Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



THE VÉLODYSSÉE BY BIKE, FROM ARCACHON TO BIARRITZ

All-inclusive stay on the Vélodyssée
This holiday on the French west coast takes you along one of the most beautiful stretches of the Vélodyssée, which runs from Roscoff to Hendaye.

Plunge into the heart of the Landes forests and glide along the Basque coast as the wind blows. This itinerary of almost 260km offers a guaranteed change of scenery, combined with an inevitable gastronomic journey through these regions.

5 days / 4 nights from €590

ITINERARY

DAY 1: VISIT ARCACHON BY BIKE OR ON FOOT

Arrival in Arcachon

Stopping off in the fresh, iodised air of the Gironde, the change of scenery becomes obvious: from vineyards to pine trees, it's just a few pedal strokes away. But these conifers not only hide extraordinary wildlife, they also reveal invigorating panoramas. The day ends with a ferry crossing of this legendary basin.
Once you arrive in Arcachon, don't hesitate to let yourself be seduced by the typical oyster-farming villages, steeped in the history of this region.

NB: The tour starts when you arrive at your accommodation in Arcachon if you choose the Arcachon - Biarritz 6 days/5 nights tour.

Dinner on your own and overnight in Arcachon.

DAY 2: FROM ARCACHON TO BISCAROSSE

Distance cycled : 30 km

After a peaceful night's sleep, you'll set off for the sunshine and beaches of Biscarrosse. Of course, we recommend the unmissable Dune du Pilat and the surrounding ocean beaches, where you'll be sure to come across storks and herons. If you want to take advantage of the beaches to stop off for a break or try your hand at water sports, the Salie beach is ideal for its fine sand and watersports facilities.

Dinner and overnight in Biscarrosse.

DAY 3: FROM BISCAROSSE BEACH TO MIMIZAN

Distance cycled : 40 km

After strolling along the Atlantic beaches, you're back in the shade of the Landes pines, ready for a peaceful getaway to see the old oil wells near the Landes town of Parentis-en-Born. And what could be better than a pleasant break near the Lac d'Aureilhan to discover the 300 or so varieties of flowers and shrubs that border it. Not far from the paper mills, take the time to discover the seaside resort of Mimizan, your destination. You can either drive along the oceanfront, renowned for its board sports, or inland, where the atmosphere is more rural and natural.

Dinner and overnight in Mimizan.

Suggestion 2: Additional night in Mimizan
Possibility of taking advantage of the water sports centre and all the activities it has to offer. Whether you're in the mood for exploration or just a leisurely stroll on the Mimizan lake, Pacific boats (Hawaiian pirogues), kayaksurfing or paddleboard lessons are all on offer to provide you with moments of sporting pleasure.

DAY 4: FROM MIMIZAN TO CAPBRETON

Distance cycled : 65 km

Next stop, Capbreton! But before that, it's back to the peace and quiet and wild landscapes of the Landes forest. We do, however, recommend stopping off for a while at Lespecier beach to enjoy the warm, photogenic setting. You should also pay tribute to the majestic lighthouse at Contis-plage, the largest in the Landes region. The route continues on to Léon, Moliets-et-Maa and Vieux-Boucau, three towns you won't want to miss, where you can spend a day strolling through their authentic, lively streets.
You've now arrived in the town where surfing is king, and where surf lovers come to meet the most beautiful breakers. Make the most of the evening by strolling along the beach, taking a photo of the ocean from the jetty or eating an ice cream!

Dinner and overnight in Capbreton.

DAY 5: FROM CAPBRETON TO BIARRITZ

Distance cycled : 58 km

Last day of the trip to the heart of the Landes before discovering the treasures of the Basque Country. Passing through Bayonne, you'll discover the Basques' sense of hospitality: between exceptional sites, gastronomy and intangible heritage, you won't be disappointed. The Izadia ecological park is a marvellous place to discover, as is the grotto of the chambre d'amour and its surrounding area for the more curious. Just before you arrive, take the time to make a short diversions to the Pointe de St-Martin, home to the Dout cliff and its lighthouse.
You'll finally arrive at your destination, with Biarritz in front of you, the ocean as far as the eye can see, its hydrangeas and palm trees... Of course, what would Biarritz be without the postcard-perfect Rocher de la Vierge? The view from this end of the pier is sure to take your breath away.

Dinner and overnight in Biarritz.

