

# Mézin / Escalans

## La Scandibérique



**Départ**  
Mézin

**Arrivée**  
Escalans

**Durée**  
1 h 32 min

**Distance**  
23,19 Km

**Niveau**  
I cycle often

**Thématique**  
Forest and moorland

From Mézin to Sos, the Scandibérique route runs in part along a greenway beside the Gélise River, the path shaded, the atmosphere quite unspoilt. The private Château de Poudenas with its Tuscan looks is the first curiosity you ride past. After Sos, you cycle along quiet county roads. As you approach Escalans Gabarret, you get closer to the edge of the great Landes Forest, the scent of its pines wafting over to you. Come evening, enjoy succulent local specialities on your stopover to regain your energy.

### The route

From Mézin, the route follows a rough, unsurfaced greenway along a former railway line. After Sos, you need to cycle along the busy RD676 road for some 2km. This is followed by a stretch of 12km going via quiet rural roads with little traffic, but which are steep, taking you past agricultural fields as well as pine forest, up to the bridge over the Rimbez, where the counties of the Lot-et-Garonne and the Landes meet. Signposted EV3.

**Surfacing smooth:** on the stretches with asphalt and compacted tracks.

**Surfacing rough:** after Mézin, the greenway consists simply of rough surfaces.

### Train stations nearby

- Aiguillon and Port-Sainte-Marie

### Don't miss

- **Gagnet Farm:** specialising in duck confits, foie gras and Armagnac, several of its products having won medals at the Salon de l'Agriculture national agricultural fair
- **Poudenas:** the château (private)
- **Sos:** the village square

