





Photo credits: Destination Côte Atlantique - Farid Makhlouf, 1 Duvet pour 2, Loïc Lagarde, Agence les Conteurs, La Rochelle Tourisme, Mélanie Chaigneau, DR.

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THE STRENGHT of the Ocean



Naturally, the destination lives to the rhythm of the Ocean, which is determined to be preserve.

This year will focus more than ever on the Ocean.

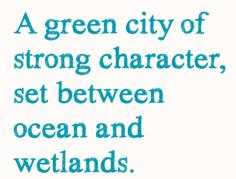
The whole territory draws its strength from it.

The Ocean will be celebrated throughout the year with events including the Marina's 50th birthday and, the 50th Edition of the Grand Pavois.



La Rochelle, an Atlantic destination anchored between land and sea, provides a whole ocean of exploration for sportspeople and visitors in search of (salty) fresh air, (outstanding) heritage, (unspoilt) nature and (the very best of) the good life.

Located between Nantes and Bordeaux in the heart of the Atlantic coast, just 2½ hours from Paris by train, La Rochelle and its conurbation is a destination for all seasons.





All you need do is stroll through La Rochelle's Old Port or historic centre in order to observe its outstanding architectural heritage, famous Towers and other treasures awaiting your discovery.

A city on a human scale where you can let yourself go and drink in its unique, colourful and altogether delectable atmosphere. Local products and specialities abound on its market stalls and can be enjoyed in its many fine restaurants, which include a number of true gourmet establishments.

You only need spend a few days in La Rochelle in order to understand how determinedly dynamic the city is. A land of great events that punctuate city life throughout the year:

Grand Pavois, Francofolies, International Film Festival, Serge Vigot Marathon to name but a few...



La Rochelle's inhabitants are well aware of how remarkable their environment is. Since the 1970s, the city has been committed to environmental preservation and sustainability. A pioneer in the field of urban ecology, La Rochelle values its quality of life and that of its surroundings. Its current aim is to become the 1st carbon neutral territory by 2040.

Many of the destination's actors have long been committed to responsible, sustainable tourism.

La Rochelle and its surroundings can be enjoyed on foot or by bike thanks to its famous yellow bikes and 230 kilometres of cycling facilities. Itineraries that take you through the city, along the coast and across Charente's landscapes, the wetlands and the area's 4 nature reserves that protect hundreds of species.

The maritime city has 4 harbours and 3 beaches, so there are plenty of opportunities to engage in water activities, or you can stop over at Fort Boyard, or on the islands of Ré, Aix and Oléron that face it with a promise of enticing new discoveries

FOLLOW THE GUIDE



Charente Maritime over 34 years ago and is passionate about the destination's rich history and architecture.

She's been working as a guide in La Rochelle for 18 years and will share her favourite spots with you along with the destination's many secrets...

5 GOOD REASONS to come to



An outstanding historical heritage

La Rochelle is a thousand year old city with a rich and diverse heritage, a testimony to its history, changing tastes, and cultural influences from Europe and beyond. A real open air museum, from its Old Port, framed by emblematic Towers, to its city centre: cobbled streets, arcades. half timbered and slate fronted houses, richly sculpted stone facades dating back to the 16th century, more restrained residences from the 17th century, imposing urban mansions built by 18th century shipowners...

Ocean & nature in the heart of the city

Nestling in its bay, the city has a wealth of outstanding natural landscapes for you to explore while you enjoy the fresh air of Charente's coast and wetlands.

An ideal environment for anyone who likes taking long walks along the coast or lazing on the beach, as well as for experienced sailors or contemplative passengers wishing to enjoy the Ocean at first hand or visit protected reserves.



3 Une delicious destination

From market stalls to restaurant tables, produce from the local terroir and the Ocean can be sampled in bistros and oyster bars, classic and gourmet alike! La Rochelle is a real discovery ground for lovers of good food, with new addresses popping up every year and 2 starred chefs in residence: Christopher Coutanceau and Nicolas Durif

The good life La Rochelle-style

La Rochelle stands out for its innovative mobility policy. The famous yellow bikes and electro solar sea buses take visitors from one port to another, allowing them plenty of time to enjoy their surroundings. More than just a trend, La Rochelle's inhabitants have made it a way of life to be consumed without moderation.



5 Cultural effervescence

Acclaimed for its fresh air, narrow streets well worth exploring, and lively quays, the city and its Old Port are home to cultural and festive venues and events all year long! In addition to the many festivals, the destination includes a good few cultural addresses, and entertainment venues presenting shows and performances of all kinds.



6 Its exceptional climate



1 million overnight stays

in 2021 (13% by foreigners*)

3 PORTS

including the Atlantic coast's top Marina (les Minimes)

3 ISLANDS to explore

70 KM of protected coastline

230 KM of cycling facilities

600 vélos

"yellow" self-service bicycles

1 AIRPORT

* source Flux Vision

2 CYCLE ROUTES (La Vélodyssée & La Vélofrancette)

4 NATURE RESERVES

28 MUNICIPALITIES including 9 COSTAL MUNICIPALITIES

well worth exploring

6 000 HECTARES of acknowledged ecological interest (almost 20% of the territory)

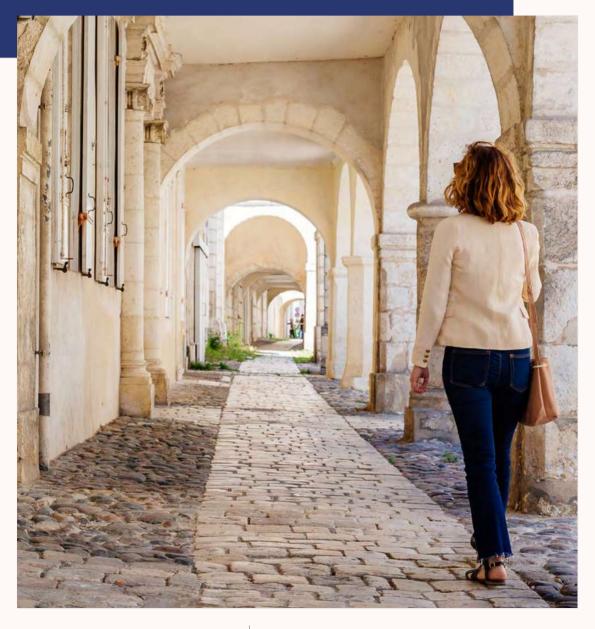
2 STARRED CHEFS

1 relais et châteaux hotel

8 MUSEUMS

MORE THAN 15
MAJOR EVENTS planned in 2022

urban STROLLS and heritage



The Old Port, a symbol

The Old Port must be one of the first places to go when you set foot in La Rochelle! A real "blue lung" in the heart of the old town, it's the maritime city's crown jewel. Its lively quays provide pedestrians and cyclists with plenty of space to go on their leisurely way in a breathtaking setting where past and present intermingle. It's true that lives in full swing here: bars and terraces on the quays, restaurants at the foot of the Towers, craft market in the shade of the Cour des Dames' trees, and the comings and goings of cruise ships!



