

# Vendée & Royan Regional Activity Guide

This guide provides details about the various outdoor activities you can enjoy whilst on holiday with Canvas.

Our customer researched walking, cycling and fishing information will help you find some of the area's most beautiful spots.

They detail route information, what to look out for, terrain, start/finish points, where to hire bikes, where to buy bait and so on - all the information at your fingertips. There is golf information detailing golfing at some of the areas' finest courses.

Canvas Active ... something for everyone



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## Cycling Routes

Our thanks go to John and Marcia Murray and the Bense family (routes one to eight) and David Wilson and Maria Oxborrow (routes nine to fourteen), who carried out the research and supplied us with the information for these routes. Please note that all information is correct at the time of research. We recommend that you obtain a large scale map of the area to accompany the routes detailed here.

### Cycling in France Guidelines

#### What type of bike do you need?

The most common choice is between a mountain bike (referred to as VTTs in France) and a hybrid bike (VTC). The hybrid bike will suit riding on any hard surface and will probably be more comfortable. It is important that the bike fits you correctly because if not, the longer you ride it, the more uncomfortable you will be. Cycle hire is available at many tourist offices, and from around 30 French railway stations.

#### Guidelines on bike hire

1. Sit on the saddle and your feet should just be able to touch the ground with your toes stretched down.
2. From the same position, with a pedal at the bottom of its stroke, put the ball of your foot on the axle of the pedal and straighten your leg. Your heel should be below the level of the pedal.
3. Rest your elbow just in front of your hipbone with your hand and arm level. The tips of your fingers should just touch the handlebars.
4. Is the saddle comfortable? If not, it may be possible to get it changed for a more comfortable one.
5. Do you need to carry anything? Is a basket or luggage rack provided, or do you need to carry a child in a child seat? All these can be fitted.
6. A puncture is the most frequent bike breakdown that can occur. You need:
  - A spare inner tube.
  - A pump to re-inflate the tyre with a connection that fits the tube valve.
  - Quick release fastenings on wheels or spanner to release the wheel nuts.
  - A set of tyre levers to take off the tyre.
7. Try the brakes and make sure they work. Check the tyres are inflated hard.
8. Make sure you know how to change the gears using both the front changer for the chain wheels and the rear changer for the wheel sprockets. Do they change smoothly over the chain wheels (either 2 or 3) there should be at least 5 and up to 8 sprockets.

9. Remember the hirer just wants to hire bikes as quickly as possible so it's up to you to check these points yourself.

### French Map Guidelines

Similar regulations apply to those for Great Britain except that you ride on the right side of the road. You must use cycle paths wherever available.

- Major routes are marked in red. These are best avoided as have much traffic.
- Secondary routes are marked in yellow. Most of these are suitable for cycling, but will have steady traffic.
- Minor roads are marked in white of various widths shown with two solid (not dashed) parallel lines.
- Unpaved or semi-paved roads are marked in white shown with a solid line on one side and a dotted line on the other. You rarely see traffic on these.
- Designated cycle routes are marked with a solid red line. But, many bike trails actually still show as small roads or hiking trails.
- Hiking trails are marked with a black dotted line. France has an extensive national network of hiking (Grande Randonnée) trails identified by the prefix "GR" plus a number. They're marked by red and white blazes, but not always reliably. A red and white symbol "X" means you've taken a wrong turn. Most of these trails can be used by a mountain or hybrid bike, but be considerate to the walkers.
- Scenic routes are marked by a green stripe beside a road. If a larger yellow road gets the scenic designation, the unmarked smaller roads nearby will be just as attractive, and offer quieter cycling.
- The Michelin maps tend not to be as good as the ordnance survey maps as they do not show as much detail or contour lines.
- The standard IGN maps offer twice the detail of Michelin. (Scale 1 cm = 1 km.) They show some of the smallest paved roads, which are missed by Michelin, which can be particularly fun for biking.
- IGN série bleue maps have four times the detail of the standard IGN maps. (Scale 4 cm = 1 km.) Elevations are frequently given and contour lines help you evaluate the topography.
- Transportation of cycles on a support fixed to the rear of the vehicle is permitted provided the lights and registration plates of the vehicle are not obstructed.

### Don't Forget

French bike brakes are the opposite way round to British bikes i.e. back on right, front on left.

- If you're travelling off the beaten track, remember to take plenty of food and water with you.
- Wearing a helmet is compulsory.
- Wear plenty of sunscreen.
- Remember to take picnic and swimming things with you.
- It is advisable to carry a pump, inner tube patches/spare tube and tyre levers.
- It is advisable to take a bike lock with you.
- It is advisable to secure a map carrier on the front of your bike to avoid having to stop so often.
- The X sign for crossroads seems to be used for any minor junction.
- Water bottles can be filled up in churchyards. The water there is from the town/village supply and is potable (drinkable).
- In hot weather you should drink plenty water on a regular basis before you get thirsty.
- Even on hot days, cycling is cooling as you create your own breeze as you ride along, especially on still days.
- Most shops close for lunch from 12.00 or 12.30 until 14.00 at the earliest.
- Most signposts are at the actual junction, not 50 yards from the junction.

### Useful Cyclists' Phrases

Je voudrais louer un vélo	I'd like to hire a bike
Chaussée Déformée	Rough Surface
Chaussée Glissante	Slippery Surface
Col Fermé	Road/Pass closed
Priorité à Droite	Give way to right
Route Barrée	Road closed
Sens Interdit	One Way
Sauf Riverains	Motor vehicles prohibited, access for residents, cyclists and walkers
Sauf cyclistes	Prohibited except for cyclists

For more Useful Phrases see your Canvas Holiday Guide.

## Route One

10mls/16km (2hrs)

### Three Towns and the Seaside

This route leaves from Camping les Biches. This relaxing route takes you along partially wooded smooth roads into the seaside towns of St Hilaire-de-Riez, Sion-sur-Loire and St Gilles. On route, you will pass small beaches and the "devil's hole" which spurts impressive high fountains of water at high tide.

*"This route is a half day relaxing trip into the seaside towns of St. Hilaire-de-Riez, Sion-sur-l'Ocean and St. Gilles Croix-de-Vie. These towns tend to merge into each other so it's not as far as it may seem."*

John Murray, West Yorkshire.

#### Route Description

This route leaves from Camping les Biches, St Hilaire de Riez.

- 1** From the campsite entrance at Camping les Biches turn right, then right again onto the main road and left round the bend towards St Hilaire.
- 2** At the big roundabout take the 2nd exit, SP for St Hilaire-de-Riez, along a red cycle track.
- 3** Take the first right along the Chemin de Vieux Chateau. Cycle past the Vieux Chateau campsite.
- 4** At the T-junction on the main road, turn left and follow the road round to the right. Before long there is a narrow cycle track at the edge of the road. The woods are on your right (if you want to stay on the tarmac/main road just keep going straight all the way to the sea). Take a turning to your right, by a picnic table, SP Stade de la Forest and cycle past the sports ground to the turning circle.
- 5** Go left down the track, Chemin de Garrenes. At the road use the zebra crossing to reach the cycle track on the other side, and turn left. Keep on this cycle track as it turns right at a big junction and goes towards the sea at Sion sur L'Ocean.
- 6** Make the most of a Tuesday or a Friday where there is an excellent local produce market at Sion. When you reach the sea, follow the coast road/Corniche all the way into St Gilles.
- 7** On the way you pass the Trou de Diable (devil's hole) which spurts impressive high fountains of water at high tide.

You also pass several small beaches, which are great places for a picnic or a swim, and further along you pass the lighthouse.

**8** Arrive at busy St Gilles and cross the railway line at the traffic lights. Turn right alongside the railway and come to the main square, follow the road to the bridge over the river. Use the cyclist's bridge just beyond the road bridge, to cross to the other side to the mini roundabout. From this point turn right if you want to stop for refreshments as there are lots of cafes and shops here overlooking the harbour.

**9** From the mini roundabout go along, with the river on your left hand side. Use the cycle way to cycle through the park where it is possible to picnic in the shade if the trees overlooking the boats on the river.

**10** The cycle way goes under the roundabout on the main road by the casino. Come up on the other side and use the cycle track to cross the river Vie. Keep right on the cycle track between the marsh and the main road. You pass Marais Salants to your right.

