

# LA ROCHELLE Home port



PRESS KIT  
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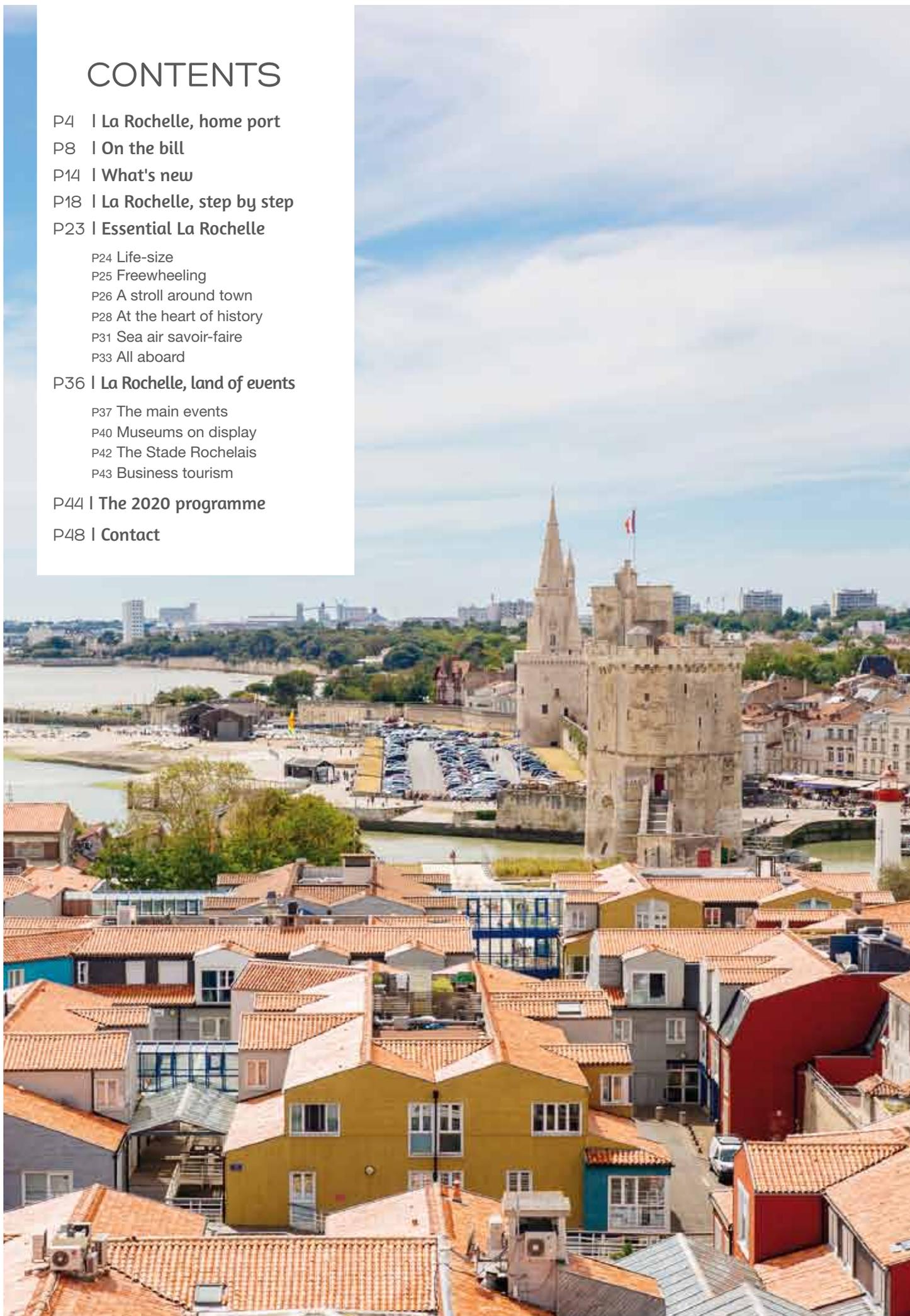
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# LA ROCHELLE home port

A unique way of life, that's what we keep hearing from those who have tasted the charms of La Rochelle.





Ideally located on the Atlantic coast between Nantes and Bordeaux, 2hr30 from Paris Montparnasse since July 2017 thanks to the LGV high-speed train and many French and European cities thanks to the increasing service provided by its airport, La Rochelle is yours to discover all year round!

With its prestigious architectural heritage, it's great to stroll around the Old Port and historic centre of La Rochelle to discover its many treasures: arcaded streets, half-timbered houses, mansions and all kinds of secret cul-de-sacs are just waiting to be discovered.

A town steeped in history then, but perfectly anchored in its time: Grand Pavois, Francofolies, International Film Festival... There are countless events and trade fairs that have become well established in the city for many years. A few days in La Rochelle are enough to understand how truly dynamic it is.

With unforgettable trips to the islands of Ré, Aix and Oléron with their exceptional views, La Rochelle can also be discovered by sea. With more than 4500 berths, Minimes Marina is now one of the largest ports in the world and its nautical facilities are an open invitation to all sailing enthusiasts.

Since the end of the 1970s, La Rochelle has been a pioneer in the field of urban ecology, and more than 230 kilometres of cycle routes allow cycling fans to discover La Rochelle and its surrounding area.

La Rochelle thus offers a successful marriage between its shops and its historic heart, the flavours and colours of its markets, the Old Port and its terraces, the fine restaurants, some of them gastro with 2 Michelin-starred chefs and a rich, eclectic nightlife... All this helps make up the unique atmosphere of La Rochelle.

The agglomeration of La Rochelle is also an extraordinary destination, rich in unsuspected gems hidden here and there through its charming towns and villages. But be aware: they won't reveal themselves so easily... It takes a pinch of curiosity, a zest of audacity and a sensitivity towards what's around us, to be able to get close and touch for yourself the great stories that are hidden there...

## IN FIGURES:



# 5 GOOD REASONS TO COME TO LA ROCHELLE



## 1 OUTSTANDING HISTORICAL HERITAGE

La Rochelle is a thousand-year-old city, with a rich and diverse heritage, a testimony to its history, the evolution of tastes and cultural influences from Europe and across the Atlantic. La Rochelle is an open-air museum, from its Épinal-like Old Port framed by its emblematic towers to the heart of the city: cobbled streets, arcades, houses with their half-timbered walls and slates, rich facades of carved stone from the 16<sup>th</sup> century, sober houses from the 17<sup>th</sup> century, large shipowners' mansions from the 18<sup>th</sup> century...



## 2 FESTIVE AND CULTURAL VIBRANCY

Much loved for its gentle way of life, its sea air, as well as for its lively quays, La Rochelle and its Old Port enjoy a unique festive and cultural vibrancy!

Cultural places to visit, show venues, contemporary creations, artists in residence, La Rochelle promotes the expression of all genres and provides the scene for numerous performances and a rich and eclectic programme on a daily basis.





### 3 THE PURE SALT-SEA AIR

Those who love lazing on the beach or long walks along the coast, experienced sailors or contemplative passengers should enjoy a seafaring experience with a trip on La Rochelle's many boats. With a mix of places to visit and exceptional views, new experiences are guaranteed!



### 4 CUISINE FULL OF FLAVOUR

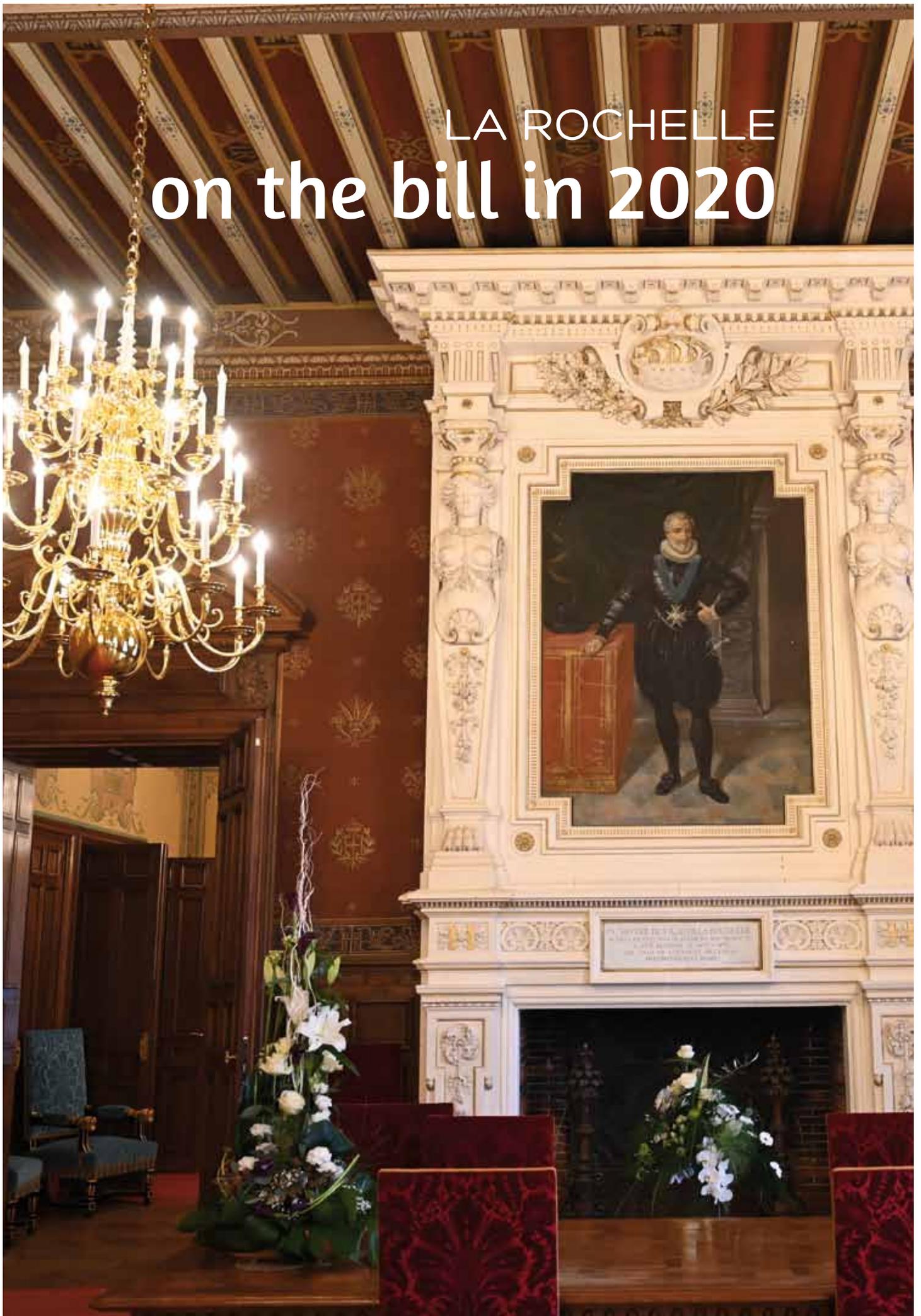
From market stalls to restaurant tables, you can taste the local produce in bistros, oyster bars, classic or gastro venues! La Rochelle is a real playground for those who love gastronomy, with its 2 Michelin-starred chefs.



### 5 THE ART OF LIVING LA ROCHELLE-STYLE

La Rochelle stands out for its innovative mobility policy . From the famous yellow bikes to the electro-solar sea buses that take you from one port to another, take the time to enjoy your surroundings. More than just a trend, the people of La Rochelle have made it a way of life to enjoy to the full.

# LA ROCHELLE on the bill in 2020







## REOPENING OF THE TOWN HALL

On 28 June 2013 at 1.55pm, a major fire broke out in La Rochelle's Town Hall.

Behind its high Gothic wall topped by a belfry tower, this iconic building held many memories of the city. Thanks to the work of the fire brigade and La Rochelle Town Hall's technical teams, all these treasures were saved from the flames and water. The Aubusson tapestries, the large painting of the Siege as well as the furniture of the function room were all entrusted to experts to be restored and thus save the history of La Rochelle.



### OPENING TO THE PUBLIC!

Locals and visitors can (re)discover the Town Hall with free 45-minute discovery tours.

Available by reservation, Saturday and Sunday afternoons.

