

# La Barre de Monts - Fromentine / St-Gilles-Croix-de-Vie

La Vélodyssée, the Atlantic Cycling Route



**Départ**  
La Barre de Monts

**Durée**  
2 h 23 min

**Niveau**  
I begin / Family

**Arrivée**  
Fromentine / St-Gilles-Croix-de-Vie

**Distance**  
35,78 Km

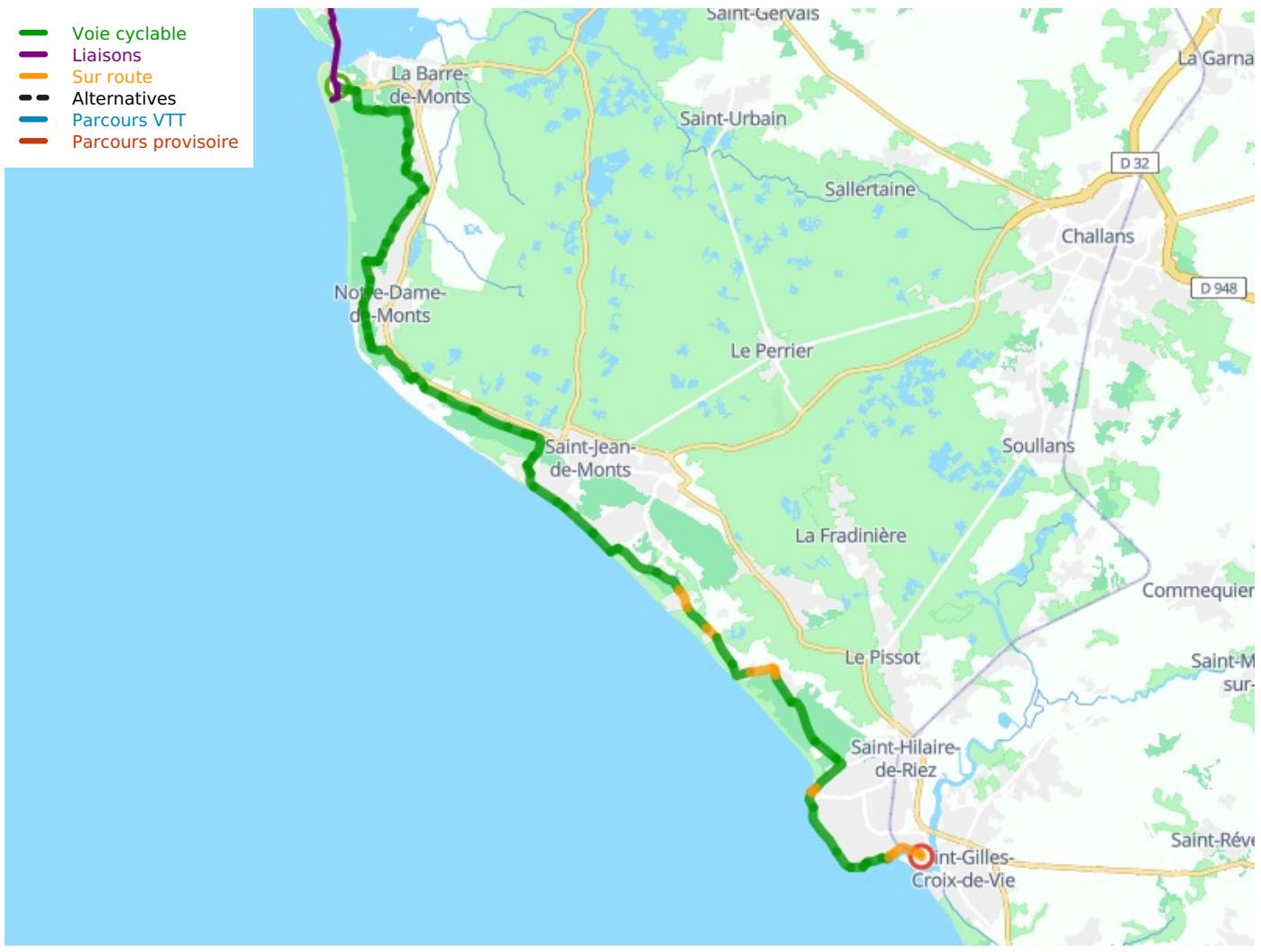
**Thématique**  
In family, In forest,  
Seaside

This stage of La Vélodyssée focuses entirely on the sea, the beach, the forest and the dunes. There are 18 kms of cycle paths winding through the national forest of Pays de Monts, after which you come to the very lively seaside resort of St-Jean-de-Monts. Before reaching the Vendéenne Cove and its famous boulders at Sion-sur-l'Océan, La Vélodyssée heads towards an old fishing village in the commune of St-Hilaire-de-Riez, adjoining Saint-Gilles-Croix-de-Vie. A superb stage.

## Itinerary

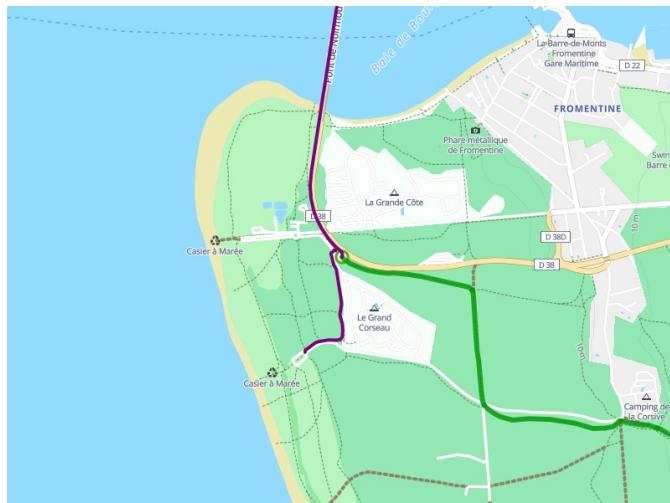
Tracks in the forest - mainly on separated cycle lanes or on very quiet secondary roads. However, remain alert at junctions, as there are many visitors here in the summer.

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



#### Départ

La Barre de Monts



#### Arrivée

Fromentine / St-Gilles-Croix-de-Vie

