

***The junction Tours/coast (Labouheyre) étape Labouheyre - Saint Paul en Born***

**Distance : 21,800 km**

**0,000 km** - At the porch of the Labouheyre church, cross the road to take the sidewalk in front and go 200m to the south. Pass under the railway track.

Walk 50m towards the sign indicating the track of Tours and the road to the coast and continue right towards the way of the Littoral.

**0,800 km** - Pass the bridge over the highway.

**0,950 km** -At the roundabout turn right.

**1,300 km** -follow on the left a sand track (old railway) that enters the forest.

**3,900 km** - Footbridge.

**4,000 km** - Cross the road, Chemin de Gaillard. Continue the track opposite.

**5,300 km** - Cross the road to Hildoun.

**6,400 km** - LUE entrance. Turn left towards the tennis court then right before this court, then take the first street on the left.

**6,800 km** - Cross the D626. Go left then take the street on the right.

**7,000 km** - Intersection; turn right.

**7,200 km** - Memorial Beconnais and church. Follow the first street on the left (Canteloup area).

**7,500 km** - Dirt road. Follow it to the crossroads of Bouricos.

**14,400 km** - Crossing of Bouricos (refuge at 600m). Continue on the old railtrack.

**17,400 km** - Cross a road (D46). We are now on a bike path.

**18,200 km** - PONTENX les FORGES (shops at 900m). Continue the cycle path.

**20,900 km** - Cross the D626. Caution, passage Dangerous!

**21,800 km** - SAINT PAUL en BORN. Coastal way.  
Pilgrim's refuge and shops.