[www.hoteldevillelarochelle.com](http://www.hoteldevillelarochelle.com)

## A SHORT HISTORY

### OF LA ROCHELLE'S TOWN HALL

**1298** The members of the Corps de Ville of La Rochelle buy five houses and their gardens to build the first Town Hall.

**1298** Reconstruction of the Town Hall surrounded by a crenellated enclosure wall with a machicolation and corner tower, symbols of the power of the independence of the Corps de Ville.

**1540** La Rochelle becomes the bastion of Protestantism.

**1595 - 1607** Resumption of work on the huge Renaissance project, which ends with the construction of the "Chamber of Aldermen" under the protection of King Henry IV. It houses the command centre.

**1627 - 1628** The Great Siege ordered by Richelieu, Minister to the King of France, Louis XIII. They suppress the communal organisation of La Rochelle.

**1718** Re-establishment of an elective mayor's office.

**1748** The municipal administration regains its Town Hall.

**1861** The Town Hall is classified as a Historic Monument.

**1872 - 1877** Restoration and restructuring of the building by the architect Juste Lisch.

**1945** La Rochelle is the last prefecture liberated from the Germans (2<sup>nd</sup> World War).

**2013** Town Hall fire. The fire spreads from the attic of the Aldermen's Pavilion to the archives, then consumes the entire roof structure of the function room.

**2016** Start of reconstruction work under the leadership of the architect-in-chief of Historic Monuments. 26 trades worked on the reconstruction of the Town Hall.

**2019** Town Hall opens to the public in December.





## CLIMAT OCÉAN Maritime Museum

From 19 November 2019 to 31 October 2021

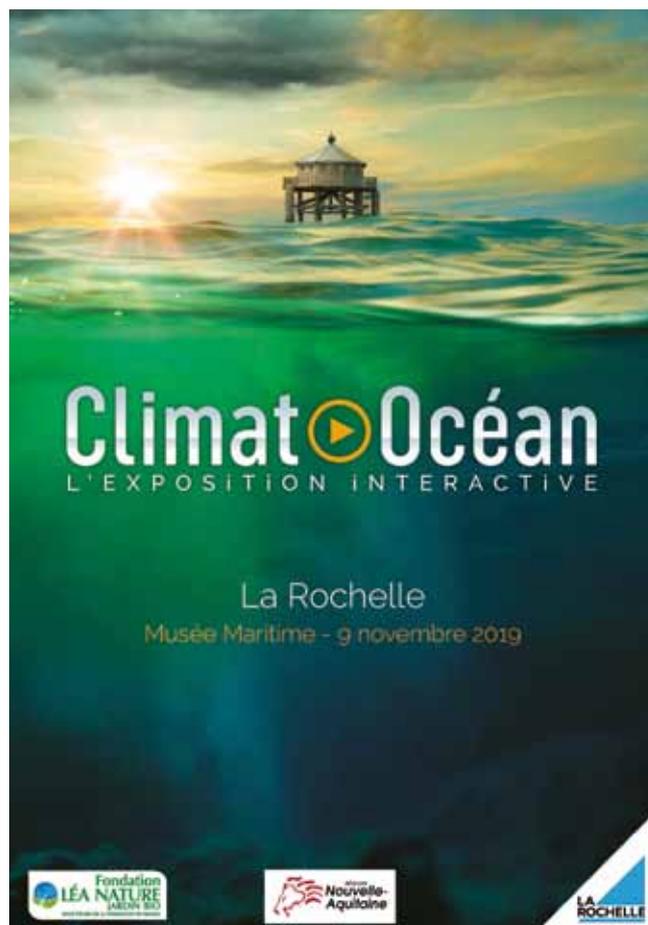
The first major exhibition devoted to the Ocean and its leading role in climate creation! Fun, scientific and engaging, it provides the keys to understanding the mechanisms of climate regulation and gradually increases the depth of visitors' experience, understanding and action to create an astonishing aesthetic sensation. Conceived in partnership with a scientific committee, it alerts the public and mobilises conscience.

Over 300m<sup>2</sup>, it takes the visitor into a little-known, lush world for a unique experience. From the Atlantic coasts to the Pacific Islands, from the atmosphere to the deepest abyss, you can discover, among other things, the birth of a tornado and the rise of sea levels, thanks to innovative devices and interactive animations.

This immersive journey can be discovered through 7 presentations:

- ✓ The ocean's role in creating the climate
- ✓ Threats to the Ocean
- ✓ The effects and consequences of these regulations
- ✓ Paleoclimates or the history of climates from the beginning
- ✓ How to continue to live with these risks: by adapting
- ✓ You're the explorer!
- ✓ What if we decide?

[climat-ocean.fr](http://climat-ocean.fr)  
[museemaritime.larochelle.fr](http://museemaritime.larochelle.fr)



## BECOME A LIGHTHOUSE KEEPER

24 hours alone in the lighthouse at the end of the world

To mark the 20th anniversary of the Lighthouse of the World, the association of the same name opens its doors to all those who wish to spend a night or 24 hours alone in the Lighthouse at the End of the World located at Pointe des Minimes.

### The history of an iconic monument in La Rochelle:

This lighthouse is Europe's replica of the Lighthouse at the End of the World. Located on Staten Island in Argentinean territory, off Cape Horn, it was made famous by the last novel by Jules Verne published in 1905. Erected in 1884, it was abandoned in 1902 due to the inhospitable living conditions on the island. It was rediscovered in 1994 by the adventurer from La Rochelle, André Bronner, who undertook its reconstruction with a team of 10 people. On 26 February 1998, the Lighthouse at the End of the World was rekindled and the ambition for a second lighthouse to light up the coasts of Europe began. On 1 January 2000, 12 780 km from Staten Island, in La Rochelle, the replica of the Lighthouse at the End of the World was born.

### The "Become a Lighthouse Keeper" project:

"If you've dreamed of being like a Robinson Crusoe on his island, an adventurer, or simply disconnecting from your daily life, we offer a way to get out of society and imagine a different world, far from the hustle and bustle. Isolation is



an accelerator of the imagination, and the Lighthouse at the End of the World in La Rochelle provides the perfect setting: become a Lighthouse Keeper! ».

Equipped only with a VHF, the sailor's communication system, the lighthouse keeper takes his or her turn alone, without any means of communication. In exchange, volunteers must tell of their experience, their emotions and sensations felt during these 24 hours, in writing or any other mode of artistic expression.

It was a great success, as the 220 candidates were selected in less than two months. Just a few places are still available and reserved only for artists.

### The lighthouse keeper's dream

Regardless of their output and in partnership with the University of La Rochelle and the fantasy geographer Louis MARROU, the lighthouse keepers are invited, if they so wish (and if they remember...) to write down the dream they had during their night on watch. But also to report the appearance of the lighthouse in their dreams before and after that night for a programme to research the geography of dreams.

### More projects in 2020 and a big celebration!

At the La Rochelle conurbation level, conferences for the general public, as well as educational and artistic workshops, will be offered to residents, as well as to schools.

From 30 September to 5 October 2020, the major celebration "Meet at the Lighthouses" will be held at Minimes Beach, during the Grand Pavois.

[www.lephareduboutdumonde.com](http://www.lephareduboutdumonde.com)



## THE MARATHON, LA ROCHELLE SERGE VIGOT CELEBRATES ITS 30TH ANNIVERSARY!

The interview! \_\_\_\_\_

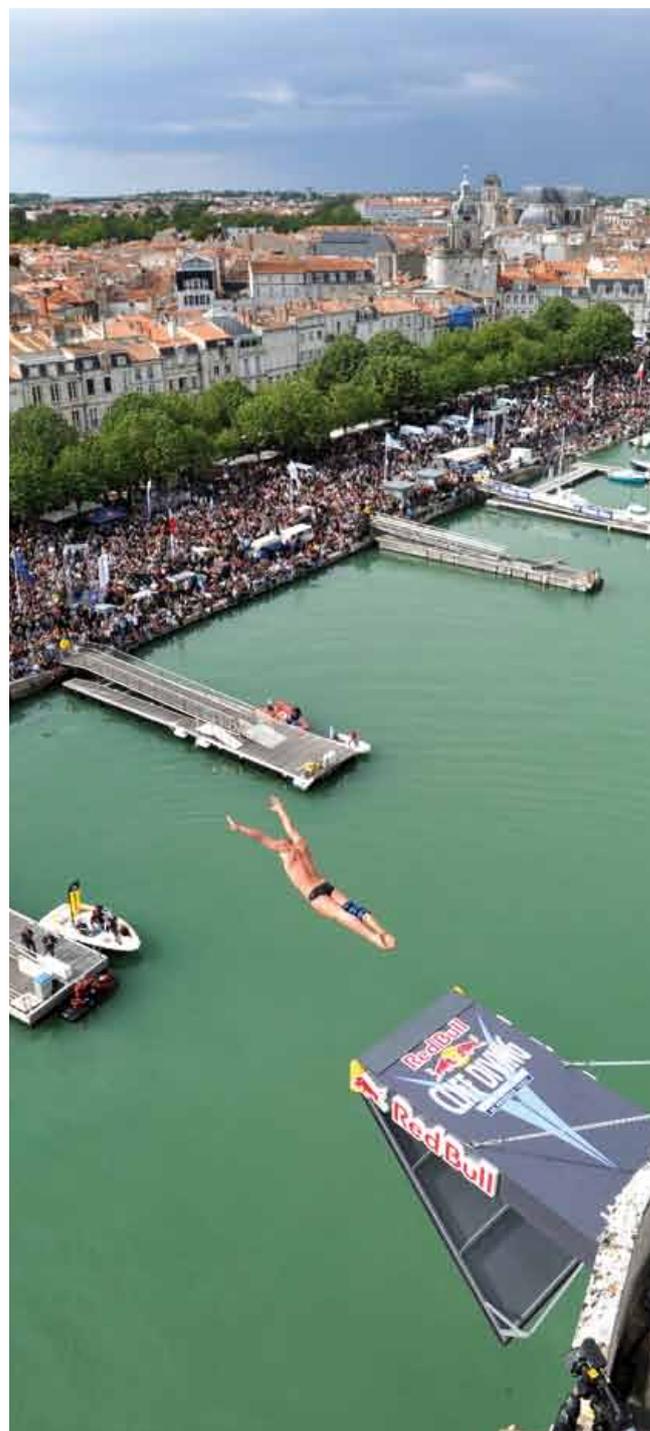
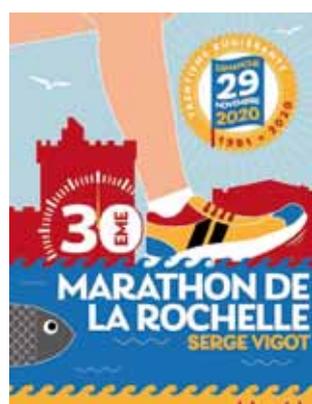
### DOMINIQUE ROUGÉ

President of the Association  
of the Marathon of La Rochelle

He himself lengthened his stride over twenty editions of this event which, each autumn, brings together at least 10 000 runners - often more - and mobilises a thousand volunteers from La Rochelle.

*“Today, I represent this marathon at other endurance events and each time, I am complimented on the organisation of our race, but above all, on the quality of the welcome reserved for participants by the volunteers from La Rochelle and the whole town. Here, everyone is considered and encouraged, from the champion to the straggler. Spectators and supporters can experience the heart of the race, thanks to its two-loop route through the historic centre. It’s a fabulous setting for a marathon, appreciated by those who watch it as well as those who participate. »*

[www.marathondelarochelle.com](http://www.marathondelarochelle.com)



## RETURN OF RED BULL CLIFF DIVING TO LA ROCHELLE!

Extreme divers make their big comeback to La Rochelle after 3 years’ absence! For the first time, 12 female athletes will share the spotlight.

During previous events, nearly 75 000 spectators gathered on the quays of the Old Port to enjoy the show.

LA ROCHELLE  
**what's new**  
**2020**





## CHRISTOPHER COUTANCEAU

Rewarded with a 3<sup>rd</sup> star in the Michelin Guide.

On 27 January, Christopher Coutanceau was awarded his third star at the Michelin Guide ceremony in Paris.

La Rochelle's flagship establishment has proudly displayed its 2 stars since 1986, when it was run by Chef Richard Coutanceau and his wife Maryse.

