



# La Seine à Vélo

De Paris à la Mer

Press Pack  
2021





Warm welcome in a guest house  
©David Darrault La Seine à Vélo

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## Cycle Tourism

### Holidays on two wheels: France's Top Touring Experience

Within a few years, cycle tourism has grown so rapidly it has **become the number one way of touring France**. A real trend embraced by 59% of French travelers choosing bike tours as a way to explore the country differently and spend time in nature\* at their own pace. This new travel experience seems to be reflective of the general attitude towards **slow tourism**, a willingness to explore small towns and areas much more intimately, **connecting with people** and getting more embedded in the **local culture** as well as a mounting concern over our environmental footprint. On top of this, the Covid-19 pandemic has undeniably impacted the increasing number of travelers taking part in bike touring adventures over the summer season. To accommodate tourists seeking those alternative methods of travel, various cycle routes are being developed throughout France, such as **La Seine à Vélo**, launched on October 15th, 2020. A unique cycle trail through 130 towns and villages following the Seine river in a new, exciting and environmentally friendly way.

\* Source : « Observatoire du tourisme à vélo » by the French Cycling Federation.



Le Havre

Deauville

## Freemheeling along the Seine river

As the departments of Normandy and Ile-de-France considered a joint way to enhance tourism in the Seine Valley, a specific focus on the river became obvious. The **symbolic Seine à Vélo cycling itinerary** was developed in 2015 to bring sites of **great emotional power** together behind a shared vision. The trail links the city of Paris to the Channel coast, covering over 270 miles (430km) through bustling market towns, picturesque villages, unspoilt countryside, breathtaking scenery, exceptional attractions and iconic places, **crossing 8 departments** such as Paris, Seine-Saint-Denis, Hauts-de-Seine, Yvelines, Val-d'Oise, Eure, Seine-Maritime and Calvados.

### Our partners

*The Seine à Vélo project has the backing and support of 15 key strategic territories in partnership with the State to promote the Seine Valley destination and contribute to the visitor economy, while focusing on a tourism product that takes into account the needs of tourists, local residents, businesses and the environment.*



