

# Royan / Montalivet-les-Bains

## La Vélodyssée, the Atlantic Cycling Route



Upon entering the Gironde, a new world reveals itself to travellers on La Vélodyssée. La pointe de Grave also marks the end of the Médoc, a landscape of great variety, depending on whether you cross the west coast or the estuary and the vineyards. Pleasant cycle lanes wind their way from Verdon to the charming Soulac-sur-Mer with its lively streets and pretty seaside villas, we take the trail towards Montalivet. To the north of this stage, the sea entices you in for a cooling dip; to the south there is a more forested area which is most pleasant in fine weather.

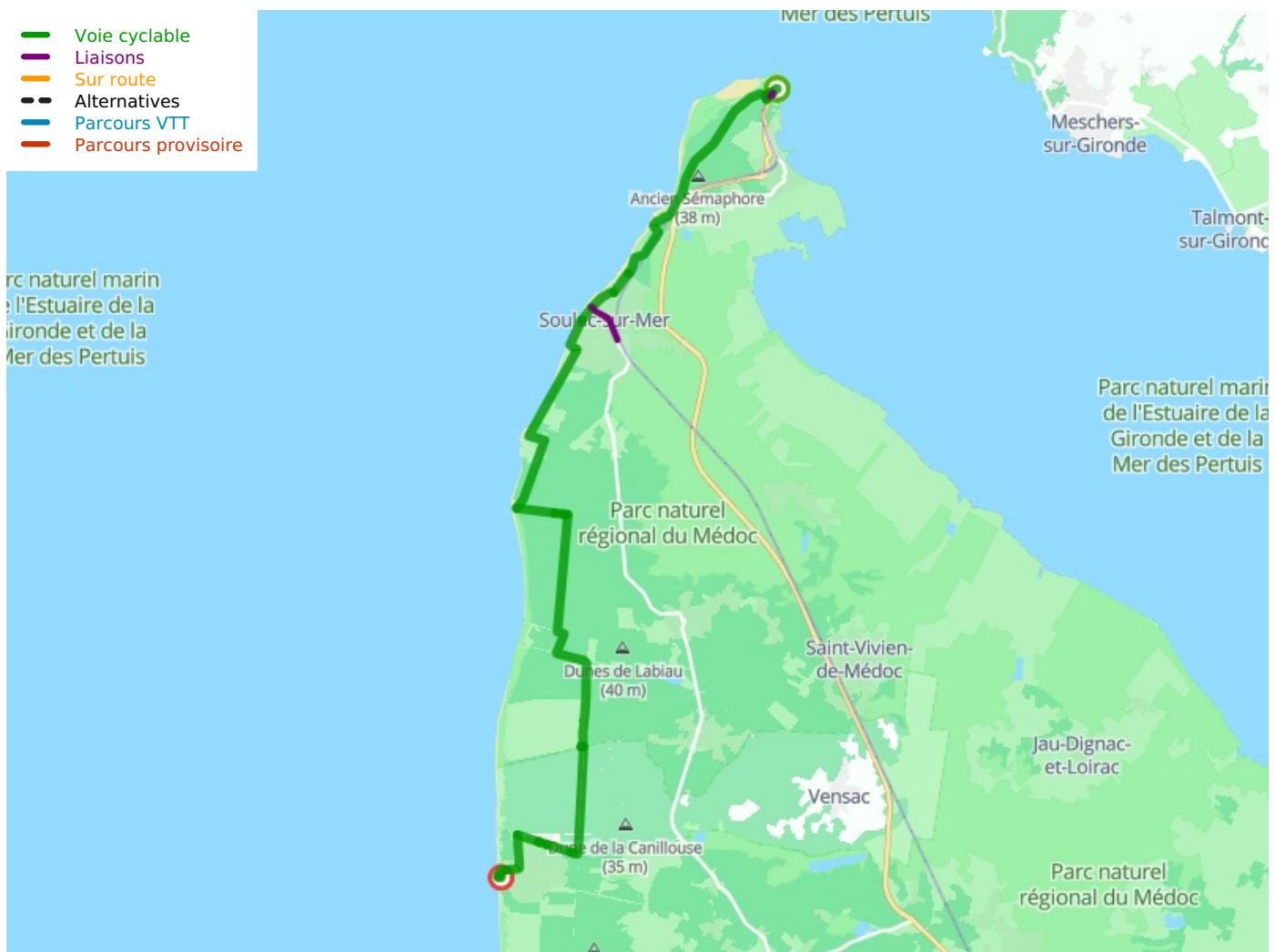
### Itinerary

Cross the Royan estuary at the Pointe de Grave: ferry open daily, with several trips in peak season. Landing stage at Royan Port. To find out more about the timetables and prices of this ferry route: [Le Verdon <> Royan](#).

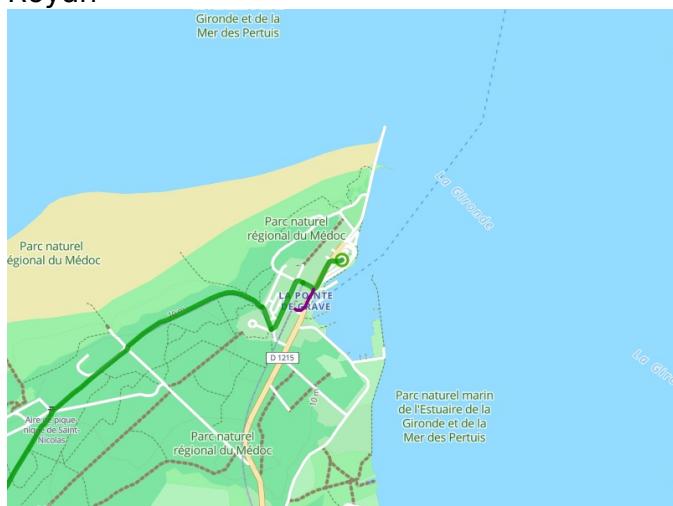
The cycle lanes (except in Soulac and Montalivet) are sometimes quite narrow and with several long but gentle inclines, but there are panoramic views over the Cordouan Lighthouse.

<b>Départ</b> Royan	<b>Arrivée</b> Montalivet-les-Bains
<b>Durée</b> 2 h 00 min	<b>Distance</b> 30,02 Km
<b>Niveau</b> I begin / Family	<b>Thématique</b> In family, In forest, Seaside

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



**Départ**  
Royan



**Arrivée**  
Montalivet-les-Bains