**11** Go across the level crossing and turn immediately right into a side road. Continue over two crossroads until you meet the main road again. Turn right to Notre Dame de Riez and keep right at the bend/junction, which brings you back to the left turn to the campsite.

#### Cycle Notes

Distance 10mls/16km

Grade Easy

Terrain All on tarmac roads with some cycle lanes

Suitable Families used to town traffic

Time 1 hour (excluding stops)

Start/end Camping Les Biches

Map IGN 1126 OT 1:25000. Île d'Yeu. Saint Gilles Croix de Vie.

Facilities You'll find a selection of shops, cafés, restaurants, tourist offices and souvenir shops in these towns.

## Route Two

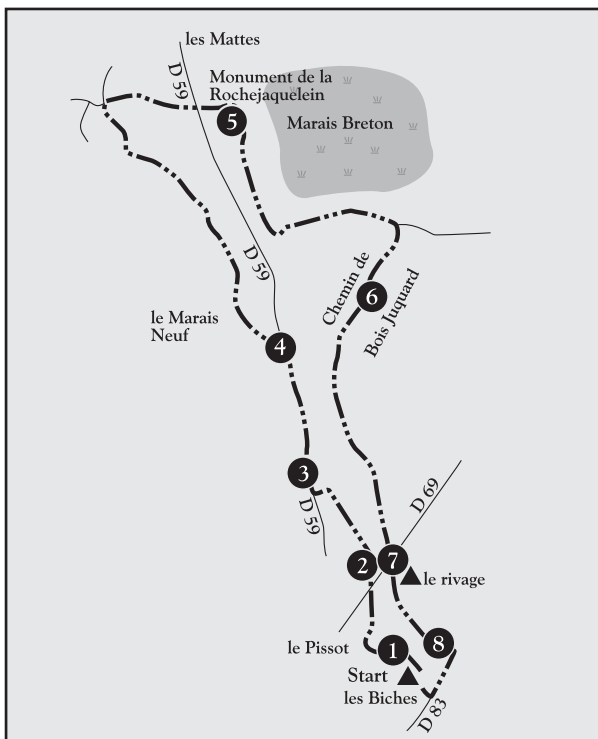
9mls/15km (2hrs)

### Times past and varied countryside

This route leaves from Camping les Biches. Follow mainly minor roads through this beautiful part of the Vendée, which encloses market gardens and explore some of the wonderful "marais" (marshland). Visit the fascinating museum, which illustrates the environment of the marais.

*"A tour taking in two reminders of the past and two types of countryside."*

John Murray, West Yorkshire.



### Route Description

**1** Leave from Camping les Biches, turn left and left again along the grassy track until you come to a Stop sign. Turn left again onto the road, and at a wide crossroads go right onto the Chemin de la Gardière. Turn left down the Chemin de la Martinique, a track through the woods.

**2** Turn left at the T-junction for 20m, then cross the main road diagonally right onto another sandy track. This joins the

tarmac Chemin de la Renaissance. Turn left at a T-junction and left again at Chemin du Platin.

**3** Turn right onto the busy main road.

**4** After about 1km take the left fork, the "Chemin du Marais Neuf" just after the third crossroads. You can now follow the Vendée "Mer et Vie" cycle route signs along the Chemin de belle etiolle for about 4mls/7km and cycle through an area of predominantly market gardens and greenhouses. After a right bend in the road, you see a farm, which sells locally grown vegetables at very reasonable prices.

**5** At a four way junction still follow the Vendée cycle signs and take the Chemin de la Cosse to the right. Cross the main road and after 200m, you come to a sandy pathway on the right leading to the Monument de la Rochejaquelein. This is in memory of a French nobleman who was killed here in 1815 while trying to bring armaments provided by the English to support King Louis XVIII against Napoleon. Leave the monument and follow the Vendée cycle route signs to the right down the Chemin de la Tissonnière.

**6** Follow the road as it bends left and continue out into the marshes. Take a right turn under the electric wires down the unnamed gravel track (named at the far end Chemin du Bois Juquard). Continue straight onto the Eco-Musée de la Vendée (Le Bois Jucquard).

**7** Have a good look around this museum, which recreates the life and buildings of the inhabitants of the marais (marshes) and describes and illustrates the environment. From the museum carry straight on, cross the main road and pass Camping Le Rivage.

**8** Bear left at the Stop sign and continue to the crossroads. Turn right and go up to arrive back at the campsite.

### Cycle Notes

Distance 9mls/15km.

Grade Easy.

Terrain Mainly flat minor roads and tracks.

Suitable All the family, used to traffic.

Time Approx 2 hours inc. stops/1 hour without stops.

Start/end Camping les Biches.

Map IGN 1126 OT 1:25000. Ile d'Yeu. St Gilles Croix-de-Vie.

Facilities Refreshments available at the Eco-Musée.

## Route Three

7mils/11km (2hrs)

### Countryside & Les Marais Salants (Salt Marshes)

This route leaves from Camping les Biches. Get into a relaxed cycling mood and pedal from St Hilaire through modest vineyards and past the salt marshes. Take a slightly longer detour and follow the track to La Salorge.

*"This is an easy run to get you in the mood for cycling in France."*

John Murray, West Yorkshire.



#### Route Description

**1** Turn left from Camping les Biches and carry straight on, passing glasshouses on the right.

**2** Turn next right onto Chemin du Bardy and continue through varied countryside. At a crossroads by an electric distribution tower, go straight over onto Chemin de la Burnière and follow it around and to the right, to the next set of crossroads.

**3** Turn left at the crossroads and pass Camping la Marzell.

**4** Go straight over the crossroad and the level crossing. Turn left immediately, go alongside the railway line and bear right along Chemin du Doyenné. Cross a main road and continue up a slight rise to the main road.

**5** Turn right and follow the Vendée cycle route signs to St Hilaire-de-Riez and "Les Marais Salant." You pass a selection of small vineyards on either side of the road. Turn left at the main road.

**6** Before long you pass the salt marshes on your left and see the church of St Hilaire looming in the distance. Just after the football ground you meet the St Hilaire by pass and a level crossing.

#### 7 Optional extra 1.2mils/2km

Go left at the level crossing onto a tarred cycle track by the road. After 200m you arrive at a notice for "La Marais Salant de Riez". Take the track down onto the marshes and follow the sign to La Salorge. Here there is an exhibition of marsh life and demonstrations of how salt is still being extracted as it was in the past. This exhibition is certainly worth a visit with the option of buying some salt.

**8** Return to the railway crossing and once over it, turn immediately right onto a side road and bear left. Follow this road straight over two crossroads until you meet the main road again. Turn right towards Notre Dame de Riez and keep right, round the bend along the D83 for 0.5mils and turn left to return to the campsite.

This route can be shortened by going straight on after Camping La Marzelle point 4 which takes you along the road to the marshes at point 6, or by omitting the visit to the marshes.

#### Cycle Notes

Distance 7mils/11km.

Grade Easy.

Terrain Virtually flat, and mainly minor roads.

Suitable All the family.

Time Approx 2 hours inc. stops.

Start/end Camping les Biches.

Map IGN 1126 OT 1:25000. Ile d'Yeu. St Gilles Croix-de-Vie.

## Route Four

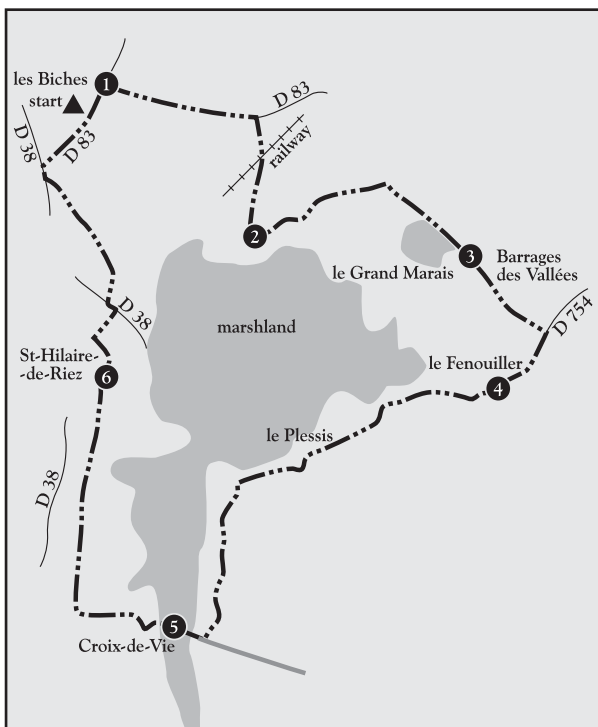
9mils/15km (2hrs)

### A relaxing route to the other side of the River Vie

This route leaves from Camping les Biches. It is a superb cycle route to the Plan d'Eau, where there are plenty of boats to hire. It is an ideal route for families with older children. The return leg has many picnic spots, with the option to go into St Gilles-Croix-de-Vie on the banks of the River Vie, or into St Hilaire-de-Riez.

