

A preserved territory, Landes Atlantique SUD (LASUD - South Atlantic Landes), it's living and breathing completely by doing outdoor activities, in the water, on the floor, in the air, always out of respect for Mother Nature.

Live together, share, have fun, taste and add value to the local's products. Go in search of a land and his history, his heritage and inhabitants.

Soft mobility become your guidelines.

This is the watchword of all inhabitants who are involved every day in the respect and the preservation of this environment, which determinates the local and sobriety choice, and limits their activities impact.

Landes Atlantique Sud has a lot of partners who are already involved in a sustainable process on the territory, guided by the Intercommunal Tourist Office, which is also committed in the same process.

JOIN OUR TEAM I

NVOLVED

Come to meet us, we will give you precious advice, and we will help you find the best sustainable way to discover our territory that is a source of happiness for us and for everybody who live it.

MOLIETS-ET-MAA

IN THE HEART OF NATURE



L'AMAZONIE LANDAISE

Do you know the Courant d'Huchet nature reserve, in Moliets-et-Maâ? You can explore the area on foot or by boat (accompanied by our charming boatmen). Once you are surrounded by the tropical vegetation, you will see why this nature reserve is nicknamed "L'Amazonie Landaise" – you will feel like you are on the other side of the world.

you will see why this nature reserve is nicknamed – you will feel like you are on the other side of the **THE GOLF COURSE**

People also come to Moliets-et-Maâ to play golf between the forest and the ocean. Golfers, whether beginners or experts, can play this 27-hole course designed by Robert Trent Jones all year round.

For getting around on holiday, leave the car behind and pedal your way around the incredible network of cycle paths connecting the golf course and the beaches, to the village.





THE BEACH

In Moliets-et-Maâ, the main beach is the quintessential place for surfing, sunbathing, chatting, laughing, having an ice cream, building sandcastles and more; anyone looking for something livelier will be able to enjoy the full range of shops along the esplanade.

For those looking for a quieter, more private beach, we recommend the plage des Chênes Lièges, away from the crowds.

"Come to Moliets for an enjoyable holiday with total peace of mind."

THE VILLAGE OF MOLIETS-ET-MAÂ IS DISCREET, BUSTLING, LIVELY AND AN INCREDIBLY "NATURAL" SETTING, THANKS TO THE COURANT D'HUCHET NATURE RESERVE

IN THE VILLAGE

Moliets-et-Maâ is a typical Landes village, festive and teeming with life all year round.

If you are in search of a secluded corner, follow the marked trails leading off from the arches; the Moliets and La Prade lakes await you at the end of the trail. If you are a fan of small heritage buildings, stop by the Chapelle Saint Laurent: this well-preserved structure is an ideal place for a break on your way to Pichelèbe.



FORESTS, BEACHES AND LAKES : THE THREE ESSENTIAL KEYWORDS OF YOUR STAY IN MESSANGES I SEA AND SAND AS FAR AS THE EYE CAN SEE

WELL-PRESERVED HERITAGE

This charming village, bordered to the west by the ocean and located between Vieux-Boucaux and Moliets-et-Maâ in the south of Landes, has an exceptionally rich heritage.

The flourishing natural surroundings are the green heart of the village, with an imposing forest covering ³/₄ of this section of Landes countryside.

An environment like this is obviously favourable to relaxation, with two fine sandy beaches, a beautiful cycle path through the forest and away from the hustle and bustle, and two gorgeous walks around the lakes of La Prade and Moïsan.

ONE VILLAGE, TWO PACES OF LIFE

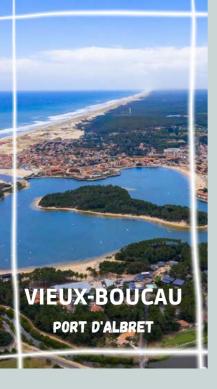
All year round, sports and cultural associations organise events like the C'Rock Maïs music festival, outdoor sporting events, village festivals...these festivals are moreover the opportunity for residents of Messanges to get together and share in the incredible atmosphere.



TRADITIONS AND EVENTS FOR EVERYONE

In the summer, the traditional sardinades, sardine barbecues for the whole village announced by cannon-fire, are essential events for anyone looking to soak up some local culture.