Saint-Nicolas Tower

A must see urban keep and palatial residence facing the ocean, this military building symbolises La Rochelle's power and wealth.
42 metres high, its architecture is organised around a labyrinth of stairs and corridors set in the thickness of the walls.

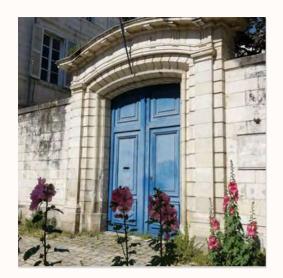
Chaîne Tower

As the gateway to the Old Port, the Chaîne Tower monitored the movement of ships and traffic in the port, and collected duties and taxes.

Tour de la Lanterne

The last medieval lighthouse on the Atlantic coast, 70 meters high and topped by an octagonal gothic spire, the tower was used throughout history as a lighthouse and prison.

tours-la-rochelle.fr



The old town, an open air museum

To walk in La Rochelle's city centre is to treat yourself to a trip back in time!

From the Middle Ages to the Renaissance, from the 17th to the 20th century and up to the present day. Churches, cathedrals, temples, arcaded streets, half timbered houses, shipowners' urban mansions, fine bourgeois homes... La Rochelle's architectural diversity bears witness to the many European and overseas cultural influences on the city.



The atypical Saint Nicolas's district

A village in its own right within the city walls, this former fishermen's neighbourhood is very popular with La Rochelle's citizens. Its cobbled streets, tree lined square, houses huddled under ancient arcades and village atmosphere imbue it with a charm all of its own. The district has become "bohemian" and is now home to thrift shops, art galleries, bookshops, designer boutiques, grocery stores and little restaurants with intimate terraces. It's the ideal place for a "Made in La Rochelle" shopping spree and a relaxing break.

The Gabut district, stronghold of La Rochelle street art

Recognisable by its colourful Scandinavian influenced wooden houses and surrounded by ponds, this popular former fishing village is much appreciated for its atmosphere animated by restaurants, cafés, art galleries and bike rental companies. An area also appreciated by graffiti artists and street art lovers, whose walls reveal the art form's multiple talents and graphic richness.



The Encan, rebirth of a neighbourhood

In 1995, the fishing port was relocated from "Bassin des Chalutiers" to new, more modern infrastructures in Chef de Baie. The site was then given a facelift, the result of a policy choice to focus on culture and tourism. The former fish auction hall was renovated throughout and turned into a Conference and Exhibition Centre, craftspeople took over the old fishmongers' huts, setting up their workshops and selling their creations in them, and the Maritime Museum's land based facilities were built at one end of the Bassin des Chalutiers. La Rochelle Aquarium was built on the banks of the Bassin des Grands Yachts in 2000.

La Rochelle Aquarium

Born of a family passion for the marine world, the La Rochelle Aquarium is one of the largest private aquariums in Europe. The 3rd generation has now taken up the torch of what has become a real institution in the city and welcomes almost 800,000 visitors a year, enabling the funding of a great deal of scientific research work and numerous awareness raising activities on preservation of biodiversity targeting the general public. An unmissable attraction when visiting La Rochelle, sure to set you dreaming and helping you understand the sea!

aquarium-larochelle.com

Escales sonores LA R@CHELLE

To accompany your wanderings through the city and help you (re)discover its emblematic places and their stories, a series of podcasts, developed by the Tourist Office is available on all platforms. The first 5 episodes, in which guides take listeners on an imaginary sound journey to learn more about the Submarine Base, the Templars' district, La Rochelle's railway station, the La Sauzaie locality, and the painter and writer Eugène Fromentin.





Maritime Museum

"Ships to visit", a maritime heritage to experience! The museum comprises three exhibition areas immersing visitors in the maritime world. On land, exhibition halls topped by colourful flags trace La Rochelle's maritime history. In the extension to the former fish market, a collection of small pleasure boats unique in France is on exhibition, alongside the major temporary exhibition "Climat Océan". On the water, a fine heritage fleet awaits your discovery, including the emblematic former weather ship France 1. The public can go on board to experience and understand the history of the various ships and their functions

museemaritimelarochelle.fr



Les Minimes, a nautical Mecca

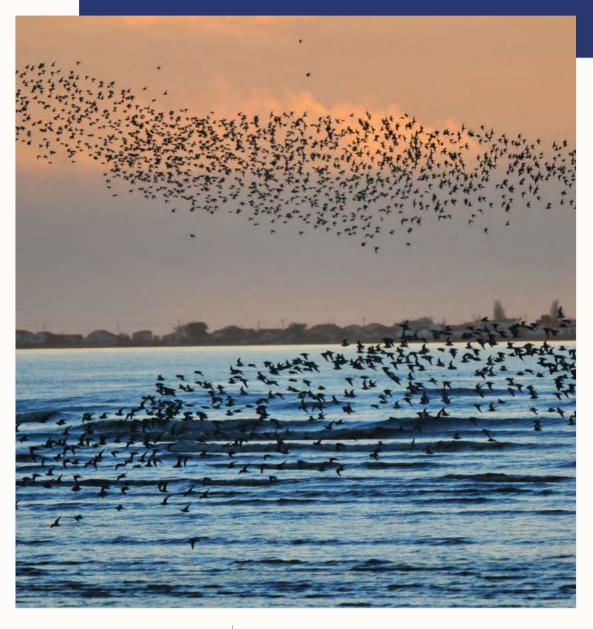
15 minutes from the Old Port, on foot or by electro solar sea bus, the modern Les Minimes district is a sort of city within the city that lives to the rhythm of the nautical world. In its heart, Europe leading Atlantic coast marina, which can accommodate over 5000 boats. Every year, the Grand Pavois, the international boat show, takes place there. The district is also much appreciated for its beach, sailing schools and promenade running along the coast.