*"This relaxing route takes you to the other side of the River Vie, and back through St Gilles Croix-de-Vie and St Hilaire-de-Riez."*

John Murray, West Yorkshire.



### Route Description

**1** Turn left from the campsite gate at les Biches. Take the first right down unnamed gravel track. Turn right to meet the main road. Turn left and after about 1 km turn right at the crossroads towards Plan d'Eau des Vallées.

**2** Cross the railway and follow the main road for 500m when the road bends to the right, turn left following the signs to Plan d'Eau des Vallées and follow the Vendée cycle sign to le Fenouiller. After 1 km, bear right at the top of a rise and enjoy a nice whizz down the hill to the Plan d'Eau where there are sailing boats for hire. The church of St Hilaire looms in the distance.

**3** Cross over the Barrage des Vallées (dam) and continue into le Fenouiller. Turn right at the Stop sign and enjoy a ride through the village. At this point you will have cycled 3 miles/5 km from les Biches.

**4** Continue past the church and after approximately 100m take a right turn onto a minor road Rue de Plesis, following the Vendée cycle route sign. After 1.2mils/2km, turn right by a tall cross at a T-junction. After the same distance again you pass the football stadium, and come to the main road.

**5** Use the cycle way to cross the bridge over the river. Keep right on the cycle way with the marshes on your right, you will pass the Marais Salants all the way to the level crossing.

**6** Once over the level crossing turn right immediately onto a side road. Follow this straight over two sets of crossroads until you meet the main road again. Turn right here, and keep right, round the bend at the junction then turn left back to the campsite.

### Cycle Notes

Distance 9mils/15km.

Grade Easy.

Terrain Some slight hills. Tarmac roads with some cycle lanes.

Suitable Families with older children.

Time Approx two hours inc. stops.

Start/end Camping les Biches.

Map IGN 1126 OT 1:25000. Ile d'Yeu. St Gilles Croix-de-Vie.

Facilities There is a shops and café in le Fenouiller. There is also a pleasant picnic spot by the bank of the River Vie (near the football stadium).

## Route Five

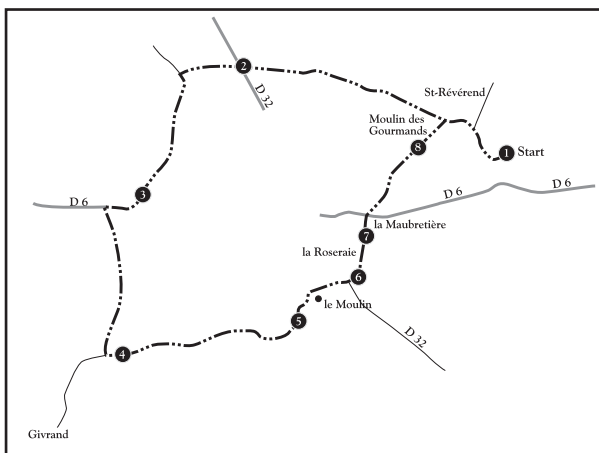
7.5mils/12km (2hrs)

### Round the Reverend

This route leaves from Moulin de Gourmands, St Reverend, (where you will find a delicious crêperie), and follows the Vendée cycle route along quiet roads. You can make a small diversion to the Roseraie de Vendée, which grows over 950 rose varieties.

*"Part of this lovely route takes in a working windmill with a restaurant, and an interesting rose garden."*

John Murray, West Yorkshire.



#### Road directions to start of route

From the big roundabout at the edge of St Hilaire, take the 3rd exit to St Gilles and follow the signs for Coex. The route to St Révérend is off this road. Take the 2nd turning to St Révérend, after the dip on the road. The windmill and the Moulin des Gourmands is signposted and clearly visible on your left as you enter the village. Park by the windmill and crêperie.

#### Route Description

**1** Turn left from the car park and after passing the windmill, you come to the first of the Vendée cycle route signs where you turn right. Continue and turn right at the Stop sign, then left at the crossroads to follow the cycle route to "Le Fenouiller". Cross the bridge and continue up the hill.

**2** Cross the main road D32 and turn left at the crossroads. Follow the Vendée cycle route sign "Givrand" and ignore

the "no through road" sign. Continue past the farm, and down a track, then turn right when you reach the tarmac road.

**3** Turn right again just before the main road and follow the signs under it, before turning right alongside it. Turn left opposite the boat-builder "Beneteau", in the direction of Givrand.

**4** Turn left at the roundabout to St Révérend and Roseraie. Follow the Vendée cycle route signs along this minor road.

**5** At the bottom of a hill turn right to "le Moulin". Follow the tarmac road, which turns into a gravel track and goes steeply downhill through some woods to a Stop sign on the D32.

**6** Cross directly over the D32 onto a track on the far side, which is essentially an unused road. You can make a small diversion here by cycling 200m along the disused road to the main road and over the other side to the "Roseraie de Vendée". Enjoy the 950 rose varieties before you return the same way.

**7** Follow the cycle route sign down a grassy track through the trees. A right turn brings you down to the main road and a picnic place in the "Aire de la Maubretière."

**8** Follow the route, which goes over the main road and straight back to St Révérend, the Moulin des Gourmands, where you can have a well-deserved meal in the Crêperie, which is open until 6pm.

#### Cycle Notes

Distance 7.5mils/12km.

Grade Moderate.

Terrain Mixture of tarmac roads, some gravel and grassy tracks and a few steep hills.

Suitable All the family. This route crosses busy roads.

Time Approx two hours.

Start/end Moulin de Gourmands, St Reverend.

Facilities There is a crêperie at the Moulin des Gourmands.

Map This route is based on "Promenades Entre Mer et Vie" (10 circuits Cyclotouristiques) from the Tourist Office. The recommended map of the area is IGN 1226 0 1:25 000 La Mothe Achard.

## Route Six

7mils/11km (1-2hrs)

### A blend of marshland, pinewoods and seaside

This route leaves from Camping Les Biches, St Hilaire. It is a straight forward run from St Hilaire providing a superb combination of marshland, home to a variety of migratory birds, and a shady stretch through pinewoods.

*"This is an easy and varied run, with plenty places to picnic in the woods as well as on the beach."*

John Murray, West Yorkshire.

#### Route description

- 1 Leave Camping les Biches, take the first left along the grassy/sandy track until you reach a 'Stop' sign. Turn left onto the minor road, and then left again at a wide crossroads down to the main road.
- 2 Take care and cross the busy road onto a track marked by the Vendée cycle route sign. Keep right for Sion sur L'Océan and the right at the signs for Les Plages.
- 3 Continue until you meet the main road and turn right onto the cycle lane, which runs alongside. After 200m turn left down the Chemin de la Parée Preneau.
- 4 Cycle down through an area of pine trees before you turn left at a T-junction, close to the main road. This brings you to the road to Sion sur L'Océan, use the zebra crossing and cross over onto the cycle path and turn left along the cycle path.
- 5 Keep on the cycle track alongside the road. There's a way down to the "Plage de la Preneau" (which is a road off the one you're on) but you'll find a more pleasant beach about 1.5km further on at the Plage de Riez.
- 6 The road down to Plage de Riez is only 500m long and has several cafés dotted alongside it. One which is particularly recommended is "La Pizza 'Za". Once on the beach you'll see a World War 2 blockhouse and often an ice-cream van. To resume, return to the main road and turn right along the cycle track.

7 Cross over the main road at the zebra crossing (if you get to a big road junction you've gone too far), follow the Chemin de Garennes through the woods. At the turning circle go to the left, through the barrier marked as a cycle route by the standard blue sign, then fork right up and over the hill and down onto the main road. Turn right and first left onto Rue du Château Vieux.

