

## The Coastal Way - Landes

Secondary road of the roads of Santiago de Compostela, coming from Soulac in the Gironde, it enters the Landes in Sanguinet and for nearly 150 km it follows the Atlantic coast until the entrance of Bayonne to serve the tracks of the Baztan, Bayona or the coast road, and the Camino del Norte. The pilgrims pass to Mimizan where the bell-tower is inscribed on the Unesco World Heritage List. The Templars left many traces, notably in Moliets and Maâ and Capbreton.

Contact for this route: Roland Cazeaux +336 64 65 71 10.

### 1 –North of Landes> Sanguinet - Distance : 8,400 km

**0 km** - Leaving the long green stream of the Carreyre de Canterane, cross the D652 Sanguinet / Arcachon and enter the Landes department (40). After crossing the road, follow the sand road bordered on the right by the fence of the Cazaux air base and on the left by a ditch.

**2,300km** - Leave the path along the grating of the air base to turn left at right angles and take the straight dirt track known as the Téchouères trail to the tarmac road of Langeot in a housing estate.

**5,200 km** - Turn right and follow for 300 meters the road to Langeot then, at the roundabout, turn right into Cato street. Follow this street straight on 600 meters until it meets perpendicular with the road to Sabas.

**5,900 km** - At the stop sign, turn right to take the bike path which runs along the Sabas path for 150 meters then turn left towards the Cazaux-Sanguinet lake, which you can see between the pines. Arriving at the lake, follow the bike path to the left.

**7,000 km** - Follow the bike path and take the wooden bridge on the back of the donkey on the river Gourgue. We'll have a bunch of houses on the left. Always follow the bike path. Turn left onto Charles Castets Avenue, which will take you along its length (500 meters) to the heart of the village of Sanguinet.

**7,800km** - Stay on the left sidewalk and leave the landscaped roundabout to the right. Cross the Avenue de la Côte d'Argent opposite the café brasserie du Lac and continue on the sidewalk straight. Follow the avenue du Born (road of Parentis) for 400 m until the 2nd road on the left: rue de l'Arieste (direction Lugos / Belin).

**8,400 km** - Turn left towards Lugos / Belin at the corner of a large group of wooden buildings called Espace Gemme. Follow the street of the Arieste, for 700 meters until the 1st road on the right: chemin de Laouguey (signposted Parentis en Born). We left Sanguinet.

### 2 - Sanguinet > Parentis en Born - Distance : 17,600 km

**0 km** - Follow the street of the Arieste, for 700 meters until the 1st road on the right: chemin de Laouguey (signposted Parentis en Born).

**0.300 km** - Take this road and stay on the tar for 300 meters. In the bend, turn left on a dirt road for 800 meters through heaths and forest.

**1,100 km** - Once you reach a paved road, turn left into the Gauchey road.

**1,700 km** - Stay on this road for a distance of 300 meters and then turn right onto the tarmac road Nelson for a short distance to the last house.

**2,000 km** - Follow the Nelson Firewall straight to the junction with another perpendicular firewall.

**3,450 km** - Turn left, walk 50 meters and turn right.

**3,500 km** - Take this new dirt road to the right: "Plantations" firewall.

**4,500 km** - It opens on the firewall of the "Cinquième". Turn left onto this new firewall and follow it for 2,000 km to the Sanguinet-Ychoux road.

**6,500 km** - Take this road on the right, on 2,100 km, due south, and after the water tower (1,500 km), turn right on the road to Parentis en Born.

**8,500 km** - Follow this small road until you reach the town entrance sign "Parentis en Born".

**16,100 km** - Enter Parentis via the Mouliès road to Avenue Brémontier (or road to Biscarrosse).

**17,500 km** - You are road of Biscarrosse. Super market in front. Turn right to the Center Administratif.

**17,600 km** - Administrative Center. The town center and all shops are nearby.

### 3 - Parentis en Born > St Paul en Born - Distance : 17,100 km

**0 km** - Before the administrative center, take rue de Chatry on your left. Lift the car park to the crossroads offset. Turn right and then immediately left. Pass the parking lot.

**0.500 km** - At the intersection of the D 140 road, turn right for a short distance. Take the first street on the left leaving the water tower and the bullring to the right. Continue to the south and leave the fire department to the right. The waste dump will be a little further on the left. Take the bike path.

**1,000 km** - Pass the bridge over the steam then the crossroads of Herran (about 500 meters away) and continue straight ahead.

