

## THE CYCLE ROUTE ALONGSIDE THE RIVER RHÔNE

**Useful information**

**ACCESS:** SEYSEL TER STATION  
**DISTANCE:** 187km  
**SHIFT IN ALTITUDE:** +157m/-180m  
**SIGNPOSTING VIARHÔNA**  
**LASTS:** 3 days/2 nights

We recommend that you arrive at Seyssel the day before you start cycling.

**Suggested stages**

- Seyssel @ Belley: Distance: 33km Shift in altitude: +82m/-103m
- Belley @ Villebois: Distance: 78km Shift in altitude: +173m/-202m
- Villebois @ Lyon: Distance: 75km

**For further information:** [www.viarhona.com/reservez-sejour/viarhona-geneve-lyon](http://www.viarhona.com/reservez-sejour/viarhona-geneve-lyon)

## FROM SEYSEL TO LYON MY 1ST CYCLING TRIP

### 3 days crossing the Monts du Bugey

Shifting between mountains and valleys, this cycling trip takes you beside the Rhône from the mountainous Bugey area to France's southern capital of gastronomy.

Between Seyssel and Lyon, the wild Rhône winds its way majestically through the landscapes of the Savoie region. Leaving Seyssel, you enter the splendid French Alps, with their mountains, lakes, gorges, valleys, villages and waterfalls. At the end of your trip, you enter Lyon via a peaceful cycle path following the Rhône's riverbank.

**Useful information**

**ACCESS:** Arles or Montpellier TER stations  
**OPTION 1:** 22% on greenways 78% on roads shared with motorized traffic  
**DISTANCE:** 177 km **SHIFT IN ALTITUDE:** +66 m  
**OPTION 2:** 39% on greenways 61% on roads shared with motorized traffic  
**DISTANCE:** 189 km **SHIFT IN ALTITUDE:** +157 m  
**SIGNPOSTED VIARHÔNA** Except along the Digue à la mer (sea wall) between Salin-de-Giraud, Les Saintes Maries de la Mer and Gallician  
**LASTS:** 7 days/6 nights

**Suggested stages**

- Arles @ Mas-Thibert @ Port-Saint-Louis-du-Rhône: Distance: 51km Shift in altitude: +6m
- Port-Saint-Louis-du-Rhône @ Salin-de-Giraud @ Les-Saintes-Maries-de-la-Mer: Distance: 40km Shift in altitude: +9m
- Les-Saintes-Maries-de-la-Mer @ Gallician: Distance: 31km Shift in altitude: +10m
- Gallician @ Saint-Gilles @ Arles: Distance: 41km Shift in altitude: +16m
- or Gallician @ Aigues-Mortes @ Grau-du-Roi @ La Grande-Motte @ Carnon @ Palavas-les-Flots @ Montpellier: Distance: 62km Shift in altitude: +55m

**For further information:** [www.myprovence.fr](http://www.myprovence.fr) | [tourismegard.com](http://tourismegard.com) | [herault-tourisme.com](http://herault-tourisme.com) as well as at tourist offices along the cycle route.

## WHERE THE VIARHÔNA MEETS THE DOLCE VIA

### I'M CYCLING WITH THE FAMILY

### Ride along two cycle routes discovering both Drôme and Ardèche!

After cycling through the county of Drôme on the ViaRhôna, ride into the Ardèche on the Dolce Via, a 90km route along a former railway line now reserved for non-motorized traffic. Orchards, mills and engineering works bear witness to the valley's agricultural and industrial past. Then return to the ViaRhôna, following the Rhône as far as Montélimar, where you can appreciate the shade of the town's broad, tree-lined allées provençales.

