

LA BAULE BIKE ITINERARY



1 JUMPING LA BAULE

Every spring, La Baule comes alive, drawing some of the world's top riders for an international show jumping competition a quick cycle from the beach at the Stade François André. An unmissable event that's within easy reach for cyclists!

2 BAIE DU POULIGUEN

Follow the coast to the Baie du Pouliguen, where a peaceful atmosphere and soothing decor reign supreme. This is the perfect spot to put your feet up, take a breather and marvel at the views in one of the world's most beautiful listed bays.

3 MUSÉE BERNARD BOESCH

The Musée Bernard Boesch contemporary art museum is nestled in the Les Tamarins villa and hosts a range of temporary exhibitions and artists in residence. Admission is free, giving all visitors the chance to soak up some culture in a space where art and sea

4 CROIX LOSANGIQUE DU POULIGUEN

A strange stone feature stands guard along the coastal path: the sea-facing Le Pouliguen lozenge cross, seemingly suspended between ocean and sky. This spot makes for a great pitstop as you sit back, catch your breath and enjoy the view.

5 POINTE DE LA PIERRE PLATE

Cruise along the untouched coastline where the Pointe de la Pierre Plate and is stunning views await. The trail ends in a gorgeous viewing point featuring rocks that stretch right out to sea. Breathe in the wind, listen to the waves and sit for a moment to contemplate the landscape.

6 LES GRANDS BLOCKHAUS

Pedal your way towards Batz-sur-Mer for a trip to a former bunker-turned-museum. Head inside to learn more about WW2 through a series of objects, stories and re-enactments: a great way of getting your history fix within striking distance of the ocean.

7 NOTRE DAME DU MURIER CHAPEL

This listed Gothic chapel is brimming with memories of a thousand years of religious and seafaring history, its roofless arches lending it a unique atmosphere where the sacred and poetic collide.

8 MUSÉE DES MARAIS SALANTS

In Batz-sur-Mer, the Musée des Marais Salants serves up a masterclass in Guérande's salt marsh history. Wander around the former salt houses and explore the museum's collections, ranging from traditional tools and salt marsh models to salt workers' uniforms and everyday objects. A fascinating opportunity to tap into the salt workers' ancestral know-how and appreciate just how vital salt was for the region.

9 MARAIS SALANTS DE GUÉRANDE

Exploring the Guérande salt marshes by bike is like stepping into a living, breathing work of art: a maze of shimmering pools that have been worked by man for centuries now. Salt workers harvest the salt from June to September, using ancestral techniques to keep their unique expertise and heritage alive.

10 LA MAISON DES PALUDIERS


Tucked away in the village of Saillé, the 'Saltworkers' House' is an intriguing snapshot of life in the salt marshes. Take a guided tour to learn about ancient harvesting techniques and the salt workers' art and craft.

11 CHÂTEAU DE CAREIL

Just around the corner from the salt marshes is a 15th century fortified manor that is still inhabited today and treats visitors to guided tours, events and activities. A wonderful stop-off along your cycle route to take in a little heritage and fresh country air.


22.8 km


1H35


61 m


DIFFICULTY