Passionate about the sea and a sailor since his early childhood, Chef Christopher Coutanceau is a fervent proponent of sustainable fishing and zero-waste cooking. In his eponymous restaurant, he and his partner Nicolas Brossard started working along these lines. In the summer of 2018, they opened a second establishment, La Yole de Chris, a seafood cafe where you come and enjoy friendly seafood cuisine.

In April 2020, the chef will open his own 5-star hotel "La Villa Grand Voile". In this former shipowner's house, located in the heart of the old town of La Rochelle, twelve rooms with outstanding facilities will welcome visitors. In keeping with his Relais & Château restaurant, the chef offers his guests a timeless interlude where luxury and elegance are the order of the day. To round off a wonderful stay for the comfort of guests, a garden planted with palm trees and a heated swimming pool have been added to the numerous à la carte services.

[www.coutanceaularochelle.com](http://www.coutanceaularochelle.com)





## LA FABULEUSE CANTINE

### Neighbourhood kitchen, scenes from elsewhere

Located in the Encan district, the former fish market, La Fabuleuse Cantine is inventing a new form of living space where cultural and social programming, waste prevention and creative cuisine intersect.

Every day, the La Fabuleuse Cantine team collects quality products from organic stores and local producers. Unlike traditional catering, it offers a menu developed according to whatever is landed and collections of unsold items.

La Fabuleuse Cantine is part of a reasoned approach, designed to combat food waste. Its economic system is developing thanks to a network of local partners based on the short circuit approach and limiting its carbon footprint.

La Fabuleuse Cantine is also a human-scale approach conducive to sharing and artistic expression through an open, eclectic programme: concerts, DJ sets, presentations, projections, travellers' experiences...

[lafabuleusecantine.fr/la-rochelle](http://lafabuleusecantine.fr/la-rochelle)





## ÉCOLOGÎTES

**Ecological accommodation, an authentic experience, unique holidays!**

Lucille and Jean-Alain welcome holidaymakers throughout the year in their haven of peace, in a quiet district, not far from the Old Port of La Rochelle. Their aim? To offer sustainable, responsible holidays!

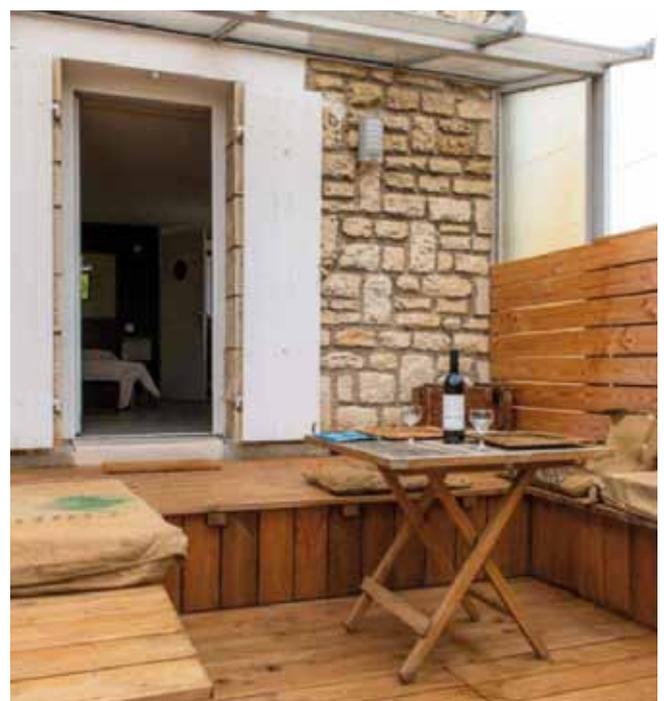
After becoming aware of the negative impact of tourism on ecology, these two great travellers are taking action. They settled in La Rochelle, a city resolutely committed to an ecological approach, and acquired a wonderful millstone shop in La Rochelle and its vast garden. One year later, 3 independent holiday homes and a large shared garden of more than 630m<sup>2</sup> saw the light of day!

Here are their environmental commitments to ensure environmentally responsible holidays:

- Sleeping in the comfort of organic cotton sheets and mattresses made of natural latex, free of toxic products
- Bicycles made available free of charge for discovering La Rochelle
- Heating using renewable energy (solar and photovoltaic panels and heat pumps).
- A "bird refuge" garden planted with trees, with a pond promoting biodiversity.
- Unique decoration made from recycled materials or antique furniture that has been restored.
- Restoration work (paint and insulation) carried out without polluting products.
- Zero waste and home-made products

Much more than just a holiday rental, it's an ecoresponsible choice!

[lesecologitesdelarochelle.fr](http://lesecologitesdelarochelle.fr)



# LA ROCHELLE step by step

With family? On a date? Just passing through for the weekend?  
We tell you everything you need to experience La Rochelle to the max and  
miss nothing of our beautiful city!



# CITYBREAK 48HR for two!



## DAY 1

**9.00am** Meet on the Old Port to enjoy a nice coffee in the company of the Towers of La Rochelle, the guardians of the city! You'll love the peace and quiet of the Old Port in the early morning.

One coffee later, head for the Saint-Nicolas tower. A real urban keep, it offers a wonderful view of the city and the ocean. Take the opportunity to discover the exhibition "It happened tomorrow" at the Chaîne Tower. More info p.29

[www.tours-larochelle.fr](http://www.tours-larochelle.fr)

**11.30am** Once back down, go to the old 19<sup>th</sup>-century covered market hall. Here, the sellers and producers share their love of local products with passion and generosity. With a basket on your arm, treat yourself to some of the local specialities: seafood, fish, pork scratchings and farci charentais, pineau, cognac or charentais melon. Around the market halls, cafés and bistros have joined forces with the market producers to offer an oyster tasting accompanied by a glass of white wine to better enjoy the lively, friendly atmosphere of the market!



**1.00pm** The market district is full of great places to eat with menus bursting with fresh produce! You can taste seasonal cuisine designed and created with fresh market products.

**2.00pm** A stroll to aid digestion is called for! Here, what could be better than a little shopping, looking for souvenirs to give away or keep for yourself? From the pedestrian streets to the arcaded roads and small lively squares, the diversity and uniqueness of the shops is sure to delight!

A favourite is the Saint-Nicolas district. Formerly a fishermen's village with a bohemian spirit, it's here that many creators and craftsmen have settled and offer a "100% Made in LR" shopping experience.

**4.00pm** Then head for the Maritime Museum, a floating dockside museum. To get there, head along the Bassin des Chalutiers which is home to some of the Yacht Club's collection of old wooden boats. Arriving at the museum, explore France 1, the former national weather frigate. Also check out the large, innovative, fun, interactive Climat Océan exhibition.

**More info on the exhibition page 11**  
[www.museemaritimelarochelle.fr](http://www.museemaritimelarochelle.fr)

Take the opportunity to stroll along the quays of the Encan, the old fish hall where craftsmen have now chosen to live: Farol knives and Matlama bags to complete your 100% La Rochelle shopping.

Round off a wonderful afternoon with an aperitif at the bar of France 1. Located on the deck of the frigate, this unusual and very popular La Rochelle bar is open from April to September.

**7.30pm** From the pier in front of the Media Library, call the electro-solar ferry which will take you across to the other bank past the foot of the towers. Head for the district of Saint-Jean du Pérot for dinner.

**9.00pm** At nightfall, in the footsteps of the night watchman, set off to discover the city and enter some of the places usually closed to the public. Dramatised tour only from June to September.

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

In winter, choose a play or a show at the Coursive, the National Stage that was once a convent, or a concert at the Sirène, a contemporary music venue and a rehabilitated former grain silo, located in the industrial district of Pallice.

[www.la-coursive.com](http://www.la-coursive.com)

[www.la-sirene.fr](http://www.la-sirene.fr)





## DAY 2

**10.00am** After renting your bike for the day at one of the many rental companies in La Rochelle, head off for a sea-air ride between land and sea.

From the Old Port, take the electro-solar sea bus to the Minimes Marina on a 25 min mini-cruise.

Arriving in the district of Les Minimes, you reach the coast and the parks of Les Minimes and Les Pères. These parks with their southern vegetation offer an incredible balcony overlooking the sea. In the distance, you can admire the Lighthouse at the End of the World, the renowned replica made famous by Jules Vernes. In good weather, you can also see Fort Boyard.

Return to La Rochelle along Port des Minimes to Allée des Tamaris for a refreshing trip. Take a break on the grass in front of the entrance to the Old Port and relax to the coming and going of the boats.



**1.00pm** Lunch at the "Là-Haut" brasserie located above La Rochelle's Aquarium. The view is breathtaking!

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

**2.00pm** Ten minutes later and a little pedalling and you're heading along the Rompsay Canal for a cool trip through the heart of nature. Thriving and protected, numerous species populate the waters and banks of the canal.

Return to La Rochelle for a well-deserved break on the Old Port.

**7.00pm** Immediate boarding for dinner out at sea against the backdrop of the setting sun! An exceptional experience aboard the Catamaran Kapalouest.

[www.kapalouest.com](http://www.kapalouest.com)



# CITYBREAK 48HR with family!



## DAY 1

**9.00am** We discover La Rochelle thanks to Terra Aventura and the "Towers of La Rochelle" route. For this modern-day treasure hunt, you don't need a map or compass, but a smartphone or GPS. Combining a walk and discovering the destination's heritage and natural wealth, this 100% free activity takes adventurers in search of clues scattered along the route, until they reach their coveted treasure! Within this treasure are hidden the Poi'z, little characters full of mischief, for you to collect (in the form of a badge).

### They've already tried it:

*"La Rochelle we know. But Terra Aventura showed us a different side to it. Along with a good meal on the port. Thank you, Terra Aventura"*

*"A first for us. Just excellent! Well done"*

A 2nd course "Les Perles du Plombs" is available in the communes of Houmeau and Nieul sur Mer, 15 min from La Rochelle.

[www.terra-aventura.fr](http://www.terra-aventura.fr)



**11.00am** Head for Parc Charruyer to stroll in the shade of its alleys lined with rare species or along the streams. Having an animal park on site will delight children! There are peacocks, cranes, goats, a fox, an ostrich, fallow deer, ponies and Poitou donkeys.



**12.00 noon** Lunch at the Omelette Délice, in the market district. A concept that will delight young and old alike!

**@omelettedelicerestaurant**

**2.00pm** Discover the Natural History Museum's collections with nearly 10 000 objects from the naturalist and ethnographic collections gathered together since the 18<sup>th</sup> century.

Take the opportunity to discover its new exhibition "Easter Island, Navel of the World" and its life-size moai!

**more info on the exhibition page 40**

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

**4.00pm** We head off to sea on board the cruise ships of La Rochelle towards Fort Boyard! This commented cruise takes you first into the middle of the "Pertuis d'Antioche", the strait between the islands of Aix and Oléron, and then around this famous "stone ship".

**7.30pm** Dinner in the Saint-Jean du Pérot district. Then take a stroll to aid digestion on the Old Port. With its entertainment and craft markets, there's something for all tastes.





## DAY 2

**9.00am** We start the day with a dive into the oceans and their mysterious abysses. From sharks to turtles, from the shimmering fish of the Atlantic to the colourful inhabitants of the Tropics, all the heroes of the Ocean are here. La Rochelle's Aquarium has other surprises in store: under-sea cave, magic carpet, games ... as well as adapted texts and fun drawings to help you dream, understand and learn about the sea.

### GOOD TO KNOW:

on Wednesday and Sunday at 2.30pm: shark feeding.

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

**12.00 noon** Lunch on the deck of the former national weather frigate, the France 1. Visit the Maritime Museum moored in the Chalutiers basin and eat on board. Open from April to September.

@bardufrance1



**1.00pm** Vertigo Parc will delight the more adventurous with its numerous treetop adventure courses. Test the new multigame space: trampolines, ball games, giant billiards etc. Everything is in place for a fabulous afternoon!

[www.vertigoparc.com](http://www.vertigoparc.com)

As for explorers eager for knowledge, what could be better than a nature safari in the Marais d'Yves Nature Reserve? At high tide, thousands of bird species can be seen from several observatories scattered throughout the reserve...

Open from the end of March to September. Other packages are available: watching the butterflies, storks or twilight visits.

