

# ACCESSIBLE TOURISM GUJAN-MESTRAS



Office de  
Tourisme  
GUJAN-MESTRAS

Do not litter

Terra Ostra



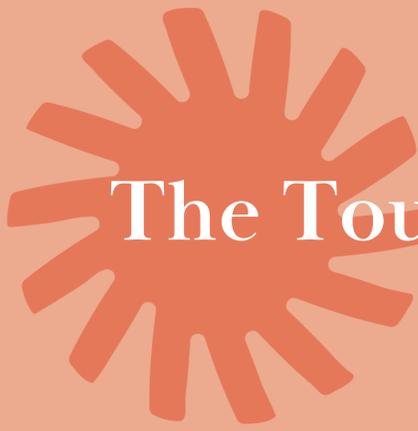
ÉTABLISSEMENT PUBLIC INDUSTRIEL ET COMMERCIAL | SIRET : 493 568 307 00026 | +33 (0)5 56 66 12 65  
37 AVENUE DU MARÉCHAL DE LATTRE DE TASSIGNY 33470 GUJAN-MESTRAS





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# The Tourist Office of Gujan-Mestras

Tourism and Handicap is a brand of quality of reception created by the Ministry of Tourism in 2001 for customers with disabilities, to take into account the expectations and needs of disabled people. This mark identifies the accessibility of places of vacation, leisure or culture, for people who need adaptations for the main disabilities:

- Motor
- Visual
- Auditory
- Mental

The Tourist Office of Gujan-Mestras is ranked **catégorie I**.  
It is certifies for **3** disabilities:



## Contact us

Toursit Office of Gujan-Mestras  
37 avenue de Lattre de Tassigny  
33470 Gujan-Mestras

+33 5 56 66 12 65

[www.tourisme-gujanmestras.com](http://www.tourisme-gujanmestras.com)

[tourismegujanmestras@terraostra.com](mailto:tourismegujanmestras@terraostra.com)



# Discover the bay of Arcachon

## Arcachon

### **LE TOUR DE L'ÎLE AUX OISEAUX**

Guided tour, **2h** (only in French) departure **Arcachon**.

You will see:

- the Cabanes Tchanquées
- oyster farms
- oyster-farming hamlets on the Cap Ferret peninsula
- Arcachon waterfront and its ancient villas

### **LA LITTORALE, DE L'ÎLE AUX PORTES DE L'OCÉAN**

Guided tour, **2h30** (only in French) departure Arcachon.

You will see:

- the Cabanes Tchanquées
- oyster farms
- oyster-farming hamlets on the Cap Ferret peninsula
- Arcachon waterfront and its ancient villas
- Dune du Pilat and the Banc d'Arguin



## Booking

You can buy the tickets **at the Tourist Office of Gujan-Mestras**.  
**37 avenue du Maréchal de Lattre de Tassigny**  
**+33 5 56 66 12 65**

For the disabled people (with a motor disability): Bookings have to be made directly at **Union des Bateliers d'Arcachon** 72h in advance.

**Union des Bateliers Arcachonnais (UBA):**

+33 5 57 72 28 28

[lesbateliers@orange.fr](mailto:lesbateliers@orange.fr)

# Discover the bay of Bassin d'Arcachon



## Le Cap Ferret

Oyster-farming hamlets on the Cap Ferret peninsula : free stroll.

- Claouey
- Le Four
- Les Jacquets
- Petit Piquey
- Pirailan
- Le Canon
- L'Herbe
- La Vigne
- Le Cap Ferret



## La Teste de Buch



Discover the Dune du Pilat, the highest sand dune in Europe!

Free entrance.

Paid parking.



## Le Teich



The ornithological reserve is the perfect place to walk, learn about the flora and fauna, observe the birds at time of migration.

A path is designed for disabled people.

**+33 5 24 73 37 33**

# Gujan-Mestras, the city of 7 ports

Take your time to go for a stroll through our seven oyster farming ports.

The different ports of Gujan-Mestras :

- Port de la Mole
- Port de la Barbotière
- Port du Canal
- Port de Larros
- Port de Gujan
- Port de Meyran
- Port de la Hume (marina)



The port of Larros is the most famous port of Gujan-Mestras.

On the port de Larros, La Maison de l’Huître welcomes you for the discovery of an exceptional oyster, the real gem of the Arcachon Bay. A tour divided into 3 parts: a film, a guided visit and an outside space where you can go by yourself and better understand the local environment.

At La Maison de l’Huître you will find a souvenir shop.



