

Sète / Le Grau-du-Roi

Mediterranean Cycle Route



Départ
Sète

Arrivée
Le Grau du Roi

Durée
3 h 51 min

Distance
56,78 Km

Niveau
I'm used to cycling

Thématique
Seaside

On this Mediterranean Cycle Route stage, keep towel and bathers at the top of your pannier! For lunch, taste local shellfish accompanied by a Muscat de Frontignan wine, the perfect reward for tackling this watery scenery. Towards Montpellier, the route meanders between lagoons and beaches. Make a detour to Saint-Pierre de Maguelone Cathedral, the Gardiole Range in the background covered in typical garrigue scrubland. Then head for the lighthouse at Palavas-les-Flots. Next, the great pyramids of La Grande Motte call, man-made reflections of the grand Pic St-Loup rock inland. At the port-resort of Le Grau-du-Roi, why not try some nautical sliding sports, witness a Camargue bull run or savour local produce?

The route

The vast majority of this section is along cycle tracks or greenways beside beaches or lagoons. There are just a few short stretches on roads shared with motorized traffic.

Smooth surfaces: along the whole of this stage.

PRACTICAL INFORMATION

Tourist Offices

[Office de tourisme de Sète](#)

33 (0)4 99 04 71 71

[Office de tourisme de Frontignan](#) Plage

33 (0)4 67 18 31 60

[Office de tourisme de Vic-la-Gardiole](#)

33 (0)4 67 78 94 43

[Office de tourisme de Palavas-les-Flots](#)

33 (0)4 67 07 73 34

[Office de tourisme de Mauguio-Carnon](#)

33 (0)4 67 50 51 15

[Office de tourisme de la Grande Motte](#)

33 (0)4 67 56 42 00

contact@lagrandemotte.com

[Office de tourisme du Grau du Roi - Port Camargue](#)

33 (0)4 66 51 67 70

www.letsgrau.com

SNCF train stations

Sète station

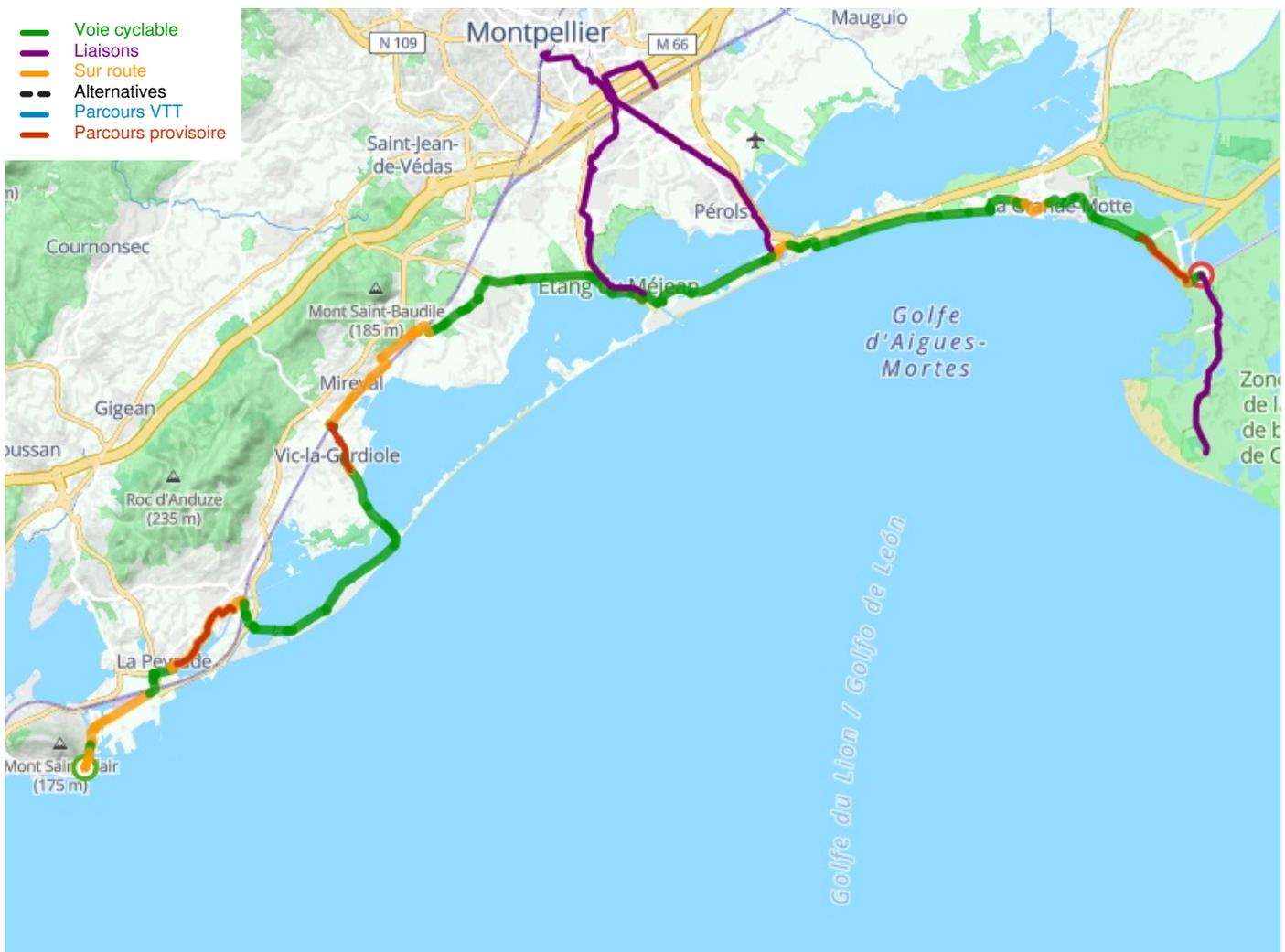
Frontignan station

Vic-Mireval station

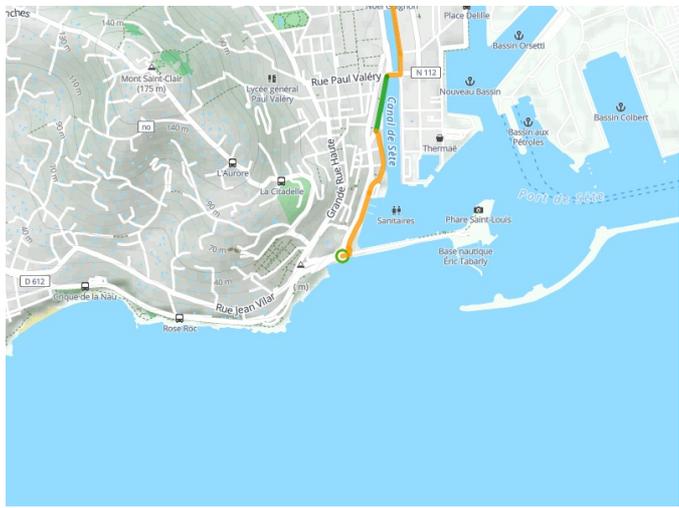
Villeneuve-les-Maguelone station

Le Grau-du-Roi station

[Consult the timetables](#)



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