











WELCOME TO THE PREMIER TOURIST DESTINATION IN FRANCE FOR FRENCH TRAVELLERS!

Situated in the South of France, at the heart of the Atlantic Coast between Nantes and Bordeaux, the Charentes area is the new name of the Charente-Maritime and Charente departments and is particularly well known thanks to its main destinations:

- · La Rochelle lle de Ré
- The Coast (Ile d'Oléron, Royan, Rochefort, Ile d'Aix, Ile Madame)
- Cognac country
- Anaoulême
- The Marais Poitevin (Green Venice)
- The river Charente with its beautiful countryside

Access

By airplane

La Rochelle - lle de Ré Airport +33(0)892 23 01 03 www.larochelle.aeroport.fr/en/

Direct flights to La Rochelle:

RYANAIR: Dublin, London-Stansted, Bruxelles-

Charleroi, Porto

EASYJET: Bristol, London-Gatwick, Geneve **FLYBE:** Southampton, Manchester, Birmingham

JET 2: Leeds-Bradford, Manchester

AIR FRANCE: Ajaccio, Lyon, Paris-Orly, Marseille,

Nice

New in 2020!

JET 2: Londres-Stansted

By road

A10 PARIS:

450 km to Angoulême | 430 km to La Rochelle **A10 BORDEAUX:**

115 km to Angoulême | 190 km to La Rochelle **A83 / N137 NANTES:**

250 km to Angoulême | 140 km to La Rochelle

By train

LGV ATLANTIQUE / TGV:

Paris Montparnasse - Angoulême (2h15 / 1h45)

Paris Montparnasse - La Rochelle (2h30) Bordeaux - Angoulême (0h40)

Bordeaux - La Rochelle (2h10)

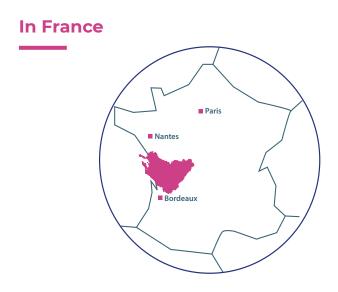
https://en.oui.sncf/en/

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The Charentes destination



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UNMISSABLE CHARENTES



La Rochelle

Thirst of culture? Follow a guided tour to discover the glory days of La Rochelle, a rich and rebel merchant city, its historical links with England, its monuments like the famous Towers of La Rochelle in the Old Port or the magnificent Town's hall... Walk around the arcades streets and admire La Rochelle heritage, here a church or a temple, here a museum, take a stroll in a park or a patio.

www.holidays-la-rochelle.co.uk

Angoulême

Angoulême is the capital of the comics with its International Festival in January, the dedicated museum of the 'ninth art' and the circuit of its painted murals. This 'Ville d'Art et d'Histoire' offers the visitor a journey through history, from Romanesque art with its cathedral to nineteenth century architecture with its covered market. Perched on a promontory and surrounded by ramparts, the town looks over the Charente River.

www.angouleme-tourisme.co.uk

Royan

Villas dating from the Belle-Epoque line the shore, rubbing shoulders with classic 1950's buildings, all geometry and colour. The architecture of the Church of Notre Dame is unique. Royan has five beautiful beaches and its pleasure port is one of the most important on the Atlantic Coast. An unforgettable place for all the family to enjoy.

www.royanatlantique.fr

The Arsenal of Rochefort

Close to 550 vessels were built and refit for three centuries. Today, emblematic sites like the Corderie Royale and the Hermione are being enjoyed by old and young alike, recounting the history of the sea.

www.rochefort-ocean.com/en



The waters of Charente River

The Charente River has its source in the Haute-Vienne and meets the ocean at Rochefort. It winds through 35 villages as well as the charming town of Saintes, a 'Ville d'art & d'histoire' dating back to antiquity, such as the Gallo-Roman amphitheatre. A 'gabare' is used to navigate the river – a traditional flatbottomed boat used to transport merchandise when the town had a thriving port. In Sireuil, Jarnac or Cognac, boats accommodating 2-12 people can be rented with no license for a week or longer. And canoeing is the perfect escape on the water for family and friends.

www.visit-saintes.com



Cognac Vineyards

Cognac is first and foremost a town renowned for its art and history with great places to explore - such as the royal castle where was born King François 1^{er}, and to savour – such as the Cognac Houses. In the heart of the Charentes, the vineyards stretch right from the coast to the south of Angoulême producing cognac and Pineau des Charentes. In the countryside, meet the winemakers who will convey their passion for their craft. In the cities of Cognac and Jarnac, the negoce houses open their doors to unveil the mysteries of cognac.

www.destination-cognac.com

Ré and Oléron islands

There are 10 picturesque preserved villages on Ré island. As it is so flat it is an ideal place to cycle on more than 130 kilometres of cycling tracks that lead to many of the unforgettable sites of 'Ré –the White'. The magnificent beaches of Ile de Ré seduce all fans of wide-open spaces. www.holidays-iledere.co.uk

Oléron is the second biggest island in France after Corsica. This is a unique experience for the visitor – multi-coloured cabins around the ports, flotillas of barges, fishing boats... Immerse yourself in the world of traditional oyster production; the Marennes-Oléron oyster is the only one in France to have a Red Label. www.oleron-island.com

The refined nature of the countryside

Aubeterre-sur-Dronne has all the charm of one of the 'Plus Beaux Village de France' - a central shaded square where one can laze on the terrace, stroll past the many craft shops on the tiny, winding streets, visit the church of Saint-Jacques with its eighteen metres Romanesque façade or paddle in the little river. On the very border of Périgord, this 'Petite Cité de Caractère' has a magnificent subterranean church of vertiginous proportions.

www.atlantic-cognac.com/fall-for-the-charm-of-the-prettiest-villages-in-france

The Marais Poitevin

'Grand Site de France', the Marais Poitevin AKA the Green Venice, unveils her verdant countryside: the ferns, the willows, and above all the canals that inspire you to take a leisurely boat tour to discover the fauna and flora of the destination.

www.visit-maraispoitevin.com



WHAT'S NEW? STORY ANGLES

in 2020 le Tour de France makes a stop in Charente-Maritime!





