

# in la rochelle we love

ENGLISH



LA ROCHELLE  
tourisme &  
événements

OFFICE DE TOURISME



# we love our history

A fishing village founded in the 10<sup>th</sup> century, La Rochelle developed thanks to its port and its access to the Atlantic Ocean. It became a major salt and wine trading port in the Middle Ages. In the 16th century, the town established itself as an influential Protestant city and played a key role in the French Wars of Religion.

The siege of 1627-1628, ordered by Louis XIII, marked a turning point in its history. Several centuries later, during the Second World War, La Rochelle was a strategic point for the German army which built an imposing submarine base. The city was one of the last to be liberated in May 1945. Over the centuries, its port has evolved from fishing and trade to focus on yachting and maritime transport.



La Rochelle conurbation is made up of towns and villages, nestled between ocean and nature, with a rich heritage and history to be discovered.

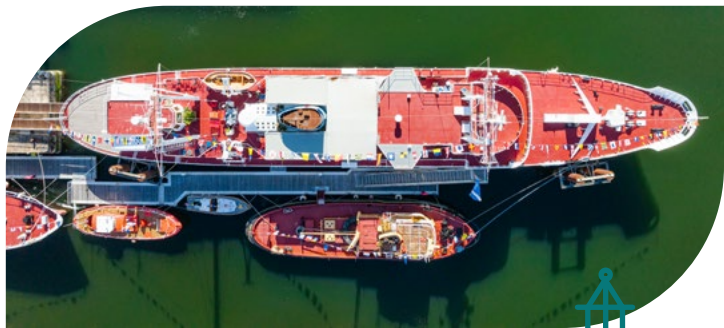




# we love to discover 6 must-see sites

## THE TOWERS

Echoing the city's medieval past, the Saint-Nicolas and La Chaîne towers once guarded the entrance to the port. La Lanterne, a former lighthouse and prison, still bears the engravings left behind by its inmates. Linked by ramparts, La Chaîne and La Lanterne towers can be visited and offer breathtaking views. ***Saint-Nicolas Tower is currently closed.*** [tours-la-rochelle.fr](https://tours-la-rochelle.fr)



## NEW WORLD MUSEUM

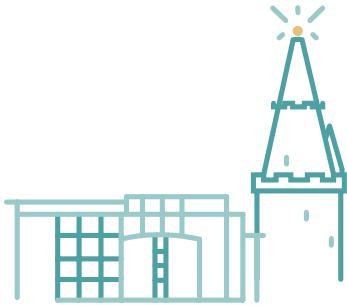
This museum traces the links between France, and La Rochelle in particular, and the Americas since the 16th century. It also explores the triangular trade, colonial goods, and the abolition of slavery. The city was a major port for trade and emigration to Nouvelle-France and the West Indies.

[museum.larochelle.fr](https://museum.larochelle.fr)

## MARITIME MUSEUM

In the Bassin des Chalutiers port, discover a fleet of iconic ships, including the France 1, a former weather ship that can be explored from the bridge to the engine room. The museum also recounts the life of sailors and the port's history. [museemaritime.larochelle.fr](https://museemaritime.larochelle.fr)

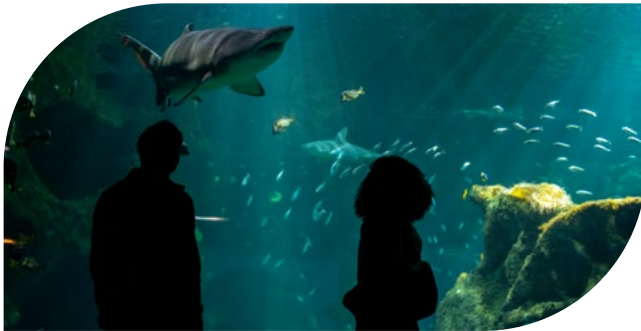




## LA ROCHELLE AQUARIUM

Open 7 days a week, the aquarium is one of the largest in Europe, offering an underwater journey among thousands of species from all over the world.

[aquarium-larochelle.com](http://aquarium-larochelle.com)



## LA ROCHELLE BUNKER

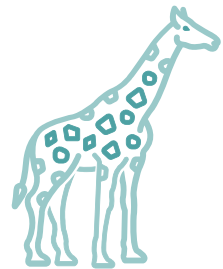
In the heart of the city, this hidden vestige of the Second World War, still intact today, tells a little-known part of the city's history.

[bunkerlarochelle.com](http://bunkerlarochelle.com)

## MUSEUM OF NATURAL HISTORY

A museum in which to discover naturalist and ethnographic collections from all over the world.

