

# Bayonne / Biarritz

## La Vélo dyssée, the Atlantic Cycling Route

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La Vélo dyssée now heading north, advances to a few hundred yards from the Côte d'Argent, gradually getting closer to Moliets-et-Mâa and Messanges. The route finally meets the powerful ocean at Vieux-Boucau, the former port (until the river Adour was re-routed to Bayonne in 1578) and today a very pleasant stopping point.

### Itinerary

This stage of La Vélo dyssée in the Basque Country is of great interest. Once over the river Nive, the sea returns as a familiar horizon. At the heart of the BAB country (Biarritz-Anglet-Bayonne) are beautiful beaches, important cultural sites and a remarkable architectural heritage. A cycle lane takes us towards the Anglet beaches up to the ports of Hendaye.

Caution, shared roads for crossing Biarritz; the city center is in a 30 zone; La Vélo dyssée is marked by cycle lanes but car traffic remains heavy in summer and some streets on the route are narrow (Port des Pêcheurs in particular). If you travel La Vélo dyssée in a South-North direction, still do the loop, to be able to follow the coastline; but be careful with children: busy streets are not safe. Cycling around Biarritz remains a sporting event between traffic and differences in altitude.

### Connection

The connection towards Biarritz station is on a steep incline.

**Départ**  
Bayonne

**Arrivée**  
Biarritz

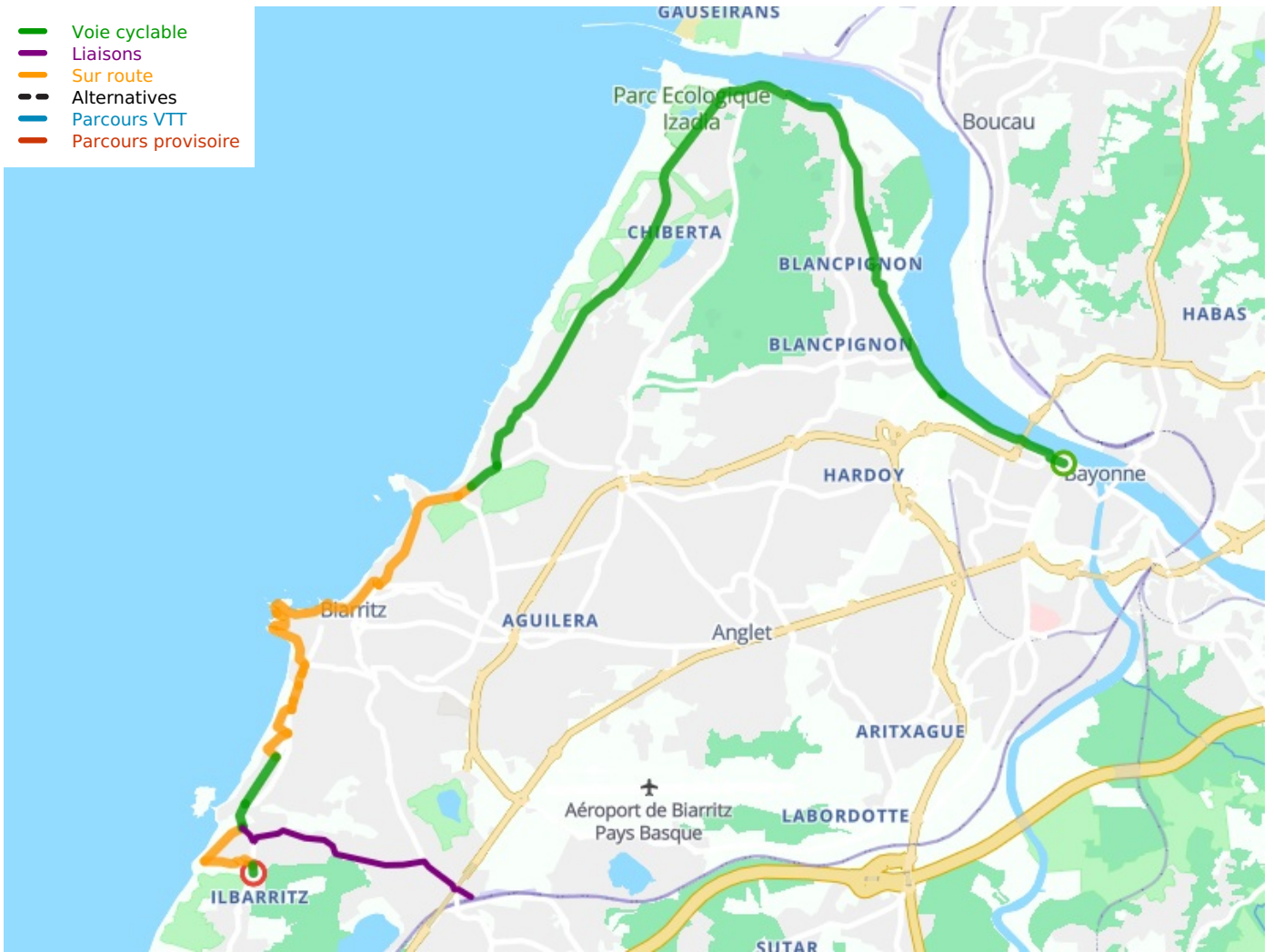
**Durée**  
1 h 03 min

**Distance**  
16,28 Km

**Niveau**  
I cycle often

**Thématique**  
By the water, Seaside,  
Nature & small heritage

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



**Départ  
Bayonne**



**Arrivée  
Biarritz**