From the Viarhona to the Dolce Via Tournon-sur-Rhône > Valence > La Voulte-sur-Rhône > Les Ollières > Le Cheylard > Lamastre > Train taking bikes

**For more information:** [www.dolce-via.com](http://www.dolce-via.com)

**Useful information**

**ACCESS:** Valence Ville station  
**DISTANCE:** 159km  
**SIGNPOSTED VIARHÔNA**  
**LASTS:** 4 days/3 nights

**Suggested stages**

- Valence @ Soyons: Distance: 9km
- Soyons @ Le Cheylard: Distance: 64km
- Le Cheylard @ Le Pouzin: Distance: 53km
- Le Pouzin @ Montélimar: Distance: 33km

## PREPARE YOUR CYCLING TRIP VIA [www.viarhona.com](http://www.viarhona.com)

- View the various stages (detailed descriptions, shifts in altitude, places requiring care) and download the GPX tracks for free
- Find tips and practical information on: accommodation, bike hire companies, luggage transfer, tourist sights and more...
- Find out about unmissable sights and tailor-made trips

**Get more information on:**

- [www.auvergnerhonealpes-tourisme.com](http://www.auvergnerhonealpes-tourisme.com)
- [velo.provence-alpes-cotedazur.com](http://velo.provence-alpes-cotedazur.com)
- [www.tourisme-occitanie.com](http://www.tourisme-occitanie.com)

## STAY IN TOUCH

Exchange information and get up-to-date news and tips on ViaRhôna

Share your trip #viarhona

Cartography: Latitude-cartagène  
 Design: ...bigbang.fr  
 Photo credits: Thomas Prod'homme; C. Mariélet; M. Dupont; V. Paccot; M. Mercier

## THE CAMARGUE BY BIKE THROUGH THE RHÔNE DELTA

### I CYCLE REGULARLY

The Camargue à Vélo gives you the chance to cycle through iconic southern French landscapes, enjoying an exceptional, sometimes secretive heritage. Here, with water and wide skies all around, nature provides grand landscapes in all directions: immense green stretches of reeds and marshes; vast white networks of salt marshes; rice paddy fields, colours changing with the seasons, stretching as far as the eye can see; endless golden beaches of finest sand, often practically deserted, opening out to the Mediterranean... so many liberating spaces in which to truly relax.

**For further information:** Road-book Camargue à Vélo available on [www.myprovence.fr](http://www.myprovence.fr) | [tourismegard.com](http://tourismegard.com) | [herault-tourisme.com](http://herault-tourisme.com) as well as at tourist offices along the cycle route.

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# CYCLING CIRCUITS FOR A DAY TRIP



HAUTE SAVOIE	DISTANCE	START
1 Circuit du Bas Chablais	50 km	Thonon-les-Bains
2 Boucle du Rhône	77 km	Anancy (passing via Seyssel)
<b>Further information on:</b> <a href="http://www.savoie-mont-blanc.com">www.savoie-mont-blanc.com</a>		
SAVOIE	DISTANCE	START
3 Circuit du vignoble de Savoie	33 km	Yenne
<b>Further information on:</b> <a href="http://www.savoie-mont-blanc.com">www.savoie-mont-blanc.com</a>		
AIN	DISTANCE	START
4 Au pays de Brillat Savarin	52 km	Belley or Murs-et-Gélignieux
5 Le Pays de Lhuis, porte sud du Bugey	44 km	Serrières-de-Briord
<b>Further information on:</b> <a href="http://www.ain-tourisme.com">www.ain-tourisme.com</a>		
ISÈRE	DISTANCE	START
6 Entre Balcons et Vals du Dauphiné	46 km	Morestel
7 Aux abords du Rhône entre vergers et patrimoine	63 km	Vienne
<b>Further information on:</b> <a href="http://www.isere-attractivite.com">www.isere-attractivite.com</a>		
DRÔME	DISTANCE	START
8 Des vignobles de Tain aux roches qui dansent	55 km	Tain
9 Le parc de Lorient	26 km	Valence
<b>Further information on:</b> <a href="http://www.ladrometourisme.com">www.ladrometourisme.com</a>		