Tour de France – L'Echappée Maritime

The world's most famous cycle race will be in the Charentes in July 2020: 3 days, 2 stages, the only scheduled passage on the Atlantic Coast... a great media spotlight knowing that each stage of the Tour de France is watched by 15 to 20 million viewers worldwide! A pretour for the locals is planned in June with 2 days of animations: sports enthusiasts and families will be able to follow the route from one island to another one crossing 4 bridges and 43 villages or cities.

6th July: rest in Charente-Maritime.

7th July: stage 10 of 170 km from Oléron island to Ré island.

8th July: stage 11 of 167 km from Châtelaillon-Plage to Poitiers.

www.letour.fr/en

Club Med La Palmyre Club Med 4.

Only one on the Atlantic Coast, the new Club Med La Palmyre near Royan will open in June 2020 after 10 months renovation works for more than 25 millions euros cost: it will then be the only 4 tridents Club Med resort in France. Aiming to conquest the British and North European markets, it will offer 27 new luxury rooms, a baby club, a 'Zen' pool, a 400-seats convention area, a gourmet lounge, fitness activities on the beach and 'à la carte' tours to discover the surroundings.

Resort open from April to October.

www.clubmed.fr/r/La-Palmyre-Atlantique/y



More UNESCO sites in the Charentes

Angoulême



Angoulême just joined the UNESCO Creative Cities network (246 worldwide, only 6 in France – Enghien les-Bains, Limoges, Lyon, Metz and Saint Etienne) and confirmed its title as the comics capital of the world! Only one in France in the 'Literature' category, it will carry on developing the Ninth Art with its partners, such as the 'Festival International de la Bande Dessinée' and the 'Cité Internationale de la Bande Dessinée et de l'Image'. creativebd.angouleme.fr

Phare de Cordouan



The Gironde Estuary lighthouse dating from the 17th century is candidate to be listed as a **UNESCO World Heritage Site.** The committee should decide in June or July 2020. This would be the sixth site in the Charentes to be classified. Support the application **#UNESCORDOUAN**

www.facebook.com/PhareDeCordouan www.phare-de-cordouan.fr/candidature-unesco.html

Savoir-faire of the cognac



The stakeholders in the vineyard have adopted the main guidelines that will accompany the national inventory for recognition of the cognac's knowhow as a **UNESCO Intangible Cultural Heritage**: collective work for its elaboration, specific winegrowing tradition, time as an essential ally and excellence as a shared objective.

www.facebook.com/lessavoirfaireducognac

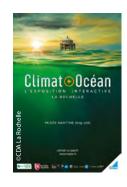
The Charentes, a green destination

Climat Océan, interactive exhibition

9th November 2019 to 31st October 2021 at the Musée Maritime of La Rochelle.

First major exhibition in France dedicated to climate and oceans, Climat Océan is immersive, esthetic and interactive. It was built on a solid scientific foundation by renowned experts and aims to alert, inform and even engage the public on climate issues and preservation of the Ocean. It does not avoid any subject while presenting different forms of resilience and possible solutions at work to preserve this 'blue lung'.







La Fabuleuse Cantine, a 'zero-waste' restaurant

A new form of living space opened in La Rochelle next to the Musée Maritime, combining **sustainable food and creative cuisine** with cultural and social events: different menu created everyday according to the deliveries and unsold food collected from local producers and organic stores. Musical events every week.

lafabuleusecantine.fr/la-rochelle

Paus'Ethique Home

A new guest house offers 3 suites in a 17th century estate, in the heart of vast park just outside of Saintes. A unique ethical and authentic experience as it is a **concept home and concept store**. Nordic bathtub available. Families welcome.

pausethiquehome.fr

Homemade meals can be delivered by a new eco-responsible and gourmet restaurant.

www.lecomptoirdesutopies.com



Oléron Island, sustainable tourism is a reality

The island of Oléron and the Marennes basin are synonymous with nature: numerous varieties of beaches, a huge forest, significant marshlands as well as several natural reserves. The area has been committed for many years to a project of sustainable development, by raising public awareness among residents and tourists for the protection of the beaches, encouraging campsites to obtain the EU eco-label, creating the concept of Nature Parks for protected natural spaces... And the best way to appreciate Oléron is to discover it by bike, thanks to more than 160 kms of cycling paths and new routes every year.



Explore Ile de Ré by bike

A true art of living on the island of Ré, cycling contributes fully to a green, respectful and eco-responsible tourism. And the best way to discover a preserved natural environment and the diversity of magnificent landscapes of wild moors, salt marshes, small woods, long beaches and charming small villages along the 130 kms of cycle paths. More than 35 rental points are available to offer a wide choice of bikes, whatever the budget and preferences: city or mountain or racing bikes, tandem or electric bikes, children's bikes or trackers, pet baskets... Guided tours are available for groups or individuals by the tourist office as well as the map of cycle paths.

La Rochelle, Territoire Zéro Carbone

Committed since the 1970s to preserving the environment and the quality of life, La Rochelle today has the ambition to become the first zero-carbon territory by 2040: this means working towards a neutral balance between the quantity of CO2 emitted and the capacity of nature and humans to capture and store CO2, thanks to a collaboration between local partners and inhabitants.

Ecologîtes

3 ecolodges for sustainable and responsible holidays near the city center: zero-waste approach, natural and local materials, renewable energy with solar panels, decoration made from upcycling... The young owners Lucille et Jean-Alain are committed to providing quality and ecological accommodations in a sustainable approach hunting down energy waste and wasteful consumption. 2 new lodges will be renovated in 2020 to offer a low tech experience on top of the rest.

lesecologites de la rochelle.fr



Camping Les Baleines

If you enjoy wide open spaces, living in the respect of nature, listening to the background music of the sea... this campsite is made for you! Situated at the far end of Ile de Ré, with its feet in the sand of a wild beach, a stone's throw from the lighthouse, it offers several kind of accommodations to suit your mood: wooden cabins, cosy mobile-homes or chic lodge tents and many spacious areas for tents, caravan or camper vans.

www.camping-lesbaleines.com/fr

Eco-camping de La Frênaie

A privileged place to come and recharge your batteries in the heart of the Marais Poitevin, over a vast meadow, bordered by canals and in the shade of ash trees. In an ecological approach, the ecocamping has developed a management method and equipment that respects the environment (solar oven, participatory garden, biodiversity area, etc.). lafrenaie.org/eco-camping-nature-marais-poitevin

L'Yeuse in Cognac, arty hotel

Since 2017, the hotel has worked with a group of graffiti artists to redecorate some of the rooms of this 19th century residence with a urban art touch. Every year a new session is organised to add 4 to 5 rooms to this street art collection.