8 Cycle past Le Chateau Vieux campsite. Follow the cycle signs left, and left again to "Le Pissot". You'll find yourself travelling through the wonderful Vendée marshland where you should be able to spot a good variety of migratory birds, especially during the spring and autumn. The track winds its way towards the main road.

9 At the track junction the circular route turns away from the road towards the woods, SP to Les Plages. Carry straight on to the roundabout on the main road. Use the zebra crossing and pick up the cycle track on the other side follow this back to the main road. Traverse the main road once more, turn right at the four-way junction and right onto Chemin de Rochbonne. This leads onto Chemin des Simples, turn right to the campsite.

#### Cycle Notes

Distance 9mils/15km.

Grade Easy.

Terrain Virtually flat tracks and some roads with cycle lanes.

Suitable All the family.

Time Approx 1-2hrs.

Start/end Camping Les Biches.

Map Free map of St-Hilaire-de-Riez available from the tourist office in Sion-sur-l'Océan. IGN 1126 OT Île d'Yeu is the recommended map of the area detailing other cycle rides.

## Route Seven

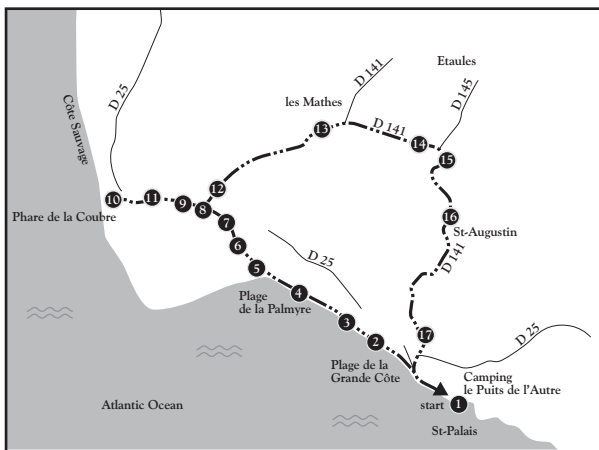
21mils/34km (2hrs)

### A circular route to la Coubre lighthouse, Les Mathes and St-Augustin

This route leaves from Camping le Puits de l'Auture (but can also be accessed from Camping Bonne Anse Plage, start the circular route at point 8\*). Start this route with a swim from the Plage de Palmyre, and wind your way through sand dunes to la Phare de la Coubre. Return through woodland to St-Mathes and past a 'mini Camargue' area with superb marshland birds.

*"Much of this route utilises the cycle paths in the area. It takes you 8 mls/13km along the coast, through the dunes and woods and up to the Phare de la Coubre lighthouse. The return route uses a very quiet section of a cycle path through the woods to les Mathes, a section along country roads to St Augustin"*

David Wilson, Cumbria.



### Route Description

**1** Leave Camping le Puits de l'Auture and cross the road onto the cycle path.

**2** Follow the cycle track round the headland and then as it heads inland, past the car park and toilets, along the side of the road for about 500m, then as it turns sharp left up into the woods.

**3** There are two tracks off to the left, which take you firstly to the Plage de la Grande Côte (which is Naturist to the Right hand side of the bike racks), then the Plage de Palmyre. There are racks for parking and locking your bike.

**4** Arrive at a car park with the road on your right. Take the track to the left. Follow this down to the beach.

**5** Follow the cycle path along the sea front where the sea view is particularly pretty. 6mils/9kms ahead is the silhouette of the Phare de la Coubre (lighthouse).

**6** Keep on the cycleway. Further on is the port and marina of La Palmyre, the cycle track comes to a barrier at the harbour masters (Capitaine) building. There is a notice to beware of cars and boats (in French) as you have to cycle left through the car park to regain the cycle path on the other side.

**7** Continue along with the sea to your left through the trees. The cycle path veers off left shortly afterwards through two boulders. (Bonne Anse campsite\*)

**8** Turn left as you approach the road and car park. Go left near the little building up a slight rise signed La Coubre 4km and pass through scrubland with many different flower species. Continue until you get a much clearer view of the Phare de la Coubre lighthouse. Pass a cycle path junction at the corner of a campsite fence, go straight alongside the campsite\* to La Coubre with open dunes to the left, before heading through the trees again and past another campsite.

**9** Cross over an intersecting road and fork left at a signpost. Continue to another road and turn right to a gate into the lighthouse grounds.

**10** The present lighthouse of la Coubre dates from 1905. It is worth spending a few moments exploring the lighthouse and surrounding area.

**11** Leave the grounds and follow the road for around 44m. You can turn right here and go down a sandy track to the beach at the head of the bay. It is advisable to check the tide times before you leave. Turn left onto the cycle path, keep right a little further on and go straight over the crossroads. You will now retrace your route back along the cycle path for around 2m/3kms.

**12** At a junction at the corner of a campsite\* fence on your left, take the cycle path, SP 'les Mathes 4.5 km'. This quiet section takes you through woods on a broad track to les Mathes. Cross straight over a road, SP 'les Mathes 4 km'.

**13** Come to a road and turn right on the cycle path to the large roundabout. Take the road left to Les Mathes, which has a cycle track alongside it.

**14** At the roundabout in les Mathes, take the road, SP 'St-Augustin, Royan, Etaules D141', which passes through the outskirts and past several campsites. After about 2m/3km the cycleway stops and the road drops down into an open flat area of farmland. To go into Les Mathes continue straight at the roundabout up the hill to the village square with church, shop (closes at 12.00) and bar. To get back on the route from the church take the road SP St Augustin, and go straight along this to rejoin the main road at the edge of the village. Turn left to St Augustin and drop down into the open farmland.

**15** Turn right, SP St-Augustin, Royan, D145. This area of 'mini Camargue' is very pleasant to cycle through, look out for herds of horses in fields and long reed fringed drainage channels. You may be lucky enough to spot herons, egrets, buzzards and other marshland birds peculiar to this area.

**16** Pass through the village of St-Augustin, which has a small supermarket and café on the right. Turn right to St Palais, SP 'D141 8 km'. The hilly road goes through St-Augustin forest.

**17** At a T-junction with the D25, go right into the one-way system. Use the main road for approx. 300m then go onto the cycle track at the side and go to the junction. Cross over using the cycle crossing. Turn left onto the cycle track,\* this leads past the cafes on the headland and straight back to Camping le Puits de l'Auture

### Cycle Notes

Distance 21m/34 km.

Grade Mostly flat with a few sharply rising small hills.

Terrain Well surfaced and can be ridden on any bike.

Suitable The average cyclist.

Time Approximately two hours excluding stops.

Start/end Camping Le Puits de l'Auture/Bonne Anse Plage.

Map IGN Top 100. No 39. 1:100 000. La Rochelle. Royan.

Facilities There are a good choice of bars, cafés and shops in most of the villages and towns along the route.

## Route Eight

(2hrs)

### A coastal route to Royan

This route leaves from Camping Le Puits de l'Auture. Enjoy this scenic route as you follow the coast to Royan mostly along cycle paths. Return to the campsite using an alternative route back through Royan.

*"The coastal route to Royan is a scenic ride which takes you along the coast, using cycle paths and quiet roads wherever possible. The coastal scenery is superb. Some of the roads you follow into Royan are one way only, so cannot be used on the way back. A second route is provided for the return journey."*

David Wilson, Cumbria.

#### Route Description

**1** Cross the road from Camping Le Puits de l'Auture to the cycle path and turn left. Follow the cycle path for approximately 1 mile/3 km until it ends at the mini roundabout on the rue de la République. Go down this street into the square at St-Palais with the beach on your right. The tourist office is on the left; pick up a road map that covers all the coastal towns from here before going further. 'Plan de la Cote Royannaise' is published annually. There are toilets at the right hand side of the beach. Follow Ave de Pontailiac out of the square.

**2** Turn right by the Atlantic hotel into Ave de Trez la Chasse, which brings you to the sea on the corner of Corniche de Nauzan. Follow this road along the coast and round into the next bay and turn right onto Boulevard la Côte de Beauté. This is the main road along the coast and the cycle path does not appear until a little further on. Continue for about 1 mile/2 km and turn right into Ave des Yeuses. signed to Plage du Conseil.

