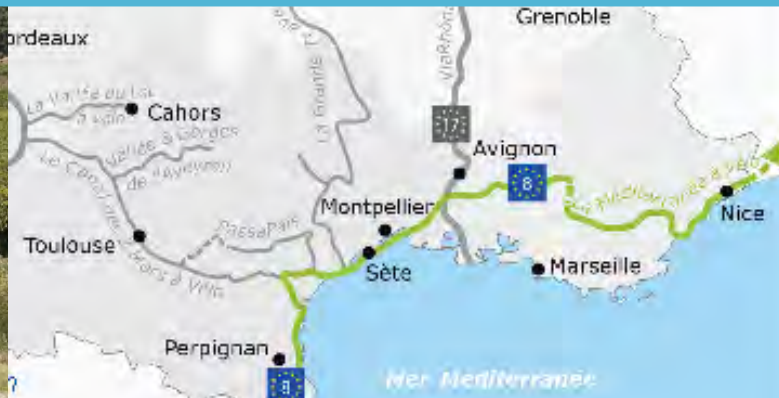




# La Méditerranée à vélo From Le Perthus to Menton (850 km)

Press release 2020



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# La Méditerranée à vélo - EV8

## Get away in southern lands

### 850 km from Le Perthus to Menton

La Méditerranée à vélo, French link of EuroVelo 8, reveals another face of the South of France. A great variety of famous but also secret landscapes can be found along this long-distance cycle route.

Between Spain and Italy, it offers unexpected and unique panoramic views. The route combines seaside, lagoons, fishing ports, canals, salt marshes of Camargue, natural reserves and vineyards.

Borrowing the southernmost section of the Canal du Midi, but also one of the final sections of ViaRhôna, this cycle route will ensure you a unique experience to enjoy the south of France... by bike.

### A long-distance itinerary

The itinerary is 80% continuous from Le Perthus to Menton on greenways and little roads. This new itinerary is perfect for cyclists who are used to bike trips. The cycle route is implemented step by step in some territories. The links to Spain (beyond Pirinexus network where the route is only made for mountain bikers) and Italy are not ready yet to ensure comfort and safety to cyclists.

### EuroVelo 8 : 7500 km from Spain to Turkey

It's official, EuroVelo 8 will end in Turkey. The Mediterranean cycle route will link Cadix in Spain to Izmir in Turkey crossing 11 countries of the Mediterranean area over a distance of 7500 km.



EuroVelo 8 map (source : [www.eurovelo.org](http://www.eurovelo.org))

### Focus on Pirinexus

In Spain, EuroVelo 8 will be connected to the transnational itinerary Pirinexus which offers more than 350 km of cycle routes. This project is supported by the Consorci Vies Verdes of Girona ([www.viesverdes.cat/fr](http://www.viesverdes.cat/fr)), the Pyrénées-Orientales Council and the Pays Pyrénées Méditerranée through the European support (POCTEFA program).

**More infos :** [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com) and [www.fr.eurovelo.com/ev8](http://www.fr.eurovelo.com/ev8)



# Prepare your stay

## Information and documentation

### How direct yourself ?

It's very easy. You just have to look for the following mark :



The cycle route is implemented step by step in some territories due to the Canal du Midi protection process.

To know the marking progress, go to the official website :  
[www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)

### How to access ?

#### TRAIN & BIKE

On regional railway networks, your bike can be taken on the train free of charge ([www.ter.sncf.com/occitanie](http://www.ter.sncf.com/occitanie) and [www.ter.sncf.com/sud-provence-alpes-cote-d-azur](http://www.ter.sncf.com/sud-provence-alpes-cote-d-azur)).

Regional lines : Perpignan / Marseille via Avignon, Marseille / Nice, Clermont-Ferrand / Nîmes.

Long-distance access : Intercités Bordeaux / Marseille\*, Lignes TGV Paris / Marseille ; Strasbourg / Avignon ; Barcelone / Perpignan ; Paris / Lyon / Nîmes / Montpellier / Perpignan. ([www.velo.sncf.com](http://www.velo.sncf.com))

*\*this train allows the transport of not dismantled bike (with charge). In the other trains, you have to disassemble your bike and transport it in a carrying case (90 x120 cm max) then it can be taken on the train free of charge.*

#### BUS & BIKE

From France and Europe, many companies offer connections to the starting points of the cycle route. The collective public transports are also an option to move around your place of stay only with your dismantled bike : [www.laregion.fr/liO](http://www.laregion.fr/liO) et [services-zou.maregionsud.fr](http://services-zou.maregionsud.fr).