ARDÈCHE	DISTANCE	START
10 Rhône et patrimoine : entre Bourg-Saint-Andéol et Viviers	35 km	Bourg-Saint-Andéol
<b>Further information on:</b> <a href="http://www.rhone-gorges-ardeche.com">www.rhone-gorges-ardeche.com</a>		
VAUCLUSE	DISTANCE	START
11 D'Orange à Caderousse	16,6 km	Orange
12 D'Avignon à l'île de la Barthelasse	18 km	Avignon
<b>Further information on:</b> <a href="http://www.provence-a-velo.fr">www.provence-a-velo.fr</a>   <a href="http://velo.provence-alpes-cotedazur.com">velo.provence-alpes-cotedazur.com</a>		
BOUCHES-DU-RHÔNE	DISTANCE	DÉPART
13 Camargue - Le cheval camargue et le riz	29 km	Arles - Le Sambuc
14 Camargue - Découverte de l'Étang de Vaccarès	46 km	Arles
<b>Further information on:</b> <a href="http://www.myprovence.fr">www.myprovence.fr</a>   <a href="http://velo.provence-alpes-cotedazur.com">velo.provence-alpes-cotedazur.com</a>		
HÉRAULT	DISTANCE	START
15 Le tour de l'étang de Thau	54 km	Marseillan Plage
16 Les étangs palavasiens	37 km	Palavas-les-Flots
<b>Further information on:</b> <a href="http://www.herault-tourisme.com/fr">www.herault-tourisme.com/fr</a>		
GARD	DISTANCE	START
17 Boucle Cyclo Spiritoine	18 km	Pont-Saint-Esprit
18 Boucle entre Vignes et Rizières	50 km	Saint-Gilles
<b>Further information on:</b> <a href="http://www.tourismegard.com">www.tourismegard.com</a>		

## ACCESS TO VIARHÔNA

**By Train**

Viarhona has stations dotted along the route. You can take a bike on a TER regional train for free. The main TER lines along the route are:

- Geneva - Chambéry - Grenoble - Valence
- Lyon - Geneva
- Lyon - Avignon - Marseille
- Avignon - Montpellier

If you wish to book in advance, you can use the following websites to do so directly:

- [www.ter.sncf.com/auvergne-rhone-alpes](http://www.ter.sncf.com/auvergne-rhone-alpes)
- [www.ter.sncf.com/sud-provence-alpes-cote-d-azur](http://www.ter.sncf.com/sud-provence-alpes-cote-d-azur)

**By bus**

View the relevant bus networks on: [www.viarhona.com/preparation/venir](http://www.viarhona.com/preparation/venir)

## NATURE AND LEISURE ACTIVITIES

- Le Grand Colombier
- Lavours Marshlands
- La Vallée Bleue Aquapark & outdoor leisure centre
- Ile du Beur
- Condrü watersports centre
- St Pierre de Boeuf outdoor leisure centre
- Méandre des Oves ENS (protected nature reserve)
- La cité du chocolat
- VALENCE
- L'Épervière Marina
- MONTEILMAR
- La ferme aux crocodiles
- Les Girardes Lake
- Piolen Lake
- AVIGNON
- Le Scamandre wetland reserve centre
- Etang du Méjean (lagoon)
- ARLES
- Les Marquis du Vigueirat Nature Reserve
- Carteau Beach
- PORT-ST-LOUIS DU RHÔNE
- Napoléon Beach
- Viewpoint over Salin-de-Giraud salt marsh
- SETE
- Etang de Thau (Natura 2000 lagoon)
- L'Espiguette Beach
- Badon salt marsh

Legend: Swimming, Viewpoint, Nature reserve, Mountain, Leisure activities (outdoor leisure centres & sites to explore)