[www.marais.yves.reserves-naturelles.org](http://www.marais.yves.reserves-naturelles.org)

**5.00pm** Back in La Rochelle, you can enjoy a nice ice cream at Maison Ernest le Glacier before boarding the electro-solar sea bus to Minimes to end the day at the beach!

[www.ernest-le-glacier.com](http://www.ernest-le-glacier.com)

**7.00pm** Why not keep things going with a nice picnic on the beach against the backdrop of the setting sun? If you haven't planned anything, there are lots of small restaurants in the Minimes district. You'll love Le Merluchon which offers delicious Fish & Chips!

@lemerluchonlarochelle

# LA ROCHELLE essential La Rochelle

Embark on a unique journey to discover a remarkable heritage, surprising maritime landscapes, an inviting atmosphere and exceptional sites!



# LA ROCHELLE

## Life-size

From Pointe Saint-Clément in the north to Baie d'Yves in the south, white roads stretch out along a changing coastline. You can choose portions of this 70 km coastal route, punctuated here and there by fishing huts that cut into the horizon. Many starting points are possible, from Coup de Vague in Marsilly up towards Esnandes, from Pointe du Roux in Aytré to Pointe du Chay in Angoulins, from the port of Le Plomb between Nieul and Houmeau or the port of Le Loiron in Angoulins, from Boucholeurs to the Baie d'Yves... to name but a few.

## THE NATURE RESERVE OF MARAIS D'YVES

A former lagoon protected by a dune barrier, the Baie d'Yves Nature Reserve is home to an extraordinary biological diversity, both for birds and fauna and from a botanical point of view, with more than 570 different plant species. The League for the Protection of Birds (which manages the site) invites you to observe birds through multiple themed walks.

Depending on the season, you can get acquainted with the white stork, avocet, reed harrier, kingfisher and many other species that have made this protected area a resting place on their long migratory route.

[www.marais.yves.reserves-naturelles.org](http://www.marais.yves.reserves-naturelles.org)

## MARANS CANAL, THE GREEN STREAM

When you've had your fill of beach, walking along the Marans Canal is a green change of scenery for you to enjoy. Whether you walk, cycle or even canoe along it, this waterway that flows at the bottom of its chlorophyll cradle produces a relaxing Zen effect. Here, nature is everywhere! Many species are protected and have flourished to populate the waters and banks of the canal. 24 km long, it is dotted with remarkable points, leisure and picnic areas, and follows the routes of La Vélolyssée® and La Vélofrancette®, to the delight of cycle tourists! By canoe, the calm waters of the canal are particularly suited to family trips.

## DISCOVERY TRAILS

Here a well, there an old mill, a stream, the remains of a château or a cartouche carved in a stone facade. What does this heritage tell us? The agglomeration of La Rochelle makes up a region where nature and culture intermingle wonderfully. To discover it, you have to follow its 17 or so discovery trails, creating loops of 1hr to 4hr walking from the villages surrounding La Rochelle.



## The carrelets

Fishing from a "carrelet" is a 100% Charente tradition. Carrelets are fishing huts where pontoons protrude over the foreshore so fishermen can lower their large square nets into the water and bring up all sorts of species: eels, sea bass, sole, shrimp ... depending on luck and the season. Educational carrelets have been built and can be discovered in Esnandes and Angoulins.



## PARKS AND GARDENS OF LA ROCHELLE

La Rochelle's parks with their changing atmospheres extend over nearly 350 hectares. Oceanic or Mediterranean, tamed or cleverly disordered, they invite you to stroll and relax... Equipped with cycle paths, walks, an animal park and playgrounds, they are the true lungs of the city.

Valin Square: the inhabitants of La Rochelle and holiday makers can enjoy new public spaces along the quay of the Old Port: playground, merry-go-round, mist fountain, fast food kiosk, trees replanted...

# LA ROCHELLE

## Freewheeling



With some 230 kilometres of cycle routes, La Rochelle and its agglomeration offer a multitude of opportunities for a change of scenery.

In La Rochelle, we love cycling, and for good reason! In 1976, our wonderful city was the first in France to offer self-service bicycles. Here, we've made it a way of life! There's nothing better than riding a two-wheeler to search out all the treasures this territory has to offer.

During a ride in the open air along the coastline or in the surrounding countryside, to reach the famous covered market halls or wander through the narrow streets and the Old Port of La Rochelle, a bike is the perfect companion for discovering all its riches.

La Rochelle lends itself perfectly to cycle tourism. Today crossed by 2 famous cycle routes, the Vélodyssée® and Vélofrancette®, they offer sportsmen and women a well-deserved stop at the foot of its famous towers!



IDEA GREAT!

The Loopi app and La Rochelle Tourisme offer cycle tourists the opportunity to discover the many routes and discovery loops to try out in the surrounding area. Once you've chosen the route according to your preferences and ability, just let yourself be guided thanks to the integrated GPS (available offline). Many points of interest will attract the attention of the curious and are explained along the way. The app also offers a route planner, which recommends a route focusing on biking roads and cycle paths.

Free download on iOS and Android and available at [www.larochelle-tourisme.com](http://www.larochelle-tourisme.com)



### THE VELODYSSÉE®

This cycle route is the French part of Euro-cycle route no.1 which runs from Norway to Portugal. In Charente-Maritime, its route extends over a 150 km route.

Easy, safe, marked out, dotted with unmissable treasures, it's accessible to all at any pace.

Two stages are covered through the La Rochelle agglomeration. Number 33 between Marans and La Rochelle (25.5km, about 2hr30, intermediate level) which follows the pleasant green flow of the Marans Canal, its locks, its calm, its vegetation leaning over the water. Number 34 between La Rochelle and Châtelailon-Plage for a nice trip along the coast (14.3km, about 1hr30, family level).



### THE VELOFRANCETTE®

This 630 km long cycle route links the English Channel to the Atlantic from the city of Caen in Normandy as far as La Rochelle, for a 100% natural journey. It joins the Vélodyssée along the Marans Canal. It is accessible to all at any pace.

# LA ROCHELLE

## A stroll around town



### THE OLD PORT, AN EMBLEM

The Old Port is a must when you visit La Rochelle, for a day, a weekend, a week or even a lifetime! A true blue lung in the heart of the old town, it's the jewel of the maritime city. Its lively quays offer visitors a moment of relaxation to stroll around a breathtaking setting where ages intermingle. It's true that life here is in full swing: bars and terraces on the Duperré and Valin quays, restaurants at the foot of the majestic towers, a craft market in the shade of the trees in the Cour des Dames, a buzzing open-air dance hall in the Gabut industrial wasteland and the comings and goings of cruise ships at sea!

The city has been working for several years to bring out the best of its Old Port, now completely pedestrianised. The main focus is therefore on walkers and cyclists who'll love the calm and serenity of its surroundings.

### SAINT-NICOLAS DISTRICT

A real village within the city, this former fishermen's quarter is very popular with the people of La Rochelle for its unique charm. Today, it's become the "bohemian" district and is home to second-hand shops, art galleries, bookstores and small shady squares. It's here that many local craftsmen can be found, such as "Esprit Voile" which makes numerous accessories using boat sails.

[www.espritvoiles.fr](http://www.espritvoiles.fr)



## Quai des Artisans

It's in the old fish auction house, the fishmongers' huts and the continuation of the Espace Encan (Palais des Congrès) that other local craftsmen have now set up shop:

**FAROL KNIVES:** world-renowned company in the field of cutlery.  
[www.farol.fr](http://www.farol.fr)

**MATLAMA:** a design sometimes classical, sometimes extravagant, unusual and alternative materials, such as the features of the bags and accessories sold by Matlama. [www.matlama.com](http://www.matlama.com)





## LA ROCHELLE AQUARIUM

A unique journey to dream and better understand the sea! Born from a family passion for the marine world, La Rochelle Aquarium is one of the largest private aquariums in Europe. Today, the 3<sup>rd</sup> generation is taking over the baton of this true institution which every year welcomes nearly 800 000 visitors, which allows the financing of numerous scientific research projects and activities to raise public awareness for the preservation of biodiversity.

### A FEW FIGURES

**3** million litres  
of seawater

**12** thousand marine animals

**65** tons of food  
in 10 years

**1<sup>st</sup>** French aquarium  
according to TripAdvisor

## ENJOY TO THE FULL!

Around the Old Port or in the Old Town, on a terrace or within the hushed confines of a restaurant, savour the flavours of a maritime region where gourmet pleasures, conversations and human encounters all combine.

Real favourites with true gourmets, the markets and their lively colourful stalls will delight both the eyes and the tastebuds. Local specialities can be enjoyed and tasted according to the changing seasons ... Charentais melon, fish and seafood, pork scratchings and farcis charentais etc.



## ONE EVENING AT LA BELLE DU GABUT

It's in the heart of the industrial wasteland of Le Gabut that you'll find La Belle du Gabut, a strange and very lively "guinguette" (open-air dance hall), with musicians, singers, a floor to dance on, a little rosé wine, tables to share... A space well loved by graffiti artists and street art lovers in La Rochelle whose walls reveal the multiple talents and graphic richness of this urban art. La Belle du Gabut is also an artistic and cultural venue... free and accessible to all! Every month, discover the programme of activities: shows, music, dance, theatre, street arts, meetings, events, introductions, workshops, well-being...

Opening planned for spring.

[www.belledugabut.com](http://www.belledugabut.com)



# LA ROCHELLE

## At the Heart of History

### GO BACK IN TIME...

... in the footsteps of the people who have created the history of this "beautiful and rebellious" city and discover all the richness of its architectural heritage. From the medieval houses with their timber frames and slates with richly carved stone facades from the 16<sup>th</sup> century and sober 17<sup>th</sup> century houses to the great 18<sup>th</sup>-century shipowners' mansions, the architectural diversity of La Rochelle's buildings tells the story of changing tastes as well as the European and transatlantic cultural influences on the city



## La Rochelle Bunker

Built in the heart of the historic city centre in the greatest secrecy in 1941, to then remain intact and forgotten, this incredible bunker, the shelter of a German admiral and submarine commanders during the 2<sup>nd</sup> World War, has been open to the public since 2013.

On an educational trail of 250m<sup>2</sup>, we plunge into a world of emotions by discovering the key characters in the history of La Rochelle during the conflict. A modern museography based on a very rich collection of local items: photos, posters, documents.

[www.bunkerlarochelle9.wixiste.com](http://www.bunkerlarochelle9.wixiste.com)



## MARITIME MUSEUM

"Ships to visit", a maritime heritage to experience: the Maritime Museum's fleet gathered at the quayside is grouped together at the bottom of the Bassin des Chalutiers around its "flagship", the meteorological frigate France 1. As such, it offers the public the opportunity to come on board to "live" and understand the different ships and their functions. The Angoumois illustrates the period of industrial fishing and the Saint-Gilles, the specific features of tugboats.

Yours to admire and discover while strolling on the pontoons, the other ships of the Maritime Museum, true Historical Monuments and exceptional Classic Yachts grouped between the France 1 and the Encan building.

### The pavilion gallery

April 2015 saw the opening of the Maritime Museum's new gallery of pavilions with a major permanent exhibition devoted to the history of La Rochelle through its ports.

[www.museemaritimelaroche.fr](http://www.museemaritimelaroche.fr)



## THE TOWERS OF LA ROCHELLE

### St Nicholas' Tower

A true urban keep and palatial residence facing the ocean, this military building symbolises the power and wealth of La Rochelle. 42 metres high, its architecture revolves around a maze of stairs and corridors built into the thickness of the walls.

### Chain Tower

Gateway to the Old Port, the Chain Tower monitored ship movements, port traffic and collected fees and taxes.

### Lantern Tower

The last medieval lighthouse on the Atlantic coast, 70 metres high, topped by an octagonal Gothic spire, the tower has served throughout history as a lighthouse and prison. This prison function explains some 600 pieces of graffiti by British, Dutch and Spanish privateers.



## It happened tomorrow

6 April to 8 November 2020

Exhibition designed by the City of Poitiers in co-production with the Centre for National Monuments.

The exhibition explores the world of science fiction comics by bringing to life 3 comic book albums: "Dans la combi de Thomas Pesquet" by Marion Montaigne, "Shangri-La" by Mathieu Bablet, "Universal War One" by Denis Bajram.