**3** Turn right into Rue des Platanes.

**4** Turn left down into Rue a Oger, along by the sea.

**5** Take the 2nd left, turning into the crescent Rue Mermoz.

**6** Turn right into Rue Mary Bastie.

**7** Turn right into Blvd de la Falaise and follow the coast until you reach a 'No Entry' sign.

**8** Turn left up Conche Gilet, to the main road.

**9** Turn right into Blvd de la Côte de Beauté again, using the marked cycle route at the side of the road. Cycle down hill and past the roundabout to the casino.

**10** Go past the casino on the main road and up the hill on the other side of the bay.

**11** Take the first right to stay on the coast on the Blvd de la Côte D'Argent and follow several bends around the coast until you reach the cove (Conche du Chay).

**12** Follow the road most of the way round the bay, then veer up and turn into Blvd Carnot, going right on the main road signed to 'bac pour La Pointe du Grave' pass the tennis courts and turn right onto Ave de Vagues (not Allee de Vagues).

**13** Follow Boul. Germaine de la Falaise and turn right at the traffic lights into Façade de Foncillon.

**14** Get into the outside lane and stay on the main road as it goes round a left bend and through a parking area. Veer right into Rampe Torchut.

**15** Continue onto Quay Monastier, this brings you onto the promenade and cycle path. The tourist office is just ahead at a roundabout called the Rond Point de la Poste. The promenade and cycle path run along the beach into George de Didonne.

Return route from Royan to Camping le Puits de l'Auture

**16** Retrace your route along the promenade and take the Quai Monastier. You will have to use the lower level next to the harbour. Follow up onto the Rampe Torchut and take the Blvd Thiers.

**17** Turn right into the Blvd de Foncillon.

**18** Turn left into Blvd Germaine de la Falaise.

- 19 Turn right into Ave des Vagues.
- 20 Turn left into Blvd Carnot.
- 21 Turn left into Blvd de la Côte d'Argent.
- 22 Turn left into Ave de Pontailac. This is a main road and if it is busy you may be better to push your bike along a short section.
- 23 Turn left into Rue Delessret. Then left into Rue de la Gallerine de la Plage, and right into Blvd De la Falaise and left into rue Marys Bastie.
- 24 Turn left into Rue Jean Mermoz.
- 25 Turn right into Rue a Oger.
- 26 Turn right into Rue des Platines.
- 27 Turn left into Ave des Yeuses.
- 28 Turn left into Blvd de la Côte Beauté, which has a cycle path along some sections. Continue along this road into the square at St-Palais and out up the hill.
- 29 Pick up the cycle path again where the Allée de la Jouque turns off left and follow it back to Camping le Puits de l'Auture.

### Cycle Notes

- Grade Moderate.
- Terrain Well surfaced and can be ridden by any bike.
- Suitable The average cyclist, used to busy traffic.
- Time Approx. two hours without stops.
- Start/end Camping le Puits de L'Auture.
- Map We advise you to pick up a map from the Tourist Office in St Palais, @Plan de la Cote Royanaise' has all the towns you pass through marked on it
- Facilities Variety of bars, cafés & shops along the route.

## Route Nine 35mls/56km (4hrs)

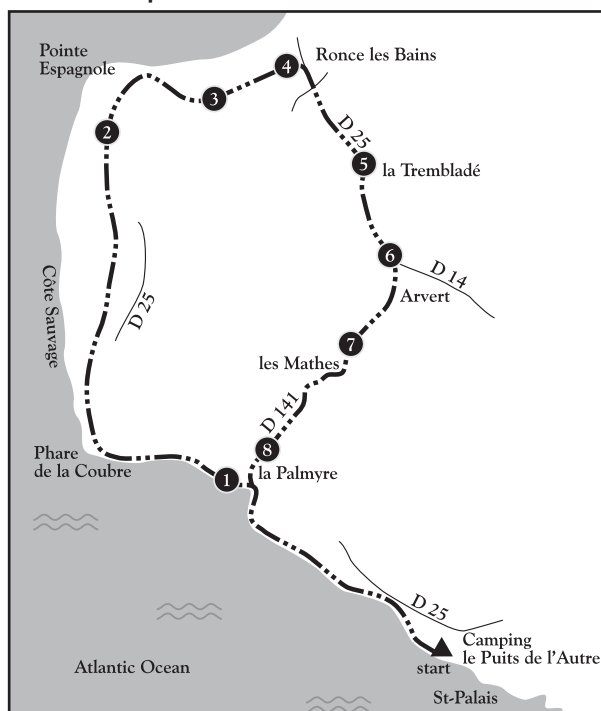
### An energetic ride to Ronces-les Bains, La Tremblade and Les Mathes

This route leaves from Camping le Puits de l'Auture. A confident, fit cyclist will get a lot from this lengthy but level ride to the Phare de la Coubre and onto Ronces-les-Bains and La Tremblade. Head slightly inland to Arvert then back along the wonderful coastline via La Palmyre.

*"Most of the route is flat with a few rises and falls, and passes through attractive wood and heathland, as well as following part of the coast. Its length will appeal to the more regular cyclist who will be proficient at finding their way around."*

David Wilson, Cumbria.

### Route Description



1 Leave Camping le Puits de l'Auture, cross the road and turn right onto the cycle path, which you follow to Phare de la Coubre lighthouse. The cycle path runs initially along the coast, then turns inland through woods. Tracks, often

cross the cycle path, which mean there can often be a build up of sand, so cycle with care. It is worth climbing the 300 steps up to the viewing platform of the lighthouse for a wonderful panoramic view in all directions.

**2** Pick up the cycle path again. The path runs mainly through woods and some stretches are very quiet. Continue for about 6mils/10km to the Pointe Espagnol. There is a large car park here and a wide tarmac track, which runs up through the dunes.

**3** Carry on until the cycle path crosses the road and continues alongside it. The cycle path soon enters the woods again in a straight line to Ronce-les-Bains.

**4** Turn left at the roundabout into Ronce-les-Bains. This is a good refreshment point. Return to the roundabout and follow the cycle path along the D25 towards La Tremblade.

**5** At the roundabout go straight on to La Tremblade.

**6** From La Tremblade follow the signposts for Arvert, first following the D25 and then the D14.

**7** In Arvert take the D141, SP to Les Mathes. Carry on straight through Les Mathes and go virtually straight over the 1st and 2nd roundabouts heading for La Palmyre. Just after the 1st roundabout, you will pick up a cycle path which takes you almost into La Palmyre. At the roundabout at La Palmyre take the road signposted to La Plage (virtually straight ahead). This takes you down to the seafront.

**8** Turn left and follow the cycle route back to Camping le Puits de l'Auture.

### Cycle Notes

Distance 35mils/56km.

Grade Mostly flat with occasional ups and downs.

Terrain Well surfaced and can be ridden on any bike.

Suitable Couples and the more proficient cyclist.

Time Approximately four hours (excluding stops).

Start/end Camping le Puits de l'Auture.

Map IGN 1332 ET 1:25000 Royan Foret de la Coubre

Facilities There are shops, bars, cafés, toilets and tourist offices in La Palmyre, Ronce les Bains and La Tremblade.

## Route Ten

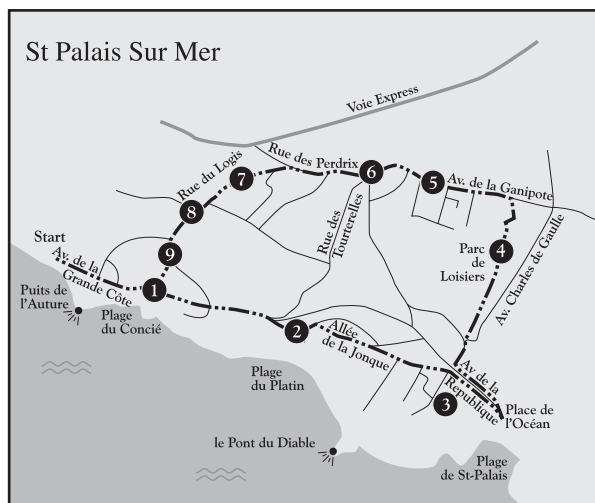
5mils/8km (1hr)

### Three small beaches, St Palais and the Parc de Loisirs

This route leaves from Camping le Puits de l'Auture. This circular ride is popular with children as it includes a dip and a run around at three beaches. It brings you into St Palais, where there is a regional produce market every Wednesday. Return via the Parc de Loisirs, which has a lake and fishing facilities.