## Key Figures

 **270 miles**  
(430km) to explore

 **2** regions and **8** departments covered

 **1** emblematic **river**  
as a common thread

  
**+ 130**  
towns to cross

 **2 Regional Nature Parks:**  
the Vexin Regional Nature Park and Norman Seine River Meanders Regional Nature Park

 **2 estuary branches :**  
Paris-Le Havre and Paris-Deauville

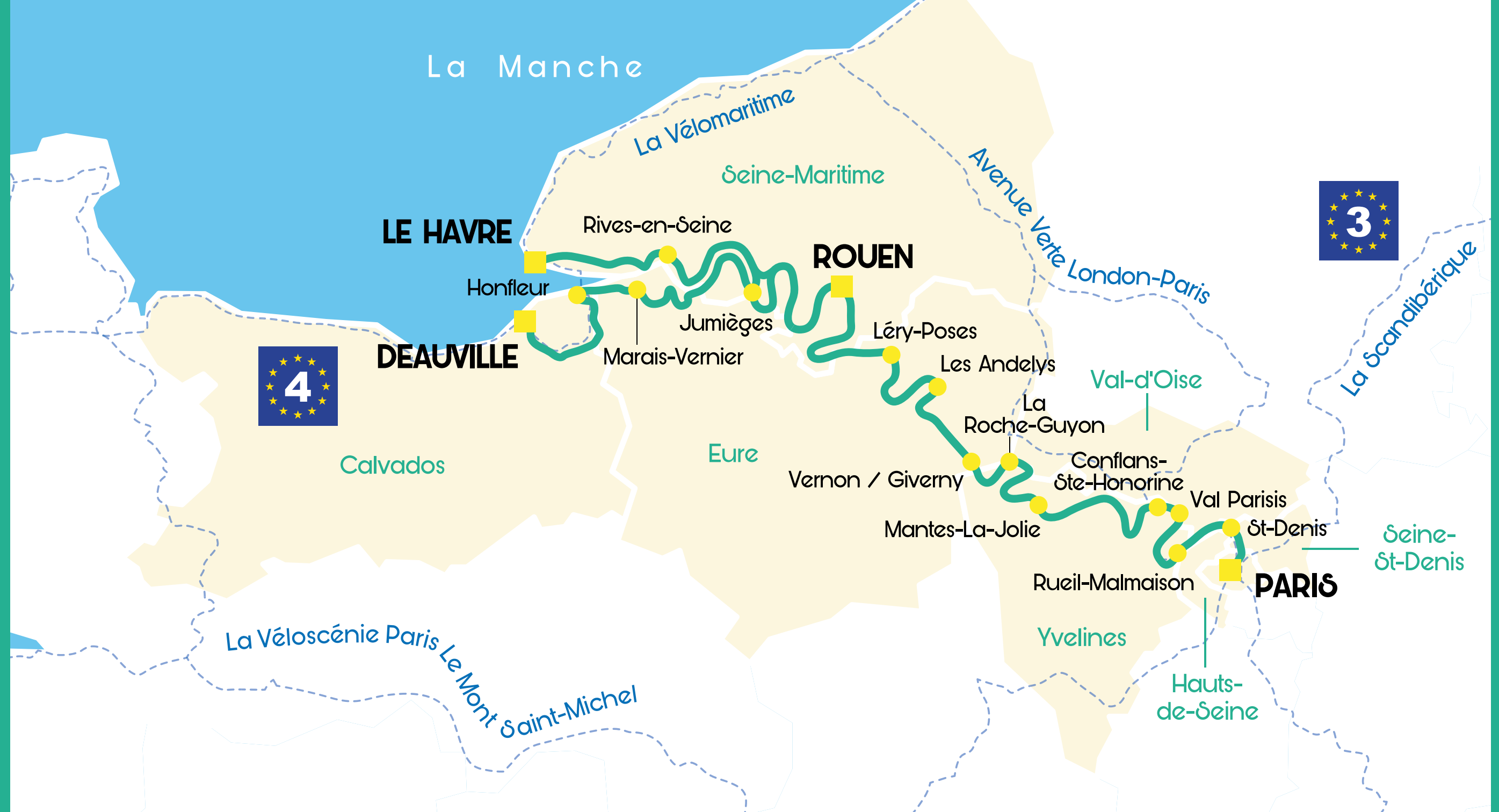
 **Le Havre :**  
the city reconstructed by Auguste Perret,  
listed as a UNESCO World Heritage

**Deauville :**  
an internationally famous  
seaside resort



**5** cities awarded with the label « City of Art and History »

# Map







Jumièges Abbey gatehouse ©David Darrault – La Seine à Vélo



Big Nature

Be prepared to enjoy endless natural beauty on the Seine à Vélo itinerary as the journey takes you through the wonderful scenery of the **state forest of Saint-Germain-en-Laye**, the **Norman Seine River Meanders Regional Nature Park** and the vast Seine estuary that leads to Le Havre harbour. The route crosses some of the most treasured preserved areas such as **Port îlon** and the Guernes loop located in the **French Vexin Regional Nature Park**, or the **Grande Noé bird reserve** hosting colonies of protected bird species since 1987 at the confluence of the Seine, Eure and Andelle rivers. A stop at **Val-Saint-Martin**, at **Orival**, at **Poses** and at **Les Andelys** offer superb views of the dramatic cliffs overlooking the banks of the Seine and a real sense of getting away from it all.



Jumièges Abbey ©David Darrault – La Seine à Vélo



A rich bounty of history and heritage

The Seine à Vélo route takes in some outstanding heritage sites that span France's history, from epic religious landmarks such as the **cathedrals of Paris and Rouen**, ancient **abbeys** such as **Jumièges** and **Saint Wandrille**, the châteaux of **La Roche Guyon**, **Bizy**, **Château-Gaillard** and the DDay Landing Beaches as the historical highlights of a fascinating past. The cycle route also encompasses famous **UNESCO World Heritage sites** such as the **Cathedral Basilica of Saint-Denis** and **its royal necropolis**, the **Villa Savoye** in Poissy, a contemporary architectural masterpiece by Le Corbusier. The long-distance cycle route ends in two iconic cities: UNESCO listed **Le Havre**, referred to as the reconstructed city and **Deauville**, a 19th century trendy seaside town famed for its glorious sandy beach and stylish, elegant villas.