And discover more about the artwork with Wonderwall, open gallery in the city of Cognac nearby.

www.yeuse.fr/artistes.html wonderwall-cognac.fr



Hôtel de Ville de La Rochelle

The Town Hall of La Rochelle will reopen visits for the public in december 2019 after a complete renovation following the dramatic fire of June 2013. Discovery tours on Wednesday, Saturday and Sunday including 'before – after' exhibition and the visit of several halls – pre-booking required.

hoteldevillelarochelle.com/les-visites

Highlighting of the Maritime Arsenal of Rochefort

A unique multimedia show created by Moment Factory will invite visitors to a dreamlike discovery of the arsenal through luminous scenes around the theme of the sea.

Every evening except Monday in July and August.

European Best Destinations 2020

Rochefort is a nominee for the title of 'European Best Destination 2020' in the category 'sustainable tourism'. Votes open from 15th January on **vote.ebdest.in**

AGENDA

Reopening of the Pont Transbordeur

After 2 years of renovation, the Rochefort Transporter Bridge will be celebrated during 3 days including an exceptional pyrotechnic show. **Events from 29**th **to 31**st **May 2020.** www.pont-transbordeur.fr



NATURAL AND ACTIVE



The Lakes of Haute Charente 100% nature

In Charente Limousine, two large lakes, Lavaud and Mas Chaban, are where freshwater sports can be enjoyed: swimming, water skiing, wind-surfing, canoeing plus there are lots of cycling tracks and horseriding and hiking are popular, as is birdwatching.

www.tourisme-charentelimousine.fr



The 'Échappées Nature '

A network of 14 preserved natural sites, a multitude of small worlds to discover... For beautiful encounters between nature and you: the Marais Poitevin, Vitrezay, Asinerie du Baudet du Poitou (famous for their donkeys), the old stone quarries of Crazanne... - landscapes to learn about through museums, exhibitions and guided tours.

la.charente-maritime.fr/poles-nature

The Charente Estuary and Rochefort Arsenal

The enormous area of the Charente Estuary and the Arsenal of Rochefort has been officially classified as a 'Grand Site de France' since 2013. This is a classification developed by the Ministry of Ecology to reward places that are ecologically sound as much as they develop durable energy.

bit.ly/GrandSiteRochefort



Did you know?

The Gironde Estuary is the wildest and largest natural river estuary in Europe. Astonishing views whether from natural viewpoints such as Régulus and Matata at Meschers-sur-Gironde or manmade ones like the observation tower at Saint-Georges-de-Didonne.

www.estuaire-gironde.fr

La Tremblade and the Coubre Forest

More than 5,000 hectares unmissable for nature lovers whether mountain bikers, horseriders, walkers, hikers...or beach bums! Smell the pines, listen to the ocean, lie on a carpet of sand.

www.la-tremblade.com

The LPO

The equivalent of the RSPB of the UK, has had its headquarters in Rochefort since 2012. In the local area, they protect the lagoon area of Rochefort, the Moëze-Oléron Reserve and the Yves Reserve. An extremely important area for migratory birds flying from southern Europe to Siberia, Canada, and northern Europe.

www.lpo.fr

Did you know?

A new integral biological reserve was created in 2017 on Oléron island. 158 hectares of the St-Trojan-les-Bains Forest has thus been dedicated to the study of biodiversity. It is the largest on the Atlantic coast and is part of a national network.

Aiguillon Bay Wild Nature

This is a magical place – a bridge between the land and the sea in the north part of Charentes, it's a haven for migratory birds from Siberia, Europe and Canada. There are also 300 kms of mussel beds where 120 professionals produce the famous local variety known as the 'charron'.

www.reserve-baie-aiguillon.fr

PREMIUM GASTRONOMY



World-class gastronomy delights

France is scattered with all kinds of culinary heritage: the Charentaise galettes, the oysters of Marennes-Oléron and the oysters of Charente-Maritime, the Charron mussels, the salted butter caramel, the 'fleur de sel' and even the 'cagouilles' (snails so appreciated by locals) make the reputation of the destination. Many gourmet restaurants will delight your taste buds, such as 5 Michelin starred restaurants.

Christopher Coutanceau, 2 Michelin stars

Chef Christopher Coutanceau

Tradition and innovative fish cuisine. 17000 La Rochelle www.coutanceaularochelle.com

La Ribaudière, 1 Michelin star

Chef Thierry Verrat

Creative cuisine based on the best produce in the region.

16200 Bourg-Charente

www.laribaudiere.com

L'Aquarelle, 1 Michelin star

Chef Xavier Taffart

A surprising combination between land and sea. 17920 Breuillet

www.laquarelle.net

Dyades, 1 Michelin star

Chef Loïc Lecoin

Traditional French cuisine enhanced with a touch of lightness and modernity.

16310 Massignac

www.restaurant-dyades.com

L'Hysope, 1 Michelin star

Chef Nicolas Durif

Authentic and innovative cuisine. 17220 La Jarrie

www.lhysope.fr

Cognac a drink and a town!















Making cognac is a complex and subtle process that requires passion, demanding standards and knowledge passed down over generations. The precise characteristics of the soil in which the vines are growing, the quality of the oak used to make the barrels in which the cognac is aged, the double distillation in a red copper still, the experience and talent of the master blender who mixes the different 'eaux-de-vie'; all these are important factors in creating the flavour and balance of a cognac. Cognac is also an historic town situated between Saintes and Angoulême on the Charente River. It is an impressive sight and where the most famous cognacs are housed: Baron Otard, Camus, Courvoisier, Hennessy, Martell, Meukow, Rémy Martin. More than 200 professionals (wine growers, distillers...) come together to welcome visitors.

www.atlantic-cognac.com/visit-the-great-cognac-maisons



Pineau des Charentes: singularly plural!

