



Destination Normandie

Cycling IN CAEN LA MER



www.caenlamer-tourisme.fr

Bike hire in town:



LES VÉLOS TWISTO

51 rue de l'Oratoire - 14000 Caen
+33 (0)2 31 15 55 55



10 hubs in the town centre:

- Théâtre **1** 53 boulevard Maréchal Leclerc
- Hôtel de Ville - Conservatoire **2** 1 place Louis Gouillard
- Place Bouchard **3** 3 place Pierre Bouchard
- Presqu'île - Bibliothèque **4** 13-21 rue Suède et Norvège
- Gare - Rives de l'Orne **5** Esplanade Léopold Sedar Senghor
- Stade Nautique - Lycée Malherbe **6** 14 avenue Albert Sorel
- Anciennes Boucheries - Artothèque **7** 26 place de l'ancienne boucherie
- Campus 1 **8** 2 rue des terrasses
- Port - Place Courtonne **18** quai Vendeuvre
- Abbaye aux Dames - Clos Beaumois **19** 45 rue Georges Clémenceau
- Quartier Saint-Ouen **21** 23 rue Saint-Ouen



1 hub by the sea:

- Ouistreham Plage - esplanade Alexandre Lofi, in front of the tourist office

Prices - 24/7 (bike lock included)

- Registration is free
- 1 hour = 1€
- Every hour started = 1€
- Pay directly at the terminal but FOREIGN CARDS ARE NOT ACCEPTED

Bike hire in town:



Agence Twisto

Bike hire in town :



COM'ON GYRO

39 avenue du Six Juin - 14000 Caen

+33 (0)6 82 25 19 38

comongyro@icloud.com

<https://www.comongyro.fr/location-de-vélos/>

Online booking
available

Hire electric bikes and gyropodes Segway to explore the most beautiful sites along the Côte de Nacre and cities in Calvados. Hourly or daily, customised offers on request.

PRICES

Electric bike:

From 12€ per hour

Gyropode (training included):

From 10€ per hour

OPENING HOURS

Monday : 10am-6pm

Tuesday : 10am-6pm

Wednesday : 10am-6pm

Thursday : 10am-6pm

Friday : 10am-6pm

Saturday : 10am-pam

Sunday : closed



MAISON DU VÉLO

54 Quai Amiral Hamelin - 14000 Caen

+33 (0)2 31 34 45 70

contact@maisonduvelocaen.fr

www.maisonduvelocaen.fr

Long-term hire for electric, classic, kids or cargo bikes. Trailer hire available. Prices from 20€/week.

Free bike « Rollfiets » loan (bike with wheelchair).

OPENING HOURS

Monday : closed

Tuesday: 10-12am and 3-6pm

Wednesday : 10-12am

Thursday: closed

Friday: 10-12am and 3-6pm

Saturday: 10-12am and 3-6pm

Sunday: closed

Bike hire in town:



HOTEL BEST WESTERN LE MODERNE

16 Boulevard Marechal Leclerc- 14000 Caen

+33 (0)2 31 86 04 23

<https://www.ouibike.net/loueur/e-station-best-western-plus-le-moderne/>

From the 1st May to the 1st October, the hotel hires electrically-assisted, retro-style bicycles with helmets.

PRICES

Bike :

From 35€ per day
Compulsory insurance 1.5€ per day per bike
Optional: child seat 5€/day

OPENING HOURS

Open 24/7

Online booking available



ROULEZ JEUNESSE LOISIRS

14 bis Longue Vue des Architectes-14111 Louvigny

+33 (0)6 98 33 88 40

contact@roulezjeunesse.bike

<https://roulezjeunesse.bike>

Roulez JEUnesse Loisirs is a wandering bike hire service. Classic or electric bikes, grants you access to all the best local sites during your stay in Caen la Mer.