*"This ride is quite suitable for children and you can push the bikes along the pavement for the two sections going into and out of St Palais, if the traffic is heavy."*

David Wilson, Cumbria.



### Route Description

**1** Leave Camping le Puits de l'Auture and take the cycle path to the left. The Plage de Concié on your right can be reached by going down steps from the cycle path. Continue along this path.

**2** The cycle path diverts from the main road down a side street, if you want to go down to La Plage de Platin. The next streets on the right, and subsequent streets, go down to the 600m long beach. Continue along the cycle path. The path ends at a roundabout on the main road. If you have children with you it may be better to walk with them down the footpath into St Palais.

**3** You now reach the centre of St Palais and the beach. The tourist office sits opposite the beach and there are two small activity areas for children at the edge of the beach. Dotted around the square are a selection of gift shops, cafés and restaurants. Retrace your route back up to the roundabout. Take rue Marcel Vallet to the right and continue to the roundabout at the bottom.

**4** Straight ahead of you is the Parc de Loisirs, go round the roundabout and immediately right into the car park which has an L-shaped lake with a path around it. This is a useful spot to combine a picnic with a run around for energetic children. Please note that no cycling is permitted in the park itself, although you can hire small boats and fish. To the right of the park at the roundabout is a marketplace where regional produce is sold every Wednesday. Go up the cycle path on the right hand side of the lake, this goes up the hill by the tennis courts and comes out on the road.

**5** Turn left to the roundabout then left at the roundabout and cycle past the supermarket. The supermarket is open from 9am to 7pm during the summer but closes for lunch between 12:30pm and 3pm during the autumn and spring, so please check.

**6** Turn right at the fork into Rue des Pedrix.

**7** Turn left at the fork into Rue du Logis.

**8** At the T-junction with the main road, go across to the cycle path and turn right. You are back at the Plage de Concié. Arrive back at the Camping le Puits de l'Auture.

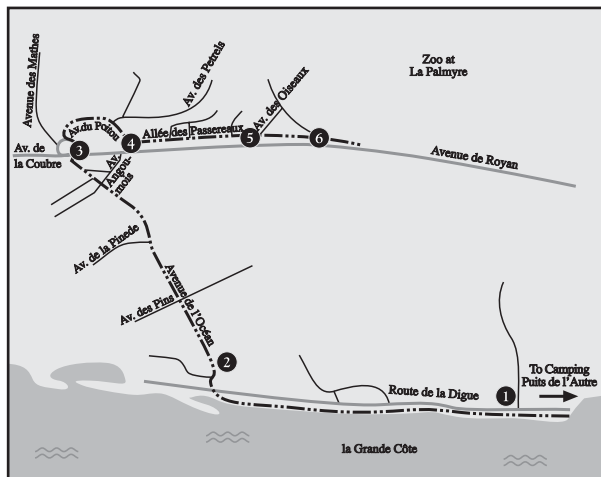
**Cycle Notes**

- Distance 5mls/8km.
- Grade Moderate
- Terrain Well surfaced and can be ridden on any bike.
- Suitable Families with children.
- Time Approximately one hour (excluding stops).
- Start/end Camping le Puits de l'Auture.
- Map IGN 1332 ET 1:25000 Royan Foret de la Coubre, or a free local town plan of St Palais.
- Facilities Good selection of bars, cafés and shops on the route.

**Route Eleven 8mls/13km (1 day inc zoo)**  
**Along the Cycle Path to the Zoo**

The route starts and returns from Camping le Puits de l'Auture, St Palais. This is an easy ride along a cycle path, allowing you to visit the zoo at La Palmyre. Allow the whole day in order to visit the zoo.

*"You follow the cycle path north to La Palmyre, all the way to the zoo, so it can therefore be safely used with children. It is easy to go to the beach on the way back."*  
 Bense family, Peterbourough



**Route Description**

- 1** From the campsite, turn right and take the cycle path north towards La Palmyre ( ignore the sign that says "200m Difficile " its been re surfaced). As you leave the woods you come to a car park, with some toilets, at the track junction. Carry straight on past the car park and the roundabout. You will see the zoo on the other side of the road.
- 2** At the Zoo cross the road to the entrance using the zebra crossing. There are cycle racks on the cycle path here.
- 3** Return straight back along the cycle path

### **Optional extension to beach (1 mile all on cycle track)**

From the cycle path opposite the zoo entrance go back to the roundabout and turn right down the Allee du Grand Large, go into the woods, down to the seafront and turn left, this will lead you to the beach.

To get back to the campsite carry on alongside the wood and turn right at the junction by the car park and wc. This then takes you straight back to the campsite.

### **Extension into La Palmyre (2 miles)**

From the zoo carry on along the cycle path towards La Palmyre and at the end of the Cycle path take the left turn (not to La Residence) and go over one crossroads. There are cafes and shops here.

At the next junction turn left onto the cycle way down to the sea front and port where there are more places for a drink or ice-cream. Turn left on the cycle path along the promenade and follow this along to the beach and back to the track junction by the car park and toilets where you turn right back to the campsite

### **From Bonne Anse about 5 miles round trip**

Take the coastal cycle track to the left towards la Palmyre and go all the way along the seafront. At the beach at the end follow along by the woods and turn left through the car park and carry straight on past the roundabout. You will see the zoo across the road. Use the cycle racks to lock up your bike and cross the road using the zebra crossing

To return to Bonne Anse either

i) return to the roundabout and take the cycle path down Allee du Grand Large through the woods to the seafront and turn right all the way back to the campsite .

or

ii) carry on along the cycleway to its end and turn left ( not to La Residence) and go over one crossroad. At the T junction turn left down to the sea and then right along the seafront back to the campsite

### **Cycle Notes**

Distance 8 miles/13 km, with a possible extension of one or two miles.

Grade Moderate

Terrain Cycle tracks and tarmac roads.

Suitable Families

Time All day to allow a visit to the zoo.

Start/end Camping le Puits de l'Autre, St Palais

Map IGN 1332 ET1:25 000, Royan Foret de la Coubre

Facilities There are shops, toilets, a restaurant and a fast food outlet at the zoo and in La Palmyre.

Bike hire There are a limited number of bikes available to hire from the campsite, which you will need to reserve the evening before.

Other The zoo at La Palmyre is open daily between 9am and 7pm. You will need to allow at least four hours for a full visit. Admission is €13 for adults and €9 for children between the ages of 8 and 12.

See [www.zoo-palmyre.fr](http://www.zoo-palmyre.fr) for more information.

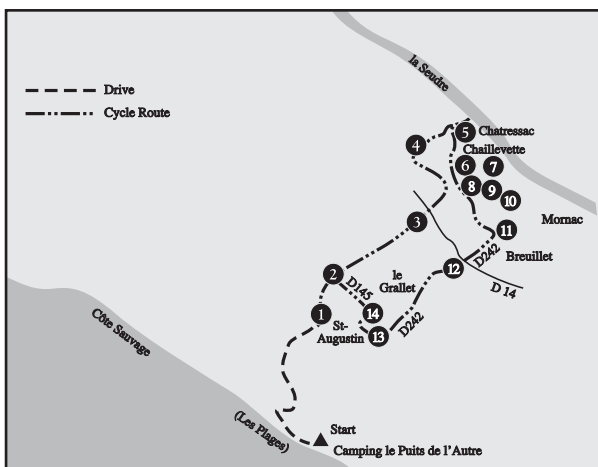
## Route Twelve 13.4mls/21km (2-3hrs)

### To and from St Augustin

This virtually flat ride allows you to explore a completely different scene from the tourist beaches and resorts of the region. It is in an area where the shellfish industry flourishes and unusual flat-bottomed boats travel up and down the channel.

*"The roads through the area are flat, straight and very quiet. Drainage ditches, fringed by tall reeds criss-cross the area, there are cattle and horses in large fields, and herons, egrets and buzzards are present in good numbers"*

David Wilson, Cumbria.