Pineau des Charentes, a fortified wine made from a blend of grape juice and Cognac was awarded AOC status in 1945. The harvested grapes are pressed and the cognac from the previous year is added, then it is stored in oak barrels for a long time to give it the distinctive taste, whether white, red or rosé pineau. Idea of cocktails also: the Pineaujito. www.pineau.fr

lodine flavours

The Charentes have great reputation for excellent gastronomy with authentic produces including a wide variety of fish and seafood: céteau, sea bass, meagre, red mullet, sole, langoustine, prawn, sea bream, sardine, scallop... and here, from sea to plate, there is only one step! Come to the port in La Rochelle or in La Cotinière on the Oléron island and enjoy a guided visit to discover the backstage of an seafood auction.

Oysters in all their glory

The Atlantic's precious 'stones',

Marennes Oléron oysters are unique in France as they are alone in attaining the coveted Red Label (Fine de claire verte variety). Also classified 'Indication Géographique Protégée' are the Fine de claire or Spéciale de claire.

www.huitresmarennesoleron.info

Charente-Maritime's wonderful oysters are the result of the perfect marriage of nature and the know-how of the professionals.

www.huitrescharentemaritime.com

Cocktail oyster: small in size, well fleshy and easy to open, it is perfect to bring the freshness of the sea to your brunches, aperitifs and tapas. www.lacabaneoceane.com

24h oysters: Oysters are available 24 hours a day, 365 days a year on Ile de Ré and Ile d'Oléron thanks to 4 vending machines! www.huitrieredere.com www.speciales-gillardeau.fr/en/accueil www.facebook.com/lauriecaroyannnadeau



Ideas with fizz! Local beers



La Bière des Amis, **organic and vegan beer** from a new brewery. **www.garvoul.fr**

Fine and tasty **beers from Marais Poitevin.** www.aunis-maraispoitevin.com/producteur

XO Beer, **infused with cognac** and other original flavoured beers. **www.brasserie-des-gabariers.fr**

More than 30 different **brews aged in barrels** or in the hopfield. **www.brasserie-ladebauche.com**

English ales made in Charentes. Tours & Brewing courses. www.charentales.fr



Local Beer with **ingredients from the farm.** www.facebook.com/LaNouge

Unforgettable markets

The market of La Rochelle is open 365 days a year. The market of Les Halles in Angoulême, the medieval market of La Flotte en Ré or the central market of Royan in a 50's monument are all not to be missed.



Cognac pearls

Cognac De Luze invented the 'perles de cognac', an exclusive concept to be tried in cocktails or to perfume oysters, foie gras or desserts for an explosion of savours.

www.cognacdeluze.com/perles



Caviar, a luxury product

The sturgeon is one of the most ancient species of fish still living today. It has always been appreciated for the flavour of its caviar – a very refined product that, as eaten, gives a delightful taste of the sea. Taste it in the Charentaise style, with a cognac 'frappé'!

bit.ly/CaviardeGensac www.caviaromanov.fr

PREMIUM HOTELS



Château de Mirambeau***** Relais et Châteaux

Located between land and sea, in a well-known wine region, Château de Mirambeau is the ideal residence to discover and share the flavors of the region, staying in a Renaissance-style castle in a peaceful park. It offers 40 suites and rooms refurnished with sumptuous fabrics, antique furniture and marble bathrooms, a gourmet restaurant, a new renovated Spa, 2 swimming pools and a fitness room.

www.chateauxmirambeau.com

Domaine des Étangs***** in Massignac

Largest 5 star resort in mainland France, over 1000 hectares of protected natural surroundings and exceptional landscape of forests, grassland and ponds, with a fully renovated 11th century château, six farmhouse cottages, Gallo-Roman baths, two swimming pools, a floating tennis court and a Michelin star gourmet restaurant.

www.domainedesetangs.com



Hotel Chais Monnet**** in Cognac

On a site of 2ha, the Hôtel Chais Monnet has 92 deluxe rooms and suites, 14 apartments, a brasserie and a gastronomic restaurant, a jazz bar, a pool and a contemporary spa for clients to recharge their batteries – all in the heart of an ancestral winery. The discreet elegance of the site matches the tastes of the most demanding of clients, whether on a business trip or for a break. Visitors will be able to savour the refined style of the hotel between visits to sites where one of the most widely appreciated spirits in the world is created – cognac.

www.chaismonnethotel.com





La Grande Terrasse **** MGallery by Sofitel in Chatelaillon-Plage

Overlooking the ocean and the islands of Ré, Aix and Oléron, located 100m from the new "Spa Marin", La Grande Terrasse has 79 bright suites and rooms, a bar, a gourmet restaurant by Pierre Gagnaire with a panoramic terrace, a spa Nuxe, an outdoor pool and a 3-hectare park.

www.la-grande-terrasse.com



Hotel le Toiras***** Relais & Châteaux in St Martin de Ré

Ideally situated at the entrance to the harbour, a site inscribed on UNESCO's World Heritage List, the Hôtel de Toiras is a splendid 17th century shipowner's mansion. The decoration in each of the 20 rooms and suites is unique and the views of the port and garden are breathtaking.

hotel-de-toiras.com

ALL OUR HOTELS ON: www.atlantic-cognac.com/plan-your-accomodation

PREMIUM GOLFS

8 golfs with 9 hole courses

Golf d'Oléron: www.golf-oleron.com Golf La Rochelle Sud (La Jarne): www.golflarochellesud.com Golf Club de Montendre: golf-montendre.com Golf du Chateau de la Vallade

(St-Porchaire): www.golfdelavallade.com

La Palmyre Golf Club:
www.lapalmyregolfclub.com
Golf Club Rochefort-Océan:
www.golf-rochefort.fr
Golf de Trousse Chemise:
www.golftroussechemise.com
Golf d'Aubeterre:

www.longeveau.com/fr/golf.php



6 golfs with 18 hole courses

Golf de Royan

Carved through the heart of the La Coubre Forest, excellent conditions all year long and additional facilities: a driving range, a compact 6-hole course, a 9-hole pitch and putt course, a C&C golf shop and a restaurant with views on the green.