OPENING HOURS

Monday : 9 to 12am and 1 to 6pm
Tuesday: closed
Wednesday : 9 to 12am and 1 to 7pm
Thursday: closed
Friday : 9:30 to 12am and 1 to 7pm
Saturday : 8 to 12am and 1 to 7:30pm
Sunday : 9 to 12am and 1:30 to 6pm

PRICES

Mechanical bike:

From 13€ for half a day

Electric bike:

From 24€ for half day

Bike hire in town



NORMANDY BIKE

9 rue Gaston Lavalley- 14000 Caen

06 69 27 50 83

normandy.bike@gmail.com

<https://www.normandybike.fr>

Online booking
available

In Caen, a shop specialized in short-term hire of electric bicycles and classic bicycles, motorbikes and scooters. Safety equipment (helmets, gloves, etc.) and insurance are provided to ensure a safe experience.

OPENING HOURS

Monday : 2pm to 6pm

Tuesday : 10am to 12am and 2pm to 6pm

Wednesday : Closed

Thursday : 10am to 12am and 2pm to 6pm

Vendredi : 10am to 12am and 2pm to 6pm

Saturday : 10am to 12am and 2pm to 6pm

Sunday : (by appointment)

PRICES

Electric bike:

From 16€ a day

Electric MTB:

From 44€ a day



WILL BEE CAEN

2 Rue d'Auge - 14000 Caen

06 59 58 61 78

<https://willbee.net>

Online booking
available

Will Bee Caen shop sells and rents different types of bikes, accessories and urban vehicles (including bullsters) from 8€ per hour for bike hire.

OPENING HOURS

Open every day from
10am to 7pm except
Mondays and Sundays

Bike hire by the sea



TOURIST INFORMATION OFFICE IN LION-SUR-MER

Rue Edmond Bellin 14780 Lion-sur-mer
+33 (0)2 61 53 60 02

lion@caenlamer-tourisme.fr

[https://www.caenlamer-tourisme.fr/loisirs/
bureau-dinformations-touristiques-de-lion-sur-mer/](https://www.caenlamer-tourisme.fr/loisirs/bureau-dinformations-touristiques-de-lion-sur-mer/)

PRICES

- ½ day: 8€
- All day: 12€

Hire of mechanical bikes for adults.

Please note that the office is closed from October to March!

OPENING HOURS

(From April to June and in September)

Saturday/Sunday/Monday:
10:30am to 12:30pm and 2:30pm to 6pm

OPENING HOURS

(For July and August)

Open every day from 10.30am to
12.30pm and from 2pm to
6.30pm.

JUNO VÉLO

179 Rue Pasteur
14750 SAINT-AUBIN-SUR-MER
06 52 82 97 65

<https://junovelo.ouibike.net>
junovelo.ouibike@gmail.com

Online booking
available

Bike hire company based in Saint-Aubin-sur-Mer. Opt for home delivery and stop worrying about your bike hire. Choose your bikes on the website or by telephone and get them delivered to your home. You can also have your bike repaired on site.

Bike hire by the sea



♥ RIVA LOCATION VELO

81 avenue de la mer - 14150 Ouistreham

+33 (0)6 04 15 55 69

philippe.ameline@wanadoo.fr

<https://rivalocationvelo.wixsite.com/louer-un-velo>

Hire of mechanical bikes for adults and children. Open during school holidays, bank holidays and in summer, weather permitting.

OPENING HOURS

Monday : closed
Tuesday: 9am-6pm
Wednesday: 1:30am - 6pm
Thursday: 1:30am - 6pm
Friday: 9am-6pm
Saturday: 9am-6pm
Sunday: 1:30am - 6pm

PRICES

6€ per hour
15€ per day
50€ per week

♥ RIVA LOISIRS

77 av du Maréchal Foch - 14150 Ouistreham

+33 (0)2 31 97 19 04

<https://www.riva-loisirs-cycles.fr>

Repair and rental of bikes (electric or not).

OPENING HOURS

From November to March:
Monday: 2pm-6pm
Tuesday, Thursday and Friday:
9h30/12h-14h/18h
Wednesday: 9am-12pm
Saturday: 9am-1pm
Sunday: Closed

OPENING HOURS (From April to October)

Monday to Saturday,
9.30am to 1pm
and 2pm to 6pm.



Hire & services :



♥ REPAIRS :

ATELIER CORNER BIKE

3-5 rue de Bernières - 14000 Caen
+33 (0)2 31 80 20 69



Corner Bike offers a full range of services, from maintenance to repair, for both classic and electric bikes.