Villa Savoy in Poissy ©David Darrault – La Seine à Vélo



Epinau-sur-Seine towpath ©David Darrault – La Seine à Vélo





Giverny Museum of Impressionism ©David Darrault – La Seine à Vélo



Honfleur lighthouse ©David Darrault – La Seine à Vélo

## Impressionism along the Seine

Cycling the Seine à Vélo route **is a hedonistic invitation to experience the landscapes** that gave rise to an art movement that revolutionised the history of art across the world. The Seine Valley is the **birthplace of Impressionism**, where artists found the inspiration and the perfect environment to embrace a radical new approach to painting. Visit the unmissable town of Giverny and the **Monet Foundation**, the house where Claude Monet lived for 43 years, as well as the **Musée des Impressionnistes**. In Chatou, explore the Impressionists island where Renoir set his easel to paint the famous «Déjeuner des canotiers». Step into the vivid, colourful scenes of impressionist paintings at the **MuMa Museum** in Le Havre, home to an exceptional collection of masterpieces.

## An emblematic river

Plenty of sights along the routes appeal to water sports enthusiasts, allowing numerous stops at ponds, lakes, water activity centers or marinas. The quays of Rouen host magnificent tall ships during **The Armada, a key event in the international sailing calendar**. The next edition of this major maritime and festive gathering will take place in 2023. The route is scattered with sites that capture the river's industrial history. In the riverside town of **Conflans-Sainte-Honorine**, the fabulous **Museum of Inland navigation and waterways** (musée de la batellerie et des voies navigables) provides a deep insight into the role played by the Seine river and the Saint-Denis Canal in industrial times. In Le **Havre and Deauville**, where the trail ends, you can revel in the delight of iconic harbours, nestled in timeless landscapes.



La Capucine Giverny ©David Darrault – La Seine à Vélo

## Regional food and local produce

From Paris to Honfleur, through Giverny and Rouen, opportunities to savour fresh **regional flavours and local cuisine** abound. In the Paris region, the bustling **market of Saint-Denis** or the **Hauts-de-Seine tourism craftsmen** (pastry chefs, brewers, chocolate makers) take local produce to a whole new level. Normandy has its fair share of traditional dishes with a story to tell. From hearty Norman pastry called "Bourdelot" to delicious cider, from a visit of the **orchards of Giverny** to the **Fruit trail** or Calvados tastings, get prepared to eat your way around Normandy's traditional food. Treat your tastebuds to signature restaurants and local inns with archetypal dishes shaped around bounty of the sea and riches of fertile plains.





Bateaux Lavois Canal Saint-Denis ©David Darrault – La Seine à Vélo

# Sections of the itinerary to explore

## Discovering the banks of the Seine river

### From Paris to Conflans-Ste-Honorine

From Paris to Île-de-France, surprises are endless on La Seine à Vélo itinerary! The ride begins at the spectacular Notre-Dame de Paris cathedral. The path takes you into the vibrant and cosmopolitan streets of Paris to discover its monuments, then follows the banks of the Saint-Denis canal which offers a fascinating glimpse of the capital's glorious

industrial past. The route then runs along the "blue promenade", a former towpath along the banks of the Seine. Combining a great mix of nature and heritage, this first section from Paris to Conflans-Sainte-Honorine is an invitation to discover a variety of historical sites, time periods and architectural styles.



### Getting there

**Departure :** Notre-Dame de Paris Cathedral

**Access :** RER C and Transilien St-Michel Notre-Dame

**Distance :** ~ 40,4 miles (65 km)



Blue promenade ©David Darrault – La Seine à Vélo



Saint-Nicolas Church La Frette-sur-Seine ©David Darrault – La Seine à Vélo



### Île-de-France's thriving arts scene

From downtown Paris, the greenway runs along the iconic Saint-Martin canal to join the Saint-Denis canal featuring the colourful **Street Art Avenue**, a true open-air art gallery. The route leads to the historic centre of Saint-Denis where the famous **royal necropolis** and the gothic **Basilica** that inspired Notre-Dame de Paris await. Further along, La Frette-sur-Seine overlooks "**la Promenade des peintres**" (the Painters' Walk). Here, you'll find epic spots that still bear the stamp of the greatest Impressionist artists such as Marquet, Daubigny or Pissaro.