FOLLOW THE GUIDE

My secret stroll:

the passage running beneath the houses in the Templars' district, which leads to a little square where the commandery used to stand. An excellent shortcut to get around more quickly in the summer, from rue du Palais to the Town Hall.

nature GETAWAYS between ocean and wetland





The La Rochelle destination opens onto the Ocean, its greatest strength, providing countless getaway and activity possibilities.



The city has 3 sandy beaches, ideal for relaxing breaks and water sports alike:

- Concurrence beach in the heart of the city, near the Towers and the Old Port;
- Minimes beach is ideal for water activities (kayaking, standup paddleboarding, etc.) and is located near the marina and the spacious Parc des Pères, which faces the legendary Lighthouse called "Phare du bout du monde";
- Chef de Baie beach, the most secluded, bordered by a large green space classified as a Sensitive Natural Area, sheltering a preserved animal and plant biodiversity.

And then there are the beaches in the municipalities of Esnandes, Angoulins sur Mer, Aytré and Châtelaillon Plage..

70 km of coastline to cover

To explore on foot or by bike, La Rochelle's coastline runs from Pointe Saint Clément. north of La Rochelle, to Baie d'Yves in the south

A long gravelled "Chemin Blanc" pathway that borders the coastline and enables travellers to enjoy the sweet life and change of scenery provided by the coastal villages and landscapes.







A WALK AT THE END OF THE WORLD

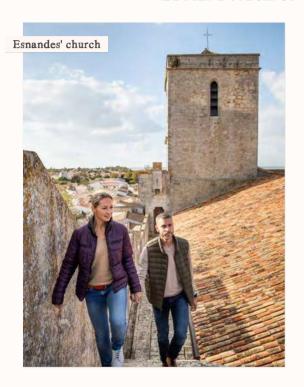
On course for the Parc des Pères in La Rochelle's Minimes district, for a stroll along the seashore. Crossed by a pathway shared by walkers, cyclists and joggers, the park provides amazing vistas over the sea, and it's even possible to see Fort Boyard half hidden between the distant silhouettes of boats far offshore. The walk leads to Minimes beach and its Lighthouse at the End of the World, an exact replica of the one located off Cape Horn, made famous by Jules Verne's novel, published in 1905.

lephareduboutdumonde.com

ON COURSE FOR

THE COASTAL MUNICIPALITIES SURROUNDING THE CITY OF LA ROCHELLE

from North to South



There are 9 municipalities alongside the Atlantic Ocean, each one of them living to its rhythm. Villages to take time off from the city, get some fresh air and discover wide open spaces, typical Charente "carrelets" (fishing huts) and oyster ports.

Esnandes

A mussel farming village in breathtaking natural surroundings, where "La Charron" bouchot mussels are produced. Age old knowhow to discover at the Maison de la Baie du Marais Poitevin and at the Mussel Museum. 2 km from the village, Pointe Saint Clément provides a panoramic view of the Ile de Ré and the coast north of La Rochelle and, above all, over Aiguillon Bay, a classified nature reserve frequented by hundreds of species of waterfowl.

Marsilly O

A village for walkers in search of authenticity, a combination of mussel farming and agricultural traditions. Its port, Port de La Pelle is a natural harbour, nothing has been built there other than the few establishments between the cereal fields and the sea, where you can stop to taste and buy mussels and oysters directly from producers. All around, "carrelets" (fishing huts) on their pontoons, fishing tools and eye catching emblems of the Charente coastline, stand over the water.



Nieul-sur-Mer

A peaceful little village in a picture sque setting, where oyster huts, low houses, former salt marshes converted into oyster maturing pools, and fishing huts intermingle.



Aytré

With over 3.5 km of coastline, sandy beaches and a shallow cove, this west coast village is popular with windsurfers and kitesurfers. who decorate the shoreline with their sails. The promenades running along the coastline help you discover the bay's varied landscapes: the rocks, dunes, cliffs, and the foreshore uncovered at low tide.



FOLLOW THE GUIDE

My favourite?

The village of Marsilly, on the coast north of La Rochelle, with its magnificent view of Aiguillon Bay and fortified church with its listed 15th century bell tower.

L'Houmeau

A few minutes north of La Rochelle, L'Houmeau is located in the heart of the Charente Maritime countryside and promises reinvigorating walks at whatever time of year. Above all, it's a magnificent ovster port that any ovster lover worth their salt should get to know, with its little huts, oyster farm and scows, and the added bonus of a view of Ile de Ré's bridge and its restful pebble beach.

Angoulins-sur-Mer

This little coastal village about ten kilometres south of La Rochelle is well known for its ovster farming and carrelets. It boasts beautiful beaches and a well protected bay by Pointe de Chav. with remarkable coral limestone cliffs.

Châtelaillon-Plage

Right next door, one of Charente Maritime's most beautiful seaside resorts, with its fine sandy beaches and Belle Epoque villas, along with a coastal promenade that takes you to Boucholeurs, an emblematic fishermen's and oyster farmers' village between Châtelaillon and Yves

Yves

Located in the extreme south of the La Rochelle conurbation, the little municipality is best known for its bay and the Marais d'Yves Ornithological Reserve, which is one of France's main sanctuaries in France for migratory birds. You can also enjoy its uncrowded beach.

HOIST the mainsail

With its 4 ports, La Rochelle is an ideal destination to set sail from!

At La Rochelle's emblematic Old Port and Les Minimes marina, you can board a cruise boat, a sailboat or a catamaran and head for the famous Fort Boyard or one of the three islands of Aix, Ré and Oléron, all of which hold promise of unforgettable stopovers.





As regards activities, there's something for everyone, with a whole range of water sports available to challenge the ocean, including paddleboarding, yoga paddleboarding, flyboarding and kayaking. Land of sailing, and of the winner of the 2021 Vendée Globe, the destination is an ideal stopover: discover sailing, learn to tame the ocean, and sail alongside true devotees of the waves. There are a good many schools delivering classes in the subject, so why not treat yourself to a break from the daily grind and a real change of scenery?



