

# 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**  
50,72 Km

**Niveau**  
I cycle often

**Thématique**  
Seaside, Nature & small heritage

Start your journey opposite the famous towers defending the port of La Rochelle, then follow the cycle path along or in the immediate vicinity of the ocean to the Belle Époque villas of the seaside resort of Châtelaiillon-Plage. Early in the morning or at sunset, the bay of Châtelaiillon-Plage and the Pointe des Bouchôleurs offer a breathtaking panorama.

Your cycle route continues inland to reach the banks of the Charente River and the remarkable town of Rochefort, a City of Art and History, the historic birthplace of the Hermione, the Corderie Royale, and the Maison Pierre Loti, in the heart of the "Charente Estuary - Rochefort Arsenal" Grand Site de France.

### Itinerary

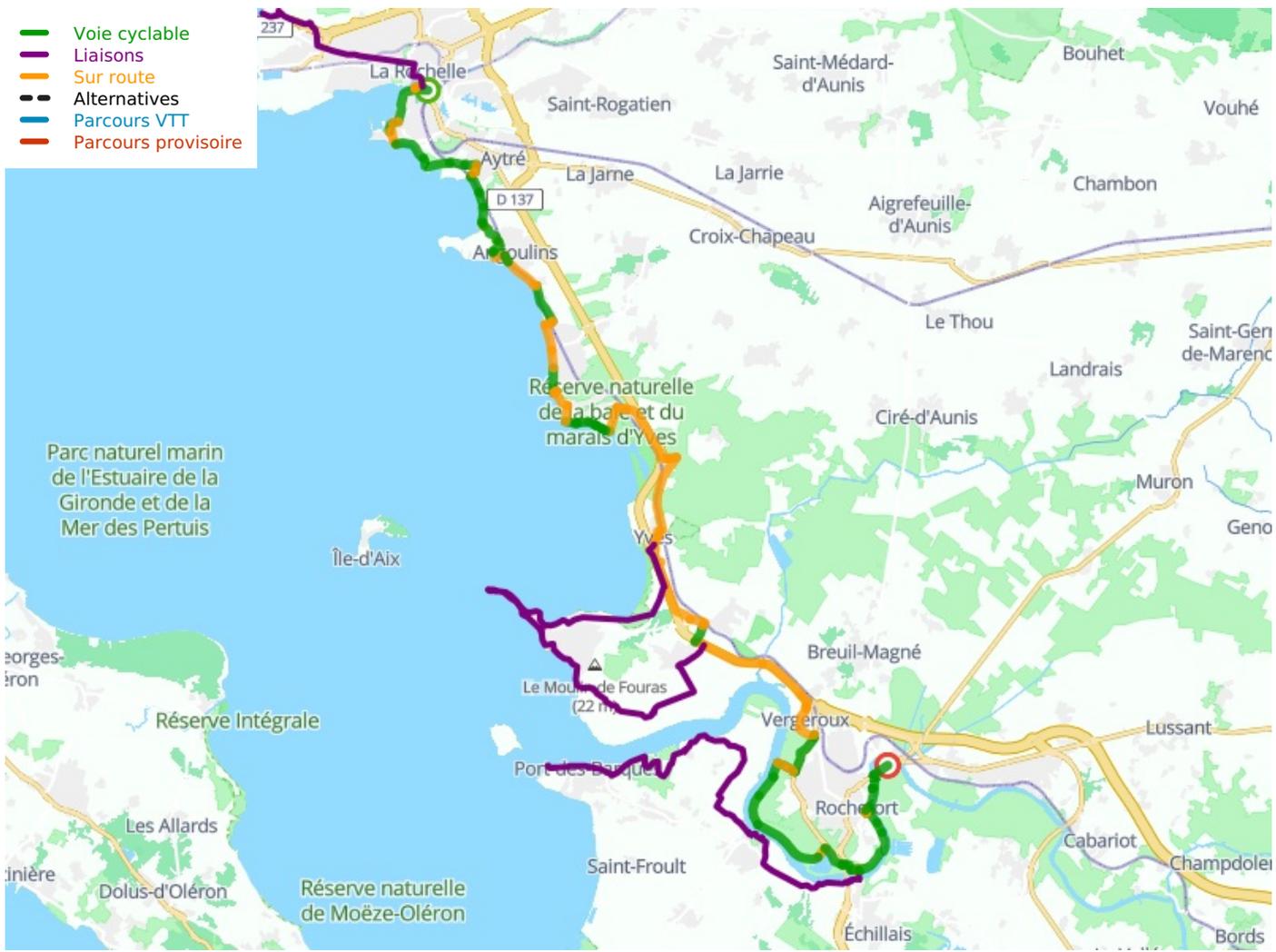
Between La Rochelle and Châtelaiillon-Plage, the route is mostly easy, mostly along cycle paths, often along the seafront. This is a stage of La Vélo dyssée where you can enjoy the beaches of La Rochelle, Aytré, or Châtelaiillon-Plage.

In Châtelaiillon-Plage, you'll cycle along the seafront for a few kilometers. Be careful in the town center, where the road is shared with cars during the off-season. The rest of the route to Rochefort is mostly inland, on quiet, quiet roads through the marshes, more or less close to the D137. If you're interested in preserved natural spaces, take the time to join a guided tour of the Yves marshes organized by the LPO (Landscaping and Tourism Office), in close collaboration with the Châtelaiillon-Plage Tourist Office. In Saint-Laurent-de-la-Prée, you'll cross the Flow Vélo (Flow Vélo) route, which will take you to the seaside resort of Fouras. From there, you can reach the Île d'Aix by boat with a breathtaking view of Fort Boyard.

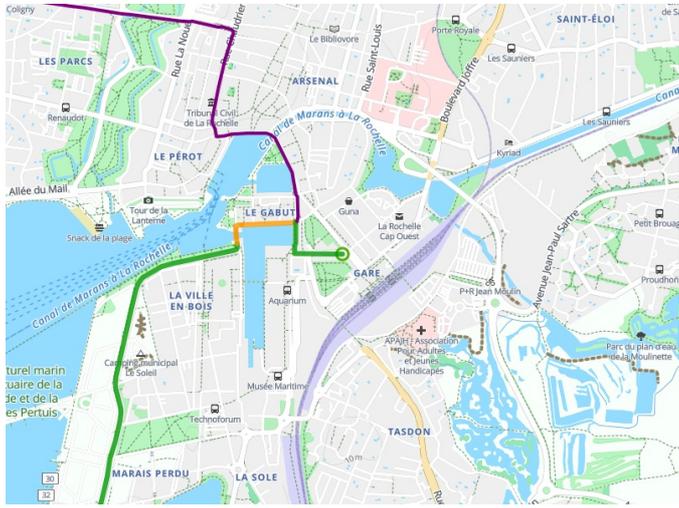
In Rochefort, you'll follow the banks of the Charente River for a breath of fresh air all the way to the Arsenal.

Alternative: You can also cross the Charente River, either via the Viaduct cycle path or the Transporter Bridge, and cycle towards Port des Barques and Île Madame. If you choose this option, plan your route carefully; this route is not signposted. The Transporter Bridge is open from April to mid-November. Crossing times are available on [the website](#).

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



**Départ**  
**La Rochelle**



**Arrivée**  
**Rochefort**

