Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



THE VÉLODYSSÉE BY BIKE, FROM BORDEAUX TO BIARRITZ

All inclusive stay on La Vélodyssée

This stay on the French west coast makes you discover one of the most beautiful sections of the Vélodyssée 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.

5 days / 4 nights starting at 590€

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 MOLIETS OR MESSANGES OR VIEUX-BOUCAU

Distance cycled: 55-65 km

Leaving Mimizan, you return to the peaceful landscapes that are so characteristic of the Landes coast. The Vélodyssée takes you through the vast pine forest, along cycle paths and through small seaside resorts facing the Atlantic Ocean.

Along the way, you can stop at Lespecier Beach, known for its unspoilt natural setting. You then continue towards Contis-Plage, where you will see the distinctive black-and-white Contis Lighthouse. The route continues through the Landes forest towards Léon and its lake, before gradually returning to the coast.

Your cycling stage ends in one of the seaside resorts along the Landes coast, between Moliets-et-Maa, Messanges and Vieux-Boucau. Take advantage of the late afternoon to head to the ocean, discover the beaches and enjoy the relaxed atmosphere of these villages nestled between the forest and the Atlantic.

Dinner on your own and overnight in your accommodation.

DAY 7: LA VÉLODYSSÉE FROM MOLIETS OR MESSANGES OR VIEUX-BOUCAU TO BIARRITZ

Distance cycled : 55-65 km – 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.

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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.*
Comfort range				
From Bordeaux to Biarritz - Low season *7 days / 6 nights*	€840	€860	€770	€1,490
From Bordeaux to Biarritz - High season *7 days / 6 nights*	€1,020	€1,040	€880	€1,850
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 Bordeaux to Biarritz - Low season *7 days / 6 nights*	€1,000	€1,020	€1,150	€2,125
From Bordeaux to Biarritz - High season *7 days / 6 nights*	€1,410	€1,430	€1,370	€2,985
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 :

- The 5/7 nights in guest houses or hotel
- Breakfasts
- Luggage transfer (1 labelled bag per person, max 20km per bag)

- Telephone assistance 7 days a week
- 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
- Registration fee: €20 per booking file
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)

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

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

COMFORT RANGE	
REDUCTIONS	
Discount: No luggage transfer - Start in Bordeaux	-€150
Discount: No luggage transfer - Start in Arcachon	-€110
SUPPLEMENTS	
Meeting in Biarritz for bike pickup (price per family)	€89
EQUIPMENT HIRE	
Bike hire throughout the trip (delivery & repatriation included), 6 days	€255
Extra bike hire for one day (VTC)	€10
Electric bike rental throughout the trip (delivery & repatriation included), 6 days	€390
Extra E-bike hire for one day	€15
Extra waterproof rear bag (20L) for the whole trip	€40
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included) - Low season	€80
Extra night in Bordeaux in triple room (breakfast included) - Low season	€50
Extra night in Bordeaux in single room (breakfast included) - Low season	€140
Extra night in Arcachon in double room (breakfast included) - Low season	€80
Extra night in Arcachon in triple room (breakfast included) - Low season	€80
Extra night in Arcachon in single room (breakfast included) - Low season	€140
Extra night in Biarritz in double room / twin room (breakfast included) - Low season	€70
Extra night in Biarritz in triple room (breakfast included) - Low season	€80
Extra night in Biarritz in single room (breakfast included) - Low season	€140
Extra night in Bordeaux in double room (breakfast included) - High season	€155
Extra night in Bordeaux in triple room (breakfast included) - High season	€60
Extra night in Bordeaux in single room (breakfast included) - High season	€170
Extra night in Arcachon in double room (breakfast included) - High season	€100
Extra night in Arcachon in triple room (breakfast included) - High season	€114
Extra night in Arcachon in single room (breakfast included) - High season	€180
Extra night in Biarritz in double room / twin room (breakfast included) - High season	€110
Extra night in Biarritz in triple room (breakfast included) - High season	€104
Extra night in Biarritz in single room (breakfast included) - High season	€190
OUR SUGGESTIONS DURING YOUR HOLIDAY	