**Maison de l’huître**  
Port de Larros,  
33470 Gujan-Mestras

+ 33 5 56 66 23 71

[maison.huitre@terraostr.com](mailto:maison.huitre@terraostr.com)  
[www.maison-huitre.fr](http://www.maison-huitre.fr)

# Boat trip - Departure La Hume

In French



With UBA

## **LE TOUR DE L'ÎLE AUX OISEAUX**

Guided tour, 2h30 (only in French).

From April to October.

You will see:

- the Cabanes Tchanquées
- oyster farms
- oyster-farming hamlets on the Cap Ferret peninsula
- Arcachon waterfront and its ancient villas

## **CROSSING OF THE BAY OF ARCACHON**

Cross the Bay of Arcachon from La Hume to Cap Ferret in 1 hour.

From June to September.

Traditional boats

## **TOUR DE L'ÎLE AUX OISEAUX**

Get on board with Benoît for a tour of the Ile aux Oiseaux or for an oyster tasting experience, on a traditional boat of the Arcachon Bay.

## **INSTANT PLAISIR AU CABANES TCHANQUÉES**

Oyster tasting stop at the bottom of the Cabanes Tchanquées with Fred.

## **DÉCOUVERTE DE BIGANOS ET SA CONTRÉE SAUVAGE**

Get on board with Fred to go to the port of Biganos, wild land at the end of the Arcachon Bay.

More information : **+33 5 56 66 12 65**



# Nature in Gujan-Mestras

## ☀ La Hume's beach

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La Hume's beach is a must with a beautiful panoramic view on the Bay.

Lifeguard on duty in July and August, **from 10am to 7pm.**

La Hume's beach has got disabled facilities: [Label Handiplage niveau 2.](#)

Tides timetable are available at the Tourist Office of Gujan-Mestras.



## ☀ Parc de la Chêneraie

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Go for a quiet and nice walk in Chêneraie park along the edge of the "Canal des Landes" which links the fresh water of Cazaux to the Bay. This is an ideal place to go for a stroll or for running.

## ☀ Magdeleine lake

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With its island and the pine forest around the play areas and the picnic sites, the Magdeleine lake is a good place to relax and have a walk.