The visitor becomes totally immersed, an actor operating in a futuristic atmosphere. He or she is called upon to take part in multiple interactive experiences. The worlds explored are the future, the conquest of space, technological advances and their dangers for man, and the power of the machine.

The scenography of the exhibition is inspired by the aesthetics of space bases and vessels dreamt up by comic strips and science fiction cinema.

[www.tours-la-rochelle.fr](http://www.tours-la-rochelle.fr)

## THE AGGLOMERATION OF LA ROCHELLE

After plunging into the seething life of the maritime city, take to the open road towards a truly green setting, where calm and serenity reign supreme. These towns and villages are full of exceptional monuments. But beware, they won't reveal their secrets so easily... You'll need a pinch of curiosity, a zest of daring and a sensitivity to what surrounds you, to be able to approach and feel the great stories that are hidden there...



### LOGIS DE LA RICHARDIERE, IN MARSILLY

"A timeless place, contemplative poetics and a source of inspiration" are the words of Jane Anne, current mistress of the place, to describe this manor house built in 1489. It's within this authentic place that the owner welcomes artists, painters, poets and photographers, who draw inspiration from this balance between matter and spirit. This haven of peace, a place for exchanges and meetings dedicated to culture and well-being, is open to the public; especially its park and outbuildings.

#### Anecdote

Georges Simenon, father of the famous Commissioner Maigret, lived there with his wife from 1932 to 1934. This place also inspired his novel "Le Testament Donnadiou"



### CHURCH OF ST MARTIN, IN ESNANDES

Built in the 12<sup>th</sup> century and fortified in the 16<sup>th</sup>, the church was classified as a Historic Monument in 1840. It surprises with its imposing, unusual appearance, mixing both the architecture of a place of worship and a fortress. From its ramparts, on the parapet walk you can admire an exceptional view of the Bay of Aiguillon.

[www.esnandes.fr](http://www.esnandes.fr)



### BEAUTIFUL BOURGEOIS HOUSES IN SALLES-SUR-MER

While the town does not border the coast, there's plenty of water in the form of marshes. These humid areas have given it a typical vegetation very much appreciated by the 17<sup>th</sup>-century bourgeoisie of La Rochelle who built their country residences there. The châteaux of Hérauderie, Montagne-la-Jeune, Roulet, Cramahé, Héronnière and Borderies bear witness to this rich past, providing a popular holiday destination for city dwellers. This fine architectural heritage contributes greatly to the charm of the town. Yours to discover thanks to the discovery trail.



### CHÂTEAU DE BUZAY, IN LA JARNE

With its period furniture, evocative of a certain charm, Château de Buzay bears witness to a way of life that La Rochelle experienced when the special links between its port and the colonies of the New World were established. Its unique architecture, with its perfectly proportioned lines, makes it a model of harmony. As for the château's park, it provides a wonderful setting, laid out according to the landscape rules of the 19<sup>th</sup> century. This château has been the property of the same family since the first stone was laid by Pierre-Etienne Harouard, Lieutenant of the Admiralty of La Rochelle, in 1771.

[www.buzay.fr](http://www.buzay.fr)

# LA ROCHELLE

## Sea-air savoir-faire

Situated at the end of a bay opening onto the Pertuis Sea and protected by the islands of Ré, Aix and Oléron, La Rochelle has since its birth made the Ocean its maritime companion. A city with four ports, its historical and contemporary know-how make it the maritime city par excellence, open to the world.

La Rochelle is now recognised as a centre of excellence in terms of services thanks to the concentration, diversity and complementarity of the companies present (naval architects, design offices, renovation professionals etc). Skills coupled with tourist and sporting activities that make the nautical sector one of the pillars of the regional economy.

The only deep-water port on the Atlantic coast, La Rochelle Atlantic Port welcomed 29 cruise ships and their 30 000 passengers in 2018!



### MINIMES YACHT MARINA

Just 15 minutes' walk from the historic centre of La Rochelle, the port is ideally located for all yachtsmen making a stopover: connections to the city centre provided by bus lines and the electro-solar sea bus; presence of a cycle path and pedestrian walkway. On foot or by bike, the Allée des Tamaris, starting from the Vieux Port, offers a sea air walk along the seafront, at the end of which we find the Port des Minimes. Take the opportunity to cross the "Nelson Mandela" Footbridge to reach the "New World" seawall: a great opportunity to walk "on the sea" and contemplate the comings and goings of the boats!

Today, as one of the world's leading ports with more than 5000 berths and the leading marina on the Atlantic coast, La Rochelle's marina aims for excellence in terms of reception and services: having been awarded 4 anchors out of 5 by the Gold Anchors, it offers 450 individual "visitor" places, including 90 at the Old Port, in the heart of town.

[www.portlarochelle.com](http://www.portlarochelle.com)



### PORT DU PLOMB, IN L'HOUMEAU

Long before La Rochelle erected its famous towers, Port du Plomb was home to ships carrying wheat and wine from its hinterland as early as the 10th century. It next became a fishing port, then an oyster-farming port, and today mainly a haven of peace for pleasure boats that cast their colourful reflections on the waters of the channel.

Here, you can enjoy freshly picked seafood with a sea view and set sail on old rigs alongside enthusiasts eager to share their love of the ocean and the maritime history of the region. It's also a special place for families to take a walk, from where you can reach the coastal paths.

[www.mairie-lhoumeau.fr](http://www.mairie-lhoumeau.fr)

## FISHING PORT OF LA ROCHELLE

This is where it all starts! Every day, several species of fish and crustaceans are landed on the pontoons of the Fishing Port, heading for auction where fishermen, fishmongers, wholesalers and retailers rub shoulders. These seafood products are then shipped to the many restaurateurs in La Rochelle or end up on the market stalls.

Witness this know-how for yourself? In La Rochelle, it's possible! The team from the Fishing Port invites the curious to go behind the scenes by attending an auction of seafood products. Warm clothing and closed shoes are required to see the various facilities of the auction and trace all the stages of fish transportation. Every year, more than 6000 tons of fish pass through the Fishing Port of La Rochelle, making it the 4th largest fishing port in France.

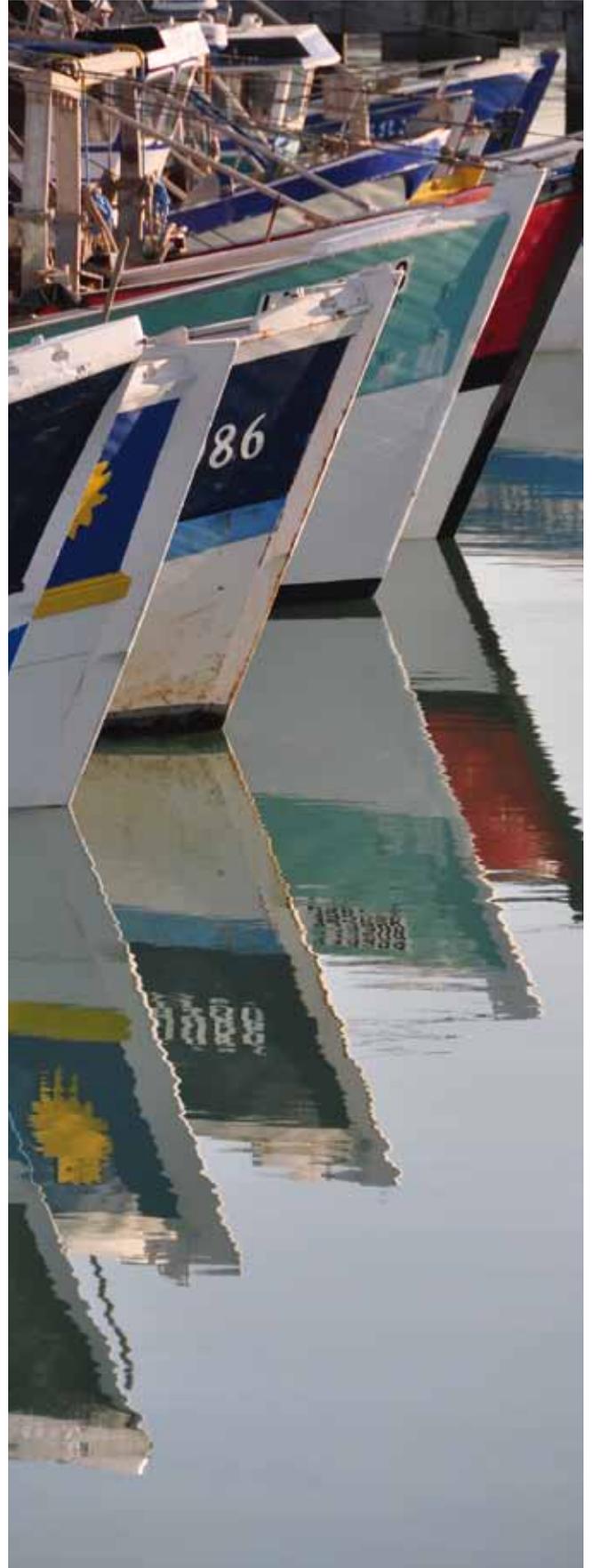
[www.port-peche-larochelle.com](http://www.port-peche-larochelle.com)



## Legend of the land of the mussel beds

The production of shellfish, oysters and mussels forms a central part of the local history, and has partly shaped the coastal landscape. The Bay of Aiguillon is thus the birthplace of the mussel bed.

Legend has it that a terrible storm in 1235 drove onto the coast of Esnandes the boat of an Irish sailor named Patrick Walson. There was nothing around him at that time, nothing but birds that he tried to catch for food by tying nets between wooden poles driven into the mud-flat. The birds avoided capture, but on the other hand, the posts under water at high tide became covered with mussels. The harvest was plentiful and the sailor was saved. The mussel bed was born, one of the best in Europe, a must to enjoy during a stay in the region.



# LA ROCHELLE

## All aboard

### SAILING...

... from island to island and along the coast. Every year, the boats of La Rochelle invite you on board for truly special moments: for trips daydreaming against the backdrop of the setting sun, it's a great way to get away from it all.

As for qualified sailors or experienced skippers, many boat companies provide unforgettable sea trips offering unique sensations: catamaran, sailboat, speedboat, semi-rigid high-speed or touring boat, the hardest part is making your choice!

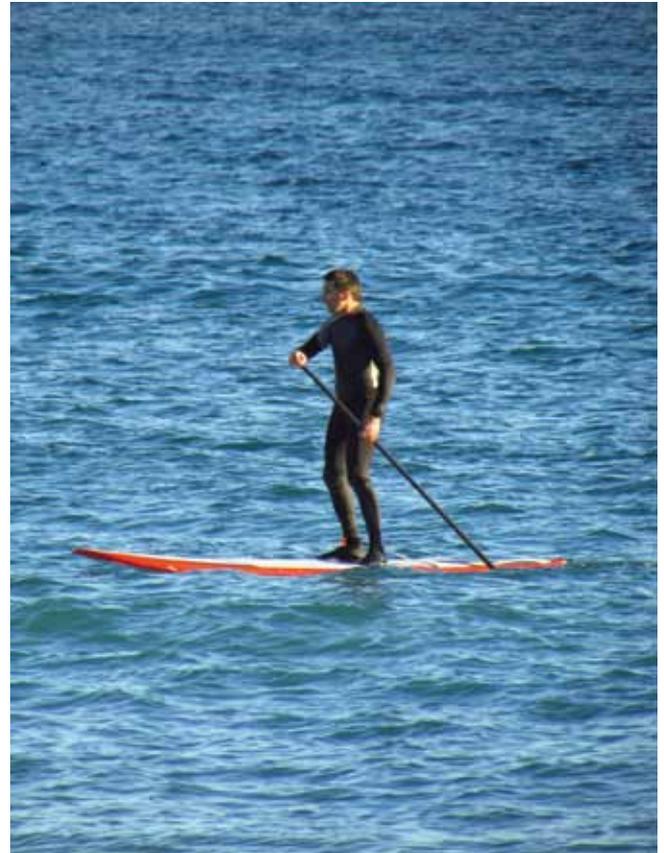


### NAUTICAL CENTRE, IN ANGOULINS

Located at the edge of La Platère beach in Angoulins, the nautical centre enjoys both a protected bay next to the sea and a closed basin next to the centre, perfect for beginners! Parents can watch their children windsurfing or dinghy-sailing from the edge of the basin in a wonderful natural environment.