Extra night in Mimizan in double room / twin room (breakfast included) - Low season	€70
Extra night in Mimizan in triple room (breakfast included) - Low season	€60
Extra night in Mimizan in single room (breakfast included) - Low season	€120
Extra night in Mimizan in double room / twin room (breakfast included) - High season	€100
Extra night in Mimizan in triple room (breakfast included) - High season	€75
Extra night in Mimizan in single room (breakfast included) - High season	€150
PREMIUM RANGE	
REDUCTIONS	
Discount: No luggage transfer - Start in Bordeaux	-€150
Discount: No luggage transfer - Start in Arcachon	-€110
SUPPLEMENTS	
Meeting in Biarritz for bike pickup (price per family)	€89
EQUIPMENT HIRE	
Bike hire throughout the trip (delivery & repatriation included), 6 days	€255
Extra bike hire for one day (VTC)	€10
Electric bike rental throughout the trip (delivery & repatriation included), 6 days	€390
Extra E-bike hire for one day	€15
Extra waterproof rear bag (20L) for the whole trip	€40
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in Bordeaux in double room (breakfast included) - Low season	€90
Extra night in Bordeaux in triple room (breakfast included) - Low season	€120
Extra night in Bordeaux in single room (breakfast included) - Low season	€160
Extra night in Arcachon in double room (breakfast included) - Low season	€130
Extra night in Arcachon in triple room (breakfast included) - Low season	€140
Extra night in Arcachon in single room (breakfast included) - Low season	€200
Extra night in Biarritz in double room / twin room (breakfast included) - Low season	€100
Extra night in Biarritz in triple room (breakfast included) - Low season	€0
Extra night in Biarritz in single room (breakfast included) - Low season	€170
Extra night in Bordeaux in double room (breakfast included) - High season	€165
Extra night in Bordeaux in triple room (breakfast included) - High season	€129
Extra night in Bordeaux in single room (breakfast included) - High season	€180
Extra night in Arcachon in double room (breakfast included) - High season	€215
Extra night in Arcachon in triple room (breakfast included) - High season	€177
Extra night in Arcachon in single room (breakfast included) - High season	€370
Extra night in Biarritz in double room / twin room (breakfast included) - High season	€130
Extra night in Biarritz in triple room (breakfast included) - High season	€0
Extra night in Biarritz in single room (breakfast included) - High season	€220
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Extra night in Mimizan in double room / twin room (breakfast included) - Low season	€100
Extra night in Mimizan in triple room (breakfast included) - Low season	€130
Extra night in Mimizan in single room (breakfast included) - Low season	€200
Extra night in Mimizan in double room / twin room (breakfast included) - High season	€115
Extra night in Mimizan in triple room (breakfast included) - High season	€0
Extra night in Mimizan in single room (breakfast included) - High season	€215

NB: prices are per person.

HOSTS

Comfort range

HÔTEL IN BORDEAUX**

You will begin your journey in the heart of Bordeaux, staying in a cosy, charming hotel steeped in history. Built from golden stone and dating back to 1850, the property takes its name from its original purpose, as the city's first railway station was located on the right bank of the Garonne just 150 metres away in the 19th century. Comfortable and tastefully decorated, this hotel is the ideal place to start your stay.



ea, the inn combines charm, authenticity and refinement. A former wine estate converted into a characterful hotel, it offers a peaceful setting between vineyards and the estuary. The restaurant highlights local gastronomy, paired with some of the finest classified growths of the Médoc. An ideal stopover for lovers of wine, nature and well-being.



each, the hotel welcomes you in a warm and relaxed atmosphere. Ideal for a
d easy access to shops, restaurants and water sports activities. A perfect



HÔTEL* IN ARCACHON**

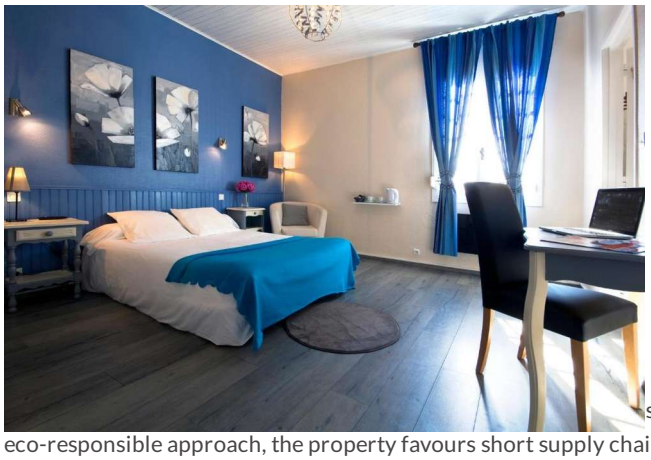
Ideally located just a short walk from Arcachon town centre and the beaches, the hotel welcomes you in an elegant listed 19th-century villa. Surrounded by magnolias and palm trees, the property offers recently renovated, air-conditioned rooms as well as a pleasant outdoor swimming pool set in a green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



