



The most BEAUTIFUL PLACES in and around La Rochelle

TOUR
GUIDE

Welcome to La Rochelle – Enjoy an unforgettable Aïkibudo vacation!

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While the Aïkibudokas perfect their art on the tatamis, families have a date with an exceptional destination where relaxation, discovery and wonder are on the agenda.

La Rochelle, the pearl of the Atlantic coast, is much more than just a vacation spot: it's a lively, warm and charming city. With its famous Old Port lined with lively terraces, its emblematic medieval towers, its cobbled streets bathed in sunshine, its maritime atmosphere and its gentle way of life, it's sure to seduce young and old alike.

And what about the surrounding area? Just a few pedal strokes away, the Île de Ré unveils its picturesque villages, unspoilt beaches and endless cycle paths. It's the perfect place to stroll, recharge your batteries and savor the local treasures: artisanal ice creams, fresh seafood, colorful markets and sunsets over the ocean.

This guide has been designed with you in mind: families, spouses, children and friends. You'll find ideas for activities, not-to-be-missed walks, beaches to put your towel down on, great restaurants, places to go out, and all the tips you need to make your stay a real summer break.

La Rochelle is waiting to welcome you. Treat yourself to more than just a course: treat yourself to a vacation.



The Isle of Ré, long a land of sailors and salt producers, combines a rich history with unspoilt nature. Between Vauban fortifications, typical villages and salt marshes, it offers a peaceful setting for cycling to the rhythm of the ocean.



A typical day on the Isle of Ré

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Access: 30 min from La Rochelle (toll bridge) / Ideal by bike / shuttle bus

- ☀ Morning: Visit Saint-Martin-de-Ré, its Vauban ramparts and charming port. Enjoy an ice cream at La Martinière (try the oyster or caramel ones!). Cycle through the marshes to La Flotte or Ars-en-Ré.
- ☀ Noon: Relax on the Gros Joncs beach (Bois-Plage-en-Ré), perfect for families. Have lunch in a crêperie or picnic on the sand.
- ☀ Afternoon: Climb the 257 steps to the Phare des Baleines for an exceptional view. Enjoy the museum, dunes, stores and a well-deserved snack.
- ☀ Bonus: craft market, pineau tasting, island salt and Retais shortbread. Magical sunset at La Couarde or Saint-Clément.
- ☀ Tips: Sunscreen, water, bike lock, restaurant reservations recommended in high season.

Isle of Aix / Fort Boyard

Just a stone's throw from La Rochelle, isle of Aix offers a timeless getaway. A small pearl accessible only by boat, it can be discovered on foot or by bike, between quiet beaches, wild creeks and flower-filled lanes. The atmosphere is peaceful, almost island-like in the purest sense of the word. Along the way, don't miss the not-to-be-missed cruise around the mythical Fort Boyard, a veritable icon of the region. A sea excursion that will delight young and old alike, with an exceptional panorama of the Charente coastline. A change of scenery guaranteed, just a stone's throw from the course!



🚢 **Departure:** La Rochelle Old Port

🕒 **Cruise:** 1h15 (with commentary, passing in front of Fort Boyard)

🌴 **Stopover:** Free day on Île d'Aix (return late afternoon)

