



**France -Bordeaux Vineyards and the Ocean Cycling Tour (2025)**  
**Individual Self-Guided**  
**8 days/7 nights OR 7 days/6 nights**



Self-guided cycling tour in South West France across the Bordeaux area and its treasures: the prestigious Bordeaux vineyards and the ocean coast. This cycling holiday is worth a visit in order to discover the richness of the Gironde as you cycle from the Premières Côtes de Bordeaux wine-making area and end your holiday with swimming in the ocean! All that is needed is your road book and a hybrid bike (with all the equipment) to have a wonderful experience. You start your holiday cycling through the Entre-Deux-Mers vineyards where there are many wine-tasting opportunities. Then you cycle into the vast forested area of the Parc Naturel Régional des Landes before reaching the Arcachon bay and the ocean.



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

### Itinerary

#### **Day 1: Arrival at Bordeaux and transfer to Cadillac**

Arrival at the railway station or at the airport. Transfer by taxi to Cadillac in 3\* hotel, where you will receive a guide book indicating your tour.



#### **Day 2: The “Entre-Deux-Mer” area 44 km**

You will start your trip by cycling through the Premières Côtes de Bordeaux winegrowing area and arriving in the Côtes de Bordeaux Saint-Macaire area. This day gives you the opportunity to enjoy a superb view of the Garonne River and to visit the heart of the old merchant town of Saint-Macaire. Your tour will take you to the bastide town of Cadillac and its castle, as well as the former residence of the painter Henri de Toulouse-Lautrec at Château Malromé and that of the writer François Mauriac at Domaine de Malagar. Accommodation in a guesthouse or hotel 3\* in Saint-Macaire or Langon.

#### **Day 3: Throughout the Sauternes Vineyards, towards the Landes de Gascogne Regional Nature Park 40 km**

Departure from Saint-Macaire to cross over to the left bank of the Garonne River. The tour follows the twisting roads through the world famous vines of the Sauternes areas, including the jewel in its crown: Château Yquem. The itinerary goes on to Budos, then through the valleys carved out by the River Ciron, to Leogats and Nouaillan. You then carry on to Balizac where you enter the Landes de Gascogne Regional Nature Park, before reaching Origne for the night. Stay in the charming little village of Origne in a charming guest house by Mr. and Mrs. De Rochefort or by Mrs. Merle which will welcome you in the center of the village offering a range of services here in the heart of the Gironde countryside. Dinner, night and breakfast in charming guesthouse.

#### **Day 4: Throughout Landes de Gascogne Regional Nature Park 43km**

You will be riding along a lovely little forest road offering great variety and taking you westwards. Heading towards Louchats, the pine forest becomes denser and the scent of pine resin richer. Leave your bicycle at the site of the lagoons of Gât-Mort and discover the water beneath the carpet of fern. Make a stop at the lakes of Hostens offer plenty of shade by the shore, perfect for an afternoon nap. The road will then take you, between pine trees and heather, to the small town of Le Barp. Stay in a charming little hotel, stone built, with a swimming pool. Mr Bourrissoux, the owner, with an irreproachable reception, may serve you a much-appreciated local food on the terrace shaded by suspended vines and cooled by a fountain.

Note: if no availability, accommodation in Salles, 13 km further on. Night and breakfast in hotel 3\*.







#### **Day 5: Towards the Bay of Arcachon and the Ocean 50 km**

You will cycle gently along the cycling track to Mios, where the itinerary follows a little road as the pine forest gradually thins. Crossing over the railway line takes you to Le Teich, where the Park meets the sea. Enter the ornithological park and take a break. The landscape opens out to the light of the Bay of Arcachon. Take the coastal path with the salt from the bay under your wheels and follow the scent of the sea air to Gujan-Mestras. If you want to ride again, you can climb the dune du Pyla (20 km one way and return) Night and breakfast in hotel 3 or 4\*.



#### **Day 6 and more:**

You can choose to stay one or two more days in this last hotel in order to visit more deeply the Bay of Arcachon and take advantage of the Ocean. You will have daily cycling tours to visit both sides of the bay.

#### **Day 6: The Cap Ferret 20 km**

Take the boat to cross the Bay of Arcachon to reach the Cap Ferret and ride throughout the other side of the Bay. Leave your bicycle to walk up to the top of the lighthouse. Keep cycling to reach the very pretty oyster village of l'Herbe, the reservoirs as well as the Tapper's Shack. Do not miss the last departure of the boat to cross back the bay and return to your hotel.

#### **Day 7: The Dune du Pyla or Direction the Domaine de Certes in Audenge 25 – 60 km**

You can choose to follow the cycle track along the coast up to the Dune du Pyla or in the opposite way to take the cycling track via the Port of La Teste. Leave the track and take the "7 oyster ports of Gujan Mestras" small road that runs round the bay alongside the railway station. A cycling track will take you then to Le Teich, Biganos and Audenge. Possible choices: Stop off at the port of Biganos or at the Ornithologic Parc of Le Teich or the Domaine de Certe in Audenge. Back to your hotel for your last night.

