

# St-Gilles-Croix-de-Vie / Les Sables d'Olonne

## La Vélo dyssée, the Atlantic Cycling Route

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St-Gilles-Croix-de-Vie, working port, well-known seaside resort, significantly located on a river whose name means 'life'... all this and the Grande Plage... altogether an unmissable location on La Vélo dyssée! Take time to stroll around before continuing on the route which gets closer to the coast towards Brétignolles-sur-Mer and Brem-sur-Mer. The route stretches along the coast and snakes through the Avocettes road between the Olonne forest and the ancient salt marshes which extend between Brem, the Isle of Olonne, Olonne-sur-Mer and Les Sables-d'Olonne.

### Itinerary

Quite a sporty stage, alternating between dunes and reinforced or asphalted tracks. From Brem-sur-Mer to les Sables d'Olonne, cycle lanes and shared lanes.

### Connection

Small marked road to reach the centre of Brem-sur-Mer.

**Départ**  
St-Gilles-Croix-de-Vie

**Arrivée**  
Les Sables d'Olonne

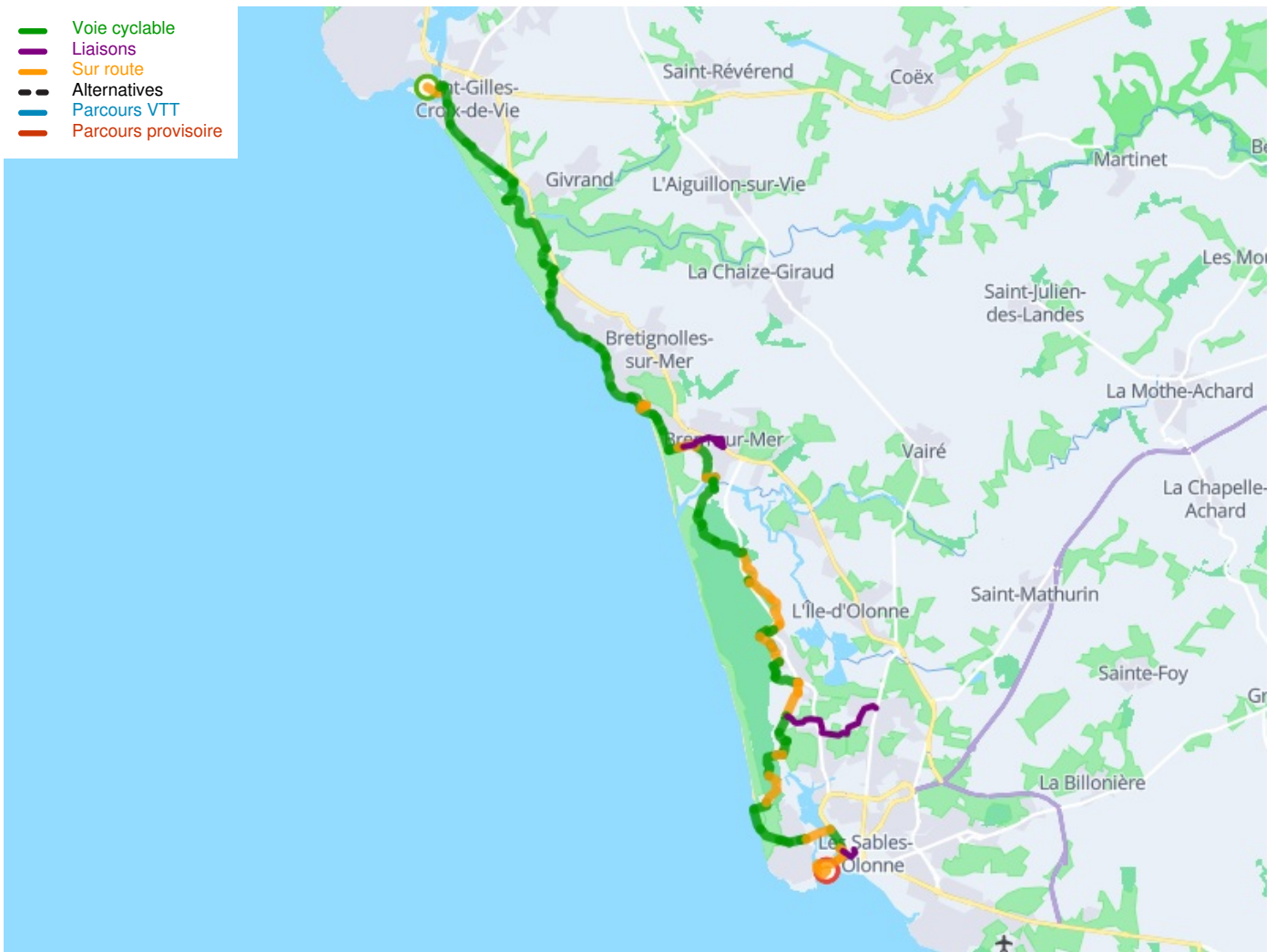
**Durée**  
2 h 28 min

**Distance**  
37,22 Km

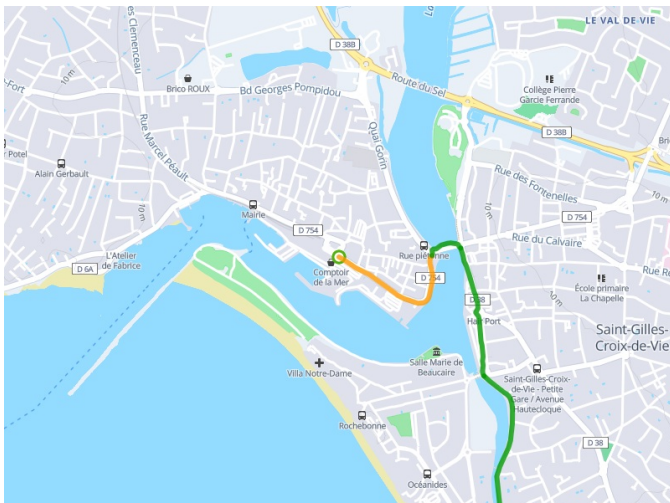
**Niveau**  
I cycle often

**Thématique**  
In forest, Seaside

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



**Départ**  
**St-Gilles-Croix-de-Vie**



**Arrivée**  
**Les Sables d'Olonne**

