected in the middle of the pine forest, it will certainly offer an exceptional panorama ! Discover the pretty half-timbered houses typical of the Marensin area which reveals a city between marshes, lakes and forests, its surroundings perfectly defining a natural Landes landscape.

Night in the city of arrival.

## DAY 6: LA VÉLODYSSÉE FROM THE HEART OF THE LANDES TO THE DOORS OF THE BASQUE COAST

Distance cycled : 39km / 33km

Next step, Vieux Boucau or Capbreton ! Today you will pass through wooded areas and a bit wilder as you gradually head towards one of the most famous western coasts of France: the Basque coast. Get ready for a change of scenery, because even if the landscape seems the same, some architectural details are already noticeable as you approach your destination. A short stop at Moliets-et-Maâ or Messanges also guarantees you a nice family sport break while alternating with sand castle building on the beach and far niente... If you reach Vieux Boucau that evening, enjoy its marine lake and beautiful walks on the tamarisk trees leading to the beaches. The most sporty will go to Cap Breton, the city where surfing is king and where lovers of this discipline come to meet the most beautiful breakers. Take advantage of the evening to walk along the beach, take pictures of the ocean from the jetty or eat an ice cream !

Night in the city of arrival.

## DAY 7: LA VÉLODYSSÉE FROM THE BASQUE COAST TO BAYONNE / BIARRITZ

Distance cycled : 43km

Last day in the heart of this trip and on the way to discover the treasures of the Basque Country. Passing through Bayonne, you will discover the sense of hospitality of the Basques: between dances, songs, festivals and traditional gastronomy the tasting is done as much with the eyes as with the stomach ! You will discover the wonderful ecological park of Izadia with a guide or at your own pace the family will be able to be sensitized to a magnificent site sheltering a preserved fauna and flora. Just before your arrival, take the time for a little detour to the Pointe de St-Martin which shelters its lighthouse dating from the 19th century.

The most adventurous will finish their journey in Biarritz, with the ocean as far as the eye can see, its hydrangeas and its palm trees... Of course, what would Biarritz be without the postcard side of the magnificent Rocher de la Vierge ? The view from this end of the pier will take your breath away for sure.

What beautiful places and landscapes are offered to you to immortalize this family vacation, a real bouquet of memories...

Night in Biarritz or Bayonne

## DAY 8: END OF YOUR TRIP

End of trip

End of service after breakfast in your accommodation to enjoy a last moment of the invigorating ocean breeze if you choose the 8 days / 7 nights tour, from Arcachon to Biarritz.

For your comfort, we will take care of the return of the bikes.

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### Disclaimer

The stages and partner accommodations listed are the ones we prefer. Depending on your registration date, we may have to reserve for you another accommodation of the same category or different stages. For "last minute" registrations, we may have to offer you less comfortable accommodations. We know perfectly well the different accommodation options available for each stage: we will choose for you the best offer available at the time of your registration.

## DATES & PRICES

Package	Double room 2 pers.	Twin room 2 pers.	Triple room 3 pers.	4-person room 4 pers.
From Arcachon to Biarritz (8 days / 7 nights) 8 days / 7 nights	€945	€965	€845	€785

NB: prices shown are per person.

Depending on availability at the time of booking, you may be charged a supplement for certain services.

Possible trips from 01/04 to 15/10/2023 at the above price.

Departure on the day of your choice (departure possible on weekends).  
Discount from 4 participants.

**For a trip between 01/04 and 14/06/2023, or between 16/09 and 15/10/2023 :**

Luggage transfer supplement "low season" for a group of 1 pers. 50€/person/stop  
Luggage transfer supplement "low season" for a group of 2 pers. 25€/person/stopover  
Luggage transfer supplement "low season" for a group of 3 pers. 15€/person/stopover  
Luggage transfer supplement "low season" for a group of 4 pers. and more: +10€/person/stopover

NB: These supplements are justified by the fact that we organise transfers privately for your group in low season.

**Outside these periods, please contact us.**

**For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may apply depending on the number of people and the number of stops on the tour.**

### OUR PRICE INCLUDES :

- The 7 nights in guest houses or hotel\*\*
- Breakfasts
- Luggage transfer (1 labelled bag per person, max 15km per bag)
- Telephone assistance 7 days a week
- Registration fees
- Tourist taxes

- Your road-book in digital version on your smartphone.