💰 **Rates:**

Adults: €32.50

Students: €28.50

4-16 years: €21.00

-4 years: €6.00

👉 **Info & booking:** www.inter-iles.com



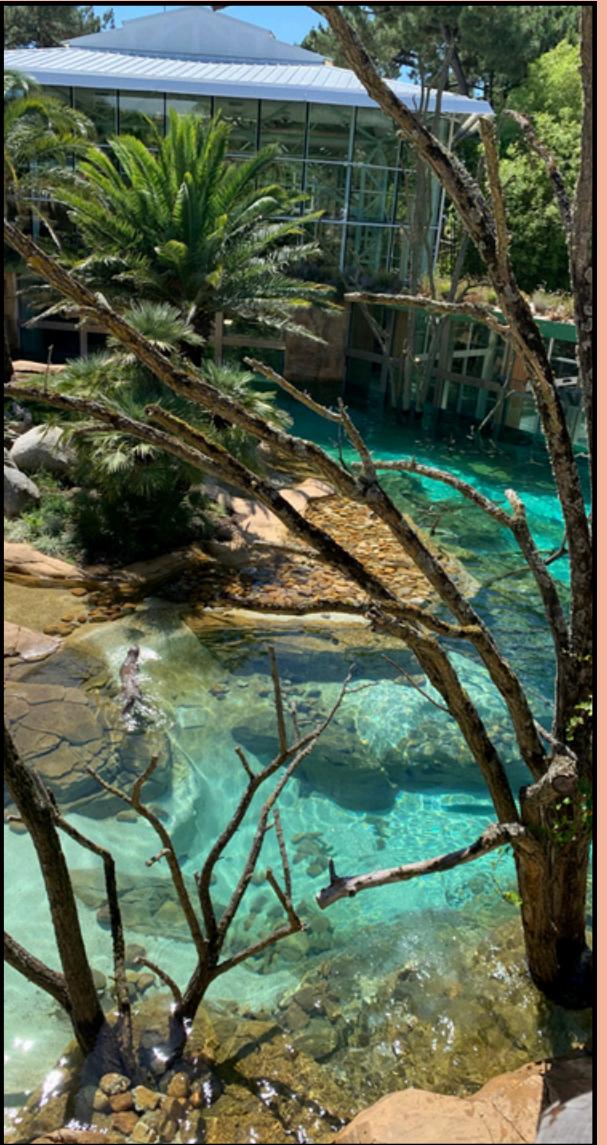
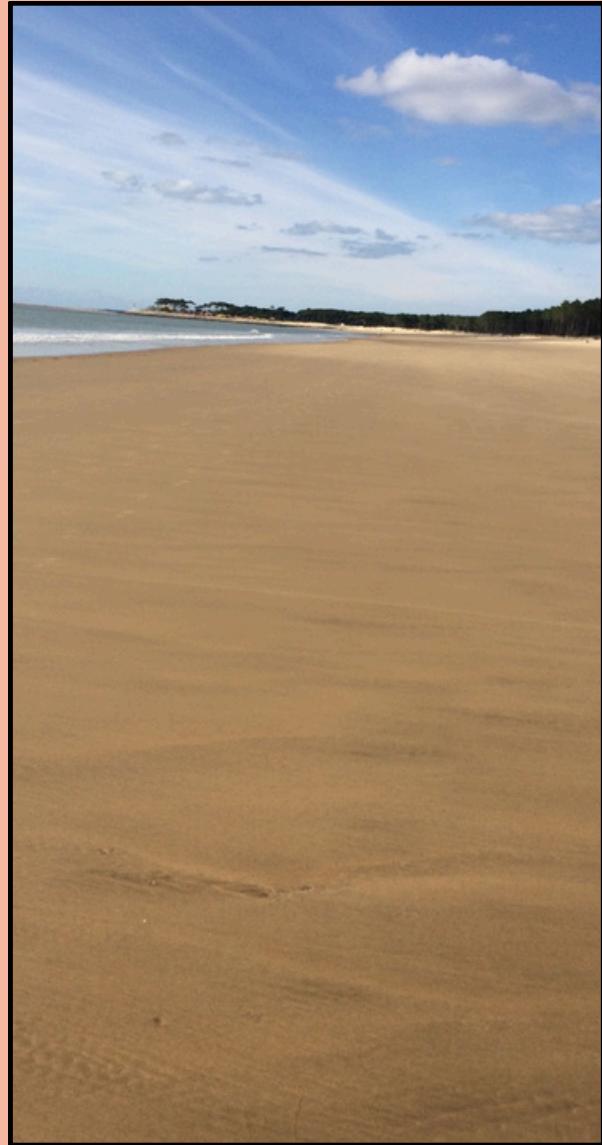
Nicknamed “the luminous one”, the Isle of Oléron seduces visitors with its unspoilt landscapes, wild beaches and picturesque villages. Stroll through the colorful port of La Cotinière, climb to the top of the Chassiron lighthouse for a breathtaking view, or stroll through the Château d'Oléron and its craftsmen's huts. Don't miss an oyster tasting in a typical oyster hut, and take advantage of the bike paths to explore the island in comfort!



Bonus: L'Écume in Saint-Trojan-les-Bains

On the Isle of Oléron, don't miss L'Écume, a modern, friendly restaurant where the cuisine is as impeccable as the view over the bay. An excellent address that we recommend with our eyes closed!

La Palmyre / Royan



Royan – Seaside & sweet treats

A family-friendly seaside resort in the 50's style, Royan seduces visitors with its central beach, lively seafront and... its famous home-made sweet treats from confectioner Lopez, an institution for gourmets.

Zoo de La Palmyre

One of Europe's largest zoos, housing over 1,600 animals in a verdant setting. A fun and educational visit, ideal for the whole family, just 1 hour from La Rochelle.

Beaches - Grande Côte & Phare de La Coubre

Between fine sand and pine forests, the beaches of the Grande Côte are perfect for lazing around or surfing. Further north, climb up to the La Coubre lighthouse for a spectacular view of the Gironde estuary.