**2,700 km** - One passes in front of a storage station with its tanks of oil.  
**3,400 km** - The bike path crosses the departmental road D652 and follows it on the right.  
**4,200 km** - Cross the bridge and the small fishing pond on the right as well as a clearing with oil wells.  
**5,000 km** - After a few hundred meters you reach the crossroads D46-Pontenx / D652-Gastes. Continue on the bike path towards Gastes. At the end of the riding school on the left, cut the D652 road to take a dirt track along the fence, to go into the forest.  
**7,200 km** - Turn right. At a hundred meters you can see a field.  
**7,300 km** - Go along the ditch that borders the field on the right.  
**8,500 km** - Turn right and go along the ditch that you will always have on the right and, at 100m, turn left into the forest (south).  
**10,200 km** - We reached a paved road. Saint Paul en Born, start of the bike path behind the town hall (or the cottage-pilgrims). Turn right for 1 km.  
**11,300 km** - The forest house of Piche is on the left. After that, turn left along the road along the fence (south) and follow, straight ahead, the stone road.  
**15,300 km** - Take the paved road. Take the path of Miquéou stone in front. WARNING ! At the first houses, press to the left.  
**16,900 km** - Follow a paved road. Go straight. (Campground right).  
**17,100 km** - We joined the entrance of Saint Paul en Born. Take the bike path to the right.

#### **4 - St Paul en Born > Mimizan Bourg - Distance : 7km300 or 10km400**

**0 km** Saint Paul en Born, start of the bike path behind the town hall (or the refuge).  
**4,300 km** - Arrival at the crossroads of the Route des Artisans.

##### *1st solution*

Continue straight along the cycle path to Mimizan. We arrive at the road to Escource (the refuge, open from April 1 to October 15, is at 100m to the left). This road is the avenue of the Station. Take it to the right, then to the left, rue de la Marée (7,300 km in total)

##### *2nd solution*

In Aureilhan take the Artisans road on the right to join Mimizan by the shores of Lake Aureilhan. 10,400 km in total but enjoy the exceptional fauna and flora of the Aureilhan lake. This solution leads directly to the Clocher Porche de Mimizan, a monument that has been classified as a World Heritage Site by UNESCO. (commented visit possible in the afternoon, contact the Museum next door)

**0,100 km** - Leave the bike path going to Mimizan and turn right on the Route des Artisans. Cross the D652. Take the Rue de Picaton opposite.  
**0,400 km** - Turn left, road Bourg. Follow it until the promenade of the Pond.  
**1,300 km** - Facing the lake, turn left and follow the lake until the footbridge of Gombaut.  
**3,200 km** - Before the footbridge of Gombaut you follow the path that runs along the - current (draining of the lake) that you will have to its right until the bridge Vignon. At the exit of the bridge, turn left direction - Plages / Océan - rue des Trois Pignes.  
**3,600 km** - We reached the street of the Prat du Curé that we take on the left.  
**3,900 km** - Turn right at the corner of the cemetery.  
**4,200 km** - Take on the left the paved road. Do not get on the road to the beach.  
**4,600 km** - We arrived the bell tower Porche. Turn left towards the town center.  
**5,200 km** - You are at the center of Mimizan. Past the church. At the post office, take the Escource road to the east (the refuge of the pilgrims is at 9 route d'Escource).  
**5,800 km** - Turn right into Rue de la Marée.  
**6,100 km** - Turn left on rue de Chéou.  
 50 m further, you will reach the itinerary n ° 1.

#### **5 - Mimizan Bourg > Bias - Distance : 12 km500**

**0 km** - Junction of the two itineraries. Continue on the road to Chéou.  
**2,100 km** - take the paved road to the left when the paved road starts just before the Gueigs district  
**2,300 km** - Turn right onto the dirt track before the fire hydrant.  
**3,000 km** - We reached a stone track that we crossed to go straight.  
**5, 600 km** - Turn right onto the Moumen paved runway  
**7,300 km** - The paved track becomes a paved road that will be followed until the 1st roundabout at the entrance to Bias.  
**12,000 km** - At the roundabout take the D652 in the direction of Saint Julien en Born.  
**12,100 km** - Take left (bus shelter and parking) the street lined with railway sleepers. Follow it to the first crossroad where you will take on the right a dirt road which leads to the chevet of the church of Bias. A sign indicates the fountain Saint Michel. We will take that direction.  
**12,500 km** - We reached the fountain Saint Michel and its magnificent airial.