[museum.larochelle.fr](http://museum.larochelle.fr)





## **VIEUX-PORT AND CITY CENTRE**

The Vieux-Port, Towers and Grosse Horloge are true emblems of the city. Behind it, the pedestrian city centre reveals its cobbled streets, shopping streets with archways and the City Hall, one of the most beautiful in France, in use since 1298.

# we love to stroll 5 must-see districts

## **SAINT-NICOLAS AND LE GABUT**

Once fishermen's quarters, Saint-Nicolas and Le Gabut lie near the Vieux-Port, on the opposite side from the Bassin à flot. With cobbled streets, shops, restaurants and bars, Saint-Nicolas has a lively, relaxed atmosphere.

A stone's throw away, Le Gabut stands out with its colourful houses, street art and quayside terraces. This is a vibrant place, ideal for admiring the old sailing ships in the Bassin des Chalutiers.





## LA CONCURRENCE AND PARKS

To the west of the city, near the Towers, La Concurrency beach opens onto the Allées du Mail and a neighbourhood dotted with parks.

On the seafront, the Alcide d'Orbigny park runs alongside the channel with a view of the Richelieu beacon mark

At the bottom of the alleys, the Charruyer park follows a canal while, at the top, the Franck Delmas park houses the Maison des Écritures, a cultural centre dedicated to creative writing.



## LES MINIMES AND THE MARINA

To the south of the city, Les Minimes homes one of Europe's largest marinas and lives to the rhythm of the ocean, with sailing schools and boats coming and going all day long. It's also where the city's universities are located. Its beach and promenade offer breathtaking views of the Bout du Monde lighthouse.



## AROUND THE MARKET

The 19th-century covered market hosts a traditional market every morning which extends out to the surrounding streets on Wednesdays and Saturdays. Local producers and lively terraces make it a spot not to be missed in La Rochelle.



# we love flavours

## MARKETS

In La Rochelle, the central market hall comes alive every morning, with an extended version on Wednesdays and Saturdays. On Sundays, head to La Pallice for the largest market, renowned for its fresh produce and bargains. In the surrounding area, a host of village markets celebrate local produce and crafts.



## SPECIALITIES

### Between land and sea

Goat cheese, oysters, mussels, mouclade, fish, snails and seaweed. Local cuisine is a delicious blend of ocean flavours and traditional local products.



### Local delicacies

La Rochelle is a city of gourmets. You can enjoy the traditional tourteau fromager and galette charentaise and there are many renowned pastry chefs, some with international reputation.

## RESTAURANTS

With over 300 establishments, you'll find a wide choice: from bistros to gourmet restaurants, serving up local, seafood or vegetarian cuisine.

Head to the streets Saint-Jean-du-Pérot, Saint-Nicolas, to the Concurrency area or around the Vieux-Port to explore everything our cuisine has to offer. Around La Rochelle, the oyster huts invite you to savour the products of the sea.



we love  
the  
ocean

## BEACHES

For a swim, a stroll or a relaxing moment, head for the beaches of La Concurrence (city centre), Les Minimes and Chef de Baie.

Looking for wide open spaces? Set off for Châtelailлон-Plage and its vast expanse of sand. For a wilder atmosphere, visit Aytré, Angoulins, L'Houmeau and Nieul-sur-Mer. In Marsilly and Esnandes, there's no swimming, but the coastline offers a lovely walk.

## WATER SPORTS

Sailing, paddleboarding, kayaking and more. Whether you're looking for an athletic session or a relaxing outing, the ocean is accessible to everyone thanks to the water sports centres.



## READY TO SAIL

From La Rochelle, take a cruise to the islands (Ré, Oléron, Aix) or the famous Fort Boyard.

Always a land of sailors, the city is home to some of the world's greatest navigators, including Isabelle Autissier and Yannick Bestaven. Several sailing schools offer an introduction to sailing.

### 🏠 Île de Ré

April - September  
> Saint-Martin port

### 🏠 Île d'Oléron

April - November  
> Boyardville or Saint-Denis

### 🏠 Île d'Aix & Fort Boyard

April - October





and  
the fresh  
air

## COASTLINE AND MARSHES, BETWEEN LAND AND SEA

From the Baie de l'Aiguillon to the Marais Poitevin, via the Tasdon, Yves and Pampin marshes, nature offers an unspoilt haven for birdwatchers.

From the north to the south of the coastline, the oyster huts and traditional carrelets, perched on their stilts, bear witness to maritime traditions and local know-how.

## BY BIKE

La Rochelle can easily be discovered by bike thanks to a wide range of cycle routes in the city and surrounding area. *Download the Loopi app to explore guided routes in French and English.*



# we love local shopping

## SHOPPING TOUR

From Rue du Temple to the archways of Rue du Palais, via Rue des Merciers, du Minage and Saint-Nicolas, stroll between designer boutiques and well-known brands.