Luna Park – Sensations & fun in Les Mathes

An open-air amusement park open all summer long, Luna Park offers rides, games and a festive atmosphere at dusk. Fun for young and old, just a few minutes from the zoo!

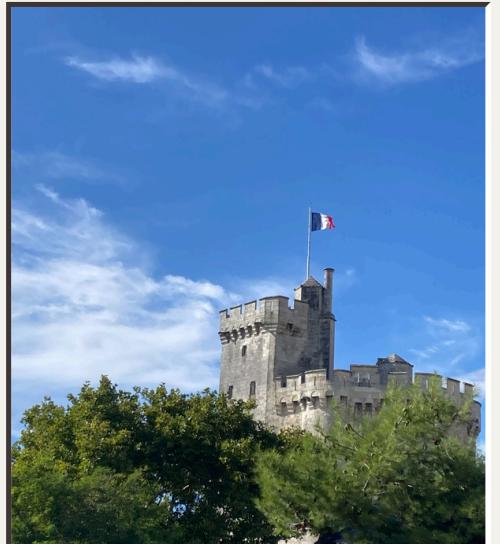




An emblematic port city on the Atlantic coast, La Rochelle's rich heritage, seafaring charm and art of living will win you over. Founded in the Middle Ages, it was a major trading port and an influential Protestant city, whose famous medieval towers still guard the entrance. Today, with its narrow arcaded streets, old sailing ships, lively markets and maritime atmosphere, La Rochelle is the ideal place to combine relaxation, culture and discovery. The perfect place to combine a martial arts course with a family vacation!

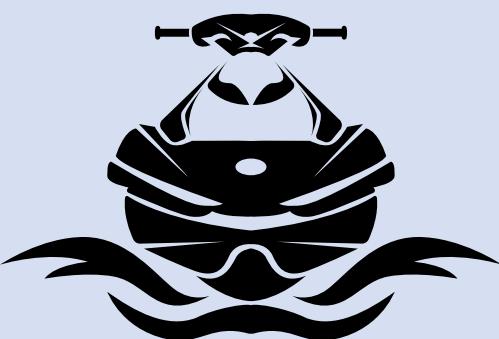
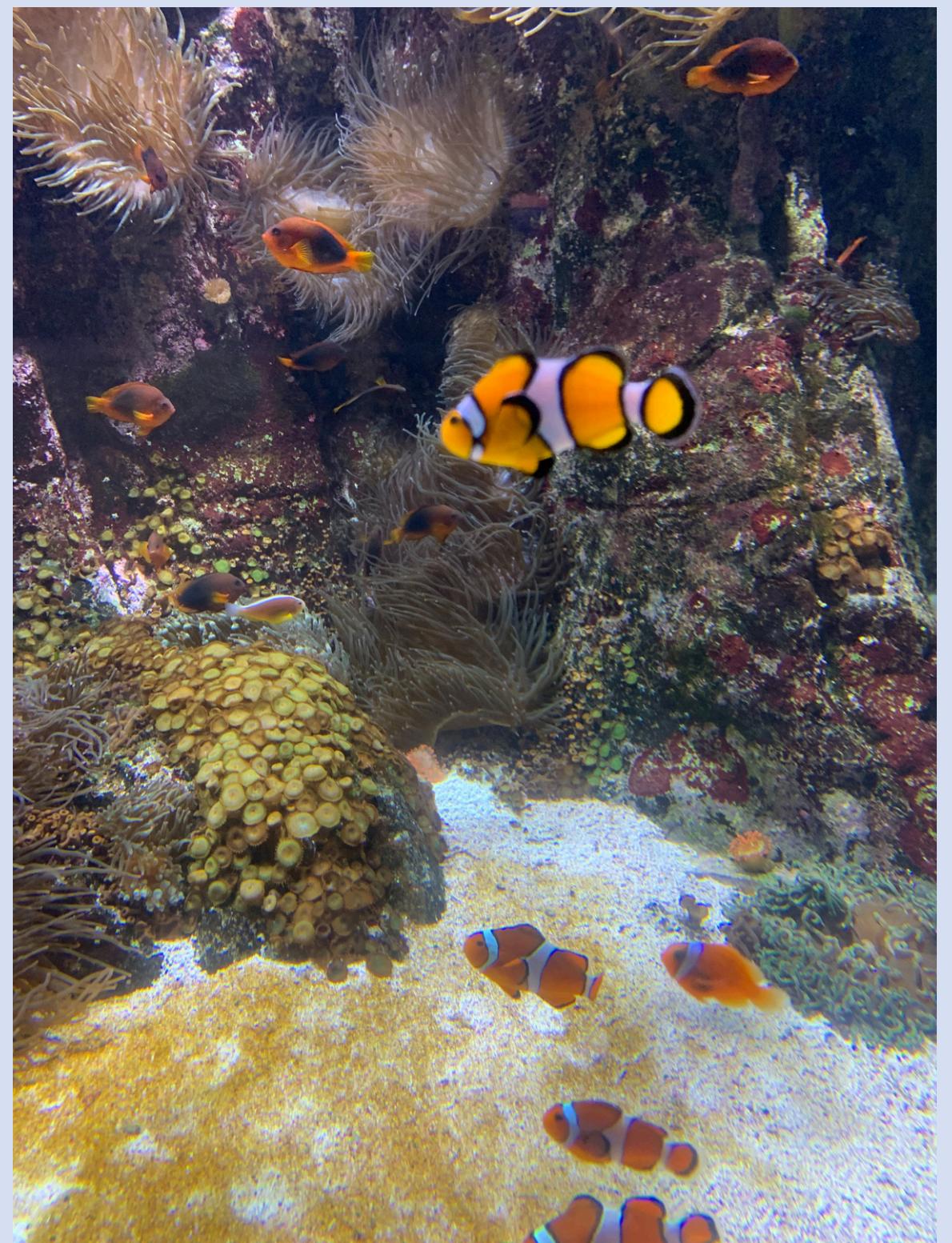
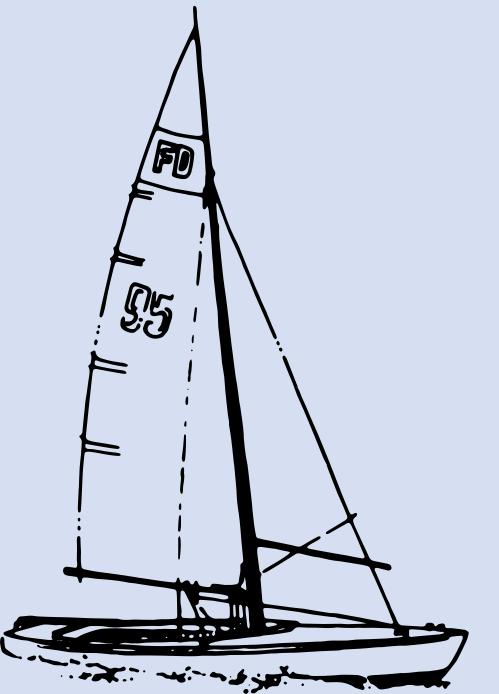
La Rochelle – visits