www.golfderoyan.com

Golf de Saintes

Created in 1953, Golf Louis Rouyer-Guillet is the oldest course in the region. Large variety of game situations alternating technical difficulties for a pleasant course to play for all standards of golfers. www.golf-saintes.fr

Cognac Golf Club

Designed by Jean Garaïalde, Golf du Cognac features undulating fairways amongst vineyards, forests and the river Charente. It sits in 60 hectares, offering an 18-hole par-72 course, a 6-hole course, a large driving range and 2 putting greens. Clubhouse in an old restored farm, with a large panoramic terrace. www.golfducognac.com

La Prée La Rochelle Golf Club

Only 20 minutes from La Rochelle, the 18-hole course at Golf de La Prée La Rochelle combines the design of a true links course and a heathland course. Restaurant open all day long and bar for a drink after your round of golf. www.golflarochelle.fr

Angoulême Golf Club L'Hirondelle

The 35 hectares golf course lies in a charming setting on the hills between the Bois St Martin and the city. The course requests technical game abilities and alternates short holes, challenging greens and approaches. Clubhouse to enjoy a lunch or a drink.

www.golf-angouleme.com

International Golf Club of La Prèze

Golf International de La Prèze is a really spectacular course, amongst hills, woods and lakes. It offers a main 18 hole champion's course, a unique 18 hole pitch-and-putting competition course, as well as a driving range and two pitch and putting practice greens.

www.golfdelapreze.com

PREMIUM WELLNESS



First destination of France for wellness!

• 3 thermalism resorts (Rochefort, Saujon, Jonzac) draw their benefits from secret springs, between 200 and 1 850 m underground for medical prevention or for curing.

A new thermal resort will open in 2023 in Saint Jean d'Angély.

• 6 thalassotherapy centers in the heart of the Atlantic Coast (Ile de Ré, Chatelaillon-Plage, Oléron and Royan) for well-being and rejuvenation with sea water.

La Grande Terrasse **** MGallery by Sofitel in Chatelaillon-Plage

Thalasso is reinventing itself. Integrated into the Ibis Styles hotel, the Spa Marin offers dedicated spaces to offer a unique wellness and fitness experience, according to everyone's expectations.

www.la-grande-terrasse.com/thalasso

Hotel Atalante**** Thalasso & Spa in Ré island

The rooms are cheerfully decorated, more spacious and comfortable, with a balcony or terrace providing views over the sea or vineyards. Unlimited access to the hydro-marine area with its sauna, hammam and heated seawater swimming-pool.

relaisthalasso.com/atalante

Novotel Thalassa**** in Oléron island

Exceptional setting on the beach and rooms with sea or forest views. Enjoy wellness and seawater treatments at the spa or take a bike ride for a revitalizing stay or week of relaxation with the benefits of the ocean.

www.thalasso-oleron.info

Hotel Cordouan**** by Thalazur in Royan

Overlooking the ocean, the hotel offers rooms with private balcony, the infinity pool and the thalassotherapy centre & Spa for relaxation and wellness in a exceptional site. The hotel reception and the spa cabins were renovated in 2019.

www.thalazur.fr/hotel-cordouan

Le Richelieu***** Thalasso & Spa in Ré island

Luxury hotel by the sea, it offers a wonderfully relaxing and restful holiday. Rooms designed in a unique style and elegant, cosy atmosphere. Panoramic gourmet restaurant, pool for pleasant moments of relaxation and thalassotherapy centre to gently help you to keep fit.

www.hotel-le-richelieu.com

Côté Thalasso Ile de Ré *** in Ré island

Located in the heart of the IIe de Ré, the hotel is the ideal destination for lovers of calm and nature. Between vineyards and salt marshes, enjoy the gentle lifestyle of a preserved environment and the simple pleasures of a 100% relaxing thalasso stay. www.cote-thalasso.fr/ile-de-re

PREMIUM EXPERIENCES



Hot-air balloons

Explore the Charentes landscapes from the sky flying over historical towns or along the coastline, from the Gironde estuary to the Marais Poitevin or between the river Charente Valley and the vineyards of Cognac... a privileged and unforgettable experience!

Montgolfières Charente Evasion: www.montgolfieres-charentes.com Charente Montgolfières: www.charente-montgolfieres.fr

Master Blender workshop

Step into the shoes of the Camus cellar master and discover his fascinating world. After being initiated into the art of tasting you will create a unique cognac – the cognac to suit your taste. Under the guidance of a Camus professional, you will select your own eaux-de-vie from the best cognac crus before creating – and enjoying – your very own blend.

www.camus.fr/en/visit-us/master-blender

Stand-up paddle

Escape to the heart of nature and enjoy the benefits of toning your body in a gentle position!

The stand up paddle is the ideal and ecological way to observe the fauna, the flora of the shores and the salt marshes of the islands of Ré and Oléron, to discover secret and preserved places during a quided ride.

Ré Island: bit.ly/2QbGEtD Oléron Island: bit.ly/2O7YCuq

Masterclass for gourmets

Would you like to participate to a culinary workshop in the kitchens of the best chefs in Charentes for an exceptional moment with friends, in a prestigious location? Discover the secrets of the chefs and learn how to sublimate the best Charentes raw materials such as Cognac, truffles or oysters in one of the 4 very different chefs' workshops in La Rochelle or around Cognac.

www.laclassedesgourmets.com www.laribaudiere.com www.restaurant-du-chateau.com visitemeukow.com/chai-meukow



CULTURAL HERITAGE



Le Phare des Baleines

In June 2016 the last two lighthouse keepers employed by the French state retired and now one has turned his hand to being a tour guide, showing the public around the Baleines Lighthouse. Baptiste Mestayer Schmitt explains the work of the keeper and recounts anecdotes from his life.

www.lepharedesbaleines.fr

La Rochelle Towers

The three famous towers of La Rochelle – Saint Nicholas, de la Chaine and de la Lanterne are the most famous vestiges of the medieval, maritime fortifications of the town and from where the views are magnificent – Fort Boyard, the Old Port and the islands. The Lantern Tower is the oldest on the Atlantic Coast rising to a height of 70 metres and has always served as a lighthouse and prison.