## CULTURE AND HERITAGE

- Fort l'écluse
- Yvoire
- Le vieux Lyon
- Fourvière Basilica
- The Museum of Gallo-Roman Civilization
- Musée des Confluences
- Saint-Romain-en-Gal Gallo-Roman Museum
- Malleval
- Château de Tournon
- VALENCE
- Peynet Bandstand, Valence
- Rochemaure footbridge
- Mirmande
- MONTEILMAR
- Grotte Chauvet (prehistoric cave paintings)
- Pont Saint-Esprit
- Villeneuve les Avignon
- Pont du Gard
- St Gilles Abbey
- Aigues Mortes
- Salins du Midi salt marshes
- Cathédrale St Pierre de Maguelone
- Port of Sète (historic monuments)
- Hautecombe Abbey
- Crémieu
- Vienne gallo-roman sights
- Château de Tournon
- VALENCE
- Palais des Papes and Pont d'Avignon
- Beauregard ville d'art et d'histoire
- Château de Tarascon
- ARLES
- Arles Roman theatre
- Saint Louis Tower
- La Gacholle Lighthouse
- PORT-ST-LOUIS DU RHÔNE
- La Grande Motte
- L'Espiguette Lighthouse
- Badon salt marsh

Legend: Heritage, Roman, Unesco, Village, Museum



The ViaRhôna cycle route runs for 815km. It sticks close to the Rhône for most of its length, but offers cyclists an exceptional variety of landscapes along the way. Riding beside the river, cycling enthusiasts can enjoy an intense summary of southeast France, what with the views of the Alps and the famed vineyards lining the route, not forgetting the perched villages, lavender fields and olive groves encountered heading down into Provence. Beyond the cycling, ViaRhôna provides a wonderful opportunity to discover, at your own pace, the many riches of the different areas you ride through.

**GASTRONOMY, OENOLOGY, CULTURE, HERITAGE AND NATURE WILL BE THE MAIN COMPANIONS FOR INQUISITIVE TOURISTS ALONG THE ROUTE**

**Following ViaRhôna, cyclists ride along on just two types of route:**

- on safe greenways (covering almost 60% of the whole ViaRhôna route) only open to cyclists and other non-motorized forms of transport
- on roads shared with motorized traffic. These are secondary, or minor, roads and while shared with cars, prove quiet, in the main.

ViaRhôna consists of 55% of greenways and 45% of roads shared with motorized traffic. For 65% of the route, cyclists ride close to the Rhône. Little shift in altitude involved: bar the first 120km going Saint-Gingolph to Seyssel, there are few difficulties to negotiate cycling alongside the river.