- **The Three Towers:** Saint-Nicolas, Chaîne and Lanterne – emblematic medieval remains that have watched over the harbor entrance for centuries. A panoramic climb not to be missed!
- **Stroll through the Old Port:** lively atmosphere, cafés, street artists and superb sunsets. Stroll through the charming arcades of the city center.
- **Musée Maritime:** Come aboard real boats to discover the city's naval history. An ideal interactive visit for young and old alike.
- **La Rochelle's parks:** Parc Charruyer with its free-roaming animals, or Parc Franck-Delmas for a picnic in the shade of the maritime pines.



La Rochelle – water activities

La Rochelle is an ideal destination for sea lovers! Treat yourself to a sunset **catamaran** cruise (approx. 2 hours - €35/person) for a magical moment overlooking the ocean. The more adventurous can opt for a **jet-ski ride** around the Île de Ré - thrills guaranteed! Do you have a boating license? It's also possible **to rent a boat** for the day and freely explore the maritime surroundings. As a family, don't miss **the Aquarium de La Rochelle** (from €18.50), one of the finest in Europe, with its 12,000 marine animals. Finally, for a relaxing break, head for the beaches: **Les Minimes**, with its long promenade and view of the Phare du Bout du Monde lighthouse, or **the Plage de la Concurrence**, more central and pleasant at high tide.



Fine dining in the old port

Iséo – Franco-Thai fusion with character

Located on the banks of the Old Port, Iséo seduces gourmets with a fusion of French tradition and Asian flavors. Spicy flavors, meticulous preparation and a friendly atmosphere make this restaurant a must in La Rochelle, for both lunch and dinner.

Les Flots – Marine gastronomy with a historic view

Nestled at the foot of the Tour de la Chaîne, this emblematic restaurant offers a breathtaking view of the Old Port. The cuisine, focused on seafood, combines quality, creativity and refinement. Since 1997, Grégory Coutanceau has been bringing his gastronomic vision to this place steeped in history.

Galanga – Thai spirit in a chic setting

A stone's throw from the central market, Galanga modernizes Thai cuisine in a refined, intimate setting. The founders reinvent classics with freshness and elegance, offering an authentic Asian culinary experience far from the hustle and bustle of big cities.