#### BY BIKE

It's possible to reach the itinerary from **la ViaRhôna** (Genève > Port-Saint-Louis-du-Rhône or Sète) or **le Canal des Deux Mers à vélo** (Bordeaux > Sète).

### It's new : the guidebook of La Méditerranée à vélo

The guidebook of La Méditerranée à vélo is now available (Editions Ouest France). This new guide is the perfect tool to plan a week-end, a week or more on La Méditerranée à vélo.



#### In short :

- The guide is divided in 20 stages and 4 escapades.
- 42 detailed maps and a global map of the route
- For each stage, some cultural and historical information, advice all along the route and all the cycle-friendly addresses (Accueil Vélo).

+ infos : <https://editions.ouest-france.fr/selections/veloguides.html>



# Cycle-friendly services

## The Accueil Vélo® label

Plan your stay on La Méditerranée à vélo is very simple with the 300 labelled establishments on the route (January 2020) :

- 180 Accommodation
- 20 Restaurants
- 34 Bicycle rental and repair shops
- 30 Tourism offices
- 33 Tourist sites

Find all the cycle-friendly (Accueil Vélo) addresses and practical information on : [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)



Accueil Vélo® is a national label that brings together a qualified and visible offer of useful services. It ensures that cyclists are welcomed by professionals located within 5 km of La Méditerranée à vélo and identified by the Accueil Vélo® logo.

The label qualifies 6 types of services for cyclists : accommodations, restaurants, bike hire and repair, tourist sites and tourist offices.

These professionals offer welcoming services according to the national quality charter.



# FROM THE PYRENEES TO THE SEA

## From Perthus to Narbonne

> 125 km

From the Pyrenees borders with Spain, the path goes through the Catalan country and offers a spectacular view of Canigó mountain. From Leucate to Port-La-Nouvelle, the cycle route follows a waterfront cycle path between sea and ponds : a green oasis with a wonderful biodiversity, a paradise for windsurfing. From Port-La-Nouvelle to Narbonne, it curves around the lagoon to the banks of the *Canal of Robine*. At Narbonne, the arrival is at the gate of the Narbo Via museum (opening in autumn 2020) designed by the architect Norman Foster.



The Reserve of Sainte-Lucie

### Information :



Train stations of Argelès-sur-Mer, Perpignan, Rivesaltes, Leucate – La Franqui, Port La Nouvelle (grandes lignes), Narbonne.



The Mont Canigou



Canal des 2 mers à vélo : [www.canaldes2mersavelo.com](http://www.canaldes2mersavelo.com)  
Hérault Tourisme : [www.herault-tourisme.com](http://www.herault-tourisme.com)  
Aude Tourisme : [www.audetourisme.com](http://www.audetourisme.com)  
Grand Narbonne Tourisme : [www.visit-lanarbonnaise.com](http://www.visit-lanarbonnaise.com)  
OT de Leucate, Narbonne et Gruissan : [www.tourisme-leucate.fr](http://www.tourisme-leucate.fr) ; [www.narbonne-tourisme.com](http://www.narbonne-tourisme.com) et [www.gruissan-mediterranee.com](http://www.gruissan-mediterranee.com)  
Pyrénées Orientales Tourisme : [www.tourisme-pyreneesorientales.com](http://www.tourisme-pyreneesorientales.com)  
OTI Perpignan Méditerranée Tourisme : [www.perpignanmediterraneetourisme.com](http://www.perpignanmediterraneetourisme.com)  
OTI Pyrénées Méditerranée : [www.tourisme-pyrenees-mediterranee.com](http://www.tourisme-pyrenees-mediterranee.com)  
OTI Vallespir : [www.vallespir-tourisme.fr](http://www.vallespir-tourisme.fr)  
OT Argelès-sur-Mer : [www.ardeles-sur-mer.com](http://www.ardeles-sur-mer.com)  
OT Saint-Cyprien : [www.tourisme-saint-cyprien.com](http://www.tourisme-saint-cyprien.com)  
OT Le Boulou : [www.tourisme-leboulou.fr/MEM](http://www.tourisme-leboulou.fr/MEM)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)

### Top places to see

- ☀ The House of Water and Mediterranean at Le Boulou
- ☀ Perpignan, town of Art and History : Palais des Rois de Majorque and le Castillet and Rigaud museum (access by cycle path)
- ☀ The fishing village of Canet-en-Roussillon and the Natural Reserve of Mas Larrieu at Argelès-sur-Mer
- ☀ The cloister and the abbey church of Saint-Génis des Fontaines
- ☀ The chapel of Juhègues at Torreilles
- ☀ The Mémorial du Camp of Rivesaltes (access by the Veloroute 81)
- ☀ Shellfish farms, the Maison de l'Étang, the cliff and beach of Coussoules at Leucate
- ☀ The regional Natural Reserve of Sainte Lucie at Port-La-Nouvelle
- ☀ Grand Castellou and Salines in the regional Natural Park of La Narbonnaise
- ☀ Narbonne, town of Art and History : Palais des Archevêques, cathedral, Pont des Marchands, Horreum, Via Domitia, Narbo Via.

