

ST PALAIS SUR MER



Distance from St hilaire = 38.2 miles

Beeches:



The beach of Nauzan Coming from Royan by driving along the coast, the first beach - straddling Vaux-sur-Mer and Saint-Palais-sur-Mer is the beach of Nauzan. Peaceful, sheltered and sunny - "a bathtub" say my friends in Soulac - it welcomes every tourist from 3 months to 80 years old. The babies toddle along in their nappies, the grandmothers tuck up their skirts and bathe their aching legs in the salt water. It is an ideal place for parents with their young children and grandparents. The children at the sailing school, restricted by their life jackets, are learning to sail in small boats under the attentive eyes of young monitors. A track for rollers and scooters, which unfortunately is not in the shade, runs along the beach.



The beach of Saint-Palais The beach of Saint-Palais, in the town centre, is more fashionable. The club offers different activities for the 8, 6 and 12 year old children. Teenagers meet regularly in the corner of rocks to talk and make dates for surfing parties and also arrange dates for parties in the evening.& in the bushy park which surrounds the lake. The beach has a merry-go-round, puppet theatre, circuses and other entertainment until nightfall. Naturally, you will also find café terraces, pancake shops and ice creams, common to most seaside resorts.



The beach of La Grande Côte For surfing nothing is better than the Grande Côte, an immense beach lined with bunkers from the last war, not aesthetic but classified as historic monuments. The young sportsmen meet at high tide there, whether it is at 6 o'clock in the morning, during the day or at 9 o'clock in the evening. Many lovers of wind and wide open spaces come here as well. Sometimes you can be lucky enough to see a galloping horse (but usually out of season).

ST PALAIS RESTAURANTS



Restaurant Les Agapes
8,rue Marcel Vallet
17420 Saint-Palais-sur-Mer
Tél.: 05 46 23 10 23
patrick.morin25@wanadoo.fr
[site web](#)



Le Petit Poucet
Pointe de la Grande Côte
17420 Saint-Palais-sur-Mer
Tél. 05 46 23 20 48



Restaurant de la Mer, Chez Bruno
181, avenue de la Grande Côte
17420 Saint-Palais-sur-Mer
Tél. 05 46 23 35 85



Restaurant Hôtel de la Plage
1, place de l'Océan
17420 Saint-Palais-sur-Mer
Tél. 05 46 23 10 32



Nausicaa
Plage de Saint-Palais
Promenade de Steisslingen
17420 Saint-Palais-sur-Mer
Tél. 05 46 23 14 78



Chez Bob
Plage de Saint-Palais
Promenade de Steisslingen
17420 Saint-Palais-sur-Mer
Tél. 05 46 23 11 10



La Terrasse
Place de l'Océan - Plage de Saint-Palais
17420 Saint-Palais-sur-Mer
Tél. 05 46 23 25 94

Riding

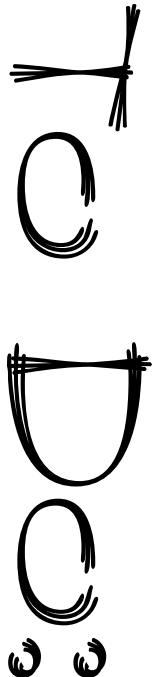


The Centre Equestre du Maine Gaudin, is situated in the municipality of Saint-Palais-sur-Mer, in a pine forest. Approaching from Royan take the bypass going to La Palmyre and then the small forest road when you reach the golf course. Every year, in July, le Centre du Maine Gaudin welcomes le Jumping International de Royan, (International Show Jumping). The events start on Friday afternoon and end on Sunday. On Friday, entry is free. Set in truly magnificent surroundings, it is a unique occasion, giving tourists the opportunity to watch and enjoy this sport with international competitors of very high standard participating. **Centre Equestre du Maine Gaudin**
Phone 33 (0)5 46 23 11 44
centre.equestre@mairie-royan.fr

Cycling



From the Centre of Saint-Palais-sur-Mer to the port of La Palmyre, about one hour there and back The cycle track from Saint-Palais to La Palmyre, which alternates between views of the sea and forest landscapes, is an example of a particularly successful track layout. In Saint-Palais, going in the direction of La Grande Côte, the cycle track begins on the left, level with the traffic lights at the crossroads which lead on the right-hand side to the market and on the left towards the Pont-du-Diable. After about a hundred metres, you reach the sea at the far end of Platin beach. After a short break, move up to the Chapel of the Air Pilots and see the lighthouse of Terre-Nègre. Then, go along the cliff top, up to the headland of La Grande Côte. The views over the estuary, Cordouan's lighthouse, out to sea, are different every time, depending upon the season, the time, the state of the sky, the tide, and your mood of the moment!! From the point of La Grande Côte, you leave the seaside to go into the maritime pine forest. At first, the track follows the dunes and then the route goes up and down over a series of small hills which continue until you reach a long, straight, flat track which goes to the far western end of the long beach of La Grande Côte. The track then returns towards the sea and continues along the promenade which leads to the beach and to the port of La Palmyre. For the more courageous, the lighthouse of La Coubre and the Côte Sauvage are only a little further away from La Palmyre.



Tennis Club du Lac Saint-Palais-sur-Mer (Rancho carpark behind Champion Supermarket)
 56 bis, Avenue de la Ganipote - 17420 Saint-Palais-sur-Mer
 Tél. 33 (0)5 46 23 11 74 - Port. 33 (0)6 33 65 48 30
contact@saint-palais-sur-mer-tennis.com
<http://www.saint-palais-sur-mer-tennis.com>



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 1 indoor Green Set court
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school of Tennis:
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The Market

Open every morning, except Monday all year long, during the season is the focal point of the morning activity of the town. It is a delight to walk between the abundant displays of fish, seafoods, oysters, meat from the "près salés", which is meat fattened in the fields by the sea, "rillons charentais" (potted pork meat), melons, goats milk cheeses, pineau, wines, brioches,... Everything is excellent. Go on, succumb to temptation!

