



Cosy Up

LOCATION LOGEMENTS

CRÉATEUR D'ESCAPADES

A word from the owner

I welcome you to this charming two-bedroom apartment located in the old town, 100m from the port.

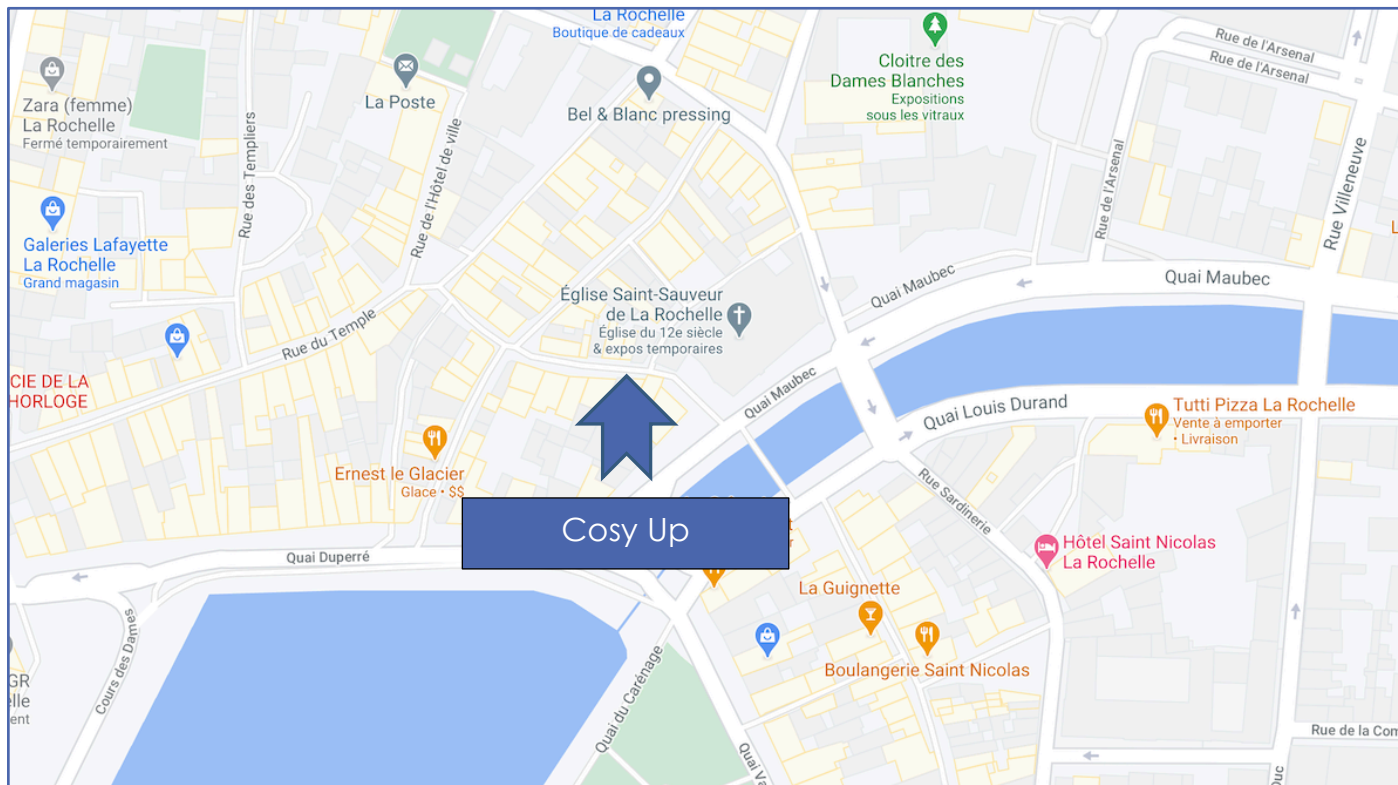
Excellent stay in this beautiful port city !

See you soon.

Find us on  **cosy_up_housing** and  **cosyup.housing** as well as on our website www.cosy-up.fr

