

# Melun / Fontainebleau

## La Scandibérique



**Départ**  
Melun

**Arrivée**  
Fontainebleau

**Durée**  
1 h 18 min

**Distance**  
19,59 Km

**Niveau**  
I begin / Family

**Thématique**  
Along the water

This stage offers a symphony of blues and greens, as you ride between the Seine and the vast Fontainebleau Forest. Cycling between these waters and woods proves a treat for the eyes, and for the lungs, as you breathe in the clean air. The Bois-le-Roi outdoor leisure centre provides an ideal spot at which to unwind a while. A bit further on, Samois-sur-Seine is one of the most beautiful villages in the Ile-de-France Region, a joy to behold... and, should you pass through in June during the Django Reinhardt Festival, a thrill for the ears. The royal town of Fontainebleau counts as a great spot for a stopover; leaving the next morning you'll feel you've topped up your red blood cell count the previous day!

### The route

Along the Seine's west bank, alternating between cycle paths and cycle lanes, with stretches on minor roads at times. Take care at Bois-le-Roi, at the level of the bridge over the Seine on the D115 road. Signposted EV3.

**Surfacing smooth:** concrete and asphalt.

### Link

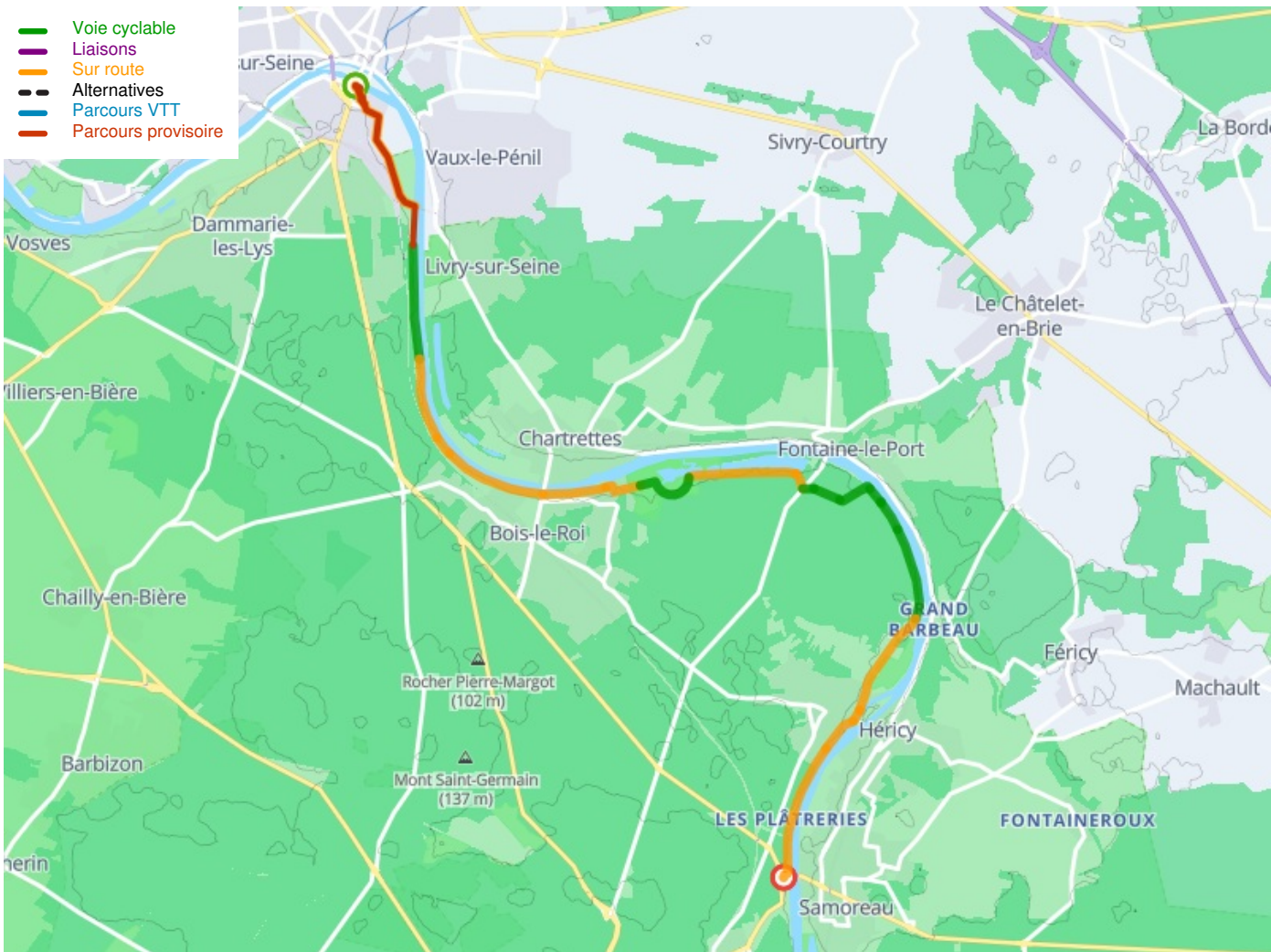
Cycling link towards Fontainebleau from Valvins Bridge

### Trains

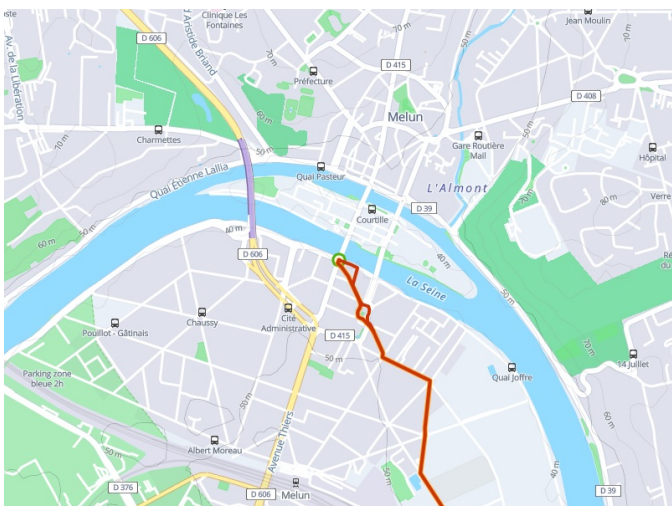
- Crossrail RER D station + Transilien train station at Melun
- Transilien train station at Bois-le-Roi
- Transilien Avon – Fontainebleau train station

### Don't miss

- **Melun** : the historic centre; the Ile St-Etienne and Seine quays; the Maison Natale de Jacques Amyot (recalling the 16th-century humanist born here); the Bouquinistes de Melun (book-sellers' booths by the Seine); Seine cruises from June to September, [Musée de la gendarmerie nationale](#)
- **Bois-le-Roi** : [base de loisirs régionale de Bois-le-Roi](#) (the Ile de Loisirs outdoor leisure centre), with bathing possible in a natural lake
- **Samois-sur-Seine** : in June, the Django Reinhardt Jazz Festival; the villas, rustic centre and islands on the Seine
- **Vulaines-sur-Seine** : [Musée départemental Stéphane Mallarmé](#) (on the great French symbolist poet)
- **Fontainebleau** : [château et parc](#), the grand château and grounds; the historic town centre



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