

Erdeven – Circuit VTT – Le cordon dunaire

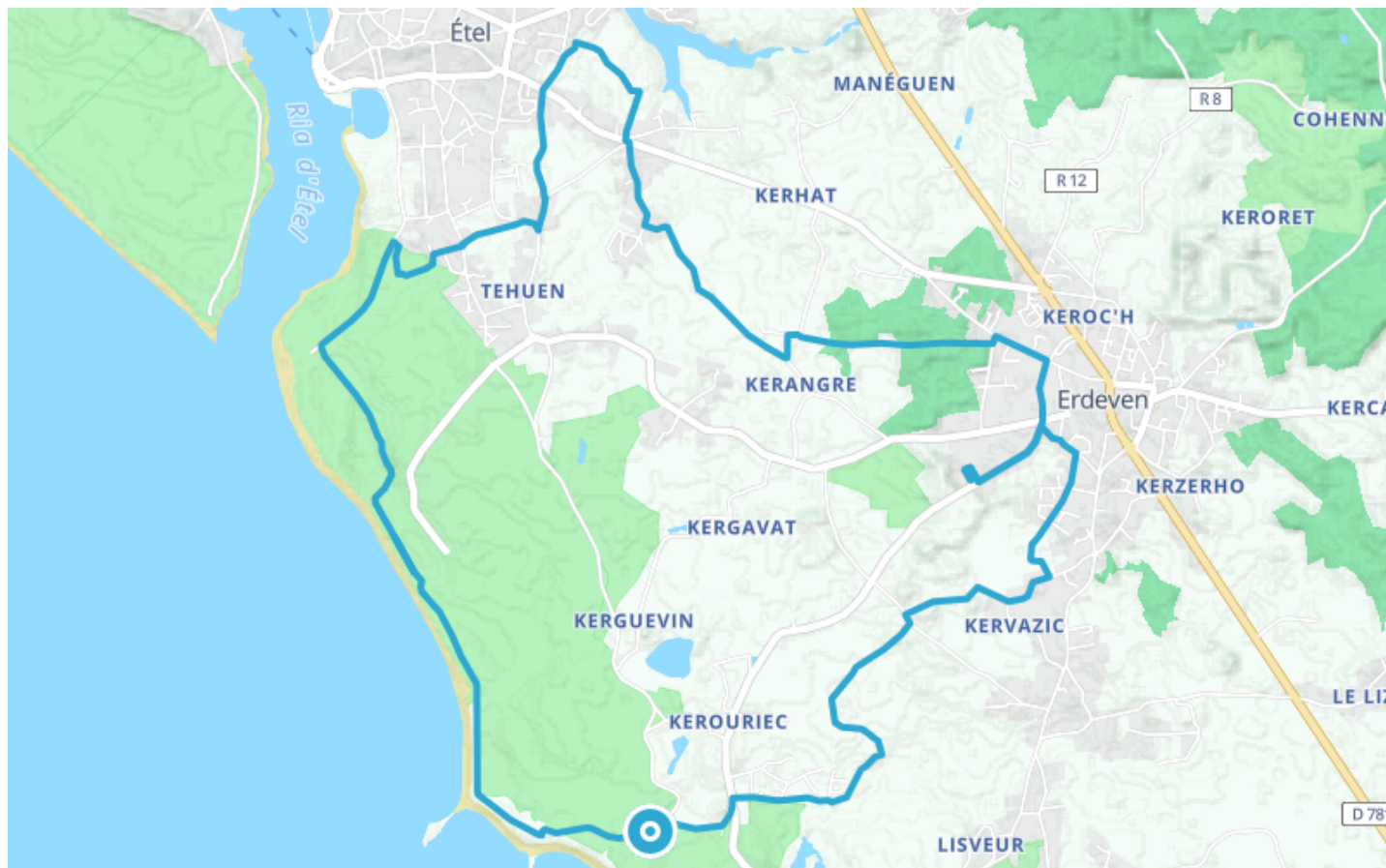
● Easy

🚲 Mountain bike

🕒 1 h 33 min

↔️ 15.8 km

📍 **Départ** 119 Impasse de la Caserne
56410, Erdeven



Descriptif

Duration : 1h15 Distance : 20 km Difficulty level : Medium (average height difference: 80m) Course n ° 5 green From the Atlantic coast to the Erdeven forest. Departure: This circuit starts from the parking lot of the Grand Large sports complex, located rue du Grand Large in Erdeven. Step by step : 1) Follow the signs leading to the coast and the Roche Sèche site, crossing several charming villages. Observe the remains of the Atlantic Wall dating from WWII: in addition to bunkers, winter storms allow regular discovery on the beach of other defensive elements hitherto buried under the sand (Belgian gate, tetrahedron, piece of rail, etc.). Walk along the ocean and its dune ridge to the Barre d'Étel, a perpetual sandbank movement at the mouth of the Ria. It is the underwater continuation of the dune ridge from Penthièvre to Gâvres subject to the influence of winds and tidal currents. 2) Arrive at Etel and continue the route via the paths and paths of Erdeven for a return to the village through the forest.





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