GETTING TO THE ACCOMMODATION

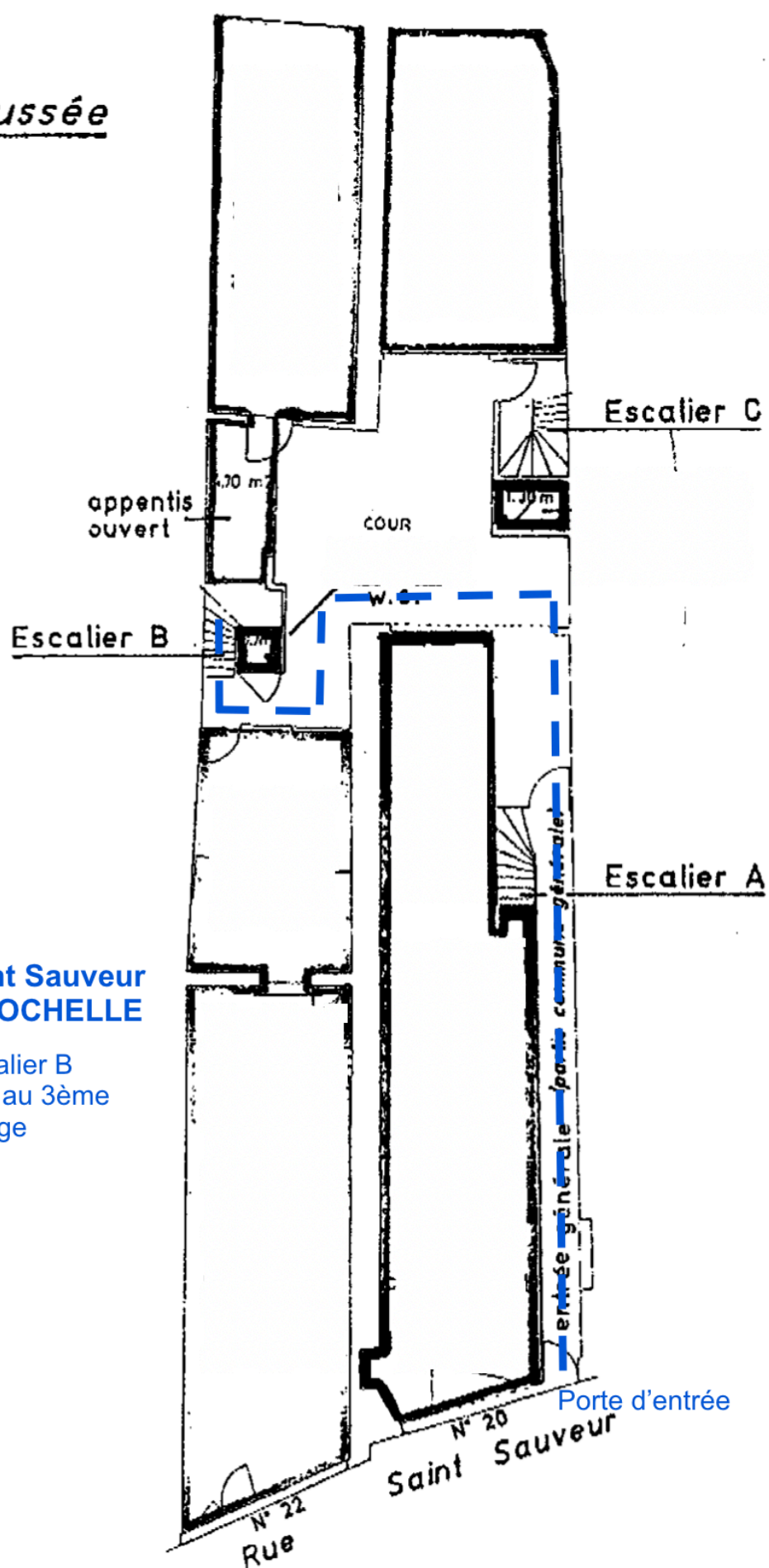
❖ ACCESS MAP



Rez-de-chaussée

**20 Rue Saint Sauveur
17000 LA ROCHELLE**

Prendre l'escalier B
pour accéder au 3ème
et dernier étage



❖ TRANSPORTS

- By car : City parking map in annexes. I recommend the green zone, daily checks are carried out by the ASVP.
 - By train : La Rochelle train station (Avenue Général de Gaulle) is 900m from the apartment, or 12 min on foot. By bus, take lines 17, 18 or 20.
 - By plane : La Rochelle - Ile de Ré international airport is 5.2 km from the apartment, or 17 minutes by car. By bus, take line 1 or D5 on Sunday.
 - By bike : Station Yélo 02 - Quai Valin, is 140m from the apartment. Map of the Yélo bicycle network in appendices. I invite you to visit the following website:
<https://yelo.agglo-larochelle.fr/accueil> and download the Freebike application on iPhone and Android.
 - By bus : Bus stop - Dames Blanches (Saint Sauveur), is 50m from the apartment and serves lines 3, 4, 17, 18, 20, D3 (Sunday) and N3 (night until 01h00). Map of the Yélo bus network in appendices. I invite you to consult the following website:
<https://yelo.agglo-larochelle.fr/accueil>
- By car: City parking map in annexes. I recommend the green zone, daily checks are carried out by the ASVP.

ARRIVAL IN ACCOMMODATION

❖ THE KEYS

The keys of the apartment are in a box COSY UP whose code will be sent to you at the time of booking. **At the end of your stay, remember to put the keys back in the box COSY UP.**

Note : The code only works from the time of your arrival to the time of your departure. So BE CAREFUL once you have passed 11:00, you will no longer be able to put the keys back in the box.



1. Enter your code



2. Press the padlock



❖ ARRIVAL AND DEPARTURE TIME

- Arrival time : 16h00
- Departure time : 11h00

❖ INVENTORY OF ENTRY AND EXIT

The cleaning company will make an inventory of the apartment's equipment between each arrival and departure.

Caution via :  **SWIKLY**
La solution pour vos cautions

Swikly is an extra-secure solution, which simply allows you to deposit your deposit online, without debit or impact on your limit. Trusted third party, Swikly is a mediator and carries out impartial arbitration in the event of problems. To deposit your deposit, all you have to do is click on the link in the Swikly email, which you will receive, and follow the steps requested.

❖ HOW TO PAY FOR THE STAY ?

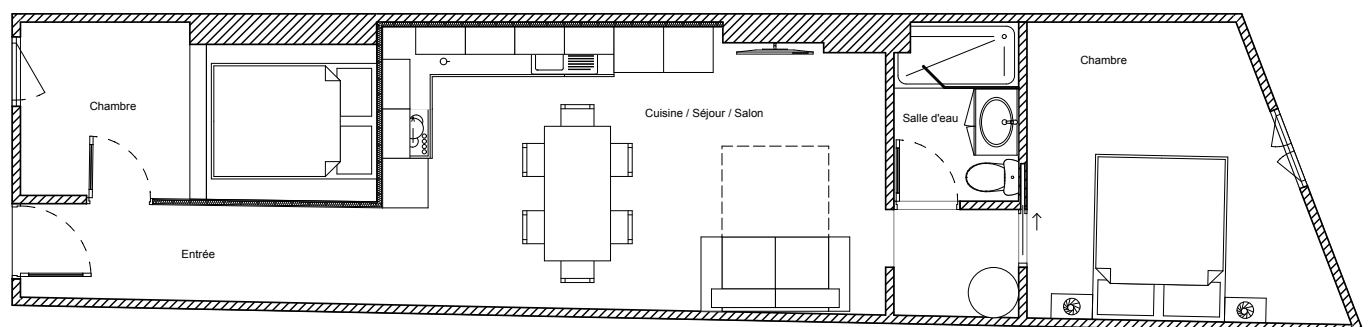
Payment for your stay is made according to your booking site.

❖ CLEANING

Cleaning and linen (sheets and towels) is included. Before your departure, you must take out the trash, wash the dishes and remove the sheets.