"The rural seaside charm of the village is certain to win you over during your stay."



THIS FAMILY-FRIENDLY SEASIDE RESORT IS APPRECIATED FOR ITS UNIQUE LANDSCAPE OF EXTENSIVE BEACHES AND A MARINE LAKE

BY BICYCLE

The town is structured around the lake and the island, and is crisscrossed by an extensive network of cycle paths that let you get around on a daily basis and explore the countryside.

You can head off in several directions from the centre of the resort : towards the three beaches at Vieux-Boucau ; to the lake in Messanges or Soustons ; and to the Landes forest via the Vélodyssée network.

THE BEACH AND THE SEAFRONT

There are a number of watersports schools right on the seafront. Supervised beaches are within easy reach, a few metres from the centre. This is surfing, swimming and surfcasting territory.

THE MARINE LAKE AT PORT D'ALBRET

An attractive 4-kilometre circuit around the marine lake lets you explore by foot, by bike or by stroller, and get a healthy dose of fresh sea air. At sunrise, it is a favourite destination for anglers and joggers and the atmosphere is both relaxed and sporty, with waiters beginning to bustle around the outside seating at cafés.



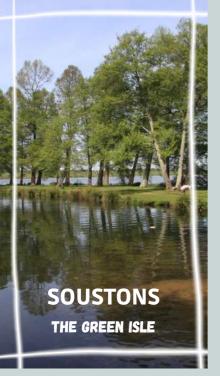


A LIVELY RESORT

The town's vibrant energy is shown in the wide range of events organised along the Promenade du Mail and the arena, right at the heart of the village : it is a hotspot for traditional 'course landaise'.

Shows by traditional local stilt-walkers and Basque pelota players also take place all summer long.

Here, the seasonal market is open 6 days a week – the more the merrier ! That will delight fans of local products !



SOUSTONS KEEPS ITS TRADITIONS AND ITS EXCEPTIONAL SURROUNDINGS ALIVE ALL YEAR ROUND.

NATURE ALL AROUND

This town has 5 lakes, each of which has its own unique scenery that is a source of wonder and delight. Rowing and sailing are only two of a wide range of activities available at the site, ranging from fishing to stand-up paddleboarding.

Soustons is in the heart of the Landes pine forests, in a nest of greenery that conceals a vast network of cycle paths and green lanes. Multiple kilometers of footpaths await any keen hikers.

BY THE WATERSIDE

At only a few metres from the Atlantic and the Gulf of Pinsolle, the marine lake's expanses of sandy beach are perfect for a swim out of the reach of the waves and under a refreshing pine forest...the dream location for enjoying a dip with your little angels.

The ocean just around the corner is the essential spot for surfing while surrounded by unspoiled nature. The beach itself is perfectly preserved and is visually stunning.



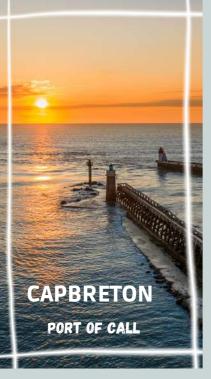


RENOWNED CUISINE

Soustons has numerous traditional restaurants and tasting farms where you can sample the famous delicacies of the Landes region to your heart's content : foie gras, confits, garbure stew, tourtière apple tart or (less well-known but impressive nonetheless) peanuts.

FERIAS, BANDAS AND BODEGAS I

Courses landaises with cows, novilladas, stilt-walker shows and Basque pelota tournaments take place in quick succession, to the delight of visitors. These major events reach their apex in the summer, when the daily routine stops for several days: it is the season of the ferias, which go on until very late at night... Absolutely unmissable !



DISCOVERING OR REDISCOVERING CAPBRETON IS ABOVE ALL ABOUT EXPLORING THE PORT, THE ONLY ONE IN LANDES. IMAGINING A NAUTICAL LIFE

THE EMBLEMATIC ESTACADE

Take a tour via the Pier, the emblem of this coastal town, from where you can see everything that makes up Capbreton : the colourful hulls of the fishing boats, children calling out to anyone who comes aboard, the fishing lines that rise to meet visitors as they pass, and every day a different seascape of waves.

