

# Lacanau-Océan / Lège-Cap-Ferret

## La Véloodyssée, the Atlantic Cycling Route

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**Départ**

Lacanau-Océan

**Arrivée**

Lège-Cap-Ferret

**Durée**

2 h 27 min

**Distance**

36,82 Km

**Niveau**

I begin / Family

**Thématique**

In family, In forest,  
Seaside

A pleasant stage of La Véloodyssée on designated lanes between dunes and the forest. Take time out to stray off the cycle lane and appreciate one of the handful of connections to the sea and enjoy the fantastic ocean views. Take care on the Atlantic beaches! You're constantly discovering new horizons in the direction of Bassin d'Arcachon Bay. A hugely different atmosphere with a return to the land of oysters. Here we can take a splendid alternative route down the tracks leading to Cap Ferret

### Itinerary

On designated lanes, along the shoreline in the shelter of the dunes.

Be aware that a 4 km segment between fire-guards no.64 and 66 has uneven surfaces.

### Connection

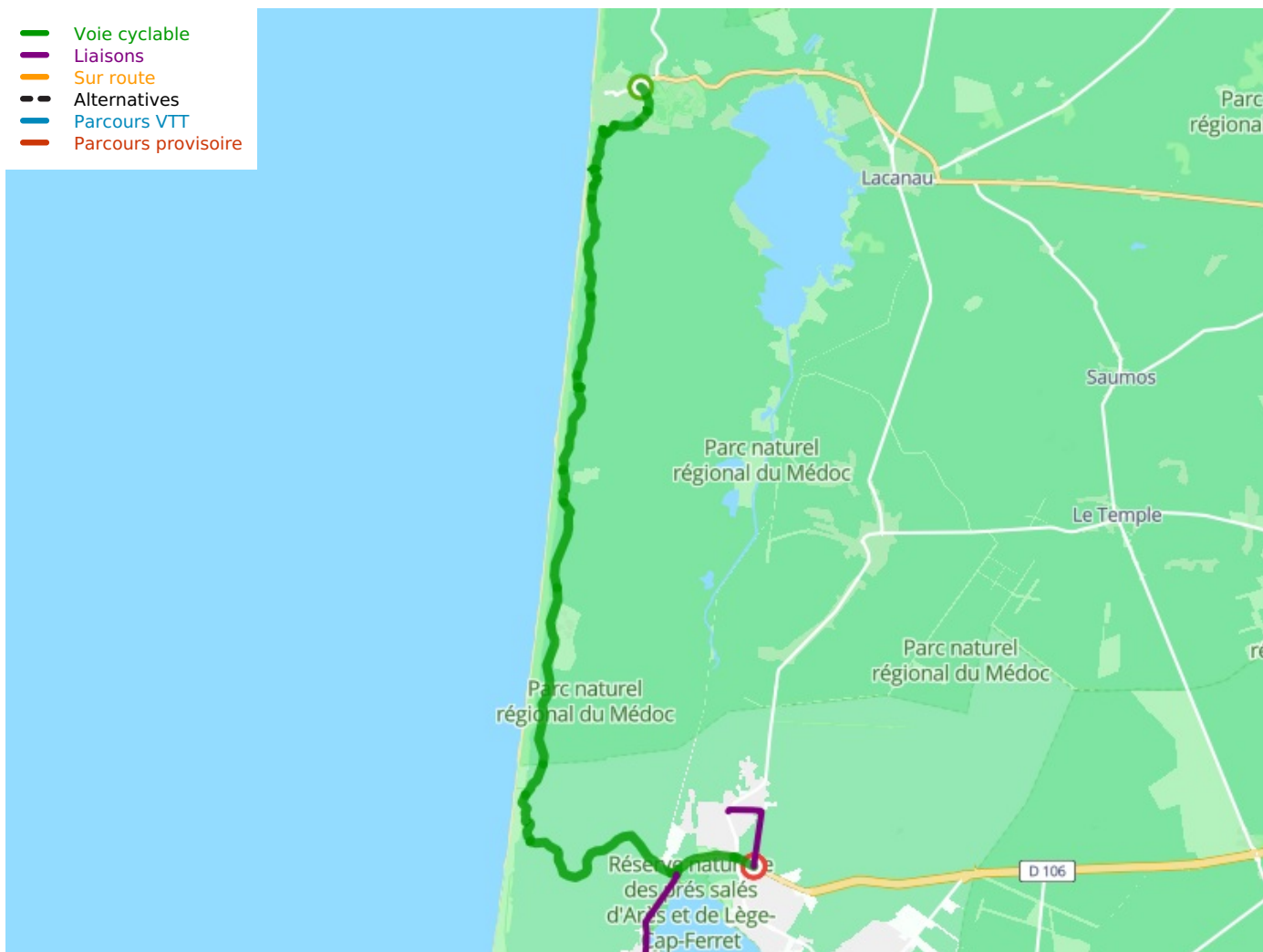
Towards the natural reserve of the Arès-Lège salt fields.

Gironde's cycle network is very concentrated here, giving several options towards Cap Ferret.

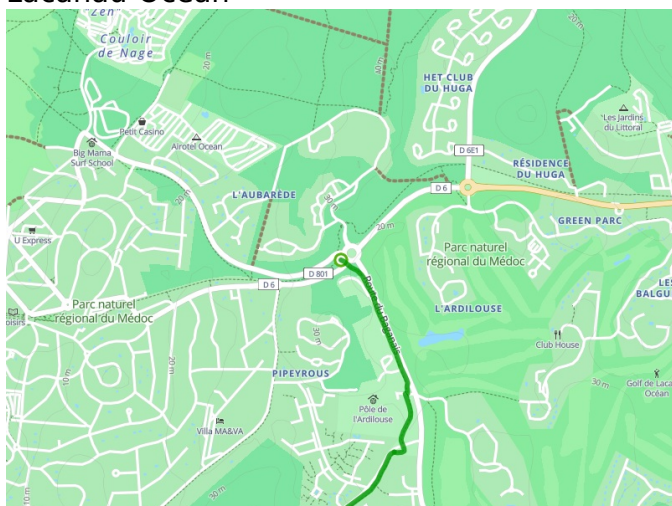
At Cap Ferret a [ferry](#) can take you and your bike across to Arcachon.

[Find the map of cycle paths in the Arcachon Basin.](#)

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



## Départ Lacanau-Océan



## Arrivée Lège-Cap-Ferret