### To get to the start point from Camping le Puits de l'Auture

The route starts and returns from St Augustin. Leave the campsite and turn right. Follow the one-way system and you will see SP for St Augustin. As you enter the small, well spread out village, go left at the junction and continue straight along this road. You will pass a supermarket on the left hand side and there is a tight bend. Just before the sign indicating that you are leaving the town, turn left into a short, wide road, you can park on the grass on the right hand side.

### Route Description

**1** From the parking place, turn left onto the D145. The road rises and falls in a lazy s-bend and you come to a crossroads where you should turn right, just by the small bridge.

**2** The road ahead is narrow and straight, with reed lined drainage channels on either side. It is above these channels that you are most likely to see the bird life of the region. At the fork in the road, go left. The straight section ends with a sharp s-bend and a slight incline.

**3** At the next junction, you should go straight over bringing you to the main road, where you need to go right, then left, SP Les Brandes and La Potterie. Continue straight ahead towards La Potterie, ignoring roads off to the left and right SP La Potterie, until you come to a T-junction where you should turn left.

**4** After about 50m, turn right onto Rue des Vallades. At the T-junction, turn right onto Rue Chateau d'Ea.

**5** Cross over the railway line and down into the village of Chatressac.\* You should now stay on this side of the railway line until you cross back over it in the village of Coelouges.

**6** From the village square, where you will find a war memorial, go straight ahead, SP D140, Chatressac. Then straight ahead again at the next two junctions, both SP Port de Chatressac. This brings you out on the main channel, La Seudre, where you can enjoy some excellent views.

**7** You should now retrace your route down the road to the junction with the Co-op supermarket, where you should turn left, SP Chaillevette.

**8** At the next junction, turn left again, continue straight ahead at the T-junction and you will find yourself in the hub of the shellfish industry. There are many sheds, ponds, tanks and boats, and it is good to explore.

**9** Return to the T-junction, turn left, SP Rue de Port, which brings you into the village square of Chaillevette. Turn left out of the square on Rue de Bourg, and after 100m, turn left SP Rue Le Marvoux and Mornac. Stay on this road as

you leave Chaillevette and after about 1 mile, pass through a small wood. Keep right through a vineyard & keep right again at the next junction. Always without crossing the railway.

**10** The road brings you to the hamlet of Coelouges. Here you should cross over the railway line and turn left, alongside the railway

**11.** At the junction, turn right, SP Royan. At the crossroads, go straight ahead SP Breuillet on the D242.

**12** At the D14, go straight across, SP St Augustin. The outskirts of Breuillet merge with Le Grallet, and as you leave the hamlets you descend. The road bends sharply right and then left at the bottom of the hill. After the second left hand bend, you should go straight ahead onto a minor road, which has no signpost.

**13** Follow this road for half a mile and then turn right into a lane (SP with a 'Chaussée Deformée sign) Take care along here as the road surface is quite damaged. After about a mile, you should go straight ahead at the left turn, and then turn left at the junction, onto a better road surface.

**14** At the crossroads, turn left onto the D145, which takes you back to St Augustin and your car.

\*It is worth noting that the village names are somewhat confusing at this point. The map indicates that the village is Chatressac, but the sign on the post office states Chaillevette. We have used map names in the route description.

### Cycle Notes

Distance 13.4miles/21km.

Grade Moderate

Terrain Quiet, flat roads. One part on badly surfaced roads.

Suitable Families, used to traffic

Time 2-3 hours excluding stops.

Start/end St Augustin

Map IGN 1332 ET 1:25000 Royan Forêt de la Coubre

Facilities There are a few shops along the route.

Bike hire There are a limited number of bikes available to hire from the campsite, which you will need to reserve the evening before.

## Golf Guide

With its warm microclimate, the Vendée is an ideal golfing destination. It is well worth a visit to the sweeping fairways of the spectacular Golf de Royan, which has the potential to become one of France's top courses. All levels of golfer will find something to challenge them at Port Bourgenay, a wooded American style course with plenty of water hazards.

### Local Golf Courses

The Vendée offers a good choice of golf courses - some sheltering in the coastal pine forests, others in the grounds of splendid manor houses. Here, we have listed some of the best, offering a variety of courses to suit all golfing requirements. Handicap certificates are required by many courses however, as the minimum advised level is usually 35 for men and women, this should rarely present a problem. We would advise you to book tee times in advance, particularly in high season.

### Formule Golf Pass

This pass offers unlimited access to different courses. You have double the length of the pass to use it. It offers a reduction in the price of green fees, and costs €78 for two days (extra days €39). Half price for under 21's. See [www.formule-golf.com](http://www.formule-golf.com)

### Useful Web Addresses

#### Golf Chains

Blue Green: 16 golf clubs; [www.bluegreen.com](http://www.bluegreen.com)

Formule Golf: 15 golf clubs; [www.formule-golf.com](http://www.formule-golf.com)

Nouveaux Golf de France: 13 clubs; [www.ngff.fr](http://www.ngff.fr)

Open Golf Club: 8 golf clubs; [www.opengolfclub.com](http://www.opengolfclub.com)

#### Other useful addresses

French golf on-line: [www.backspin.com](http://www.backspin.com)

Yahoo golf listings: [www.fr.sports.yahoo.com/golf/france](http://www.fr.sports.yahoo.com/golf/france)

If you have been to any golf courses in this region that you would or would not recommend, please let your courier know.

### **Golf Club de St Jean-de-Monts**

18 Holes, Par 72

5 Holes (compact course).

Length: 6683yds, 5962m

Handicap Requirement: No handicap required.

Green Fees: Between €35 - 60.

Address: Avenue des Pays de la Loire, 85610 St Jean-de-Monts

Tel: 02 51 58 82 73

Location: St Jean-de-Monts 1ml.

Distance from Canvas Sites: St Jean Les Amiaux 1ml, St Jean La Yole 5mls, St Jean Acapulco 4mls, St Jean Clarys 5mls; St Hilaire Biches 9mls, Jard sur Mer 45mls, Longeville 50mls, La Tranche 56mls.

Course Description: Nine holes are played along the coastal pine forest, which offers some protection from the elements; the other nine are on the Atlantic shore. In Scottish links style with excellent modern facilities.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, bar, putting green, practice area.

### **Golf des Fontenelles**

18 Holes, Par 72

Length: 6775yds, 6402m

Handicap Requirement: Max. 35.

Green Fees: Between €34 - 47.

Address: Route de Coëx, 85220 L'Aiguillon Sur Vie

[www.formule-golf.com](http://www.formule-golf.com)

Email: [golf.fontenelles@formule-golf.com](mailto:golf.fontenelles@formule-golf.com)

Tel: 02 51 54 13 94

Location: St Gilles Croix-de-Vie 6mls.

Distance from Canvas Sites: St Hilaire Biches 8mls, St Jean Acapulco 13mls, St Jean La Yole 16mls, St Jean Clarys 14mls; St Jean Les Amiaux 20mls, Jard sur Mer 25mls, Longeville 30mls, La Tranche 40mls.

Course Description: Highly individual maturing course meandering through woods and overlooking attractive stretches of water. A flat and subtle layout with some long holes. Well known for its driving range.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, putting green, driving range.

### **La Domangère**

18 Holes, Par 72

4 Holes (compact course)

Length: 7085yds, 6479m

Handicap Requirement: No handicap required.

Green Fees: Between €34 - 47.

Address: Route de La Rochelle, 85310 Nesmy

[www.formule-golf.com](http://www.formule-golf.com) E:[golf.domangere@wanadoo.fr](mailto:golf.domangere@wanadoo.fr)

Tel: 02 51 07 65 90

Location: 4mls south of La Roche-Sur-Yon.

Distance from Canvas Sites Longeville 17mls, Jard sur Mer 19mls, La Tranche 21mls, St Hilaire Biches 34mls, St Jean La Yole 42mls, St Jean Acapulco 42mls, St Jean Clarys 43mls; St Jean Les Amiaux 42mls.

Location: 4mls south of La Roche-sur-Yon.

Course Description: Well designed with some very long holes, including a 600 yard par 5. Challenging, fair and very pretty. Dominated by water hazards. Clubhouse in a fine 18th century building.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, putting, practice area.

### **Golf de Port Bourgenay**

18 Holes, Par 72

Length: 6392yds, 5845m

Handicap Requirement: Max. 35.

