

Léon / Capbreton

La Vélo dyssée, the Atlantic Cycling Route



La Vélo dyssée now heading north, advances to a few hundred yards from the Côte d'Argent, gradually getting closer to Moliets-et-Mâa and Messanges. The route finally meets the powerful ocean at Vieux-Boucau, the former port (until the river Adour was re-routed to Bayonne in 1578) and today a very pleasant stopping point. Here La Vélo dyssée sails past the iconic seaside, surfing and health resorts of Hossegor and Capbreton. These two towns are separated by the Boudigau - the redirected former Adour River - but their names are linked by their proximity and their huge popularity with tourists in the central areas of the Landes.

Itinerary

Particular vigilance during the crossing of Leon: the traffic is done on the road. Then, designated forest lanes. Easy going. From Vieux-Boucau to Capbreton, the way is still slightly undulating and the greenway continues, very well signposted and with excellent surfaces. Take care near Hossegor as lanes are shared with pedestrians.

Connections

Léon beach (3 km round trip). Moliets-plage from Moliets-et-Maa (3 km on the D 117 - very busy in summer). Access to the beach at Messanges via the D 82 (2.7 km). The Vieux-Boucau and Port d'Albret beaches. Soustons and its pond (8 km round trip) - then the Vélo dyssée intersects with the Courant de Soustons.

To Seignosse: on a lane reserved for bicycles.

To Hossegor: on shared roads with the car and cycle lane.

In Capbreton: many bike paths.

Départ
Léon

Arrivée
Capbreton

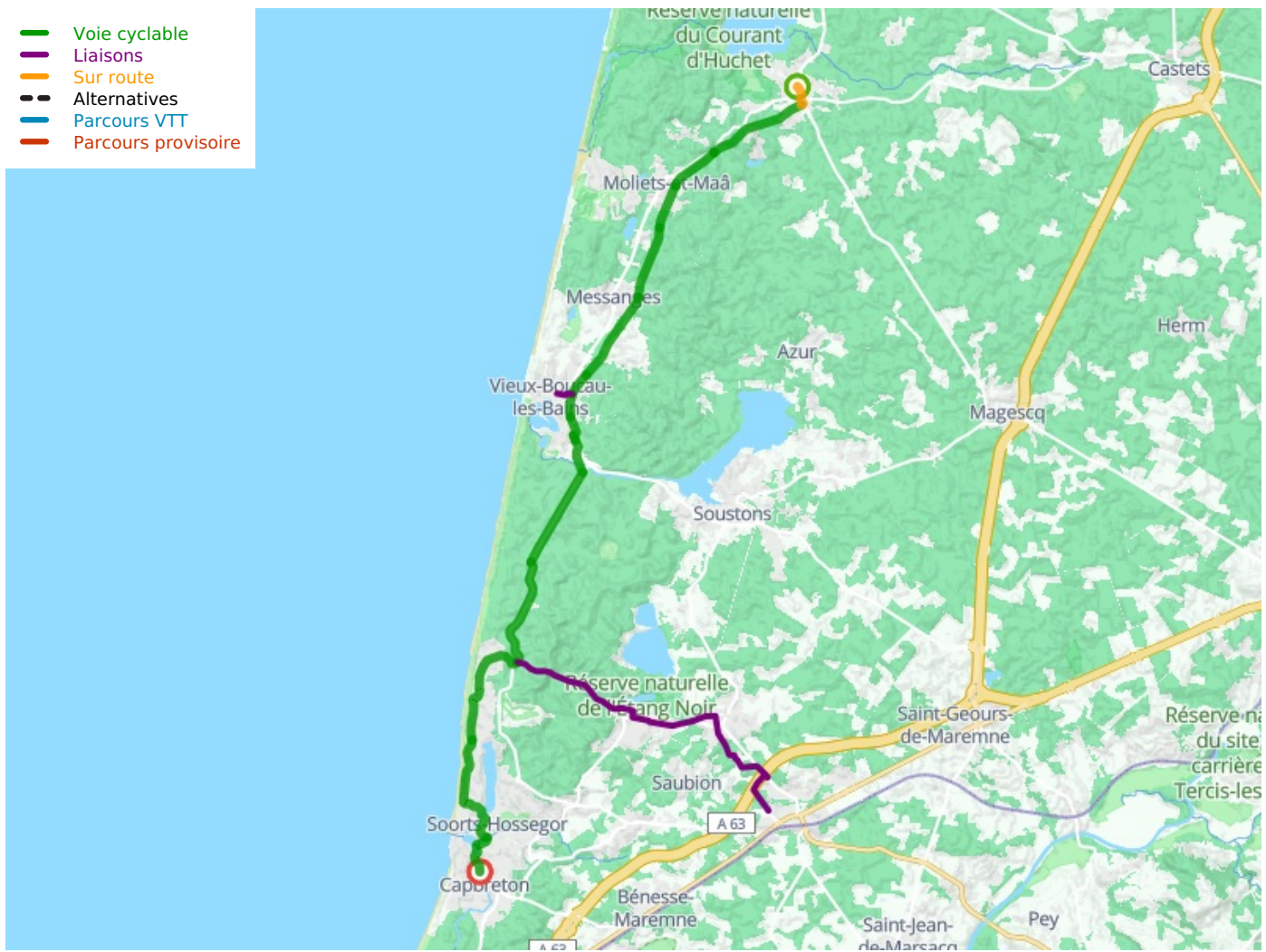
Durée
2 h 13 min

Distance
33,30 Km

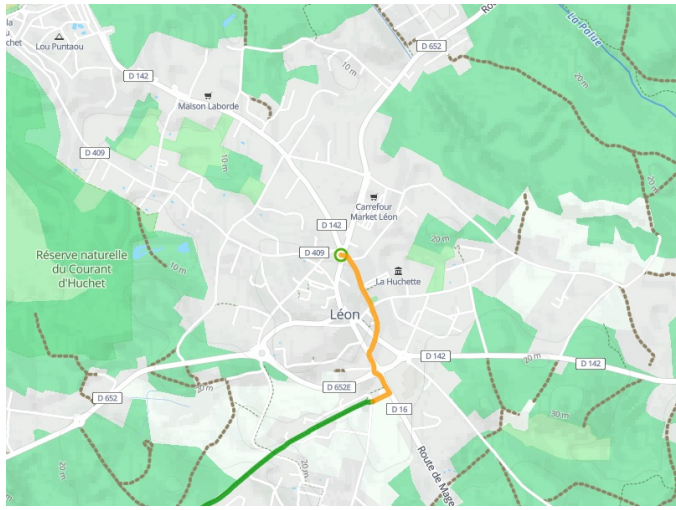
Niveau
I begin / Family

Thématique
In family, In forest,
Seaside

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



**Départ
Léon**



**Arrivée
Capbreton**

