

# Cycle tour from Cognac to La Rochelle

8 DAYS / 7 NIGHTS, APPROX. 290 – 300 KM  
BOOKING CODE: FR-COG7

DAILY ROUTE LENGTH ●●●●●  
TOPOGRAPHY ●●●●●



## Your tour

From the small town with world-famous wine brandies, this cycle tour takes you along the Charente to La Rochelle on the Atlantic. On your way are vast vineyards, old monasteries, churches and defiant fortresses. Once you reach the coast, make sure you have your swimsuit ready at all times! From La Rochelle, the city with four ports, you will finally take a trip to the Ile de Ré, the holiday island with whitewashed houses and long sandy beaches.

## Itinerary

<b>Day 1</b>	Individual arrival to Cognac
<b>Day 2</b>	Excursion to Jarnac, approx. 55 km
<b>Day 3</b>	Cognac – Saintes, approx. 45 km + ferry ride
<b>Day 4</b>	Saintes – Rochefort, approx. 55 km
<b>Day 5</b>	Round trip around Rochefort, approx. 50 km + ferry ride
<b>Day 6</b>	Rochefort – La Rochelle, approx. 45 km
<b>Day 7</b>	Excursion to the Ile de Ré, approx. 40 / 50 km
<b>Day 8</b>	Individual departure

## Travel time

<b>Season A</b>	01.04. – 30.09.
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Daily arrival 01.04. – 30.09.2024

## Services

- 7 nights with breakfast, national 3\*-level
- Digital travel documents
- Luggage transport from hotel to hotel to La Rochelle, max. 1 piece of luggage per person, max. 20 kg / piece
- City tax
- Service-Hotline (7 days, 08.00 a.m. – 08.00 p.m.)

## Not included services

- Ferry ride incl. bike on day 3 and 5, approx. 3 euros per person / ride

## Basic price per person

Doubleroom, Season A	899,-
Price Surcharge Singleroom	429,-

## Additional night prices per person

Cognac DBL / BB	79,-
Cognac SGL / BB	119,-
La Rochelle DBL / BB	105,-
La Rochelle SGL / BB	155,-

## Additional services per person

E-bike / Pedelec	299,-
Rental bike (21-speed)	229,-

## Notes

- Minimum number of participants: 2 persons

## Exemplary hotel list

Cognac	Les Valois Cognac	<a href="https://hotellevalois.com/">https://hotellevalois.com/</a>
Cognac	Les Valois Cognac	<a href="https://hotellevalois.com/">https://hotellevalois.com/</a>
Saintes	des Messageries Saintes	<a href="https://hotel-des-messageries.com/">https://hotel-des-messageries.com/</a>
Rochefort	Roca Fortis Rochefort	<a href="http://www.hotel-rochefort.fr/">http://www.hotel-rochefort.fr/</a>
Rochefort	Roca Fortis Rochefort	<a href="http://www.hotel-rochefort.fr/">http://www.hotel-rochefort.fr/</a>
La Rochelle	Atlantic La Rochelle	<a href="http://www.hotel-atlantic.fr/">http://www.hotel-atlantic.fr/</a>
La Rochelle	Atlantic La Rochelle	<a href="http://www.hotel-atlantic.fr/">http://www.hotel-atlantic.fr/</a>

## Child reduction on basic price

Since family rooms are not available on this trip, the children's discount cannot be offered.

## Languages Travel documents

→ German, English, French

## Additional note

- All bookings are on request.
- In France, helmets are compulsory for children up to the age of 12. However, for safety reasons, we generally recommend wearing a helmet.
- Return journey to Cognac: on your own by train via Saintes, duration approx. 1.5 hours.
- Twin / double rooms / separate beds are only occasionally available. We treat requests as non-binding customer requests, if above mentioned room types are a booking condition, it must be mentioned as a condition at the time of booking.

## Equipment of our rental bikes

- Bike lock
- Handlebar bag
- Air pump
- Breakdown kit (1 x per booking)
- Waterproof pannier

## Journey to Cognac

- Nearest airports: La Rochelle, Bordeaux
- Train station: Cognac

## Parking in Cognac

- Hotel parking lot. 10 € / day, payable on site. No reservation possible through Radweg-Reisen.

## Stages description

### Day 1: Individual arrival to Cognac

Arriving in Cognac confirms that the brandy of the same name is everywhere. However, you will also realise that the town itself is a fine wine: the old town and the Château des Valois with the Saint-Jacques gate directly on the banks of the Charente are examples of this. Thanks to its manoeuvrability, the beautiful river will accompany you on your cycle tour to La Rochelle almost as far as the Atlantic.

### Day 2: Excursion to Jarnac, approx. 55 km

Cycle along small roads along the river through vineyards and villages to Jarnac. The town is famous for its cognac distilleries, such as the Courvoisier distillery. The house where François Mitterand was born commemorates the former French president.

### Day 3: Cognac – Saintes, approx. 45 km + ferry ride

Today you cycle westwards. It is more hilly here. The cycle paths are therefore slightly uphill. On the way, you will come across the former Benedictine monastery of Fontdouce from the 12th century with its pretty medicinal herb garden. Then you cycle downhill to the familiar Charente. You reach the other bank by ferry (not included) and cycle on to Saintes. In the small town, you can follow numerous Roman traces, for example the amphitheatre or the Arch of Germanicus.

### Day 4: Saintes – Rochefort, approx. 55 km

You cycle comfortably from village to village on small country roads. This is how you approach the Atlantic on your cycle tour to La Rochelle. Your destination today is Rochefort, the most important harbour town on the French west coast in the 18th century. The royal ropeworks and the reconstructed frigate Hermione are reminders of the former huge naval arsenal.

### Day 5: Round trip around Rochefort, approx. 50 km + ferry ride

Today you remain faithful to the Charente river once again. After a few kilometres, you cross over by ferry (not included) and cycle along the path to the villages of Brouage and Marennes to the south. This is where unique birdlife, marshland and oyster farming meet. You will also find the typical huts of the oyster farmers, the so-called cabanes.

### Day 6: Rochefort – La Rochelle, approx. 45 km

Your cycle tour to La Rochelle today takes you along the Atlantic coast. Pack your swimming gear, as you will cycle past several beaches! On the way, you will come across pretty villages such as St. Laurent, Yves and Châtelailon-Plage. Continue to La Rochelle, the former stronghold of the Huguenots. Enjoy the beach promenade of this lively town with its old harbour and impressive fortified towers. The wild coastline and numerous arcades make the town something special.

**Day 7: Excursion to the Ile de Ré, approx. 40 / 50 km**

From La Rochelle, you cycle to the Île de Ré, the white island of the Atlantic. Bright sandy beaches and picturesque white houses stand out here. You reach the narrow, charming island via a three-kilometre-long bridge. Be inspired by the idyllic main town of St. Martin-de-Ré or the wonderful coastal village of La Flotte. Because tomorrow your cycle tour ends in La Rochelle and on the Atlantic!

**Day 8: Individual departure**

After breakfast you start your individual return journey home or extend your stay.