LIFE IN HOUSING

❖ HOUSING PLAN



❖ LIST OF ACCOMODATION EQUIPMENT

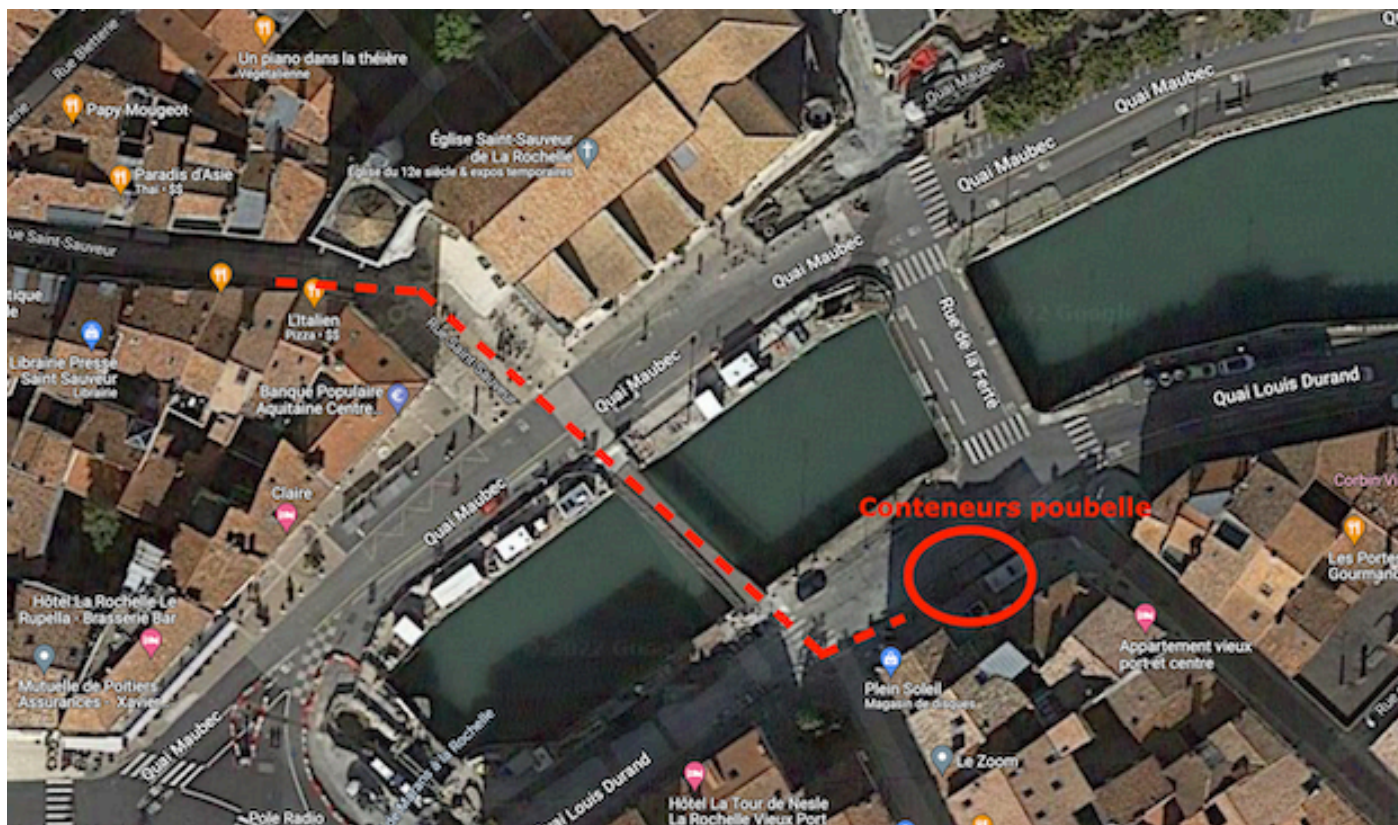
- Kitchen : Fridge / freezer, induction hob with hood, oven, dishwasher, microwave, coffee maker, kettle, toaster, raclette machine, fondue machine, blender, toaster, electric mixer.
- Clearance : Washing machine, dryer, ironing board, iron, vacuum cleaner, tancarville, cot and chair for children.
- Living room / Living room : TV with decoder, Netflix, sound bar, DVD player, board games, sofa bed (140 cm mattress)
- Bathroom : Walk-in shower, toilet, sink unit with hairdryer.
- Bedroom at the entrance : Dressing room, desk and 140 bed.
- Back bedroom : Dressing room, desk and 160 bed.

❖ USE OF EQUIPMENT

- The instructions for the appliance are located under the sink.
- VELUX from the living room: opening the skylight and closing the awning using the remote control.
- Sofa bed: the handle to open the sofa and transform it into a bed is behind the back of the sofa. With the handle in your hand, pull towards you and then unfold the seat from the sofa. The pillows and duvet can be found in the back of the sofa.
- Television and sound bar: Switch on the remote control of the television, then the free decoder and then the sound bar in "OPTICAL" mode. Set to "BT" to connect an external device such as a laptop.

❖ HOUSEHOLD WASTE

Public rubbish containers are available to the right of the church just after the canal by crossing the small pedestrian bridge (1 min walk).



❖ RULES OF LIFE

- No party or event.
- No unexpected guests.
- No eating or drinking in the rooms.
- The dishes must be clean before your departure.
- The apartment is non-smoking.
- Respect the household linen. No fake tan - self tan.
- Remember to turn off the lights and heating before your departure.
- No pets.
- Beware of noise pollution to respect the neighborhood, you are in a condominium.
- Lost keys = lost deposit.
- Leave your shoes at the entrance to the apartment. No stiletto heels on the floor so as not to damage it.
- Please respect the furniture and equipment of the apartment.

USEFUL INFORMATION

❖ WHERE TO SHOP ?

➤ **Supermarkets :**

- MONOPRIX (400 m - 5 min by walk) → 29 Rue Admyrauld, 17000 La Rochelle – Open Monday to Saturday from 8:30 a.m. to 7:50 p.m. and Sunday from 9:00 a.m. to 12:45 p.m.
- CARREFOUR CITY (450 m - 6 min by walk) → Place du Commandant de la Motte Rouge, 17000 La Rochelle – Open Monday to Saturday from 7 a.m. to 10 p.m. and Sunday from 9 a.m. to 1 p.m.
- E.LECLERC (4 km - 10 min by walk) → 124 Boulevard André Sautel, 17000 La Rochelle – Open Monday to Saturday from 9:00 a.m. to 7:30 p.m.

➤ **Bakery :**

- SAINT NICOLAS (160 m - 2 min by walk) → 17 Rue Saint-Nicolas, 17000 La Rochelle – Open Monday to Saturday from 7:30 a.m. to 7:00 p.m. ☎ 05.46.50.94.55

➤ **Butcher shop :**

- CAQUINEAU (450 m - 6 min by walk) → Central market, Rue Thiers, 17000 La Rochelle – Open Tuesday to Saturday 8:00 a.m. to 1:00 p.m. ☎ 05.46.41.20.76

➤ **Cheese factory :**

- CASSIUS (120 m - 1 min by walk) → 4 Rue Saint-Nicolas, 17000 La Rochelle – Open Tuesday, Thursday, Friday from 10:00 a.m. to 1:00 p.m. and from 4:00 p.m. to 7:00 p.m. and Saturday from 10:00 a.m. to 1:00 p.m. ☎ 05.86.56.43.00

❖ OR TAKE FUEL ?



❖ OR GET TREATMENT ?

➤ **Hospital Saint-Louis de La Rochelle (550 m - 7 min by walk) :**

- → Rue du Dr Albert Schweitzer, 17000 La Rochelle – ☎ 05.46.45.50.50

➤ **SOS doctors (5 km - 10 min by walk) :**

- → 35 Rue Nicolas Denys, 17000 La Rochelle – ☎ 08.26.46.15.15

➤ **Big clock pharmacy (270 m - 3 min by walk) :**

- → 38 Rue du Palais, 17000 La Rochelle. Open Monday to Saturday from 9:30 a.m. to 1:00 p.m. and from 2:00 p.m. to 7:00 p.m.

➤ **All-night drugstore :**

- At night, for security reasons, guards are often carried out with closed curtains. This means that the conditions of access to the pharmacy are much more restrictive.

First, you must contact the police or the gendarmerie (05.46.51.36.36), who will contact the pharmacist on duty at night in La Rochelle to inform him of your arrival. In this case, it is essential to have a prescription and an identity document.

The pharmacist may ask to verify your identity before opening the curtain and dispensing the medication.