## A LOCAL SOUVENIR

Pineau, Cognac, galette charentaise, scented candles, recycled-sail bags, chocolates Pavés Rochelais, Farol knives and more.

Take a little souvenir of La Rochelle with you!

*You will also find these products and other gift ideas at the Tourist Office shop.*



# we love to travel smart

## BUS

The Yélo bus network serves La Rochelle and conurbation with regular lines.

## SELF-SERVICE BICYCLES

112 stations available  
24 hours a day to get around easily.

## YÉLOMOBILE CAR-SHARING

Self-service electric cars, accessible via the Yélo app.

## SEA BUS AND FERRY

Cross the Old Port or reach Les Minimes by boat, departing from the foot of the Chaîne Tower.

## PARK AND RIDE

Several park-and-ride facilities on the outskirts of La Rochelle make it easy to reach the centre by public transport.

• *For more information, visit [yelo.agglo-larochelle.fr](http://yelo.agglo-larochelle.fr) or La Maison de la Mobilité on Place de Verdun.*



## GET AWAY

From La Rochelle, you can easily explore the surrounding areas.

### ÎLE DE RÉ


   15 km

### ÎLE D'OLÉRON

  1H10 - 70 km

## MARAIS POITEVIN

 45 min. - 60 km

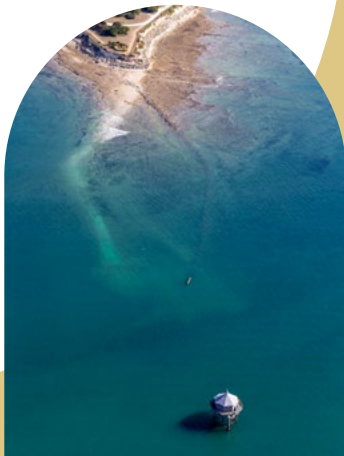
 nature walks  
by boat or bike

## ROCHFORT

 20-35 min.

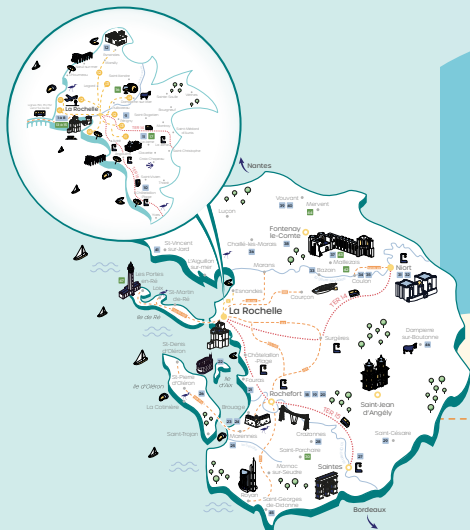
 30 min. - 35 km

 Arsenal des Mers  
l'Hermione



# nous, on aime explorer avec l'Océan Pass

Accédez à plus de **50 sites et activités**, avec les transports en commun inclus (bus, bus de mer, TER).



Disponible en version mobile, ce pass vous permet de découvrir La Rochelle et ses environs à votre rythme

Choisissez **2, 3 ou 7 jours** pour en profiter pleinement !

40+  
ACTIVITIES



LA ROCHELLE  
océan pass

2, 3, 7 Days

enjoy included transport

The tourist pass to get around and explore La Rochelle and beyond the islands, Marais poitevin, Niort Rochefort, Saintes, Vendée...

**FROM 48 €**

Available at the Tourist Office and on [www.larochelloceanpass.com](http://www.larochelloceanpass.com)



# we love

- Ice cream in the harbour
- Wandering through the cobbled streets
- Tasting oysters at the market
- Meeting under the Grosse Horloge
  - Mouclade
  - Crossing the port by sea bus
  - Strolling through the streets with archways
  - Goat cheese
  - Pineau and cognac
  - Getting around by bike
- Rugby with Stade Rochelais
- Foreshore fishing at spring tide
- Street art at Le Gabut
- Training for La Rochelle Marathon



## tourist information offices

### LA ROCHELLE

2, quai Georges Simenon  
17000 La Rochelle  
+33 (0)5 46 41 14 68

### ESNANDES

Maison de la Baie du Marais Poitevin,  
17460 Esnandes

### THINK SUSTAINABLE!



Leave this brochure in  
*the Documents box* at the Tourist Office  
so that it can continue its journey.



@larochelletourisme

[larochelle-tourisme.com](http://larochelle-tourisme.com)