### OUR PRICE DOES NOT INCLUDE :

- Bike rental (rental from two bikes)
- (For only one bike rental, please contact us)
- Transfers from your home to the meeting point and dispersion
  - The parking space for your vehicle for the duration of your trip
  - Lunches and dinners
  - Personal expenses, drinks
  - Our bicycle insurance (1,5€ per day and per bicycle, )
  - Our Europassistance cancellation / interruption / assistance & repatriation insurance

In general, everything that is not mentioned in "Our price includes".

## OPTIONS

### OPTIONS, SUPPLEMENTS AND REDUCTIONS:

SUPPLEMENTS	
Additional charge for July / August	€170
EQUIPMENT HIRE	
Adult bike rental (delivery & repatriation included) - 7 days	€260
Additional rental day for a bike (VTC)	€10
Adult electric bike (VAE) (delivery & repatriation included) - 7 days	€370
Additional rental day for an electric bike (VAE)	€25
Rental of a child's bike adapted to the size of your child (delivery & repatriation included) for 7 days	€220
Additional rent day for a child's bike	€10
Rental of a 2nd waterproof rear bag (20l) for the whole trip	€25
Rental of a 2-seater children's trailer Arcade explorer model (delivery & repatriation included)	€240
Child trailer with a hammock for children under 1y-old (delivery & repatriation included)	€250
Rental of a rear child seat	€40
Rental of a Follow Me towing system (delivery & repatriation included)	€130
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	

Additional night in Arcachon in double/twin room (breakfast included)	€80
Additional night in Arcachon in triple room (breakfast included)	€70
Additional night in Arcachon in family room (breakfast included)	€60
Additional night in Biarritz in double/twin room (breakfast included)	€95
Additional night in Biarritz in triple room (breakfast included)	€85
Additional night in Biarritz in family room (breakfast included)	€70
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Additional night in Mimizan in double/twin room (breakfast included)	€80
Additional night in Mimizan in triple room (breakfast included)	€60
Additional night in Mimizan in family room (breakfast included)	€55

NB: prices are per person.

## HOSTS

### OUR SELECTION OF 2\* OR 3\* HOTELS

Here is our selection of partner hotels.

NB: These accommodations are the ones we prefer.

Depending on your registration date, we may be able to book another accommodation of the same category for you.



Hotel\*\*\* in Arcachon

### OUR PARTNER FOR YOUR LEISURE ACTIVITIES IN MIMIZAN !

We warmly recommend our partner in Mimizan to discover outdoor activities.

Paddle, canoe, dugout, treasure hunt... There is something for you to enjoy, whatever your age and whatever the terrain!



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\*NB: this is our preferred accommodation. Depending on your registration date, we may be able to reserve other accommodation of the same category for you.

## PRACTICAL INFO

### THE BIKES WE OFFER FOR YOUR STAY :

### **THE MUSCULAR BIKE :**



- **Arcade Escape VTC** mixed model
- Multiple frame sizes to fit your height
- 21 trigger speeds
- Aluminum frame
- Frame geometry for easy straddling
- Adjustable stem (for a more reclined or upright position)
- Comfortable gel seat
- Rear stand (handy with loaded rear panniers)Luggage rack

This bike is light, practical and comfortable.

*NB : The above bike is our preferred bike. Depending on your registration date, we may be able to reserve another bike of the same category for you.*

### **THE ELECTRIC BIKE :**



- **Arcade Performance VAE** mixed model
- At least 3 levels of assistance
- 7 speeds minimum
- 80km to 150km of autonomy
- Central motor in the pedal assembly
- Wide enough tires to guarantee extra comfort
- Aluminum frame
- Frame geometry for easy straddling
- Comfortable gel seat
- Rear stand (practical with loaded rear panniers)
- Luggage rack

This bike allows to accompany your efforts, in short a nice alternative to make a little more kilometers per day.

*NB : The above bike is our preferred bike. Depending on your registration date, we may be able to reserve another bike of the same category for you.*

### **BIKES AND EQUIPMENTS FOR CHILDREN :**

## THE BIKES



- Arcade Cooltech model
- 6 Speeds
- Aluminum frame
- Possibility to have mountain bikes or VTC
- Geometry of frame facilitating the straddling on the VTC

These bikes are recommended for children up to 7 years old (maximum height 145cm).

Each bike is serviced and thoroughly cleaned after each ride.

*NB: The bike below is the one we prefer. Depending on your registration date, we may be able to reserve another bike of the same category for you.*

## FOLLOW-ME



- Attachment fixed on an adult bike it allows to pull a child bike or to detach it so that it is independent
- The attachment remains on the adult bike
- Works with several sizes of children's bikes

This towing system is ideal so that children who like to pedal on their own have a chance to rest while being towed by an adult if needed.