❖ OTHER SERVICES

➤ **Childcare :**

- FAMILY SPHERE (550 m - 7 min by walk) → 4 Quai de Marans, 17000 La Rochelle - Open Tuesday to Saturday from 9:30 a.m. to 12:30 p.m. and from 1:30 p.m. to 5:30 p.m. ☎ 05.46.51.95.53
- BABYCHOU SERVICES (950 m - 12 min by walk) → 29 Avenue Jean Guiton, 17000 La Rochelle - Open Monday to Friday 9:30 a.m. to 5:30 p.m. ☎ 09.70.91.98.38

➤ **Pressing :**

- BEL & BLANC (150 m - 2 min by walk) → 2 Rue de la Ferté, 17000 La Rochelle - ☎ 05.46.51.09.84
- PRESSING DU MARCHÉ (450 m - 6 min walk) → 19 Rue Thiers, 17000 La Rochelle - Open Tuesday to Saturday from 8:30 a.m. to 1:00 p.m. and from 1:45 p.m. to 6:30 p.m. ☎ 05.46.41.35.00

➤ **Laundromat :**

- LE LAVOIR CHEF DE VILLE (450 m - 5 min by walk) → 41 Rue Chef de Ville, 17000 La Rochelle - Open Monday to Sunday from 7 a.m. to 9 p.m. ☎ 05.63.13.99.89
- AMELOT (400 m - 5 min by walk) → 23 Rue Amelot, 17000 La Rochelle - Open Monday to Sunday from 7 a.m. to 9 p.m. ☎ 05.46.41.37.48

➤ **Post office :**

- LA POSTE (180 m - 2 min by walk) → 6 Place de l'Hôtel de ville, 17000 La Rochelle - Open Monday to Friday from 9 a.m. to 6 p.m. and Saturday from 9 a.m. to 12:30 p.m.

➤ **Church :**

- SAINT-SAUVEUR (26 m - 1 min by walk) → 15 Rue Saint-Sauveur, 17000 La Rochelle - Open Tuesday to Saturday from 10:00 a.m. to 12:30 p.m. and from 2:30 p.m. to 6:00 p.m. as well as Sunday from 4:00 p.m. to 7:00 p.m. ☎ 05.46.41.16.70

➤ **Car rental :**

- SIXT (600 m - 7 min by walk) → 25 Avenue du Général de Gaulle, 17000 La Rochelle – ☎ 08.20.00.74.98
- ADA (550 m - 7 min by walk) → 19 Avenue du Général de Gaulle, 17000 La Rochelle – ☎ 05.46.41.02.17
- RENT A CAR (650 m - 8 min by walk) → 45 Avenue du Général de Gaulle, 17000 La Rochelle – ☎ 05.46.41.02.31
- EUROPCAR (800 m - 10 min by walk) → 158 Bis Boulevard Joffre, 17000 La Rochelle – ☎ 05.46.41.09.08
- AVIS (800 m - 10 min by walk) → 166 Boulevard Joffre, 17000 La Rochelle – ☎ 05.46.41.13.55
- Find AVIS, HERTZ, EUROPCAR and SIXT at La Rochelle – Ile de Ré airport.

➤ **Bike rental :**

- Map of the Yélo bicycle network in appendices. Website <https://yelo.agglo-larochelle.fr/accueil>. Freebike application.
- GREENBIKE (400 m - 5 min by walk) → 41 Quai du Gabut, 17000 La Rochelle – ☎ 05.46.29.31.03
- CYCLING TOUR (450 m - 6 min by walk) → 19 Rue de l'Archimède Bat D, 17000 La Rochelle – ☎ 05.46.29.31.03
- CYCLO PARC (850 m - 10 min by walk) → Parc de la Pergola, Avenue de la Monnaie, 17000 La Rochelle – ☎ 05.46.07.25.06
- LOVELA (500 m - 6 min by walk) → 17 Place des Coureauteurs, 17000 La Rochelle – ☎ 07.60.45.28.89

➤ **Scooter end motorcycle rentals :**

- CYCLOMANIA (600 m - 8 min by walk) → 23 Quai de Marans, 17000 La Rochelle – ☎ 05.46.37.53.42
- EASY RENTER → <https://www.easyrenter.fr/fr/destinations/france/poitou-charentes/charente-maritime/la-rochelle.html>
- CLINIQUE MOTO (YAMAHA) (6,4 km - 13 min by car) → 18 Avenue du Général de Gaulle, 17440 Aytré – ☎ 05.46.44.91.11

❖ USEFUL NUMBERS

➤ **Firefighter :**

- EMERGENCY → ☎ 18

➤ **Police (2,4 km - 6 min by car) :**

- Commissariat de Police Nationale → (ouvert 24h/24 et 7j/7), 1 Rue de la Marne 17000 La Rochelle, ☎ 05.46.51.36.36 - URGENCE ☎ 17

➤ **Samu :**

- EMERGENCY → ☎ 15

➤ **Taxi :**

- ABEL → ☎ 06.68.32.77.12
- ASK → ☎ 06.29.64.00.74
- GIE ABEILLES → ☎ 05.46.41.55.55
- DAVID → ☎ 06.20.19.63.30
- VTC PHILIPPE KOEHL → ☎ 06.09.15.53.77

➤ **Dépanneur :**

- MARAUTO (5,4 km - 12 min by car) → 60 Rue d'Yves, 17440 Aytré - Open 24h/24 and 7j/7. ☎ 07.69.78.50.51
- DEPANOTO (6,9 km - 11 min by car) → Rue du Treuil Gras, 17138 Puilboreau - Open 24h/24 and 7j/7. ☎ 05.46.67.16.16

[VISIT THE REGION](#)

❖ USEFUL INFORMATION

➤ **Tourist office (500 m - 6 min by walk) :**

- 2 Quai Georges Simenon, 17000 La Rochelle
- ☎ 05.46.41.14.68
- Open Monday to Saturday from 10:00 a.m. to 1:00 p.m. and from 2:00 p.m. to 6:00 p.m. as well as Sunday from 10:00 a.m. to 1:00 p.m.

❖ PLACES TO VISIT

➤ **THE AQUARIUM :**

- Presentation → The Aquarium La Rochelle is a French aquarium located in Charente-Maritime, in La Rochelle, opposite the Old Port. Opened in 1988, it is owned by the Coutant group. On an area of 8,445 m², it exhibits 12,000 animals of 600 species distributed among 82 aquariums. Each year, it welcomes more than 800,000 visitors.
- Price → From 16,50 €
- Address → Quai Louis Prunier, 17000 La Rochelle
- Opening hours → May be closed to the public depending on government measures of the health crisis. ☎05.46.34.00.00.
- Access →
 - By walk : 10 min (800 m)
 - By car : free parking at 400m or 2 paying municipal car parks (Encan et Vieux Port)
 - Bus : Stop « Aquarium » from the line 3, 4, D3, D4 et N3.

