

Bouin / La Barre de Monts - Fromentine

La Vélo dyssée, the Atlantic Cycling Route



Départ
Bouin

Arrivée
La Barre de Monts -
Fromentine

Durée
2 h 17 min

Distance
34,25 Km

Niveau
I cycle often

Thématique
Seaside

The last stage of La Vélo dyssée 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

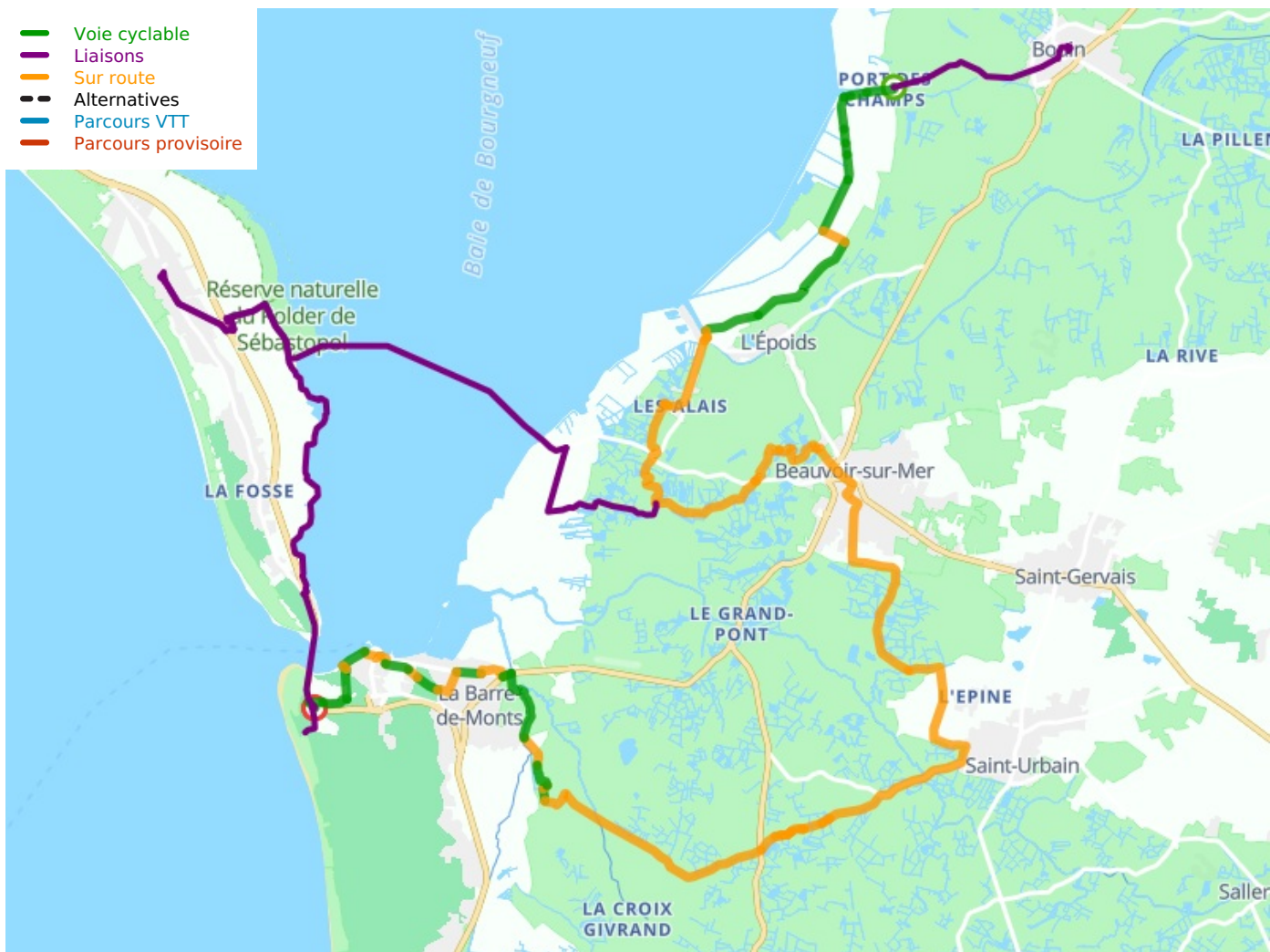
From paths to small roads, we reach the Gois.

Caution: During the winter, some areas of the Breton marsh are subject to flooding.

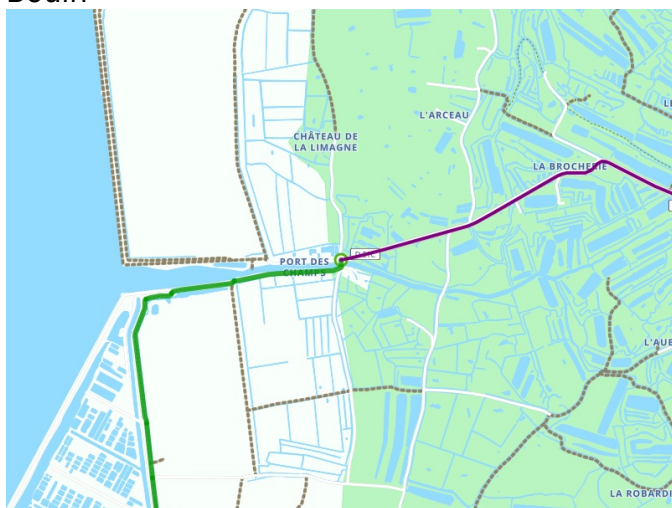
⚠ The cycle path on the Noirmoutier bridge is currently under construction (until June 2025); crossing the bridge requires sharing the lane with other vehicles. **For safety reasons, the speed limit for motorized vehicles is 50 km/h to allow for good coexistence between bicycles and vehicles.**

Warning! The Gois is a submersible road. Crossing is possible between 1.5 hours before and 1.5 hours after low tide. Crossing the Gois River is not recommended for tourists on bicycles. It can be tricky. Beware of the slippery road and traffic.

A route through the heart of the Marais Breton Vendéen is offered to you to reach La Barre de Monts from Beauvoir-sur-Mer, via quiet roads. This is a temporary route until it's possible to cross the dikes of the Etier de Sallertaine. Follow the yellow signs! A new project, led by the Vendée Department, is currently under study to offer a new route to Vélo dysséens. So, be patient! The steps to create new facilities aren't that simple, especially in natural areas.



Départ Bouin



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