Toilet

Disabled access

## Leisure activities

### **Aqualand**

Route des Lacs

**+33 5 56 66 39 39**

### **Golf blue green**

Route de Sanguinet

**+33 5 57 52 73 73**

### **Bassin Aventures**

16 avenue des Loisirs

**+33 6 82 60 95 30**

### **Bowling**

8 avenue des Loisirs

**+33 5 57 15 39 45**

### **Casino**

2 avenue des Loisirs

**+33 5 57 73 00 78**

### **Cinéma Gérard Philippe**

Place du vieux marché

**+33 5 56 66 24 40**

### **Kid Parc**

131 Route des Lacs

**+33 5 56 66 06 90**

### **Parc de la Coccinelle**

Parc de Loisirs La Hume

**+33 5 56 66 30 41**

### **Laser Game Evolution**

20 avenue des Loisirs

**+33 5 56 54 31 26**

### **Max' Golf**

16 avenue des Loisirs

**+33 6 82 60 38 32**

### **Médiathèque et ludothèque**

**Michel Bézian**

Allée Mozart

**+33 5 57 52 54 60**

### **Mini-port pirate**

Route du lac de la Magdeleine

**+33 6 50 99 72 48**

### **La Maison de l'Huître**

Port de Larros

**+33 5 56 66 23 71**

### **Piscine et Spa**

9 avenue des Loisirs

**+33 5 57 16 31 60**

### **La cité perchée**

16 avenue des Loisirs

**+33 6 82 60 95 30**



Toilet

Disabled access

# Restaurants

## **Caf t ria Crescendo**

Centre commercial Grand Large

**+33 5 56 66 97 70**

## **La F ria**

Lac de la Magdeleine

Chemin du Loup

**+33 5 57 52 48 41**

## **La Table du Golf**

Route de Sanguinet

**+33 5 56 22 23 70**

## **Cr perie Le T galet**

Place de la Claire

**+33 5 56 54 05 77**

## **La Marine**

91 port de Larros

**+33 5 56 66 40 00**

**+33 6 20 72 16 45**

## **La Gourmandise**

84 route des Lacs

**+33 5 56 83 40 21**

## **Le chef est une femme**

2 place du Vieux March 

**+33 9 53 81 86 59**

## **L'Ost ria**

4 avenue du Mar chal Leclerc

**+33 5 57 52 45 33**

## **La Vache sur le Toit**

2 route des Lacs

**+33 5 57 52 42 51**

## **Bistro 50**

50 avenue de la Plage

**+33 5 57 16 35 43**

## **Bistrot R gent (casino)**

Lac de Magdeleine

2 avenue des Loisirs

**+33 5 56 66 35 26**

## **Les Pavois**

113 Port de Larros

**+33 5 56 66 38 71**

## **Les Viviers**

Port de Larros

**+33 5 56 66 01 04**

## **Vitelli**

16 avenue de Lattre de Tassigny

**+33 5 56 66 49 46**

## **La Brasserie de l'Angle**

28 rue Edmond Daubric

**+33 5 56 66 00 25**

## **Le Limon**

62 avenue de la Plage

**+33 6 23 26 21 73**

## **Lou Totem**

243 route des Grands Lacs

**+33 5 56 54 66 72**

## **La cuisine Eph m re**

153 route des Grands Lacs

**+33 6 59 15 67 15**

# Accommodation

## Hotels

### Hôtel Ibis Styles \*\*\*

3 avenue des loisirs

**+33 5 57 16 29 97**

### B&B \*\*\*

1 avenue des loisirs

**+33 8 92 70 26 70**

## Holiday village

### Odalys Vacances\*\*\*

Les Greens du Bassin - Golf de Gujan

Route des lacs

**+33 5 56 22 72 01**

**+33 8 25 56 25 62**

## Apartments

### Les 12 de Larros

Port de Larros

**+33 6 99 75 94 74**

### Home Place Apartments

140 cours de Verdun

**+33 6 07 56 10 84**

## Campsites

### Camping Green Village \*\*\*

243 route des Lacs

**+33 5 64 10 20 20**

### Camping municipal de Verdalle \*\*

2 allée de l'Infante

**+33 5 56 66 12 62**

### Camping Routes du Monde ATC \*\*

1 allée de l'Infante

**+33 5 56 66 12 24**

**+33 1 55 26 93 70**

### Camping ANAS

58 rue Dejean

**+33 5 56 66 12 50**

### Camping des 4 CE

9 bis allée des Vanneaux

**+33 5 57 16 32 82**

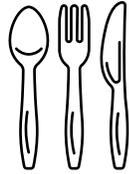
### Aire des 3 Coccinelles

12 avenue des Loisirs

**+33 6 88 99 65 72**

**+33 6 81 30 25 74**

# Takeaway



## Loola's Diner

83 cours de la République

**+33 7 81 46 67 06**



## Au Chalet Gourmand

198 avenue de Lattre de Tassigny

**+33 5 56 54 67 38**

## Kaiji Sushi

28 cours de Verdun

**+33 5 56 83 91 47**

## La Pizza Gujanaise

28 bis cours de Verdun

**+33 5 56 66 72 66**

## Pokégreen

28 cours de Verdun

**+33 9 87 05 41 16**

## Les Pizzas de Mamma

Centre commercial Grand Large

**+33 5 56 66 63 28**

## Crousty la Hume

38 route des Lacs

**+33 7 68 19 43 49**



## Cuisine d'Orient

116 cours de la République

**+33 6 65 48 94 71**

## Domino's Pizza

102 cours de Verdun

**+33 5 33 09 58 58**

# Oyster tasting

## ☀️ Port de La Hume

### **Les Richesses d'Arguin**

12-15 Port de La Hume