MARVEL AT A REMARKABLE TREASURE

Looking out in front of you, open your eyes wide and then close them again to imagine a vast canyon under the water, comparable in size to the Grand Canyon in Colorado ; you are now imagining the "Gouf" (submarine canyon) of Capbreton !

DISCOVER THE FISH MARKET

It is also about jostling for a place at the fishermen's stalls. The sight of so many fresh fish out of the nets will make your mouth water. Admire the know-how of the sellers, who are always eager to share their valuable advice and secret recipes with you.





A PROTECTED AREA

It is about strolling along the seafront, treading where untold thousands have trod before you, and enjoying a change of scene as you follow the path towards the dune. Capbreton is imbued with modernity, art and history but above all it is a natural location that is committed to preserving the environment.

DISCOVERING THE TOWN CENTRE

The town's architectural heritage spans and combines the styles of several centuries and has some surprises in store. Go past a charming chapel with picturesque frescoes before you head down the busy pedestrian street, studded with a motley range of little shops.

This lively street features delightful half-timbered medieval houses. Then, stop in front of this imposing church with its very original cylindrical tower. Inside, the church's famous paintings depict scenes from the life of Capbreton sailors, a testament to a glorious past going back to whaling days.



LABENNE-OCÉAN IS A FAMILY-FRIENDLY SEASIDE RESORT LOCATED BETWEEN NATURE AND THE OCEAN, NEAR THE BASQUE COUNTRY.

THE MARAIS D'ORX NATURE RESERVE

Whether you take the discovery circuit by yourself or accompanied by a naturalist guide, you will find there is plenty to learn about the incredible past of these marshes. It speaks, and even tells stories, for those who know how to listen. To get a better view, you can gain a little altitude and become a sentry for a day, from the top of a watchtower 7 or 10 m from the ground.

CYCLE ALONG THE BOUDIGAU RIVER

The cycle path weaves its way between dunes and the forest as it follows the path of the Boudigau canal along the Landes shoreline.

This path is open to pedestrians and cyclists. Exploring it on skates, by electric scooter or by gyropod is even more fun !





BEACH WITH A VIEW

When you go past the dune, you will see the beach stretch out for 3 km in front of you.

Take a stroll by the water's edge and enjoy the incredible view: the bay of the Basque Coast, the neighbouring Pyrenees to the South, and the dunes and the port of Capbreton to the North.

ON THE BEACH ESPLANADE

At this teeming hotspot of life, with its bars, events and sunset concerts, you can enjoy an ice cream in the afternoon or have a drink as the sun goes down, while your children play in complete safety in the fully equipped play area.



SAINT-VINCENT-DE-TYROSSE IS A BASTION OF TRADITIONS AND AUTHENTICITY AND STANDS AS THE GUARDIAN OF GASCON VALUES.

BETWEEN HERITAGE AND NATURE

This historical crossroads is an essential stop on the way of anyone looking to discover the South of Landes. Saint-Vincent-de-Tyrosse is the cement between coastal resorts and more traditional villages. It creates a geographical transition and a human connection across the entire territory.

Its heritage deserves a visit. The arena takes pride of place in the centre of town and bears witness to the importance of bullfighting in local culture.

Between heritage and nature, this is where a carefree way of living finds its common denominator.





THE SPIRIT OF ST-VINCENT-DE-TYROSSE

The spirit of Saint-Vincent-de-Tyrosse, so proud of its identity, so vibrant, so specific, is fuelled by trust, vitality and generosity... It is passed down from generation to generation, with each holder taking great care to respect their heritage.

Sport is the pure product of this. Here, in this rugby heartland, there is a saying : "Mass is said twice at Tyrosse : once at 11:00 and once at 15:00..." There is a whole love story between this village and its favourite sport.

The village is also synonymous with festive spirit, which really shines through during the local ferias.

All these shared moments of friendship are a reminder that St-Vincent-de-Tyrosse is indescribable – you have to experience it for yourself !