ROSE CAMBOUIS

14000 Caen
+33 (0)6 51 20 20 96

Rose Cambouis will repair your bike (any type) at your home, at your place of work or on the other end of town. Monday to Saturday by appointment.

♥ ALL OVER NORMANDY:

LES TROUVILLAISES

+33 (0)6 83 78 95 94
www.lestrouvillaises.com

Delivery of classic and electric bikes throughout Normandy. By reservation, every day. Luggage transport available along major routes. "One way" service available, bike hire at the point of departure and return at the point of arrival.

LOC VELO

+33 (0)6 46 34 37 21
www.locvelo.fr

Delivery of classic and electric bikes throughout Normandy. By reservation, every day. You can request luggage transfer to your hotel by prior arrangement.

La Vélo Francette

De Caen à la mer

Retrouver la carte complète
des itinéraires dans le document
Le Calvados à Vélo 2023



- Voies vertes et pistes cyclables
- Voies partagées
- Itinéraires en cours d'aménagement
- Boucle vélo

SERVICES

- Office de Tourisme
Syndicat d'Initiative
- Parking d'accès
- Location de vélos
- Hébergement
Accueil vélo
- Aire de pique-nique
- Maison du vélo

DÉCOUVERTES

- «Villes et Villages fleuris» classés 3 ou 4 fleurs
- Site et musée de la Seconde Guerre Mondiale
- Espace naturel sensible
- Producteur cidricole
- Château - Manoir
- Abbaye - Basilique - Cathédrale
- Musée et lieu de visite
- Site archéologique
- Jardin remarquable
- Port de plaisance
- Activité nautique
- Activités de Loisir
- Thalassothérapie
- Golf
- Hippodrome
- Aéroport
- Gare



Retrouvez l'ensemble
de l'itinéraire la Vélomarine
sur www.lavelomarine.fr

La Vélomarine

Section de Courseulles-sur-Mer à Houlgate



Retrouvez la carte complète
des itinéraires dans le document
Le Calvados à Vélo 2023



- Voies vertes et pistes cyclables
- Voies partagées
- Itinéraires en cours d'aménagement
- 5 Boucle vélo

- SERVICES
- Office de Tourisme
- Syndicat d'initiative
- Parking d'accès
- Location de vélos
- Hébergement
- Accueil vélo
- Aire de pique-nique

- DECOUVERTES
- «Station Famille Plus»
- «Villes et Villages fleurs classés 3 ou 4 fleurs»
- Site et musée de la Seconde Guerre Mondiale
- Espace naturel sensible
- Producteur cidricole
- Producteur de fromage
- Château - Manoir
- Abbaye - Basilique - Cathédrale
- Musée et lieu de visite
- Pont de vue
- Port de plaisance
- Activité nautique
- Activités de loisir
- Thalassothérapie
- Golf
- Hippodrome
- Gare



www.calvados-tourisme.com
www.coeurdunenacretourisme.com
www.normandie-calvados-paysdauge-tourisme.fr
www.caen-tourisme.fr