Green Fees: Between €34 - 47.

Address: Golf de Port Bourgenay, 85440 Talmont-St-Hilaire

[www.formule-golf.com](http://www.formule-golf.com) E:[golf.bourgenay@formule-golf.com](mailto:golf.bourgenay@formule-golf.com)

Tel: 02 51 23 35 45

Location: Les Sables d'Olonne 9mls.

Distance from Canvas Sites: Jard sur Mer 8mls, Longeville 13mls, La Tranche 19mls, St Hilaire Biches 25mls, St Jean La Yole 38mls, St Jean Clarys 39mls; St Jean Les Amiaux 38mls, St Jean Acapulco 38mls, Ile de Ré 60mls.

Course Description: Overlooks the ocean, not too testing but offers a fair challenge to players of all levels. Plenty of water hazards, wooded. Manicured American style course.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, putting green, practice area.

### **Golf de Pornic**

18 Holes, Par 72

Length: 6684yds, 6112m

Handicap Requirement: No handicap required.

Green Fees: Between €34 - 47.

Address Av. Scalby-Newby, 44210 Pornic

[www.formule-golf.com](http://www.formule-golf.com) Email: [golf.pornic@formule-golf.com](mailto:golf.pornic@formule-golf.com)

Tel: 02 40 82 06 69

Location: In Pornic; Nantes 35mls.

Distance from Canvas Sites: St Jean Les Amiaux 28mls,

St Jean La Yole 30mls, St Jean Acapulco 32mls, St Jean

Clarys 30mls; St Hilaire Biches 35mls.

Course Description: Undulating with holes of varied difficulty. The first five are played over a hilly landscape the remainder being more of links course with well-defined greens.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, putting green, practice area.

### **Golf de Trousse-Chemise**

9 Holes, Par 32

Length: 2596yds, 2360m

Handicap Requirement: No handicap required.

Green Fees: Approx. €38.

Address: Rte de la Levée Verte, 17880 Les Portes en Ré

<http://perso.wanadoo.fr/golf.trosse.chemise/>

Email: [golftroussechemise2@wanadoo.fr](mailto:golftroussechemise2@wanadoo.fr)

Tel: 05 46 29 69 37

Location: On the Ile de Ré; La Rochelle 28mls.

Distance from Canvas Sites: Ile de Ré 13mls, Longeville

65mls, La Tranche 64mls, Jard sur Mer 66mls.

Course Description: A good test of golf over its nine-hole length. Fairly flat with thick rough and tricky greens.

Nice views but can be windswept.

Facilities: Trolley and club hire, pro-shop, putting green, practice area, lessons.

### **Golf de la Préé**

18 Holes, Par 72

3 Holes (compact course)

Length: 6486yds, 5931m

Handicap Requirement: No handicap required

Green Fees: 18 holes €39-50; 9 holes €28-42

Address: Marsilly, 17137 Nieul-sur-Mer

[www.golflarochelle.com](http://www.golflarochelle.com)

Email: [golflarochelle@wanadoo.fr](mailto:golflarochelle@wanadoo.fr)

Tel: 05 46 01 24 42

Location: La Rochelle 5mls

Distance from Canvas Sites: Ile de Ré 17mls, Longeville

33mls, La Tranche 33mls, Jard sur Mer 38mls, Palmyre

50mls, St Palais 52mls, Marennes 38mls.

Course Description: Reminiscent of a British links course both in style and surroundings. The layout borders the Bay of Aiguillon with superb views of the Atlantic Ocean.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, bar, putting, practice area, lessons.

### **Golf du Manoir de Beauvoir**

18 Holes, Par 72

Length: 6669yds, 6098m

Handicap Requirement: No handicap required.

Green Fees: Between €23 - 45.

Address: 635 Route de Beauvoir, 86550 Mignaloux Beauvoir

[www.manoirdebeauvoir.com](http://www.manoirdebeauvoir.com)

Email: [info@manoirdebeauvoir.com](mailto:info@manoirdebeauvoir.com)

Tel: 05 49 55 47 47

Location: Poitiers 7mls.

Distance from Canvas Sites: Ile de Ré 75mls, Longeville

81mls, La Tranche 72mls, Jard sur Mer 85mls.

Course Description: Set in the grounds of the Manoir de Beauvoir hotel. Well maintained and surrounded by pines and oaks. Water provides a hazard on 8 of the holes and the fairway widths vary.

Facilities: Buggy, trolley and club hire, pro-shop, bar, restaurant, putting green, lessons.

### **Golf d'Oléron**

9 Holes, Par 36, 6 School Holes, Par 18

Length: 3226yds 2908m

Handicap Requirement: Handicap required.

Green Fees: Approx. €15 - 46.

Address: La Vieille Perrotine, 17310 St Pierre d'Oléron

Email:

[golfdoleron@castel.asso.fr](mailto:golfdoleron@castel.asso.fr)/[GOLFOLERON@CYBERSCOPE.FR](mailto:GOLFOLERON@CYBERSCOPE.FR)

Tel: 05 46 47 11 59

Location: Saint Pierre 5mls; Royan 35mls.

Distance from Canvas Sites: Palmyre 23mls, St Palais 32mls, Ile de Ré 62mls, Marennes 16mls.

Course Description: A links style layout on the Atlantic coast. There are a number of holes where water comes into play and the sand dunes also provide a challenge.

Facilities: Pro-shop, restaurant, bar, 2 putting greens, practice area, club and trolley hire, driving range.

### **Golf de Royan**

18 Holes, Par 71

6 Holes, Par 20 (compact course)

Length: 6474yds, 5920m; 1020yds, 932m

Handicap Requirement: Max. 35.

Green Fees: €46 - 58

Address: Maine Gaudin, 17420 Saint Palais sur Mer

Email: [golfderoyan@wanadoo.fr](mailto:golfderoyan@wanadoo.fr)

[www.golfderoyan.com](http://www.golfderoyan.com)

Tel: 05 46 23 16 24

Location: Just outside Royan beach resort; Royan 4mls.

Distance from Canvas Sites: Palmyre 2mls, St Palais 9mls, Ile de Ré 61mls, Marennes 22mls.

Course Description: Designed in 1977 and set amidst a rolling pine forest, this spectacular course has the potential to become one of France's best. Visually stimulating, 'Augusta by the sea' was one description. Closed on Tuesdays.

Facilities: Buggy and club hire, pro-shop, restaurant, bar, putting green, practice area, driving range.

### **Golf de Saintonge**

18 Holes, Par 68

Length: 5491yds, 5021m

Handicap Requirement: No handicap required.

Green Fees: Approx. €37.

Address: Route du Golf, 17100 Fontcouverte, Saintes

Email: [golfdesaintonge@club-internet.fr](mailto:golfdesaintonge@club-internet.fr)

Tel: 05 46 74 27 61

Location: Saintes 2mls, Cognac 20mls.

Distance from Canvas Sites: St Palais 29mls, Palmyre 33mls, Ile de Ré 64mls, Marennes 26mls.

Course Description: First 9 holes run through the remains of a Roman aqueduct. Second set of 9 holes offer great views of Saintes and its three bell towers.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, practice area.

### **Golf de Cognac**

18 Holes, Par 72

4 Holes (practice compact course)

Length: 6700yds, 6142m

Handicap Requirement: Max. 35.

Green Fees: Between €30 - €45

Address: St-Brice, 16100 Cognac

Tel: 05 45 32 18 17

[www.golfducognac.asso.fr](http://www.golfducognac.asso.fr)

Email: [golfducognac@wanadoo.fr](mailto:golfducognac@wanadoo.fr)

Location: In Cognac.

Distance from Canvas Sites: St Palais 46mls, Palmyre 51mls, Marennes 41mls.

Course Description: Built about twenty years ago, this is not a difficult golf course. Wide fairways and forgiving greens make it ideal for the higher handicapper.

Facilities: Buggy and club hire, pro-shop, restaurant, bar, putting, practice area.

**Up to date information.**

The information contained in this guide has been compiled from reports written by Canvas customers. This information was last updated in 2006. We have not verified the information herein and cannot attest to its accuracy.

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We are constantly looking for ways to improve our service and would be grateful for your comments about our activities booklets. If you have any suggestions, or if any of the information in this booklet is inaccurate, we would like to hear from you.

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