SAUBUSSE IS A SPA RESORT DEVOTED TO WELL-BEING AND RECHARGING YOUR BATTERIES. IT IS ALSO A CHARMING VILLAGE ON THE BANKS OF THE ADOUR RIVER AND A PLEASANT SPOT FOR A STROLL.

A STRONG CONNECTION

Saubusse is intimately linked with water. Its hot springs are renowned for their medicinal values. The thermal complex of Saubusseles-Bains is the perfect location to relax and be pampered, whether for an hour or for a whole week. Treat yourself to a Landesstyle massage, the speciality of the spa itself, which combines the effectiveness of a Turkish bath with a corn cob scrub.

HIKING

The area is best explored on foot or by bicycle. Between discovery trails, sporting treks and cycle paths, there is a route suitable for everyone. Especially worth checking out is the Scandibérique, a cycle touring route between Norway and Spain that passes through Saubusse on its way to the Basque Country.

THE THREE-COLOURED VILLAGE

The ochre of the proud, solid stonework, the green of luxurious nature and the blue of the ever-present water – these three colours constitute the coat of arms of the village, which can be proud of the extent to which each of these elements is respected and conserved.





A WEALTH OF TREASURES FROM THE PAST

Stone is the foundation of the village's heritage, and dates from ancient times. A 13th Century church listed as a historic monument, the Saint-Jean bridge that has appeared in so many artists' sketches, the old houses looking out over the Adour Quay, the beautiful residences and their facades looking out over the river, wash houses and fountains... which other little village can boast such a wealth of historical treasures ?

A TURBULENT ADOUR

The Adour and its repeated floods have sculpted *Les Barthes*, a rich natural environment between water and land, where calm and quietness reign. The thousand and one wild flowers in the fields invite visitors to tarry a while and give in to total relaxation. The only sounds are the clop of a horse's hooves, the gambol of a deer or the music of birdsong.

SECRET VILLAGES

Here, every village has its own festival ! Hospitality is the byword of every Gascony native. Whether you were born there or are merely passing through, what better way of getting to know each other than sharing a good meal ?



BENESSE-MAREMNE

Bénesse-Maremne is located on the royal road (the former Roman road) connecting Bordeaux to Bayonne, on the outskirts of the Marais d'Orx Nature Reserve. Its numerous commercial activities and its particularly dense network of community projects make it a particularly dynamic municipality.



ANGRESSE

The fountain in the centre of Angresse is a relaxing, restful spot, with its little porch surrounded by benches. Just nearby, you can view the 13th Century church with its square bell tower and its weather vane in the form of a stork. Les Barthes de Monbardon is a nature site that houses including numerous species little egrets, grey herons and common house martens.



TOSSE

Travellers passing through Tosse will be struck by the Romano-Byzantine church. listed as a Historic Monument in 1928. A large portion of the municipality is covered bv forest. Whether on foot or by mountain bike, the extensive are made for forest trails exploring. The spectacular Etang blanc, with its lush vegetation, pines and cork oaks, is an angler's dream !



SAUBION

Near the church in Saubion, you will find the Chapelle Notre-Dame and the Fontaine St Roch, famed for its therapeutic properties against skin ailments. You can also admire the village wash house.



MAGESCQ

Magesq is a fertile agricultural hotspot, with products including the Landes sand asparagus PGI (Protected Geographical Indication) used in local cuisine. For an immersive experience of nature, there are marked footpaths and mountain bike trails. together with the famous Nerthe Oak, listed as a "Remarkable Tree" and around 600 years of age. The arena is an essential part of local life.



AZUR

Azur, with a lake overlooked by a pontoon, offers an unspoiled natural setting and a spectacular view for anyone looking for a break. There is a rich local heritage, including examples of the traditional Landes farm with an open courtyard surrounded by oak trees known as an airial.



ORX

Orx contains part of the Marais D'Orx Nature Reserve. Whether you take the discovery circuit by yourself or accompanied by a naturalist guide, you will find there is plenty to learn about this incredible nature site. Wander idly through the quiet village centre and discover the Robert Dicharry spot, an ideal fishing location for anglers.