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Disclaimer
The stages and partner accommodation mentioned on the site are those we prefer. Depending on your registration date, we may have to book other accommodation of the same category or different stages for you. For last-minute bookings, we may have to offer you less comfortable accommodation, particularly during the high summer season. We are fully aware of the different accommodation options available for each stage: we will choose the best available offer for you when you register.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double room *2 pers.*	Twin room *2 pers.*	Triple room *3 pers.*	Single room *1 pers.*
Comfort range				

From Arcachon to Biarritz - Low season *5 days / 4 nights*	€590	€610	€550	€1,090
From Arcachon à Biarritz - High season *5 days / 4 nights*	€740	€760	€640	€1,340
Premium range				
From Arcachon to Biarritz - Low season *5 days / 4 nights*	€790	€810	-	€1,390
From Arcachon à Biarritz - High season *5 days / 4 nights*	€1,060	€1,080	-	€1,990

NB: prices shown are per person.

NB: Prices are indicated per person.

Discount available from 4 participants.

Depending on availability at the time of your booking, a supplement may apply to some of your services.

Low season: from 12/04 to 31/05/2026 and from 01/10 to 14/10/2026
High season: from 01/06 to 30/09/2026
Departure on the day of your choice.

Outside these periods, please contact us.

NB: These seasonal differences are due to the fact that we organize private transfers for your group during the low season.
During this period, the taxi transfers only your luggage.

For "last-minute" bookings (less than 15 days before the departure date), supplements related to the transport/transfer of your luggage may apply depending on the number of participants and the number of stages of the trip.

A flat fee of €50 for the entire stay applies for children still sleeping in a baby cot.

OUR PRICE INCLUDES :

5/7 nights in a 3-star hotel
Breakfasts
Luggage transfer (1 labelled item of luggage per person, max 15km per item)
7/7 telephone assistance
Local taxes
Digital version of your road-book on your smartphone

OUR PRICE DOES NOT INCLUDE :

Bike hire (hire for two bikes or more) (For single bike hire, please contact us)
Transfers from your home to the meeting point and dispersal
Parking space for your vehicle for the duration of your stay
Lunches and dinners
Personal expenses and drinks
Registration fee: €20 per booking file
Our bicycle insurance (€1.5 per day per bicycle)

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

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE

REDUCTIONS	
Discount : No luggage transfer	-€110
SUPPLEMENTS	
Meeting in Biarritz for bike pickup (price per family)	€89
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 4 days	€255
Extra bike hire for one day	€15
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 4 days	€390
Extra E-bike hire for one day (ebike)	€15
Extra waterproof rear bag (20L) for the whole trip	€40
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Arcachon in a double/twin room (breakfast included) - Low season	€80
Extra night in Arcachon in a triple room (breakfast included) - Low season	€80
Extra night in Arcachon in a single room (breakfast included) - Low season	€140
Extra night in Biarritz in a double/twin room (breakfast included) - Low season	€70
Extra night in Biarritz in a triple room (breakfast included) - Low season	€80
Extra night in Biarritz in a single room (breakfast included) - Low season	€140
Extra night in Arcachon in a double/twin room (breakfast included) - High season	€100
Extra night in Arcachon in a triple room (breakfast included) - High season	€114
Extra night in Arcachon in a single room (breakfast included) - High season	€180
Extra night in Biarritz in a double/twin room (breakfast included) - High season	€110
Extra night in Biarritz in a triple room (breakfast included) - High season	€104
Extra night in Biarritz in a single room (breakfast included) - High season	€190
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Mimizan in a double/twin room (breakfast included) - Low season	€70
Extra night in Mimizan in a triple room (breakfast included) - Low season	€60
Extra night in Mimizan in a single room (breakfast included) - Low season	€120
Extra night in Mimizan in a double/twin room (breakfast included) - High season	€100
Extra night in Mimizan in a triple room (breakfast included) - High season	€75
Extra night in Mimizan in a single room (breakfast included) - High season	€150
PREMIUM RANGE	
REDUCTIONS	
Discount : No luggage transfer	-€110
SUPPLEMENTS	
Meeting in Biarritz for bike pickup (price per family)	€89
EQUIPMENT HIRE	
Bike hire throughout the trip, including delivery to the start and its collection at the end - 4 days	€255
Extra bike hire for one day	€15
Hire of an electric bike (ebike), including delivery to the start and its collection at the end - 4 days	€390
Extra E-bike hire for one day (ebike)	€15
Extra waterproof rear bag (20L) for the whole trip	€40
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Arcachon in a double/twin room (breakfast included) - Low season	€130
Extra night in Arcachon in a triple room (breakfast included) - Low season	€140
Extra night in Arcachon in a single room (breakfast included) - Low season	€200
Extra night in Biarritz in a double/twin room (breakfast included) - Low season	€100

