



# Hourtin-Plage / Lacanau-Océan

La Véloodyssée



**Départ**  
Hourtin-Plage

**Arrivée**  
Lacanau-Océan

**Durée**  
2 h 07 min

**Distance**  
33,80 Km

**Niveau**  
I cycle a lot

**Thématique**  
In forest, Seaside

Still in the forest and still on cycle paths. The natural reserves encountered throughout the route demonstrate that these large spaces are populated, rich in wildlife and a lot more diverse than we may first think...

## Itinerary

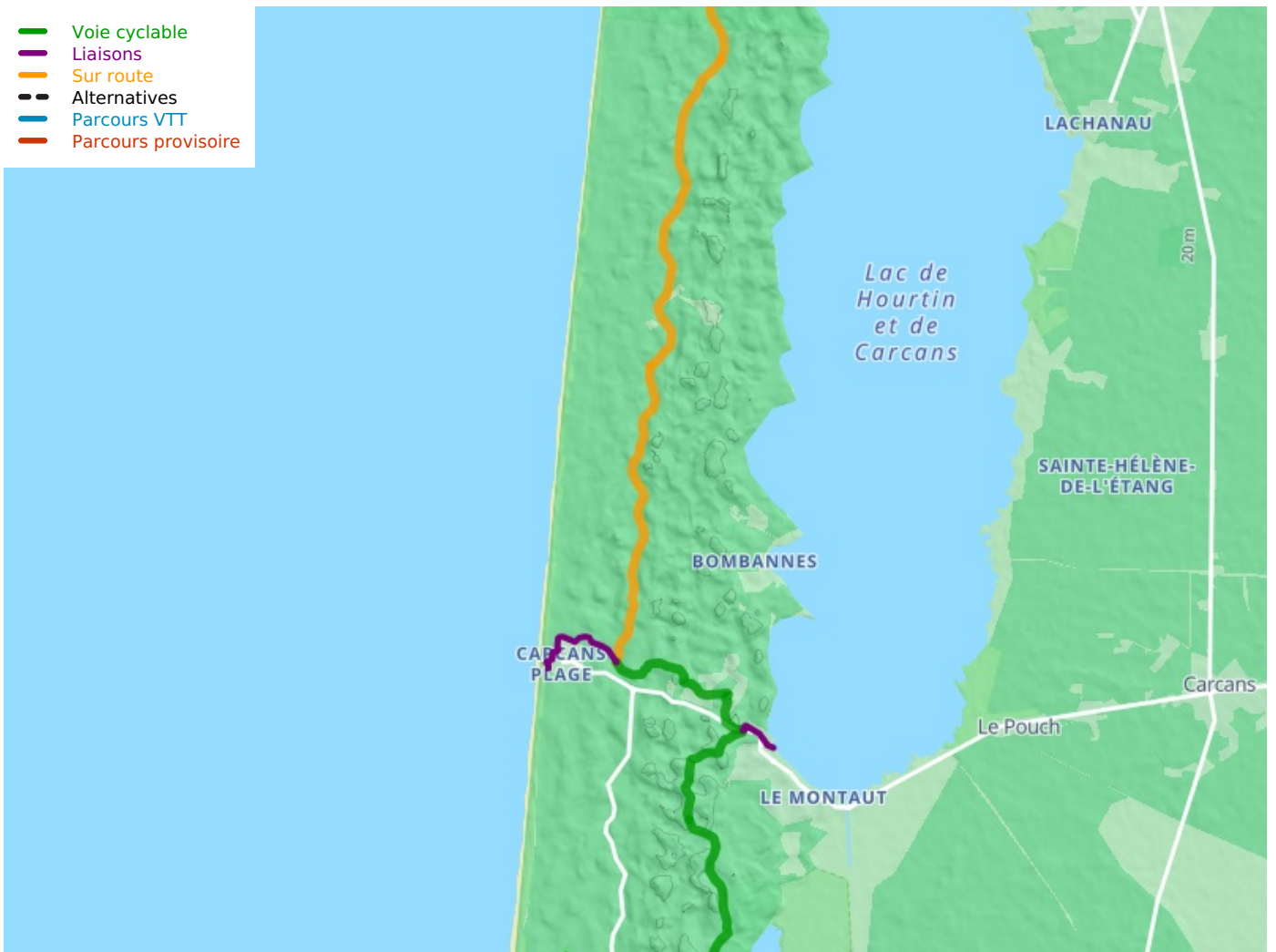
The route from Hourtin-Plage to Carcan-Plage is shared with other traffic; the forest route is not very busy.

The course crosses several local cycle paths. From Carcan-Plage to the way into Lacanau, the route is on resurfaced designated lanes. The level of difficulty in the dunes is not inconsiderable: it is like cycling along a rollercoaster!

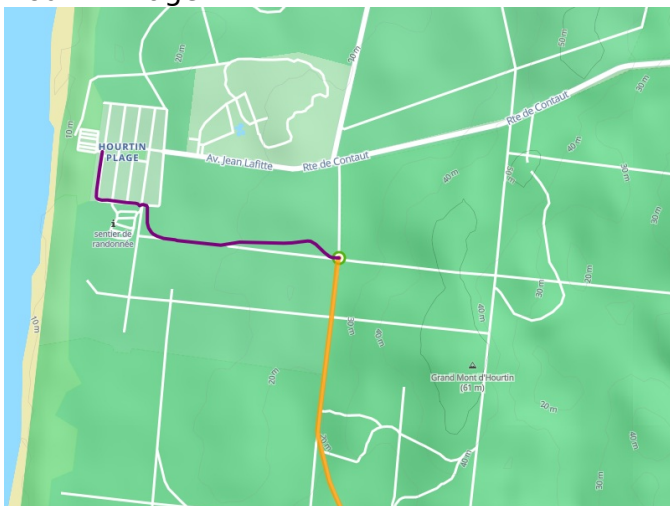
## Connection

Lacanau is easily accessible, with designated, well surfaced cycle lanes. All facilities available.

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



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**Arrivée**  
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