www.tours-la-rochelle.fr

Royal Abbey of Saint-Jean d'Angély

Built in the seventh century, destroyed then rebuilt, the Abbey celebrated 1,200 years in 2017. It is recognised by UNESCO as part of the Santiago de Compostela road, is an Historic Monument and houses the European Cultural Centre that organises different public events year round.

bit.ly/SaintJeanAngely

Abbaye aux Dames of Saintes

Patrimony and innovation combines with the 3D visit of the Abbey aux Dames 'Musicaventure' - a treasure chest of architecture, in words and music. Other innovative visits: spacialised concerts, merrygo-round 'Carrousel Musical' – for adults and children alike. The building is a jewel of Romanesque architecture built in the eleventh century. Every year the Abbey holds a series of classical concerts – thirty in nine days. The Young Orchestra of the Abbey is unique in playing pieces on original instruments of the period.

www.abbayeauxdames.org



Petites Cités de Caractère

There are eight such sites in Charentes that can be rural or urban as long as they have a population of less than 5,000 and a rich cultural history: Aubeterresur-Dronne, Confolens, Nanteuil-en-Vallée, Saint-Savinien-sur-Charente, Saint-Sauvant, Talmont-sur-Gironde, Villebois-Lavalette and Verteuil-sur-Charente.



Musée d'Angoulême

Next to the Cathedral St Pierre, the museum of Angouleme offers multiple collections, ranging from the paleontology of the Charente, including pieces from the local dinosaur site, to Fine Arts from 16th to 20th century. It owns one of the most important collections of arts from Africa and Oceania in France. New exhibition with the second giant Sauropod femur - 2m long, 500 kg and 140 million years old - discovered in July on the archaeological site of Angeac-Charente, unique in Europe and worldwide. maam.angouleme.fr

Did you know?

The fortified square of Brouage has just rejoined 'Les plus beaux villages de France' is situated between the île d'Oléron and Rochefort, this fortified site in the Marais was an important commercial port in the Middle Ages trading with the rest of France and northern Europe. These days the ramparts are home to craft shops and the like.

www.les-plus-beaux-villages-de-france.org

The Most Beautiful Villages of France

Six of these are to be found in the area:

Ars-en-Ré is known for the bell tower of its church that sports a black and white arrow that is used as a point of reference for mariners.

Aubeterre-sur-Dronne situated on the way to Santiago de Compostela, it has an important religious heritage: the monolithic church of Saint Jean, the roman church of Saint Jacques, chapels and convents.

La Flotte-en-Ré is an extremely pretty fishing and pleasure port that sways to the rhythm of the boats in the harbour.

Mornac-sur-Seudre is an old commercial port that now concentrates on oyster and salt production and is an artisan's paradise.

Talmont-sur-Gironde was founded in 1284 by Edward 1st of Aquitaine on a rocky promontory overlooking the Gironde Estuary, just 15 kilometres south of Royan.



Abbey of Saint-Amant-de-Boixe

One of the oldest monastic centres in Charente, the Abbey founded in the 11th century houses is nowdays a Romanesque architecture centre. An audioguide helps visitors understand this impressive heritage: 12th century church, abbatial buildings, crypt and 14th century wall paintings. abbayesaintamantdeboixe.fr

FAMILY FRIENDLY DESTINATION



The Aquarium of La Rochelle

One of the most beautiful Aquariums in Europe. The Gallery of Lights – a magical journey to the great depths of the oceans to reveal the sea creatures that light up their world with the most vibrant colours. Since 2018,

Tèrra Aventura

Experience the thrill of an amazing treasure hunt, a relaxing tour using a GPS: geocaching brings sport and culture together, allowing families to explore tourist attractions, villages, countryside... The aim of the game? To discover the containers called 'caches' and find the treasure they contain, badges of tiny creatures called Poï'z. How to collect them? Simply choose one trail and let the App guide you, answer the different questions on your way to find the treasure.

With Terra Aventura and its 100% free app, set off on an adventure to discover one of the 60 trails in the Charentes!

www.terra-aventura.fr

New in 2019!

Trail to be discovered by bike in Fléac and its new poï'z Ziclou. More bike trails to come in June 2020.

the visitor experience has been improved - with a palette of intense blue in the entrance decorated with luminous jellyfish, different colors in spaces of the Blue Planet with information on touch screens, the refurbishing of the restaurant and a new menu based on the theme of travel.

www.aquarium-larochelle.com



Palmyre Zoo, unmissable

Created in 1966, it is one of the most visited private zoos in France with over 700,000 visitors per annum. There are 1600 animals in the zoo with 115 different species represented. It is very important in the world of conservation too with 200-300 births a year of endangered species.

www.zoo-palmyre.fr

The painted walls tour

The 'Circuit des Murs Peints' is a great way to visit Angoulême, capital of the comics with its international festival in January and its dedicated museum. Explore the town to discover many comics characters painted on the walls: you will find 24 murals as you walk the town's street. Guided visits or maps available at the tourist office.

bit.ly/ComicsMurals

Cassinomagus in Chassenon

A unique place to visit, these Gallo-Romans thermal baths are some of the best-preserved antique monuments in Europe. Cassinomagus is a vast archeological park to be enjoyed with the kids: guided tours, antique garden, Gallo-Roman games, archeological digs, and perhaps most importantly, excavations squares for children. Created in 2019, The lost treasure of Cassinomagus is an adventure game to be enjoyed with family or friends on the basis of an escape game extended to the entire park. www.cassinomagus.fr

Fort Boyard, fun for the kids

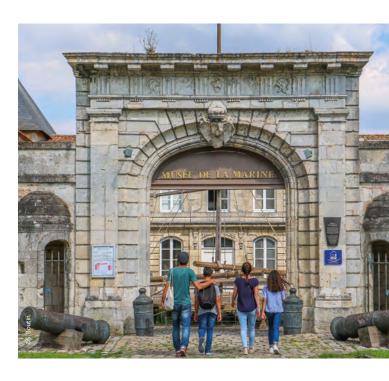
Built to protect the estuary of the Charente River in the nineteenth century, one may not land but one may sail around Fort Boyard... and the kids will love it. They will enjoy the catamaran journey and the adventure of being at sea.

www.ileouailecatamaran.com

Embark for an authentic journey on the rails

Rediscover the charm of the old-fashioned train, aboard the railcars of Charente Limousine, or board with family or friends for a fun moment and an unusual ride on a 'vélorail', a small 5-seater wagon. www.cf-charentelimousine.fr





Welcome to the Arsenal des Mers in Rochefort!