SAINT-JEAN-DE-MARSACQ

At the heart of the village, tradition and modernity coexist. "Quilles de trois" players meet up in front of the 16th Century church, listed as an historic monument. There are a large number of public events, plenty of footpaths for hikers looking to experience the charm of the village and the Adour river.



JOSSE

Josse is today famed for its river-based and open-air activities. These activities are centred around the Pont de la Marquèze bridge, a significant piece of modern art inaugurated in 1935. The "Scandibérique" European cycling itinerary no. 3, recently renovated, means you can follow the Adour by bicycle along the former towpath.



SAINT-GEOURS-DE-MAREMNE

The village is the gateway the territory. into His strategic geographical crossroads has made the most of its valuable location by establishing a major economic business park, and has already become headquarters the of Labeyrie, the flower of the French culinary industry.



SAINT-MARTIN-DE-HINX

Saint Martin de Hinx is located on the former crossing used by pilgrims on their way to Santiago de Compostela. Pilgrims would stop off at the Fontaine des douleurs St Martinoise for refreshment and to soothe the aches and pains of their long trek. It is even claimed to have health-giving properties...



SAINTE-MARIE-DE-GOSSE

Founded by Benedictine monks, the village is inextricably linked with the Gascon poet Isidore Salles. The heart of the village, which is dominated by the 12th Century church. Take a tour stretch of the along а Scandibérique, either by bicycle or on foot, and discover unique scenery and other curiosities: Barthes, tide gates, traditional houses, kiwi orchards and the tributaries of the Gaves réunis and Adour rivers.



SAUBRIGUES

Agriculture plays a major role in the local economy in Saubrigues, which has also made room for the cultural side of things by opening the "La Mamisèle" auditorium. This auditorium, which has been awarded the "Scène départementale" ("Departmental Stage") certification, is currently the venue for a wide variety of excellent concerts and performances. Forest & wide open spaces, silence & peacefully, conviviality & love of good food, sustainable & protection, sport & fresh air.





BIKE PATHS AS FAR AS THE EYE CAN SEE

CYCLISTS AND OUTDOOR, SEA-AIR ENTHUSIASTS, TAKE NOTE! SOUTH ATLANTIC LANDES CYCLE LANES, WHETHER COASTAL OR INLAND, ALLOW YOU TO ROAM THE AREA SAFELY ON MOSTLY FLAT AND THEREFORE EASY ROUTES.

A BEAUTIFUL WAY TO DISCOVER, AT YOUR OWN PACE, THE BEAUTY OF OUR VILLAGES AND SEASIDE RESORTS, AND TO FIND YOURSELF AT THE VERY CENTRE OF STUNNING LANDSCAPES AND LOCAL TRADITIONS!

VELODYSSEE

More than 40 km long, the coastal route runs alongside the ocean and connects every town between Moliets-et-Maâ and Labenne. It is one of the stages of the Vélodyssée, a cycle route more than 1,200 km long that links Roscoff and Hendaye all along the Atlantic Ocean.

This coastal route is connected to many cycle lanes leading to the beaches, of course, but also to certain villages inland: Azur, Soustons, Tosse, Angresse... Ideal for families who can therefore get around safely.





SCANDIBERIQUE

A little further south, the Véloroute towpath is one of the stages of the Scandibérique, linking Trondheim in Norway and Santiago de Compostela in Spain.

It crosses the Landes Atlantique Sud for more than 27 km and allows you to discover the Adour countryside, its marshes and the pretty village of Saubusse.



LANDES ATLANTIQUE SUD IS AN OPEN-AIR PLAYGROUND IDEAL FOR LETTING GO

IT IS A VERITABLE PARADISE FOR LOVERS OF NATURE AND WIDE-OPEN SPACES. AN OPPORTUNITY FOR EVERYONE TO GET A REAL BREATH OF FRESH AIR AND UNWIND FOR REAL!



SO MANY SENSATIONS!

It is so much FUN to swim in the refreshing ocean, to lounge around or play on a beach that stretches as far as the eye can see, to pick up your board and head for the waves, or simply to fish quietly while waiting for a tug on your line...

It is such a J0Y to take a flat-bottomed boat out on a tranquil lake, to let the wind catch the sails of your windsurfing board or sailing boat or to ride the currents on your stand-up paddleboard, surrounded by lush vegetation...