Extra night in Biarritz in a triple room (breakfast included) - Low season	€0
Extra night in Biarritz in a single room (breakfast included) - Low season	€170
Extra night in Arcachon in a double/twin room (breakfast included) - High season	€215
Extra night in Arcachon in a triple room (breakfast included) - High season	€177
Extra night in Arcachon in a single room (breakfast included) - High season	€370
Extra night in Biarritz in a double/twin room (breakfast included) - High season	€130
Extra night in Biarritz in a triple room (breakfast included) - High season	€0
Extra night in Biarritz in a single room (breakfast included) - High season	€220
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Mimizan in a double/twin room (breakfast included) - Low season	€100
Extra night in Mimizan in a triple room (breakfast included) - Low season	€130
Extra night in Mimizan in a single room (breakfast included) - Low season	€200
Extra night in Mimizan in a double/twin room (breakfast included) - High season	€115
Extra night in Mimizan in a triple room (breakfast included) - High season	€0
Extra night in Mimizan in a single room (breakfast included) - High season	€215

NB: prices are per person.

HOSTS

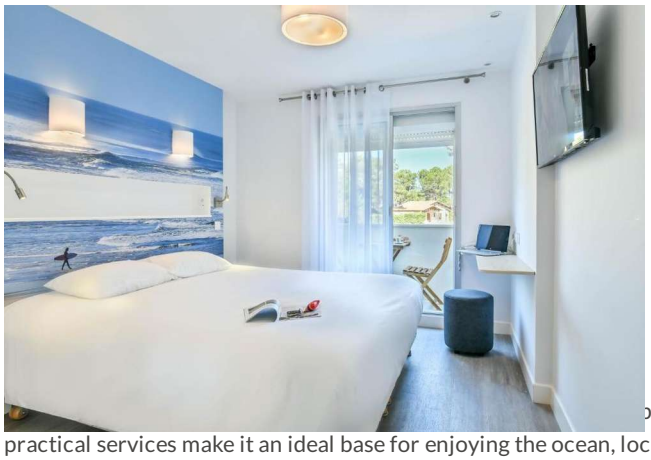
Comfort range

HOTEL* IN ARCACHON**

Ideally located just a short walk from Arcachon town centre and the beaches, the hotel welcomes you in an elegant listed 19th-century villa. Surrounded by magnolias and palm trees, the property offers recently renovated, air-conditioned rooms as well as a pleasant outdoor swimming pool set in a green and relaxing environment.



e forest, the hotel offers a peaceful, natural setting for a relaxing stay. Comfortable rooms, a restaurant serving flavours of the South-West of France, and a shaded garden make it an ideal place to unwind between beach, forest and cycling routes. Awarded the European Ecolabel, the property is committed to more responsible tourism. Nearby activities make this an excellent stopover for discovering the Landes coast.



ble and friendly atmosphere. Comfortable rooms, a central location and practical services make it an ideal base for enjoying the ocean, local shops and the cycling routes along the Landes coast. A true haven of peace

and relaxation.

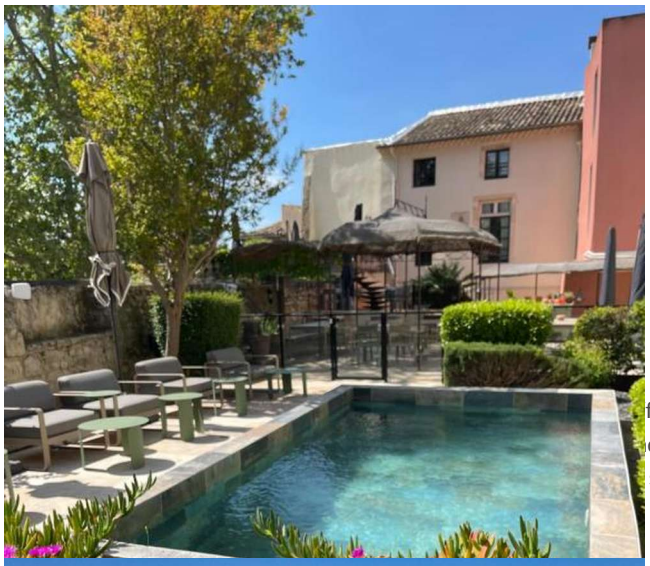


s an ideal stop for travellers seeking relaxation and nature. Committed to an eco-responsible approach, the property promotes short supply chains, limits its environmental impact and encourages soft mobility with bike rental and secure bike storage. A comfortable and sustainable stopover on the heart of the Landes coast.



cing the ocean. With simply styled rooms, locally inspired cuisine and easy access on foot or by bike, the property focuses on simplicity, nature and a sustainable approach, right in the heart of Biarritz.