➤ **THE LANTERN TOWER :**

- Presentation → The Lantern Tower is, along with the Saint-Nicolas tower and the Chain tower, one of the three towers on the La Rochelle seafront, vestiges of the medieval fortifications that protected the port. It is also known by the names of Tour du Garrot, Tour des Prêtres and Tour des Quatre Sergents. It was classified as a historical monument on February 17, 1879.
- Price →
- Address → Rue sur les Murs, 17000 La Rochelle
- Opening hours → May be closed to the public depending on government measures of the health crisis. Open 7 days a week from 10 a.m. to 1 p.m. and from 2.15 p.m. to 6 p.m.
- Access →
 - By walk : 9 min (700 m)
 - By car : municipal paying parking (Vieux Port Ouest)

➤ **THE MARINA – LES MINIMES :**

- Presentation → The port of Minimes de La Rochelle is the main site of the marina of La Rochelle, created in 1972. With a little more than 5,000 berths including 300 visitors berths and 15 kilometers of pontoons spread over an area of more than 70 hectares, the La Rochelle marina is one of the largest marinas in the world. 3 sites make it up: Les Minimes, the Vieux-Port and Port-Neuf. They are managed by the same entity: the Régie municipale du marina de La Rochelle. Following the changes linked to the NOTRe law, its name will officially become the Régie Communautaire du marina de La Rochelle, under the jurisdiction of the Community of Agglomeration of La Rochelle.
- Address → Avenue de la Capitainerie, 17000 La Rochelle
- Access →
 - By walk : 33 min (2,7 km)
 - By car : 7 min (4,2 km)
 - By bus : Stop « Port des Minimes » from the lines 4, D3, D4 and N3.

➤ **THE MARITIME MUSEUM :**

- Presentation → The Maritime Museum of La Rochelle is a museum afloat, located in the old fishing basin of the Old Port. Since April 2015, the museum has been supplemented by a “land” section installed behind the Espace Encan in small pavilions covered with “chips” made of colored fabrics. Its collection includes, among other things, eight ships, six of which are classified as historical monuments. Thanks to the Association of Friends of the Maritime Museum of La Rochelle, it is possible to navigate on some of the ships presented, in particular on the Joshua.
- Price → Adult : € 9 / Young people aged 4 to 18 : € 6.5
- Address → Place Bernard Moitessier, 17000 La Rochelle
- Opening hours → May be closed to the public depending on government measures of the health crisis. ☎05.46.28.03.00
- Access →
 - By walk : 14 min (1,1 km)
 - By car : free parking (place Bernard Moitessier) and 2 paying parking (Encan ou Vieux port underground)
 - By bus : Stop « Musée maritime » from the lines 3 or 4.

➤ **THE SAINT-LOUIS CATHEDRAL :**

- Presentation → The Saint-Louis Cathedral of La Rochelle is a Roman Catholic cathedral, located in La Rochelle in Charente-Maritime. Built from 1742 on an initiative of the Cardinal de Fleury and the bishop, Augustin Roch de Menou de Charnizay, it remained unfinished for lack of financial means, but was nonetheless opened for worship in 1784. The cathedral and the bell tower are the subject of a classification as historical monuments since October 30, 1906.
- Address → 15 Rue Chaudrier, 17000 La Rochelle
- Opening hours → May be closed to the public depending on government measures of the health crisis. Unguided tours permanently. Masses on Saturday at 6.30 p.m. and Sunday at 11.00 a.m. ☎05.46.41.16.70
- Access → By walk : 7 min (550 m)

➤ **THE PARK CHARRUYER :**

- Presentation → This park, designed between May 1887 and December 1890 on the site of the old fortifications, was bequeathed by Mademoiselle Adèle Charruyer, daughter of Etienne Charruyer, the ship-owner. It offers a pleasant walk of about two kilometers, its surface area of around 40 hectares. It has had a zoological section since 1945. Walking enthusiasts can stroll in these alleys lined with rare species or along the streams, drainage canals of the old ditches, fed by the rivers: The Lafond and the Fétilly. Duck families fond of stale pieces of bread thrown by children, splash around there to the delight of young and old.
- Address → 4 Place de la Chaîne, 17000 La Rochelle
- Opening hours → Open 7J/7 and 24H/24. ☎05.46.51.11.66
- Access →
 - By walk : 9 min (750 m)
 - By car : Free parking (Chemin des Remparts) and 2 paying parking (Verdun ou Vieux port ouest)
 - By bus : Stop « Banque de France » from the lines 3, D3 et N3.

➤ **THE SAINT-NICOLAS TOWER :**

- Presentation → This tower, the date of construction of which is not attested by any historical document, forms with the Tour de la Chaîne, a gateway to the Old Port of La Rochelle. For centuries it has served as a defensive lock on the city's waterfront. A veritable "urban keep" and palatial residence facing the ocean, this military building symbolizes the power and wealth of La Rochelle.

- Price →
- Address → Rue de l'Armide, 17000 La Rochelle
- Opening hours → May be closed to the public depending on government measures of the health crisis. Open 7 days a week from 10:00 a.m. to 1:00 p.m. and from 2:15 p.m. to 5:00 p.m.
- Access → By walk : 5 min (450 m)

➤ **THE CONCURRENCE BEACH :**

- Presentation → At the bottom of the Mail promenade, near the Casino, the Tours and the Old Port, this urban beach is very close to the city center.
It is a sandy beach, which offers an entertaining view of the sailboats entering or leaving the Old Port. Off we can see the Richelieu Lighthouse, recognizable by its red color.
It is ideal for a break after shopping, an impromptu swim or play time with the children at the exit of Parc Charruyer.
- Address → Allées du Mail, 17000 La Rochelle
- Access →
 - By walk : 12 min (1 km)
 - By car : Paying parking (Vieux port ouest)
 - By bus : Stop « Plage de la concurrence » from the line 6 and change at stop « Place de Verdun » from the line 3.

➤ **THE CHEF DE BAIE BEACH :**

- Presentation → Chef de Baie is one of the 3 beaches in La Rochelle, to the north-west, towards La Pallice and the Port de Pêche.
This small beach is part of a 30 hectares site of the same name, classified as a Sensitive Natural Area, which is home to preserved animal and plant biodiversity. Adjoined by a large green space, it is also the starting point for a walk on the cliff, offering an exceptional panorama of the Pertuis d'Antioche and the Minimes opposite. Note the presence of historic 18th century buildings: La Batterie and La Tour Carrée. You will also encounter blockhouses there.
- Address → Rue du Québec, 17000 La Rochelle
- Access →
 - By car : Free parking

- By bus : Stop « Plage Chef de Baie » from the line 7 and change at stop « Place de Verdun » from the line 3.

❖ WHERE TO EAT AND GO OUT

➤ **BAR DU FRANCE 1 (GUINGUETTE) :**

- Presentation → Unusual guinguette on the France 1 bridge in La Rochelle.
- Address → Place Bernard Moitessier, 17000 La Rochelle
- Opening hours → Open Wednesday to Sunday from 4:00 p.m. to midnight.
☎ 05.46.41.66.87
- Access →
 - By walk : 13 min (1,1 km)
 - By car : 3 municipal paying parking (Encan, Onepark et Le Roulier)
 - By bus : Stop « Musée Maritime » from the lines 3, 4, N3 (nuit) and D3 (sunday).