# CANAL DU MIDI

## From Narbonne to Sète

### > 105 km

From Narbonne to Sète, the route follows three canals : Robine, Jonction and le canal du Midi which were used by horses pulling post raft, back in the days. The Canal du Midi is worth a ride : this UNESCO World Heritage site was built by a visionary business man in the 17th century. This site is a true masterpiece of architecture, making a link between Toulouse and the Mediterranean sea. Along the Canal, you can visit ancient cities and villages, vineyards, salty ponds, typical faunas and floras, etc. At the end of this section, you will find the beaches of the « Big Blue ».



The 9 locks of Fonsèrènes

## Top places to see

- ☀ **Lock of Gailhousty – Bois de la Nation and the Musée des Potiers Gallo-Romains at Sallèles-d'Aude**
- ☀ **The picturesque hamlet of Somail (see picture)**
- ☀ **The Collégiale Saint-Etienne and the archbishops castles of Narbonne at Capestang**
- ☀ **The Malpas tunnel, oppidum d'Ensérune and dry pond of Montady at Colombiers**
- ☀ **The 9 locks of Fonsèrènes at Béziers (see picture above)**
- ☀ **Pont-Canal and the historical centre of Béziers : Saint-Nazaire cathedral, allées Paul Riquet, plateau des Poètes...**
- ☀ **The Belvedere of La Criée aux poissons at Grau d'Agde**
- ☀ **The Caves of Richemer, shellfish farms and vermouth Noilly-Prat at Marseillan**
- ☀ **Viewpoint of La pointe des Onglous at Marseillan, where the Canal du Midi connects the Bassin de Thau**
- ☀ **The Port of Sète : Espace Georges Brassens, Musée Paul Valéry, Musée à ciel ouvert (MACO), Halles and « Criée aux poissons »**

## Information :



Train stations of Narbonne, Béziers, Agde, Sète (main lines), Coursan, Vias, Marseillan-Plage (regional lines).



E-bike charging point at Colombiers



The cycle route is implemented step by step. The paths are in a bad way. Be sure to get a mountain bike with wide tires and suspensions if possible.



Véloroute du canal des 2 mers à vélo : [www.canaldes2mersavelo.com](http://www.canaldes2mersavelo.com). Hérault Tourisme : [www.herault-tourisme.com](http://www.herault-tourisme.com). Aude Tourisme : [www.audetourisme.com](http://www.audetourisme.com). Grand Narbonne Tourisme : [www.visit-lanarbonnaise.com](http://www.visit-lanarbonnaise.com). OT de Narbonne : [www.narbonne-tourisme.com](http://www.narbonne-tourisme.com). OT de Béziers Méditerranée : [www.beziers-in-](http://www.beziers-in-)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)



The hamlet of Somail

# BETWEEN RHONE, CAMARGUE AND MEDITERRANEAN (1/2)

## From Sète to La Grande-Motte

> 50 km

From Sète, the path curves around lagoons, and follows the *Canal du Rhône à Sète*. You will see famous seaside resorts and fishing ports along the Mediterranean coast. Then the cycle route goes through Camargue, its ponds, rice fields, salin before going slowly to Provence.



### Top places to see

- ☀ The Bassin of Thau, its shellfish farms and famous oysters of Bouzigues and thermal station of Balaruc-les-Bains
- ☀ The Muscat of Frontignan
- ☀ The ancient salins and Massif de la Gardiole
- ☀ The Maguelone cathedral, between sea, vines and lagoons (see picture above)
- ☀ Musée Albert Dubout at Palavas-les-Flots, ancient fishing village
- ☀ Getaway in Montpellier : historical centre, modern districts and buildings
- ☀ Maison de la Nature and protected area of salt pond of Méjean
- ☀ The Musée Lattara at Lattes, that explains the historical past of the antique port
- ☀ Beaches of Petit Travers at Carnon, Grand Travers, Couchant and Point Zéro at La Grande Motte
- ☀ La Grande Motte, town labelled « 20th Century Heritage » (see picture)

### Information :



Train stations of Montpellier, Nîmes  
Sète (main lines), Frontignan, Vic-  
Mireval, Villeneuve-lès-Maguelone  
(regional lines)



Véloroute ViaRhôna : [www.viarhona.com](http://www.viarhona.com)  
Hérault Tourisme : [www.herault-tourisme.com](http://www.herault-tourisme.com)  
Connections beaches-Montpellier (10 km) by a network of cycle paths.



