Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



THE VÉLODYSSÉE BY BIKE IN FAMILY, FROM ARCACHON TO BIARRITZ

All inclusive stay on La Vélodyssée

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 Vélodyssée? 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 775€ 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, Vieu 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

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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.*	Single room *1 pers.*
From Arcachon to Biarritz - Low season *7 days / 6 nights*	€800	€820	€775	€1,790
From Arcachon à Biarritz - High season *7 days / 6 nights*	€970	€990	€855	€2,140

NB: prices shown are per person.

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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 6 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
- 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:

SUPPLEMENTS	
Meeting in Biarritz for bike pickup (price per family)	€89

EQUIPMENT HIRE	
Adult bike rental (delivery & repatrition included) - 7 days	€285
Additional rental day for a bike (VTC)	€12
Adult electric bike (VAE) (delivery & repatrition included) - 7 days	€440
Additional rental day for an electric bike (VAE)	€20
Rental of a child's bike adapted to the size of your child (delivery & repatriation included) for 7 days	€215
Additional rent day for a child's bike	€5
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)	€260
Child trailer with a hammock for children under 1y-old (delivery & repatriation included)	€270
Rental of a rear child seat	€170
Rental of a Follow Me towing system (delivery & repatriation included)	€300
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Additional night in Arcachon in double/twin room (breakfast included) - Low season	€100
Additional night in Arcachon in triple room (breakfast included) - Low season	€80
Additional night in Arcachon in single room (breakfast included) - Low season	€170
Additional night in Biarritz in double/twin room (breakfast included) - Low season	€70
Additional night in Biarritz in triple room (breakfast included) - Low season	€90
Additional night in Biarritz in single room (breakfast included) - Low season	€140
Additional night in Biarritz in double/twin room (breakfast included) - High season	€110
Additional night in Biarritz in triple room (breakfast included) - High season	€114
Additional night in Biarritz in single room (breakfast included) - High season	€215
Additional night in Arcachon in double/twin room (breakfast included) - High season	€120
Additional night in Arcachon in triple room (breakfast included) - High season	€94
Additional night in Arcachon in single room (breakfast included) - High season	€210
OUR SUGGESTIONS DURING YOUR HOLIDAY	
Additional night in Mimizan in double/twin room (breakfast included) - Low season	€70
Additional night in Mimizan in triple room (breakfast included) - Low season	€60
Additional night in Mimizan in family room (breakfast included) - Low season	€120
Additional night in Mimizan in double/twin room (breakfast included) - High season	€185
Additional night in Mimizan in triple room (breakfast included) - High season	€80
Additional night in Mimizan in family room (breakfast included) - High season	€150

NB: prices are per person.

HOSTS

HÔTEL* IN ARCACHON**

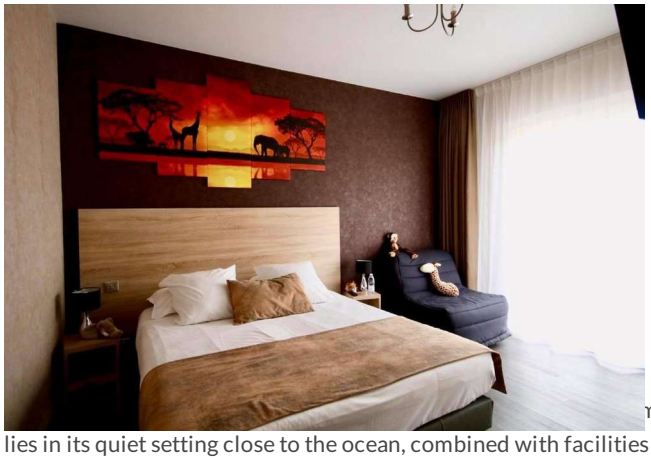
Located in the heart of Arcachon, this accommodation is an ideal starting point for a **family-friendly cycling itinerary along the Atlantic coast**. Its central location, close to beaches, restaurants and cycle paths, makes organizing a trip with children easy and convenient. Comfortable rooms and an outdoor swimming pool, perfect for relaxing after a day on the bike, a real highlights for a smooth and enjoyable start to your Velodyssée cycling adventure