Cycle route

From Caen to Ouistreham



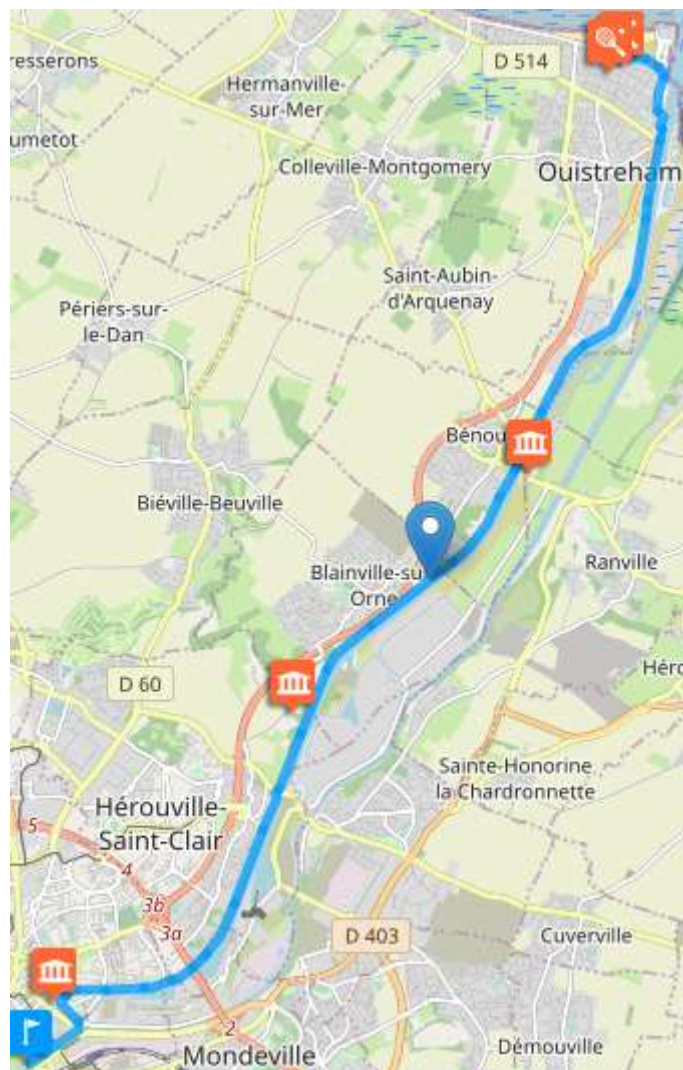
17 km/10,5 mi



1h15

Starting point/ : Marina - Place Courtonne 14000 Caen

Finishing point/ : Esplanade A.Lofi 14150 Ouistreham



TIP

The 12express bus from the Riva Centre stop towards Gare SNCF (Caen) will drop you off in the city centre at the Tour Leroy stop.



Please note that only folding bikes are allowed on board.

- ♥ Opposite the port, turn left along the Quai de la Londe.
- ♥ Follow the harbour for 350m. Do not cross the bridge, turn left onto Avenue de Tourville. This is the start of the Vélofrancette cycle path.
- ♥ After 1.5km, the road disappears, leaving only the cycle path. Continue on the towpath along the canal for 12km. Along the way, you will not want to miss the famous Pegasus Bridge.
- ♥ When you reach the port of Ouistreham, continue along the cycle path that runs alongside the port for 1.3km.
- ♥ Cross the ferry access roads on the cycle path and go round to the left.
- ♥ Go past the car park and turn right to pass under the trees. Continue along the cycle path.
- ♥ Continue as far as the tourist office, which is where you arrive.