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)



# BETWEEN RHONE, CAMARGUE AND MEDITERRANEAN (2/2)

## From La Grande-Motte to Beaucaire

> 70 km

Along the Rhone's banks, the route reaches La ViaRhona. From Grau-du-Roi to Gallician, follow a 20 km green way using the towpath of the *Canal du Rhone à Sète*. Then, it's an easy ride full of Camargue colors and flavors. Around you, admire the ponds, the water flowers, the birds and the bulls. Then, the route will leave Camargue to connect Saint Gilles and Beaucaire through vines and olive trees. From Beaucaire, it is possible to reach the emblematic **Pont du Gard** via the V66 cycle route (mostly on cycle paths).

### Information :



Train stations of Le Grau-du-Roi, Aigues-Mortes, Saint Laurent d'Aigouze, Vauvert (regional lines), Nîmes (TGV).



Gard Tourisme : [www.tourismegard.com](http://www.tourismegard.com)  
Hérault Tourisme : [www.herault-tourisme.com](http://www.herault-tourisme.com)  
ViaRhôna : [www.viarhona.com](http://www.viarhona.com)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)



### Top places to see

- ☀ Le Grau-du-Roi and its fishing port, Port-Camargue : 1st European marina
- ☀ The beach of l'Espiguette, well-known tourist site of the Camargue Gardoise (access by a cycle path)
- ☀ Aigues-Mortes, a medieval city : the tower of Constance & the ramparts, the Salin
- ☀ The « Maison du Grand Site de France de la Camargue Gardoise »
- ☀ The Carbonnière tower at Saint-Laurent d'Aigouze, historic monument
- ☀ At Gallician, the Centre du Scamandre in the regional natural reserve
- ☀ Vignobles & Découvertes « Costières de Nîmes » : labelled tasting cellars at Gallician, Saint-Gilles and Beaucaire
- ☀ The remarkable sites of taste « Taureau de Camargue » and « Olivettes du Pays de Nîmes »
- ☀ The Abbatiale of Saint-Gilles listed in the UNESCO World Heritage
- ☀ Beaucaire, town of Art and History : fortress, troglodytic abbey, marina

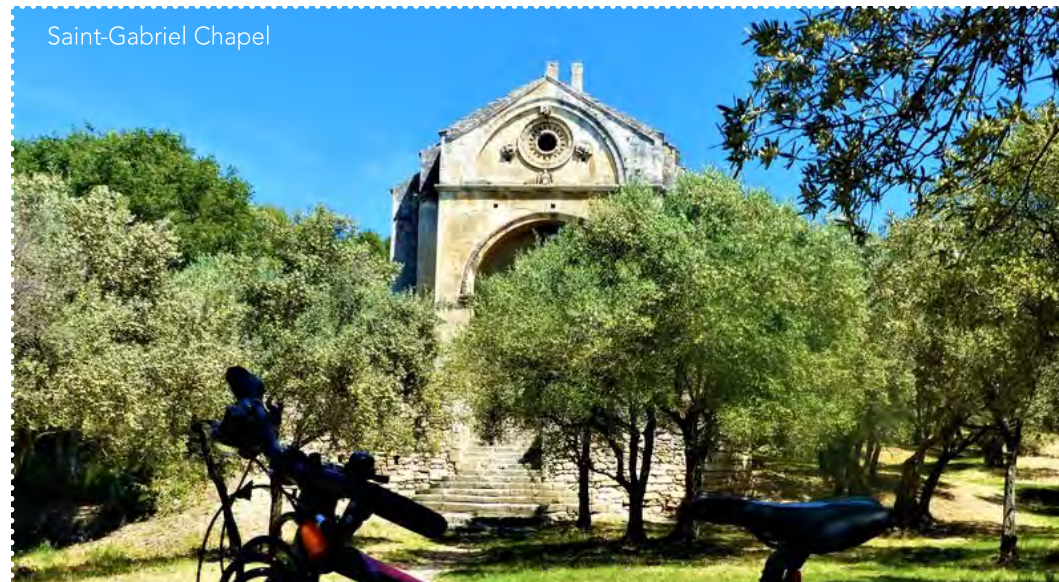
# THE ALPILLES

## From Tarascon to Cavailon

### > 45 km

From Tarascon, into the Parc naturel régional des Alpilles, the cycle route uses narrow, calm and marked roads until Saint-Etienne-du-Grès.