## **6 - Bias > Lit et Mixe - Distance : 18,700 km**

**0 km** - Leaving the fountain

**0,100 km** - We joined the D652 then the bridge that we cross to take on the right

**1,600 km** - Follow this asphalt road until its junction with another paved road at the place called Jouanon. Turn right.

**3,100km** - Turn left onto the forest trail. Enter the tall pines. Continue straight ahead, leaving a small track to the left.

**3,800 km** - Turn right on the fire track, in a slight climb facing west.

**4,000km** - At the crossroads with a fire track facing south, turn left and follow this trail downhill.

**4,700km** - At the foot of the ascent, turn left and follow the trail making a circular arc to the right and climb the dune. Go down.

**5,300km** - We cut a wide track to continue straight.

**5,500km** - Another track is cut. Go straight.

**5,900km** - WARNING, turn right into the winding climb.

**6,200km** - ATTENTION, leave the track in the middle of climb on the left for a parallel track that winds in side of dune to a transverse track

**6,900km** - Take the track parallel to the road and turn right towards the dune.

**7,900km** - You reach a large stone track that you cross. Go straight on a concrete track in places.

**9,900km** - Join a bike path that you cross to turn left 50 m afterwards to find the bike path that you take until the road to Contis Plage

**10,800 km** - Cross the RD 41, turn left into the cycle path. Follow the road to the East.

**11,100 km** - Carrefour de la Lette: turn right following the bike path along the secondary road and go south.

**12,300 km** - At the tagged pumping station (on your left), turn right onto a forest path. Walking through the forest and meadows by a winding path to the Contis current

**13,400 km** - Now turn left and go up to a bridge on the right.

**14,600 km** - Cross the bridge and turn left.

**14,800 km** - We reached the plain of Pigeon. Push left along the creek.

Attention, traditional hunting area. Do not leave the marked path under any circumstances. Respect the people who welcome you and their age-old traditions.

**15,200 km** - Leave the riverside by pressing right.

**15,600 km** - We are at the gate that we will take care to close again (semi-wild horses) before advancing in the forest.

**16,500 km** - The forest track becomes a road. Cross the bridge. Follow the road.

**16,900 km** - One is a crossroad. Take the left road.

**17,700 km** - We arrived on Roger Sargos street. Go up the street.

**18,200 km** - At the stop sign, turn right into Rue Henri Crouzet.

**18,600 km** - Take the rue de l'Hôtel de Ville on your left.

**18,700 km** - We are at the bedside of the church. It is the center of Lit et Mixe.

## **7 - Lit et Mixe > Moliets et Maâ - Distance : 33,750 km**

**0 km** - We leave the church. Take the avenue of the church. Go straight.

**0,200 km** - Turn right at Avenue du Marensin. Pass the roundabout. Go straight on towards Cap de l'Homy.

**1,400 km** - Turn right towards Cap de l'Homy. Pass the camping des Vignes

**5,900 km** - Take the Yons stone track on the left. Go to the forest house.

**9,400 km** - We arrive at the forest house (right) and at the fountain of Yons (on the left) at a distance of some 30 m. The track is split in two. Turn right onto the Pyramid Forest Road. ATTENTION, do not take firefighter access.

**16,000 km** - We reached a tarmac road which we crossed to take just opposite the tarmac road of the forest house of Jaougue.

**17,200 km** - We passed the forest house of Jaougue. Continue along the paved road to the bottom of the dune where a sandy path takes to the left.

**20,500 km** - Take the sandy path that climbs the dune. We join a tarmac road that a track follows in parallel. Follow the bike path (tarmac road to the right).

**21,600 km** - The track cuts the main road to be parallel to it (road to the left). Continue on this same track which gradually moves away from the main road.

**22,100 km** - We reach a small asphalt road that we take to the right.

**22,300 km** - We arrive at the birth of a cycle path on the left. Do not take it but continue straight on the stone road. NOTE On the left, a private sign leads to the Col Vert campsite.

**25,200 km** - We crossed the bridge (Nasse bridge) of the current of Huchet by a very sinuous forest track. Borrow the bridge.

**25,350 km** - After the bridge, turn left and go upstream before the forest house.

**25,750 km** - On progressed on a track between dune and swamp on the left to reach the upstream barrier of the Nasse bridge.