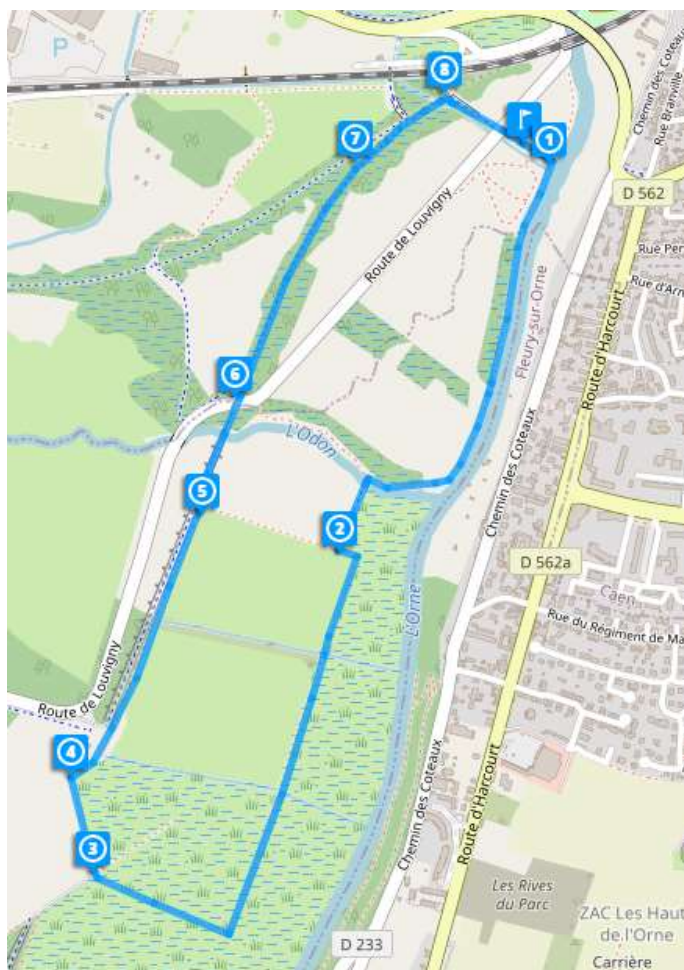
Cycle route



Family friendly cycle road alongside the banks of the Orne

 4.2 km / 2,5mi  20 min

Start / Finish : Parking des joyeux coureurs - Route de Louvigny 14000 Caen



TIP

Discover the Enchanted Island Bridge! Turn left for around a hundred metres at point number 3 and discover this famous red bridge where the old railway used to run.

- ♥ From the car park, walk to the Orne and take the path on your right. Take a small wooden footbridge and then a path under tall poplars for 1km.
- ♥ At the junction, turn left and continue for 1.1km.
- ♥ At the crossroads, take the black asphalt track ahead for 300m.
- ♥ Continue straight ahead, leaving the asphalt track to take a pink sand path for 450m.
- ♥ Go up the stairs on your left. Once at the top, go right for 200m.
- ♥ Cross the road and continue along the path for 650m.
- ♥ At the junction, continue straight on for 100m.
- ♥ Take the wooden ramp on the right to return to the car park.

Other routes:



Loop : From Caen to the sea

 49km
30,5mi  4h



Caen railway station to the Juno Beach Center

 27km
16,7mi  2h15





Nature path of Caen - Great West

 16km
10mi  1h30



Micro adventure - Ouistreham to Deauville

 48km
29,8mi  4h





Loop: The Prairie de Caen and the Greenway

 11km
6,8mi  1h15



From the forest of Ifs to the gardens of Cormelles-le-Royal

 10 km
6,2mi  1h



Colleville-Montgomery cycle route

 6 km
3,2mi  40 min



Scan the QR code and navigate with your smartphone !

The Vélo Francette and Vélomaritime



- ♥ The Vélo Francette is a cycle route linking Ouistreham (in Normandy) to La Rochelle (in Nouvelle-Aquitaine).

- > From Ouistreham to Caen, the route takes you along the greenway that runs alongside the Caen canal. The route is 17.5 km long.
- > Once in Caen, the route continues along the voie verte and descends towards Suisse Normande. Caen is 27 km from Le Hom, near Thury-Harcourt.



- ♥ From Roscoff in Brittany to Dunkirk on the Belgian border, this cycle route passes through legendary sites such as Mont-Saint-Michel and its bay, the D-Day landing beaches and the cliffs of Etretat. With a large proportion of shared roads, it's an ideal cycling route for cyclists looking for an escape, a challenge, as well as cultural and gastronomic discoveries.

♥ OTHER ROUTES

- Others cycle routes created by Caen cycling associations and group cycling tours :

<http://www.maisonduvelocaen.fr/pid47/baladeavelos>

- Routes to discover the region's heritage :

<https://villeavelo.wordpress.com>

- Geovelo application for Caen la Mer available online

<https://geovelo.app/fr/>

- Loopi application downloadable to find walking and cycling routes:

<https://www.loopi-velo.fr/>

Park your bike



Where can I park my bike in Caen?



There are four cycle shelters with a total of 48 spaces in four locations in Caen city centre: place Courtonne, place Saint-Jean, behind the nautical stadium (rue Jean de la Varende) and near the SNCF station (rue Pierre-Mendès France, on the Parcotrain side).

The city of Caen has also installed 82 parking spaces in the form of cycle hoops and six bicycle inflating stations in the 6 underground car parks in the city centre. The underground car park at the Rives de l'Orne shopping centre also has an inflation station.

There are also cycle racks where you can secure your bike with an anti-theft device. They are located at the château, place de la République, the town hall, place Gardin, the Paul-Doumer centre (Fnac) and place de la Résistance.