Between plane trees, roubines (little canal from salty ponds to the sea) and farms, the itinerary follows a green way. It goes through Mas-Blanc-des-Alpilles until Saint-Rémy-de Provence, well known for its archaeological roman sites. Located in the valleys, the cycle route goes closed from typical villages such as Eygalières and Orgon and through Mollégès and Plan d'Orgon. From there, many local cycle loops offer daily excursions to discover the charms and secrets of this area.



### Top places to see

- ☀ The castle of Tarascon and its 360° panoramic view
- ☀ Souleiado - the museum of Provence textile at Tarascon
- ☀ The museum of Art and History at Tarascon
- ☀ The Saint Gabriel chapel from XII century ( stopping place on The Way of St James ) at Tarascon
- ☀ The Grand Fontanille and Dalmeron estates at Saint-Etienne-du-Grès
- ☀ The Olivades at Saint-Etienne-du-Grès
- ☀ The Glanum archeological Roman site and Antics at Saint-Rémy de Provence
- ☀ The Saint-Sixte chapel at Eygalières
- ☀ The Sentiers de l'Abondance and L'olivette at Eygalières
- ☀ Notre-Dame de Beuregard and the Urgonia museum at Orgon

### Information :



Train station of Tarascon (regional lines + bus towards Avignon and Arles)



Provence Tourisme : [www.myprovence.fr](http://www.myprovence.fr)  
Terre de Provence Tourisme : [www.myterredeprovence.fr](http://www.myterredeprovence.fr) (local cycle loops)  
Chemins des Parcs : [www.cheminsdesparcs.fr](http://www.cheminsdesparcs.fr) (local cycle loops from Tarascon, Saint-Etienne du Grès, Saint-Rémy de Provence and Orgon.)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)

# IN THE HEART OF LUBERON

## From Cavaillon to Manosque

### > 130 km

From Cavaillon to Robion, the cycle route uses the itinerary **Autour du Luberon** with a first section of 37 km along the Caladon river, most enjoyable for a family ride, then up the perched villages and landscapes of Petit Luberon hills. The itinerary **Les Ogres à vélo** enables a complete immersion in the red and yellow colors of the village of Roussillon and the « Provençal Colorado », lavender fields, vines, Roman heritage and dried stones walls and bories. Starting with Céreste up to Manosque is the land of « Haute Provence » characteristic with quiet marked paths and roads along picturesque villages. Visit the old and charming town of Forcalquier, with its narrow streets, shaded little squares and beautiful ancient houses. Have a look at the citadel and admire the great landscape in front of you, and do not miss the Monday morning market.

#### Information :



Train stations of Cavaillon and Manosque (main lines and regional lines)



Véloroute du Calavon, Les Ogres à vélo, Forcalquier-Lure, and Autour du Luberon : [www.provence-a-velo.fr](http://www.provence-a-velo.fr) et [www.veloloisirprovence.com](http://www.veloloisirprovence.com). Agence de développement touristique Alpes de Haute-Provence : [www.tourisme-alpes-haute-provence.com](http://www.tourisme-alpes-haute-provence.com)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)



Pont Julien

#### Top places to see

- ☀ The Saint-Jacques hill at Cavaillon
- ☀ The lavender museum at Coustellet
- ☀ Pont Julien between Apt and Bonnieux
- ☀ Roussillon and Ménerbes listed « Most beautiful villages of France »
- ☀ The Saint-Anne cathedral at Apt
- ☀ The old priory of Carluc and the Pont Roman at Céreste
- ☀ Dauphin listed « Village and great cities »
- ☀ The Couvent des Cordeliers and Artemisia museum at Forcalquier
- ☀ The olive-tree ecomuseum at Volx
- ☀ The Fondation Carzou at Manosque



The olive-tree ecomuseum

# FROM HAUTE-PROVENCE TO PAYS VAROIS

## From Manosque to Draguignan

> 135 km

From Manosque, it is strongly recommended to take the train to reach Meyrargues. The cycle route stops and the roads are mostly used by cars. From Meyrargues, the itinerary continues with narrow and calm roads until Sillans.