At the Angoulins Nautical Centre, you can rent equipment, take private lessons or follow courses in the following disciplines:

- Rental: sailing (optimist, 420, HP dinghy), windsurfing, paddleboard, sea kayak
- Classes and courses: optimist, windsurfing, young and adult catamaran



## Coastal paddle trips

The stability of these wide boards makes it a great sport accessible for everyone. The Nautical Centre supervises this type of paddling trip along the coast, as far as the port of Loiron to the south or for a tour of the Pointe du Chay to the north.

[www.cnangoulins.com](http://www.cnangoulins.com)





## THE BEACHES

With its 3 beaches in La Rochelle, its seaside resort in Châtelailon-Plage and its beaches with their unique atmosphere scattered all along the coast, the La Rochelle agglomeration is full of places where holidaymakers can indulge in the joys of the seaside and swimming! So, why not enjoy a nice walk along the pebble beach of l'Hourmeau? Dominated by cliffs, it offers breathtaking views of the elegant curve of the Île-de-Ré. Alternatively, there's water sports or relaxing on the fine sandy beach of La Platère d'Angoulins.



## Beaches in the city

La Rochelle's 3 beaches are ideally located to the south, centre and north of the city. Quiet and watched over in the summer, they are perfect places to spend some family time and simply relax!

Chef-de-Baie  
Beach in the  
New Port  
district

Minimes  
Beach in the  
Minimes  
district

Concurrence  
Beach in the  
town centre  
area





## Aytré Beach

If there's one place on the coast where there's always something going on, it's Aytré Beach. All year round, kitesurfers and windsurfers bring the landscape to life with their ballets on the water and in the air, while in July / August the activity increases tenfold and everyone enjoys it: fitness classes, zumba, gym pilates and wellness relaxation sessions in the morning. In the afternoon, it's beach sports: beach football, beach volleyball, beach handball... Salsa classes at sunset that turn into a ball and concert in the evening!

[www.aytre.fr](http://www.aytre.fr)



## Minimes Beach

Between Minimes Marina and Parc des Pères is the beach of Les Minimes, the largest in La Rochelle. With its small shops and café-restaurants, it welcomes summer visitors in July and August. In September, it's Grand Pavois' turn to take over the place, with lots of nautical activities to try out!

To reach it, nothing beats the sea bus! Accessible from the Old Port, you can enjoy this electro-solar bus like a mini-cruise. And why not, after your day on the beach, visit Parc des Pères and Pointe des Minimes, where an unusual lighthouse meets your gaze, an exact replica of the Lighthouse at the End of the World.



## Châtelailon Beach

With your feet caressed by the light-coloured sand and your eyes riveted on Fort Boyard, you can enjoy the three kilometres of beach as you wish! Lazing and swimming on the North beach, water sports on the South beach, enjoying ice cream on the Casino beach... All this is possible, and lots more besides.

[www.chatelailonplage.fr](http://www.chatelailonplage.fr)

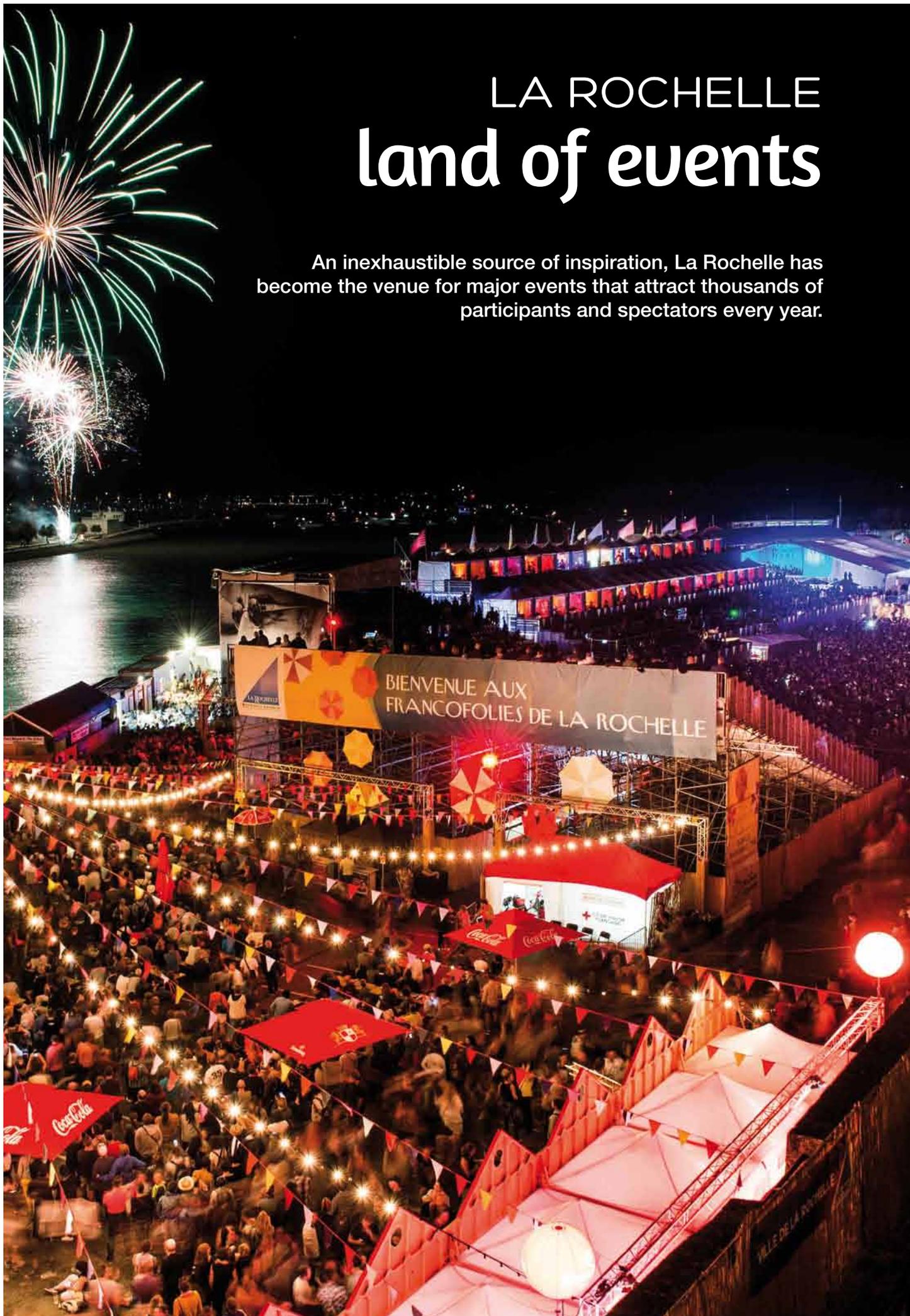


## Concurrence Beach

At the bend of the Old Port of La Rochelle and its famous towers, discover Concurrence Beach, the ideal place for a family day out. As well as relaxing on the sand, nearby you'll find a few places to eat and various forms of entertainment for children: rides, swings, mini-golf, bouncy castle, dodgem circuit...

# LA ROCHELLE land of events

An inexhaustible source of inspiration, La Rochelle has become the venue for major events that attract thousands of participants and spectators every year.



# LA ROCHELLE

## The main events



### 48<sup>TH</sup> ED. LA ROCHELLE CINEMA FESTIVAL

26 June to 5 July

La Rochelle's Cinema Festival is a three-way love story between a city in early summer, a curious and enthusiastic audience and films from all over the world. Since its creation in 1973, the festival has remained non-competitive, choosing comparison rather than confrontation. As every year, there will be something for all ages and all tastes, with silent films with piano accompaniment, an all-nighter of genre films, children's films, and lots of guests for this real film festival!

[www.festival-larochelle.org](http://www.festival-larochelle.org) - Tel. 01 48 06 16 66

**FRANCOFOLIES**  
LA ROCHELLE 10-14 JUILLET 2020

PNL • MIKA • NEKFEU • DADJU  
JEAN-LOUIS AUBERT • ALAIN SOUCHON  
NINHO • SAEZ • VALD • MATT POKORA  
CATHERINE RINGER CHANTE LES RITA MITSOUKO  
MARC LAVOINE • ROMÉO ELVIS  
PHILIPPE KATERINE • THE AVENER  
LAURENT VOULZY • CLAUDIO CAPEO  
STEPHAN EICHER • YAEL NAIM • IZÏA  
RUFUS WAINWRIGHT • VINCENT DELERM  
KOMPROMAT • FRENCH 79 • SUZANE  
NICOLETTA • SALVATORE ADAMO  
LOUIS CHEDID • JEANNE CHERHAL  
CHILLA • LOLO ZOUAÏ • POMME  
MARIE-FLORE • KEREN ANN • IRMA  
PERTURBATOR • IGORRR • TIM DUP  
VIDEOCLUB • KID FRANCESCO  
BLICK BASSY • TSEW THE KID  
ET PLUS DE 80 ARTISTES

RENDEZ-VOUS SUR [FRANCOFOLIES.FR](http://FRANCOFOLIES.FR) ET [FNAC.COM](http://FNAC.COM)  
Sur l'application Fnac Spectacles et dans tous les points de vente habituels.

france•tv

Partenaires: Culture, Nouvelle-Aquitaine, Charente-Maritime, LA ROCHELLE, Culture3, Crédit Mutuel, Kronenbourg, Coca-Cola, ENGIE, Info Concert, TV5MONDE, 3 nouvelle Aquitaine, Le Parisien, Fnac

### 36<sup>TH</sup> ED. FRANCOFOLIES DE LA ROCHELLE

Established as one of the unmissable events of the summer, the festival is back for a 37<sup>th</sup> consecutive year!

The Francofolies are once again all about diversity, highlighting all that's new in French music. Over 5 days on 9 stages, the festival brings together unmissable artists and young talents, not forgetting original creations!

On the programme: PNL, JEAN-LOUIS AUBERT, MIKA, NEKFEU, DADJU, ALAIN SOUCHON, NINHO, MATT POKORA, SAEZ, VALD, ROMEO ELVIS, LAURENT VOULZY, CATHERINE RINGER CHANTE LES RITA MITSOUKO, CLAUDIO CAPEO, MARC LAVOINE, THE AVENER... And more than 80 artists!

[www.francofolies.fr](http://www.francofolies.fr) - Tel. 05 46 28 28 28

# LA ROCHELLE

## The main events



# FESTIVAL DE LA FICTION

## 22<sup>ND</sup> ED. FESTIVAL OF TV FICTION

16 to 20 September

The Festival of TV Fiction is a unique meeting place between professionals and the general public, to discover together the season's latest audiovisual creations! Every September, the Festival reveals new TV fiction, offering the full diversity of French and European audiovisual creation. More than 60 French and European films are presented in official competition, out of competition and in special screenings ... not forgetting a wide range of debates and festive moments. Notice for autograph hunters!

[www.festival-fictiontv.com](http://www.festival-fictiontv.com) - Tel. 01 76 74 81 28



SALON NAUTIQUE INTERNATIONAL À FLOT  
**GRAND PAVOIS**  
LA ROCHELLE

LA RÉFÉRENCE DE TOUS LES PASSIONNÉS

**NOUVELLES DATES!**  
DU MARDI 29 SEPT  
AU DIMANCHE 4 OCT  
**2020**

Partners: La Charente Maritime, La Rochelle, Jeep, AXI, Banque Populaire, Decathlon, Tribord, Grand Pavois, 3 nouvelles acquisitions, MCM, Voiles Antipodes, CCL La Rochelle, La Rochelle, IFSO.

[www.grand-pavois.com](http://www.grand-pavois.com) #grandpavois

## 48<sup>TH</sup> ED. GRAND PAVOIS LA ROCHELLE

From 29 September to 4 October

With 100 000 visitors expected over 6 days, 800 international companies, 750 boats on display including 300 afloat, Grand Pavois La Rochelle is in the Top 5 international floating boat shows. Sea trials, world premieres, meetings with professionals ... the show, created in 1973 by Grand Pavois Organisation, is a major event in the nautical calendar and a must for all enthusiasts and professionals in the sector!

