

*The Coastal Way étape 11A - Capbreton > sud des Landes*

**Distance : 18,650 km**

On the center of Capbreton in front of the church of Saint Nicolas. Note: Facing the church, on the right, continuation of the road. On the left (Avenue Lartigue) a bed and breakfast is 400m away.

**0 km 000** - Continue on the street du 19 mars 1962 (town hall and the Municipal Police).

**0 km 200** - Cross the bridge of the Halle, continue straight until the small roundabout. Take the Avenue des Alouettes.

**0 km 300** - Crossroad. To turn left.

**0 km 400** - We crossed the Vignes area and joined Avenue de l'Adour. Turn left.

**0 km 650** -Bicycle track on which progress is being made.

**0 km 900** - Turn right into Barrat street, which becomes a forest trail after 300 m

**1 km 300** - Crossroad. Take the left track.

**1 km 800** - Junction with a canal. Turn right.

**1 km 900** - along the fence of a campsite. Turn left at the end of the fence.

**2 km 650** - Junction with a paved road that crosses in X (Attention, do not cross the bridge).

**4 km 950** - Arrival on a T track. Turn right.

**5 km 450** - Junction with a large stone track that cuts in T. Take left. (Ste Therese chapel on the right after 50m, heliomarin center on the right after 400m).

**6 km 450** - Roundabout. Pursue in front.

**7 km 350** - On the Pointe. Turn left on the allée de Provence.

**7 km 750** - Junction with a road in X. Turn right on rue des Flandres.

**7 km 900** - The street of Flandres becomes a track. Press left.

**8 km 100** - 1st bridge of the Anguillere. Pass the bridge for the forest track in front and progress in the forest.

**9 km 100** - 2nd bridge over the Anguillere. Go for the bike path in front.