**26 km 950** - We have progressed in the forest on a sandy track and joined a 1st house where a stony sablo trail begins.

- 27 km 850** - The rocky sablo trail joins a paved road at the Marquis. Take the road on the left.
- 28 km 150** - We leave the paved road for a sandy track on the right.
- 29 km 950** - As you progress along this trail you have reached the Chapel of Maa (on the left) and the paved road (rue des Templiers)
- 30 km 250** - Leave the paved road and turn left onto a dirt track.
- 32 km 250** - Pass the district of Boussouayre and continue in the forest to arrive at a road that you take to the right (roundabout right).
- 33 km 550** - Pass the roundabout. Take the D117 direction Mâa / Vielle / La Plage. Turn left onto Magenta Street.
- 33 km 750** - We arrived in front of the church and the town hall of Moliets.

### **8 - Moliets > Vieux Boucau - Distance : 10,900 km**

We leave the church of Moliets and Mâa.

- 0 km** - Go to the pediment behind the town hall. Take rue des Pèlerins for 30 m to the 1st road - trail to Moliets pond - on the right.
- 0 km 100** - Continue on this path through woods. Pass the wooden walkway. Turn right towards the wastewater treatment plant.
- 0 km 400** - We come to butter the fountain / lavoir of Notre Dame. To the right take the footbridge.
- 0 km 650** - Continue by a small path in the forest to arrive at a track that you will take to the right.
- 0 km 900** - We arrived at a pumping station. Take the trail on the left.
- 1 km 300** - Go along this path that borders a brook in the woods to reach a tarmac road down the dune .. Cut the road and continue in front.
- 1 km 600** - Progressing under wood to the footbridge of the Biscoudan to arrive at a footpath at the panel - Moliets Forest -. At the crossroad, turn left.
- 1 km 800** - We go with the pond of the Prade to its left.
- 3 km 300** - We have reached a road with a bridge at 30 m on the left. Take the white road on the right (sign - Messanges Forest -).
- 3 km 500** - Leave the white road and take the track on your left.
- 4 km 300** - Leave the trail and turn right at the bottom of the dune.
- 4 km 800** - You come to butter on a T track. Turn left.
- 5 km 600** - We arrived at a crossing of tracks in X. Go straight.
- 5 km 800** - We reached a paved road. Turn right.
- 6 km 250** - After the first camping, take the track on the left. We will have the semaphore of Messanges to the right after 700 m of progression then the pond of Moissac on the left.
- 8 km 250** - We reached a paved road. To turn left.
- 8 km 350** - Leave the paved road for a track on the right.
- 8 km 850** - We joined a paved road (camping in front). Turn right.
- 9 km 250** - We arrived at the entrance of the campsite - Le Vieux Port -. Take a left just before the entrance of the campsite.
- 9 km 500** - Boulevard of the Marensin. Press left and go straight without worrying about the streets coming from the right.
- 10 km 200** - We joined a 2x2 lane boulevard with central ground. Turn left towards the town center.
- 10 km 450** - We have reached a roundabout. Turn left towards the pediment and the arenas which will be on the right. Take the Avenue de la Liberté on your right.
- 10 km 850** - We reached the avenue des Pécheurs. Pass on the sidewalk in front by pressing left.
- 10 km 900** - The avenue des Pécheurs passes over the canal bridge of the marine pond. Turn right before the bridge over the mall André Rigal.

*NOTE From the canal bridge to the marine pond, the church is 150m to the left towards the town center.*

### **9 - Vieux Boucau > Seignosse le Penon - Distance : 13,650 km**

- 0 km** - Take before the bridge over the mall André Rigal. Go along the canal on the left, cross a street and continue on the mall to the lake.
- 0 km 300** - Turn left to take the lake promenade and progress with the lake to the right.
- 0 km 700** - Leave the promenade to the left to reach the avenue des Pécheurs and the cycle path.
- 1 km 200** - Take the bike path (road from Soustons on the left) to the roundabout. Cross the road of Soustons to take in front the Touristra / marine lake road.
- 1km 400** - Turn right to take the bike path along the Village Vacances Touristra - Le Lac Marin -.
- 2 km 000** - We have reached a roundabout. Cross the bike path. We have the road to Soustons on the left.
- 2 km 350** - The cycle path leaves the road and sinks into the forest to the right. Pass the bridge of the Roubin after 200 m.
- 3 km 450** - The butte on the D79. Always advance on this bike path with the road on the right.
- 7 km 850** - The D337 is cut off. Continue straight on the same bike path with always the D79 on the right.
- 9 km 350** - We joined a roundabout. Take the bike path to the right towards Le Penon. The D89 will be on the right (one passes in front of the Office of Tourism of Seignosse)
- 10 km 550** - The cycling path runs along the Hossegor / Capbreton road. Take the road / bike path to the left.