It is so **RELAXING** to explore the forest on foot, by bicycle, on roller-blades or on horseback, and to indulge in your favourite sport – jogging – in a peaceful, serene environment.

It is such a **THRILL** to tee off on a golf course by the sea or, for something more astonishing, to witness migratory birds take to the air in a nature reserve.



https://www.atlanticcoast-landes.com/activitieslandes/fitness-well-being/

> "ALL YOU HAVE TO DO IS PICK A THEME FOR YOUR TRIP!"

GASTRONOMY TAKES PRIDE OF PLACE IN THE ART OF LIVING ON THE LANDES SOUTH COAST.



YOU CAN'T ESCAPE IT, THE AREA IS BURSTING WITH HIGH-QUALITY PRODUCE!



FROM FISHERMAN TO GOURMAND

Pick up the catch of the day at Capbreton's fish market : depending on the season, you will find sea bass, meagre, red mullet, sole, mackerel, monk fish... without forgetting the famous "chipiron" or squid. Nearby rivers provide salmon, shad and lamprey whilst the region's lakes are teeming with zander, eel and trout.

COLORFUL PRODUCTS

Just as delicious are the white "sand" asparagus, the colour of which heralds their tenderness and freshness. Somewhat more surprising, the vitamin-packed Adour kiwi is fragrant and certified Red Label, and the local "vin de sable" (sand wine) ripens gently on the sunny white sand dunes.

RESPECTED TRADITIONS

However, the absolute must-try is undeniably the fattened goose or duck, reared on corn in accordance with ancestral methods. It is no coincidence that the famous Labeyrie brand is based in Saint-Geours-de-Maremne !

SOME FAMOUS PRODUCTS

As proof of their quality, many of these products today share a label, "Qualité Landes" (Landes Quality), which certifies the freshness of these local staples and guarantees an array of unrivalled flavours.



"BON APPÉTIT !"

FROM MEETING TO TASTING

All these delicious foods abound on local market stalls and can be tasted on site when visiting some producers. Wherever you go, you will always receive a warm and friendly welcome, in true Gascon spirit !

<u>https://www.atlanticcoast-landes.com/useful-</u> <u>information/restaurants/</u> <u>https://www.atlanticcoast-landes.com/activities-</u> <u>landes/all-visits/local-produce/</u>

THE LANDES ATLANTIQUE SUD REGION CAN TAKE PRIDE IN ITS FOUR GOLF COURSES, THREE OF WHICH HAVE AN INTERNATIONAL REPUTATION.

LANDES ATLANTIQUE SUD GOLF CLUB

WITH THEIR SANDY SOILS THAT ALLOW FOR YEAR-ROUND PLAY, THE NEARBY OCEAN, THE OMNIPRESENT FOREST AND ITS HINTS OF ROASTED PINE NEEDLES, RESIN, HEATHER AND SEA AIR : THE SETTING IS 100% NATURAL !



IN SOUSTONS-PLAGE

In Soustons-Plage, the 9-hole Pinsolle Golf Course is ideally located around a small natural lake.

An aquatic driving range, a putting green and an approach course provide players with the best possible training grounds.

THE HOSSEGOR GOLF CLUB

THE MOLIETS GOLF COURSE

Designed by American architect Robert Trent Jones, is nestled between the pine trees and the ocean.

GULF CLUR

It has an 18-hole course, including four unforgettable links sections on the Atlantic-facing dune, and a 9-hole course located right next to the club house.



With a typically British layout, the 18-hole Hossegor Golf Club is ranked as one of the world's best golf courses by the Rolex Book. Designed by Arnaud Massy and John Morrison in 1927, it has succeeded in preserving its originality. Its wide variety of doglegs and par 4 long holes explains its reputation as "challenging".



THE BLUE GREEN GOLF COURSE IN SEIGNOSSE

The Blue Green Golf Course in Seignosse is a real gem. Designed by Robert von Hagge, this 18-hole course with its winding fairway is both unique and legendary, nestled amongst the pine trees and cork oaks. It is appreciated by some of the best international players.

https://www.atlanticcoast-landes.com/activities-landes/golf-courses-landes/

The Atlantic or "La Mar" as we call it here!