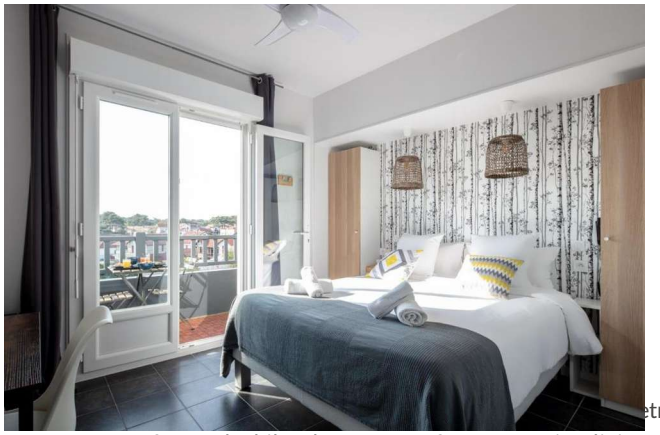
orest, the hotel offers a peaceful, natural setting for a relaxing stay. Comfortable rooms, a restaurant featuring flavours of the South-West of France and a shaded garden make it an ideal place to unwind between beach, forest and cycling routes. Awarded the European Ecolabel, the property is committed to more responsible tourism. Nearby activities — cycling, beach and forest — make it a perfect 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 favours short supply chains, reduces its environmental impact and encourages soft mobility with bike rental and secure bike storage. A comfortable and sustainable stopover in the heart of the Landes coast.



etreat facing the ocean. With simply styled rooms, locally sourced 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.



Premium range

HOTEL* IN BORDEAUX**

Situé au cœur de Bordeaux, cet hôtel de charme occupe un élégant immeuble en pierre typique du centre historique. Il propose une atmosphère intime et contemporaine, des chambres confortables et un emplacement idéal pour découvrir la ville à pied au debut de votre séjour à vélo..