### The Imperial Cities of Rueil-Malmaison and Saint-Germain-en-Laye

Lift history off the pages and explore historic France! Less than ten kilometres from the capital, there's evidence of the incredible Napoleonic heritage at every turn in the town of Rueil Malmaison, from the **Château de Malmaison**, the private residence of Napoleon Bonaparte and Empress Josephine to the **church of Saint-Pierre-Saint-Paul**, his final resting place. Wander around the historic district of Saint-Germain-en-Laye for a journey back in time. Treasured by kings, the **Château-Vieux** is now home to the **National Archaeology Museum**. A visit of the **historic family home of Claude Debussy** gives visitors a fascinating insight into the world of the famous French composer. By the chateau, a walk through the **state forest** leaves

visitors completely invigorated. There are miles of forest tracks, waymarked footpaths and cycle tracks to discover these green lungs just outside Paris, listed as a protected natural area for its wildlife and biodiversity.



### Don't miss

The former towpath going by the name of the "**Promenade Bleue**" crosses departmental parks along the Seine, between the Colombes bridge and Rueil Malmaison.



### Savours & Flavours

Follow your tastebuds and enjoy the delectable delights this section of the trail has to offer. For an on-route stop, tuck into a delicious traditional experience at the **restaurant Les Rives de la Courtille** on the **impressionist island of Chatou**, housed in the former boating club depicted in delightful, light-infused water scenes. With its fine selection of 6 natural beers, the **craft brewery "La P'tite sœur"** in **Sartrouville** provides a refreshing stop for beer lovers. You can learn about the beer making process from the brewers themselves, two childhood friends who have taken up the challenge of making the leap from a homebrewing hobby into retail brewing.





Collegiate Church of Mantes-La-Jolie ©David Darrault – La Seine à Vélo

## Delving deep into history

### From Conflans-Ste-Honorine to La Roche-Guyon

The Seine à Vélo journeys along the river, heading up to awe-inspiring La Roche-Guyon, the only village in the Île-de-France region awarded with the prestigious title of “prettiest villages in France.” Mile after mile, the route is steeped in rich history. The Seine navigates through centuries in the Vexin, from the royal town of Poissy to Mantes-la-Jolie and its remarkable historic

collegiate church Notre-Dame, from the church of Vétheuil painted by Claude Monet to the chateau of La Roche-Guyon. The sense of history you get exploring these heritage places is evident, but it's also alive in nature walks, such as in the Parc du Peuple de l'Herbe in Carrières-sous-Poissy flourishing with greenery and the wildlife haven of the Bout du Monde at Epône.



### Getting there

- Departure :** Conflans-Sainte-Honorine city centre
- Access - Transilien J :** Conflans-Sainte-Honorine stop, direction Gisors or Vernon.
- Distance :** ~ 25 miles (40 km)



Port Ilon Green Lane ©David Darrault – La Seine à Vélo



Edge of the Seine at Conflans-Saint-Honorine ©David Darrault – La Seine à Vélo



### Conflans-Sainte-Honorine boating town



### Poissy, a journey through time

No trip to **Conflans-Sainte-Honorine** is complete without a visit of the “**Musée de la Batellerie**”, a museum dedicated to the **history of inland navigation**. The town, at the junction of the Seine and the Oise rivers, has long served as a hub for crews on vessels and cargos. The museum provides unparalleled knowledge about the role waterways played in France's burgeoning industrialisation. Experience life onboard by visiting **two canal boats** moored in the port Saint-Nicolas.

From Poissy to Mantes-la-Jolie, the cycling route transports you through time. Nothing defines a place quite as distinctly as its architecture and you'll encounter a few masterpieces on the way. The internationally famous **Villa Savoye** designed by **Le Corbusier** from 1928 to 1931 showcases the fundamental principles of modern architecture. After years of neglect, the outstanding building was restored by the French state and became a listed building in 1964. In **Mantes-la-Jolie**, don't miss out on the captivating visit of the impressive **Collegiate Church of Notre-Dame** on the banks of the Seine, a flagship of gothic architecture.



### Get back to nature

In the town of Andrésy, the **island of Ile Nancy** offers pristine environments and peaceful scenery perfect for connecting with the natural world. The only option to reach the island is to board the ferry boat operating from April to November. Nestled at the heart of one of the most beautiful curves of the Seine, the island is home to a leisure park you can explore by foot before jumping back on your saddle. Enjoy the tranquility of **Port Ilon** with its 100 acres pond surrounded by trees. This protected wildlife sanctuary listed Natura 2000 offers sublime natural beauty and a wonderful opportunity to observe a range of bird species nesting and migrating. Get your binoculars ready!



