

# La Rochelle:



Distance from St hilare = 76.3miles



One hour's drive away from Royan, La Rochelle is an excellent place to visit, either for a day, an afternoon or just an evening at any time of the year. Traveling from Royan, the simplest route to follow is to take the by-pass, leaving at the exit for La Rochelle Centre and to continue following the signs for the Centre and Parking du Vieux Port. This car-park, at the foot of the Lantern Tower, also called "the four Sergeants Tower", is a good departure point for all walks in the city.

The Old Harbour and the Old districts Several hundred metres after leaving the car, you will arrive in the Old Harbour area and there you will suddenly find the lively atmosphere of La Rochelle. Several possibilities are open to you. If you are interested in the old district, you can follow the quay up to the Big Clock Gate, Porte de la Grosse Horloge, which was the entrance to the city from the harbour side, and pass the gate to walk in the picturesque streets lined with arches, la Rue du Palais, la Rue du Minage, la Grande Rue des Merciers



Lunch or dinner time If it is lunch or dinner time, plenty of choice between the numerous restaurants located under the old arches and with large terraces which descend to the promenade of the Quay Duperré. These heated terraces are very welcome during the sunny winter days or in the spring.

From the Old Harbour to the Sailing harbour "Les Minimes" One has only to walk alongside the Old Harbour to arrive at the foot of the Saint Nicholas Tower, and then follow the pier which leads towards the sailing harbour of "Les Minimes". As you walk along, you begin to understand the importance of yachting for La Rochelle. On the right-hand side, thousands of masts as far as the eye can see and on the left, the numerous shipyards and the businesses connected with the boats and their equipment.



After this hour of walking, you can choose to return to the Old Harbour by either of two different routes. You can take the Sea Bus directly from the harbour of Les Minimes', which will return you to the quay Duperré. In winter, this bus runs only during the weekends

If you choose to return back on the same road, you can take advantage of the views at the entrance of the Old Harbour and the town. You can, moreover, shorten the route by taking the 'electric boat' in front of the harbour which is a boat shuttle service between the south bank and the quay Duperré

**As a footnote, La Rochelle is also a shopper's delight!**

# La Rochelle Restaurants



## Les Flots

Grégory Coutanceau  
1, rue de la Chaîne - 17000 LA ROCHELLE  
Tél : 05 46 41 32 51 - Fa: 05 46 41 90 80  
E-mail : [contact@les-flots.com](mailto:contact@les-flots.com)  
Internet : [www.coutanceau.com](http://www.coutanceau.com)  
Master chef : Christophe Courtois  
Restaurant Manager : Anthony Ber



## Les Quatre Sergents

Les Quatre Sergents features seafood and regional cuisine. Among the menu items available are duck breast in honey and lime, and roasted sea bass. A dessert menu is also provided, and an extensive variety of wines are offered.

**Address:** 49, rue St-Jean-du-Pérot La Rochelle France 17000



+33 5 46 41 35 80



## André

André is decorated in a nautical theme, and is best known for large fish and seafood platters. A variety of desserts are also available, and group catering is offered.

**Address:** 7, rue St-Jean du Pérot La Rochelle France 17000



+33 5 46 41 28 24



## Le Mail

Fish, seafood, and shellfish are all offered on the menu at Le Mail. Meat grills are also available here, and an extensive dessert menu is provided.

**Address:** 16, allée du Mail La Rochelle France 17000

## La Marine

La Marine features seafood platters, oysters, and a variety of fish dishes. Among the items available are fish stew, fish lasagna, and fish and fermented cabbage. Several meat dishes are also available.

**Address:** 30, quai Duperré La Rochelle France 17000  
+33 5 46 41 08 68

## Le Bistrot du Ship

Le Bistrot du Ship is located on the harbour and features a variety of seafood dishes. Among the specialties here are emince of marinated raw salmon, and scallop terrine in chive sauce.

**Address:** 7, quai du Gabut La Rochelle France 17000  
+33 5 46 41 22 93

## La Marée

La Marée specializes in seafood. Among the specialties here are a seafood platter with up to 13 kinds of crustacea, liver of monkfish, Provencal-style cod, salmon tagliatelle, dishes featuring mussels, and more.

**Address:** 1, avenue de Colmar La Rochelle France 17000  
+33 5 46 41 19 92

**1 Musee d'Histoire Naturelle - Cultural Attraction**

28 rue Albert-1er. This ethnography and zoology museum is housed in an 18th century building, which is surrounded by a beautiful garden. Exhibitions display include rare shellfish; a statue from Easter Island; an embalmed giraffe given to Charles X ; and a parade boat encrusted with gems that was presented to Napoleon III by the king of Siam.

The museum is open Tuesday to Friday from 10h00 -12h30 and 13h30 - 17h30; and weekends 14h00 - 18h00. Admission is \$4.50 for adults and free for children under 18.