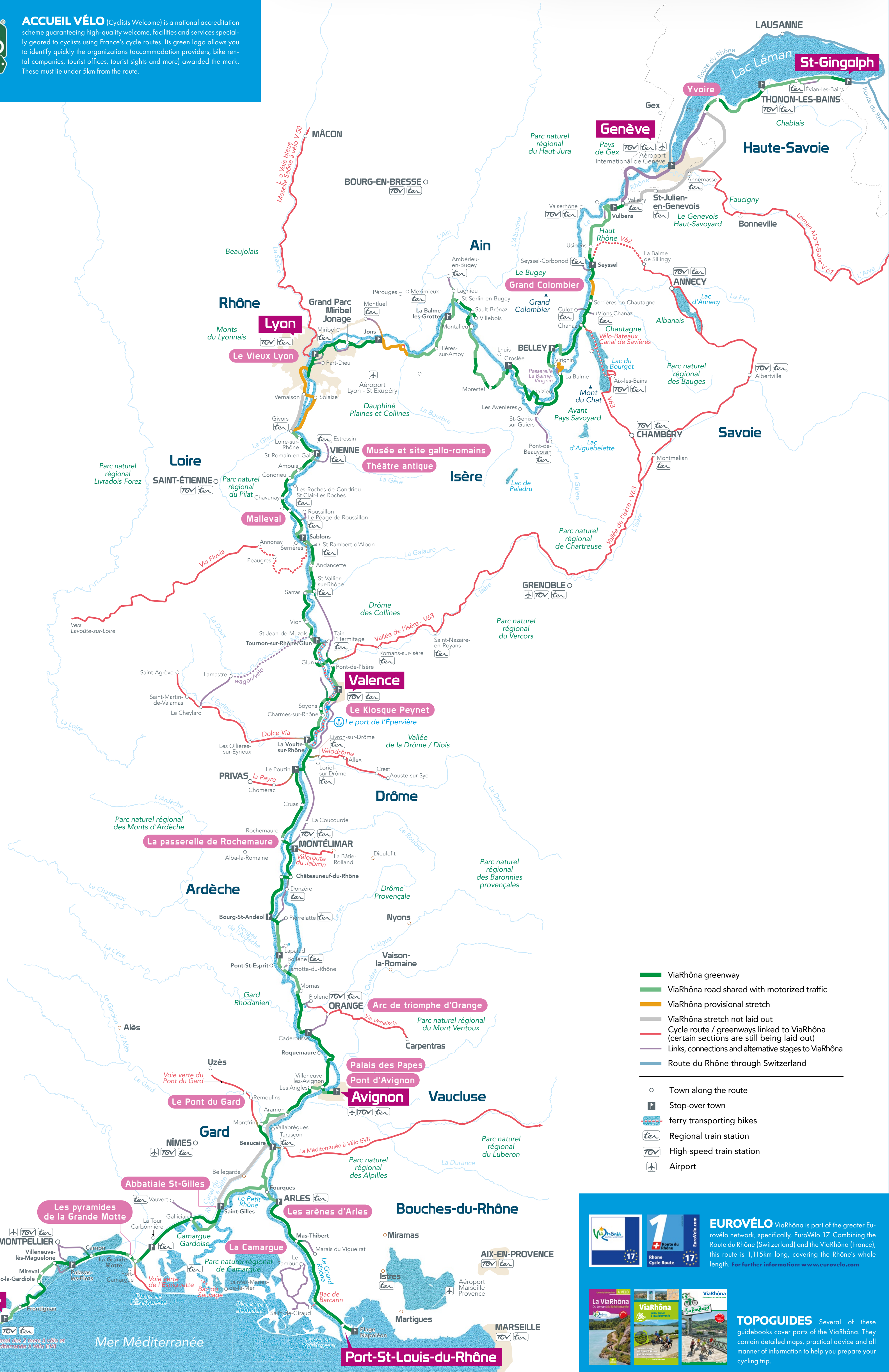


**ACCUEIL VÉLO** (Cyclists Welcome) is a national accreditation scheme guaranteeing high-quality welcome, facilities and services specially geared to cyclists using France's cycle routes. Its green logo allows you to identify quickly the organizations (accommodation providers, bike rental companies, tourist offices, tourist sights and more) awarded the mark. These must lie under 5km from the route.



# THE CYCLE ROUTE ALONGSIDE THE RIVER RHÔNE

## FROM LAKE GENEVA TO THE MEDITERRANEAN



- ViaRhôna greenway
- ViaRhôna road shared with motorized traffic
- ViaRhôna provisional stretch
- ViaRhôna stretch not laid out
- Cycle route / greenways linked to ViaRhôna (certain sections are still being laid out)
- Links, connections and alternative stages to ViaRhôna
- Route du Rhône through Switzerland

- Town along the route
- Stop-over town
- 🚢 ferry transporting bikes
- 🚆 Regional train station
- 🚄 High-speed train station
- ✈️ Airport

**EUROVELO** ViaRhôna is part of the greater Eurovelo network, specifically, EuroVelo 17. Combining the Route du Rhône (Switzerland) and the ViaRhôna (France), this route is 1,115km long, covering the Rhône's whole length. For further information: [www.eurovelo.com](http://www.eurovelo.com)



**TOPOGUIDES** Several of these guidebooks cover parts of the ViaRhôna. They contain detailed maps, practical advice and all manner of information to help you prepare your cycling trip.