

Bouin / La Barre de Monts - Fromentine

La Vélo dyssée, the Atlantic Cycling Route



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

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

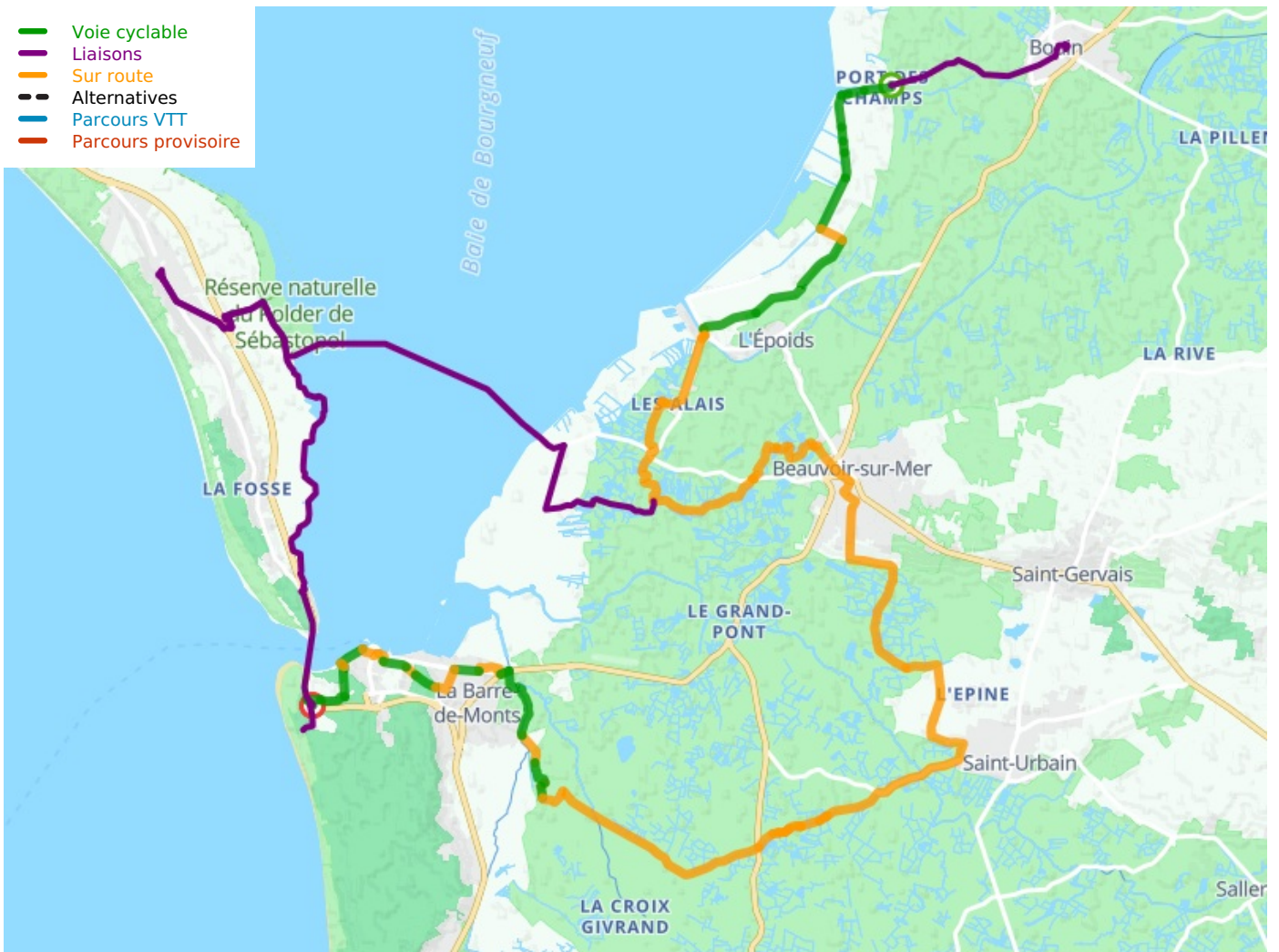
Durée
2 h 17 min

Distance
34,25 Km

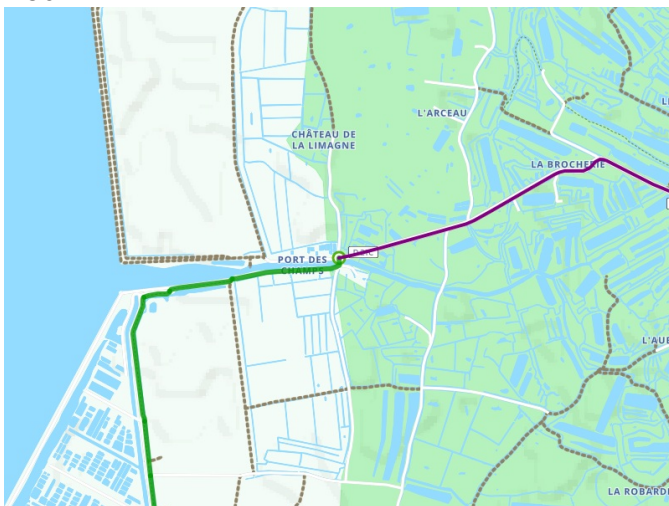
Niveau
I cycle often

Thématique
Seaside

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



**Départ
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