ADDITIONAL INFORMATION

- The location of the bike racks is indicated on the map of Caen by small circles.
- In Caen, drinking water points are available :
 - Place de la République
 - Boulevard Maréchal Leclerc
 - behind the Saint Pierre church
 - Close to the racecourse
- And in Ouistreham:
The nearest water point is in the toilets behind the swimming pool.

Our services in our Tourist Information Offices in Caen and Ouistreham :

- We can recharge your electric bike battery (on request)
- Repair kit available for minor bike damage
- Documentation on the major routes available in the shop
- The 3-day weather forecast can be seen on the terminal at the entrance to the building.
- You can also check bus timetables on the terminal
- Online ticketing service
- Free Wi-Fi available

Safety information



ROAD SAFETY

Respect the Highway Code, to which all cyclists are also subjected. In the event of a serious offence, you could be fined.

Wearing a helmet is compulsory for children under 12s, but we recommend it for everyone. A yellow safety jacket and full lighting are compulsory when riding at night or on overcast days.

Generally,

- On green lanes, give way to pedestrians and signal your arrival by ringing your bell
- On shared roads, make sure you signal your intentions: hold out your arm when turning, position yourself appropriately on the carriageway. Watch out for blind spots and lateral movements of vehicles.

EMERGENCY PHONE NUMBERS

European emergency number -112

SMS emergency number for the hearing impaired - 114

LEFT-LUGGAGE OFFICE

Caen :

-Bounce Luggage Storage :52 Quai Amiral Hamelin, 14000 Caen

Ouistreham :

- Two lockers are available next to the aid station 1 and 2.

Certified bike friendly accommodations



♥ HOTELS -



- **Best Western Plus Le Moderne 4*** - CAEN

116 Boulevard Maréchal Leclerc
14000 Caen
+33 (0)2 31 86 04 23
<https://www.hotel-caen.com/>

- **Hôtel Le Dauphin 4*** - CAEN

29 Rue Gemare
14000 Caen
+33 (0)2 31 86 22 26
www.le-dauphin-normandie.fr

- **Best Western Royal 3*** - CAEN

1 Place de la République
14000 Caen
+33 (0)2 31 86 55 33
<https://www.hotel-caen-centre.com/>

- **Campanile - Caen Centre Gare 3*** - CAEN

10 Rue de la Gare
14000 Caen
+33 (0)2 31 52 16 99
<https://www.campanile.com/fr-fr/>

- **Hôtel du Château 2*** - CAEN

5 Avenue du Six Juin
14000 Caen
+33 (0)2 31 86 15 37
www.hotel-chateau-caen.com

- **Hôtel La Fontaine 2*** - CAEN

26 Rue de la Fontaine
14000 Caen
+33 (0)2 31 85 31 70
<http://www.hotelfontaine-caen.com/>

- **Hôtel Riva Bella 4* by Thalazur** - OUISTREHAM

Boulevard Commandant Kieffer
14150 Ouistreham
+33 (0)2 31 96 40 40
www.hotel-rivabella-ouistreham.com

- **Hôtel Ibis Styles 3*** - OUISTREHAM

37 Rue des Dunes
14150 Ouistreham
+33 (0)2 31 96 20 20
www.ibisstyles.com

- **Hôtel La Villa Andry 2*** - OUISTREHAM

51 Avenue Andry
14150 Ouistreham
+33 (0)2 31 97 18 79
www.villa-andry.fr

- **Hôtel B&B 2*** - OUISTREHAM

Rond Point du Débarquement
14150 Ouistreham
+33 (0)8 92 23 36 62
www.hotel-bb.com

Certified bike friendly accommodations



- **Hôtel le Normandie**** - OUISTREHAM

71 Avenue Michel Cabieu
14150 OUISTREHAM
+33 (0)2 31 97 19 57
www.lenormandie.com/

GUESTHOUSES



- **Le Fil du Dan** - PERIERS SUR LE DAN

4 rue du Londel
14112 PERIERS SUR LE DAN
+33 (0)2 31 93 10 20 - +33 (0)6 33 39 93 33
<http://lefildudan.blogspot.com/>


- **Bateaux l'Etoile et Watson** - OUISTREHAM

Port de plaisance
14150 OUISTREHAM
+33 (0)6 33 35 47 69

HOLIDAY VILLAGE



- **CITY'O APPART Hôtel** - CAEN

 Quai Eugène Meslin - CAEN
+33 (0)2 61 67 11 85
www.cityo-apparthotel.com



For more
information, see
our
accommodation
brochure and
look out for the
“Accueil Vélo”
logo!