#### **Day 8: End**

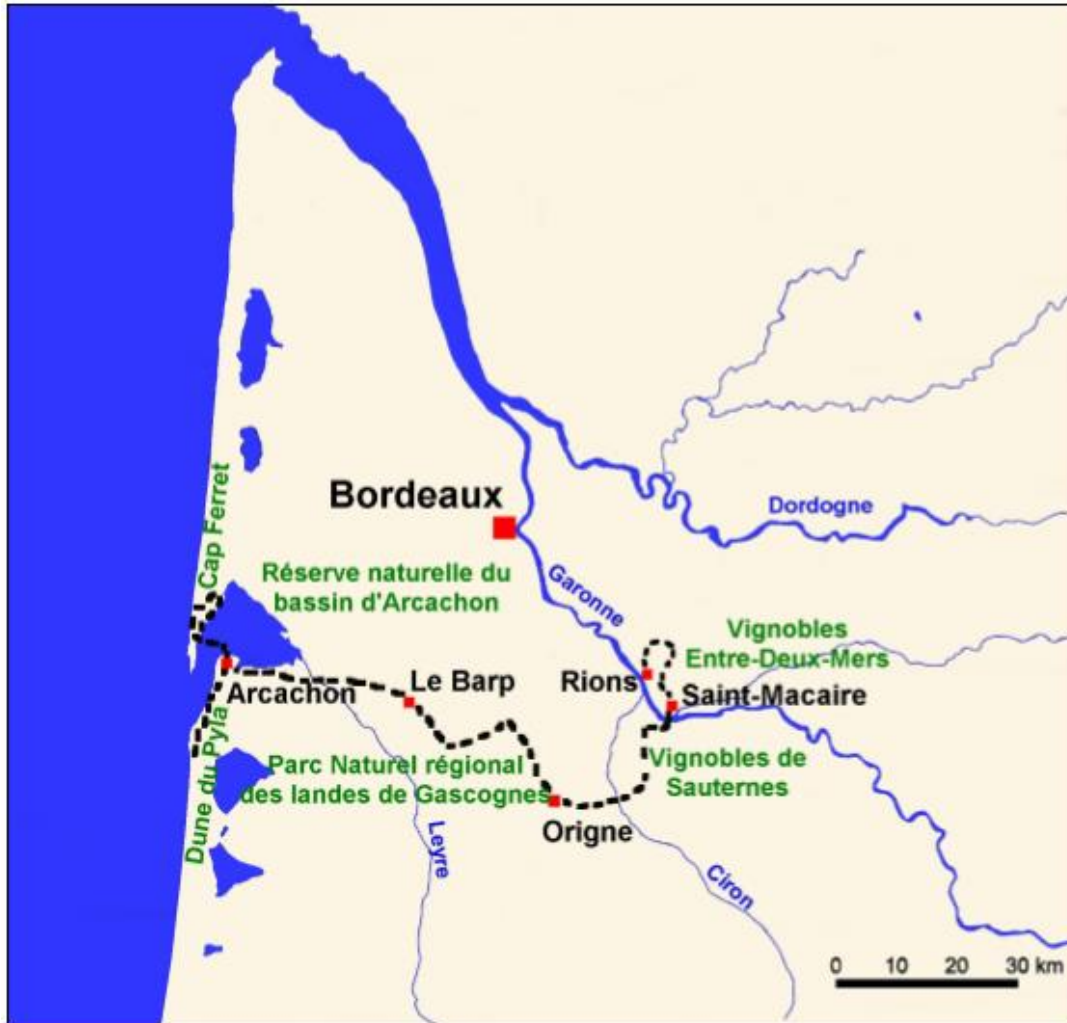
Take the train from Arcachon to Bordeaux.





**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

### Route



### Technical Characteristics

**Tour Profile:** Easy. You will take cycling tracks as well as small roads that are quite flat.

**Total distance:** 205 - 270 km

**Travel Season:** Departures daily from April 1 to October 31 for 2-8 people except Thursdays



**Prices per person: in Euros** *all prices subject to confirmation on booking*

	7 Day	8 Day
Double Occupancy	€995	€1105
Single room surcharge	€465	€540
Solo Traveler Supplement	€170	
Supplement July and August	€75	€100
Rental Touring Bike Adult	€160	€170
Rental Gravel Bike Adult	€295	€315
E bike rental	€295	€315
Extra Nights Bordeaux 3* Double Occupancy B&B	On request	
Extra Nights Arcachon	On request	
GPS application for Smart phone	€7	
Insurance for bike theft touring/gravel or e-bike	€20/ 40	
Transport charges for bringing your own bike	€15	
Additional charge if only 1 bike is rented	€110	

**Accommodation:** Charming 2\* and 3\* hotels throughout the region

**Bike rentals:** Includes Locks, repair equipment, rear saddle bag, helmet (on request), bar bag, bottle holder and on road assistance (large repairs)

**Included:**

- 7 or 6 nights in hotels 3\* and charming guesthouse
- Transfer of the luggage daily
- Road book
- Taxi transfer from Bordeaux to Cadillac (first day)
- 1 x dinner day 3
- Bay crossing with bike (return ticket) for Day 6
- Hot line 7:30 – 20:00

**Not Included:**

- Dinner except day 3
- Drinks for dinner excepted in some guesthouses
- Train from Arcachon to Bordeaux: around 12€ per person
- Transfer from Bordeaux train station to Bordeaux airport (Bus shuttle) : around 10€ per person

**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

**OK Cycle & Adventure Tours Inc.** 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848