**13 km 650** - We pass Soorts-Hossegor and arrive at the main road of Hossegor.  
The dunes of the Wild Coast are on the right.

### **10 - Seignosse le Penon > Capbreton - Distance : 6,250 km**

The dunes of the Wild Coast are on the right. The cycling path crosses the road of Hossegor

**0 km** - Turn right and continue on the bike path.

**1 km 800** - We have reached a roundabout / crossroad. Take the right road.

**2 km 200** - By the seaside road, we arrived in front of the Chapel of the Beach 'Notre Dame des Dunes'. Keep going straight.

**3 km 000** - At the sign 'CAPBRETON', turn at right angles to take the avenue de la Mer.

**3 km 400** - We joined the Notre Dame bridge. Keep going straight.

**4 km 300** - We reached a roundabout. Turn right.

**4 km 300** - We are in front of the technical entrance of the port of Capbreton. Keep going straight.

**4 km 400** - Take the 2nd street on the left after the technical entrance of the port.

**4 km 600** - Take the Avenue Bourret, pass the camping Bel Air on the right and the Labarthe campsite on the left (the old cross between the two symbolizes the Compagnie Templière de Bourret). At the roundabout, turn right onto Avenue des Cigales. Go through 3 roundabouts.

**5 km 950** - We are in front of the roundabout of the gendarmerie. Turn right onto Rue du 19 Mars 1962, direction 'Center ville'.

**6 km 250** - We joined the church of Saint Nicolas.

We are in the center of Capbreton.

### **11 - Capbreton > south of the Landes - Distance : 18,650 km**

On the center of Capbreton in front of the church of Saint Nicolas. *Note: Facing the church, on the right, continuation of the road. On the left (Avenue Lartigue) a bed and breakfast is 400m away.*

**0 km** - Continue on the street du 19 mars 1962 (town hall and the Municipal Police).

**0 km 200** - Cross the bridge of the Halle, continue straight until the small roundabout. Take the Avenue des Alouettes.

**0 km 300** - Crossroad. To turn left.

**0 km 400** - We crossed the Vignes area and joined Avenue de l'Adour. Turn left.

**0 km 650** - Bicycle track on which progress is being made.

**0 km 900** - Turn right into Barrat street, which becomes a forest trail after 300 m

**1 km 300** - Crossroad. Take the left track.

**1 km 800** - Junction with a canal. Turn right.

**1 km 900** - along the fence of a campsite. Turn left at the end of the fence.

**2 km 650** - Junction with a paved road that crosses in X (Attention, do not cross the bridge).

**4 km 950** - Arrival on a T track. Turn right.

**5 km 450** - Junction with a large stone track that cuts in T. Take left. (Ste Therese chapel on the right after 50m, heliomarin center on the right after 400m).

**6 km 450** - Roundabout. Pursue in front.

**7 km 350** - On the Pointe. Turn left on the allée de Provence.

**7 km 750** - Junction with a road in X. Turn right on rue des Flandres.

**7 km 900** - The street of Flandres becomes a track. Press left.

**8 km 100** - 1st bridge of the Anguillère. Pass the bridge for the forest track in front and progress in the forest.

**9 km 100** - 2nd bridge over the Anguillère. Go for the bike path in front.

**9 km 300** - End of the bike path, beginning of the paved road called 'Pip'. To turn left.

**9 km 700** - We joined a 'stop' on the road to the beach of Ondres. Leaving on the left, you can reach the lodging of the campsite of the lake of Ondres to 500m approximately. After Ondres follow the railway, and turn right into the forest.

**14 km 550** - Round about the beach of the Metro. Take the bike path in front. Here, signposting of the lodging of the pilgrim of the Holiday Village 'La Forêt des Landes'. The gîte is 120m apart.

**18 km 150** - The bike path is on the rue des Dunes en T. Take the left.

**18 km 650** - Rue des Dunes cuts the avenue of the 1st of May. Pass the crossover in front by pressing right. You can see the church of the Forges of Tarnos.

You are in the Pyrenees Atlantiques.