### Don't miss

Immerse yourself in the magical world of the painter **Claude Monet** while visiting **the house** he lived in during his stay in Vétheuil (1878-1881), now a guesthouse.





Giverny Museum of Impressionism ©David Darrault – La Seine à Vélo

## Capture the colours of Impressionism

### From la Roche-Guyon to Les Andelys

The rolling hills and picturesque scenery of the Seine Valley inspired the greatest Impressionist artists, who set up their easels to capture the changing effects of light on the landscapes. Take time to explore the surroundings of La Roche-Guyon, Giverny, Vernon or Les Andelys. Embark on a voyage of the senses as you enter

the region of Normandy and discover all the facets of this art movement in the exact settings of the many paintings depicting the Seine, demonstrating how central this river was to Impressionist painters.



### Getting there

**Departure :** Haute-Isle church / La Roche-Guyon town centre  
**Access :** Bonnières SNCF railway station (TER and Transilien J)  
**Distance :** ~ 18.5 miles (30 km)



Les Andelys ©David Darrault – La Seine à Vélo



La Grotte à Bières" La Roche-Guyon ©David Darrault – La Seine à Vélo



### Giverny, an unmissable Impressionist village

Discover the authentic charm of **quintessential Giverny**, the village of Normandy made famous around the world by Claude Monet, who lived there from 1883 to 1926. A true pilgrimage place for art lovers as he created some of his most iconic paintings here, inspired by his unique garden bursting with colours. Restored to its original state, **the garden is an absolute highlight** and a delightful place to enjoy a bucolic stroll. The outstanding collection of paintings and the garden of the **Museum of Impressionism** completes this visit perfectly. This little green haven where flowers bloom, art galleries and workshops abound oozes tranquility. A picture-perfect stop on your two-wheeled adventure!



### The Château de la Roche-Guyon and its garden

The **Château de la Roche Guyon** is an incredible piece of history that survived centuries from the Middle Ages to the Second World War. Overlooking the peaceful meanders of the river and the undulating countryside of the French Vexin Regional Nature Park, the site features a medieval keep perched on a cliff, an 18th century chateau with elegant state rooms, troglodyte homes, underground passages and an outstanding fruit and vegetable garden awarded the **"Jardin Remarquable"** label. Organic fruits and vegetables can be purchased directly from the store on site. Visit the nature area to find out more about the Réserve Naturelle Nationale des Coteaux de la Seine, the national reserve of the limestone hillsides of the Seine Valley.



### La Grotte à Bières, an original experience !

Perched on the clifftop of **La Roche-Guyon, La Grotte à Bière** (the Beer Cave) guarantees to elevate your experience of beer tasting. You have come to the right place if you're looking for something a little out of the ordinary, just like **the owner Jean-Michel Kubler**, who has combined his lifelong passion for beer with the quirkiest tasting spot: a troglodyte house. An impressive **craft beer menu of 160 beer varieties** and a friendly atmosphere are the makings of this great thirst-quenching tasting experience. An in-depth dive into the world of craft beer!



### Don't miss

A visit to **La Capucine**, in Giverny is an experience of its own. Full-of-charm café, restaurant, concept-store, tea-room and tree nursery, it has many experiential assets for travelers looking for conviviality. Grab a cup, take a seat, and plan to linger!





Château Gaillard Les Andelys ©David Darrault – La Seine à Vélo

Interconnecting between natural and cultural assets

From Les Andelys to Rouen

From the church Saint-Sauveur in Les Andelys, the route heads towards Rouen following the Seine's meandering banks. Take a quick pitstop in the former boating village of Poses to discover the intriguing Seinoscope, a unique way of observing fish swimming upstream on the river whatever the season. Right up to Rouen, this quiet and picturesque section of the route runs along a towpath

with inns, activity centres and majestic cliffs dotted along the way.