**+33 5 56 22 19 82**

### **Cap au Large - Chez Marie**

45 Port de La Hume

**+33 5 56 66 18 12**

### **Chai Nina**

Port de La Hume

**+33 7 64 01 24 27**

## ☀️ Port de Meyran

### **Chez Bidart**

Cabane 100

Port de Meyran centre

**+33 6 49 79 64 22**

### **La Cabane des Jaud**

Port de Meyran Ouest

**+33 6 62 35 42 66**

## ☀️ Port du Canal

### **Chez David**

Cabane 240

Port du Canal Est

**+33 6 88 03 90 35**

### **La Cabane à Ludo**

Port du Canal

**+33 5 56 66 06 03**

## ☀️ Port de Larros

### **La Baraque à Huîtres**

117 Port de Larros

**+33 5 57 15 12 07**

### **L'Huître Papillon**

Port de Larros

**+33 6 30 46 58 77**

### **Le Routioutiou**

Port de Larros

**+33 5 56 66 97 40**

### **Les petites folies**

Cabane 53

Port de Larros

**+33 6 40 44 05 82**

### **Chez Mimi**

Port de Larros

**+33 6 85 31 32 15**

### **Cap Noroit**

29 rue du Port de Larros

**+33 5 56 66 04 15**

### **L'effet Mer**

Cabane 31

Port de Larros

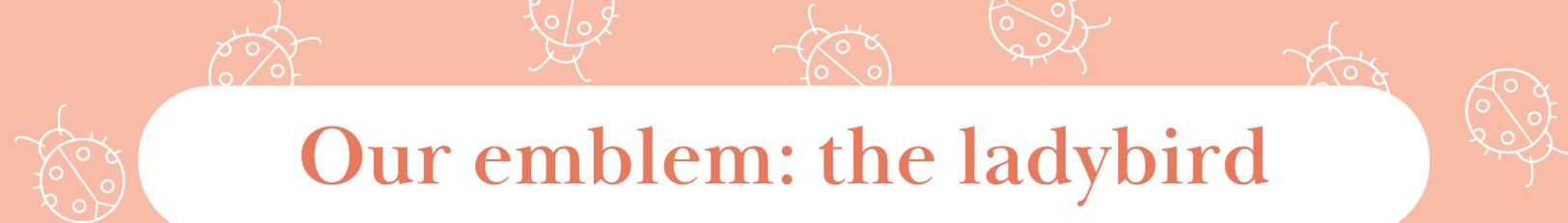
**+33 6 67 74 09 63**

### **Cabane chez NicolÉa**

Port de Larros

**+33 6 16 91 66 81**





# Our emblem: the ladybird

In the 19th century, Gujan-Mestras had nearly 300 hectares of vineyards.

The **wine** produced there was not of the highest quality, but the local fishermen enjoyed it enough to drink it. However, at the start of the 20th century, an **unknown evil** befell the Gujan vines.

The sailors turned to the **priest** for help. After careful consideration, he solemnly announced, “the cause of the evil that is killing your vines is the **Barbot!**”.

In the local dialect, the term ‘barbot’ refers to **insects** such as beetles, cockchafers, leaf beetles and, of course, ladybirds. Prepared to do anything to save their vines, the people of Gujan-Mestras asked the holy man to perform masses and processions in the vineyards.

This affair caused a stir in the region and earned the residents of Gujan-Mestras the nickname of ‘barbots’ from the people of La Teste, a neighbouring town.

And that’s how the Barbot, transformed into a beautiful little **ladybird**, became the town’s **emblem**.

In 1923, the rugby players of Gujan-Mestras proudly displayed the ladybird on their jerseys during a match against La Teste. A **symbol** was then born.

The Ladybug can be found everywhere in Gujan-Mestras...  
So keep your eyes peeled – **it might bring you luck!**

# Useful information



## Markets:

Car park of the train station of **Gujan-Mestras**  
Wednesdays from 8 am to 1 pm

Place de la **Claire** (small market)  
Saturdays from 8 am to 1 pm



## Pôle de Santé (hospital):

Avenue de l'Europe  
33260 La Teste de Buch  
**+33 5 57 52 90 00**



## Medical laboratories:

**Cerballiance**  
2 allée Montaigne  
33470 Gujan-Mestras  
**+33 56 22 32 92**

**Biolab 33**  
Centre Commercial Grand Large  
Avenue de Césarée  
**+33 5 54 07 35 24**



## Useful numbers:

Police force: **17**  
87 avenue de Césarée

Fire department: **18**  
65 avenue de Césarée

SAMU (Ambulance): **15**

European emergency call: **112**

Sea emergency: **196**

# Useful information

## Public toilets – free

### La Hume district:

- Parc de la Chêneraie
- Gare de la Hume
- Port de la Hume
- Plage de la Hume
- Cinéma
- Skate Park

### Meyran district:

- Place Henri Gaillard

### Larros district:

- Jetée du Christ
- A côté des établissements Dubourdiou
- Place du Pointon
- Gare de Gujan-Mestras

### Mairie district:

- Derrière l'école Pasteur
- Place de la Claire



## • Public transport

COBAS – Service des transports



## • Banks

Toutes les banques sont accessibles aux personnes  
À mobilité réduite.



## • Post Office

11 allée René Fourgs  
9 av. de Lattre de Tassigny



# Contact us



## Tourist Office

37 avenue du Maréchal  
de Lattre de Tassigny  
33470 GUJAN-MESTRAS  
+33 5 56 66 12 65

[tourismegujanmestras@terraostr.com](mailto:tourismegujanmestras@terraostr.com)

Visit  
our website



Office de  
Tourisme

GUJAN-MESTRAS

## Schedule

01/04 au 24/10

Monday to Saturday	9h30 - 12h30 14h - 17h30
Sunday	10h - 13h

26/10 au 26/03

Monday to Friday	9h30 - 12h30 14h - 17h30
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06/07 au 23/08

Monday to Saturday	9h30 - 18h30
Sunday	9h30 - 13h