Forever binds to the Adour, an unpredictable river full of history...

Here everything talks about water, stormy or calming, real place of playgrounds and learning, it welcomes you to travel and daydreams... Freedom and well-being sensations.



STARING AT THE PANORAMIC VIEW OF THE ATLANTIC OCEAN, WALKING THE ENDLESS BEACHES OF FINE SAND, VISITING THE RUSTIC TOWNS AND VILLAGES AND ADOPTING THE OUTDOOR WAY OF LIFE...

IN THE SOUTH COAST OF LANDES YOU WILL DISCOVER MORE THAN JUST PERFECT VACATIONS YOU WILL BE OFFERED A DEEPER, TIMELESS EXPERIENCE RECHARGING YOUR BATTERIES.

A LARGE RANGE OF CHOICES

Landing on Landes' south coast, one has to take the tough decision of choosing where to settle between the mains resorts.

Labenne at the frontier of the basque country, Capbreton and its famous port (the one and only of the region), Hossegor and its finest surfing talents, Seignosse between ocean and forest, Vieux- Boucau the heart of activities, Messanges under the pines, Moliets-et-Maâ and its hidden tresors, Soustons the authentic by nature.

OUTSIDERS BEWARE !

The ocean's air brings the energy to you. The fieldplay is limitless. You are the one setting the rhythm.

Feat in the water looking at the sky, on a board or in a hammock, alone or with loved ones : you will find your own formula for happiness.



THE REALM OF SURFING



With arguably the best waves of Europe, Landes' south coast is famous worldwide amougs surfers and ocean lovers. Hossegor, Capbreton, Seignosse, Moliets... as many places coveted by those who pratice the waves.

Begginers do not worry, the beaches and waves of Landes' south coast are perfect for you too !

The larges beaches, the foam of broken waves as well as the amazing surf teachers will allow you to progress safely.

And for a complete immersion inside the surf world, you can spend your stay in one of our surf houses, each one of these are surf friendly and offers their very own cool original visual features.



<u>https://www.atlanticcoast-landes.com/destination/destination-landes/</u>



CAPBRETON : A SEAPORT IN LES LANDES

Unique on Landes' coast, the Capbreton seaport is the one and only port of the entire region. And if there is a port, there are boats : one can see many different kinds in Capbreton, from to more traditionals ones to the newest generation of boats.

 Part of those boats belongs to the 19 fishermen who bring fresh fish everyday to the traditional fishmarket and to the many local restaurants.

> When weather and tides get along well, one can see the leasures boats go up and down the coast : it sure gives them another point of view to admire the wide beaches of Les Landes.

NO BOATS ?

If you feel better with your feat on the ground, enjoy the quays shores walking, riding your bike or on a segway. And if you hear the call from the ocean return the call to of our selection of one professionals to navigate the sea. Sailing or one motor boats it will be a memorable adventure.



FIND HEAVEN ON EARTH

The perfect little neast for your vacations, pick one that looks just like you !

- A large villa to welcome the A secret cabine hidden in entire family, to host friends and friends of friends?
- A room in a hostel « new A cabine in a surfhouse generation » next to the beach and the bars ? Come and enjoy the atmophere of summer nights between concerts and sunsets !
- the forest of les landes to disconnect?
- with a daily routine of surf, yoga, stand up paddle and of course some relaxing times in a hamac under the pines.
- A Neat loft with inpacable taste in decoration, a heathly and delicious breakfast? All will be served with a plonging view on the ocean !

SURFING PARADISE WELCOME TO SURFERS

Home to the best beach breaks on the continent, it is no coincidence that the Landes Atlantique Sud became the heart of European surfing. From Moliets-et-Maâ in the north to Labenne in the south, the 30-km-long stretch receives the full force of the Bay of Biscay's generous swell... With sand banks modelled and remodelled by winter storms and equinox tides sculpting the waves on good days... Welcome, surfers!

