

# La Rochelle / Rochefort

## La Vélo dyssée, the Atlantic Cycling Route

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**Départ**  
La Rochelle

**Arrivée**  
Rochefort

**Durée**  
3 h 20 min

**Distance**  
50,24 Km

**Niveau**  
I cycle often

**Thématique**  
Seaside, Nature & small  
heritage

As the famous towers which defend the port of La Rochelle hove into view, a cycle path section takes us to the Port of Minimes, then onto the Cove of Godechaud, right next to the sea. The delightful Bay of Châtelailon now comes into sight and offers weary cyclists a very pleasant stopping point. After the Bay of Châtelailon comes a pretty seaside section before heading back inland towards the 'royal city' of Rochefort. While the middle section of this route might appear somewhat commonplace, the remarkable town of Rochefort is well worth exploring.

### Itinerary

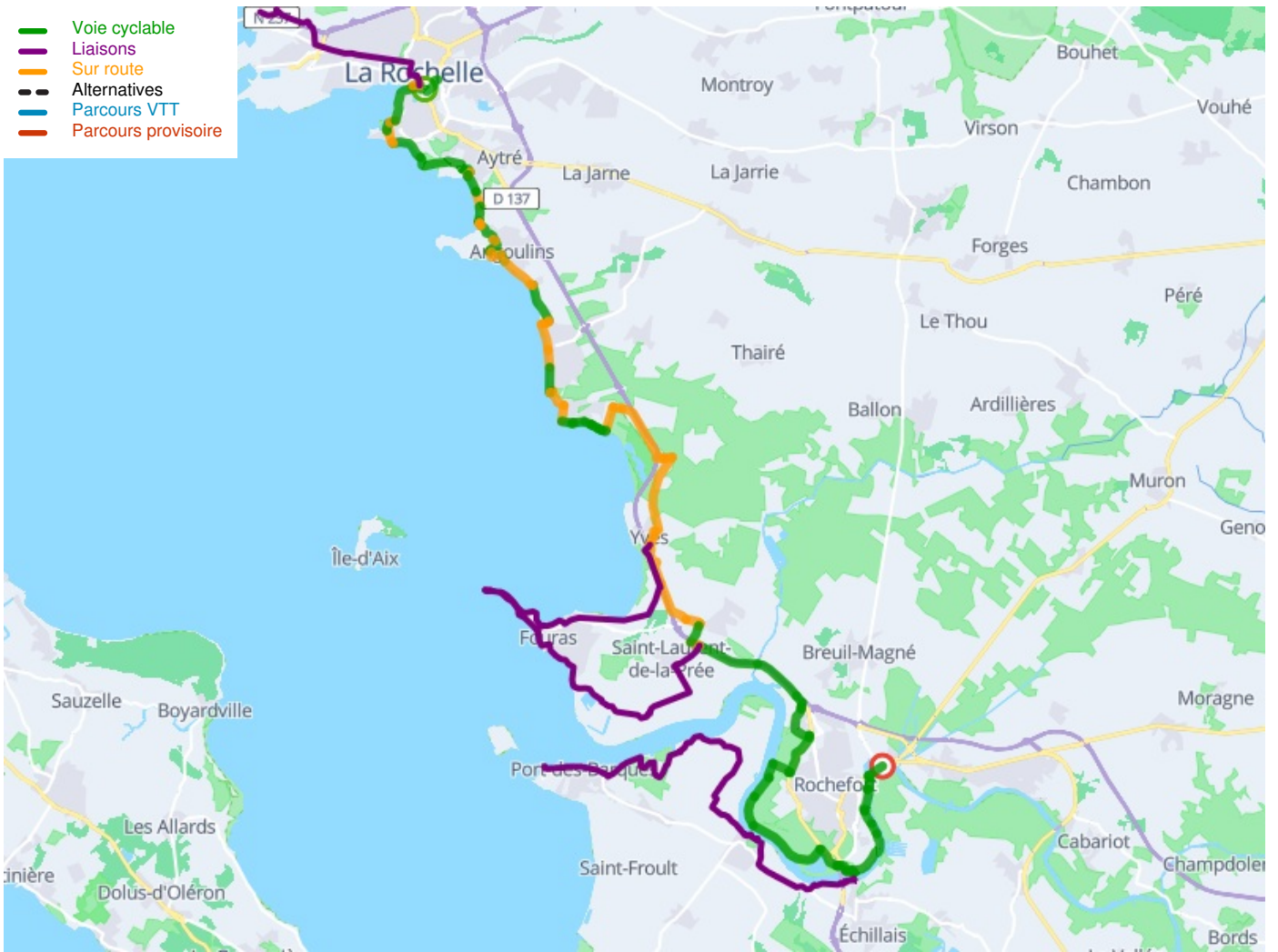
From La Rochelle to Châtelailon, easy going on the majority of the cycle paths, often near the sea. Access to various beaches: La Rochelle, Aytré, Châtelailon.

To Châtelailon, follow a seafront path for several kilometres.

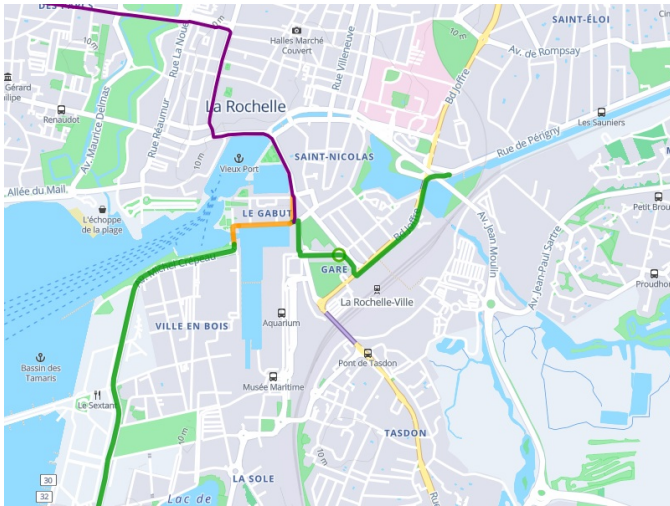
Exercise caution on the entrance to the city centre as the lanes are shared with cars. The majority of the following section is on cycle lanes which runs through La route départementale 110 (D110) until it reaches the outskirts of Rochefort. At Rochefort the lanes are shared by general traffic but this is a very pleasant stage to take a break.

**Alternative towards Fouras** - on a cycle path and a very quiet road.

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



**Départ  
La Rochelle**



**Arrivée  
Rochefort**

