

## THE VÉLODYSSÉE BY BIKE, FROM BORDEAUX TO BIARRITZ

### All inclusive stay on La Véloodyssée

This stay on the French west coast makes you discover one of the most beautiful sections of the Véloodyssée which goes from Roscoff to Hendaye. Immerse yourself into the heart of the Landes forests and follow the wind along the Basque coast. This itinerary of almost 260km offers you a guaranteed change of scenery associated with an inevitable gastronomic journey in these regions.



8 days / 7 nights starting at 970€

### ITINERARY

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

##### Arrival in Bordeaux

Arrival at our charming B&B, ideally located near the St Jean de Bordeaux train station or the city center. Your host will be able to advise you on your visits, activities and restaurants not to be missed. Your bike will be available from 7pm for an evening ride.

Night in Bordeaux.

#### DAY 2: LA VÉLODYSSÉE FROM BORDEAUX TO LACANAU OCÉAN

##### Distance cycled : 68km

Get on your bike and let's go for an adventure! When you leave the wine city of Bordeaux, you will find yourself in the middle of nature, surrounded by vineyards full of history. You will enjoy the first moments on the forest paths that this region offers. And what could be better than to enjoy the Atlantic Ocean for some water activities.

Night in Lacanau Océan.

Suggestion 1 : Stopover in Margaux

Visit of the vineyards and castles of the region (see options in the price tab).

#### DAY 3: LA VÉLODYSSÉE FROM LACANAU OCÉAN TO ARCACHON

##### Distance cycled : 52km

A second cycling day in the fresh air of the Gironde where you can notice the change of landscape is then noticed: from the vineyards to the pines, there is only a few pedal strokes. But these conifers do not only hide an extraordinary fauna, they also reveal invigorating panoramas. The day will end with a ferry crossing of this mythical basin.

Once you arrive in Arcachon, you will be seduced by these typical oyster villages steeped in the history of this territory.

Night in Arcachon.

#### DAY 4: LA VÉLODYSSÉE FROM ARCACHON TO BISCARROSSE

##### Distance cycled : 30km

After a peaceful night, you take the path towards the sun and the beaches of Biscarrosse. We advise you, the unmissable Dune du Pilat and the surrounding ocean beaches which will offer you beautiful encounters between storks and herons. If you want to take advantage of the beaches to make a stopover or try water sports, the beach of La Salie is ideal for its fine sand and its facilities for gliding.

Night at Biscarrosse.

#### DAY 5: LA VÉLODYSSÉE FROM BISCARROSSE PLAGE TO MIMIZAN

##### Distance cycled : 40km

After having cycled along the Atlantic beaches, you are now in the shade of the Landes pines ready for a peaceful escapade to meet the old oil

wells near the Landes town of Parentis-en-Born. What could be better than a pleasant break near the lake of Aureilhan to discover the 300 varieties of flowers and shrubs along the lake. Not far from the paper mills, take the time to discover the coastal resort of Mimizan, your arrival point : either along the ocean shore, famous for its spirit of board sports, or inland, with its more rural and natural atmosphere.

Night in Mimizan.

Suggestion 2 : Additional night in Mimizan

Possibility to spend an extra night to enjoy the nautical leisure base and all the activities that it offers. (See options in the price tab).

## DAY 6: LA VÉLODYSSÉE FROM MIMIZAN TO CAPBRETON

Distance cycled: 65km

Next stop, Capbreton ! But before that, back to the quietness and the wild landscapes that the Landes forest offers us. However, we recommend you to stop for a while on the beach of Lespecier to enjoy the warm and photogenic setting that it offers. We must also greet the majestic lighthouse of Contis-plage, the biggest of the Landes province. The road continues, passing through Léon, Moliets-et-Maa and Vieux-Boucau, three unavoidable towns that offer you the time to stroll in their authentic and lively streets.

You now arrive in the city where surfing is king and where surfing lovers come to discover the most beautiful waves. 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 Capbreton.

## DAY 7: LA VÉLODYSSÉE FROM CAPBRETON TO BIARRITZ

Distance cycled : 58km - End of your trip

Last day of your trip in the heart of the Landes before discovering the treasures of the Basque Country. Passing through Bayonne, you will discover the sens of Basque hospitality : between exceptional sites, gastronomy and intangible heritage you will not be disappointed. You will discover the wonderful ecological park of Izadia or the cave of the love chamber and its district for the most curious ones. Just before your arrival point, take the time for a small detour to the Pointe de St-Martin which shelters the cliff of Dout and its lighthouse.

