

Cycling La Velodyssée

EuroVelo 1: Atlantic coast of France from Brittany to Hendaye

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Cycle one of Europe's best long-distance bike routes on La Vélodyssée, the French section of EuroVelo 1, following the Atlantic coast from Roscoff in Brittany to Hendaye on the Spanish border. Covering around 1300km, this fully signposted route passes through canal towpaths, coastal paths, forest tracks and quiet lanes, linking dramatic seascapes, historic ports, sandy beaches and some of western France's most distinctive regional landscapes. From Brittany's inland waterways and medieval towns to the marshes of the Atlantic seaboard, and on through the great pine forests and surf coast of the southwest, La Vélodyssée offers an unforgettable cycle-touring journey through France.

- 19 stage-by-stage route descriptions for La Vélodyssée, from Roscoff to Hendaye, with clear daily distances, terrain notes and practical navigation guidance for the full 1300km Atlantic coast route
- Detailed mapping and navigation support for La Vélodyssée, including guidance on following EuroVelo 1 signage and using downloadable GPX files for reliable route-finding day by day
- Practical planning advice for cycling La Vélodyssée, with suggested itineraries for two-, three- and four-week tours, plus help for breaking the route into shorter and more manageable sections
- Useful information on accommodation, food and facilities along La Vélodyssée, from campsites and budget stays to hotels, cafés, restaurants and cyclist-friendly services
- Transport and access advice for La Vélodyssée, including ferry arrivals at Roscoff, train connections, and convenient intermediate access points such as Nantes and Royan
- Background on the history, landscapes and regional culture of La Vélodyssée, from Brittany and the Loire estuary to the Gironde, the Landes forests and the Basque coast
- Guidance on bike choice, equipment and route conditions on La Vélodyssée, covering mixed surfaces, traffic-free cycle paths and the suitability of touring bikes, gravel bikes and e-bikes

About the author

Jack Jackson started creating adventures for himself as a teenager, hitch-hiking to North Wales for rock-climbing weekends, and has not stopped since. Whether on a crag, in the mountains, on the trail, on skis, in a kayak or on a bike. With his love of self-supported journeying, Jack's many bike odysseys have included the Hebridean Way (Scotland), the C2C (northern England), Lon Las Cymru (Wales), King Alfred's Way (southern England), the Kjölur Route (Iceland), the Wolf's Lair (Italy) and La Vélodyssée. Having worked as a climbing instructor, maths teacher, secondary school

headteacher and CEO of a Multi Academy Trust, Jack now spends his time planning, undertaking and, in the case of La Vélodysée, writing about his adventures in the outdoors.

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