

# Bouin / La Barre de Monts - Fromentine

La Véloodyssée

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The last stage of La Véloodyssée in the Bay of Bourgneuf-en-Retz (your pedals keeping time with the sweeping circles of its wind turbines!) before arriving at the very lively Port-du-Bec in Epoids. The highlight of the day will be crossing the famous Gois causeway to the Island of Noirmoutier, tides permitting!

## Itinerary

Quiet lanes take us to the Gois; only crossed at low-tide; take care as the road surface is slippery and traffic also crosses. Greenways from Noirmoutier to Notre-Dame-de-Monts via the bridge

**Départ**

Bouin

**Arrivée**

La Barre de Monts -  
Fromentine

**Durée**

2 h 17 min

**Distance**

34,34 Km

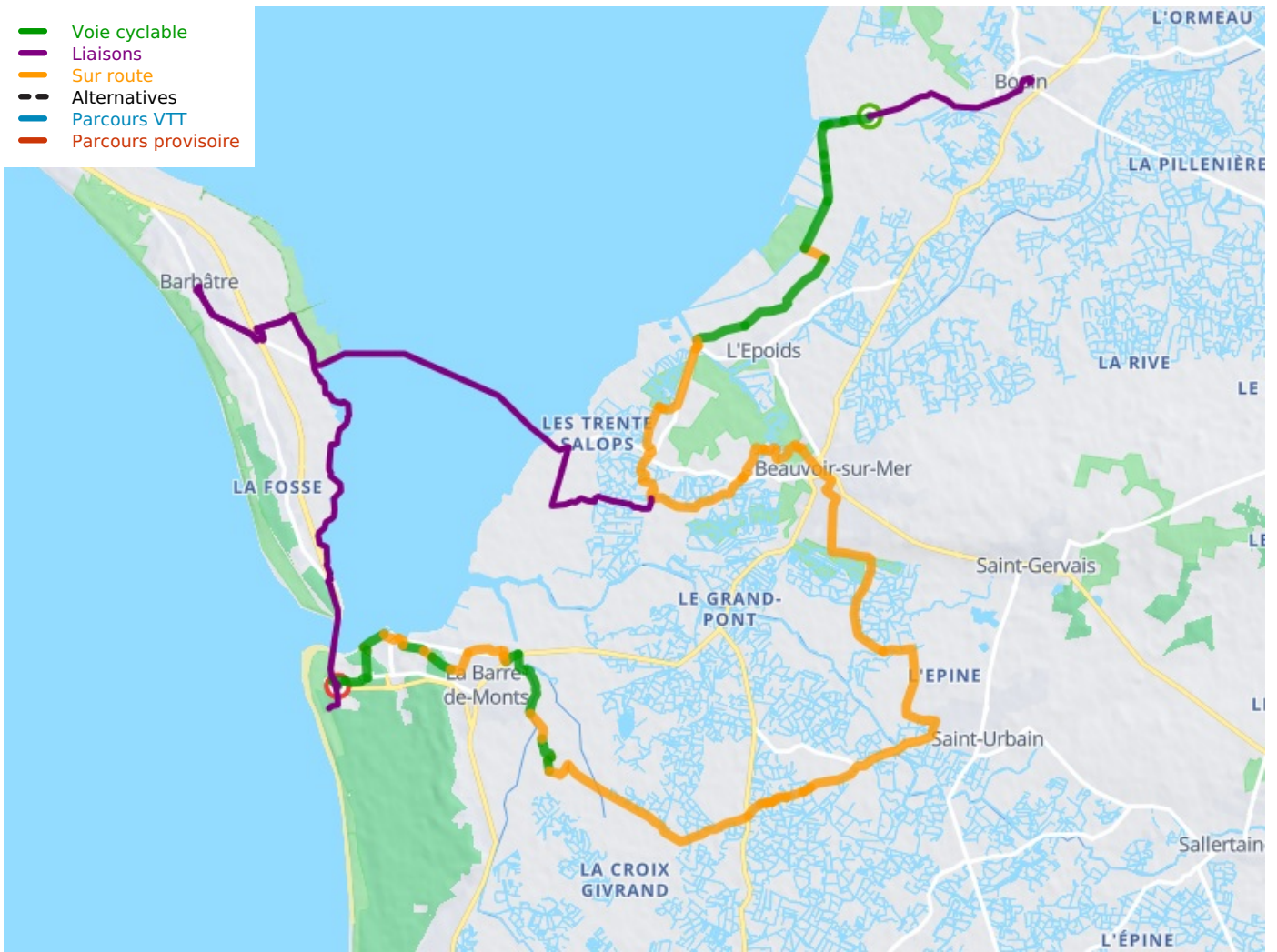
**Niveau**

I cycle often

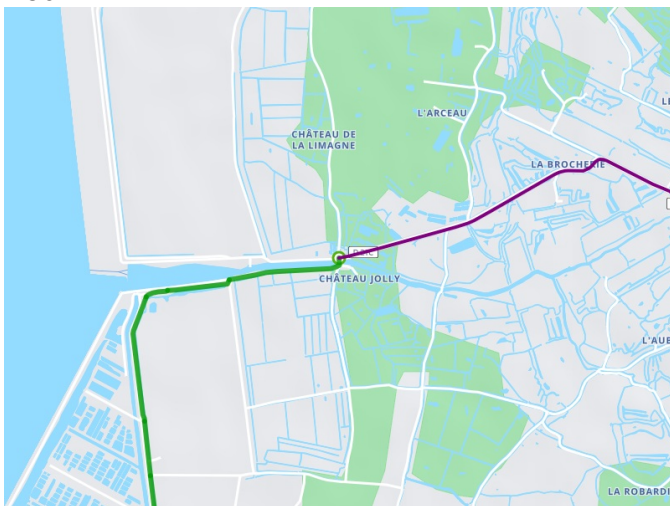
**Thématique**

Seaside

- Voie cyclable
- Liaisons
- Sur route
- - - Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
Bouin



**Arrivée**  
La Barre de Monts - Fromentine

