FONTAINEBLEAU LIVE · CYCLING GUIDE · BY BIKE · NO. 2

Fontainebleau by bike

3 family rides, from the château park to Barbizon

FontainebleauLive.fr

RIDES	DISTANCES	SURFACE	LEVEL
45 min · 1 h 30 · 3 h	≈ 5 · 15 · 22 km	Tracks & tarmac roads	Easy to demanding

The 3 rides at a glance

	Ride	Start	Distance	Time	Level
1	**The château park & the Grand Canal**	Place d'Armes	≈ 5 km	45 min	Easy
2	**The route des Hauteurs de la Solle**	Route Louis-Philippe	≈ 15 km	1 h 30	Moderate
3	**Fontainebleau – Apremont – Barbizon**	Route Louis-Philippe	≈ 22 km	3 h	Demanding

Before you go

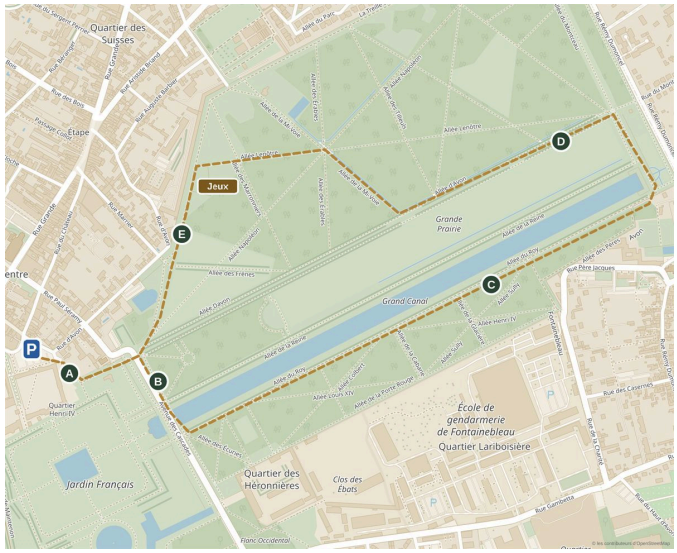
- Children who can ride on their own.
- **Forest access:** some areas may be closed (2026 fires). Check onf.fr.
- **Château park:** opening hours vary with the season.

Why these routes?

My children learnt to ride a bike in Fontainebleau. What a joy to ride through the forest, wind in your face, through the dead leaves or the puddles. Fun guaranteed! **– Hugues, a Fontainebleau local**

1 The château park & the Grand Canal

Start: place d'Armes · ≈ 5 km · 45 min · park paths · easy



A	From place d'Armes, enter the park.	0.2 km	5 min
B	Turn left down the avenue des Cascades.	0.8 km	5 min
C	Cross the Grand Canal and ride along it on the right.	2.5 km	20 min
D	Come back through the woods along the allées d'Avon, de la Mi-Voie and Lenôtre.	1.0 km	10 min
E	Back to place d'Armes.	0.5 km	5 min
	Approximate total	**≈ 5 km**	**45 min**

Tip: the diagonal path leads to a children's playground.

Careful: muddy after rain; park opening hours vary with the season.

Mini-game · Treasures of the canal

- ☐ A swan or a duck
- ☐ The four giraffes
- ☐ The cascades
- ☐ The playground

The riddle

The Grand Canal was dug under King H _ _ _ _ IV.
Clue: the king who wanted "a chicken in every pot".

The canal is 1.2 km long: is it longer than 10 football pitches?
Yes or no?

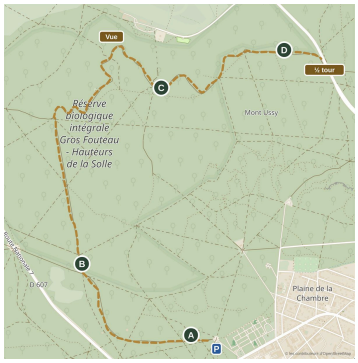
Fontainebleau by bike

The forest rides, section by section

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2 The route des Hauteurs de la Solle

Start: route Louis-Philippe car park (behind the cemetery) · ≈ 15 km there and back · 1 h 30 · tarmac · moderate



A	Ride up the route Louis-Philippe: a long climb, help the youngest.	1.5 km	15 min
B	At the top, turn right onto the route du Gros Fouteau, all the way to the end.	2.0 km	10 min
C	Turn right onto the route des Hauteurs de la Solle: the racecourse appears below, on the left.	2.5 km	15 min
D	Carry on to the D606 and turn back.	1.5 km	10 min
E	Back the same way, with the downhill as a reward!	7.5 km	40 min
	Approximate total	**≈ 15 km**	**1 h 30**

Tip: at each viewpoint, look out for horses in training.

Mini-game · The sentinels of the Solle

- ☐ The racecourse
- ☐ A giant oak
- ☐ A blue mark on a tree
- ☐ A squirrel

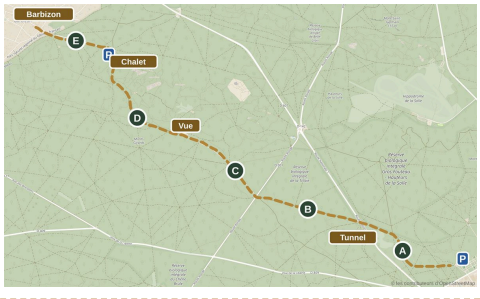
The riddle

Route du G _ _ _ F _ _ _ _ _ _
Read the sign at the top of the climb.

How many bends on the route des Hauteurs?
Count them yourselves!

3 Fontainebleau – Gorges d'Apremont – Barbizon

Start: route Louis-Philippe car park · ≈ 22 km there and back · 3 h with breaks · tarmac · demanding



A	Ride up the route Louis-Philippe, then left onto the route Paul to the tunnel under the D607.	2.5 km	20 min
B	After the tunnel, turn right onto the route du Bouquet du Roi to the carrefour des Cépées.	2.0 km	10 min
C	Straight on: routes du Château, de Sully, then de la Gorge aux Néfliers. After the carrefour du Milan, car park on the right and the Apremont viewpoint.	3.5 km	20 min
D	Bear right onto the route Sully: a long descent to the allée des Vaches car park.	2.0 km	10 min
E	Turn left: the allée des Vaches leads to Barbizon. Back the same way.	1 + 11 km	1 h 15
	Bike total (without breaks)	**≈ 22 km**	**2 h 15**

Don't miss: walk to the caverne des Brigands, starting near the chalet (snacks and drinks in season).

Careful: on the way back, the long descent becomes a long climb!

Mini-game · The brigands' trail

- ☐ The tunnel under the road
- ☐ An animal-shaped rock
- ☐ A fern
- ☐ The Sully oak
- ☐ The view over the gorges
- ☐ A painter's studio in Barbizon

The riddle

Carrefour des C _ _ _ _ s
After the tunnel (B).

Carrefour du M _ _ _ _
Before the gorges (C).

Route du B _ _ _ _ _ _ du Roi
Just after the tunnel.

Answers for the grown-ups, read upside down:

Ride 1: Henri IV (Henry IV) · yes, about 11 pitches! **Ride 2:** Gros Fouteau **Ride 3:** Cépées · Milan · Bouquet