Carlotta – Italian-style pizza, with passion

At Carlotta, pizza is an art: homemade dough matured for 48 hours, ingredients imported from Italy, and original recipes blending truffle, Gorgonzola or Nduja. The atmosphere is generous and festive, as are the signature cocktails with Mediterranean accents. A true corner of Italy in the heart of La Rochelle!



And for the curious and the gourmet, rue de la Chaîne and rue St-Jean-du-Pérot also abound in a variety of restaurants: world specialties, convivial brasseries or more intimate addresses... something to delight every taste bud in La Rochelle!

La Rochelle by night ! -

🍷 La Guignette

A La Rochelle institution since 1933, this typical bar on rue Saint-Nicolas offers a light, fruity house drink in a popular, friendly atmosphere. Charcuterie boards to share on the premises.



🍺 Mac Ewan's Pub

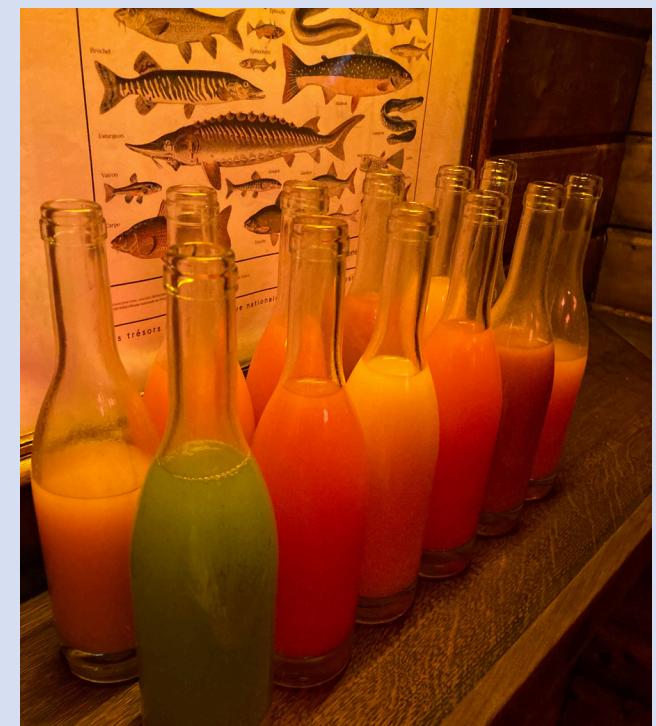
Located on rue de la Chaîne, this Irish-inspired pub mixes draught beers, whiskies and cocktails in a warm rock atmosphere. Perfect for a relaxed evening to the sound of a good playlist.

🍸 Mary Lili

La Rochelle's first cocktail bar in a chic, urban New York style. Creative, refined and central, it's the ideal place to enjoy original mixes in an elegant atmosphere.

🕺 La Folle Époque

A festive and popular bar, perfect for dancing the night away. General music and good humor guaranteed right in the heart of town.



🕒 Le Barracuda

Young and crazy bar set up in a ship's hold. Specializing in rum, lively evenings and attractive happy hours make night owls drool!



Good addresses



Favourite restaurants & cafés

- Ernest le glacier – Artisanal ice cream on the port.
- La Boussole – Flavors from around the world in a warm setting, rue St-Jean-du-Pérot.
- Les Pâtes Volantes – Minute Chinese cuisine, specializing in hand-stretched pasta.
- Nonoléo – Traditional family-style pizzeria.
- L'Étoile Berbère – Oriental flavors, couscous and homemade tajines.

Bars & relaxation

- La Belle du Gabut – Festive guinguette in summer, with food trucks & live music.
- Jolly Sailor – Lively English pub with beers, matches & live music, facing the Old Port.
- Les bars du Vieux Port – A friendly line-up of sunny terraces where you can enjoy a drink with a view.
- Le Temple – Board games bar in Les Minimes with karaoke, quizzes and mini escape games.
- La Bathyscaphe – A young and festive spot in Les Minimes, perfect for a trendy evening.
- Bar du Musée Maritime – An original aperitif... on board a historic ship!

Around La Rochelle

- Châtelailon-Plage – Family-friendly seaside resort with beautiful beach & covered market.
- Fouras-les-Bains – Pretty peninsula with views of Fort Boyard and peaceful walks.
- Marais Poitevin (45 min) – Boat trip in the “Venise Verte”, ideal for a day trip.





End of visit

Between sea, heritage and Aïkibudo spirit, experience a summer week full of energy and discoveries. See you in La Rochelle!

