

## FRANCE – BORDEAUX FROM THE VINEYARDS TO THE SEA

8-days/ 7-nights **SELF-GUIDED** inn-to-inn cycling from Cadillac to Sauternes, Arcachon & Cap Ferret



Bordeaux is world-renowned as a centre for great wine and food. Starting and ending in the UNESCO World Heritage-listed city of Bordeaux, this leisurely self-guided cycling holiday offers the opportunity to sample many of the treasures of the Bordeaux region: the villages of Cadillac and Saint-Macaire, world-famous wines both red and white grown in the Entre-Deux-Mers region, and of course the food. *Confit du canard* (confit duck leg), foie gras, steak *bordelaise*, local oysters and mussels, and the signature pastry of Bordeaux city, the *cannelé*, a caramelised cake surrounding a filling of custard flavoured with rum and vanilla.

Spend the week exploring the Gironde region, starting from the vineyards surrounding the wine villages of Cadillac and Saint-Macaire, rolling gently through shady forests, past chateaux and alongside rivers to the Atlantic Ocean. You have a full day to explore the Bay of Arcachon, with time to try the cycle track that leads around the bay visiting the quiet sandy beaches and villages in this nature reserve. Take your bike on the ferry to Cap Ferret where the wealthy Bordelaise play and to visit the famous oyster village of L'Herbe.

Your cycling route through the vineyards includes some rolling hills, but otherwise the ride is generally flattish and covers modest daily distances, following mostly quiet backroads and pathways, so there is plenty of time to linger over breakfast or take a long relaxing lunch.

**Departs:** Fridays – Wednesdays (except Saturdays & Sundays in July/August) from April to October.

**Cost from:** **\$2275** per person twin share      Single room supplement from \$925  
Solo traveler supplement from \$310  
July/August high season supplement from \$200

**Starts & Ends:** Bordeaux

**Included:** 7 nights' accommodation in carefully chosen 2-3-star guesthouses or hotels with private (mostly en-suite) bathroom facilities; 7 breakfasts, 1 dinner; inn-to-inn luggage transfers as per itinerary (one bag per person, up to 20kg); hire of multi-gear hybrid bike with lock, repair kit, pannier, handlebar bag, and helmet; full route notes and map package (one set per room) and GPS tracks; emergency hotline; arrival taxi from Bordeaux airport or train station to the first hotel; return ferry ticket across the bay on Day 6.

**Not Included:** 6 dinners, all lunches and beverages, entry fees, unscheduled transfers needed during the tour, train from Arcachon to Bordeaux on Day 8, personal expenses and local city taxes.

**E-bikes** can be hired for an additional surcharge – availability strictly limited, please request when booking.

**Grading:** Easy to moderate cycling – the terrain is almost flat with just a little rolling countryside through some of the vineyards making the cycling very enjoyable.

**Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations**

## Suggested Itinerary:

### Day 1: Arrival in Bordeaux and transfer to Cadillac

Make your way to Bordeaux, where you will be collected from either the train station or airport and transferred to the first night's accommodation in Cadillac or Rions. Collect your route book and bike here.

### Day 2: Cadillac or Rions to Saint Macaire

**cycling @ 45km**

Ride through the peaceful bastide town of Cadillac to Chateau Malromé (where Henri Toulouse-Lautrec lived) and into the 'Entre-Deux-Mer' area. You pass through vineyards of *Premieres Cotes de Bordeaux* and *Cotes de Bordeaux* wines to Saint Macaire or nearby Langon (7km). Saint Macaire is a medieval city with wine 'caves' to explore and superb views of the Garonne.

### Day 3: Saint Macaire to Saint Symphorien

**cycling @ 45km**

From the village, cross to the left bank of the Garonne River and follow the twisting roads through the world famous vines of the Sauternes area, including the jewel in its crown, **Chateau Yquem**. You pedal on to Budos through valleys carved out by the River Ciron to Leogats and Nouaillan, then on to Balizac where you enter the 'Landes de Gascogne regional Nature Park,' before reaching St Symphorien. Dinner is included tonight.

### Day 4: Saint Symphorien to Le Barp

**cycling @ 45km**

Today's ride takes you through the Regional Nature Park following a lovely forest road westwards towards Louchats. Leave your bike at the site of the lagoons of Gat-Mort. Hosten Lake offers plenty of shade by the shore, perfect for an afternoon nap! Cycle on a track through pine trees to the small road leading to Le Barp.