From Sillans-la-Cascade to Flayosc, the cycle route uses 22 km of the old railway of « Train des Pignes » and offers the opportunity to visit the charming villages of Salernes, Saint-Antonin du-Var and Lorgues. In Dracénie, you will see many wine estates along the cycle route.



### Top places to see

- ☀️ **Aix-en-Provence area : its wine estates « AOP côteaux d'Aix » (Château de Revelette, Domaine Saint Bacchi at Jouques and Château de Vauclaire at Meyrargues) and the lake of Peyrolles (leisure base)**
- ☀️ **Museum of Faïences at Varages**
- ☀️ **The water path and the 40 fountains tour and the Vallon of Carmes at Barjols**
- ☀️ **The ruins of the Pontevès castle**
- ☀️ **The waterfall of Sillans**
- ☀️ **The Terra Rossa museum and the natural site of Vallon Saint Barthélémy at Salernes**
- ☀️ **The collegiate church of Saint-Martin, the Castrum and Templar village of Lorgues**
- ☀️ **The wine estates on the Road of the Provence wines : La Bastide des Roseaux (Barjols), Saint-Ferréol (Pontevès), Château Mentone (St-Antonin du Var), Château de Berne (Flayosc), Le Cellier des 3 Collines (Flayosc), Le Domaine du Dragon (Draguignan)**
- ☀️ **Draguignan touristic tour : historical centre, museum of Arts, popular tradition and Artillerie, the Memorial of the Rhône, the Water path**



### Information :



Train stations of Manosque, Meyrargues (regional lines), Gare Les Arcs - Draguignan (TGV and regional lines)



Var : [www.visitvar.fr](http://www.visitvar.fr).

La Méditerranée à vélo & la Vigne à Vélo : available brochures on [www.tourisme-dracenie.com](http://www.tourisme-dracenie.com)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)

# HAUT VAR, PAYS GRASSOIS AND LITTORAL

## From Draguignan to Cannes

### > 105 km

From Draguignan, the cycle route connects the village and the train station of Les Arcs-Draguignan via **La Vigne à vélo**. Then it joins Figanières, Callas, Bargemon and Claviers by a temporary itinerary. The route then crosses the hill villages of the Pays de Fayence: Seillans, Fayence, Tournettes, Callian and Montauroux, following the old route of the Train des Pignes before crossing the Siagne, the natural limit of the Var and the Alpes-Maritimes. Between Le Tignet and La Roquette-sur-Siagne, the route crosses the villages of the Pays Grassois: Peymeinade, Auribeau-sur-Siagne and Pégomas. Following **Les Balcons d'Azur (V65)** from Peymeinade, it takes 10 km to reach Grasse, the world capital of perfume. In Mandelieu, the route goes back to the seaside towards Cannes.



Pays de Grasse



Flower culture

### Top places to see

- ☀️ **The Hill villages of Haut-Var : Dracénie and Pays de Fayence (Seillans « most beautiful villages of France »)**
- ☀️ **The lake of Saint-Cassiens and the House of the lake**
- ☀️ **Flower culture at Callian, Fayence, Montauroux, Pégomas and la Roquette-sur-Siagne**
- ☀️ **Historical remains : Pont du Tournon, Viaduc de la Siagne and Viaduc de Rayol**
- ☀️ **The Siagne river and the protected forest of Peygros**
- ☀️ **The village of Auribeau-sur-Siagne**
- ☀️ **The underwater tour of la Pointe de l'Aiguille at Théoule-sur-Mer**
- ☀️ **The Castle of Mandelieu-La-Napoule**
- ☀️ **The Lérins islands off Cannes (Saint-Honorat, Sainte-Marguerite)**
- ☀️ **Cannes touristic tour : Palais des Festivals, Suquet district and the port, Palaces of Croisette, the garden of Rothschild villa and Musée de la parfumerie Bonnard at Cannet**



Hill villages of Pays de Fayence

### Information :



Train stations of Les Arcs - Draguignan, Grasse, Mandelieu-La-Napoule, Ranguin, Cannes (regional lines)



Var : [www.visitvar.fr](http://www.visitvar.fr) ;

[www.paysdefayence.com](http://www.paysdefayence.com) ; [www.circuits.esterel-cotedazur.com](http://www.circuits.esterel-cotedazur.com)

Comité régional du tourisme Côte d'Azur France : [www.cotedazurfrance.fr](http://www.cotedazurfrance.fr)