You finally arrive at your destination, in front of you Biarritz, the ocean as far as the eye can see, its Basque houses, 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 part of the pier will take your breath away for sure.

## DAY 8: END OF YOUR TRIP

End of the trip

End of our service after your breakfast.

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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

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.
<b>Comfort range</b>				
From Bordeaux to Biarritz 8 days / 7 nights	€990	€1,010	€970	€1,490
<b>Premium range</b>				
From Bordeaux to Biarritz 8 days / 7 nights	€1,590	€1,610	€1,390	€2,290

NB: prices shown are per person.

Possible trips from 01/04 to 15/10/2024 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 14/06/2024, or between 16/09 and 15/10/2024 :**

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 20km 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
- Our Europassistance cancellation / interruption / assistance & repatriation insurance (6% of the price of your stay)

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

## OPTIONS

### OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
<b>REDUCTIONS</b>	
Discount: No luggage transfer	-€70
Discount: groups of more than 4 people	-€25
<b>SUPPLEMENTS</b>	
July / August	€100
<b>EQUIPMENT HIRE</b>	
Bike hire throughout the trip (delivery & repatriation included), 6 days	€260
Extra bike hire for one day (VTC)	€10
Electric bike rental throughout the trip (delivery & repatriation included), 6 days	€380
Extra E-bike hire for one day	€25
Extra waterproof rear bag (20L) for the whole trip	€25
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Extra night in Bordeaux in double room (breakfast included)	€75
Extra night in Bordeaux in triple room (breakfast included)	€50
Extra night in Bordeaux in single room (breakfast included)	€120

Extra night in Arcachon in double room (breakfast included)	€80
Extra night in Arcachon in triple room (breakfast included)	€80
Extra night in Arcachon in single room (breakfast included)	€130
Extra night in Biarritz in double room / twin room (breakfast included)	€90
Extra night in Biarritz in triple room (breakfast included)	€85
Extra night in Biarritz in single room (breakfast included)	€145
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Extra night in Mimizan in double room / twin room (breakfast included)	€80
Extra night in Mimizan in triple room (breakfast included)	€70
Extra night in Bordeaux in single room (breakfast included)	€120
<b>PREMIUM RANGE</b>	
<b>REDUCTIONS</b>	
Discount: No luggage transfer	-€70
Discount: groups of more than 4 people	-€25
<b>SUPPLEMENTS</b>	
July / August	€150
<b>EQUIPMENT HIRE</b>	
Bike hire throughout the trip (delivery & repatriation included), 6 days	€260
Extra bike hire for one day (VTC)	€10
Electric bike rental throughout the trip (delivery & repatriation included), 6 days	€380
Extra E-bike hire for one day	€25
Extra waterproof rear bag (20L) for the whole trip	€25
<b>SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP</b>	
Extra night in Bordeaux in double room (breakfast included)	€90
Extra night in Bordeaux in triple room (breakfast included)	€70
Extra night in Bordeaux in single room (breakfast included)	€140
Extra night in Arcachon in double room (breakfast included)	€190
Extra night in Arcachon in triple room (breakfast included)	€190
Extra night in Arcachon in single room (breakfast included)	€340
Extra night in Biarritz in double room / twin room (breakfast included)	€90
Extra night in Biarritz in triple room (breakfast included)	€85
Extra night in Biarritz in single room (breakfast included)	€145
<b>OUR SUGGESTIONS DURING YOUR HOLIDAY</b>	
Extra night in Mimizan in double room / twin room (breakfast included)	€110
Extra night in Mimizan in triple room (breakfast included)	€90
Extra night in Bordeaux in single room (breakfast included)	€190

NB: prices are per person.

## HOSTS

Comfort range

### OUR PARTNER HOTEL IN BISCARROSSE

This 2\* hotel is a haven of peace not far from the sea.

After a day of cycling, enjoy this relaxing setting, surrounded by gardens where you can appreciate the light of the sunset.

With its terrace open all year round, you can enjoy your breakfast in the cool of the morning.



Premium range

#### OUR PARTNER HOTEL IN CAPE BRETON (COMFORT OPTION)

This charming 3\* hotel has all the ingredients to seduce you !

After a long day of cycling, enjoy a massage, or simply the splendid beach located just a few steps away...

In the evening, enjoy a gourmet meal in the restaurant overlooking the ocean.



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*NB: these accommodations are examples only.*

*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.*

### **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.**