## CHILD TRAILER AND CHILD SEAT





#### Child trailer :

- 2 seats + a storage space
- 40kg total load

#### Child seat :

- Maximum 25kg
- Attached to the luggage rack

#### CHILD TRAILER WITH A HAMAC



- For children from 0 to 9 months
- 1 child per trailer
- Adapted safety belt

#### FOLLOWING BIKE



- Intermediate solution between the Follow-Me and the trailer for child
- No obligation to pedal for the child but a feeling of "helping" dad or mom!
- Support fixed on the saddle of a man or woman bicycle

#### THE BICYCLE BAG



- 2 rear mounted panniers (25L capacity per pannier)
- One handlebar bag

This equipment makes it easy to carry the most important things of the day with you.

#### **ALL YOUR EQUIPMENT IS INCLUDED :**

Thule waterproof rear bag of 25L

Thule waterproof handlebar bag with a smartphone/roadbook holder

Anti-theft device for two bikes

Repair kit

Helmet provided free of charge on request (please ask us when you register)

#### **THEFT AND ASSISTANCE INSURANCE: NATURE OCCITANE INSURES YOU**

In the event of an incident along the route (theft, breakage not resulting from wear and tear, etc.), we insure all equipment for only :

- 2€ per day per bike and/or per piece of equipment
- 3€ per day per electric bike

#### AT YOUR EXPENSE IN CASE OF THEFT OF THE BIKE OR EQUIPMENT :



#### Deductible - Without insurance :

- Muscular bike : 595€
- Electric bike : 2 745€

Rate of repair in case of breakage

#### Deductible - With insurance :

- Muscular bike : 59.50€
- Electric bike : 274.50€

10% of the repair in case of breakage

#### At you expense in case of theft or loss of equipment :

- Rear bag : 50€
- Anti-theft : 75€
- Repair kit : 25€
- Helmet : 50€

NB: The declaration of theft from the police station must be provided to Nature Occitane in both cases within 48 hours after the facts.

## PARKING YOUR VEHICLE DURING YOUR STAY

### IN BORDEAUX

For more security, we can advise you a cheap secure parking, located near the Bordeaux Saint-Jean train station.

[Click here](#) to calculate the rate for your stay or reserve your place.

### IN ARCACHON

For more security, we can recommend two secure parking lots, located near the Arcachon train station.

[Click here](#) to calculate the price for your stay or to reserve your place.

## HOW TO GET THERE?

In order to limit your CO2 emissions, we encourage you to use public transportation or to carpool. We will take care of returning our bikes from your arrival point.

#### → IF YOU COME BY TRAIN:

Bordeaux Saint-Jean train station is the closest and most accessible station to your departure bridge. It is 02h20 from Paris and Toulouse.

Arcachon train station is the one closest to the departure point of your cycling trip. The station is 50 minutes from Bordeaux, 2h40 from Paris and 3h40 from Toulouse.

#### → IF YOU COME BY PLANE:

Bordeaux Mérignac airport is the closest and is served by a shuttle to the city center. You can then leave from the city center if you start in Bordeaux or to take a TER to Arcachon from Bordeaux Saint-Jean station.

#### → IF YOU COME BY CAR:

From Paris: Take the A10 towards Bordeaux / Take the A10 then the A60 (A630) towards Arcachon.

From Toulouse : Take the A62 then the A63 towards Bordeaux / Take the A62 then the A60 (A630) towards Arcachon.

## RECOMMENDED EQUIPMENT :

Take a travel bag or suitcase for a change of clothes for the week. You will find it in your accommodation each evening.

### CLOTHING :

- 1 sun hat or cap (helmet provided on request when you register)
- 1 scarf
- Breathable T-shirts

NB: Avoid cotton, which takes a long time to dry; prefer short-sleeved t-shirts (breathable material)

- 1 fleece
- 1 Gore-tex jacket, waterproof and breathable

- 2 pair of shorts (short or long), preferably padded for comfort on the bike

**NB: The shorts must be worn next to the skin.**

- 1 pair of comfortable trousers for the evening
- Underwear
- Socks

*NB: Avoid "tennis" type socks (cotton), which take a long time to dry.*

- 1 swimming costume for the pool and your arrival at the sea

#### **SHOES :**

- 1 pair of multi-activity shoes for cycling and walking
- Tennis shoes or sandals for the evening

#### **EQUIPMENT :**

- 1 pair of sunglasses
- 1 pocket knife (to be put in the hold luggage if you take the plane)
- Toiletries
- Toilet paper
- Sunscreen
- Soothing cream anti-friction

**This list should be adapted according to the season chosen.**