➤ **THE JOLLY SAILOR :**

- Presentation → Authentic British pub.
- Address → 22 Quai Duperré, 17000 La Rochelle
- Opening hours → Open Tuesday to Saturday from 11:00 a.m. to 2:00 a.m.
☎ 09.62.64.11.49
- Access → By walk : 2 min (170 m)

➤ **CASSIUS CHEESE FACTORY (WINE BAR) :**

- Presentation → New in 2019 in the Saint-Nicolas district, delicious cheese boards are on offer.
- Address → 4 Rue Saint-Nicolas, 17000 La Rochelle
- Opening hours → Open Tuesday to Saturday from 11:30 a.m. to 3:00 p.m. and from 5:30 p.m. to 10:00 p.m. ☎ 05.86.56.43.00
- Access → By walk : 1 min (120 m)

➤ **THE 55 (WINE BAR) :**

- Presentation → Warm and relaxed atmosphere.
- Address → 55 Rue du Saint-Nicolas, 17000 La Rochelle
- Opening hours → Open Tuesday to Saturday from 6.30 p.m. to 11.45 p.m.
☎ 05.46.55.01.02

- Access → By walk : 4 min (300 m)

➤ **THE CAVE 34 (WINE BAR) :**

- Presentation → The joyful atmosphere and the quality of the wines are there. To taste in winter to accompany your glass of wine, the charcuterie board and the hot Mont d'Or.
- Address → 34 Rue Saint-Jean du Pérot, 17000 La Rochelle. ☎ 06.16.39.22.94
- Access →
 - By walk : 7 min (600 m)
 - By car : municipal paying parking (Vieux Port Ouest)

➤ **ZE'BAR (WINE BAR) :**

- Presentation → Unmissable address for lovers of natural wines from organic farming.
- Address → 13 bis Rue de la Chaîne, 17000 La Rochelle
- Opening hours → Open Tuesday to Saturday from 6 p.m. to 2 a.m.
☎ 05.46.07.05.15
- Access →
 - By walk : 6 min (500 m)
 - By car : Municipal paying parking (Vieux Port Ouest)

➤ **THE MARY LILI (COCKTAIL BAR) :**

- Presentation → The cocktail bar is located a stone's throw from the Chaîne Tower, in a completely renovated historic location with modern and industrial touches. Nicolas the mixologist has developed a cocktail menu with unique mixtures made from homemade syrups and fresh products.
- Address → 20 Rue de la Chaîne, 17000 La Rochelle
- Opening hours → Open Sunday to Wednesday from 6:00 p.m. to midnight and Thursday to Saturday from 6:00 p.m. to 2:00 a.m. ☎ 05.46.50.49.31
- Access →
 - By walk : 6 min (550 m)
 - By car : municipal paying parking (Vieux Port Ouest)

➤ **THE ETABLI (COCKTAIL BAR) :**

- Presentation → "Chesterfield" armchairs and sofas, low wooden tables, subdued evening light... The L'Etabli cocktail bar welcomes you every evening from 6.30 pm in an ultra cozy atmosphere in the hotel La Fabrique, rue de la Made. Always served with care, your cocktail glasses decorated with the essential fresh fruits will delight your eyes as much as your taste buds.
- Address → Hôtel La Fabrique - 7 Rue de la Fabrique, 17000 La Rochelle
- Opening hours → Open Monday to Sunday from 6.30 p.m. to 2 a.m. ☎ 05.46.41.45.00
- Access → By walk : 5 min (400 m)

➤ **THE VIA BRAZIL (COCKTAIL BAR):**

- Presentation → Support for wooden cocktail glasses topped with tropical animals, tables with animal motifs, relaxation furniture ... close your eyes and off you go. You will find a diverse cocktail menu, including many rum-based cocktails.
- Address → 1-3 Place de la Chaîne, 17000 La Rochelle
- Opening hours → Open Tuesday to Saturday from 5:00 p.m. to 1:15 a.m. ☎ 05.46.41.08.48
- Access → By walk : 6 min (500 m)

➤ **ISÉO, €€ - €€€, internationale, européenne and fusion (Tripadvisor 4,5/5 with 3 265 avis) :**

- Presentation → Seafood cuisine in a rustic yet contemporary room decorated with fish hanging from the ceiling.
- Address → 4 Place de la Chaîne, 17000 La Rochelle
- Opening hours → Open Monday to Sunday from 12 p.m. to 2 p.m. and from 7 p.m. to 10 p.m. ☎ 05.46.41.06.08
- Access → By walk : 6 min (500 m)

➤ **LA BOUSSOLE, €€ - €€€, française, européenne and asiatique (Tripadvisor 4/5 with 2 135 avis) :**

- Presentation → Cooking with spices in a large, warm room decorated on the theme of travel using old objects.
- Address → 41 Rue Saint-Jean du Pérot, 17000 La Rochelle

- Opening hours → Open Monday to Sunday from 12:00 p.m. to 3:00 p.m. and from 7:00 p.m. to 11:00 p.m. ☎ 05.46.50.50.48
- Access → By walk : 7 min (550 m)

➤ **LA FLEUR DE SEL, €€ - €€€, française, européenne and saine (Tripadvisor 4,5/5 with 2 715 avis) :**

- Presentation → Menu renewed over the seasons and served in an elegant and sober room with contemporary lines.
- Address → 45 Rue Saint-Jean du Pérot, 17000 La Rochelle
- Opening hours → Open Monday to Sunday from 12:00 p.m. to 2:00 p.m. and from 7:00 p.m. to 10:30 p.m. ☎ 05.46.41.17.06
- Access → By walk : 7 min (600 m)

➤ **LES 4 SERGENTS, €€€€, française, saine and brasserie gastronomique (Tripadvisor 4/5 with 1 772 avis) :**

- Presentation → MICHELIN 2020 – This refined restaurant serves local and organic cuisine under a large glass roof in the Eiffel workshops.
- Address → 49 Rue Saint-Jean du Pérot, 17000 La Rochelle
- Opening hours → Open Monday to Sunday from 12 p.m. to 2 p.m. and from 7:30 p.m. to 10 p.m. ☎ 05.46.41.35.80
- Access → By walk : 7 min (600 m)

➤ **LES FLOTS, €€€€, française, européenne and saine (Tripadvisor 4/5 with 1 515 avis) :**

- Presentation → MICHELIN 2020 – This elegant contemporary restaurant serves fish and seafood specialties facing the old port.
- Address → 1 Rue de la Chaîne, 17000 La Rochelle
- Opening hours → Open Monday to Sunday from 12:15 p.m. to 2 p.m. and from 7:30 p.m. to 10 p.m. ☎ 05.46.41.32.51
- Access → By walk : 6 min (500 m)

Note : The hours may change depending on the period of your stay, summer season or health crisis ... Therefore, I invite you to contact the establishments by telephone before going there.

