

# THE LOIRE CYCLE ROUTE

From the source in the Massif Central to the Atlantic coast

ISBN: **9781852848422** (Short Code: 842)

Publication Date: **April 2017**

Price: **£16.95**

Edition: **Second** (replaces 9781852843830)

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Paperback Gloss Laminated, 256 pages

17.2cm x 11.6cm

The 1052km (654-mile) Loire Cycle Route follows the course of France's longest river from its source at Gerbier de Jonc to its Atlantic estuary at St Nazaire. It combines three well-provisioned, waymarked routes: Vivez la Loire Sauvage, EuroVélo route EV6 and finally La Loire à Vélo, France's most popular cycle route. With riding mainly on dedicated cycle tracks and quiet minor roads, the Loire Cycle Route can be comfortably completed in 2-3 weeks and is suitable for most cyclists with a reasonable level of fitness.

This guidebook describes the full route in 26 stages of between 24km and 60km. Step-by-step route description and mapping is presented alongside practical advice – such as when to go, how to get there and what to take – and background information on the region's history, geography, wildlife and local delicacies. Contact details of accommodation providers and a summary of facilities on route can be found in the appendices.

The Loire Cycle Route takes in châteaux, vineyards, churches and monasteries and attractive towns and villages. From the volcanic landscapes of the Massif Central to the agricultural plains of the Loire basin, it showcases the beauty of central France and boasts a wealth of cultural and historic interest.

## Key marketing points

- New guidebook and route by new author
- Follows waymarked Vivez la Loire Sauvage, EuroVélo route EV6 and finally La Loire à Vélo

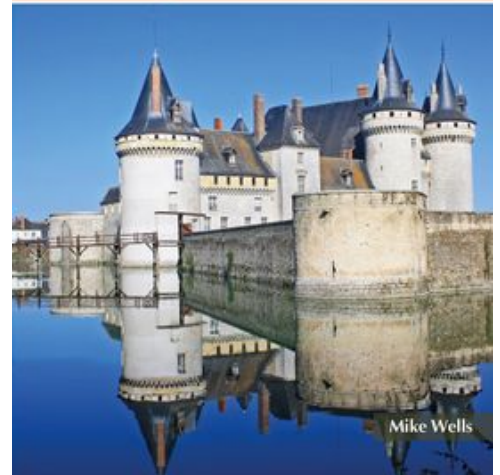
## About the author

Mike Wells has been a keen long-distance walker and cyclist for over 20 years. He has cycled the C2C route across northern England as well as the Camino and Ruta de la Plata to Santiago de la Compostela. He has completed an end to end traverse of Cuba, a circumnavigation of Iceland and a trip across Lapland to the North Cape.

He has walked all the major British trails, the GR5 through the Alps from Lake Geneva to the Mediterranean and has explored the Italian Dolomites' Alta Via routes. He has also walked in Poland, Slovakia, Slovenia, Norway and Chilean Patagonia.

## Related books

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