

The Coastal Way étape 1 "North of Landes" Sanguinet

Distance : 8,400 km

0 km - Leaving the long green stream of the Carreyre de Canterane, cross the D652 Sanguinet / Arcachon and enter the Landes department (40). After crossing the road, follow the sand road bordered on the right by the fence of the Cazaux air base and on the left by a ditch.

2,300km - Leave the path along the grating of the air base to turn left at right angles and take the straight dirt track known as the Tâchouÿres trail to the tarmac road of Langeot in a housing estate.

5,200 km - Turn right and follow for 300 meters the road to Langeot then, at the roundabout, turn right into Cato street. Follow this street straight on 600 meters until it meets perpendicular with the road to Sabas.

5,900 km - At the stop sign, turn right to take the bike path which runs along the Sabas path for 150 meters then turn left towards the Cazaux-Sanguinet lake, which you can see between the pines. Arriving at the lake, follow the bike path to the left.

7,000 km - Follow the bike path and take the wooden bridge on the back of the donkey on the river Gourgue. We'll have a bunch of houses on the left. Always follow the bike path. Turn left onto Charles Castets Avenue, which will take you along its length (500 meters) to the heart of the village of Sanguinet.

7,800km - Stay on the left sidewalk and leave the landscaped roundabout to the right. Cross the Avenue de la C te d'Argent opposite the caf  brasserie du Lac and continue on the sidewalk straight. Follow the avenue du Born (road of Parentis) for 400 m until the 2nd road on the left: rue de l'Arieste (direction Lugos / Belin).

8,400 km - Turn left towards Lugos / Belin at the corner of a large

group of wooden buildings called Espace Gemme. Follow the street of the Arieste, for 700 meters until the 1st road on the right: chemin de Laouguey (signposted Parentis en Born).

We left Sanguinet.