

# Lège-Cap-Ferret / Arcachon

## La Vélo dyssée, the Atlantic Cycling Route



**Départ**  
Lège-Cap-Ferret

**Arrivée**  
Arcachon

**Durée**  
2 h 48 min

**Distance**  
42,21 Km

**Niveau**  
I cycle often

**Thématique**  
Seaside, Nature & small heritage

Those nostalgic for the trains of yesteryear, welcome! Except for a shared section with traffic between Lège and Arès, La Vélo dyssée now follows the former steam-train tracks. We pass stations and you'll need to "go off the rails" to truly enjoy Arcachon Bay and surrounding villages. The forests of Gironde disappear, to be replaced by urban landscapes during this stage around the Bassin d'Arcachon. A little way after Lanton, we find ourselves in the Regional Natural Park of the Landes de Gascogne, which is fragrant with the iodised and authentic air of Aquitaine.

### Itinerary

Designated lanes except for the way out of Lège. Slightly narrow but easy-going path. Between Audenge and Factice, the track takes over the former steam-train line that once served the north side of the bay. Between Factice and Arcachon, enjoy the good network of local cycle paths.

Between Biganos and Audenge, there is an alternative route which passes close to the water. The cycle lane surfaces here are in a good state. Take care in the Teich bird sanctuary: the route here is not always very clearly marked.

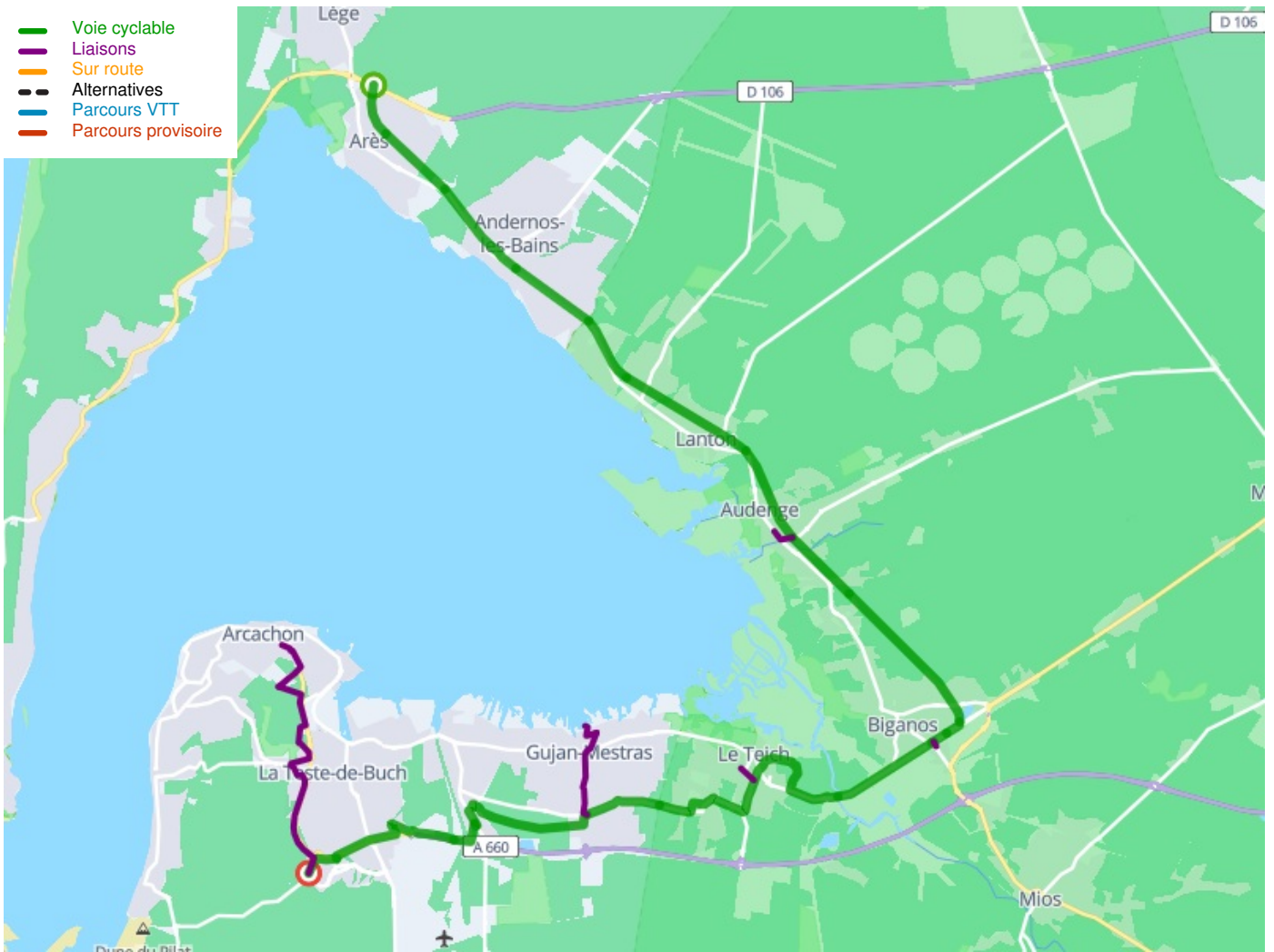
### Connections

To get to Audenge centre.

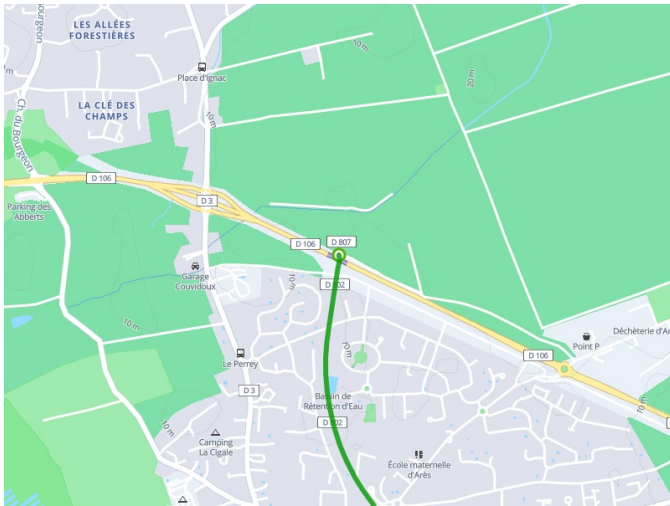
To get to Gujan-Mestras and Arcachon:

At Arcachon, a ferry can pick up bikes and take you to Cap Ferret. Alternatively, you can carry on to the town centre by following the seafront all the way to the Pyla Dune, where you will rejoin the Vélo dyssée whilst enjoying the very beautiful views of the sea and Cap Ferret from the coastal cycle path.

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



**Départ**  
**Lège-Cap-Ferret**



**Arrivée**  
**Arcachon**

