

# Capbreton / Bayonne

## La Vélo dyssée, the Atlantic Cycling Route



**Départ**  
Capbreton

**Arrivée**  
Bayonne

**Durée**  
1 h 55 min

**Distance**  
28,98 Km

**Niveau**  
I cycle often

**Thématique**  
In forest, Seaside, Nature  
& small heritage

This stage between the Landes and the Basque Country lets us enjoy forest and large beaches as we make our way along beautiful cycle lanes. As we approach Boucau, La Vélo dyssée enters more urbanised surroundings. After all, sometimes we must share the highways!

### Itinerary

At Capbreton and Labenne, beautiful greenway and several quiet roads (zones 30).

Between Ondres and Bayonne, trickier route: narrow and uneven surfaces.

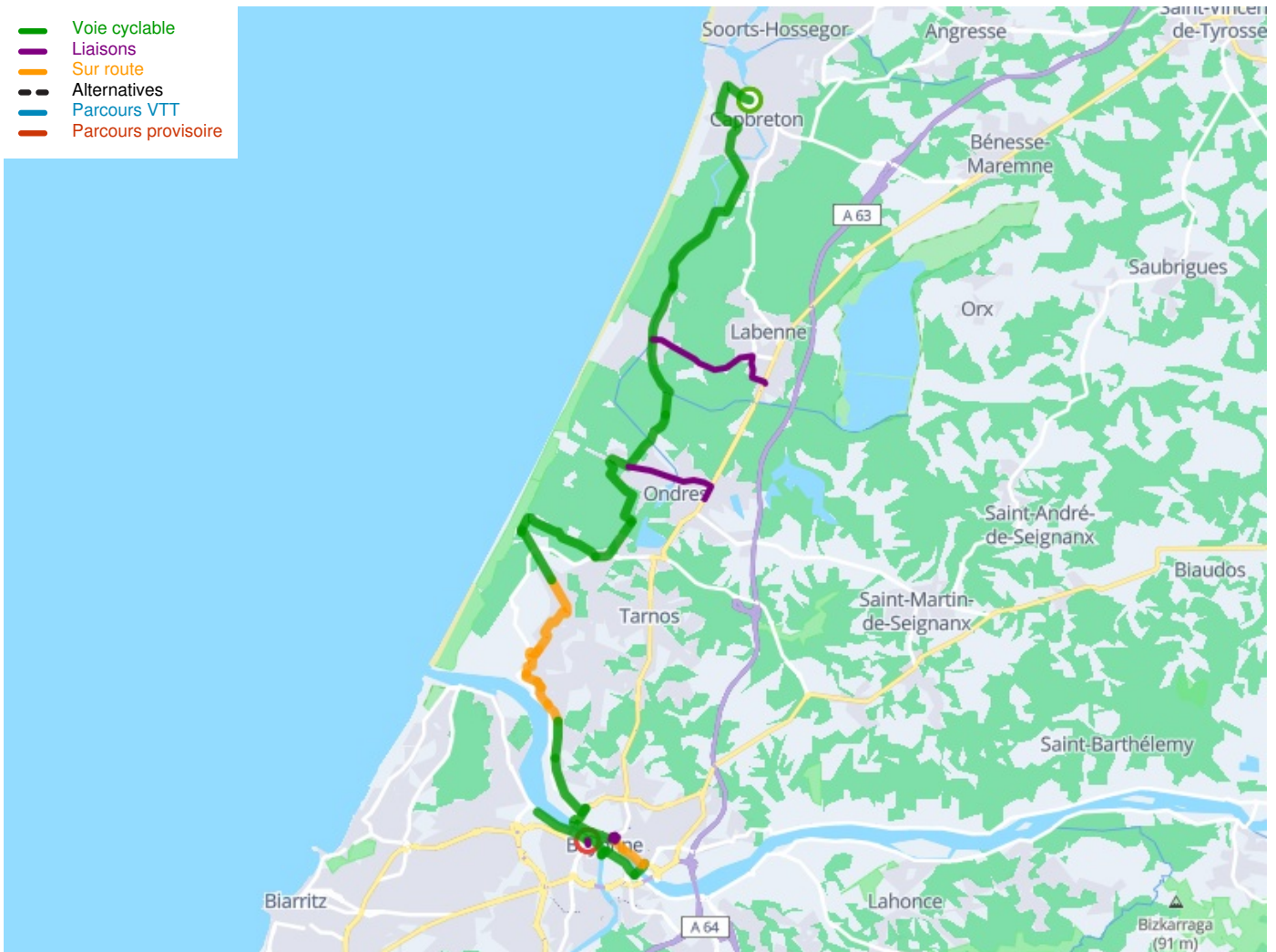
Between Tarnos and Bayonne, mainly roads, sometimes heavy traffic.

Head towards the station and the tourist information office at Ondres; take care on the D 810.

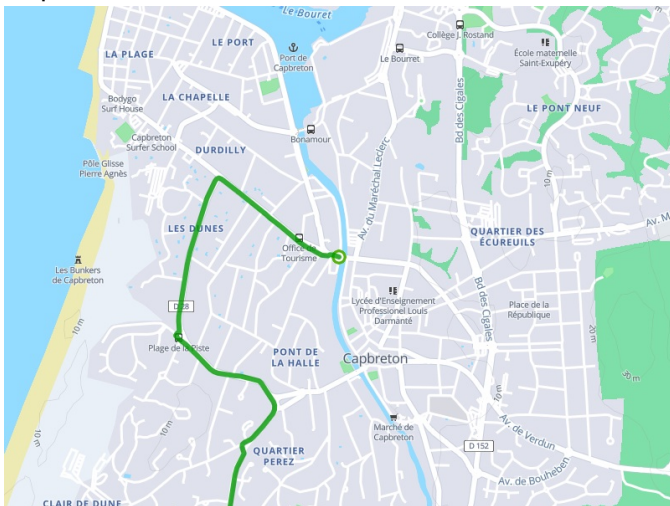
### Connections

To Ondres and Labenne.

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



**Départ  
Capbreton**



**Arrivée  
Bayonne**