**2 Tour St Nicolas - Tourist Attraction**

Located at Quai du Gabut. This is the oldest tower in La Rochelle and was built between 1371 and 1382. From the second floor you can enjoy a spectacular view of the town and harbour and from the top you can see only the old town and Ile d'Oleron. This is a sight not to be missed when in La Rochelle. The Tour St Nicolas is open April to September Tuesday to Sunday from 10h00 - 19h00; and October to March Tuesday to Sunday from 09h30 - 12h30 and 14h00 - 17h30. Admission is \$4.80 for adults; \$3 for students and people aged 18 - 25; and free for children under 18.

**3 Musee du Nouveau-Monde - Cultural Attraction**

10 rue Fleuriau. Housed in an 18th century town house rich with architectural details, this museum is one of the most interesting in La Rochelle. The exhibitions follow the port's 300 year history with the New World. Exhibitions start with the discovery of the Mississippi Delta in 1682 by LaSalle and end with the settling of the Louisiana territory. Other exhibitions display French settlements in the West Indies, such as Guadeloupe and Martinique. The museum is open Wednesday to Monday from 10h30 - 12h30 and 13h30 - 18h00; and Sunday 15h00 - 18h00. Admission is \$4.20 for adults and free for children under 18.

**4 Aquarium de La Rochelle - Children's Activity**

Located at Port des Minimes. This is one of La rochelle's most popular attractions, especially for children. Inside you'll find guided walkways that stretch over two floors of massive and bubbling seawater tanks loaded with approximately 10,000 species of flora and fauna from the oceans of the world, living in natural habitats. There is plenty for the kids to see and do, so expect to spend quite a while here. The aquarium is open October to March everyday from 10h00 - 20h00; April to June and September everyday from 09h00 - 20h00; and July to August everyday from 09h00 - 23h00. Admission is 12.50e for adults and 9.50e for students and children 3 - 17.

**5 Musee des Beaux-Arts - Cultural Attraction**

28 rue Gargolleau. This museum occupies an Episcopal palace, which was built in the middle of the 18th century. The houses art collections from the 15th to the 19th centuries, with works by Eustache Le Sueur; Brossard de Beaulieu; Corot; and Fromentin. It also has some 20th century pieces, which include works by Maillol and Leger. The museum is open Wednesday to Monday from 14h00 - 17h00. Admission is \$4.20 for adults and free for children under 17.

La Rochelle Today

## **6 Hotel de France, d'Angleterre et Champlain - Hotel**

20 rue Rambaud. This is the best hotel in La Rochelle, and is located close to the major parks and the old port. The hotel is furnished with a combination of antiques and art objects. The hotel has a beautiful garden filled with flowers; shrubs; and trees. The hotel also serves breakfast and has a laundry service. The rooms are comfortable and stylish, with airconditioning; TV; minibar; hair dryer; telephone; and a full bathroom.

## **7 Relais Gourmand-Richard Coutanceau - Restaurant or Cafe**

Plage de la Concurrence. This restaurant is the most glamorous and finest in La Rochelle, as well as along the Atlantic coast. It is a circular concrete pavilion in a pine-filled park, and has big bay windows, which overlook the sea. They serve a wide range of modern French cuisine, including lobster-filled ravioli with zucchini flowers; ragout of lobster; and freshwater crayfish in aspic with oysters. The restaurant is open Monday to Saturday from 12h00 - 14h00 and 19h30 - 21h30. Reservations are required as the restaurant gets very busy.

## **8 Hotel de Ville - Cultural Attraction**

Place de la Mairie, in the city centre. The town's 14th century City Hall is built in Flamboyant Gothic style, with battlements. Inside you can view the Henry II staircase with canopies, as well as the marble desk of the heroic Jean Guiton. This is a sight not to be missed on your first visit to La Rochelle. You can only visit the City Hall by guided tours, which must be reserved in advance. The tours run everyday June to September at 15h00 and 16h00; and October to May Saturday to Sunday at 15h00. Tours cost \$3.60 for adults; \$1.80 for students and children 4-12; and free for children under 4.

## **9 Tour de la Lanterne - Cultural Attraction**

Opposite Tour St-Nicolas, quai du Gabut. This tower was built between 1445 and 1476. It was once a lighthouse, but was mainly used as a jail up until the 19th century. It is a sight not to be missed, and offers lovely views over La Rochelle. The Tour de la Lanterne is open April to September Tuesday to Sunday from 10h00 - 19h00; and October to March Tuesday to Sunday from 09h30 - 12h30 and 14h00 - 17h30. Admission is \$4.80 for adults; \$3.20 for students and people aged between 18 and 25; and free for children under 18.

## **10 Musee d'Obigny-Bernon - Cultural Attraction**

2 rue St-Come. The museum's collection includes the most important artifacts that deal with the history of ceramics and of La Rochelle. It was founded in 1917, and the museum also contains an excellent collection of Far Eastern art.

There are also very interesting exhibitions and photographs of La Rochelle in World War II

The museum is open Tuesday to Friday from 10h00 - 12h30 and 13h30 - 17h30; and weekends from 14h00 - 18h00. Admission is \$4.20 for adults and free for children under 19.