❖ REGIONAL CULTURE

➤ Regional specialties :

- Cognac and pineau → Cognac is the result of an alchemy that combines grape variety, clay soil nourished by the oceanic climate, double distillation, assembly and, finally, aging in oak barrels. It is synonymous with a very high quality eau-de-vie, exported over 90% to 160 countries, a symbol of France and its "Art de Vivre".

Red, rosé or white, Pineau des Charentes, the first French liqueur wine, has been a controlled designation of origin since 1945. Coming from a vineyard of land and ocean, it extends over the limestone slopes of Charente and Charente-Maritime. 80% of the 95,000 hectoliters produced come from Charente-Maritime.

- Scrape, stuffed and charentais bundle → It is at our delicatessen-caterers that you can find the delicious grattons and the surprising Charentais stuffed cheese. The latter is a pâté with herbs and green vegetables : spinach, leeks, sorrels, salads, chard... make up this traditional dish. It is usually produced in the spring, when the herbs in the garden are flourishing.

Another specialty close to pâté, Charentais fagot made from tender pieces of pork liver finely cut and marinated in Cognac. A 100% Charentaise recipe!

Charentais scrapons are made from pork belly, cooked in pork fat and can be enjoyed... at any time !

- The galette charentaise → The Charentaise pancake is a local specialty which has preserved traditions. It was once tasted at the time of village festivities, for weddings, baptisms or communions. Today, accompanied by a coffee or as a dessert, these pastries delight young and old.

Plain, filled or deliciously embellished with small pieces of candied angelica, lemon peel, almond or dried fruit ... the galette comes in a multitude of flavors!

- A typical recipe based on mussels → The eclade is a very identifiable dish with its mussels neatly arranged next to each other, the opening slit facing down. Once positioned on a baking board, the mussels are covered with dried pine needles and set on fire. Once the needles are consumed, the ashes are repelled and the mussels are ready to eat !

- A cocktail with the godd taste of Cognac → The surfer is a cocktail made with Cognac, Tonic, ice and a thin slice of lime or yellow. A refreshing drink to enjoy while daydreaming in front of the ocean ...
- The strewn → The strewn is a specialty from Saintonge, north of Charente-Maritime and south of Deux-Sèvres. It is a very fresh cheese made from curdled cow, goat or sheep milk and drained through a rush mat, where it gets its name. It has the particularity of being tasted at dessert time with sugar or jam. Its texture is similar to that of a custard.
- The Chabichou of Poitou → This goat cheese looks like a small cone 5 to 7 cm high and is distinguished by its white rind, sometimes blue gray, and with a subtly salty flavor. Inside, the dough is tender, creating a delicious marriage with the spiciness of its crust. It is best enjoyed young, matured or dry.
Chabichou du Poitou has benefited from the Protected Designation of Origin since 1990 and the Protected Designation of Origin since 1996.

➤ **Cultural events :**

- Les Francofolies, a festival rooted in the region → If there is one festival that has remained faithful to its values and its editorial line for more than 35 years, it is the Francofolies. Perhaps the reason for its success and its longevity. Initiated in 1985, the musical adventure of the Francofolies de La Rochelle has established itself as THE festival of the French scene. New artistic team, new challenges, new experiences, the Francofolies have never been so young as they are today. The first festival to promote all the voices of French-speaking song, the Francofolies de La Rochelle saw the birth of generations of artists and has become one of the major unmissable events of the summer. Each year, nearly 150,000 festival-goers come together for 5 days of music by the sea! Almost 100 concerts are scheduled each year on several stages throughout the city. Here, we don't come to consume, we come to discover, learn, share, be moved. Festival-goers know this well.

La Scène Jean-Louis Foulquier - in homage to the creator of the Francofolies - has already seen the greatest artists of the French scene, but also the most promising: -M-, Angèle, Bigflo & Oli, Soprano, Véronique Sanson, Jain, Christine & The Queen, Johnny Hallyday, Alain Souchon, Alain Bashung, Lomepal, Joey Starr ...

La Coursive, Scène Nationale is also the venue for Francofolies. Every year, at the Grand Théâtre de la Coursive, at the Théâtre Verdière and at the Salle Bleue, discover the Original Creations of the Francofolies, the Francos Juniors shows or the Private Collections and the First Francos.

The Francofolies have recently seen the birth of new projects within them: the Francocéan Village, the Folies Littéraires at the Maison des Francos, the "I have the memory that sings" meetings at the foot of the Tour de la Chaîne, real little sung biographies unexpected personalities or the new master classes of the Maison des Francos rue Saint-Jean du Pérot.

Creations, meetings, gastronomy, parties, concerts are at the rendezvous of the Francofolies.

- The La Rochelle International Film Festival → The La Rochelle Cinema Festival (FEMA) is a three-way love story between a city at the start of summer, a curious and enthusiastic audience and films from all over the world. For 10 days in many sites spread across the city such as La Coursive, CGR Le Dragon or CGR l'Olympia, La Sirène, Center Intermondes, la Médiathèque, la Belle du Gabut... the Festival presents around 200 films. Fictions, documentaries, animated films, from here and elsewhere, from yesterday to today, in all formats ... each year, an extremely rich program is offered to you by this unmissable festival. Since its inception in 1973, the festival has remained uncompetitive, choosing comparison over confrontation. It is organized around several highlights. You will thus attend retrospectives of filmmakers or actors who have disappeared. Their work is, as much as possible, programmed in its entirety, giving priority to films that have been forgotten or have remained unseen, or those that have just been reissued. You will also be able to share tributes to directors or guest actors or even discover filmmakers little known in France. Each day, 3 screenings are also devoted to films for children ... a specific program is also dedicated to them!

To complete its rich cinematographic program, the La Rochelle Cinema Festival invites you to friendly meetings around the cinema. You will be able to enjoy a White Night the day before the festival closes and during which 3 films are scheduled from 8 p.m. to 2 a.m., film concerts, presentations, meetings after the films and exhibitions.

- Grand Pavois La Rochelle, the first afloat boat show in Europe → With 100,000 visitors expected in 6 days, 800 international brands, 750 boats on display including 300 afloat, the Grand Pavois La Rochelle is in the Top 5 of international afloat boat shows. Sea trials, world premieres, meetings with professionals... the show created in 1973 by Grand Pavois Organization is a major event in the nautical calendar and a must for all enthusiasts and professionals in the sector. Here, on the spaces and along the pontoons of the Marina of La Rochelle, in the district of Minimes, find boat lovers in search of novelties, exclusives ... in search of the latest technologies and advances in terms of boating.

But it's also the perfect place for anyone with dreams of traveling across the oceans. A trip to the Grand Pavois La Rochelle is already a bit like setting off to discover each more exceptional boat than the next, lulled by the sound of halyards and the clicking of colored flags in the wind.

Each year, the show offers several thematic spaces over 100,000 square meters of exhibition space. Among them, three spaces to broaden your marine horizons.

The "Heritage and Tradition" area is an opportunity to present boats from the heritage of New Aquitaine, some of which are classified as Historical Monuments. They belong to private owners, associations or are exhibited by museum structures. Each boat is presented to you with an explanatory sheet to help you better understand what maritime heritage is and why it is necessary to protect it.