Kapalouest

A morning of discovery on the islands, an afternoon of adventure around Fort Boyard, or even dinner at sea as the sun sets, Kapalouest promises magical moments at sea in the Pertuis Charentais, aboard one of its 16 metre long. kapalouest.com



Kelone

Bertrand, captain of the sailing boat "Kelone, the most beautiful boat in the world", as he likes to call it, will be happy to share his passion for sailing with you for a few hours or a few days at sea. Driven by the power of the wind, inexhaustible renewable energy, he will help you (re)discover the pleasures of sailing. kelone.fr



Coastal paddleboarding trips

Located on the edge of Platère beach in Angoulins, the Nautical Centre has the benefit of a protected bay on the sea side as well as an enclosed basin perfect for the stability of wide paddleboards: ideal for beginners. The Centre organises paddleboarding trips along the coast to the port of Loiron to the south, and tours to Pointe du Chay and its wetlands to the north. cnangoulins.com

Mer Belle Évènements

A former ocean racer, Fabien Clauw has participated in numerous crewed and solo international championships. A passionate skipper and author of a maritime adventure saga Les Aventures de Gilles Belmonte, he now takes his apprentice sailors on voyages across the waters of the Pertuis Breton. Several sailing packages are on offer, from initiation to advanced training, half days and up to 7 days. merbelleevenements.com





L'Estrella Lab, a little floating laboratory of humanity

Aboard the Estrella Lab, her magnificent 18 metre long sailing boat, Olivia Wattinne continues to take on challenges. An adventurer and traveller at heart, she lost the use of her legs following an accident but was able to overcome her limits and bounce back. These days, she continues to dream and make others do the same aboard her "little floating laboratory of humanity", which has been refitted throughout to cater for people with disabilities. Supported by the association "Hissons L'Étoile" association, the Estrella Lab aims to promote access to the practice of sailing and give the disabled an opportunity to experience its joys to the full. Sea excursions in the La Pertuis Rochelais are on offer from April to September. Alone or with others, disabled or not, she invites all those ready to share her passion for adventure and surpassing themselves.

estrellalab.com



Écho Mer & its eco citizen outings

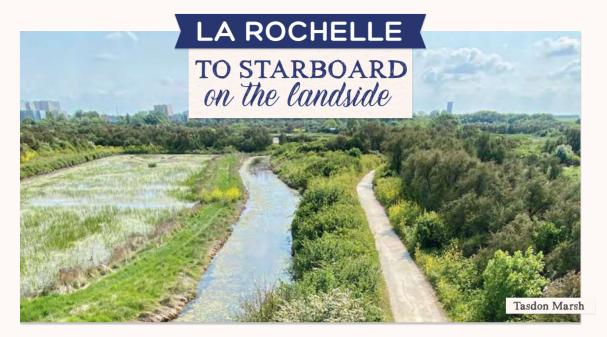
The Association continues to step up initiatives for protection of the oceans and to raise awareness on protection of the marine environment. In partnership with La Rochelle's Marina, Echo Mer organises free eco citizen outings around the Old Port basin (from April to October). Open to all, participants discover the history of sailing in La Rochelle while becoming more aware of environmental issues. You can put your money where your mouth is by joining the team of volunteers who use nets to clean up the harbour. The Association recovers materials, waste produced by maritime activities in particular (recycled sails and neoprene, recycled oyster baskets, etc.), to make bags and accessories, which are sold in its shop on the edge of Bassin des Chalutiers.



NEW

Naturally enough, it's in La Rochelle, in the heart of the Minimes Marina, that the Tribord Sailing Lab, the co design and development centre for Tribord, the Decathlon sailing sports brand, recently set up so as to enable its engineers to test out the brand's latest innovations and present them to the general public. A real place of exchange and discovery for enthusiasts and other curious minded people.

www.tribord.tm.fr/visitez-le-tout-nouveau-tribord-sailing-lab



After the bustle of the city or the crashing of the waves, it's time for the calm of the hinterland and a green getaway on foot, by bike or by canoe. The conurbation is made up of about twenty municipalities offering visitors unspoilt nature and picturesque villages in equal measure and reflecting the region's history.

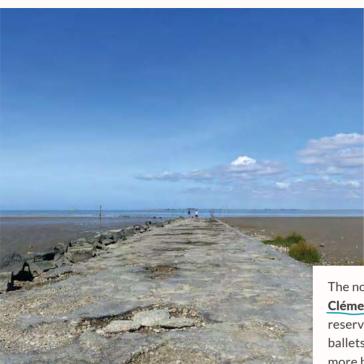
Little villages, natural and archaeological sites, castles, churches, wetlands and nature reserves can be visited along the various discovery footpaths and cycle routes.

The Rompsay Canal

The 24 km long Rompsay Canal links La Rochelle to Marans, via the municipalities of Périgny, Dompierre sur Mer, Saint Ouen d'Aunis and Andilly.

You can make your way along the pleasant, tree shaded green corridor on foot, by bicycle or by canoe, observing your flourishing, unspoilt natural surroundings along the way.





The destination is surrounded by 4 nature reserves that shelter and protect an outstanding variety of fauna and flora. Preservation areas where visitors can observe our protected environmental riches.

The northernmost, **Pointe Saint Clément** in Esnandes, is a listed nature reserve where you can admire the ballets performed by the 100,000 or more birds that can be found there on any one day.



The closest, the Marais de Pampin
Regional Nature Reserve in
L'Houmeau, covers 25 hectares
alongside La Rochelle's northern coast.
Take a bracing walk along its pathways
and you're sure to encounter a whole
variety of birds, including shorebirds
(sandpipers), waders (herons and
egrets) and waterfowl.

The most recent, the Marais de Tasdon Nature Reserve, on former salt marshes near the centre of La Rochelle, was inaugurated in late 2021 following extensive development and renaturation work. A 124 hectare reserve, a large part of which is a Natural Zone of Ecological, Faunistic and Floristic Interest, where you can observe the 154 species of birds and 330 plant species that populate the marsh. A natural heritage of extraordinary environmental richness, accessible thanks to the pedestrian facilities, footbridges, bicycle paths, and high observation post included so as to enable visitors to explore the site in complete safety without disturbing the species that inhabit it.



Nature Reserve, which covers 192 hectares and is located on a major migration route between La Rochelle and Rochefort. A little corner of the coastline that harbours an extraordinary biological diversity as regards birds and fauna alike, as well as from a botanical point of view, with more than 570 different plant species.

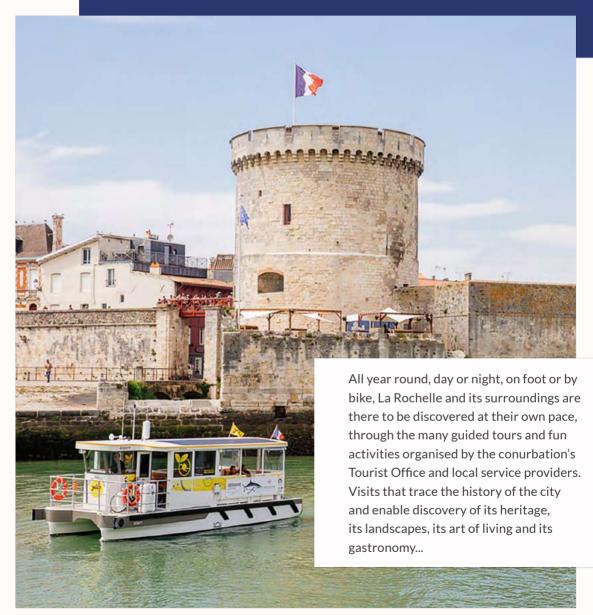


Make your way inland to La Jarne and acquaint yourself with Château de Buzay, with its 18th century architecture and period furniture, and round off your visit with a walk in its French style gardens.





A DESTINATION to explore at your own pace









NEW

La Rochelle Océan Pass

To make life all the easier for visitors, the destination is launching a tourist pass in the spring that will enable them to move around and visit the city and its surroundings. The pass will include privileged access to transport (Bus, sea bus, bicycle and TER), entrance fees to La Rochelle's major sites and tourist services (guided tours organised by the La Rochelle Community Tourist Office, La Rochelle Tours, cruises to the 3 islands, Museums and the Aquarium with a discount, etc.). It will also give access to sites and visits in neighbouring territories (Rochefort, Marennes, Oléron, Marais Poitevin and South Vendée,

www.larochelle-oceanpass.com

Terra Aventura makes for an out of the ordinary outing combining sport and culture, a treasure hunt based on the geocaching principle and enabling you to discover the territory, local heritage and anecdotes while having fun! Only a few kilometres from La Rochelle, Zarthus awaits visitors in L'Houmeau, ready to show them the way on the "Les Perles du Plomb" adventure! The 6.5 km route takes adventurers into the heart of the conurbation's natural landscapes in discovery of some truly stunning vistas.

In La Rochelle, another route is available. Aux Tours de La Rochelle, on the theme of maritime heritage and the maritime city's unmissable places.

Terra Aventura, a treasure hunt in the heart of natural landscapes.



Freewheeling in La Rochelle & its conurbation

Avec plus de 230 km d'aménagements cyclables à travers l'agglo et 2 véloroutes, la destination s'offre aux vacanciers à vélo

Whether you like pedalling along the seashore from port to port, or prefer to go green and follow the Rompsay Canal, everything is possible by bicycle: here the bike is king!





The free Loopi app provides cycling enthusiasts with the opportunity to prepare and discover a wide range of itineraries to cover in the area. Once you've chosen your route, just let yourself be guided by the integrated GPS (available offline). The application also provides a route planner, which recommends the best itineraries, giving priority to bicycle routes and facilities.

balades.larochelle-tourisme.com

The Vélodysée ®

This cycle route is the French part of the EuroVelo Route no.1 which stretches from Norway to Portugal. It covers 150 km in Charente Maritime. Easy, safe, marked out, and lined with unmissable treasures, it's accessible to everyone and adaptable to all rhythms. lavelodyssee.com

Two stages in La Rochelle

N°33 THE BUCOLIC ESCAPE

Between La Rochelle and Marans 25.5 km - 2h30 - Intermediate level **The +**: Marans Canal, with its locks and its plant life overhanging the water.

N°34 THE GUSTATORY GETAWAY

Between La Rochelle and Châtelaillon-Plage 14.3 km - 1h30 - Family level

The +: Châtelaillon-Plage's Belle Epoque villas and the village of Les Boucholeurs, seafood tastings, the Ocean and its salty air.

The Vélofrancette®

This 630 km bicycle route links the English Channel to the Atlantic Ocean from the city of Caen in Normandy to La Rochelle, for a 100% nature trip in discovery of the flavours of unhurried France. It joins the Vélodyssée, at Marans Canal and ends up at the foot of La Rochelle's Towers.

lavelofrancette.com





FOLLOW THE GUIDE



You absolutely must cycle along the coastline to Domaine de la Richardière north of the city in the village of Marsilly, a very beautiful house where Georges Simenon lived!

a delicious DESTINATION



La Rochelle's Fishing Port

This is where it all begins. Every day, fish and shellfish are unloaded onto the Fishing Port's pontoons, and then head for the fish market where fishermen, wholesalers and retailers rub shoulders. They finally end up in La Rochelle's many restaurants or on the city's market stalls





It's the place to go if you're ready to yield to the many temptations offered by our local products. There's an entire aisle dedicated to seafood, including:

seabass, cuttlefish, sardines, shrimps, oysters and mussels.

flavours ITINERARY

Every summer, La Rochelle Tourist Office's guides organise gourmet outings to La Rochelle's emblematic market in discovery of the flavours of the local terroir. Visitors get to meet local craftspeople and producers with a real passion for their work, and swap ideas over tasting sessions. The visit continues in the historic centre and its food shops. A perfect combination of cultural visit and tasting sessions.

larochelle-tourisme.com



Cognac Normandin-Mercier

At Domaine de la Péraudière, the Normandin Mercier family welcomes visitors for a tour of their cellars and distillery, with a gourmet finale: tasting of various prestigious Pineaux des Charentes and Cognacs! Five generations have succeeded one another since 1872, and it is now Edouard Normandin's turn to perpetuate the art of ageing and blending Grande and Petite Champagne's most refined eau de vies.



Angoulins Smokehouse

It was in a former oyster hut in the heart of Angoulins wetlands that Claire and Vincent chose to set up their little fish smoking laboratory.

Depending on season and the catch, species vary between seabass, sardines, cuttlefish and meagre, all of which come from responsible local fishing. Products for direct sale as well as for enjoying onsite. They also sell edible seaweed, harvested by hand on the Charente coastline, an opportunity to try new flavours.



Criollos Chocolatier

Located in the heart of the historic centre, the Criollos Chocolatier shop is a real La Rochelle institution. Thomas Pontacq is a member of the "Club des Chocolatiers Engagés", a label that supports producers and works for a sustainable cocoa sector. It also promotes

local distribution channels and local products such as cream from Poitou Charentes and AOC butter from Surgères. It speciality? Pavés de La Rochelle®. An amusing reference to the city of La Rochelle's history and rue de l'Escale, whose cobblestones come from the ballast of ships from many countries, memories of the merchant city's great days.



NEW



Impressions, a new restaurant run by Chef David Etcheverry

Halfway between the Old Port and Place du Marché Central, Impressions, La Rochelle's new gourmet restaurant is located in the historic centre, facing the Dames Blanches cloister. On the other side of its arched entrance, the dining area provides an intimate, elegantly understated setting with a focus on noble materials, while a kitchen opening onto the room ensures a warm atmosphere. It's in the kitchen that Chef David Etcheverry, who has 18 years of Michelin stars to his credit, works alongside Takashi Aoki to provide their guests with a seasonal cuisine based on local products from the market, which is just a stone's throw away. Quality, environment and philosophy are the key words in the choice of their products. The menu is created in line with market feedback and the imagination of the day, so as always to be...impressive! Set Menu starting at €33

Bon Temps by Grégory Coutanceau

This new restaurant in the hands of Chef Gregory Coutanceau opened its doors in April 2022. A new establishment that draws on the conventions of the traditional brasserie and emblematic dishes of French cuisine while surfing on today's trends. Opposite the entrance, a bar decorated in black and brass hues invites customers to sit back and enjoy the atmosphere while they share a simple dish and a glass of wine. On the 1st floor, a rather more snug atmosphere reigns.



MICHELIN-STARRED CHEFS in La Rochelle





Christopher Coutanceau ***



In 2020, Christopher Coutanceau was awarded his third star at the Michelin Guide ceremony.

La Rochelle's flagship establishment had boasted 2 stars since 1986, when it was under the aegis of Chef Richard Coutanceau and his wife Maryse.

Passionate about the sea and a sailor since childhood, Chef Christopher Coutanceau is a fervent defender of sustainable fishing and anti waste cooking.

It is in his eponymous restaurant that he now works with his partner Nicolas Brossard.

coutanceaularochelle.com



Michelin Green Star: Gastronomy and Sustainability

MICHELIN-STARRED CHEFS in La Rochelle

L'Hysope *

Nicolas Durif, the Hysope restaurant's Chef, was awarded his 1st star in the Michelin Guide in 2018. He invites his guests to enjoy a sophisticated cuisine marked by his Alsatian childhood and his speciality...

Hyssop (an aromatic plant), from which the restaurant takes its name. His sophisticated and highly original regional cuisine is to be enjoyed in the warm atmosphere of the restaurant he opened in 2015 in the village of La Jarrie, 20 minutes from La Rochelle.

Ihysope.fr









Le Panier de Crabes

Located on the very pretty Place de la Fourche in the quiet bohemian "Saint Nicolas" district, Le Panier de Crabes serves very generous platters of seafood. Enjoy crabs, langoustines, oysters, periwinkles and whelks in the shade of a gigantic tree far away from the hustle and bustle of the city centre.



Le Comptoir Saoufé

This atypical and very friendly oyster bar is located in the little rue du Port in the heart of the historic city. Mart and Cyril give their customers a "home from home" welcome and share their passion for the Charente region. On the menu, sea produce (oysters, salmon, shrimps, whelks and sea urchins) and farm products (ostrich, snails, foie gras, etc.) selected from local producers and craftspeople only!

lecomptoirsaoufe.com

La Yole de Chris

Christopher Coutanceau's second restaurant, next door to his first eponymous starred restaurant. Located on Concurrence beach, facing the ocean, this marine bistro serves convivial cuisine based on seafood and fish from La Rochelle's fish market.

layoledechris.com



Two addresses in the heart of La Rochelle's fishing port at Chef de Baie and at La Pelle port in Marsilly, where you can buy organic seafood, mussels, oysters and shrimps, and enjoy them in situ. Coming from four generations of mussel producers in Esnandes, the Durivaud brothers have been farming mussels for nearly 20 years now. They are cooked *au naturel* with a few herbs added to bring out the best of their flavour.

moulesbrothers.fr

Auberge Paysanne des Marais

Located in the coastal village of Nieul sur Mer not far from Port de Plomb, this address provides visitors with an authentic experience in a true oyster farming atmosphere. With the wetlands as a backdrop, the inn, which has been awarded the "Accueil Paysan" (Rural Welcome) label, serves seafood, fish and cheese from the Charente Maritime region. A special mention for the oysters, which come direct from their farm on Ile de Ré. They are natural and wild, raised in the open sea. As for the fish, they come straight from Moby Dick's pool in Port du Plomb.









Coquillages et Crustacés

Far from the madding crowd, on the edge of L'Houmeau's picturesque little fishing port, visitors come across an elegant wooden hut painted red and black. With its waterfront terrace and view of Port du Plomb and the Ocean, Coquillages & Crustacés provides travellers with a real breath of fresh air to travellers... over a marine meal, naturally!

coquillagesetcrustaces.com



L'Océan la Cabane

Located near Aye's beach, L'Océan la Cabane welcomes its visitors in all simplicity with a view over the bay. An address where it's great to enjoy a seafood platter in the summertime, with your feet in the sand. And to round off the hours of convivial relaxation, kitesurfers put on an elegantly choreographed show just for you!

locean-la-cabane.eatbu.com



FOLLOW THE GUIDE



My favourite?

Just a step away from the covered market, at 2 rue des Cloutiers: **Les Petits Clous**, an intimate little restaurant in the market's atmosphere, serves first rate world cuisine prepared from fresh market products, with a tempting menu changed several times in the week.

THIRD PLACES

La Fabuleuse Cantine, a festive spot with a reasoned approach



Located in the former fish market, opposite the entrance to the Maritime Museum. La Fabuleuse Cantine is a hybrid living space designed with everybody in mind. A 400 m² space of exchange with an atmosphere conducive to inspiration and a large sun drenched terrace with a view of the boats plying the waters, where cultural, social and festive programming is combined with a reasoned approach to countering food waste, and serving creative gourmet cuisine based on local organic products.



Les Cabanes Urbaines, (6) collaborative estate



A third place perfectly embodying commitment to sustainable development, and promotion of the premises and social diversity, all integrated into the heart of the city. A place for sharing and living together, combining a coworking area, restaurant, participatory vegetable garden, health space, yoga, slackline and climbing wall. Les Cabanes Urbaines are part of the transition to a decarbonised system, through the building as a whole as well as its everyday management.



ACCOMODATION combining originality with refinement





La Villa Grand Voile



In April 2020, three starred chef Christopher Coutanceau opened his own Realise & Châteaux hotel "Villa Grand Voile". In this former shipowners' house in the heart of La Rochelle's old town, twelve beautifully equipped rooms welcome its guests. Taking its cue from his restaurant, the Chef's new hotel ensures its guests enjoy a timeless break with luxury and elegance as the watchwords. To make their stay and comfort yet more perfect, the many à la carte services available to guests are complemented by a garden planted with palm trees and a heated swimming pool.



La Maison des Ambassadeurs *****

The Maison des Ambassadeurs, formerly the Résidence de France, underwent a stunning transformation in 2020. Today, this new hotel pays tribute to the French ambassador and adventurer Albert Bodard, who took up residence between the Louis XIII's palace and the former covered market. The 5 star hotel, with its impressive entrance beneath the historic centre's arcades, has a style very much its own, elegant decoration, with a bar and sophisticated cuisine.



Hotel Saint-Nicolas ***

Set in a former fishermen's neighbourhood 100 metres from the Old Port, this hotel, which has all the appearance of a country house, has been renovated throughout and has 86 tastefully decorated rooms. In spring 2022, the hotel opened a new shared living space with vintage decoration and furniture. It has a bar with a bistro atmosphere that opens onto the terrace, along with a kitchen opening onto a winter garden where you can have breakfast between boat masts and glass canopies.



La Tour de Nesle **

Who has never dreamt of opening their shutters and waking up to an incredible view of the Old Port and its majestic Towers? This elegant hotel** is ideally located in one of La Rochelle's most emblematic neighbourhoods.

NEW



Maison Caju

A former early 20th centuryshipowner's house with convivial, refined decoration, Maison Caju has been renovated throughout and can be shared or rented for private use all year round. This urban gite in the Old Port district between the Lanterne Tower and the Chaîne Tower has 5 rooms and a suite. A warmly welcoming house comprising a fully equipped kitchen, living room with open fireplace, and dining room, along with a patio and intimate terraces for enjoying breakfast and lunch in the sun.



larochelle.maisonsdumondehotel.com

Maisons du Monde Hotel & Suite La Rochelle Vieux-Port

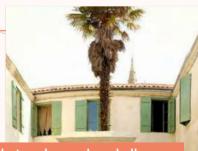
Located across from the Old Port, this new 63 room establishment with 100% Maisons du Monde decor opened in La Rochelle in late May 2021. The hotel has 5 styles of rooms for couples and families, each with its own inspiring atmosphere (classical, ethnic, graphic, seaside, modern and Viennese) designed on the basis of the Maisons du Monde brand's signature decorative features so as to ensure its guests feel at home. The establishment has a view of the port and includes a lobby and a breakfast room that also serves as a co working space.

À partir de 80 € la chambre double.

FOLLOW THE GUIDE

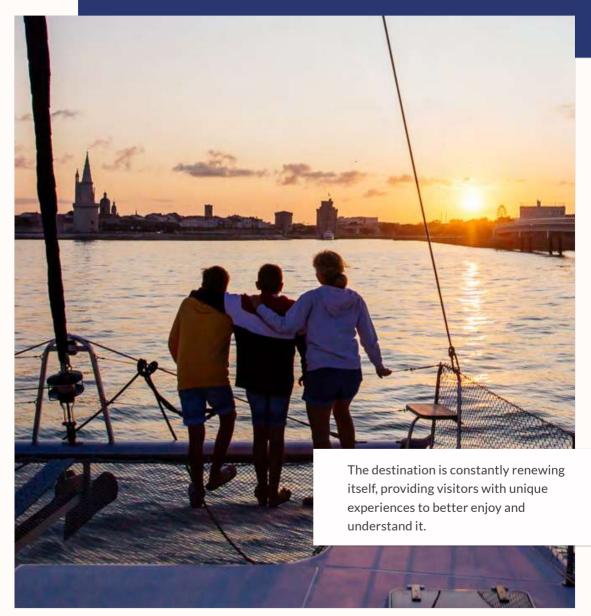
Favourite address: A delightful guesthouse,

"La Maison du Palmier", located on Place Maréchal Foch in a quiet neighbourhood behind the Old Port and near Concurrence beach. A former urban mansion of real character, which has kept its former splendour while adding all modern comforts.



chambres-hotes-charme-larochelle.com

out-of-the-ordinary EXPERIENCES





Rent a carrelet for a 100% Charente experience

Typical of the Charente coastline, carrelets are fishing huts whose pontoons extend over the sea enabling fishermen to lower their large square nets and bring up all sorts of species, including eels, shrimps and sole, depending on luck and the season. To fish from, or just to spend a day with friends in, carrelets in Esnandes and Angoulins are available for rent between two tides (about €50).

A trip on a remarkable sailing boat

You can book a trip aboard the Columbus, the legendary Vendée Globe sailing boat, which was also used by the WWF and Sea Shepherd for their awareness raising campaigns.

In a fisherman's shoes

The Fishing Port's team takes the curious minded backstage at the fish market, to trace the various stages by which fish reach their destinations, and attend a seafood auction. The Fishing Port proposes other activities, including a class on how to fillet fish like a fishmonger and a tour of the Port's facilities ending up with a mussel tasting session!









In an ornithologist's shoes

For amateur bird lovers and professional ornithologists alike, the La Rochelle conurbation's reserves have much to offer. Accompanied by a guide from the Bird Protection League (LPO), you can observe the various species of migratory birds that populate the mudflats long enough to regain their strength and continue their long migratory journeys. The LPO organises a whole range of nature outings and activities for families.

Sleeping in a movie set

La Rochelle is known for its many film festivals. To take the experience to its logical conclusion, visitors can now set down their bags in this out of the ordinary guesthouse inspired by the world of great films, located halfway between La Rochelle and Rochefort: The Making of. The owners have two family rooms on offer, one with a Harry Potter theme and the other focusing on Star Wars. Both rooms are interactive, with special effects on tap for total immersion.



FOLLOW THE GUIDE

www.oceames.eu

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Try your hand at a convivial treasure hunt in La Rochelle's historic centre, with riddles enabling you to explore the city at your own pace and from a different angle: *Le trésor des Océames*.

100% La Rochelle SHOPPING

COUTEAU FAROL

Handcrafted fishermen's knives since 1996. The company has been awarded the "EPV" (Entreprise de Patrimoine Vivant / Living Heritage Company) label for its unique knowhow and its innovations in the craft of knife making.





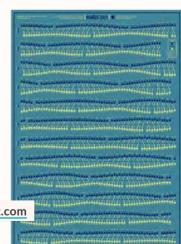
matlama.fr

MATLAMA BASKET

Manufacture of audaciously designed bags and baskets using unusual, highly resistant materials, including oyster bags, boat sails and swimming pool covers... All original models are designed by Marina Richer in La Rochelle and manufactured in limited series.

ATELIER SERREJOINT TIDAL CALENDARS

Graphic designer Emeline and her partner, a salt marsh farmer on Île de Ré, live to the rhythm of the tides and the salt harvest. Together, they create tidal calendars, designed and screen printed by Emeline herself. In 2004, she founded her workshop and tidal calendars became her flagship project.



atelierserrejoint.com



ESPRITVOILES DECKCHAIR

Creation and manufacture of marine canvas bags and accessories. All models are designed and created in the workshop in La Rochelle. An ecoresponsible company with positive energy, its goal is zero waste.

espritvoiles.fr

ALMA MATER CERAMIQUES PLATE

The Alma Mater Ceramics studio/shop is a design office dedicated to local clays as well as a workshop for creation of everyday objects and tableware in a modern, refined and uncluttered style. Aliénor also teaches classes on modelling and turning. In her studio's shop, you'll find beautiful dinnerware sets, vases, bowls and cups, all finely made, pleasant to the touch and decorated in the colours of the Atlantic coast.



atelieralmamaterceramiques.com

FOLLOW THE GUIDE

Explore the heart of the city in discovery of the little shops in rue Saint Yon, rue Saint Sauveur and rue Saint Nicolas, and ferret out original objects by our local creators.

LOGBOOK 2022

La Rochelle is a land of events.

Rendezvous that bring the city to life all year round and celebrate music, dance, cinema, theatre, travel, sport and sailing.



Sunny Side Of the Dock

22 and 23 June 2022



FEMA - La Rochelle Film Festival

50e édition from 1er to 10 July



La Rochelle's Francofolies

37th edition from 13 to 17 July 2022



TV Fiction Festival

13 to 17 September 2022



Grand Pavois La Rochelle

50th edition from 27 September to 2 October 2022



International Adventure Film and Book Festival

16 to 22 November 2022



La Rochelle Marathon

31th edition on 27 November 2022



2022, l'année Océan

January

50 years of the Marina

Launch of La Rochelle Port Centre

February

La Rochelle celebrates Europe

March

Preview broadcast of the Pro Sailing Tour's La Rochelle episode

22 to 24 March: European Meetings on the Preservation of Natural Marine Habitats

May

The Fishing Port Festival's 25th birthday

Annual Marine Parks Seminar

4 to 8 May: Gascoigne 45/5 Offshore Race

May 21/22: Midship Challenge / MACSF Trophy

26 to 29 May: La Rochelle Week / Light Sailing

June

8 to 12 June: Nautical Week

11 June: Ladies-Only Regatta

12 June: 10 years of the Grand Port Atlantique's Open Port

14 to 19 June: Class 40 World Championship

18 June: Tour de Ré Regatta

All year Climat Océan long Exhibition

agglo-larochelle.fr

July

Sailing tour of Charente-Maritime

14 to 16 July: La Rochelle / Azores Offshore Race

21 & 22 July: Great Classic English Channel / Atlantic Regatta

September

22 & 23 September: Fishing and Sea Products Conference

27 September to 2 October: 50 years of the Grand Pavois National Foiler ETF26 / Catamaran Regatta

November

International Adventure Film and Book Festival

> Communauté dégréssivelles de La Rochelle

EMBARQUEMENT

Thanks to its location and facilities, La Rochelle is an ideal destination for conferences, seminars and other corporate events. Enjoying an outstanding setting and with major hotel capacity in all categories, warmly welcoming restaurants, reception facilities adapted to all event formats and highly committed specialised service providers, the destination has everything it takes to accompany and satisfy the most demanding organisers!



CLASSE AFFAIRES



NAME OF PASSANGER
JULIETTE GUINEBERT

FROM:

LA ROCHELLE / LRH

GATE 23 SEAT 21R

FLIGHT LR2022

BOARDING TIME 10:10

A DESTINATION THAT BRINGS PEOPLE TOGETHER

La Rochelle provides a whole range of possibilities for people to meet, exchange, negotiate and recharge their batteries. With two conference centres (one on the Old Port side and the other on the Ocean side) and numerous unique meeting and seminar venues (a boat, an aquarium, a museum, hotels, etc.), every event can find the right venue in La Rochelle.

Conference and exhibition facilities:

former fish auction hall a new lease of life, houses a 3000 metre modular area 2 under glass, opening on to the Bassin des Grands Yachts. A venue comprising an 800 seat amphitheatre, 10 committee rooms and a terrace with a view of La Rochelle's Towers, ideal for hosting all types of events.

The Forum des Pertuis is moored at the Minimes Marina, ready to set sail for the Lighthouse at the End of the World. This conference centre comprises almost 2000 m² of fully modular space and a 420 seat amphitheatre, a prestige function room with a view of the sea, and 6 committee rooms.







The best team stopover experiences in La Rochelle:

- Take a trip back in time and discover the history of La Rochelle's legendary Towers
- Share your thoughts on the most beautiful marine species in one of Europe's largest private aquariums: the La Rochelle Aquarium
- Set sail with your team aboard Croisières Inter Îles' Esperance 1 and extend your festive and productive evenings in the heart of the Old Port
- Look down at the ocean below while enjoying an aperitif at La Grande Terrasse, a typical Charente carrelet
- Take a breath of fresh air as you swing away between the ocean and nature on the La Jarne or La Prée golf courses
- Stroll through the Léa Nature Biopole's vegetable garden with your team and learn about permaculture
- Awaken all five senses during a visit to the Normandin Mercier family's hundred and fifty year old Cognac cellars.

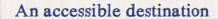
And there are also regattas, Olympiads, treasure hunts, rallies and even games around Fort Boyard...

Our event agencies are unrivalled in the region, and there's no limit to their creativity when it comes to organising unique tailor made experiences!

Notes

Notes







By train

(railway station 5 minutes' walk from the centre)

Paris-Montparnasse: 2h30

Bordeaux : 2h30 Nantes : 2h00 Poitiers : 1h30



By car

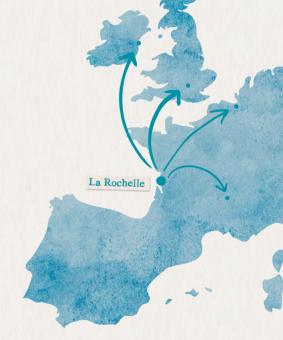
Paris: 5h Bordeaux: 2h Nantes: 2h Poitiers: 1h30



By plane

(airport 20 minutes' drive away)

Lyon: 2h10 Londres: 2h Bruxelles: 2h45 Dublin: 1h40



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larochelle-tourisme.com