

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

**Distance : 18,650 km**

**9 km 300** - End of the bike path, beginning of the paved road called 'Pip'. To turn left.

**9 km 700** - We joined a 'stop' on the road to the beach of Ondres. Leaving on the left, you can reach the lodging of the campsite of the lake of Ondres to 500m approximately. After Ondres and along the railway line, turn right in the forest

**14 km 550** - Round about the beach of the Metro. Take the bike path in front. Here, signposting of the lodging of the pilgrim of the Holiday Village 'La Foret des Landes'. The gîte is 120m apart.

**18 km 150** - The bike path is on the rue des Dunes en T. Take the left.

**18 km 650** - Rue des Dunes cuts the avenue of the 1st of May. Pass the crossover in front by pressing right. You can see the church of the Forges of Tarnos.

You are in the Pyrenees Atlantiques.