*"This stretch of the trail offers incredible diversity and beautiful scenery along a quiet towpath"*



Getting there

- Departure : Saint-Sauveur church / Les Andelys town centre
- Access : SNCF train station of Saint-Pierre-du-Vauvray (TER), SNCF train station of Val-de-Reuil and Rouen (TER)
- Distance : ~ 46.5 miles (75 km)



Bonport Abbey – ©altivolus.fr



Léry-Poses ©David Darrault – La Seine à Vélo



Les Andelys, a town steeped in history

With a history spanning over 800 years, the majestic, imposing ruins of the medieval **Château-Gaillard** overlook the valley, oozing an inimitable mythical charm. Once the home of Richard the Lionheart, it served as an important military stronghold, now reduced to the shell of its former glory. A steep stroll to the castle at the top of its hill is rewarded by breathtaking panoramic views over the Seine Valley and its chalk cliffs. Below the castle, picturesque half-timbered houses are aligned along the towpath of the **former fishing village**.



In the footsteps of Richard the Lionheart

A few kilometers from Rouen, at the confluence of the Eure and the Seine rivers, another medieval site linked to **Richard the Lionheart** brings legend to life: the **Cistercian Abbey of Bonport**. Legend goes that the King of England took refuge here after falling in the water and almost drowning during a hunt. He is said to have vowed to build an abbey where he reached land safely, hence the place was named Bonport (meaning to arrive safe and sound in French.) An enchanting visit of the abbey provides a fascinating insight into the life of this mythical character who shaped the course of English and French history.



Family Fun

Everyone likes a splash, and the lakes, beaches and activities at **Léry-Poses Leisure Park in Normandy** are sure to delight. In a curve of the Seine, the site boasts attractions and activities that thrill and entertain adults and kids alike : canoeing, water-skiing or pedal boating. Connect with nature, share new experiences and stay overnight at the park's accommodation: vintage caravans, chalets, self-catering cottages or camping on the banks of the Seine. On top of that, immerse yourself in the tropical forest of **Biotropica**, a giant greenhouse with lush vegetation and an outdoor animal park home to more than 100 species from around the world.



Don't miss

Built in 1892, now a listed building, the **circus theater of Elbeuf** is one of the last permanent circuses in France and the only one to feature an Italian style theater





View of La Bouille ©David Darrault – La Seine à Vélo

## History & Traditions

### From Rouen to Jumièges

Between Rouen and Jumièges, history and cultural heritage mingle in a joyful package of astonishing and captivating discoveries. After soaking up the vibrant atmosphere and exploring Rouen's highlights, the visitor is drawn back to the Seine and heads for the **Norman Seine River Meanders Regional Nature Park**. A wealth of castles and religious

buildings await in **Sahurs, La Bouille, Duclair and Jumièges**. The towpath of Sahurs is a historical and cultural journey into the Seine's past. Its surroundings still bear the mark of Impressionism that flourished along the river.



### Getting there

**Departure :** Rouen city centre  
**Access :** by **TGV** or **TER** station in Rouen and by **BUS** to Duclair.  
**Distance :** ~ 34 miles (55 km)



Gros-Horloge at Rouen ©David Darrault – La Seine à Vélo



### Rouen, travel back in time

Famed for its traditional half-timbered buildings, Rouen is an absolute gem teeming with charm and history, labeled «City of Art and History» and known as the «City of a hundred steeples». Each chapter of Rouen's history is uncovered through its cobbled pedestrian streets, quirky lanes and heritage : its emblematic **clock, the Gros Horloge**, the impressive **Notre-Dame de Rouen Cathedral** and medieval houses. The city has fascinated painters such as Pissarro who immortalised Rue Damiette in 1884, or Claude Monet obsessed by the front of the cathedral. The antique dealers' district is a pleasure to explore.



### Legacy of an illustrious past

Bringing together heritage and literature, this section takes a closer look at the listed **Pavillon Flaubert**, the only remain of the estate in which the French novelist Gustave Flaubert lived for 35 years, wrote his brilliant novels and hosted his illustrious friends such as writers Maupassant, George Sand or Théophile Gautier. In 2021, Normandy is set to celebrate the bicentenary of his birth. As you reach Jumièges, the bewitching decor of the famous **Abbey of Jumièges** destroyed in the 19th century dominates the skyline. Victor Hugo named the monastic site and its white towers "the most beautiful ruin in France".



