

# Léon / Capbreton

## La Vélo dyssée, the Atlantic Cycling Route



La Vélo dyssée now heading north, advances to a few hundred yards from the Côte d'Argent, gradually getting closer to Moliets-et-Mâa and Messanges. The route finally meets the powerful ocean at Vieux-Boucau, the former port (until the river Adour was re-routed to Bayonne in 1578) and today a very pleasant stopping point. Here La Vélo dyssée sails past the iconic seaside, surfing and health resorts of Hossegor and Capbreton. These two towns are separated by the Boudigau - the redirected former Adour River - but their names are linked by their proximity and their huge popularity with tourists in the central areas of the Landes.

### Itinerary

Particular vigilance during the crossing of Leon: the traffic is done on the road. Then, designated forest lanes. Easy going. From Vieux-Boucau to Capbreton, the way is still slightly undulating and the greenway continues, very well signposted and with excellent surfaces. Take care near Hossegor as lanes are shared with pedestrians.

### Connections

Léon beach (3 km round trip). Moliets-plage from Moliets-et-Maa (3 km on the D 117 - very busy in summer). Access to the beach at Messanges via the D 82 (2.7 km). The Vieux-Boucau and Port d'Albret beaches. Soustons and its pond (8 km round trip) - then the Vélo dyssée intersects with the Courant de Soustons.

To Seignosse: on a lane reserved for bicycles.

To Hossegor: on shared roads with the car and cycle lane.

In Capbreton: many bike paths.

**Départ**  
Léon

**Arrivée**  
Capbreton

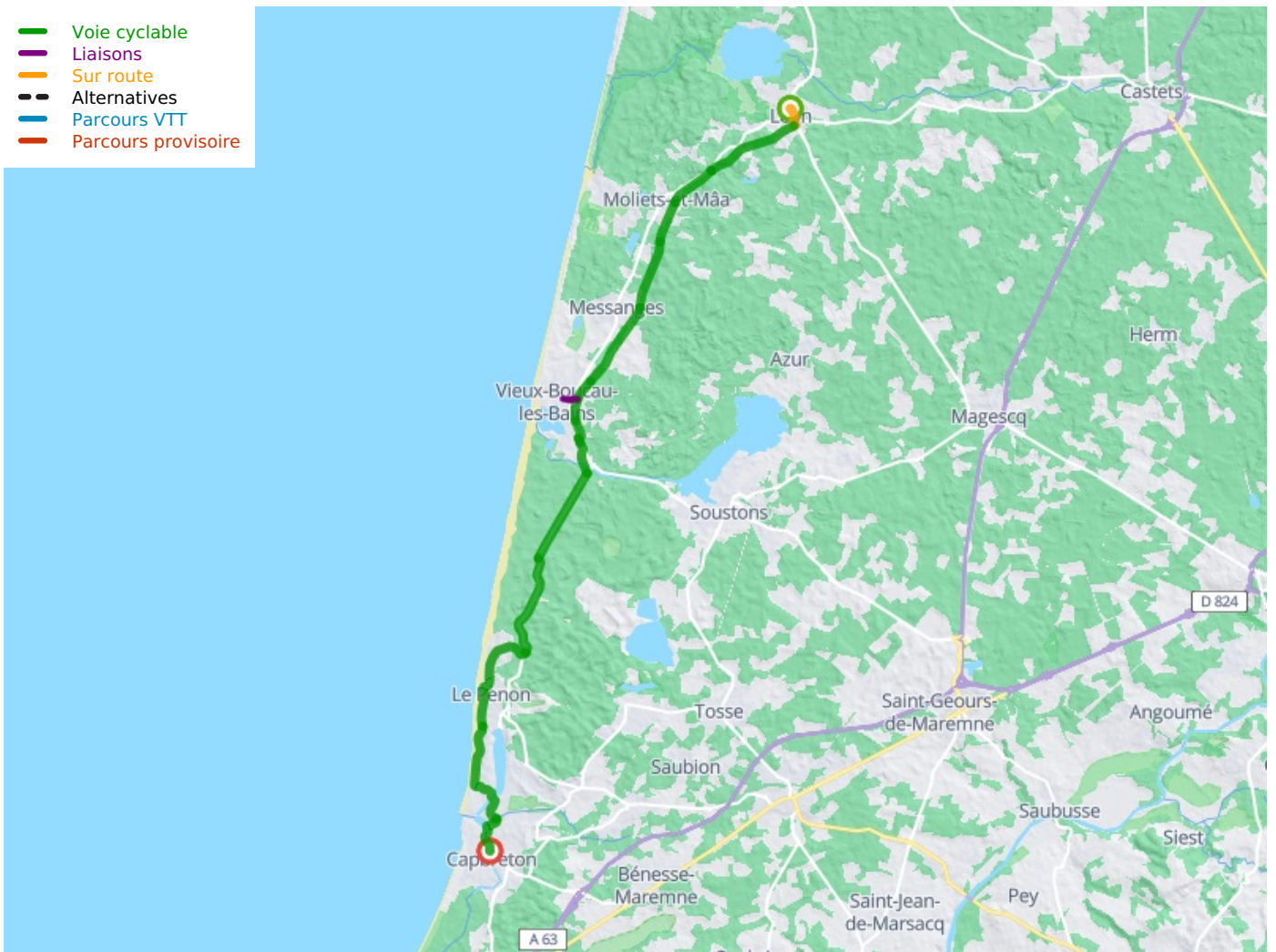
**Durée**  
2 h 13 min

**Distance**  
33,30 Km

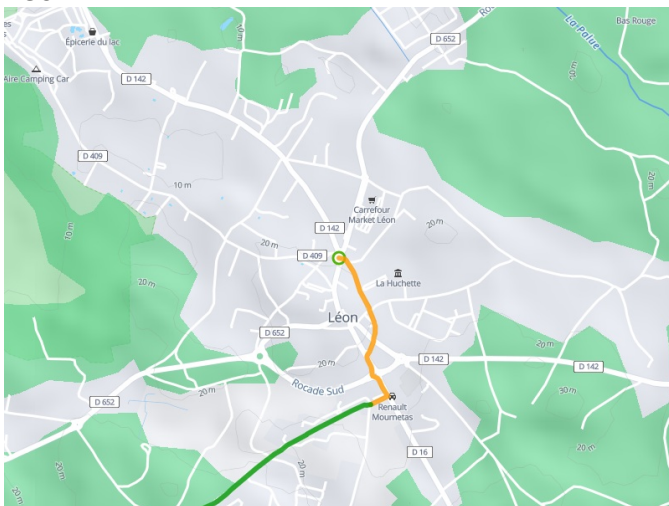
**Niveau**  
I begin / Family

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

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



**Départ  
Léon**



**Arrivée  
Capbreton**