4 exceptional places for a day in the heart of a historic arsenal: the longest rope factory in Europe in the 17th century (Corderie Royale), a frigate that made history (Hermione), an 30 metres high adventure park (Accro-mâts), exceptional heritage collections (Musée national de la Marine). An invitation to relive 350 years of maritime history thanks to this new immersive experience accessible via a single pass. Innovation in 2020: enchanting night tour unique in Europe created by Moment Factory.

www.arsenaldesmers.fr

Re-live the middles ages at Château de Saint-Jean-d'Angle

Discover the restored medieval castle, its war camp headquarters, the catapults that still work, the vegetable garden, the peasant house with animals in the farmyard, the ramparts overviewing the salt marshes... Dress up and become a real actor of your own visit. The ideal location to teach children about the Middle Ages, knights and fortified castles! www.chateausaintjeandangle.fr

SOUVENIRS

Shopping made in Charentes

In La Rochelle, Ile de Ré, Oléron, Cognac, Rochefort, Saintes or Angoulême there are so many boutiques where you can find souvenirs from the Charentes: salted butter caramels, salt flower, melon jam from Charentes, saffron, terrine, rillettes, Atlantic fish mousse, nut oil, ... ideas are not lacking! Creators, art craftsmen: these passionate artists reinvent traditions and extend the journey... Discover the donkey's milk soap of the Ile de Ré, bags made from recycled sails, the iconic French 'Charentaises' slippers, comic books and many other local skills in pottery, mosaic, gold embroidery or ancient books binding.

Le Comptoir Charentais: cellar, canning, biscuit and confectionery. www.facebook.com/lecomptoircharentais

Matlama bags: handmade production of bags and fashion accessories with solid materials diversion, www.matlama.fr

Ile de Ré: soaps and cosmetics made with donkey's milk. www.savonnerie-iledere.com

Couteaux Farol: design and production of handmade sailor, pocket and table knives. www.farol.fr

The Golden thread workshop in Rochefort: showroom of Sylvie Deschamps, a Master of Art, who has created a 100% French bracelet collection "Le Begonia d'Or".

www.broderieor.com

Esprit du sel: Île de Ré salt and related products. www.espritdusel.com

Chocolaterie Duceau: chocolate shop with beautiful woodwork.
www.chocolaterie-duceau.com

La Librairie de la Cité: among the top 10 comic book specialists with more than 50,000 references. citebd.org

La Charentaise Tcha: collection of local slippers combining modern design and traditional savoir faire, www.lacharentaise-tcha.com





Le Gourmet Charentais: delicatessen shop « made in Charentes ». www.facebook.com/legourmetcharentais

Baume de Bouteville: French artisanal balsamic aged in oak barrels.
www.lebaumedebouteville.com

Atelier de conserverie – Vinaigrerie artisanale Fleuriet: vinegars made of Pineau des Charentes, pickles, local vegetables and fruit preserves. www.francoisefleuriet.com



FESTIVE HOLIDAYS





FOCUS

2020 année de la BD France loves the 9th Art!

The 47th International Comics Festival in January will launch this year dedicated to comics by the French Ministry of Culture: exhibitions, events, meetings in museums and historical monuments, cinemas and theatres, libraries and bookstores, festivals and literary shows.

www.bd2020.culture.gouv.fr

April

Wind and Windsurfing Festival Chatelaillon-Plage

11th - 13th April 2020

A relaxing family affair that opens the tourist season every year at Easter.

www.chatelaillon-plage-tourisme.fr

January

International Comics Festival Angoulême

30th January – 2nd February 2020

Second largest comic book festival in Europe, Angoulême confirms its position as the world capital of comic books! Each year more than 200,000 visitors participate finding new comics from all over the world. 2,000 authors and 24 countries are represented. www.bdangouleme.com

February

Mimosa Festival St-Trojan-les-Bains

14th - 16th February 2020

The mimosa has lit up the winter streets since 1959! www.lafetedumimosa.com

March

Festival Rochefort Pacifique Rochefort

25th - 29th March 2020

14th edition of this movie and literature festival on the theme of Pacific Ocean.

www.rochefortpacifique.org



May

International Chamber Music Festival - Chalais - Châteaubernard Baignes

9th May - 7th June 2020

Well-known by music-lovers, this unique festival offers total immersion in the world of classical chamber music over 5 weekends of festivities.

www.chalaismusique.com

Musiques Métisses - Angoulême

29th-31st May 2020

Emblematic festival celebrating world music, returns on the new site by the river Charente! The diverse selection of music is multicultural, fun and great for all the family. www.musiques-metisses.com



June

Freemusic - Montendre

19th -21st June 2020

In a magnificent setting by a lake and in the middle of a pine forest, Freemusic is an experience that is unlike any other music festival.

www.freemusic-festival.com

July

Cognac Blues Passion - Cognac

1st - 5th July 2020

For a quarter of a century, since 1994, the organisers of Cognac Blues Passions have offered the public amazing Afro-American music in a convivial setting. This year will be no different.

www.bluespassions.com

Tour de France L'Échappée Maritime

6th - 8th July 2020

See page 8.

www.letour.fr/en

Les Francofolies - La Rochelle

10th - 14th July 2020

Annual celebration of French music – one of the most famous festivals in Europe.

www.francofolies.fr

Stéréoparc - Rochefort

17th - 18th July 2020

The greatest DJs on the planet are setting the Corderie Royale on fire. A 100% electro festival! www.stereoparc.com

Festival de Saintes - Saintes

18th - 25th July 2020

Always offering something innovative yet keeping the traditions of classical repertoires.

www.abbayeauxdames.org/festival-de-saintes

Un violon sur le sable - Royan

25th, 28th and 31st July 2020

Classical music concerts on the beach - magical! www.violonsurlesable.com

Eurochestries

30th July- 12th August 2020

Celebration of the universal language of music bringing together young european orchestras for concerts in many sites such as the Church St Jean Baptiste in St Jean d'Angély.