Les Alpes-Maritimes à vélo (3 maps/26 itineraries) available on

[www.departement06.fr/envie-de-balade-a-velo](http://www.departement06.fr/envie-de-balade-a-velo)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)



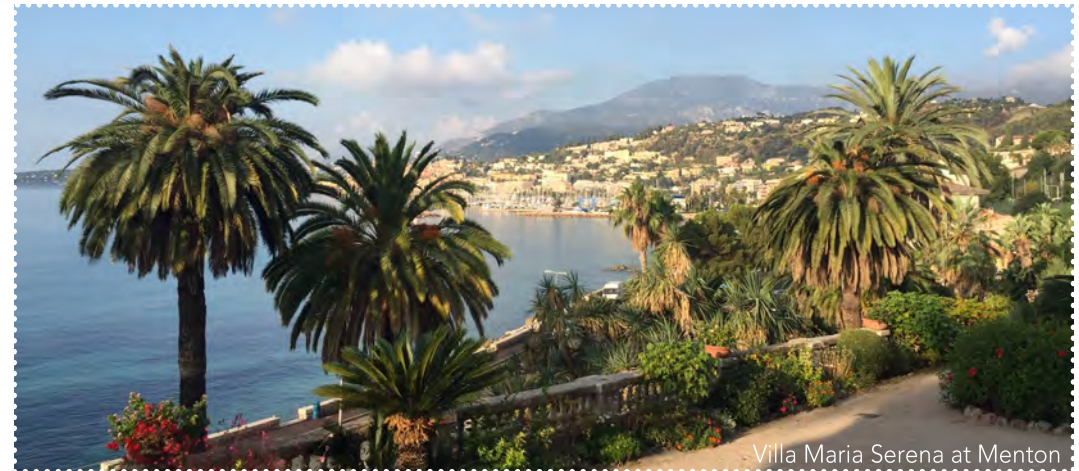
Cannes bay

# LA CÔTE D'AZUR

## From Cannes to Menton

> 65 km

Between Cannes and Nice, the route follows the seaside via Antibes Juan-les-Pins, Villeneuve Loubet, Cagnes-sur-Mer and Saint-Laurent-du-Var. From Nice to Menton, you will see magnificent landscapes along the coast. For families and people who are less used to bicycle, electric bike is a perfect option to enjoy the great panoramas and hill villages. From La Turbie, the points of view are breathtaking. At Menton, the last kilometers follows the famous beaches of La Riviera. The cycle route ends between the coast, the seaside and beautiful gardens where you can find calm and freshness.



Villa Maria Serena at Menton

### Top places to see

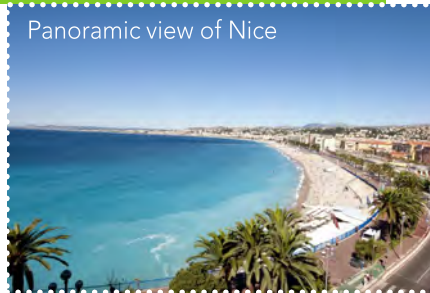
- ☀️ The Castle and museums of Picasso, Magnelli and Ceramique at Vallauris Golfe-Juan
- ☀️ The ramparts, the Fort Carré and the Picasso museum at Antibes
- ☀️ The Grimaldi medieval castle and the Renoir museum at Cagnes-sur-Mer
- ☀️ The medieval fortress and the Escoffier museum at Villeneuve-Loubet
- ☀️ Nice tour : the Promenade des Anglais, the Albert 1er garden, Place Masséna, Port Lympia, the castle of Nice, the Asian Art museum, the Matisse and Chagall museums, the Phoenix park, Vieux Nice, Cours Saleya and its provencal market, The Musée d'Art Moderne et d'Art Contemporain (MAMAC), the Russian cathedral
- ☀️ The citadel, the bay and Fort Vauban at Villefranche-sur-Mer
- ☀️ The villas Kerylos at Beaulieu-sur-Mer, Éphrussi de Rothschild at Saint-Jean-Cap-Ferrat
- ☀️ The oceanographic museum, the exotic garden and the Palais princier at Monaco
- ☀️ Menton tour : the gardens of Biovès, Val Rameh et Serre de la Madone, the Villa Maria Serena, the old town, the Musée Cocteau, the Musée des Beaux-Arts and the Palais Carnolès.