### Day 5: Le Barp to the Bay of Arcachon

**cycling @ 50km**

A gentle ride along the cycle track to Mios and Le Teich where the nature park meets the sea. Perhaps visit the bird sanctuary, with over 300 species of nesting and migratory birds. Then cycle the coastal path to Gujan-Mestras and on to Arcachon, where you spend three nights.

### Day 6: Around Cap Ferret

**cycling @ 20km**

Today explore one of the most beautiful regions of France. With your bike take the boat across the Bay of Arcachon to Cap Ferret. Ride on the other side of the bay and walk up to the lighthouse. Ride to the pretty village of L'Herbe past reservoirs and 'Tapper's Shack' then return by boat across the bay to the hotel. To extend your ride, cycle along the coastal track to the Dune du Pyla, the highest dune in Europe (20 km return).

### Day 7: The Dune du Pyla or the Domaine de Certes in Audenge

**cycling @ 25 or 60km**

Today you can choose to follow the cycle track along the coast up to Dune du Pyla or go the opposite direction and take the cycle track via Port of La Teste, follow the small road around the bay to Le Teich, Biganos and Audenge before returning to your hotel for the final night in Arcachon.

### Day 8: Tour ends.

After breakfast leave your bikes in Arcachon and take the train to Bordeaux (50 minutes – cost paid locally).

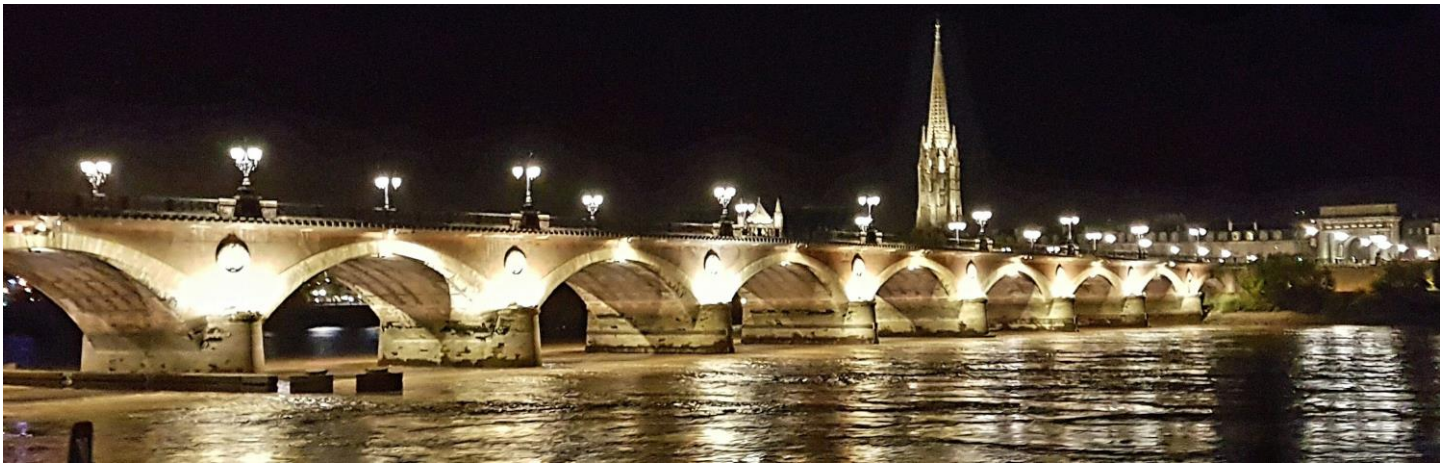


**Outdoor Travel** offer small group guided or self-guided inn-to-inn cycling tours in Europe - including rides from Passau to Vienna along the Danube, from Vienna to Budapest, in Tuscany and Umbria in Italy, in Spain, France, Germany, Switzerland, Austria, Ireland, England, Hungary, Poland and the Czech Republic. We also offer group guided **Bike & Barge** or **Bike & Boat** cruises in destinations such as France, Belgium, Holland, Germany, Italy, Scotland, the Dalmatian Coast of Croatia, the islands of Greece, and Vietnam.

### Contact Outdoor Travel for more itinerary details and reservations:

- Call toll free on 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia





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