[www.grand-pavois.com](http://www.grand-pavois.com) - Tel. 05 46 44 46 39

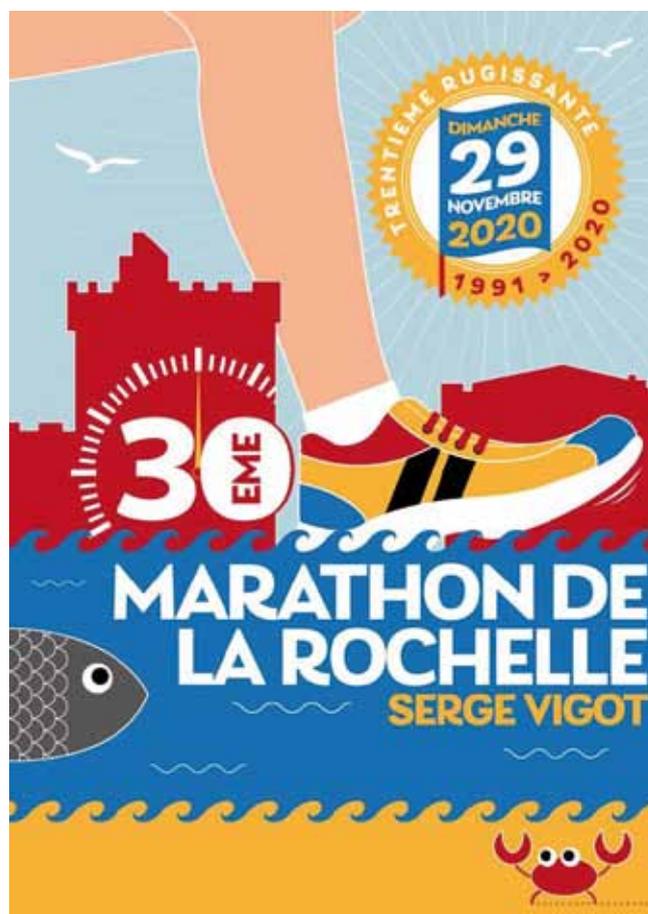


## 17<sup>TH</sup> ED. INTERNATIONAL ADVENTURE FILM AND BOOK FESTIVAL

9 to 15 November

Based around the themes of Adventure, Travel, Discovery and Exploration, get on board for the 17<sup>th</sup> edition of the festival next November! Through screenings of documentary films, "Adventure & Literature" meetings, adventurecafés, a programme dedicated to young people, practical artistic workshops and many other activities, the festival is the perfect opportunity to meet adventurers who are constantly exploring our magnificent planet to fill us with wonder, move us, thrill us, but also and above all to alert us to the fragility of certain ecosystems and urge us to protect them. The FIFAV, a committed audiovisual and literary event not to be missed!

[www.festival-film-aventure.com](http://www.festival-film-aventure.com) - Tel. 09 60 16 05 17



The Marathon celebrates its 30th anniversary!

## 48<sup>TH</sup> ED. LA ROCHELLE MARATHON

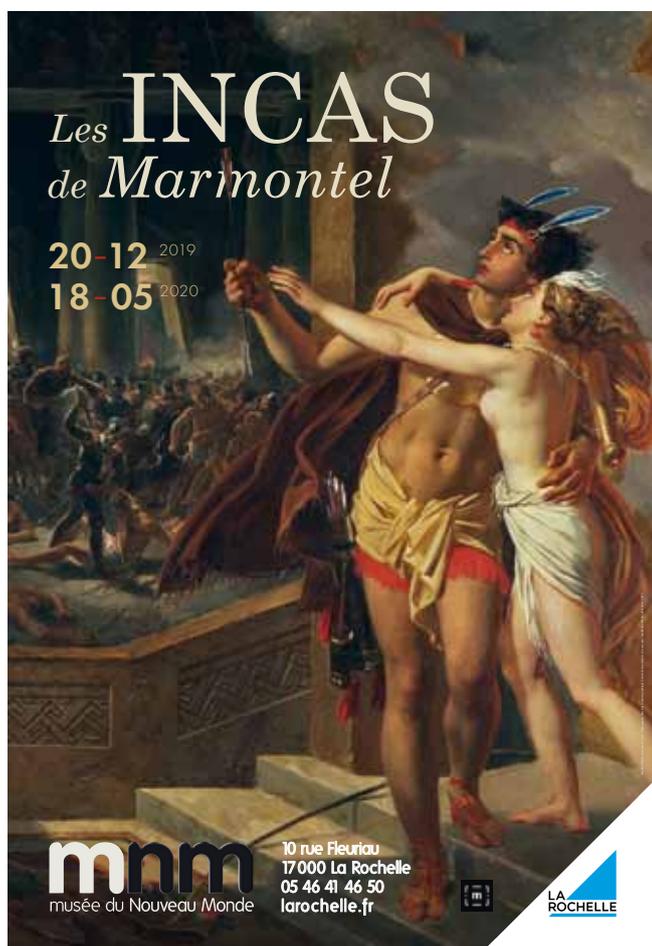
29 November

It was in 1991, at the foot of the famous Towers, that the La Rochelle Marathon was born. The second largest marathon in France after the Paris Marathon, it gathers every year more than 10 000 runners on the last weekend in November: marathon, Duo (2 runners in relay), 10km and Business Challenge, Handisports... an exceptional race in an exceptional setting and atmosphere!

[www.marathondelarochelle.com](http://www.marathondelarochelle.com) - Tel. 05 46 44 42 19

# LA ROCHELLE

## Museums on display



### THE INCAS OF MARMONTEL

Museum of the New World

20 December 2019 to 18 May 2020

The Incas or the destruction of the Empire of Peru, a novel published by the French philosopher Jean-François Marmontel in 1777, takes as its subject the crimes of the Spaniards in the New World in the first half of the 16<sup>th</sup> century. The author denounces slavery, the thirst for gold and religious fanaticism. The face-to-face encounter of civilisations allows him to champion tolerance and the right to be different. This work, half-historical, half-philosophical, has given rise to an abundant iconography which takes many forms: painting, engraving, decorative arts.

[museedunouveaumonde.larochele.fr](http://museedunouveaumonde.larochele.fr)



**For info!**  
**MUSEUM OF FINE ART**  
 closed for work



### EASTER ISLAND

"THE NAVEL OF THE WORLD"

Natural History Museum

From 19 October 2019 to 6 September 2020

The "navel of the world"! Resulting from an error in translation, this name maintains the reputation of Easter Island, lost in the Pacific and which, since the 18<sup>th</sup> century, has constantly attracted a reputation for mystery, as the history and know-how of its inhabitants seem so exceptional.

But mysteries serve primarily to mask ignorance. This exhibition offers another view of the Easter Island civilisation, whose originality lies exclusively in the initiatives of the successive generations that shaped it.

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





## CLIMAT OCEAN

### Maritime Museum

From 9 November 2019 to 31 October 2021

An innovative exhibition, designed in partnership with a scientific committee to alert the public and mobilise knowledge. The first major exhibition devoted to the Ocean and its leading role in climate creation. It provides the keys to understanding the mechanisms of climate regulation and gradually increases the depth of visitors' experience, understanding and action to create an astonishing aesthetic sensation.

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



## IT HAPPENED TOMORROW!

### Chain Tower

6 April to 8 November 2020

Exhibition designed by the City of Poitiers in co-production with the Centre for National Monuments.

The exhibition explores the world of science-fiction comics by bringing to life 3 comic book albums: "Dans la combi de Thomas Pesquet" by Marion Montaigne, "Shangri-La" by Mathieu Bablet, "Universal War One" by Denis Bajram.

The visitor becomes totally immersed as an actor and operates within a futuristic atmosphere. He or she is called upon to take part in multiple interactive experiences. The worlds explored are the future, the conquest of space, technological advances and their dangers for mankind, and the power of the machine.

The scenography of the exhibition is inspired by the aesthetics of space bases and vessels imagined by comic books and science fiction films.

[www.tours-la-rochelle.fr](http://www.tours-la-rochelle.fr)



## STADE ROCHELAIS, THE SPIRIT OF RUGBY SINCE 1896!

Founded in 1986, Atlantique Stade Rochelais is a rugby union club that plays in the Top 14 of the French top flight. It was at the end of the 2013-2014 season that the club made its comeback to the Top 14 after beating Agen in the promotion final.

The club managed to stay in the Top 14 and launched its 2020 project "Writing our history". Stade Rochelais is now ready to establish itself as the flagship club of French rugby.

A loyal fan base! A must-see in the La Rochelle calendar, home matches are regularly sold out. It's a faithful following, distinguished on several occasions by the Best Supporters Trophy, that comes to support the players of the Stade Rochelais. Today, yellow and black are displayed outside match days, and lots of flags and other insignia are hung in front of fan bars in the city of La Rochelle!

[www.staderochelais.com](http://www.staderochelais.com)

## VINCENT MERLING

"The towers at the entrance to its port, the Stade Rochelais in its Port Neuf district: these are for me the two strong images of the identity of our city, both beautiful and rebellious". President of a rugby club with 120 years of history and the unflinching loyalty of its supporters, Vincent Merling knows how much the club is part of the heritage of La Rochelle. As a player in his youth, then as a trainer and finally a manager, the president struggles to extract a single best memory "among so many emotions experienced with our fans and our players, sad moments sometimes when the club was struggling, tears of joy when it committed to a more positive future". A pride shared with a whole city, "I remember wonderful images of the quays of the Old Port, crammed with people there to celebrate the players, in 2010 when we made it into the Top 14, then in 2014 and again at the end of the 2017 season". Other moments of jubilation in yellow and black will undoubtedly bedeck the quays of the port of La Rochelle.



# LA ROCHELLE

## Business Tourism

In the heart of the department of Charente-Maritime, with its exceptional natural and heritage wealth, La Rochelle is the 5<sup>th</sup> most visited city in France and a special business destination in terms of business tourism: a human-sized, attractive and friendly city, La Rochelle offers a multitude of possibilities for meeting, exchanging, negotiating and recharging our batteries. Whether in the city facing the ocean or in the tranquillity of a country setting, an innovative, creative and inspiring wind is blowing across the land! Seminars, congresses, symposiums, conferences... La Rochelle gives true meaning to professional meetings!

With its exceptional setting, as well as its ideal geographical location between Nantes and Bordeaux, now 2hr30 by train and 1hr25 by plane from Paris, a hotel capacity with more than 4500 rooms of all categories, receptive infrastructure adapted to multiple event formats and specialist business tourism service providers committed to serving their clients: La Rochelle and its agglomeration have what it takes to satisfy the most demanding organisers!

In 2018, this seminar-conference offering was expanded with the creation in particular of new seminar rooms at Cosy Hotels, Novotel and MGallery, to name but a few.

### CONGRESS AND EXHIBITION AREA



Benefiting from a special setting with views of the sea and its boats, the 2 congress areas managed by La Rochelle Événements, Espace Encan and the Forum des Pertuis can accommodate between 20 and 2000 people.

Espace Encan is sheltered within the historic walls of the former Fish Market, which has been fully renovated. With their modular infrastructure, they provide events with a setting that's perfect for interaction. With all its rich experience, the team from La Rochelle Événements supports event organisers from the initial contact to the final on-site operations, including the management of accommodation and registration: true tailor-made support!

