**Mercure Airport hotel to Andernos-les-Bains – 45 km**

**1. Take Av Charles Lindbergh going north and away from roundabout, not D213, take first L onto Av Henri Becquerel and then after 100 metres, turn R onto bikepath for D13.**

**2. Go straight through roundabout…ignore sign D13 turning R which goes N…..Straight also means 3rd turn….go 300 metres on leftside bikepath and turn L back onto D213 heading W. Still on bikepath.**

**3. Straight through series of 3+ roundabouts... Bikepath on both sides….if possible, switch to rightside path for turnoff later…bikepath turns into bike lane on D213….at splitting of D213, take L turn toward Andernos…Not toward Martignac or Saint Jean**

**4. Still on bike lane…which finally disappears entering roundabout**

**Tricky part coming up to avoid missing overpass. We have to do a sweeping turn to get onto D211 which has bike path right to Saint Jean d’Iliac.**

**\*\*\* Martignas sur Jelle to Sainte Jean – 4 km**

**5. Take first R onto D211E2 heading N…keep going straight maybe 1.5 km… toward/into Martignas……no bike lane…road/street will bend R but don’t follow …go through NO ENTER sign onto Rue Alexander Fleming…….go on bike lane against traffic or dirt path on far side….**

**Go another km or so then turn L onto D211**

**6. Initially D211 (Av Jean Moulin) has no bikepath or bike lane but after 300 metres, there’s a shale path on rightside…becomes dirt path…after 300 metres, becomes regular bike path that goes right into Saint Jean…**

**Another tricky part – Getting through Sainte Jean (pop. 6,500) to D106 (Av Le Las which has bike path/lane)….**

**7. When bikepath stops, turn R onto Rue des Erables then take first full L onto All du Parc…..take 3rd R onto All du Paysan, cycle past Maternelle, go maybe 150 metres and take first L onto Av des Chenes….go straight until reach major roundabout and take first R bit later on so can cross over to whatever side works…straight thru roundabouts….ON THE WAY TO LE LAS…**

*Tricky Part…might be some directions going thru Le Las, taking first real L to keep onto Berganton, straight onto shale path that goes maybe 300 metres and comes out onto All des Primeveres, turning R then taking 3rd R, riding maybe 100 metres and turning L onto Chem du Vigean. Then turn R onto second right turn and proceed on very rough path…*

**8. Keep on D106 (Av du Ferret) with NO SHOULDER for 3 KMs….at roundabout that merges with D213, go straight that keeps us on D106…Now 4 lanes BUT WITH A BIKEPATH SHOULDER…after couple of K’s, path disappears and we ride on shoulder…after 2-3 K’s more, we have access to excellent bikepath (as well as shoulder) from small turnoff…**

**9. Have to take OVERPASS…follow bikepath up slight hill, turn L onto D5…no lane but elevated path…it ends after 500 metres…no lane or shoulder for a short time…we’re on D5 (Rte de Marchprime)…..Go maybe 1-1.5 km, turn R onto D3E10 (Rte de Blagon) with signpost indicating Lanton 13 km, Cassy, Audence…Quiet road without shoulder…goes right to Lanton…**

**10. As soon as get to Lanton, there’s a roundabout turn R and then take VERY FIRST L, maybe 25 metres from roundabout….now on Rue des Bouviers….to straight maybe 500-600 metres until street stops and there’s the bikepath…turn R and just go straight until….meets Rue du XI Novembre…turn L onto it…going against ONE-WAY TRAFFIC…after a block, it becomes Av Pasteur…another block and we’re there!!!**