Accommodation dedicated to cycle tourists



The stopover cabins « Dune et Marais » - COLLEVILLE-MONTGOMERY

2 Route de Lion

14880 Colleville-Montgomery

+33 (0)2 31 97 18 63

ouistreham@caenlamer-tourisme.fr

Online booking
available

Located close to the Vélomaritime, the stopover cabins are on a site comprising 2 cabins.

Ideal for cyclists or hikers, the accommodation is a mix between a chalet and a tent, and includes a sleeping area of around 5 m² with 2 beds (2 bed base of 80 x 190cm with a mattress protected by a sheet), an electric socket and a terrace with an awning equipped with 2 chairs and a table.

A single-use mattress protection is provided for each bed, along with a cleaning kit. A space in front of the cabin is available for bicycles.



Access to the site and communal facilities is by key code only, which will be given to you a few days before your arrival. On site, you will find a building comprising a self-catering room with a sink, a small fridge, a microwave oven, a cleaning kit (broom, dustpan, bucket), a table and 4 chairs, as well as a bathroom area with 1 shower, 1 toilet and a washbasin with mirror.

A bicycle repair kit (small tools) as well as practical and tourist information are available.

Public transports :



♥ **BUSES AND TRAMS**  **IN CAEN LA MER** - Bikes are permitted on trams. On buses, only folding bicycles are allowed.

♥ **REGIONAL**  **TRANSPORT** Bicycles are accepted in the hold provided there is enough room (luggage have priority!).

Line 39 between Caen/Honfleur/Le Havre offers a "bike rack" service, enabling you to attach your bike to the back of the bus. This service is free and can be booked the day before by calling 09 70 83 00 14.

♥ **THE « SNCF » TRAINS**

You can travel with your dismantled bike on all trains at no extra charge and without booking. To do so, it must be transported in a cover (size 120x90 cm). You can carry your unassembled bike as long as there is space available. On other trains (Intercités, TGV), you must transport it in dedicated spaces. Check the timetables and look out for the pictogram.

♥ **TAXIS (without bicycle pick-up)**

-Abeilles Taxi - group of taxis in Caen and the surrounding area - 54 place de la Gare 14000 Caen. [Tél. : 02 31 52 17](tel:02315217) Mail : taxis.abeilles.caen@wanadoo.fr

-Serenity passengers 19 avenue du parc, 14630 Cagny

[Tél:+33 6 15 83 23 49](tel:+33615832349) Mail : contact@serenityalternativetaxicaen.fr

♥ **PARKINGS NEARBY:**

CAEN:

Camping-car park : : Rue des Roquemonts

Parking souterrain du château de Caen

OUISTREHAM:

Boulevard maritime close to the ferry boat

Beach car parks near the tourist office

Guide books and maps :



♥ FREE DOCUMENTATION

Available for free on request from the tourist offices in Caen and Ouistreham:

- The network of cycle lanes in Caen
- The map of the department's greenways « Calvados à vélo »

♥ IN SHOP:

On sale in the shops of the Caen and Ouistreham information offices:



La Vélo
Francette



La côte
Normande à
vélo



La
Vélomaritime
EuroVélo 4



Carte IGN,
véloroutes de
France



Les plages du
débarquement
à vélo

CAEN LA MER

Destination Normandie

INFORMATION OFFICE IN CAEN LA MER – NORMANDIE

12 Place Saint Pierre
14000 CAEN

Tel : +33 (0)2 31 27 14 14
info@caenlamer-tourisme.fr



INFORMATION OFFICE IN OUISTREHAM RIVA-BELLA

Esplanade Lofi
14150 OUISTREHAM

Tel : +33 (0)2 31 97 18 63
ouistreham@caenlamer-tourisme.fr