### Timeless villages : Sahurs and La Bouille

Nearby Rouen, Sahurs is loved for its picturesque rural village scenery, natural meadows and the Forêt Domaniale de Roumare forest. Before boarding the ferry across the Seine to reach La Bouille, (free of charge) there is a wonderful opportunity to wander through the magnificent gardens of the **Château de Soquence**. This romantic and bucolic walk delivers breathtaking views of the Seine. On the other side of the river, you can soak up in history while you stop in the Impressionist **village of La Bouille**, sometimes called "Little Honfleur". Stroll through the medieval lanes and admire the half-timbered fishermen's houses from the 15th century. With streets lined with workshops and art galleries, the impressionist movement is

still very much alive in La Bouille and it's easy to understand why generations of artists are drawn to its idyllic setting.



### Don't miss

Two itinerary options are available: follow the **greenway which runs along the disused railway line** between Duclair and Le Trait or follow **the curve of the river**. The choice is yours!





Havre Beach ©David Darrault – La Seine à Vélo

## Reaching Le Havre

### From Jumièges to Le Havre

After Rouen and Jumièges, the Seine river meets the Norman Seine River Meanders Regional Nature Park, a special place to come and see some the region's finest wildlife and biodiversity. After an inspiring immersion in nature, the route follows the curves of the Seine through the park's awe-inspiring landscapes, leading to the city Le Havre, where

this section of the Seine à Vélo itinerary comes to an end. Echoing the grandeur of Paris, Le Havre dazzles visitors with its cultural landmarks, monuments, museums and unique post World War II architecture.



### Getting there

**Departure :** Abbey of Jumièges / town centre of Jumièges  
**Access :** **BUS** in Jumièges and **TER** in Le Havre  
**Distance :** ~ 53 miles (85 km)



Victor Hugo Villequier Museum ©David Darrault – La Seine à Vélo



Harfleur ©David Darrault – La Seine à Vélo



### Cultural escape to Rives-en-Seine

In Caudebec-en-Caux, delve deeper in local culture as the **MuséoSeine** traces back the history of the river, of its people and landscapes from Antiquity to present days on an interactive tour that combines new technologies and historical replicas. The Timescope is the museum's flagship attraction and tells the story of the river through a 360° immersive experience. A little further, in Villequier, the **Victor Hugo Museum**, also known as the Vacquerie House, bears witness to the strong connections between the Hugo and Vacquerie families. Several pieces of the famous writer are displayed in the billiard room dedicated to his life and work.



### Harfleur, a medieval gem

A few pedal strokes lead you to the **medieval town of Harfleur** and transport you to ancient times where huge defensive buildings such as the Porte de Rouen were used to protect the people and the town's wealth. Packed with **listed buildings such as the Town Hall, the church of Saint-Martin** and hidden gems around every corner, you can experience an eclectic mix of culture, history and nature outings in Harfleur.



### Soak in Le Havre's cultural scene

Last but not least: **Le Havre** is your final destination. Its thriving cultural scene makes it an unmissable stop on the Seine à Vélo itinerary. Sure to delight young and old alike, its buzzing city centre built in concrete and designed by **Auguste Perret** has resulted in becoming a **UNESCO World Heritage Site** in 2005. With architectural masterpieces and art works scattered around the public space, along a further 54 municipalities making up the Le Havre Seine Metropolitan area also boasting heritage buildings and exceptional landscapes, it is no wonder the great city of Le Havre won the prestigious title of "County of Art and History" in 2019.



### Don't miss

Pedal your way through **Normandy's orchards and fruit trees**. Sample local apples, pears and cherries purchased directly from producers to tickle your taste buds.





Vieux Bassin in Honfleur ©David Darrault – La Seine à Vélo

## Indulging in a Deauville wellness break

### From Jumièges to Deauville

The seaside resort of **Deauville** is the perfect place to escape the hustle and bustle of everyday life. If you're feeling active, on foot or by bike, there are plenty of activities to enjoy: golf, horse-riding, horse-races, the casino and entertainment of all kinds. If that sounds too hectic then why not indulge in the thalassotherapy centre or grab a deckchair and

really relax! Before you reach Deauville, the opportunities for exploring the **stunning Norman Seine River Meanders Regional Nature Park** and Normandy's captivating heritage are endless. **There is just so much to discover between Paris and the coast** by bike, by far the best way to experience the wonder.



