

## Atlantic coast and islands - 8 days

### Bike holidays from La Rochelle to Royan.

The Atlantic coast of the Poitou-Charentes Region is surrounded by four beautiful and unique little islands. The isle of Ré, the white one, the isle of Aix, the authentic one, the smallest of them, the isle Madam and the isle of Oléron, which is the shining one. The isles of Ré and Oléron are the bigger ones and both of them are well connected to the French coast by a bridge. The bike path that you will find here are very well prepared. Welcome to the 'Cote de la Lumière' because of the bright shining light and the 'Cote de la Beaute' because of the beauty. The most important town within the department is La Rochelle, situated deep into the bay and still today protected by the ancient fortresses of the 18th century. Another positive aspect of the region is its mild climate on the Atlantic Ocean with about 2.600 hours of sun per year. The numerous marsh lands along the coast and on the islands are home of lots of different bird species and nearly everywhere you can find traces of the historic rivalry between the French and the English kingdom. The impressive fortresses of the royal architect of the King Louis IX, Vauban are absolutely worth a visit. And finally this bike tour is also a trip to and through the high quality of French cooking. As we always use to say: Living like god in France.

#### Day 1: Arrival in La Rochelle

Please take time to visit the old harbor, its towers of the 13th and 15th century and the historic center with its arcades.

#### Day 2: Round trip to and on the Ile de Ré, ~40-90 km

You will cycle past the villages of Flotte en Ré with its colorful fishing boats, your road leads you to the Fort of Saint Martin and oyster parks. Further on you are biking through the natural park and the marsh of the island.

#### Day 3: La Rochelle > Rochefort, ~42 km

Today you are cycling along the coast and through nature reserve of Bay Yves. If you like, you can get a ferry boat to the island Île d'Aix to visit the Musée Napoléon. Today's end destination is Rochefort, which was an important harbor and which impresses with its transporter bridge.

#### Day 4: Rochefort > Ile d'Oléron, ~54 km

Rochefort is well known for its ship construction. During 250 years they built about 350 ships there. You can visit the "Corderie Royale", which witnesses for that time. Afterwards the stage leads you along the coast line and through marsh lands to Marennes, which is an important place for oyster production. So take the chance and make some oyster tasting before passing the bridge to get to the Island of Oléron

#### Day 5: Round trip on the Ile d'Oléron, ~30-70 km

Today you have to choose how much of this beautiful island you will discover with your bike. Salines, marsh lands and small villages are waiting for you. And the royal architect of Louis IX., Vauban also left behind some impressive fortresses which once protected the French kingdom against the English.

#### Day 6: Ile d'Oléron > Royan, ~60 km

Leave the island of Oléron and ride along the cliffy coast line on a pretty bike lane under the pine-trees. You will arrive at the beach of Vaux sur Mer and later on at the harbor of Pontailac. Finally you will ride along the Gironde estuary to get to the beautiful town of Royan.

#### Day 7: Royan > Talmont > Royan, ~50 km

From Royan you will go on following again the Gironde estuary till you reach the charming village of Talmont. From the top of its Romanic church you will have a breathtaking view over the Gironde.

#### Day 8: Alas, end of your trip

Departure from Royan after the breakfast.

### Services:

7 nights in carefully chosen 3\*\*\* and 4\*\*\*\* hotels  
 7x breakfast  
 tourist tax  
 luggage transport (1 piece per person)  
 detailed documentation, brochures and maps GB, D, F  
 France-Bike signs along the route  
 GPS tracks on request  
 France Bike security vest  
 service hotline

### additional services:

supplement if only 3 persons starting	100 €
supplement if only 2 persons starting	150 €
supplement solo traveler (luggage)	300 €
transfer Royan-La Rochelle person with own bike	220 €
rental bike 21 gears incl. transfer back	150 €
electric bike incl. transfer back	250 €
own bike	0 €
half board	250 €

### Price:

