

BASSIN D'ARCACHON

A world apart



100% nature

ARCACHON CAP FERRET



**The Arcachon-Cap Ferret oyster-farmers
thank you for your faithfulness**

www.huitres-arcachon-capferret.com



L'Aquitaine, le goût du bonheur



BASSIN D'ARCACHON

A world apart



Tourist guide - 2007 Edition

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A world APART

Oyster ports, salt meadows, warm sand, pine trees, a renowned peninsula, a famous dune... The Bassin d'Arcachon offers a wide palette of landscapes. On the ocean side, the sea waves can crack sometimes whilst nothing in the inner Bassin gives a hint of the nearby Atlantic roar... An enchanting environment with ten towns and villages, their richness waiting to be shared with you.

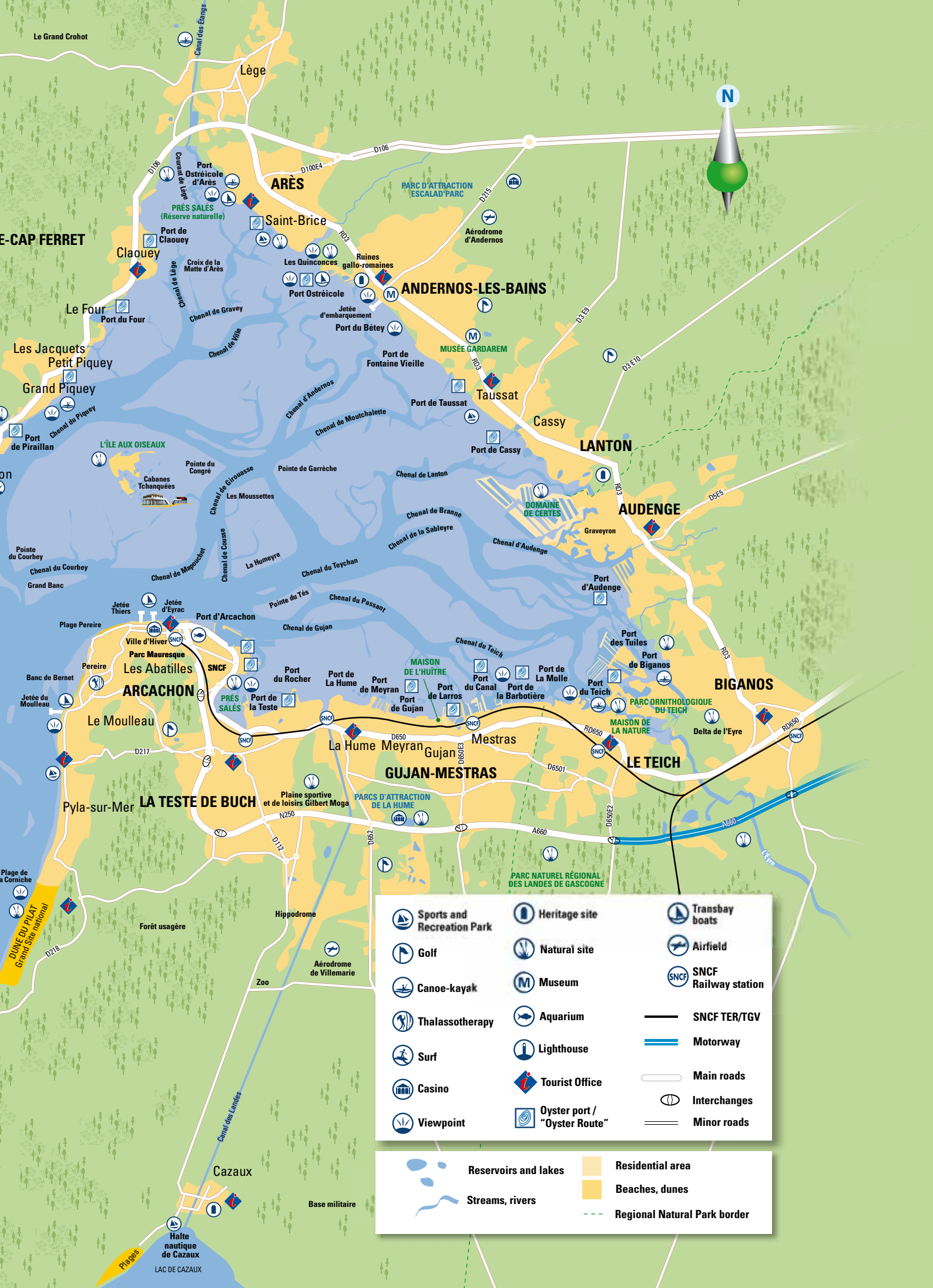
THE BASSIN IN THE RHYTHM OF SEASONS

Pleasures do not start in June to end in September! Throughout the year, visitors are welcome in any of the ten towns and villages of the Bassin and can enjoy long walks in the forest, bird watching, sporting activities, oyster sampling. Oyster-farmers, fishermen, shopkeepers, associations govern the rhythm of the Bassin d'Arcachon and liven it up.

OCEAN, LAKE AND BAY BEACHES

Are you rather an ocean enthusiast when it comes to swimming? Or do you prefer lakes, or bays? Now here is your luck: the region offers beaches of all sorts, adapted to every taste. And nothing prevents you from enjoying each kind in turn. Thanks to the short distance between the bay, lake and ocean, swimming is possible (almost) throughout the day.





WELCOME...

There are secrets

RECHARGE-YOUR BATTERIES!



Here, our true wealth is nature. That is why numerous measures have been taken to protect the environmental heritage, in order that our treasures – called Dune du Pilat, Cap Ferret peninsula, Ornithological Park of Le Teich, Domaine de Certes, salt meadows – should be handed down intact to our children. A unique patrimony for which everyone is responsible...



COME OUT IN THE OPEN AIR!

Thanks to the influence of the ocean and to a subtle cocktail of sun, wind, sand and water, the Bassin benefits from an exceptionally mild climate where it is nice living – as much for the inhabitants and visitors, of course, as for the animals and vegetation which find in the Bassin a favourable environment to thrive. Climate, fresh air, light: everything is there to offer you a most auspicious exploration of the region!



ABSORB LOCAL HISTORY!

The least one can say is that the heritage of the Bassin d'Arcachon cannot be seen in many other places. Unique are the Tchanquées Huts; special, the villas in the Winter Town; exceptional, the Dune du Pilat... and so many other unusual sights! They are the countless testimonies of an original culture, which the inhabitants of the Bassin enjoy to show to the "étrangères"...

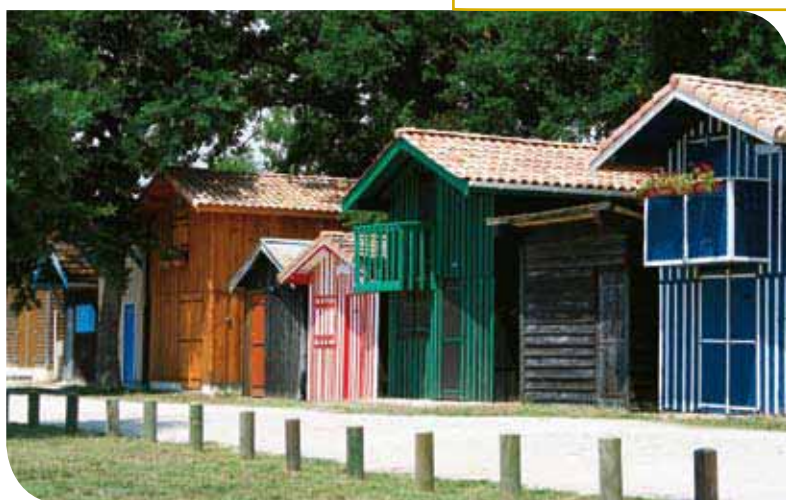


one likes to share!

ENJOY, HAVE GOOD TIMES!

Bringing together variety and quality, such is the ambition of the ten towns and villages of the Bassin d'Arcachon, which have thought out and planned a festive programme to offer a whole year of explorations and good times. If you are fond of leisure activities, then you will find multiple opportunities to have fun or cultivate your mind: shows, festivals, exhibitions, markets, meetings... A comprehensive programme for all seasons.

DISCOVER
THE TOWNS AND VILLAGES
OF THE BASSIN!



Arcachon, La Teste de Buch, Gujan-Mestras, Le Teich, Biganos, Audenge, Lanton, Andernos-les-Bains, Arès, Lège-Cap Ferret: such are the names of the ten towns and villages of the Bassin d'Arcachon. Nestled between the sea and the forest, these towns of all sizes offer to their inhabitants and visitors charming market places, café terraces, picturesque harbours... Which all actually constitute a genuine cultural land.

EMBARK ON
THE OYSTER
ROUTE!

The Bassin oyster... Or rather, the Bassin oysters, for there are so many varieties of them according to their oyster farm of origin: Banc d'Arguin, Île aux Oiseaux, Grand Banc or Cap Ferret. In order to better know the fascinating world of oyster-farming, you are invited to meet, all along the Oyster Route, the specialists of this exceptional produce which is forever attached to the history of the Bassin d'Arcachon.





Nature

Recharge your batteries!

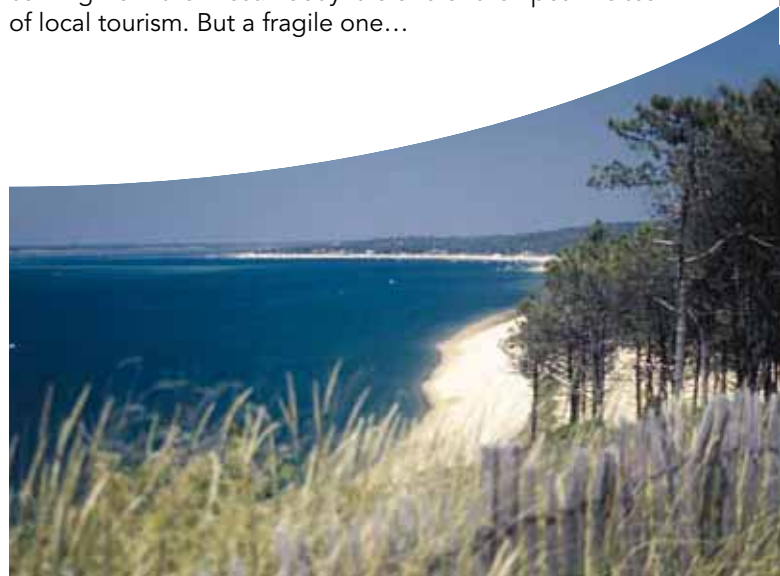


LARGE open spaces

The natural sites constitute the great wealth of this region, which becomes a true landlocked sea of 155 km² at high tide while it only covers 40 m² when the tide goes out. An amazing figure: 230 million cubic metres of water surge in and out of the Bassin through a corridor some three kilometres long cut into the land between the tip of Cap Ferret and the Dune du Pilat. Nearby, an island covered in golden sand was elected as a haven by migratory birds: the Banc d'Arguin. The Bassin d'Arcachon: a meeting place for large open spaces.

DUNE DU PILAT (*) [Nature reserve]

Caution: here is a special site! This dune is the highest one in all Europe, towering at 105 metres for a length reaching 2,7 kilometres and a width of 500 metres. It represents 60 million cubic metres of sand! At its summit, the "efforts" spent to ascend it are rewarded with a magnificent panoramic view over the envionring treasures: the Banc d'Arguin, the Cap Ferret peninsula, a sea made of pine trees... Listed as a National Natural Site, the large Dune du Pilat gradually built up during the XVIIIth century through the accumulation of sand moved by dominant winds coming from the West. Today it is one of the "peak" sites of local tourism. But a fragile one...





ÎLE AUX OISEAUX (*)

An enchanting name which is not fortuitous, since it has been elected by teals, terns, redshanks, ash curlews and many other migratory species as a stopping place on their way to warmer lands on the globe. The island is an earthly paradise to its feathered inhabitants, who can move about freely in this landscape of heath lands and moors circled by the water which gnaws at its surface when the tide comes up. Then, the island shrinks from 1000 hectares to only 300 hectares.



CAP FERRET TIP

This wild space – a Coast and River Conservatory ownership –, which forms a wall of sand built up under the effect of dominant winds, has been elected as a shelter by numerous vegetal and animal species. The combined effect of the wind, sun and salted water eventually moulded a site whose exceptional ecosystem can be explored thanks to a path called “the Alphabet primer of the Dunes”. Wandering along on an itinerary full of discoveries, we pleasantly switch from Atlantic beaches to oyster ports.



BANC D'ARGUIN (*)

[Nature reserve]

This bank of golden sand is located at the head of the Bassin d'Arcachon, between the tip of Cap Ferret and the Dune du Pilat. Subjected to the strength of the tides and winds which constantly redefine its outlines, the Banc d'Arguin nevertheless stretches over a surface of four by two kilometres. A refuge for numerous bird species, this Mecca for natural environment can, however, prove perilous if approached without precautions.

(* Town of La Teste de Buch)





Nature

Recharge your batteries!



Parc
naturel
régional
des Landes
de Gascogne

REGIONAL NATURAL PARK OF LANDES DE GASCOGNE

In the heart of the Gascon forest lay the 350 000 hectares of the Regional Natural Park of Landes de Gascogne, stretching from the Eyre delta – in the Bassin d'Arcachon – up to the Landes towns.

The River Eyre constitutes a link between two landscapes: the forest of maritime pine trees on the one hand, which covers 80 % of the Park, and the Bassin d'Arcachon on the other hand, open towards the ocean.

Today the Park's action is turned towards a tourist development based on quality services around leisure and environment-exploring equipments. Walkers, horse-riders or cyclists: all hikers are welcome, providing one thing: that they respect the elementary rules of security and good conduct within an environment that is both wonderful and fragile.

**Contact: Maison du Parc Naturel
Régional des Landes de Gascogne**
☎ +33 (0)5 57 71 99 99.
www.parc-landes-de-gascogne.fr

Domaine de Certes

[Audenge and Lanton]

A Coast and River Conservatory ownership, this territory between land and sea is made up of fish reservoirs and surrounded by dikes and locks, agricultural lands and forests. Quietness, together with the abundance of space and food, makes Certes a domain of predilection for wild fauna.

The River Eyre

Still wild, this river takes its nickname of "Small Amazon" from its surrounding flora (alders, ash trees, ferns) but also from its gallery forest and its delta. Before flowing into the Bassin, it offers a unique watching post from which one can admire wild ducks, otters or kingfishers.



THE PIRAILLAN RESERVOIRS

[Lège-Cap Ferret]

Covering 40 hectares, these reservoirs which were formerly used to capture fish are today a shelter for migratory and nesting birds, but also for roe deer, foxes, wild ducks, swans... All waiting for the observer. Providing the observer is unobtrusive!

SALT MEADOWS

These 500-hectare nourishing prairies, moulded by the ebb and flow of the tides, are a real paradise for swans, egrets and grey herons.

The unique sight of the birds moving about in this landscape, looking for food, is available to visitors thanks to a 12 km exploration tour starting from Arès and Claouey.

Open all year round



THE ORNITHOLOGICAL PARK OF LE TEICH

📍 Halfway between Northern Europe and North Africa notably lays this 120-hectare space, located in the Regional Natural Park of Landes de Gascogne. Made up of a mosaic of diverse environments, it provides an ideal shelter for a large number of bird species: ornithologists have counted 260 of them! This festival of colours and sounds is accessible to visitors from any of the twenty covered watching posts. Two exploration tours are available to those who are interested; one of them has been especially designed for children.

Tel. +33 (0)5 56 22 80 93
www.parc-ornithologique-du-teich.com



THE BASSIN: a sense of **well-being**

Mildness... Here is a characteristic that can always be applied to the Bassin d'Arcachon. In summer, the sun is very present but is so kind as to never become scorching. In winter, temperatures remain pleasant. Thanks to the wind and the ocean which temper its climate, the Bassin enjoys an ideal weather in all seasons, which allows visitors to make the most of the tourist structures.

Open all year round

A WEEKEND IN THALASSOTHERAPY

▶ The Arcachon Thalassotherapy Centre brings well-being in an exceptional environment.

**From € 135 per person
2 days 1 night in a hotel**,
breakfast included**

- 2 treatments of your choice among the following: hydro massage pool, circular shower, algae wrap, sea mud wrap, hydro massage shower column. Unlimited access to the sauna, steam room, marine trail with its sea-water hot tub at 32°C.
- A boat cruise to discover the Île aux Oiseaux
- A dinner or lunch in one of our partner restaurants

**Information and reservations:
Office de Tourisme d'Arcachon
Reservation department
au +33 (0)5 57 52 97 70
AU 033 040 001**



AND ALSO...

▶ Planète 9

(La Teste de Buch, 33260)
94, rue Lagrua +33 (0)5 57 52 84 40

▶ Aquaform (Andernos, 33510)
rue Franck Cazenave
+33 (0)5 56 82 22 01



FROM CLIMATISM TO TOURISM

The town of Arcachon draws its success from sea-bathing, an activity which already attracted people taking the waters back under the reign of Louis XVIII. Arcachon, which kept its medical destiny up until 1950, developed a Winter Town in the purpose of organising cures of air, an essential feature in the treatment against tuberculosis. The residents of this Winter Town could thus benefit from an ideal natural environment: air filtered by the pine trees, turpentine by inhalation, the "hygienic house" and its accessories – including verandas and balconies –, together with specific equipments.

IODISED AIR IN THE BASSIN

A recent study has established that the French population suffers from an iodine deficiency, a trace element which is essential to our body. Now the good iodised sea air, smelling lovely of iodine, is an essential asset of the Bassin: filling their lungs with it, people recover fitness and a good appetite. To be in good health again, let's all go the Bassin d'Arcachon!

SAINTE-ANNE DES ABATILLES SPRING

Would transparent gold be more profitable than black gold? In any case,



Louis Lemarie had a fortunate hand when, in 1923, drilling in the subsoil of the Bassin region to depths reaching 465 metres in order to find oil, he discovered a hot water spring. The "Source Sainte-Anne", as it was soon named, gave a water rich in healing properties which is now bottled at a rate of 20 million items a year, under the name of "Eau des Abatilles".



Nature

Come out in the open air!



Walking... on the BEACHES

An innovative exploration tour: the beach. Surprising? Well, why not considering the Bassin d'Arcachon beaches as hiking itineraries in themselves? No doubt that, contrary to what one would expect, walking on these large stretches of sand is a most exciting activity. Whoever li-

kes to arouse their senses will find that entertainments are numerous: here, children competing for the best sand castle; there, fishermen ready to collect the fruits of the sea. And so many more recreational activities! The humming of the waves, the flurry of kites in the sky, the ar-

rival of a boat, the acrobatics of a surfer... All this throughout a pleasant walk which has nothing to do, obviously, with a forced march: a swim can be improvised any time, in any place! Let alone having a nice cool drink in one of the numerous oasis-like bars...

ZOOM ON

DOMAINE DE GRAVEYRON, BEGINNINGS OF THE DOMAINE DE CERTES

🕒 Here again is a special site. This 200-hectare area of agricultural lands, dikes, locks and fish reservoirs represents a refuge for the wild fauna, which finds serenity and food in abundance in the place. You are welcome to come and visit the Domaine de Graveyron with an Intercommunal Tourist Office guide.

Rate: € 4/pers.

Free for children under 12.

2h30 walk with commentary
Minimum 5 persons over 12.

Information:

O.T.I. Antenne d'Audenge
+33 (0)5 56 26 95 97

TOPO-GUIDE

🕒 Published by the French Hiking Federation, the topo-guide is absolutely essential. It will provide you with practical information, way-marked itineraries, walks with different levels of difficulty. On sale in every Tourist Office in the Bassin d'Arcachon.





CYCLING...

on the cycle paths

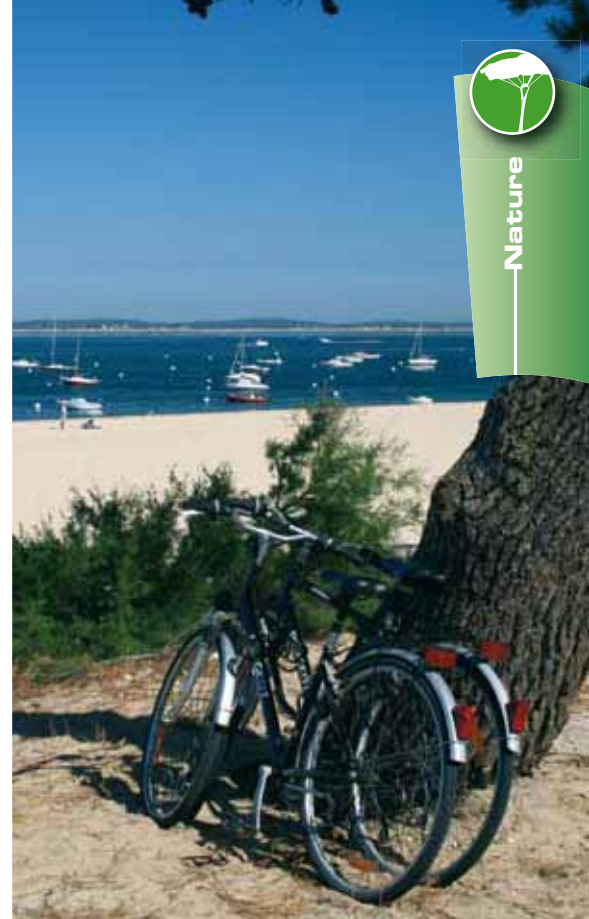
There is some confirmation of the trend: the bicycle has become a true alternative means of transport, a handy, pleasant, environmental-friendly and safe one – provided there are cycle paths...

And precisely, the Bassin d'Arcachon has been equipped for a long time with a real network of cycle paths, since it is definitely nicer to explore the neighbouring sites ri-

ding a bicycle – and also more logic, if we remember that this region is Nature's land. Now except walking, what is the most environment-friendly means of transport? The bicycle, of course!

Numerous are the possible rides as much for keen cyclists as for occasional ones.

You will find all the circuit cards in the various Tourist Offices.



ZOOM ON



CYCLING DAYS IN CAP FERRET

3 days 2 nights in a hotel
in Cap Ferret
€ 165 per person**

- **1st day:** Country cooking dinner on the Bassin d'Arcachon shores.
- **2nd day:** Bicycles are put to your disposal for the day. Our network of cycle paths (52 km) will enable you to explore a mosaic of landscapes and surroundings: Atlantic coast, oyster villages, forest. Followed by lunch and visit of the Cap Ferret lighthouse and the exhibition "Terre d'eau".
- **3rd day:** Visit of an oyster hut to sample oysters and taste white wine. There, your host will explain to you his profession and the subtleties of flavours according to the various places of oyster production in the Bassin d'Arcachon.
In the early afternoon, you will embark on a boat for a tour around the Île aux Oiseaux.

**Information and sales
conditions: +33 (0)5 56 03 94 49
AU 033 99 000 1
www.lege-capferret.com**



Nature

Come out in the open air!



AT WATER level

ON A SEA KAYAK

The kayak is the best way to approach nature disturbing nothing but water... Individually or as part of a group, venture out at water level with a guide towards the Île aux Oiseaux or the salted meadows.

ON A CANOE-KAYAK

With its delta and gallery forest, the Eyre River – or “Small Amazon” – is ideal for canoeing. A sports canoeing indeed, but nevertheless peaceful, notably accessible to families.

SAILING

Well-known to yachtsmen, the lake of the Bassin d’Arcachon brings together safety and technical conditions in a happy combination which grants a good time even to accomplished sailors. The Cazaux lake, the second largest in France, offers more peaceful sailing conditions.

ON A PINASSE OR PINASSOTTE

Characterised by a slim and elongated shape as well as a flat bottom, these boats, typical of the region, were used by oyster-farmers. Today, either power- or sail-driven, they massively come back in the Bassin d’Arcachon for the tradition lovers’ greatest delight. They can be regularly admired on the occa-

sion of the Sea Fairs, the “Festivoiles” in Claouey and also the numerous regattas organised around the Bassin.

KITE-SURFING

To specialists of the “fun” sports activity called Kite Surf, the Bassin d’Arcachon is an extremely favourable playground. Don’t you know what a “Kite” is? It is a small surfboard towed by a delta wing. Spectacular!

ROWING

The Bassin d’Arcachon may be miles away from Oxford and Cambridge (well, there is a difference in the climate, anyway!), it still is one of the greatest training grounds for the French champions of this competitive sports...



Open all year round

TOUR AROUND THE ÎLE AUX OISEAUX

BOAT CRUISE WITH COMMENTARY

🔍 Discover in turn the Île aux Oiseaux and its Tchanquées Huts, oyster farms, the fishermen villages of the Cap Ferret peninsula and Arcachon seafront.

Tickets for sale in every Tourist Office in the Bassin d’Arcachon or directly on the embarking pier.

***Throughout the year: departure from Arcachon and Cap Ferret
From May to September: departure from Andernos-les-Bains***

Between SKY and earth



Nature

GOLF COURSES

• Arcachon International Golf Course

It overlooks both the forest and the Bassin d'Arcachon with its natural course layout in a setting of pine trees, small valleys and plains adorned with water obstacles. Par 72
☎ +33 (0)5 56 54 44 00

• Gujan-Mestras Blue Green Golf Course

An internationally renowned recreational course combining technical difficulties with an attractive layout between sand and pine trees. Par 35 and par 72.
☎ +33 (0)5 57 52 73 73

• Cassy-Lanton Golf Course

This 9 hole Par 33 (2,235 m), entirely irrigated, is located on the edge of the forest.
☎ +33 (0)5 56 82 95 71



zoom ON

THE ARCACHON GREENS...

A WEEKEND BETWEEN GOLF AND THALASSO

🕒 **From € 194 per person
2 days 1 night in a hotel**,
breakfast included**

Golf or rather thalasso? You are not sure? Then pick both!

On the one hand, the thalassotherapy centre provides well-being through rest, relaxation and care in a special setting.

On the other hand, the golf course offers its green layout between pine trees and the ocean...

High moments:

- A beginner's course or private golf lesson.
- 2 treatments of your choice and unlimited access to the sauna, steam room, bio-marine trail with its sea-water hot tub at 32°C.
- A cruise to discover the Île aux Oiseaux
- A dinner or lunch in one of our partner restaurants

Information and reservations:
Office du Tourisme d'Arcachon
Service des réservations
+33 (0)5 57 52 97 70
AU 033 040 001



HORSE-RIDING

The forest and its paths are open to riders, riding centres... The Bassin d'Arcachon has all the characteristics and structures required to be a privileged place for horse-riding. A date to remember: every year, at the end of June, is the "Jumping des Sables" – an original competition organised on Pereire beach – and, throughout summer, numerous happenings are organised in all the various horse disciplines.

A FLY OVER

Let's gain height: an aerial view of the Bassin d'Arcachon from a small private aircraft is the sort of experience that stay on one's mind. Forest, sea and sand join in a wonderful panoramic view.



PARAGLIDING, MICROLIGHTING AND HANG-GLIDING

The Dune du Pilat acts as a choice airfield for these strange birds. Indeed, the rising currents and thermal conditions are ideal for the charming crazy flyers' taking off! A view one never gets tired of.



DISCOVER...

... THE TCHANQUÉES HUTS

Standing close to the Île aux Oiseaux, the Tchanquées Huts were used as shelters by the wardens in charge of the surveillance of the oyster beds; since then, they have become true symbols of the Bassin. These constructions on piles – or “perched on stilts” as their Gascon name “tchanqué” means– look like Landes shepherds watching... white horses.

There are only two huts left today. More than a piece of patrimony: a treasure!

...THE BASSIN ARCHITECTURE

Whoever loves architecture will enjoy wandering along the pretty avenues or small streets, will lose themselves in admiration for the great and radiant Belle Époque villas or for the more simple style of the pretty little houses... which, together with their “big sisters”, are testimonies of the Bassin history.

Whether close to the beach or nestled in the heart of the town, these villas adorned with wooden ornaments – sometimes called “railway houses” because of their rooms

which follow one another like wagons – display their balustrades and their “balet à l’agenaise” (sort of eaves supported by thin pillars).

Built in the 1850s, these “charming little Arcachonaises” stand next to the distinguished examples of

seaside architecture which can be found all around the Bassin: great hotels, casinos, thermal houses, beach furniture... There again, a Belle Époque architecture which invites the enthusiasts into dreams and sweet nostalgia.

Open all year round

VISIT OF THE WINTER TOWN

▶ A historical district dating back to the XIXth century, the Winter Town constitutes an outstanding cluster of large and magnificent bourgeois villas nestled in a vegetal ocean. For fine stones lovers, here are some suggestions for a walk:

- **tape-guided walk:** Throughout the year, an original and recreational exploration of Arcachon and the Winter Town history

- **follow the Tourist Office guides...** through the winding lanes of this special site, walking or cycling – a visit offered everyday from April to October.

Information and reservations

Office du Tourisme d’Arcachon
+33 (0)5 57 52 97 97
tourisme@arcachon.com





ZOOM ON

A SHORT STOPOVER IN THE LÈGE-CAP FERRET PENINSULA

► 2 days 1 night in a hotel** in Cap Ferret: € 90 per person

- 1st day: Country cooking dinner on the Bassin d'Arcachon shores and accommodation in a hotel**
- 2nd day: visit of the Cap Ferret lighthouse and its exhibition "Terre d'eau", including a film in which you share the emotions of a sailor who comes back to the Cap Ferret after travelling out on the seven seas, plus an interactive gallery on the history, vocation and evolution of the lighthouse. In the early afternoon, you will embark on a boat for a tour around the Île aux Oiseaux, during which you will discover the famous Huts on stilts.

www.lege-capferret.com

Information, sales conditions:

+33 (0)5 56 03 94 49

AU 033 99 000 1



© B. Lafosse

Open all
year round

THE CAP FERRET LIGHTHOUSE AND THE "TERRE D'EAU" EXHIBITION

► Bassin, ocean, forest... Come and admire this magnificent view from the Cap Ferret lighthouse, towering at 53 metres! And pop down to see the continuous exhibition which includes the projection of a film, *Le veilleur de nuit* ("The Sea Watchman"), and also a recreational gallery.

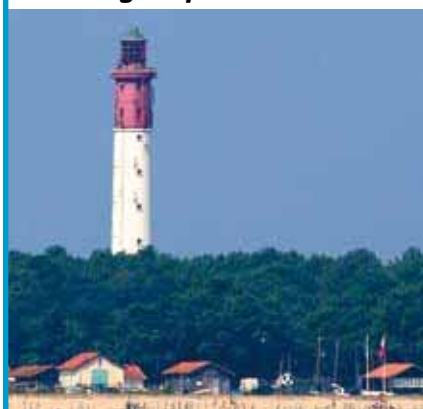
Rates: Adults: € 4,50

Children: € 3

Phare du Cap Ferret

Tel. +33 (0)5 57 70 33 30

www.lege-capferret.com



ZOOM ON

VISIT OF THE HISTORICAL HERITAGE OF ANDERNOS

► Two itineraries, "Le Bourg" and "Du Broustey au Mauret", are awaiting walkers and cyclists who will, thus, discover the Art-deco villas and Art-nouveau houses. Some of these were the residences of celebrities:

Toulouse-Lautrec, Sarah Bernhardt...

Let yourself be guided along these houses called "Victory", "Martha Federico", "Mady", "Riant Cottage", "Primerose" and... "ZiziJac".

Information: Office du Tourisme, +33 (0)5 56 82 02 95





Oyster-farming

Embark on the Oyster Route!



Destination: THE BASSIN



OYSTER-FARMING AND HERITAGE

Discover the heritage of oyster ports, one of the foundations of local history and identity. All along your wanderings, you will find that oyster-farmers and fishermen are always ready to share their love for the Bassin d'Arcachon.

Through about twenty oyster ports from Lège-Cap Ferret to Arcachon and to Gujan-Mestras, of course, the

Bassin displays painting-like sceneries with its wooden huts, *pinasses* and multiple activities.

Thus, embark on the Maritime Heritage and Oyster Route. Distinguished by the following logo, the actors of this special itinerary have subscribed to a deed. The nicest reception and their best produces are waiting for you.



Open all year round

THE OYSTER HOUSE

🕒 It has adopted a new image, doubling its surface: it has a **new video room** (environment, oyster anatomy, aquariums...). **Three other rooms** complete the visit: the "water room" with its superb models, the "skills room" showing the equipments used by oyster-farmers, and the "history room".

Maison de l'huître
Port de Larros
Gujan Mestras
+33 (0)5 56 66 23 71
www.maisondelhuître.com

THE GARDAREM ECO-MUSEUM

🕒 You will love the Gardarem Eco-museum located in the old Taussat harbour, with its 600 or so traditional instruments that were used by tappers and oyster-farmers.

Information: Office de Tourisme Intercommunal de Lanton
+33 (0)5 57 70 26 55





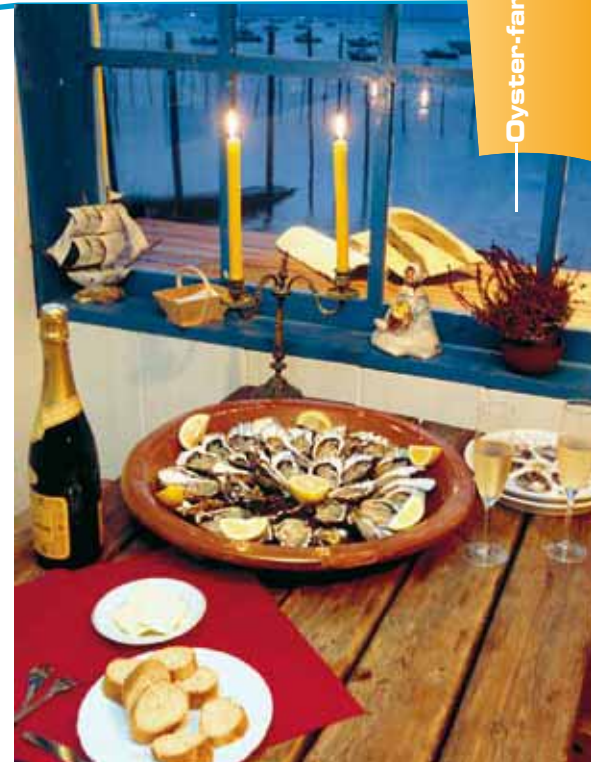
ZOOM ON

THE LOCALS

🕒 The geographical situation of the Bassin, with such contrasts between North and South, has an influence on the oysters' flavour depending on which of the four breeding zones they come from.

In addition to health and vitality, the Bassin d'Arcachon also provides the Arcachon Cap Ferret Oysters with a wide palette of flavours:

- **Oysters from the Banc d'Arguin** a surprising mix of smooth, sweet and milky hints mingled with marine flavours...
- **Oyster from the Île aux Oiseaux** a strong character coming from their vegetal and mineral aromas, together with a remarkable crunchy taste under the teeth.
- **Oysters from Cap Ferret** delicate fresh vegetable and citrus fruits aromas, a genuine marine delicacy...
- **Oysters from the Grand Banc** a smooth identity of white fruit



flavour mingled with a hint of grilled hazelnut...

Do feel free to ask about the origin of the oysters you will sample; doing so, discover for yourself new facets of the Arcachon Cap Ferret oysters!

ARCACHON CAP FERRET THE 100% NATURAL OYSTERS

RECOVER PLEASURE AND HEALTH

The birthplace of numerous Atlantic species and the nursery of French and European oysters, the Bassin d'Arcachon proves every year the quality of its waters through the profusion of marine life that livens it up.

A pearl among oysters, the Arcachon Cap Ferret oyster offers you all the benefits of its environment. Containing high quality proteins (for tissue renewal), vitamin B12 (cellular proliferation and preservation of the nervous system), numerous and varied vitamins (A, D, B1, B2, B3, B5, B6, B9, B12 and even C), minerals (potassium, magnesium, calcium, iron, phosphorus) as well as trace elements (zinc, iodine, selenium, manganese, etc...), the Arcachon Cap Ferret oysters are an inexhaustible source of well-being for only 68 Kcal a dozen!!!





Leisure & Recreational Activities

Enjoy, have good times!



HAPPENINGS in 2007

JANUARY

- **From 11 to 23 January:** "Africa", exhibition by the painter Fabian Valet in the Petit Piquey multimedia library – 17 January, 11 a.m.: African tale. ([Lège-Cap Ferret](#)).
- **From 16 to 23 January:** 16th "Nuits magiques en Gironde" Festival, Maison des Arts and Cinéma Gérard Philippe ([Gujan-Mestras](#)).
- **20 January:** Jazz Café-Concert with beginner's course in oenology at the Restaurant Les Fontaines ([Lanton](#)).
- **27 and 28 January:** Theatre show "Boeing boeing", village hall ([Gujan-Mestras](#)).
- **Every 3rd Friday of the month (all year round):** "Ciel écran", shows on a giant screen: concerts, theatre, humour... ([Lège-Cap Ferret](#)).

FEBRUARY

- **2, 3 and 4 February:** Saint Blaise's Day ([Lège-Cap Ferret](#)).
- **From 2 to 28 February:** "Les Idiomatics" Exhibition, Petit Piquey multimedia library ([Lège-Cap Ferret](#)).
- **2, 3 and 4 February:** Theatre show "Boeing boeing", village hall ([Gujan-Mestras](#)).
- **4 February:** "Foulées des Plaines", ramble-races. ([Le Teich](#)).
- **10 February:** Theatre show "Les ailes de papier", village hall ([Gujan-Mestras](#)).
- **From 13 to 17 February:** "Nature en partage" Environment-oriented films Festival ([La Teste de Buch](#)).

- **17 and 18 February:** The 12th youth literature fair (Arcachon) > XVth Winter Games: ice sculptures, professional and amateur show, workshop for adults and children ([Andernos-les-Bains](#)).
- **24 February:** Go-karting challenges "4 heures amateur en équipage de trois" ([Biganos](#)).

MARCH

- **Throughout the month:** "Africa", exhibition by the painter Fabian Valet in the Petit Piquey multimedia library – 17 January, 11 a.m.: African tale. ([Lège-Cap Ferret](#)).



- **4 March:** 5th Hiking Festival ([Biganos](#)).
- **10 March:** Go-karting challenges "4h30 d'endurance". ([Biganos](#)).
- **17 March:** Saint Patrick's Day with the Irish band "Dulcimer" ([Lanton](#)) > Second-hand market (Andernos-les-Bains).
- **23 March:** Theatre show "Le Cœur de la mêlée", village hall ([Gujan-Mestras](#)).
- **25 March:** Arcachon Fair.
- **31 March:** Theatre show "Côté-Scène... Côté-Gujan", village hall ([Gujan-Mestras](#)). > "Summer jobs" Exhibition ([Biganos](#)) > Carnival on the theme of the Sea ([Arès](#))
- **From 30 March to 1 April:** "Les Toiles de mer" Festival with short film projections. ([Lanton](#))

APRIL

- **From 2 to 7 April:** Sustainable Development Week: visits, lectures, exhibition ([Audenge](#) and [Lanton](#)).
- **From 4 to 7 April:** Modern Dancing show with the Tchankee Dance Company ([Biganos](#)).
- **From 7 to 9 April:** "Tchanqu'à Deuch", 2CV cars gathering ([Le Teich](#)).
- **7 April:** Second-hand market ([Andernos-les-Bains](#)).
- **8 April:** Second-hand market ([Lanton](#)) > Easter eggs race ([Arès](#)).
- **9 April:** Easter omelette in Taussat ([Lanton](#)).
- **11 April:** Theatre show "Leïla et la baleine", Maison des Arts ([Gujan-Mestras](#)).

- **28 April:** Opening of the water sports park with outdoor leisure activities ([Biganos](#)).
- **28 and 29 April:** Theatre show "Le Clan des veuves" by Ginette Garcin, village hall ([Le Teich](#)) > Arts and Crafts Exhibition ([Biganos](#)) > Leisure activities Exhibition and Flower Market. Recreational concert, restaurant ([Andernos-les-Bains](#)).
- **Throughout the month:** The Month of "Découv'ertes": creative workshops, nature outings ([Audenge](#) and [Lanton](#)) > The month of Nature: exhibition, lectures, guided tours ([Lège-Cap Ferret](#)).

MAY

- **Throughout the month:** the Month of Eco-citizenship (workshops, lectures, exhibition) ([Lège-Cap Ferret](#)).
- **2 May:** Arcachon's 150th anniversary.
- **From 4 to 8 May:** Les Florales, flowers and plants exhibition ([La Teste de Buch](#)).
- **5 May:** "Tremplin" (competition) for contemporary music ([La Teste de Buch](#)) > Second-hand market ([Andernos-les-Bains](#)).
- **12 May:** World market: handicraft, food, world dance and music, evening shows ([Audenge](#)).
- **12 and 13 May:** highlight happening of Arcachon's 150th anniversary: "The Beach to Writers" and a great show ([Arcachon](#)).
- **17 and 18 May:** Pottery market ([Lège-Cap Ferret](#)).
- **From 17 to 20 May:** Andalusian festival "Tienta el sur" ([La Teste de Buch](#)).
- **From 23 to 26 May:** "Arts and leisure activities" Exhibition, Maison des Associations ([Le Teich](#)).
- **25 May:** Inauguration of "Scènes d'été" in Gironde ([La Teste de Buch – Cazaux Lake](#)).
- **27 May:** Arts and Crafts market, salle et place du Vieux Marché ([Gujan-Mestras](#)).
- **And also, in May:** Patrouille de France ([Arcachon](#)) > Triathlon ([Arcachon](#)).

JUNE

- **1, 2 and 3 June:** Biganos Circus Festival, Parc Lecoq ([Biganos](#)).



- **2 June:** Second-hand market (**Andernos-les-Bains**).
- **9 and 10 June:** "Idées de Jardin" (**Arcachon**).
- **16 and 17 June:** "Festivoiles" in Claouey (**Lège-Cap Ferret**).
- **21 June:** Fête de la Musique (music festival) (**Andernos-les-Bains, Arcachon**).
- **23 June:** Saint Jean's Day (**Arès, La Teste de Buch**) > Saint Jean's Day traditional festive fire and Gascon dance (**Andernos-les-Bains**) > Lège Fair (**Lège-Cap Ferret**) > Inauguration of the Boien Summer with a great picnic (**Biganos**).
- **From 23 to 24 June:** Jumping des Sables (**Acachon**).
- **24 June:** Saint Jean's Day traditional festive fire (**Arès**).
- **From 27 June to 1 July:** "Tchanquetas" (**Arcachon**).
- **30 June:** Trout Fair: old cars exhibition and dancing meal (**Biganos**).
- **30 June and 1 July:** "18 Heures à la voile d'Arcachon".
- **And also, in June:** Sardinade in the harbour (**Audenge**).

JULY

- **Arcachon:** "Tchanquetas", from 27 June to 1 July > "18 Heures à la voile", on 30 June and 1 July > Concerts at the Velodrome (dates to come) > "Arcamômes": shows for children – on Wednesdays > Harbour and Sardinade Fair, on 13 July > Painters street exhibition, three nights a week > Free concert every Friday night.
- **La Teste de Buch:** Fireworks, on 13 July.
- **Gujan-Mestras:** "Larrostréa" in Larros harbour, from 13 to 15 July > "Les Jeudis de Larros", a free cultural happening in Larros harbour > Sardinade in La Hume harbour, on 21 July.
- **Le Teich:** "Fête de Camps", on 7 July > "Music o'Teich": music festival and fireworks, from 13 to 15 July > 28th Antiques Exhibition, from 13 to 17 July: one of the most beautiful exhibitions on the Aquitaine coast > "Pick & Eat", night village picnic, on 20 July.
- **Biganos:** "Fête du port", on 7 and 8 July > Summer fairs with a huge fireworks, from 26 to 29 July > "La Boienne" bicycle rides (25, 50, 75 and 100 km), on 29 July > "Pick & Eat", night village picnic, on 20 July.
- **Audenge:** Summer fairs, on 14 July > "Fête de la Courbe", on 21 and 22 July.
- **Lanton:** "Fête au village", on Saturday 7 July > Maritime tradition and Oyster Fair, from 13 to 15 July > Water jousting on *pinassottes* in Cassy harbour (on 14 July, 6 p.m.) > Sardinade and outdoor concert in Cassy harbour, on 28 July.
- **Andernos-les-Bains:** Second-hand market, on 7 July > "Les peintres dans la rue" Painting Festival, on 7 and 8 July > Oyster Fair, on 21 and 22 July > Fireworks and dance, on 14 July > 36th "Jazz en liberté" Jazz Festival, on 27, 28 and 29 July: free Show-Concerts on Friday and Saturday nights.
- **Arès:** "Arès fait sa révolution!" Fair, on 13 July: fancy dress parade, blazing of the tower and fireworks > Country music night, on 28 July: music, Country dancing, handicraft, eat-in restaurants.

- **Lège-Cap Ferret:** Lectures, concerts in the villages, theatre shows, exhibitions, regattas and other sports gatherings... > Oyster Fair in Cap Ferret.

AUGUST

- **Arcachon:** "Fêtes de la Mer", on 14 and 15 August > "Arcamômes": shows for children – on Wednesdays > International Tennis Open, from 1 to 14 August > Street painting exhibition, three nights a week > "Gascogne Asturias" sailing race, on 6 August > Arcachon "Rencontres musicales", end of August > Free concerts every Friday night > Great concerts at the Velodrome (dates to come).
- **La Teste de Buch:** African market on 10, 11 and 12 August > "Fêtes du port", first weekend of August > "La Teste dans les étoiles" on 17, 18 and 19 August.
- **Gujan-Mestras:** "Les Jeudis de Larros", a free cultural happening in July and August in Larros harbour > African market from 3 to 5 August > "Gujan-Mestras en Fêtes" at Magdeleine lake, from 8 to 12 August > Collections sale: all collections, postcards, second-hand market, place de la Hume, on 15 August > Sardinade in La Hume harbour, on 18 August.
- **Biganos:** Concert in Parc Lecoq, on 4 August > Hunting, Nature and Dog Fair, on 19 August > "Rencontres Nationales de Danse" (ballroom and sports dance), from 18 to 22 August.
- **Audenge:** night handicraft market, on 10 August > "Fête du port", on 15 August > Lubec Fair, on 18 and 19 August.
- **Lanton:** Second-hand market and "Fête de la Mer" in Taussat, on 14 and 15 August.
- **Andernos-les-bains:** "Chorégraphiques", on 4 August > Second-hand market, on 4 August > Free Show-Concerts, on Friday and Saturday nights > Fireworks and dance, on 15 August > "Andernos, c'est...!" (exhibition, fancy dress parade...) on 17, 18 and 19 August.
- **Arès:** 36th Oyster Fair, on 10, 11 and 12 August: outdoor restaurants, dancing night with orchestras, fun fair and fireworks.
- **Lège-Cap Ferret:** Lectures, concerts in the villages, regattas, "Fête de la presqu'île" in Claouey, "Fête de la Mer" in Canon, "Fête du village de l'Herbe".

SEPTEMBER

- The Bassin d'Arcachon celebrates its heritage (on 15 and 16 September): programme available in all the Tourist Offices in the Bassin.
- **1 September:** Second-hand market (**Andernos-les-Bains**).
 - **From 1 to 23 September:** "Le Mois du Patrimoine" (**Andernos-les-Bains**).
 - **From 14 to 30 September:** autumnal exhibition (**Andernos-les-Bains**).
 - **15 and 16 September:** **Arcachon** celebrates its 150th anniversary in the heart of the Journées du Patrimoine – a reminder of its rich past and a presentation around heritage.
 - **15 and 16 September:** Concert in Notre-Dame-de-Lanton church, painting-oriented visit of Taussat (**Lanton**).
 - **From 21 to 26 September:** "Cadences – danse sur le Sable" Dance Festival (**Arcachon**).

- **From 21 to 29 September:** "Alios", sculptures in the town (**La Teste de Buch**).
- **29 and 30 September:** Beer Festival (**Andernos-les-Bains**).

OCTOBER

- **6 October:** Second-hand market (**Andernos-les-Bains**).
- **7 October:** Photo sale: second-hand and collectors' equipment (**Le Teich**).
- **14 October:** Autumn and pumpkins fair: creative workshops, recreational activities and sampling, show for children (**Lanton**) > 1st Marathon of the peninsula villages (**Lège-Cap Ferret**).
- **20 October:** "Grande Bodega", final of the World Rugby Cup on a giant screen (**Biganos**).
- **31 October:** Halloween (**Arès**).
- **And also, in October:** opening of the cultural season at the Olympia: theatre, dance, music, opera, song, humour (**Arcachon**) > Halloween (**Arcachon**) > Mushrooms Exhibition (**Gujan-Mestras**).

NOVEMBER

- **From 1 to 4 November:** "Les mots pour le rire" Theatre Festival (**Andernos-les-Bains**).
- **16, 17 and 18 November:** "Guitares d'ici et d'ailleurs" (**Andernos-les-Bains**).
- **24 and 25 November:** "Cross International du Sud Ouest" (**Gujan-Mestras**).

DECEMBER

- **Throughout the month:** Christmas village with outdoor ice rink and sledge run (**Arcachon**) > "BD" (exhibition, workshops and festival around strip cartooning) (**Lège-Cap Ferret**) > Exhibitions, recreational activities for children, concerts and artistic market, food market (**Lège-Cap Ferret**).
- **22 December:** Father Christmas's arrival (**Arès**).
- **From 14 to 16 December:** Christmas market (**Biganos**).
- **15 December:** Christmas market and concert in the church (**Audenge**).
- **15 and 16 December:** Christmas recreational activities and market (**La Teste de Buch**).
- **From 15 December to 2 January:** Recreational activities, surprise arrival of Father Christmas and Christmas exhibitions (**Andernos-les-Bains**).





Leisure & Recreational Activities

Enjoy, have good times!



Wanderings & SHOPPING

BASSIN & SHOPS

Harbours mean opening onto the world, trade, markets... In the Bassin d'Arcachon, the most sought-after produce is obviously seafood, for their freshness; but the Gironde and Landes counties also offer beautiful and good produces. Most of the food markets are open all year round; in summer time, they get larger and become high points of an extremely animated local life.

THE MARKETS

- **Arcachon**
 - ☉ Everyday from 8 a.m. to 1 p.m. (except on Mondays off season), on the railway station car park (particularly extensive on Wednesdays, Saturdays and Sundays)
 - ☉ Night market, handicraft and artistic recreational activities, rue Jéhénne and rue de Lattre de Tassigny, every Monday and Thursday from 6 p.m. to midnight in the high season.
- **La Teste de Buch**
 - ☉ Everyday in July and August from 8 a.m. to 1 p.m., near the church.
 - ☉ Off season, from Tuesday to Sunday.
 - ☉ Particularly extensive on Tuesday, Saturday and Sunday mornings.
- **La Teste - Cazaux**
 - ☉ Every Tuesday from 8 a.m. to 1 p.m., Place du Général de Gaulle.
- **Gujan-Mestras**
 - ☉ On Wednesday mornings from 8 to 12 a.m., Place de la Gare de Gujan: outdoor market.
- **Le Teich**
 - ☉ On Saturday mornings from 8 a.m. to 1 p.m. all year round, Place de l'Église.
 - ☉ Village market with recreational activities, on 14 July.
 - ☉ World Arts and Crafts and local produce market, from 13 to 15 July, in the evening, Le Teich harbour.
- **Biganos**
 - ☉ Market, night sampling "Pick & Eat" on 20 July.
 - ☉ Autumnal Gourmet market on 17 and 18 November.
- **Audenge**
 - ☉ Every Tuesday morning, Avenue Charles de Gaulle, rue de l'Église, from 8.30 to 12.30 a.m.
 - ☉ Four Seasons market; World market (12 May); night handicraft market (10 August); Christmas market (15 December).
- **Lanton**
 - ☉ Every Sunday morning in Cassy, rue Téhoueyres.
 - ☉ Several night markets in the high season
 - ☉ Autumn and pumpkins fair: village market (14 October).
- **Andernos-les-Bains**
 - ☉ Every Tuesday morning: outdoor market – Place de l'Étoile.
 - ☉ Every Friday morning: outdoor market – Place du 14 Juillet.
 - ☉ In July / August, every morning opposite the Post Office – outdoor market.
 - ☉ Off season on Tuesday, Friday and Saturday mornings, indoor market, Place de la Poste.

• Arès

- ☉ All year round on Tuesdays from 8 a.m. to 1 p.m.

• Lège-Cap Ferret

Municipal markets

- ☉ Lège: all year round on Saturdays from 8 a.m. to 1 p.m.
- ☉ Claouey: from mid-June to mid-September, everyday from 8 a.m. to 1 p.m.
- ☉ Piraillan: from mid-June to mid-September, everyday from 8 a.m. to 1 p.m.
- ☉ Cap Ferret: from mid-June to mid-September, everyday from 8 a.m. to 1 p.m. For the rest of the year, on Wednesdays and Saturdays from 8 a.m. to 1 p.m. and, from mid-March, on Sundays as well from 8 a.m. to 1 p.m.

ZOOM ON

CHRISTMAS MARKETS IN THE BASSIN

- 🔍 December is the month of Father Christmas and his markets. Recreational activities and concerts are scheduled for the greatest delight of children and adults alike: in Arcachon, Lège-Cap Ferret (throughout the month), in Arès, in Audenge (15 December), Biganos (14 to 16), La Teste de Buch (15 and 16).

Further information available in all the Tourist Offices.



In the Bassin with the FAMILY



THE BASSIN BEACHES

Unlike the Atlantic beaches where you need to keep a close watch, the Bassin beaches are the ideal surroundings for children to swim.

In the heart of the Bassin, at low tide, make the most of the pleasures of swimming: swimming pools are waiting to welcome you throughout summer in the harbours of Audenge, Lanton and Arès, granting lifeguards and quality waters (filtered everyday when the tide comes in).

"KID PARC", AN AMUSEMENT PARK IN GUJAN-MESTRAS

Unique in the region, this amusement park is dedicated to young children and toddlers. Set in natural surroundings with a very present greenery, it offers an extremely wide range of merry-go-rounds and games adapted to the playful needs of toddlers. Adventure is everywhere and children will soon take over this magic island where ships are either ghost or pirate and even Indian ones... Available services: snack, shady terrace, picnic area, car park, etc.

Open from 07/04/07 up to the last day of the Toussaint Holidays 2007.

Tel.: +33 (0)5 56 66 06 90



"AQUALAND": AN AQUA PARK IN GUJAN-MESTRAS

Discover the 2007 new activities: the "Wave", a waterslide offering unique sensations to slide in pairs, as well as two new waterslide runs. And discover, over 8 hectares, water amusement in all forms... Dive, slide, confront the waves and even swim sometimes! Guaranteed sensations, particularly when you soar on one of the gigantic waterslides or brave rollers. And the park is not only for the dauntless: more peaceful activities are also offered to "little swimmers" and their accompanying parents.

Open from 6 June 2007 up to 2 September 2007.

www.aqualand.fr



BIGANOS GO-KARTING

As it is well-known, all Formula 1 champions begin their careers on go-karting tracks. The Biganos track has been approved in Category 1 by the French Go-karting Federation, which means you can enjoy in full safety – on your own, with your family or on a school or work outing – this leisure-sport which can be both exciting and nerve-racking. Numerous recreational activities throughout the year. Conference room and meals available up to 70 persons.

Over 7 (min. height 1,35 m).

Opening times, information and reservation: +33 (0)5 56 26 75 20

www.karting.topgun-evasion.com

"COCCINELLE": AN AMUSEMENT AND SAFARI PARK IN GUJAN-MESTRAS

Our little trainee-farmers will be able to observe tender Nature such as embodied by white sheep or goats as agile as in children tales, which they will have the opportunity to bottle-feed. As for activities, everything is thought out to meet the youngest's playful needs within a safe environment: merry-go-rounds, small train, slide...

Open from 07/04/07 up to the end of September. Tel.: +33 (0)5 56 66 30 41

"ESCALAD'PARC" IN ADERNOS-LES-BAINS

Between sea and forest, enter the "Tarzans" world. The most acrobatic movements allowed by monkey, suspension or Tyrolean bridges are on the park's programme – in a highly secure setting including advice from instructors, compulsory safety harnesses and protection nets.

Open all year round except from the Toussaint Holidays up to February Holidays.

Tel.: 06 87 84 90 47

www.escalad-parc.com

escaladparc@wanadoo.fr

ARCACHON AQUARIUM-MUSEUM

The Arcachon Aquarium-Museum benefits from the scientific backing of the Bordeaux University oceanographic laboratory. The collections have been taking into account the richness of the neighbouring fauna and flora (in the Bassin). Most of the Aquarium's 36 pools are occupied by species living in our latitudes. However, exoticism also takes a prime place, through the several-centuries-old turtles for instance.

Open from 17 March up to 4 November 2007.

Tel.: +33 (0)5 56 83 33 32

Open all year round

LA TESTE ZOO

La Teste Zoo is one of the biggest in all France. The animals enjoy an exceptional environment and all the personal space they need. Among the stars of La Teste, the most admired are the fifty or so wildcats (tigers, lynxes, white wolves) coming from the five continents. One of the most intense moments of the visit is the crossing of the transverse bridge which overlooks the biggest bear pit in all Europe. The visit of the zoo can be completed with a visit to an amusement park laid out in a 14 hectares forest.

Tel.: +33 (0)5 56 54 71 44





Arcachon

1857•2007

150 years

Living and loving Arcachon

Living and loving Arcachon everyday, throughout the year; as the months, days and weekends go by, Arcachon offers cultural, sports and playful happenings as well as eclectic recreational activities for all the family.

January

Shows at the Olympia throughout the year – theatre, opera, dance, song, music, humour...

February

12th Books for the Young Exhibition

March

Arcachon Fair

Mai

Arcachon celebrates its 150th anniversary around "The Beach to Writers" Triathlon

June

"Idées de Jardin" - "Fête de la Musique" - "Jumping des Sables" and its spectacular Derby on the beach

July

"Tchanquetas", a festive atmosphere on Pereire beach - Great concerts at the Velodrome

August

"Fêtes de la Mer" with a giant picnic and great boat parade - Great concerts at the Velodrome

September

"Cadences, danses sur le sable" Dance Festival
Arcachon celebrates its 150th anniversary on the Journées du Patrimoine

October

New cultural season at the Olympia – theatre, opera, dance, song, music, humour... Halloween

December

Arcachon celebrates Christmas with its Christmas village and outdoor ice rink and sledge run



Information : Office du Tourisme

Tél. : +33 (0)5 57 52 97 97

E-mail : tourisme@arcachon.com - www.arcachon.com



Arcachon
expansion

TOURISME CONGRÈS ANIMATIONS CULTURE



The ten towns of the Bassin

Discover our towns and villages!

Did you know?

MOORISH GARDENS

📍 A lift links the Summer Town to the Winter Town and drops you off in the heart of the Moorish Gardens...

NOTRE-DAME-DES-PASSES CHURCH

📍 From the front square of this charming and coloured little church, you can enjoy an astonishing view over the Bassin.

Arcachon

A seaside resort erected on the shores of a protected littoral, where light takes extremely delicate shades, Arcachon offers dream villas, hotels on the waterfront and beaches of fine sand in a variety of forms and colours. As years went by, Arcachon has developed a unique artistry of holiday-making.

TO BE SEEN, TO BE DONE

• Winter Town

A remarkable cluster of large and splendid XIXth-century bourgeois villas nestled in greenery.

• Arcachon harbour

A special site for fishing and yachting (second biggest marina on the Atlantic coast).

• Pereire beach

Its seaboard gardens, lawn, promenade and cycle path leading to Le Moulleau-Village.

• Déganne Castle

Built in 1853, it now houses the Casino de la Plage.

• The Sailors' chapel

An unusual place of worship, with its walls covered in commemorative plaques donated by sailors who survived storms.

• **The Belvedere:** A metal spire which overlooks the city, offering a splendid panoramic view over the Bassin.

• The Pointe de l'Aiguillon

It has kept its fishermen village identity.

• Sainte-Anne des Abatilles Spring and griffin

• **La Thiers pier:** Brand new, it invites to a walk.

• Boat trips

On the Bassin, to the Île aux Oiseaux, Banc d'Arguin, oyster farms.

• **The Aquarium-Museum,** It presents all the species of the Bassin d'Arcachon.

• **Shopping:** 7 days out of 7.

• A health-oriented stopover

In the thalassotherapy centre.

• All sporting activities

Tennis, horse-riding, pelota, sailing, motorboat racing, jet-ski, diving, rowing, canoeing, beach sports and clubs...

• An International Golf Course

18-hole course.

• A sea outing

Big game or line fishing...

• A ride on the small train

• **The Olympia:** To be discovered on the occasion of a show.

📍 CONTACT

Office de Tourisme

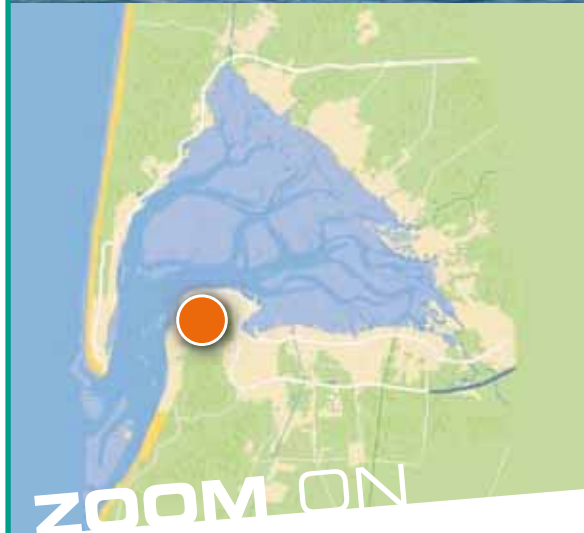
Esplanade Georges Pompidou

☎ +33 (0)5 57 52 97 97

Fax +33 (0)5 57 52 97 77

tourisme@arcachon.com

www.arcachon.com



ZOOM ON

📍 GUIDED TOURS

To discover – in a walk, a cycle ride or on the small train – the Winter Town, the History of Arcachon, the fish market, the forest...

📍 CULTURAL PROGRAMME AND RECREATIONAL ACTIVITIES

Throughout the year: theatre, dance, concerts, exhibitions, lectures...

📍 Arcachon celebrates its 150th anniversary

Born on 2 May 1857 of a Napoleon III decree, Arcachon soon became the most sought-out seaside resort in all Europe. The year 2007 will thus be punctuated by the rhythm of festivals, to which the whole lifeblood of the city will be associated: **2 May**, the day of the 150 years anniversary: Official and popular ceremony gathering the inhabitants of Arcachon around their History. **12 and 13 May:** festive and convivial happening organised around the essential festival of literature called "The Beach to Writers" and a great show. **15 and 16 September:** "150 ans d'Histoire". In the heart of the Journées du Patrimoine, an event dedicated to the city's history. "Living and loving Arcachon", throughout the year!



The ten towns of the Bassin

Discover our towns and villages!



Did you know?

THE DUNE DU PILAT

📍 The Dune du Pilat is the highest dune in all Europe (105 m)! 500 m wide at its basis, it stretches its 60 million cubic meters of sand over 2,70 km... With about 1,5 million visitors a year, this great national site accessible throughout the year is the most visited one in the Aquitaine region!

La Teste de Buch

It is the natural sites of La Teste de Buch, open to everyone, which give its fame to the Bassin d'Arcachon: Île aux Oiseaux, Banc d'Arguin, Cazaux lake and, obviously, the Dune du Pilat, a unique listed natural site in the Aquitaine region.

TO BE SEEN, TO BE DONE

• Fly over the Bassin

In a plane, glider (departure from Villemarie airfield) or paraglider.

• Ascend the Dune du Pilat

From its summit, it offers a unique panoramic view over the Bassin, the Atlantic ocean and the forest! A magic moment at sunset... Reception area with car park (car park admission fee payable from February to November), restaurants and shops. Steps installed from April up to the beginning of November.

• Oyster sampling

The oyster port of La Teste de Buch, with its *pinasses* and huts, is the perfect place to sample oysters or visit an oyster farm.

• Boat trip around the Île aux Oiseaux

With its Tchanquées Huts (huts on stilts), the true emblem of the Bassin d'Arcachon.

• The Bassin d'Arcachon Zoo

Nestled among pine trees, it is one of the biggest zoos in all France.

• La Teste Racecourse

Set in exceptional natural surroundings, covering eighty hectares of greenery, it gathers a training centre for over 300 horses and 16 race meetings (flat and jump races), four of which are national PMU meetings. ☎ +33 (0)5 56 54 74 26

• Playing in the waves

The Pyla peaceful beaches on the Bassin shores; the Atlantic beaches where the ocean waves come breaking, to the surfers' utmost delight; Cazaux lake fresh water beaches, sheltered from the wind by the forest, perfect for sailing... La Teste offers beaches for every taste.

• Banc d'Arguin

Listed as a Nature reserve since 1972, this site, accessible by boat from June to September, is a Mecca for the sandwich terns' nesting.

• Market

The biggest market in the Bassin d'Arcachon, characterised by a great variety of produces. Particularly extensive on Thursday, Saturday and Sunday mornings.

📞 CONTACT

Office de Tourisme de La Teste de Buch

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www.tourisme-latestedebuch.fr

Point Information Tourisme de Pyla-sur-Mer

Rond-point du Figuier
33115 Pyla-sur-Mer
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Point Information Tourisme de Cazaux

Place du Général de Gaulle
33260 Cazaux
☎ +33 (0)5 56 22 91 75



📍 COASTAL PATH

A nature-oriented guided tour on the coastal path of La Teste de Buch, departure from the Digue Est (eastern dike) in the oyster port.

Information: Office de Tourisme de La Teste de Buch. ☎ +33 (0)5 56 54 63 14

Event

17, 18 AND 19 AUGUST

📍 "La Teste dans les étoiles"

Pyrotechnic Theatre Festival, dedicated to the encounter of lively show and pyrotechnical creation.





CONTACT

Office de Tourisme

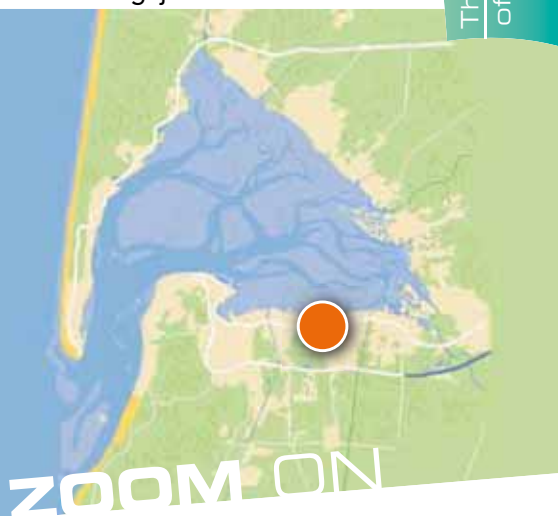
Av. du Maréchal de Lattre de Tassigny

☎ +33 (0)5 56 66 12 65

Fax: +33 (0)5 56 22 01 41

otgujan@wanadoo.fr

www.ville-gujanmestras.fr



"GUJAN-MESTRAS EN FÊTES"

From 8 to 12 August – La Magdeleine lake. Following the tradition of the Oyster Fair. Restaurant, fun fair, free shows, blazing of the lake.



Did you know?

LARROS MILL, OR VINCENT MILL

On your way out of the Oyster House, have a look at the Larros Mill. Built in 1808 by the builder Darnaire for Vincent Dumeur, an inhabitant of Gujan, it stands with its tower made of *garluche* stones on a tiny 8-are plot of land enclosed in the maritime domain. In the 1930s, the last tenant of the mill, a former journalist at *La Petite Gironde*, gave it a rather strange and anachronous roofing.



Gujan-Mestras

THE SEVEN-HARBOUR CITY...

Characterised by a strong marine tradition, Gujan-Mestras houses shipyards, sail-lofts and firms linked to fishing, oyster-farming and water sports. In a recreational, sportive and playful spirit, Gujan-Mestras organises big happenings for residents and visitors alike: "Larrostréa", Gujan-Mestras en Fêtes", "les Jeudis de Larros" or the South-West Cross-country Race. With the variety of its equipments and of activities it offers, Gujan-Mestras qualifies as the 1st leisure park in the Aquitaine region.

TO BE SEEN, TO BE DONE

• **La Hume beach:** Lifeguard in the high season and approved as a "handiplage" (a beach adapted to the needs of the disabled), this family beach offers a variety of pleasant activities:

- > at high tide: swimming, relaxing on the sand;
- > at low tide: it becomes the domain of "pedestrian fishermen".

• The seven picturesque harbours

La Hume, which combines oyster-farming with yachting: Meyran; Gujan; Larros with its pier and promenade; the dynamic core of ship-building; the canal; the Barbotière – an oyster-farming area – gathers the Professional School for Sea Trades and the Shell-fish House; and La Molle.

• **Saint-Maurice Church:** Built in the XIVth century, it comprises a baroque altarpiece dating back to the XVIIth century, which was restored in 2000.

• **The Chêneraie Park:** Stretching over 5 km, its famous green setting located on the banks of the Landes Canal invites to a walk.

• **Leisure parks:** Les Jardins du Bassin, Aqualand, La Coccinelle, Kid Parc.

• **Golf course :** green international de 18 + 9 trous (blue green).

• **Tennis, squash, badminton**

• La Magdeleine lake

Donkey-riding, La Magdeleine lake casino: 50 slot machines, trips aboard "Mini-Port" electric mini-ships, fishing, picnic, playground.

• Hiking

Walking (30 km of way-marked footpaths), cycling (17 km of cycle paths and lanes), horse- and pony-riding

• Permanent course of orienteering race

Complexe Sportif Chante-Cigale

• The Oyster Route

Sampling, outings with the tides, guided tours of oyster-farming lands...

• **The Oyster House:** In the picturesque Larros harbour, this museum which has just doubled its surface introduces oyster-farming and the history of this practice to children and adults.

13, 14 AND 15 JULY

☎ "Larrostréa"

Culture, feast, delicacies, water sports. For three days, Larros harbour opens to visitors within a picturesque and friendly setting.



The ten towns of the Bassin

Discover our towns and villages!

Le Teich

Hiking or horse-riding, cycling on cycle paths, canoeing down the River Eyre or sea-canoeing in the Bassin d'Arcachon... Le Teich enables you to spend very nature-oriented holidays. Wild birds fly about in total freedom: you can watch them any time of the day and let yourself be carried away by the beauty of the sights offered by a special site, the Ornithological Park of Le Teich.

TO BE SEEN, TO BE DONE

• The Ornithological Park

For over 30 years, the Ornithological Park of Le Teich has been designing and creating the conditions required to favour the encounter of visitors with the wild fauna.

Open non-stop everyday from 10 a.m. to 6 p.m., and in July and August from 10 a.m. to 8 p.m.

Rates: € 6,80 / adult, € 4,80 / child.

• The River Eyre Delta

Located between the two main branches of the River Eyre, the site can be visited from the coastal path set up on a dikes belt (5 km itinerary); it enables visitors to discover all the biological diversity of the delta, which plays a role of international scale for the avifauna.

• The Lamothe Nature Post

Open from 15 June up to 15 September
☎ +33 (0)5 56 22 61 53

• The small marina, on the right of the harbour are located a swimming pool (beach and games) and an artificial mound with a belvedere which offers an overview of the whole Eyre delta.

• Trips aboard a canoe or a small boat

To explore all the secrets and mysteries of the River Eyre, pick and choose your trip:

> aboard a small boat, with a guide, in July and August, 3 times a week, € 23 / person;

> on a canoe, unaccompanied canoeing from May to September, several departures in July and August;

> on a sea-canoe, change of scenery guaranteed in a special spot where the fresh waters of the River Eyre mingle with that of the Bassin. Everyday in July and August, itineraries and times depending on the tide, € 23 / person.

Reservations: Parc Ornithologique du Teich ☎ +33 (0)5 56 22 80 93

CONTACT

Office de Tourisme

Place Pierre Dubernet

☎ +33 (0)5 56 22 80 46

Fax: +33 (0)5 56 22 89 65

office-de-tourisme-le-teich@wanadoo.fr

ZOOM ON

VISITORS OF THE NIGHT

A walk which will take you into the depths of Nature until black night. From dusk onwards, the walk in the park is a perfect occasion to discover and watch birds, both those getting ready to sleep and those beginning their nightly activity. *In July and August, every Monday, Wednesday and Friday for 3 hours, reservations: +33 (0)5 56 22 80 93.*

Rates: Adults € 9, children € 7, including admission fee, guide and optical equipment.



Did you know?

FONTAINE SAINT-JEAN

☎ Located on the former St. James' Way. Dating is uncertain for this monument; it probably dates back to the XVIIth century. In bygone days, the spring used to be a place of worship, maybe of Celtic origins and prior to the Roman Conquest. It was a stopover for pilgrims on their way to Santiago de Compostela, and enabled them to rest or quench their thirst; it was even said to perform miracles. The water of this fountain was much sought-out by the inhabitants of the Bassin d'Arcachon, who used it to heal all sorts of skin diseases.

Event

FROM 13 TO 17 JULY

☎ 28th Antiques Exhibition of the Bassin d'Arcachon

Salle Polyvalente du Teich. Exhibitors from all parts of France give a look of treasure island to the multipurpose hall of Le Teich.



Did you know?

A ROMAN CITY

🕒 A Roman city is buried between the rivers Eyre and Eygat. People were buried there in stone sarcophaguses in the Merovingian Period nearby the early Christian church of *Boii*.

The name of this town has reached us through texts as *Boii* (or *Boios*). Hence the origin of the name of the inhabitants of Biganos: the *Boïens*. Archaeological research is under way.

Biganos

Situated at the head of the delta and the Bassin d'Arcachon, Biganos, a town included in the Regional Natural Park of Landes de Gascogne, is located midway from Cap Ferret and Arcachon. It is the perfect place for a peaceful holiday, with activities such as hiking, cycling or canoeing. Biganos is pure Nature.

TO BE SEEN, TO BE DONE

• The two harbours

Exceptional settings, their traditional identity has been preserved to this day with their *pinasses* and their oyster farm-huts.

- > Biganos harbour (listed as a protected area) is the only harbour of the whole Bassin to be located in the heart of a forest. On the spot: picnic tables and a water sports park.
- > Les Tuiles harbour (under the protection of the Coast and River Conservatory), wild and natural, stretches along the River Eyre and its delta.

• Hiking on way-marked itineraries

- > Chemin de l'Hermitage (6 km): through woods and meadows.
- > Chemin du Sel (4 km): fauna and flora observation.
- > Chemin de Peuchin (3 km): departure from Biganos harbour up to the banks of the rivers Eyre and Eygat.
- > St. James' Way and coastal path: Biganos is on the way to Soulac.

• Cycling rides

- > Get off the train at Biganos-Facture

TGV station and, from the Point Info Vélo, explore the Bassin.

- > Three Harbours Bicycle Ride (25 km): from Biganos harbour to Les Tuiles harbour and Audenge harbour, return by the cycle path.

• Canoe tours in the River Eyre delta

- > Accompanied by an instructor holding a State diploma.

Reservations: Base nautique Port de Biganos. Tel.: 06 71 63 01 14 or Service Jeunesse +33 (0)5 56 03 94 65.

• Go-karting

Throughout the year, the go-karting club in Biganos welcomes all pilots on safe tracks, from speed enthusiasts to renowned pros.

Tel. +33 (0)5 56 26 75 20

Fax. +33 (0)5 56 82 63 40

karting@topgun-evasion.com

• Boïen summer

- > Organised by the Service Jeunesse, it offers numerous activities.

Information: Tel +33 (0)5 57 70 68 63

servicejeunesse@villedebiganos.fr

📞 CONTACT

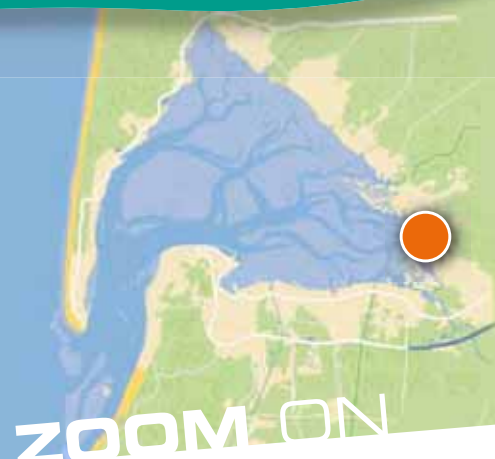
Office de Tourisme Rue Jean Zay, 33380 Biganos

📞 +33 (0)5 57 70 67 56 - Fax: +33 (0)5 57 70 67 01

accueil@otbiganos.com www.otbiganos.com

Point Info Vélo Gare de Facture-Biganos 📞 06 03 46 74 68

Point Information Base nautique Port de Biganos



ZOOM ON

🕒 VISIT WITH CAVIAR SAMPLING

In the Cassadote Mill, the first historical caviar producer in France, come and discover this special produce. Also on the spot, trout fishing course, picnic tables and barbecue at your disposal.

Information and reservations:

Tel.: +33 (0)5 56 82 64 42.

Event

20 JULY

🕒 "Pick and Eat" party

Big village night meal under a marquee, Parc Lecoq. Numerous craftsmen offer their produces for you to make up your own meal in a festive atmosphere.

Information & reservations:

+33 (0)5 57 70 67 56

FROM 18 TO 20 AUGUST

🕒 6th National Dance Festival

Five days during which you will be able to learn or improve your skills in many dances: sports or ballroom dance, Argentinian tango, salsa, rock, swing... and entertain yourself on the occasion of four dancing parties.

Information: 06 07 44 29 67



The ten towns of the Bassin

Discover our towns and villages!



Audenge

Included in the Regional Natural Park of Landes de Gascogne, Audenge is a true haven, appealing for the quietness and wild charm of the Domaines de Certes and de Graveyron – two natural spaces of delicate but preserved environment – and for its maritime pine forest, source of well-being.

TO BE SEEN, TO BE DONE

• Domaines de Certes and de Graveyron

Former salt marshes dotted with dikes, these delicate natural spots are now protected and shelter an exceptional fauna and flora.

• Coastal path

A path stretching over almost 15 km on the seafront, to enjoy a landscape between Bassin and fish reservoirs.

• Allées de Boissière

These shady walks are characterised by the presence of 150 listed plane trees around which the market town has harmoniously taken shape.

• The harbour

An invitation to wander among the wooden huts stretching along the harbour.

> The sea-water pool offers the delights of swimming even when the tide

"recedes"; the small wild beach not far from the Domaine de Graveyron.

• Walking

> Guided tour of the Domaine de Graveyron, in search of a fantastic history between men and natural environment (salt culture, fish breeding...).

> Pedestrian fishing with introduction to mud pads, an original way to enjoy the Bassin at low tide.

> Sensory walk in the woods, for children.

• Cycling

The cycle path runs to the village of Audenge, midway from the Cap Ferret Peninsula and Arcachon. Bicycles to hire at the Tourist Office. *Itinerary "In the footprints of the pilgrims of Santiago de Compostela", departure from Audenge harbour up to Biganos harbours, return by the cycle path.*

• Aboard a boat

> Boat trip on a *pinasse*, "ascent of the Eyre delta" in search of an amazing landscape.

> "Évasion" day outing to the Banc d'Arguin, in summer time.

> Canoe outing on the Certes canal, available on the way back from the visit of the Domaine de Graveyron to get another view of the Domaines de Certes and de Graveyron, following the stream, or in semi-night, an original way of observing the sunset.

Did you know?

CERTES CASTLE

▶ The Certes Castle was, originally, no more than a pretty Charterhouse erected by the Marquis de Civrac. It had been built with stone collected from the ruins of the former feudal castle which had burnt down, located a few yards away.



▶ CONTACT

Office de Tourisme Intercommunal - Antenne d'Audenge

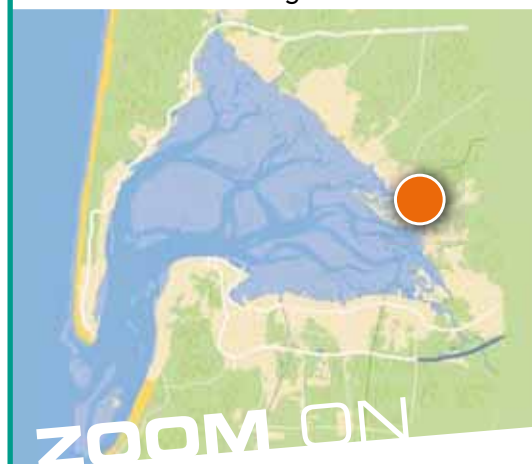
24 ter, allées de Boissière

☎ +33 (0)5 56 26 95 97

Fax: +33 (0)5 56 26 94 91

office-tourisme-audenge@wanadoo.fr

www.tourisme-audenge-lanton.com



▶ CREATIVE WORKSHOPS FOR CHILDREN

Accompanied workshop aiming at heightening the youngest's awareness to our environment, through the realization of diverse objects with natural materials.

Rates: € 4 / child. In summer time and on some festivals.

Information : OTI Audenge-Lanton: +33 (0)5 56 26 95 97.

Event

SATURDAY 12 MAY

▶ World market, Audenge harbour

Among the 50 exhibitors from all countries that will be present this year, Asia will be a special guest. Displays, exhibitions and recreational activities are planned around this theme. Handicraft, gastronomy, fair trade and solidarity will be brought together in this happening.



Lanton

When forest and history mingle closely with the silvery waters of the Bassin d'Arcachon, Lanton joins its four market towns (Lanton, Cassy, Taussat and Blagon) to show you the beauty of its lands! A forest stretching as far as the eye can see, charming villas, a preserved coast... such are the assets that Lanton, every day, tries both to protect and share.

TO BE SEEN, TO BE DONE

• The pine forest

Omnipresent and source of well-being, teeming with life, the forest abounds in secrets and history... Let us tell them to you during the following tours:

- > Walk in the forest and tapping display (resin collecting).
- > Visit of a *palombière* – a traditional South-west wood-pigeon huntsman's hut.

• Taussat and Cassy beaches

At high tide, they offer the joys of small seaside resorts; at low tide, the swimming pool of Lanton will delight children and adults alike.

• Taussat and Cassy oyster ports

Following the rhythm of tides, they show the life of oyster-farmers and sailors within the Bassin. Share these moments with keen people:

- > Visit of an oyster hut in Cassy harbour and oyster sampling.
- > Outing with the tide for a day's line fishing, departure from Cassy harbour.

• Notre-Dame-de-Lanton Church

The oldest in the Bassin (XIIth century), it is located on the coastal part of St. James' Way.

• Aboard traditional boats

- > Outing on a barge with a stopover in the Île aux Oiseaux, picnic nearby the Tchanquées Huts, return at dusk.
- > Outing on an old sailing ship for a trip drifting wherever the wind carries it, on the Bassin.
- > Rowing outing aboard a *pinassotte* (traditional rows), for a sports discovery of sailing as it was performed in bygone days.

• Walking and cycling, unaccompanied

- > Between sea and earth, the coastal path stretches over 5 km and offers a splendid view over the Bassin.
- > The cycle path, shaded and safe, offers you the possibility to cycle in all peace of mind!

Bicycles to hire at the Tourist Office.

CONTACT

Office de Tourisme Intercommunal - Antenne de Lanton

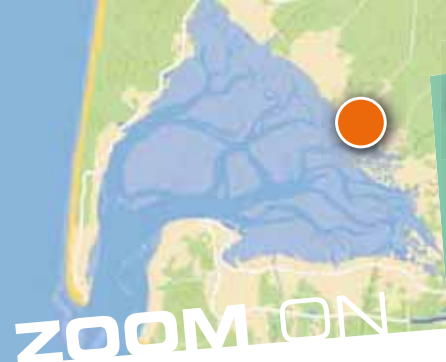
1, route du Stade - 33138 Lanton

☎ +33 (0)5 57 70 26 55

Fax: +33 (0)5 57 70 27 58

tourisme-lanton@wanadoo.fr

www.tourisme-audenge-lanton.com



The ten towns
of the Bassin

TAUSSAT, HISTORY IN PAINTING.

Discovery programmes for all the family!

• **Workshop & snack** (for 3- to 6-year-old children). Introduction to painting in a painter's studio followed by an organic snack (**Rate: € 8**).

• **Art-oriented walk** (for 6- to 10-year-old children). A playful exploration of Taussat and its beach, collection of diverse objects. Artistic recovering of the collected items with the help of a painter (**Rate: € 6**).

• **Taussat in paintings**, an original visit of Taussat and its history... through paintings! Interview with a contemporary painter and visit of her studio (**Rate: € 4**).

Information: Office de Tourisme Intercommunal - Antenne de Lanton
+33 (0)5 57 70 26 55.

Event

JULY

🕒 Water jousting

A great popular entertainment, the Cassy-Lanton traditional water jousting confronts the towns of Lanton and Audenge in a competition aboard *pinassottes*, in a colourful show. A challenge not to be missed.

Saturday 14 July, 6 p.m.,
Cassy harbour.



Did you know?

"TAUSSAT" IS FOR "TAUZIN"

🕒 The name "Taussat" comes from "Tauzin", a term referring to a species of oak with downy leaves which has been present in the Bassin for generations.



The ten towns of the Bassin

Discover our towns and villages!



ZOOM ON

▶ A WALK IN CHANNELS AND ESTEYS AT LOW TIDE

Organised by the "Nature et Bassin" association in partnership with Andernos-les-Bains Tourist Office. Try out mud pads*. Observe the maritime fauna and flora. Inscriptions and information at the Tourist Office..

* Mud pads: small wooden boards fixed to the feet by straps, used to walk on silt; they prevent from sinking or slipping.

Andernos-les-Bains

A preserved paradise, Andernos-les-Bains benefits from the mildness of a climate that is exceptional in France. Here, life flows with the rhythm of tides. That is what makes its charm. This city, housing ten thousand inhabitants and offering activities throughout the year, is the ideal town to spend your holidays. There, you will discover a much varied tourist patrimony where nature and exploration, art and history, sports and leisure activities, festivals and four-season activities, flavours and delicacies mingle. Through this presentation, Andernos-les-Bains is greeting your eyes and revealing its beauty...

TO BE SEEN, TO BE DONE

• Beaches

5,4 km of gently sloping fine sand beaches.

• The Quinconces

A magnificent and protected spot for walking and swimming. A nature-oriented guided tour of the sites of Saint-Brice, Quinconces, Coulin is available with the "Bétey Environment" association and in partnership with the Conseil Général.

• Visit of the oyster port

With the "Nature et Bassin" association.

• Transbay maritime shuttles

Between the cities of Andernos and Arcachon.

• Boat trips and day outings

Departure from Andernos Pier: tour around the Île aux Oiseaux, "Évasion" day outing to the Banc d'Arguin, "Grand Sud" day outing.

• Bicycle rides

On the cycle paths network.

• Hiking

• Horse-riding

• Saint-Éloi Church

This church of Roman style dates back to the XIth century.

• Gallo-Roman ruins

Ruins of a Gallo-Roman villa built around the end of the IVth century.

• The pier

Stretching over 232 m, it is the longest in France. A magnificent view.

• Louis David House

It organises painting and visual arts exhibitions, and houses a small museum gathering objects that were found on the Gallo-Roman site.

Event

27, 28 AND 29 JULY

▶ **36th "Jazz en liberté" Festival**

Some 30 free concerts accompanied by street parades throughout the city, on three days and three nights.



▶ CONTACT

Office de Tourisme

Esplanade du Broustic - BP 42
33510 Andernos-les-Bains
☎ +33 (0)5 56 82 02 95
tourisme@andernoslesbains.fr
www.andernoslesbains.fr

Did you know?

ANDERNOS-LES-BAINS PIER

▶ Stretching over 232 m, Andernos-les-Bains Pier is the longest in France. The Quinconces site was Sarah Bernhardt's favourite spot when she stayed in Andernos, a city she had elected as her holiday resort after she drew lots to choose among all the towns and villages of the Bassin d'Arcachon.



© Haut relief



Did you know?

THE UFOPORT

📍 Wandering along the esplanade G. Dartiguelongue running alongside the Bassin d'Arcachon, you will find, not far from the reception hall of Arès Tourist Office, a commemorative plaque mentioning the presence of a UFOport. "UFOPORT", as the name suggests, refers to a landing area for unidentified flying objects. If you want to know more about it, you will find a press kit at the Arès Tourist Office.

Arès

Arès, a small seaside resort, is the perfect place for a family holiday within a peaceful environment where life is punctuated by the tides. The 3 km of beaches enable both children and adults to enjoy in all safety the delights of swimming at high tide and the pleasures of pedestrian fishing at low tide. Salt meadows, forests and glades, the birds' and woodland animals' domain: Arès is a town in nature.

TO BE SEEN, TO BE DONE

• The oyster port

Visitors who wish to know more about oyster-farming are welcome to go to the oyster port located next to the Salt Meadows Nature Reserve. Professionals will be happy to explain to them the various aspects of their profession.

• Nature-oriented exploration tour "Maritime flora and fauna at low tide"

Meeting point: the oyster port.

Inscriptions: Office de Tourisme d'Arès.

• Barouche rides, canoeing, boat trips, pedestrian fishing, hiking, bicycle or mountain bike rides.

• Exploration tour: the Arès of yesteryear

Inscriptions: Office de Tourisme d'Arès.

• Cap 33 multi-activities

In July and August, the Cap 33 centre in Arès organises free "exploration activities" for families and teenagers over 15 (equipment supplied): badminton, volley-ball, Frisbee, canoeing, stilts, blowpipe; short training courses and competitions: football, basketball (admission fee payable).

• Conche de Saint-Brice

A Coast and River Conservatory ownership, it is made of three lakes, one of which is dedicated to swimming (lifeguard in July and August) situated next to the Bassin d'Arcachon beach. On the spot: shady picnic area. It is a resting place for numerous wild swans and other bird species. It is also a departure point for different rambles.

Inscriptions: Office de Tourisme d'Arès: +33 (0)5 56 60 18 07

Event

13 JULY

📍 "Arès fait sa Révolution"

Fancy dress parade

10, 11 AND 12 AUGUST

📍 36th Oyster Fair

Esplanade Dartiguelongue

📍 CONTACT

Office de Tourisme

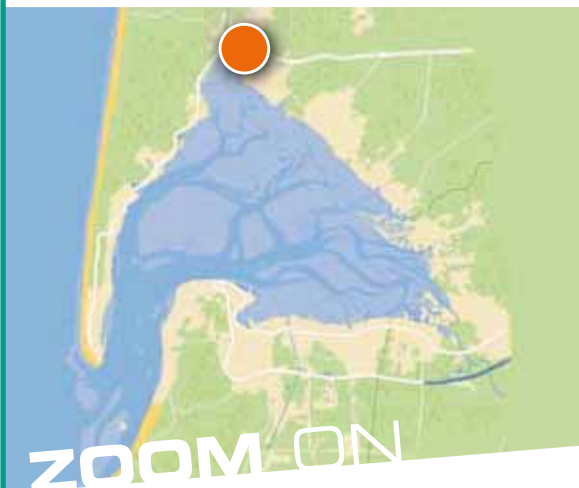
Esplanade G. Dartiguelongue

☎ +33 (0)5 56 60 18 07

Fax: +33 (0)5 56 60 39 41

office-tourisme-ares@wanadoo.fr

www.ares-tourisme.com



📍 SALT MEADOWS NATURE RESERVE

Go in search of an exceptional flora and fauna, in a place where all the species from both salt meadows and marshes are present (birds, mammals, reptiles, amphibians). A 12 km itinerary. **Free and unaccompanied access throughout the year. Guided tour for individuals: € 3 (over 12); groups are welcome to consult us. Information: Office de Tourisme d'Arès: +33 (0)5 56 60 18 07.**





The ten towns of the Bassin

Discover our towns and villages!



Lège-Cap Ferret

The Lège-Cap Ferret peninsula, a stretch of sand and pine trees, houses ten small oyster villages, each more charming than the other. With its long stretches of fine sand, the Atlantic coast is a true paradise for whoever likes great sensations. On the opposite coast, the peaceful waters of the Bassin d'Arcachon favour long rides in boat, sea skiff or canoe. Between the two spaces lays an endless state forest, an ideal setting for strolls, cycle rides or pony-treks.

TO BE SEEN, TO BE DONE

• Bicycle rides

The best way to explore the peninsula villages and preserved nature.

• Rides aboard launches or pinassottes

To explore the multiple facets of the Bassin d'Arcachon.

• Horse-riding between forest and ocean.

• Big-game fishing in the ocean or traditional fishing in the Bassin d'Arcachon.

• In the heart of the oyster villages

Discover traditional fishing and oyster-farming. Talking with an oyster-farmer, take the time to sample a few oysters on bread and butter with a glass of white wine.

• Markets

They gather numerous producers who will introduce you to local delicacies.

• Chapelle de l'Herbe

The last evidence of a Moorish property which was partly destroyed in 1965, it is the only chapel of Moorish style dedicated to the Christian religion.

• Cap Ferret lighthouse

It offers a unique panoramic view over the ocean, the Bassin d'Arcachon and the peninsula. A gallery of interactive screens sheds a light on the history of this lighthouse and lighthouses in general, their vocation and evolution. During the projection of the film *Le Veilleur de mer*, share the emotion of this sailor coming back to the Cap Ferret lighthouse.

ZOOM ON

▶ VISIT OF THE PIRAILLAN RESERVOIRS

A Coast and River Conservatory ownership, this protected natural site which was listed in 1943 is made of salt lakes, wooded islets and maritime pine woods standing on sand dunes. Numerous animal species have elected it as a refuge and over 200 vegetal species are recorded there.

Visits organised from April to September with a specialist of nature.
€ 4,50 / adult – € 3 / child.

Groups are welcome on request.



▶ CONTACT

Office de Tourisme

1, av. du Général de Gaulle à Claouey

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Fax +33 (0)5 57 70 31 70

info@lege-capferret.com

www.lege-capferret.com

Did you know?

THE CROSS AND THE CRESCENT

▶ On the steeple of the Chapelle de l'Herbe, a crescent rubs shoulders with a cross in a strange mix designed by the architect J.-E. Ormières, to whom Léon Lesca ordered a religious building in a Moorish style but dedicated to the Christian religion. In summer time, the chapel and the Algerian house can be visited, and masses are still celebrated in the church.

Event

APRIL

▶ "Le Mois de la Nature" on the Lège-Cap Ferret peninsula

Discover the Lège-Cap Ferret peninsula under a new light: the secrets of its forest, the formation and landscapes of the salted meadows, the dune fauna and flora, the dangers and movements of the ocean, birds watching, oyster farms, sky observation... Walking or cycling visits, recreational activities, exhibitions... A detailed programme is available at the Tourist Office.

Cap Ferret lighthouse and Discovery expo



From the top of its 53 metres Cap Ferret lighthouse is a unique and unforgettable site offering a panoramic view of the Ocean, Lége-Cap Ferret peninsula and Arcachon Bay.

Discover the "Sea watchman", a film that shares the emotion of a sailor who comes back to the Cap Ferret lighthouse after travelling the seas of the world, guided by each of the continent's lighthouses; plus an interactive gallery retracing the history, vocation and transformation of the Cap Ferret lighthouse.

Price:

Adult: 4,50 euros

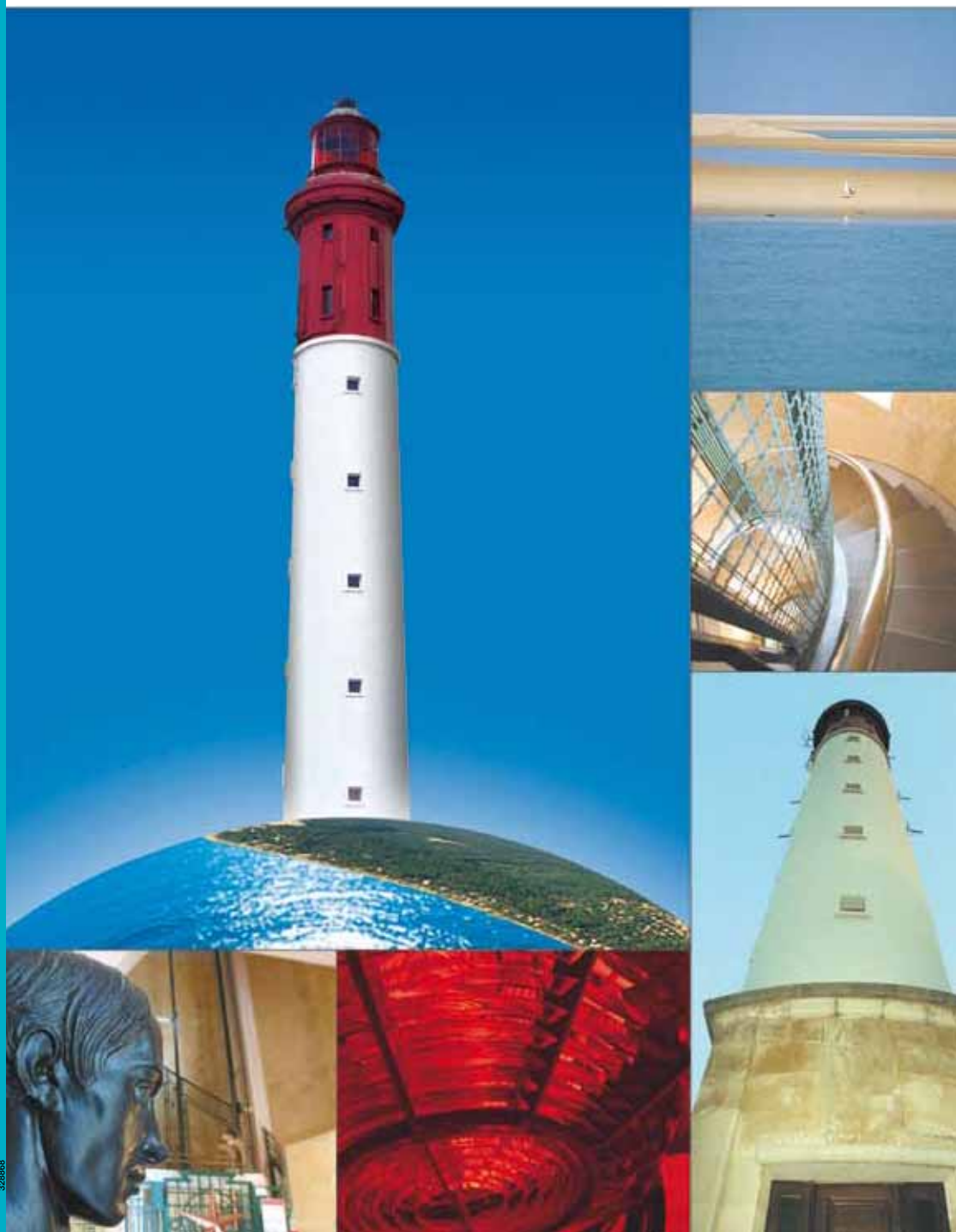
Child: 3 euros

Open all year

+ 33 (0)5 57 70 33 30

www.lege-capferret.com

Office de Tourisme
de Lège-Cap Ferret



A few metres away from the seafront, facing the Casino and the Congress Hall, with all sorts of shops nearby, the hotel-residence is set in exceptional surroundings in the heart of Arcachon.

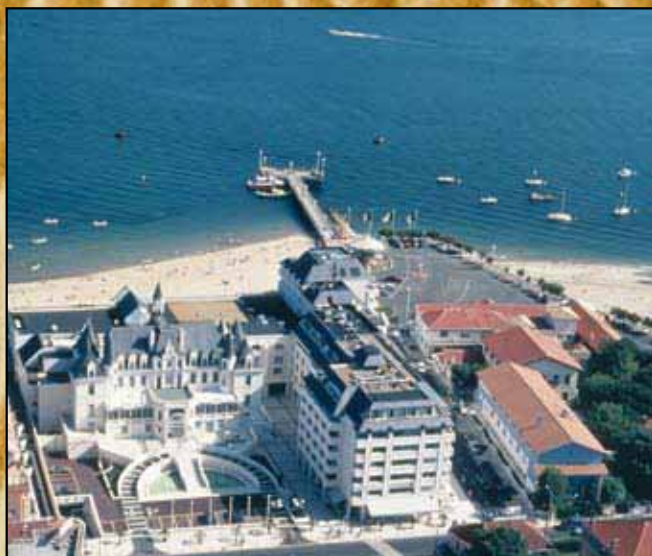
For your family stays, you will enjoy fully equipped flats in all independence.

For a seminar or a short stay, you will have at your disposal larger spaces than in a classic hotel bedroom, and you will be offered high quality hotel services.

A large pedestrian avenue leads you directly to the beach and to the seafront promenade, where you will find a wide range of restaurants and shops, as well as numerous cultural activities in summer time.



Résidence hôtelière - Le Trianon



Résidence hôtelière LE TRIANON

161, boulevard de la Plage

33120 ARCACHON

Tél. : +33(0)5.56.22.34.00

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www.meretgolf.fr - le-trianon@wanadoo.fr

* 0,34 euro TTC/mn d'n poste fixe
RCS 379 924 400 - Dialogues

32 50*

Weather forecasts of each of the county's micro-climates are available from the Gironde Weather Centre.

Plus:

Direct access to sea navigation weather forecast: 0 892 68 08 **33**

Direct access to Gironde weather forecast: 0 892 68 02 **33**

3615 Météo