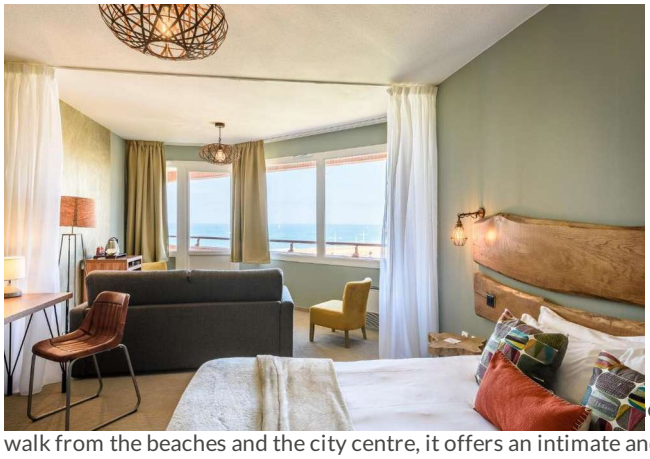
fers a unique setting where sea and sky blend into one. All rooms enjoy ding heritage and modern design, the property features high-end facilities soundproofed, air-conditioned rooms. An excellent stopover combining sea,



art of the Landes countryside. Rooms with balconies, a heated swimming pool, a terrace restaurant and uninterrupted views over the water all invite you to relax and unwind. An ideal stop for a rejuvenating break during your cycling journey between lake, forest and ocean.

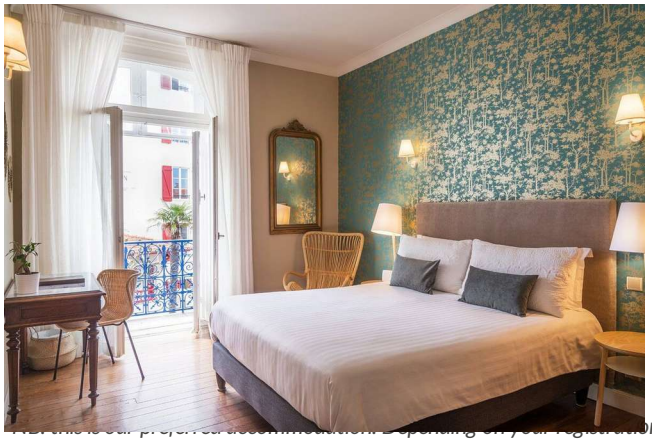


ting combining seaside charm and well-being. Its fully renovated rooms, interrupted ocean views, while the spa and panoramic terrace invite you to s certified with the European Ecolabel. A refined place where comfort and sustainability come together.



e hotel blends period charm with contemporary comfort. Just a few minutes' walk from the beaches and the city centre, it offers an intimate and refined atmosphere, ideal for a peaceful stay on the Basque coast at the

end of your cycling journey.



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 :

VTC FROM THE AMERICAN BRAND TREK



- High-stantard model chosen especially for the profile of our travelers
- A bike to fi your height (available in M, L and XL. For smaller height, other Trek and KTM models are available)
- Frame geometry and standover : easy to mount and dismount
- Front suspension
- Confort saddle
- Travel comfort handles
- Hydraulic disc brakes
- Adjustable stem (for the comfort of your back)
- Rear stand
- Front and rear lighting by dynamo

NB : Our bikes are serviced and cleaned after each outing.

ELECTRIC BIKE (VAE) FROM THE BRAND TREK



- High-stantard model chosen especially for the profile of our travelers
- A bike to fi your height (available in XS, S, M, L and XL.Frame geometry and standover : easy to mount and dismount
- Large 28 inch wheels that ensure precise steering and good performance
- Powerfull hydraulic disc brakes
- Bosch motor

All equipment included

- Waterproof rear panier Ortileb 20l
- Waterproof front panier with Ortlieb smartphone / roadbook holder
- Front and back lights
- Bike lock
- Repair kit
- Helmet provided free of charge on demand (please ask for one 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 charge if your bike or trailer are robbed :

Caution / Excess without the insurance :

Premium trip bike : 924€
Premium trip electric bike : 2275€
Child bike : 400€
Luggage trailer BOB Ibex : 570€
Repair rate in case of damage / breakage

Caution / Excess with the insurance :

Premium trip bike : 92€
Premium trip electric bike : 228€
Child bike : 40€
Luggage trailer BOB Ibex : 57€

10% of the repair rate in case of damage /breakage

NB : The statement of robbery at the police station must be sent to Nature Occitane in both cases in the time limit of 48h after the offence.

At your charge in case of theft or loss of equipment :

Back pannier : 50€
Anti-theft device : 75€
Multi-tool or pump : 15€
Helmet : 50€

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 must be adapted according to the chosen season.