

# Arromanches-les-Bains / Ouistreham

La Vélo maritime / EuroVelo 4



Cycling beside the beaches along this stage, you can't help but think of the soldiers who landed in these parts during D-Day and beyond in summer 1944. British and French soldiers came ashore at Sword Beach, Canadians at Juno Beach. The Vélo maritime leaves Arromanches via minor roads that offer 360° views of the sea and the oyster parks below. Take a break at the fishing port of Courseulles-sur-Mer, where a daily fish market takes place on the quays. This stage also allows you to admire Normandy's Côte de Nacre seaside villas, recalling the earliest days of tourist sea-bathing, along with the iconic beach huts.

## The route

From Arromanches, you take a greenway beside the road to reach Asnelles's sea wall. Note that this stretch begins with a significant slope as you leave Arromanches, most cyclists forced to dismount for a time.

Between Asnelles and Courseulles-sur-Mer, you ride along minor roads that aren't signposted, but you can download the GPX tracks. Make sure you avoid the county road, the D514, not suitable for cycling along.

From Courseulles to Ouistreham, you alternate between roads shared with motorized traffic through the coastal villages and cycle lanes along the sea front. Signposting is in place, but keep your eyes peeled for the changes in direction.

## SNCF

- Nearby train stations: Caen (10 km from Bénouville by the vélofrancette)
- Bayeux at 10 km (Main line Paris-Cherbourg)
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**Départ**  
Arromanches-les-Bains

**Arrivée**  
Ouistreham

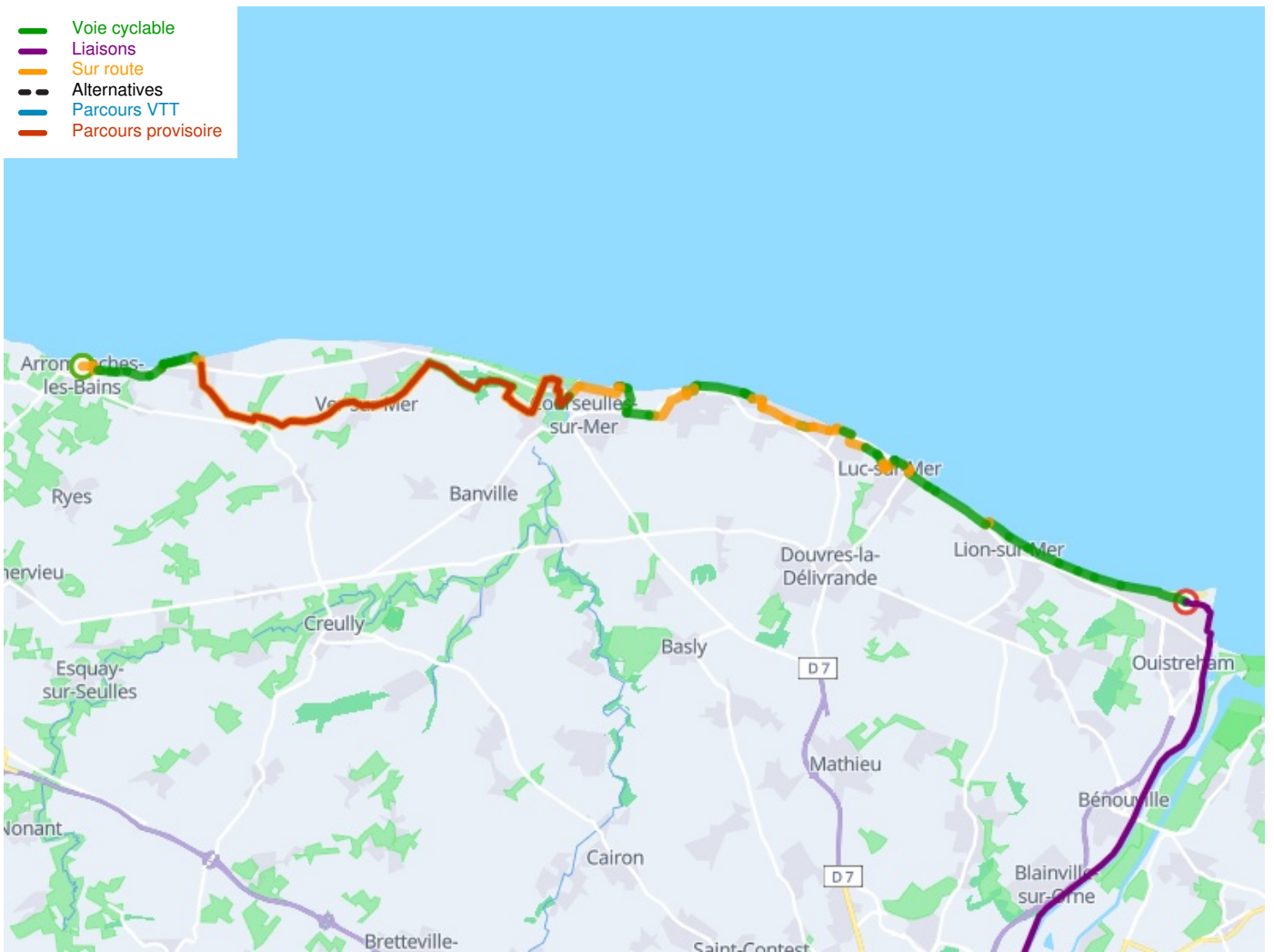
**Durée**  
2 h 19 min

**Distance**  
34,93 Km

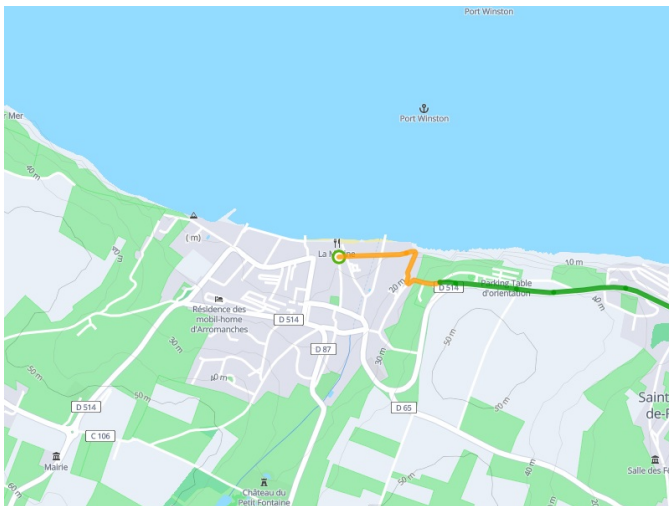
**Niveau**  
Beginners/Families

**Thématique**  
Nature and Heritage,  
Patrimoine, Beaches,  
Highlight

- Voie cyclable
- Liaisons
- Sur route
- - - Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
Arronches-les-Bains



**Arrivée**  
Oustreham

