

On foot or by bike

ON FOOT

ON FOOT, discover the Heart of the Arcachon Bay along the coastal path or on the banks of the river Leyre. The Certes and Graveyron estates, the jewels of this area, line the edge of the Bay. They are ideal for gentle walks and for observing the typical fauna that takes shelter there.

Along the coastal path, or on the edge of the forest next to the banks of the Leyre, one can appreciate the Heart of the Arcachon Bay at one's own pace or according to the tides that shape different landscapes every day.



THE CERTES AND GRAVEYRON ESTATES

Former salt marshes dammed in the 18th century, the Certes and Graveyron Estates were converted into fish breeding pools. They extend over nearly 550 hectares, owned by the Coastal Conservatory. The Gironde Departmental Council is in charge of the management and preservation of the site's species. These areas, classified as Sensitive Natural Areas, are also rich with a long human history. They can be explored on foot throughout the year, by oneself or by booking a guided tour from the Departmental Council.

Registration for visits and shows can be made here :

Reception of the estates, open year-round
+ 33 5 56 82 71 79 - gironde.fr/nature



Welcome to the Heart of the Arcachon Bay

The Heart of the Arcachon Bay includes 5 municipalities: Biganos, Audenge, Lanton, Mios and Marcheprime.

Our area is a true kaleidoscope of landscapes that can be discovered at the change of the tides and seasons. You will find here family-friendly beaches, the «Eyre» river and its delta, maritime pine forests, and six ports connected by a picturesque coastal path bordering the Bay and the salt meadows.

Ideally located, halfway between Arcachon and Cap Ferret, the Heart of the Arcachon Bay represents the sea front of the Landes de Gascogne Regional Natural Park. It is a land of maritime traditions of fishing, oyster farming and navigation.

Men have built there dams, shaping colourful mosaics and sheltering remarkable fauna and flora. Over the centuries they have left traces of different traditions, around the sea and in the forest. Visitors will discover a rich and very lively history, sometimes obvious and sometimes more unusual.



NATURE MOMENTS

Breathe, stroll or lie down on a beach, between small ports and dams. Nature offers you moments of rejuvenation : happy moments when you disconnect from everyday life, to meet up with family or simply to tune in, and take time to breathe. The Heart of the Arcachon Bay is full of exquisite places to enjoy a variety of landscapes between land, sea and forest.

Take advantage of the many hikes to do on foot or by bike, thanks to the special booklet Hiking at the Heart of the Arcachon Bay. To download, or on sale in paper format at the ticket offices of the Heart of the Arcachon Bay.

FOR CYCLISTS

FOR CYCLISTS, the Arcachon Bay offers a whole network of secure cycle paths that connect all of its municipalities.

The Sea Front cycle path takes the route of the old railway line «Chemin de fer économique» that enabled the development of seaside tourism from the nineteenth century.

Today, for bike lovers these paths throughout the Arcachon Bay offer more than 200 kilometers of cycling joy. For long distance travelers, this trail is part of the Vélodyssée, a European cycling road connecting Roscoff to Hendaye in France.

The Heart of the Arcachon Bay is also part of the Tour de Gironde by bike, a whole 430 kilometers of secure routes.

Request a map of the Arcachon Bay and Gironde cycle paths from the Tourist Office.



Contact

4 Information Offices welcome you :

- AUDENGE** - 20 allée de Boissière
- LANTON** - 1 route du Stada-Cassy
- BIGANOS** - 1 rue Jean Zay
- MIOS** - 1 allée du Val san Vicente

Find our opening hours on the internet :
www.tourisme-coeurdubassin.fr
info@tourisme-coeurdubassin.com

05 57 70 67 56



Illustration : J. Gaudin



Ports

Six ports adorn the Heart of the Bay, from Taussat-les-Bains to Biganos, via Cassy, all linked by the coastal foot path.