www.eurochestries.org/en

August

Danses et musiques du monde Confolens

10th - 16th August 2020

Each year this international festival celebrates groups from around the world. It's a great place for music and dance lovers to mingle with artists from all over the globe as Confolens again becomes a melting pot of world culture.

www.festivaldeconfolens.com

French Language Film Festival Angoulême

25th - 30th August 2020

Now one of the most important events for French cinema, it attracts the big names of the '7th Art' industry. www.filmfrancophone.fr



September

International Circuit of the Ramparts - Angoulême

18th - 20th September 2020

This international race has been staged here since 1939 and attracts drivers of the finest classic cars racing around the town's ramparts. Unique in France, it features Aston Martin, MG, Bugatti, Porsche, Lotus and more.

www.circuit-des-remparts.com

Barrobjectif - Barro

19th - 27th September 2020

International photojournalism festival: exhibition of more than 500 photos and 25 photographers in the heart of the charming village of Barro.

www.barrobjectif.com

Fort Boyard Challenge - Fouras

26th - 27th September 2020

2 days of watersports challenges: the mythical Fort Boyard awaits you in windsurfing, stand up paddle or Polynesian canoes departing from Fouras.

www.fortboyardchallenge.fr



October

Jazz Between Two Towers Festival - La Rochelle

October 2020

The Atlantic Coast vibrates to the sound of glorious jazz.

www.jazzentrelesdeuxtours.fr

Piano en Valois Angoulême and Charente

October 2020

Classical musical festival dedicated to piano. www.piano-en-valois.fr

November

Les Gastronomades Angoulême

November 2020

Must-see festival of good taste and good food. The entire weekend is dedicated to the finest delicacies of Charentes and Nouvelle Aquitaine thanks to the chefs and producers sharing their passion with visitors.

www.gastronomades.fr

December

Vineyards of cognac Celebrate the distillation from December to February!

In Winter, curiosities and surprises await you in front of the different stages of the alchemy of distillation that makes the cognac vineyard unique. The 'bouilleurs de cru' invite the public to the distilleries to share their know-how at the foot of the copper stills and to show the art of blending in ageing cellars where cognac slowly improves in barrels: aromatic experiences, gastronomic discoveries, unusual activities...

ALL OUR FESTIVALS AND ANIMATIONS ON: www.atlantic-cognac.com/find-your-event

FACTS AND FIGURES

995 479 inhabitants

13.000 KM² | |--| |--|

temperate and oceanic CLIMATE

NATURAL RESOURCES

- cereals (wheat, corn, barley)
- forages
- oilseeds
- vines
- oyster farming
- mussel farming

MAIN SECTORS OF ACTIVITY

- tourism
- industry (yachting, aeronautics)
- trade
- highter education



The Charentes are the most touristic destination in the Nouvelle Aquitaine, largest region in France.

82%
of tourists are French
18%
are international

Average stay is 7.1 days





Internationally, the British are the largest group followed by the Dutch, German, Belgian, Spanish, Swiss, American and Chinese tourists. Most are coming with family or as a couple.

Gastronomy 'must taste'

- 2 'AOC' (protected designation of origine): Cognac, Pineau des Charentes
- 4'AOP' (protected designation of origine): Butter Charentes Poitou, Ile de Ré potatoes, Chabichou du Poitou (goat cheese) and Noix du Périgord (walnut)
- 2 'IGP' (protected geographical indication): Vins Charentais (wines) and Huîtres Marennes Oléron (oysters)
- 1 'Label Rouge': Charron mussels

5 UNESCO Heritage Sites

- Citadelle de Saint-Martin de Ré
- Church of Saint-Pierre d'Aulnay
- · Royal Abbey of Saint-Jean-d'Angély
 - Pilgrimage Hospital at Pons
- Church of Saint-Eutrope in Saintes



The Cognac vineyards

over 75.000 hectares

The Marais Poitevin

'Grand Site de France', interregional park of 42.000 hectares

More than 600

roman churches

2nd recognized cycling destination in France

- 5 national and european cycle routes
- 6,750 km of cycle tracks

11.300 km of hiking trails

460 km of coastline, 150 km of beaches, 42 pleasure ports, 4 islands:

Ré, Oléron, Aix, Madame

1st destination of France for wellness





6 thalassotherapy centers

Ile de Ré, Chatelaillon-Plage, Oléron, Royan

3 thermal resorts

• Rochefort, Saujon, Jonzac

1st destination of France for disabled facilities



More than 500

different places branded with the 'Tourisme & Handicap' label

3 major events

- Les Francofolies de La Rochelle (9th most important music festival in France with 150,000 spectators)
- Festival International de la Bande Dessinée d'Angoulême (most important comics festival in Europe with 200,000 visitors)
- Le Grand Pavois (top of the 5th most important nautical show in in the world and most important in France that has been going for 46 years)

2 of the top ten provincial tourist attractions in France

- the Aquarium of La Rochelle
 - the Zoo of La Palmyre



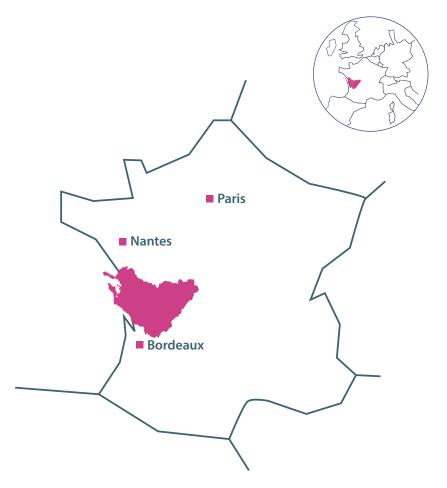


Cruises

- 29 stopovers
- 30,000 passengers in 2018

CHARENTES TOURISM

Activity Booster



CHARENTES TOURISME

Site of Angoulême 21, rue d'Iéna CS 82407 16024 ANGOULÊME Cedex

Site of La Rochelle 85, boulevard de la République 17076 LA ROCHELLE Cedex 9

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NEWSROOM

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