[www.larochelle-evenements.fr](http://www.larochelle-evenements.fr)

### TOP 5 BIGGEST CONGRESSES EXPECTED IN 2020 AT LA ROCHELLE

9 to 12 June

**CERFRANCE**

800 people expected

11 September

**NATIONAL UNION OF REAL ESTATE PROPERTY**

700 people expected

30 September to 2 October

**NATIONAL FAMILY PLACEMENT ASSOCIATION**

800 people expected

5 to 8 October

**EUROPHARMAT**

780 people expected

4 to 6 November

**ASSOCIATION OF FRENCH DEPARTMENTS**

1500 people expected



# LA ROCHELLE cultural programme



# SAVE THE DATE!

## Major events in 2020

(Non-exhaustive programme, dates subject to change)

### JANUARY

- ▶ **10 TO 11 JANUARY**  
**27<sup>th</sup> ed. Passerelle**  
**Salon for high school and university students**  
Espace Encan - La Rochelle  
[www.salon-passerelle.fr](http://www.salon-passerelle.fr)
- ▶ **18 JANUARY**  
**4<sup>th</sup> ed. Reading Night**  
Various places - La Rochelle  
[www.nuitdelalecture.fr](http://www.nuitdelalecture.fr)
- ▶ **22 TO 26 JANUARY**  
**Arlette Gruss Circus**  
Les Minimes District - La Rochelle  
[www.cirque-gruss.com](http://www.cirque-gruss.com)
- ▶ **25 TO 26 JANUARY**  
**Vintage Fair**  
Espace Encan - La Rochelle  
05 46 45 90 90 - [www.larochelle-evenements.fr](http://www.larochelle-evenements.fr)

### FEBRUARY

- ▶ **7 TO 9 FEBRUARY**  
**20<sup>th</sup> ed. Real Estate Fair**  
Espace Encan - La Rochelle  
02 41 38 60 00 - [www.salon-immobilier.org](http://www.salon-immobilier.org)
- ▶ **21 TO 23 FEBRUARY**  
**Home and Garden Fair**  
Espace Encan - La Rochelle  
02 41 38 60 00 - [www.salonhabitat.net](http://www.salonhabitat.net)
- ▶ **29 FEBRUARY TO 29 MARCH**  
**Des Elles à La Rochelle (celebrating women)**  
Various places - La Rochelle  
[www.cas17.fr/project/des-elles-a-la-rochelle](http://www.cas17.fr/project/des-elles-a-la-rochelle)

### MARCH

- ▶ **6 TO 8 MARCH**  
**7<sup>th</sup> ed. Organic Wine Fair of La Rochelle**  
Espace Michel Crépeau - Nieul sur Mer  
[www.salonduvinbiolarochelle.com](http://www.salonduvinbiolarochelle.com)
- ▶ **7 TO 23 MARCH**  
**22<sup>nd</sup> ed. The Poets' Spring**  
Theme: Courage  
Various places - La Rochelle  
[www.printempsdespoetes.com](http://www.printempsdespoetes.com)
- ▶ **14 TO 15 MARCH**  
**8<sup>th</sup> ed. La Rochelle Wine Fair**  
Espace Encan - La Rochelle  
[www.terredevins.com](http://www.terredevins.com)

- ▶ **29 MARCH**  
**41<sup>st</sup> ed. La Rochelle Half-Marathon**  
05 46 00 05 40  
[aunisathletismelarochelleaytre.athle.com](http://aunisathletismelarochelleaytre.athle.com)

### APRIL

- ▶ **4 APRIL**  
**9<sup>th</sup> Anniversary of the Sirène**  
La Pallice - La Rochelle  
[www.la-sirene.fr](http://www.la-sirene.fr)
- ▶ **5 APRIL**  
**3<sup>rd</sup> ed. ACF Color Run**  
Aytré Lake - Aytré
- ▶ **9 TO 11 APRIL**  
**2<sup>nd</sup> ed. NOVAQ - Innovation Festival**  
Espace Encan - La Rochelle  
[www.novaq.fr](http://www.novaq.fr)
- ▶ **18 TO 19 APRIL**  
**3<sup>rd</sup> ed. Knife Show**  
Espace Encan - La Rochelle  
05 46 45 90 90 - [www.larochelle-evenements.fr](http://www.larochelle-evenements.fr)
- ▶ **9 TO 12 APRIL**  
**5<sup>th</sup> ed. Festival ZERO1**  
**Festival of Digital Arts and Cultures**  
Various places - La Rochelle  
[www.festivalzero1.com](http://www.festivalzero1.com)
- ▶ **11 TO 13 APRIL**  
**27<sup>th</sup> ed. International Kite and Wind Festival**  
Châtelailon-Plage Beach  
05 46 56 26 97  
[www.chatelailon-plage-tourisme.fr](http://www.chatelailon-plage-tourisme.fr)
- ▶ **18 TO 26 APRIL**  
**6<sup>th</sup> ed. Ludoland**  
**Large amusement park for children**  
Espace Encan - La Rochelle  
05 46 45 90 90 - [www.larochelle-evenements.fr](http://www.larochelle-evenements.fr)

### MAY

- ▶ **8 TO 10 MAY**  
**11<sup>th</sup> ed. Festival of Land & Letters**  
Michel Crépeau Media Library  
Meeting between authors and ecology stakeholders  
[www.terre-et-lettres.org](http://www.terre-et-lettres.org)
- ▶ **9 MAY**  
**19<sup>th</sup> ed. La Sarabande des Filles de La Rochelle**  
Women's 5 and 10 km walking race  
05 46 44 42 19  
[www.sarabandefillesdelarochelle.fr](http://www.sarabandefillesdelarochelle.fr)

► 13 TO 29 MAY

**20<sup>th</sup> ed. Dixie-Folies Festival**

Traditional Jazz Festival

Various places - Agglomeration of La Rochelle

06 07 81 06 02 - [www.dixie-folies.com](http://www.dixie-folies.com)

► 14 TO 16 MAY

**5<sup>th</sup> ed. International Prevention and Youth Citizenship Film Festival**

CGR Dragon Cinema - La Rochelle

[www.festiprev.com](http://www.festiprev.com)

► 16 MAY

**16<sup>th</sup> ed. European Museum Night**

Various places - La Rochelle

[nuitdesmusees.culture.gouv.fr](http://nuitdesmusees.culture.gouv.fr)

► 20 TO 24 MAY

**Nature Festival**

Various places - Agglomeration of La Rochelle

► 23 TO 24 MAY

**Cavalcade**

Parade of decorated floats, brass bands in the city centre, funfair

Town centre - La Rochelle

05 46 30 08 50 - [www.parcexpo-larochelle.net](http://www.parcexpo-larochelle.net)

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JUNE

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► 15 JUNE TO 21 JULY

**34<sup>th</sup> ed. La Rochelle Fine Arts Exhibition**

Various places - La Rochelle and Lagord

► 5 TO 7 JUNE

**18<sup>th</sup> ed. Garden Gatherings**

Theme: The Transmission of Knowledge

Various places - La Rochelle

[rendezvousauxjardins.culture.gouv.fr](http://rendezvousauxjardins.culture.gouv.fr)

► 6 JUNE

**7<sup>th</sup> ed. Red Bull Cliff Diving**

Old Port - La Rochelle

► 12 TO 14 JUNE

**9<sup>th</sup> ed. "Green Notes" eco-festival**

Parc de Coureilles - Périgny

05 46 44 29 31

[www.notesenvert.fr](http://www.notesenvert.fr)

► 12 TO 19 JUNE

**19<sup>th</sup> ed. Boating Week**

Old Port - La Rochelle

05 46 44 41 20 - [www.semainedunautisme.fr](http://www.semainedunautisme.fr)

► 14 JUNE

**10<sup>th</sup> ed. Port Open Day**

Port Atlantique La Rochelle

05 46 00 53 60 - [www.larochelle.port.fr](http://www.larochelle.port.fr)

► 15 TO 16 JUNE

**The Messidor Festival**

Aytré

05 46 30 19 00 - [www.aytre.fr](http://www.aytre.fr)

► 19 JUNE

**23<sup>rd</sup> ed. Fishing Port Festival**

Fishing Port - Chef de Baie - La Rochelle

[www.port-peche-larochelle.com](http://www.port-peche-larochelle.com)

► 20 TO 21 JUNE

**Châtel Festival "Adventure of the 7 Worlds"**

Châtelailon-Plage Tourist Office

05 46 56 26 97 - [www.chatelailon-plage-tourisme.fr](http://www.chatelailon-plage-tourisme.fr)

► 20 JUNE

**Tour de Ré**

Société des Régates Rochelaises

Minimes Marina - La Rochelle

05 46 44 62 44 - [www.srr-sailing.com](http://www.srr-sailing.com)

► 21 JUNE

**Music Festival**

05 46 51 51 51 - [www.ville-larochelle.fr](http://www.ville-larochelle.fr)

► 22 TO 25 JUNE

**31<sup>st</sup> ed. Sunny Side of the Doc**

Espace Encan - La Rochelle

[www.sunnysideofthedoc.com](http://www.sunnysideofthedoc.com)

► 26 JUNE TO 5 JULY

**48<sup>th</sup> ed. La Rochelle Film Festival**

01 48 06 16 66 - [www.festival-larochelle.org](http://www.festival-larochelle.org)

► 27 JUNE

**15<sup>th</sup> ed. La Rochelle Triathlon**

La Rochelle town centre

05 46 44 46 86 - [www.larochelle-triathlon.fr](http://www.larochelle-triathlon.fr)

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JULY

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► 1 JULY TO 31 AUGUST

**Aytré Summer Beach in Motion**

Aytré Beach

05 46 30 19 00 - [www.aytre.fr](http://www.aytre.fr)

► 6 TO 8 JULY

**Tour de France 2020 - Maritime Getaway**

Various places in the La Rochelle agglomeration

[www.letour.fr](http://www.letour.fr)

► 10 TO 14 JULY

**36<sup>th</sup> ed. Francfolies de La Rochelle**

05 46 28 28 28 28 - [www.francfolies.fr](http://www.francfolies.fr)

► 14 JULY

**National Day**

Fireworks and parade

► 23 TO 29 JULY

**9<sup>th</sup> ed. Port Classic**

Various places - La Rochelle and its surroundings  
www.classiqueauport.fr

► 24 TO 25 JULY

**The Big Summer Street Market**

On the 17<sup>th</sup>, storekeepers only  
On the 18<sup>th</sup>, storekeepers & street vendors  
Town Centre - La Rochelle  
05 46 51 51 51 - www.ville-larochelle.fr

AUGUST

► 9 AUGUST

**Les Boucholeurs Oyster and Mussel Festival**

Les Boucholeurs  
05 46 56 26 97 - www.chatellaillon-plage-tourisme.fr

► 16 TO 18 AUGUST

**Jazz in August!**

Garden of the Natural History Museum  
www.jazzinout.fr

► 29 AUGUST TO 6 SEPTEMBER

**Exhibition Fair**

Exhibition Centre - La Rochelle  
05 46 30 08 50 - www.parceexpo-larochelle.net

SEPTEMBER

► 16 TO 20 SEPTEMBER

**22<sup>nd</sup> ed. Festival of TV Fiction**

Town centre - La Rochelle  
01 76 74 81 28 - www.festival-fictiontv.com

► 19 TO 20 SEPTEMBER

**37<sup>th</sup> ed. European Heritage Days**

journeesdupatrimoine.culture.gouv.fr

► 23 TO 27 SEPTEMBER

**11<sup>th</sup> ed. "Green Screen" eco-citizen film festival**

Films, debates and events  
07 81 18 28 68 - www.festivalecranvert.fr

► 30 SEPTEMBER TO 5 OCTOBER

**48<sup>th</sup> ed. Grand Pavois La Rochelle**

Port des Minimes in La Rochelle  
05 46 44 46 39 - www.grand-pavois.com

OCTOBER

► 16 TO 19 OCTOBER

**19<sup>th</sup> ed. La Rochelle Decoration Fair**

Espace Encan - La Rochelle  
02 41 38 60 00 - www.salondeco.fr

NOVEMBER

► 6 TO 8 NOVEMBER

**National Antiques and Gastronomy Show**

Exhibition Centre - La Rochelle  
05 46 30 08 50 - www.parceexpo-larochelle.net

► 6 TO 8 NOVEMBER

**Autumn Rally**

Car racing within the agglomeration  
Sport Automobile Océan  
05 46 44 23 23 - www.sportautoocean.com

► 9 TO 15 NOVEMBER

**17<sup>th</sup> ed. International Film and Adventure Book Festival**

Espace Encan, Maritime Museum and Aquarium of La Rochelle  
09 60 16 05 17 - www.festival-film-aventure.com

► 29 NOVEMBER

**30<sup>th</sup> ed. La Rochelle Marathon**

05 46 44 42 19 - www.marathondelarochelle.com

DECEMBER

► DECEMBER

**La Rochelle celebrates**

La Rochelle city centre and neighbourhoods  
05 46 51 51 51 - www.ville-larochelle.fr



# LA ROCHELLE

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