Each port, marina or oyster port, bordering the Northern sea front of the Bay, is unique. The traditional trades of fishermen or oyster farmers are still very present here.

Do not hesitate to push open the door of these professionals. Go to meet them, and enjoy the seafood that they take the greatest care to prepare.



Cassy

Biganos

Over the water

Water is obviously a great way to discover the Heart of the Bay, whether by boat and catamaran on the Bassin or by canoë and galupe (a traditional boat) on the Leyre river. Gentle travel gives access to a preserved environment. Go and discover this sometimes mysterious world, with its wonderful natural richness.

BOAT TRIPS IN THE ARCACHON BAY

BOAT RIDES WITH THE UNION DES BATELIERS ARCACHONNAIS

• GRAND TOUR OF THE BIRD ISLAND

Embark from the pier of Andernos-les-Bains to the «Cabanes Tchanoquées» (Houses built on stilts over the water) of Bird Island, for a guided tour of the Bay.

🕒 2h30

• UBA TICKET OFFICE - BIRD ISLAND TOUR

Departure from Andernos or Arcachon pier
For prices and timetables - check with the Tourist Office.



• THE COASTAL TOUR - FROM THE ISLAND TO THE OCEAN'S GATES

(In July and August only) - Departure from Arcachon or Cap Ferret.

🕒 2h30

Take the Grand Bay Tour, a complete circuit that will allow you to discover the most beautiful landscapes and superlative sites of the Arcachon Bay: oyster-farming villages in Cap Ferret, ocean beaches, the Pilat dune and the Arguin sand Island.

• SHUTTLE BOAT - LE PASSE MARÉE

The shuttle boat connects Andernos to Arcachon 3 times a day, or Andernos to Cap Ferret (Bélisaire pier).

€ one way to Arcachon € 8 - one way to Cap Ferret € 10 - Free for children under 2 years old. Take your bike on board: € 5 or € 6 depending on which destination.

» On sale at the tourist office



Canoe along the «Eyre»

In any season, come stroll along the « Eyre » bank and gaze at its gallery forest, ideal environment for many species. What's better than a canoe stroll to discover this peaceful river ?

In addition to a breath of fresh « Eyre », do not hesitate to take height by perching in trees during a game of treetop adventure course.



Bathing bassins

Sea water basins are located around the Arcachon Bay and allow swimming even at low tide. The water is renewed daily, at each high tide, thanks to a lock system. In summer, swimming is supervised by lifeguards. Swimming lessons are also available.

In Lanton, you can enjoy an artificial beach, certified Handiplage (accessible to disabled people), **with water and beach wheelchairs.**

In Audenge, the swimming pool is known as one of the largest seawater basin in Europe, thanks to its 3 ports (small, medium and large pools). An access ramp for people with reduced mobility is also available here. Nearby, you'll enjoy picnic tables and a playground for children. Tamarisk trees provide shade and ideal places for napping or reading.

Beaches

From the port of Fontaineville in Taussat-les-Bains to the port of Audenge, the beaches line the coastal path. At low tide, young and old build sandcastles, fly a kite or wade in the water of the estyes* to collect cockles and clams.

Contrary to the ocean beaches, where the greatest vigilance is required, swimming here at high tide is not to be feared. There are no waves (except in stormy weather) and at normal tide one can walk far out from the shore. The Suzette, Graveyron and Taussat-les-Bains beaches are ideal for the safety of children or non swimmers. All are linked by the coastal path. Note, however, that they are prohibited for dogs and not supervised.

Tides

The tides are regular movements due to the attraction that the moon and the sun exert on the seas and oceans. In the Heart of the Arcachon Bay that phenomenon shapes different landscapes, to the delight of nature lovers and photographers.

Here, the tide changes twice a day. There are 2 high tides and 2 low tides in 24 hours. Ask for tide times in our Tourist Offices.



Suzette

*esley is a Gascon word designating a small water stream which is dry at low tide.