Since the 2000s, the Grand Pavois La Rochelle has presented all water sports: light sails, kayaks, board sports, windsurfing, kitesurfing, wakeboarding, stand up paddle ... in its "La Plage" area. Distributed between the enclosure of the show and on the beach of Minimes, it hosts one or more pools with more than 1,500 tests, baptisms and demonstrations carried out in a sporting and festive atmosphere.

The "Fishing & Grand Pavois" area is a unique concept in the world of boat shows. Today it has become a real place of exchange and discovery between enthusiasts, visitors and brands accompanied by their competitors. You will be able to enjoy on this space an entertainment stage, a demonstration basin, a sales area, a gallery of fishing boats, the marina ... without forgetting one of the main highlights : a fishing tournament!

- Red Bull Cliff Diving → This is the fourth stage of the World Diving Championship and the only one to take place in France. In the heart of summer, divers meet in La Rochelle for one of the European stages. It must be said that the setting lends itself ideally to this event with the largest number of spectators ever seen for this World Series: more than 70,000 people! Massed on the Old Port, the spectators are always numerous to attend this high-flying spectacle. After having climbed the 120 steps of the Saint Nicolas tower, the divers dressed in a simple swimsuit present themselves on a platform attached to the battlements to perform a dizzying dive, to say the least: 27 m above the void! And thanks to the energy drink sponsor, giant screens broadcast the dives live.
- The La Rochelle Serge Viot marathon → It was in 1991, at the foot of the famous Tours, that the La Rochelle Marathon was initiated. Second marathon in France after that of Paris, it brings together more than 10,000 runners each year on the last weekend of November. In the morning, you will not fail to meet the brave runners in colorful outfits, sneakers on their feet, ready to go in a mixture of fear and excitement. Very quickly as you approach the city center, you will be immersed in the heart of the race: flames, lively cafes, messages on the microphone ... the whole city vibrates during this day, to the rhythm of the runners' strides.

Five race formats are offered and facilitate access to this major sporting event in La Rochelle for as many people as possible. There is of course the Marathon but also the Duo with 2 runners in relay, the 10 km, the Business Challenge and the Handisports race.

Every year, the day before the big departure, a friendly 4 km jog, humorously named "Chauffe Gambettes", is offered around the Old Port. Open to everyone, without prior registration, it might make you want to get started in the race?

Over 42.195 km, the marathon course offered on 2 loops takes you to the heart of the districts of La Rochelle! You will thus cross the Minimes district before reaching Saint-Maurice, as far as Mireuil park then Port-Neuf, by the sea. The last quick kms will take you along the green alleys of the Mail, through the parks then towards the heart of the historic city with a finish, next to the famous towers of La Rochelle.

Installed in the buildings of the auction area, the marathon village brings together numerous stands every year. This is the opportunity to discover the latest sports equipment in the field of running or why not, to find your next challenge to accomplish on one of the 30 races that are represented.

The traditional "Pasta Party" is also organized in the marathon village. It accommodates up to 1,350 people the day before the race, for a pleasant evening with runners: spaghetti, large tables and conviviality are always there.

[ANNEXES](#)

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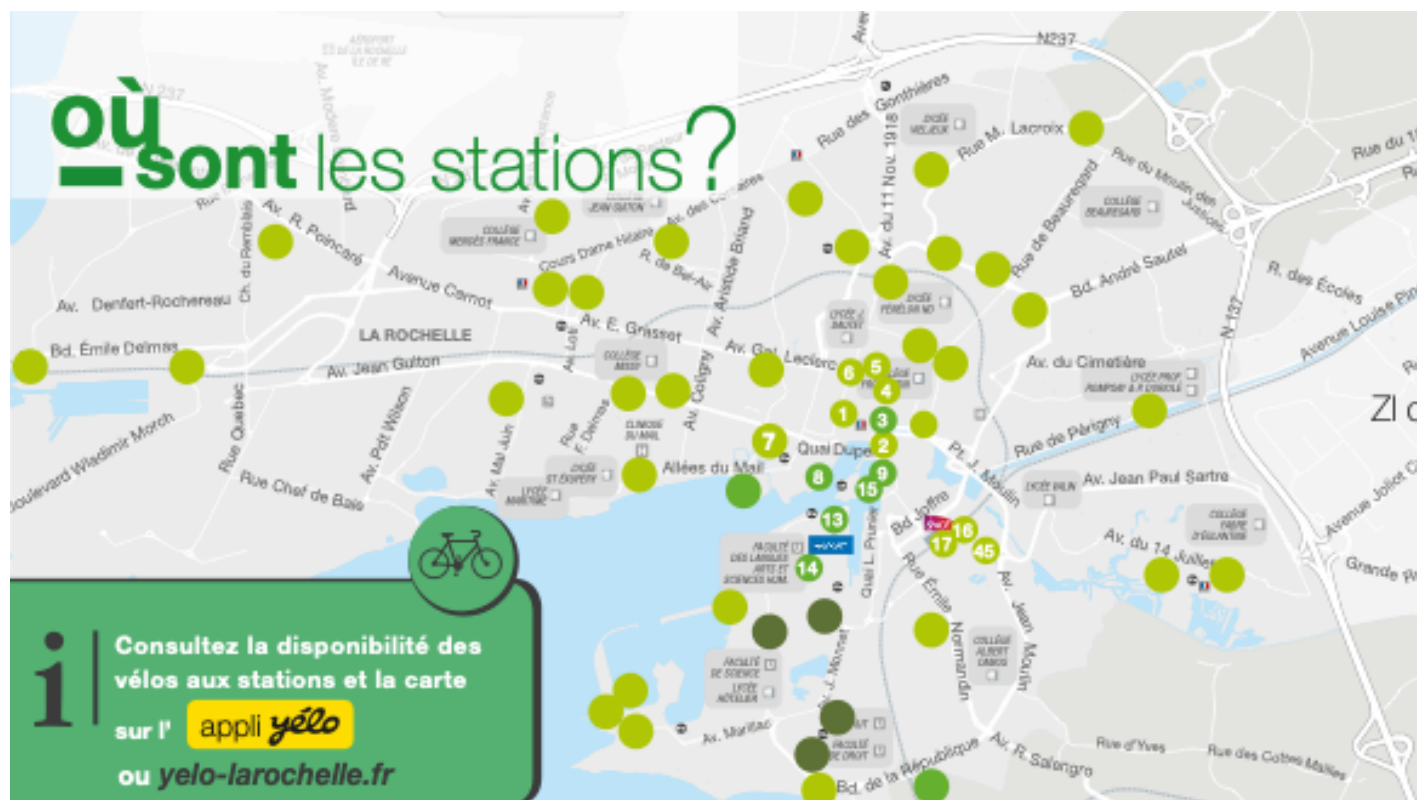
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- Mairie Annexe de Mirail
- Place Saint-Maurice
- Marché de Port Neuf

- Maison de l'Emploi
- La Genette
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