### Getting there

**Departure:** Abbey of Jumièges / town centre of Jumièges  
**Access:** **BUS** in Jumièges and **TER** in Pont l'Evêquet and Deauville  
**Distance:** ~ 71,5 miles (115 km)



Deauville Beach ©David Darrault – La Seine à Vélo



lodging des Oigognes Marais vernier ©David Darrault – La Seine à Vélo



### A little taste of happiness

On the way to Deauville, gourmets will be spoilt for choice with a variety of local delicacies to sample. In the Marais-Vernier, you'll find high quality local cuisine on offer at the **Auberge de l'Etampage** in an original and convivial setting. Enjoy the owners warm welcome and enthusiasm to share their knowledge of the Marais-Vernier and tips to find local tasty treats. The long-established **Trouville Fish Market** is a seafood lovers dream – fresh fish, shellfish, Normandy oysters, scallops and other flavours of the sea await. No experience of Normandy would be complete without indulging in a traditional **Calvados tasting** in one of the many distilleries... another must-try foodie experience!



### Nature and heritage unfold at every step

Providing a haven of peace and tranquility, **the Marais Vernier is nestled in the curves of the Norman Seine River Meanders Regional Nature Park**. To explore this area of outstanding natural beauty, follow the **Route des chaumières** (Thatched Cottage Trail) winding between scenic landscapes and historic houses along the Seine river. On the way, admire splendid examples of half-timbered houses with thatched roofs which have stood the test of time. Appreciate the traditional know-how and preserved architectural heritage.



### Final stages : Honfleur & Deauville

As the Seine à Vélo trail draws to an end, you'll be surprised by how much remains to be seen! **Honfleur** is one of the most popular places to visit in France. While **its charming harbour "Vieux Bassin"** takes us back to great maritime adventures and strategic battles, **its town centre and the district of l'Enclos** connects us to the golden age of the city of painters, birthplace of Impressionism. Arriving in Deauville, be prepared to be awestruck by the magnificent sandy beach along the Promenade des Planches, the famous boardwalk built in the early 1920's. Take a stroll through town and discover a wealth of chic boutiques, the casino and a variety of elegant Belle Epoque Villas such as the stylish **Strassburger villa** open to the public for visits.



### Don't miss

In Pont-l'Evêque, **Calvados Experience** is an immersive museum devoted to calvados apple brandy and the secrets of its production. Enjoy a multi-sensory experience culminating in a calvados tasting and uncover all the secrets of this traditional apple spirit.



# Useful information :

1



## Taking Your Bike on a Train

As a general rule, **all bikes can travel on RER trains and TER** (regional trains) for free without having to disassemble it, and without prior booking. However, you may need to book a space on board for your full-sized bike if there is no space available on these trains. **Some high speed TGVs and most Intercity trains** with a seat reservation system also **offer a bike reservation option** (10 euros per bike), prior to travelling, either directly at the station or via the [oui.sncf](https://oui.sncf) website. Additional information about taking your bike on a train is provided on [France Vélo Tourisme website](https://www.francevelo-tourisme.com).

2



## "Accueil Vélo", a label for cyclists

The **national brand Accueil Vélo** (Cyclists Welcome) was set up to meet the **growing demand for cycle tourism** throughout France. The green logo in the shape of a cyclist helps identify facilities and accommodation **divided into 6 categories** (accommodation, tourist offices, bike hire companies, bike maintenance, attractions and leisure activities, restaurants) and **located within a 5 km radius distance of the signposted cycle route**.

3



## Where to sleep ?

From comfortable hotels to guest houses, camping sites to holiday parks, you'll find **many accommodation services** commit to providing you with the best places to stay while cycling. These accommodation providers have greatly adapted to a demanding clientele by offering **tailor-made services** including bike rentals, secured bike shelters, repair kits, luggage transfers, laundry services, quality breakfasts to fuel some serious two-wheeled adventurers and much more.







Haute Isle ©David Darrault – La Seine à Vélo



[www.laseineavelo.fr](http://www.laseineavelo.fr)



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## **ONLINE PHOTO LIBRARY :**

[laseineavelo.piwigo.com](http://laseineavelo.piwigo.com)

## **COORDINATION OF THE INTERNARY COMMITTEE :**

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## **VIDEO CLIP OF THE SEINE EN VELO AVAILABLE ON REQUEST**