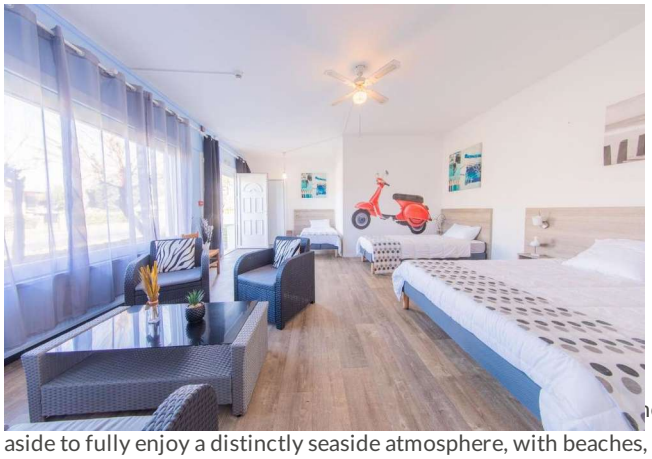
ation is an ideal stop for a family-friendly cycling itinerary along the Atlantic coast. With immediate access to the beach and close proximity to cycle paths and local shops, it makes daily travel with children easy and stress-free. Comfortable rooms, a welcoming atmosphere, and the ability to get around entirely on foot or by bike make it the perfect place to enjoy the sea air and unwind after a day riding along the Vélodyssée.



modation offers an ideal break for families cycling along the Atlantic coast. Its peaceful natural setting is enhanced by a wide range of amenities, perfect after a day on the bike: a swimming pool, wellness area with spa and sauna, on-site restaurant, outdoor terraces, and spacious family-friendly rooms. A comfortable and rejuvenating place, ideal for combining relaxation, nature and cycling in complete peace of mind.



mplicity, particularly well suited to families traveling by bike. Its main appeal lies in its quiet setting close to the ocean, combined with facilities designed for relaxation: inviting rooms, pleasant outdoor spaces, and easy access to the town's services. An ideal place to take a breather, enjoy the sea air, and continue the journey at a relaxed pace.



e ocean**, a real highlight on a family cycling itinerary. Here, bikes are set aside to fully enjoy a distinctly seaside atmosphere, with beaches, dunes and fresh sea air. The on-site restaurant facing the ocean allows you

to dine without needing to travel, while comfortable rooms provide a welcome rest after a day of cycling. A stop with a true holiday feel, perfect for making the most of the Landes coast before getting back on the road.



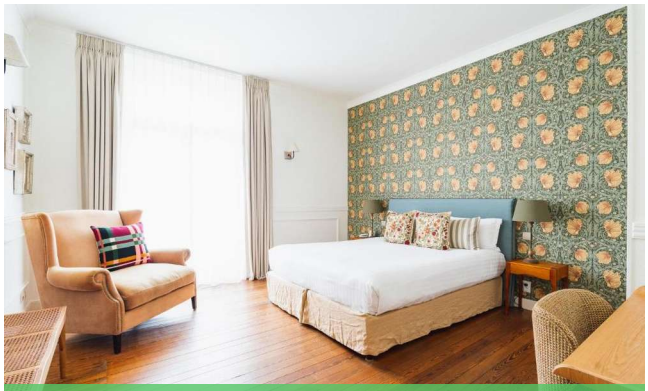
Votre hébergement à Moliets et Maa © Nature Occitane

maritime atmosphere of the port. Its main asset is its prime location at the heart of the market halls, quays and fish market, ideal for an evening stroll or enjoying dinner overlooking the boats. Functional rooms, a calm setting in the evening despite the surrounding activity, and easy access by bike make it a popular stop for families looking to experience an authentic side of Capbreton, away from more standardized seaside resorts.



Votre hébergement à Cap Breton © Nature Occitane

Biarritz offers an elegant arrival facing the ocean. Set in a characterful building, the accommodation charms with its Belle Époque style, bright spaces and refined comfort, ideal for marking the end of the journey. Its central location, just steps from the beaches and lively surroundings, allows you to celebrate your arrival without getting back on the bike, in an urban and maritime atmosphere that contrasts with the previous stages. A refined and memorable conclusion to a family cycling itinerary along the Atlantic coast.



Votre hébergement à Biarritz © Nature Occitane

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



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.