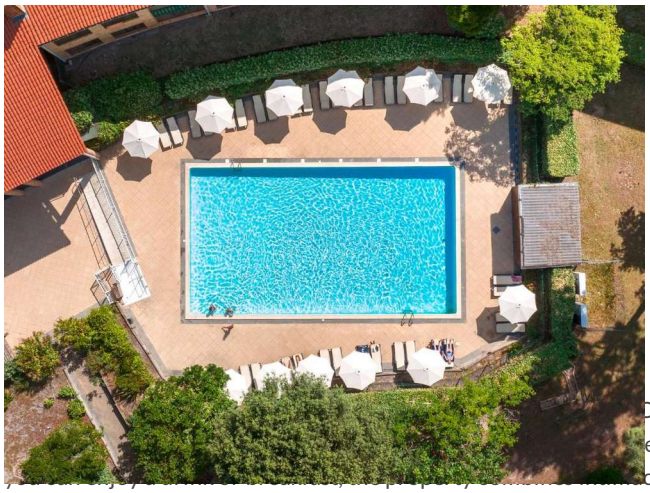


Chambre double -Gamme Privilège © Nature Occitane

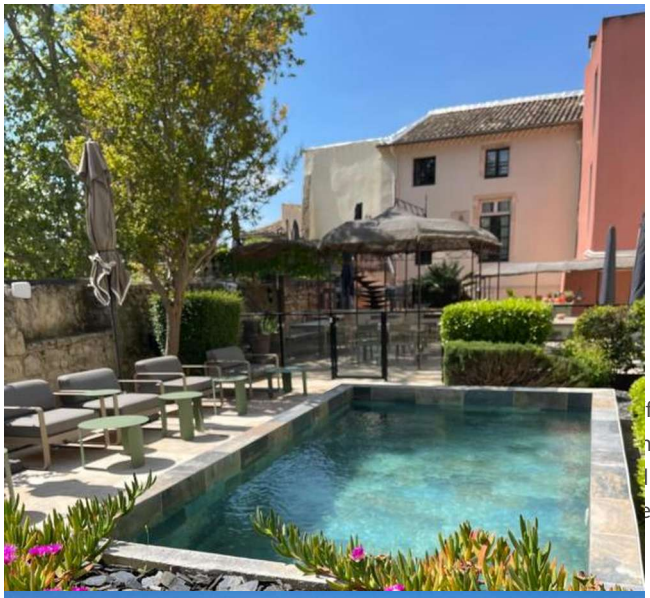
ay in the heart of the vineyards, between the Margaux and Haut-Médoc swimming pool, a lush park and a range of wine tourism activities. A peaceful



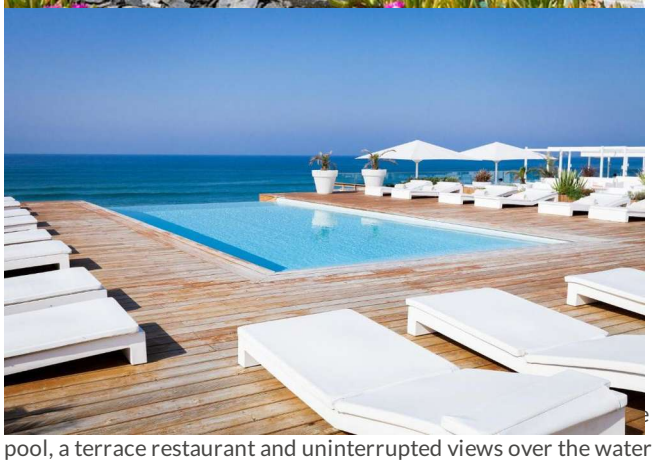
beaches, the Hotel & Spa welcomes you to a peaceful retreat focused on relaxation and renewal. Fully renovated, this 4-star property offers elegant rooms, a heated outdoor swimming pool and, above all, a dedicated “Sensory Experience” wellness area — whirlpool bath, steam room, sauna, ice cave and cold shower — for complete relaxation.



Carefully decorated rooms, featuring bespoke furniture and an elegant colour
eption lounge, library and convivial bar — to its panoramic rooftop where
cy with the charm of the Arcachon Bay.



fers a unique setting where sea and sky blend into one. All rooms enjoy
ng heritage and modern design, the property features high-end facilities
soundproofed, air-conditioned rooms. Located just steps from the beach
Landes, it is an excellent stopover combining sea, nature and contemporary



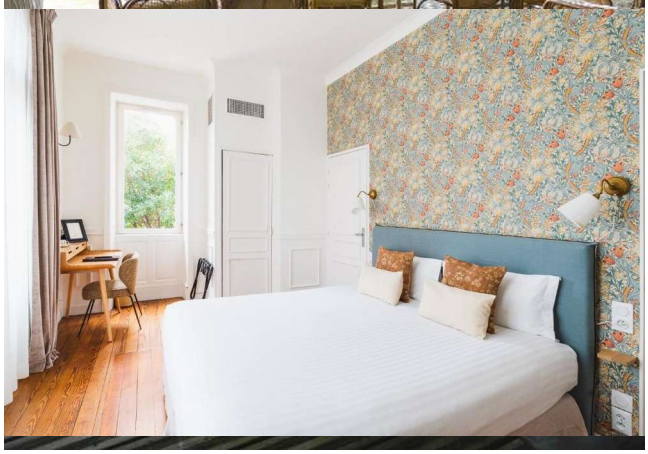
heart of the Landes countryside. Rooms with balconies, a heated swimming pool, a terrace restaurant and uninterrupted views over the water all invite you to relax and unwind. An ideal stop for a rejuvenating break during your cycling journey between lake, forest and ocean.



ting combining seaside charm and well-being. Its fully renovated rooms, interrupted ocean views, while the “Huajaï” spa and panoramic terrace he property is certified with the European Ecolabel, reflecting sustainable resource management, improved energy efficiency and reduced waste. A refined place where comfort and responsibility come together.



e hotel blends period charm with contemporary comfort. Just a few minutes’ d refined atmosphere, ideal for a peaceful stay on the Basque coast at the



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.