

Marans / La Rochelle

La Vélo dyssée, the Atlantic Cycling Route

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Départ
Marans

Arrivée
La Rochelle

Durée
1 h 42 min

Distance
25,38 Km

Niveau
I cycle often

Thématique
By the water, Nature &
small heritage

Nature takes centre stage during this leg of the journey, as you cycle past the water that flows through the charming canals which join the Poitevin marshes. We pass Marans, the ancient watchtower on the estuary of the Niort Sèvre which looks out over the marshes, and follow the canal that leads us to La Rochelle and onto the ocean.

The Marans to La Rochelle cycle route

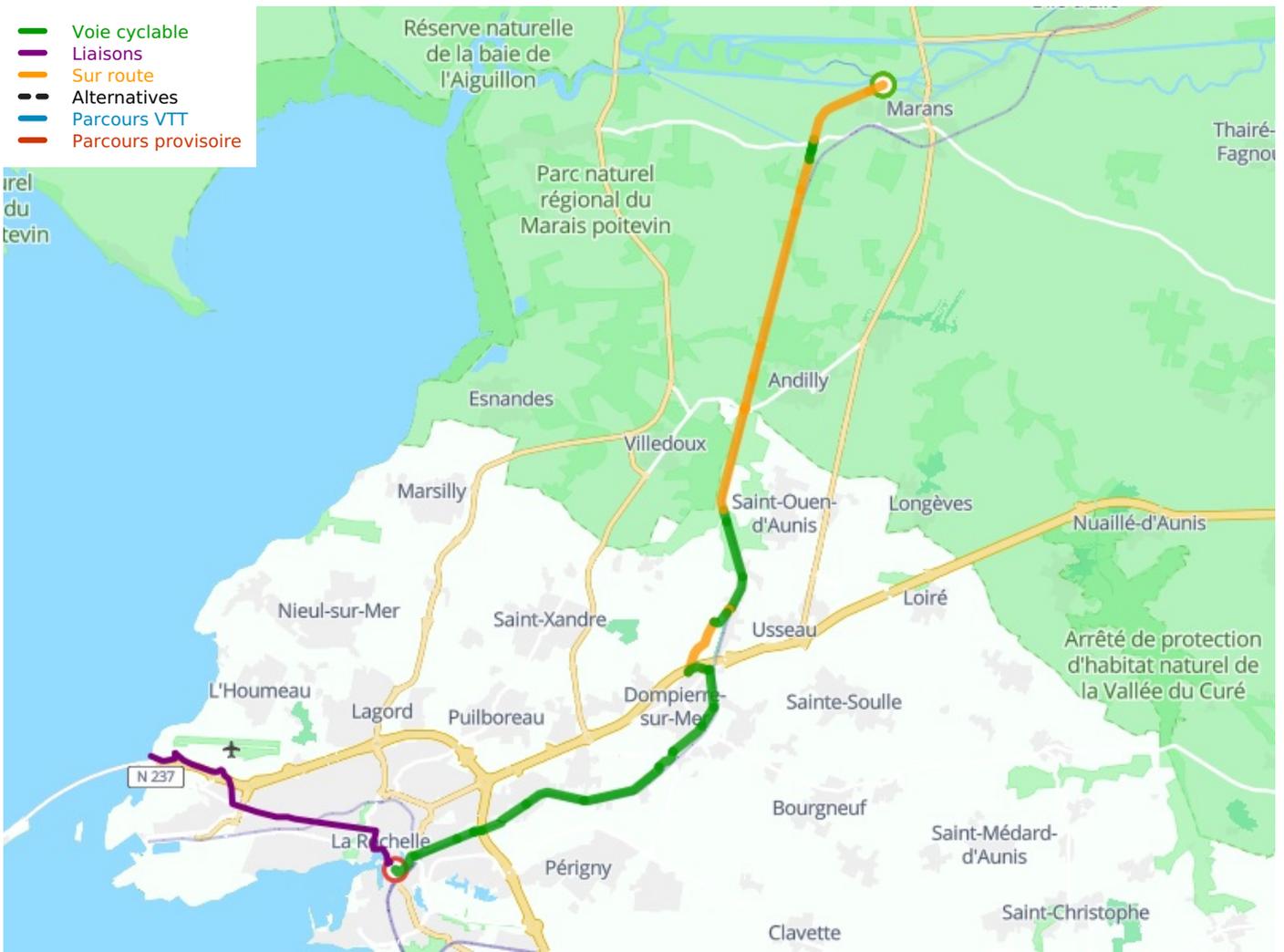
The banks of the Marans Canal alternate between small roads shared with fishermen and greenways all the way to Dompierre-sur-Mer. You will then join the network of dedicated cycle paths from La Rochelle via a greenway to the SNCF train station and then the Tourist Office. A marked cycle link offers access to the Île de Ré.

Other stages of the cycle route

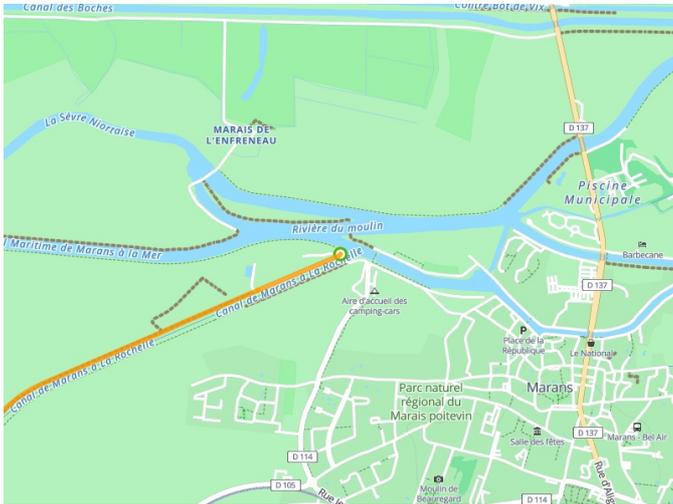
Previous stage : [La Tranche-sur-Mer / Marans \(46 km\)](#)
Next stage: [La Rochelle / Rochefort \(50 km\)](#)

[Discover the Marais Poitevin by bike](#)

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



**Départ
Marans**



**Arrivée
La Rochelle**

