

# Les Sables d'Olonne / La Tranche-sur-Mer

## La Vélo dyssée, the Atlantic Cycling Route



In this fairytale setting are both Les Sables (world capital of yacht racing) and La Rochelle, (the 'broken rebel' capital of Aunis) centre stage. The Vendéenne coast brings the cycle routes back to the Poitevin Marshes. Once past the Sèvre Niortaise River, we find ourselves at Charente-Maritime and the Marans canal which leads straight to the Old Port. After St-Vincent, La Vélo dyssée winds its way into the large national forest of Longeville, drawing close to the sea on two occasions from where beautiful beaches can easily be accessed, such as Les Conches. A quick dip is a must on this stage!

### Itinerary

Beautiful stage, accessible to all, alternating small lanes with designated cycle lanes. Remain alert at the road diversion Talmont-St-Hilaire which the route crosses twice.

**Départ**  
Les Sables d'Olonne

**Arrivée**  
La Tranche-sur-Mer

**Durée**  
2 h 56 min

**Distance**  
44,10 Km

**Niveau**  
I begin / Family

**Thématique**  
In forest, Seaside

Voie cyclable  
Liaisons  
Départ Sur route  
Les Sables d'Olonne Alternatives  
Parcours V11  
Parcours provisoire

Arrivée  
La Tranche-sur-Mer