### Information :



Train stations of Cannes Golfe Juan, Juan-les-Pins, Antibes, Biot, Villeneuve-Loubet Cagnes-sur-mer, St-Laurent-du-Var , Nice, Villefranche-sur-Mer, Beaulieu-sur-Mer, Eze, Cap-d'Ail, Monaco, Roquebrune-Cap-Martin, Menton (regional lines)

Panoramic view of Nice



Comité régional du tourisme Côte d'Azur France : [www.cotedazurfrance.fr](http://www.cotedazurfrance.fr)  
Alpes-Maritimes : [www.departement06.fr/envie-de-balade-a-velo](http://www.departement06.fr/envie-de-balade-a-velo)



Find cycle-friendly services (Accueil Vélo) on [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)

# Departure : tips and ideas\*



# from April to November  
# short trips  
# all levels

## The beauty of Luberon 120 km - 3 days

Le Calavon Greenway is a stretch of the Méditerranée à Vélo route that shouldn't be missed. The whole Luberon area, a protected, precious, unspoiled corner, is crisscrossed by cycling circuits that will fill riders with joy. Discover perched villages, roads meandering through forested slopes and lavender fields. The Luberon can satisfy any type of cyclist, for outings with family or friends, or among sporty types. You're sure to find trails to your taste with Le Luberon à Vélo cycle route.

Possible departure from train stations of Cavaillon or Manosque.

More info : [en.francevelotourisme.com/cycling-destinations/le-luberon-a-velo-cycle-route](https://en.francevelotourisme.com/cycling-destinations/le-luberon-a-velo-cycle-route)



## Camargue : a natural escape 125 km - 2 to 3 days

Enjoy two distinct atmospheres, perhaps across a weekend, between Sète and Beaucaire. The first section follows Mediterranean beaches backed by lagoons up to Le Grau-du-Roi. On the second section, discover the Camargue, stretching across the Rhône Delta, its wide horizons dominated by waters, marshes, sand and mud. Known for the rearing of white horses and black bulls, the Camargue is also a major refuge for birds, including iconic flamingos. This portion of La Méditerranée à Vélo allows you to get close to the unique setting of the Camargue Gardoise (western Camargue), declared a Grand Site de France.

Possible departure from train stations of Sète or Tarascon.

More info : <https://en.francevelotourisme.com/cycling-destinations/camargue-by-bike>



## Provence : the great journey 230 km - 5 days

This journey brings you through many beautiful and typical landscapes of South of France, between lavender fields, hill villages and vineyards. An unknown nature will be revealed on these little roads : you may understand what made this area a favourite spot for many artists !

Possible departure from train stations of Montpellier, Tarascon, Cavaillon and Manosque.

More info : <https://www.francevelotourisme.com/provence-a-velo>



\*and more ideas could be find soon on : [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)

# Departure : tips and ideas\*



# from April to November  
# short trips  
# all levels

## The Canal du Midi from Carcassonne to Sète 150 km - 3 days

Passing at the foot of the magnificent medieval fortified city of Carcassonne, this section of the **Canal des deux mers à vélo** then takes you along a route dotted with remarkable canal constructions to admire, especially when watching boats using them. A splendid additional route leads along the Canal de la Robine to the former Roman capital of Narbonne. This route ends with a surprising way through big coastal lakes to Port-la-Nouvelle, where it reaches the Mediterranean.

Possible departure from train stations of Carcassonne or Sète.  
La Méditerranée à vélo + Canal des Deux Mers à vélo /  
30% marked in both directions.

En savoir plus : <https://en.francevelotourisme.com/cycling-destinations/canal-du-midi-carcassonne-to-mediterranean>



## From Avignon to the Mediterranean sea (Avignon - Sète) 170 km - 3 days

Leaving Avignon, romantic Cité des Papes, we cycle to the southern banks of the Rhône on a common section with **ViaRhôna**. The route offers an itinerary through the Camargue Gardoise, Grand Site de France. Taking the old towpaths of the Canal du Rhône to Sète, you will reach Le Grau du Roi. Access as far as the port of Sète, winding between beaches and saltwater lagoons, is not yet complete.

Possible departure from train stations of Avignon or Sète.  
La Méditerranée à vélo + ViaRhôna / 100% marked in both directions

En savoir plus: <https://en.francevelotourisme.com/cycling-destinations/from-avignon-to-the-mediterranean-sea-by-bike>



\*and more ideas could be find soon on : [www.lamediterraneeavelo.com](http://www.lamediterraneeavelo.com)



# La Méditerranée à vélo : key figures

**2018**

Official opening of  
the cycle route

**850 km**

between Le Perthus  
and Menton

**40 %**

of greenways and  
cycle paths (carfree)

**1 million**

of cyclists  
in 2017



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