SPOTS FOR ALL LEVELS

The Moliets-et-Maâ, Messanges, Vieux-Boucau, Soustons and Labenne spots, with their long, regular waves, are perfect for beginners. Seignosse, Hossegor and Capbreton are undeniably the Mecca for surfers, and are world-famous for their beach breaks, considered as some of the best on the Atlantic coast.

Every year, the Quiksilver Pro and Roxy Pro, important stages of the Surf World Series, are actually held in Hossegor. The resort is even home to the headquarters of the French Surfing Federation.

BUT ALSO ...

Far from the ocean's rollers, nestled between the sand dunes and forests, huge calm lakes and waterways offer stand-up paddleboarding aficionados a completely different experience, that of total and silent immersion in bountiful nature.

<u>https://www.atlanticcoast-landes.com/activities-landes/surfing-and-board-sports/surf-schools/</u>

SET SAIL ENJOY THE OCEAN

Welcome to Landes Atlantique Sud, the ideal location for enjoying all the ocean has to offer. Head for Capbreton for a change of scene and set out for unknown climes, see the coast from the open sea this time and marvel at the stretches of fine sandy beach.

Whether you are travelling as a family, among friends or as a couple, the most important thing is to savour every moment, every new sensation and every new pleasure as soon as you have decided to set sail !

As soon as you set foot on the pontoon, your heart will start to race.

The excitement will reach its peak when you leave the port, following the line of the Pier and seeing its imposing struts for the first time, and you may feel a touch of pride as you glide smoothly past the onlookers.

Next stop : the open sea ! The ocean is now your own giant swimming pool.







AQUATIC ACTIVITIES IS WATER YOUR ELEMENT ?

No doubt you will find what you are looking for here ! With water all around in the form of lakes, the ocean or rivers, there are plenty of activities based around exceptional natural sites (canoeing, sea fishing, sailing, swimming, etc.). There are also many recreational activities (water parks and centres) for fun with friends or family. The beaches are a beautiful playground (sand castles, beach racket and ball games), and the ocean a huge swimming pool.

<u>https://www.atlanticcoast-landes.com/activities-landes/aquatic-activities/</u>

CANOEING KAYAKING

Go canoeing or kayaking across lakes and rivers or even in the sea, and discover the natural riches (fauna and flora) of the Landes South Coast. Practical, accessible and fun on still water, canoes allow you to spend some quality time together, in a privileged and exceptional environment.

https://www.atlanticcoast-landes.com/activities-landes/aquaticactivities/canoeing-kayaking/

LATITUDE FOR WELLNESS AND ... RELAX

The region's abundant nature provides the perfect setting for you to relax and recharge. In near silence, discover or rediscover the pleasure of strolling, running or cycling along shaded paths, or that of sailing across a lake, away from it all.

CLOSE YOUR EYES

The sand, the sea water, the sound of the waves and the sun are all beneficial, not only for the body, but also for the soul and spirit. On the beach, become one with the elements: fill your lungs with invigorating sea air, walk barefoot on the wet sand... unless you spontaneously decide to attend a yoga class? Ideal to relax and rebuild your self-esteem.

FOR YOUR WELLNESS

Indulge in some "you time" in the charming resort of Saubusse, in the bucolic setting of the Adour. Enjoy a Landes massage, one of the spa's signature treatments, combining the benefits of a steam room, a corn and thermal water scrub and an excellent massage.

JUST ENJOY...

Make the most of these special moments, in which you take the time to look after yourself. Elegant spas offer saunas, steam rooms, body massages, face care, etc. in a high-quality environment.



'BREATHE, RELAX, YOU'RE ON THE LANDES SOUTH COAST."

LASUD

YOU CANNOT DESCRIBE IT!

at Boga

YOU CANNOT EXPLAIN IT /

JUST LIVE ITI

LASUD IS A WELCOMING LAND OF CHAMPIONS, ALL CATEGORIES.

SOME OF THEM (LUCKIEST) DECIDE TO COME AND LIVE HERE TO ENJOY AN OUTDOOR PLAYGROUND FOR ALL THEIR CHALLENGES.

ANOTHER COMES TO PREPARE THE NEXT TOURNAMENT WITH THE CONVICTION TO FILL A LOT OF POSITIVE ENERGY.

CAPBRETON AND SOUSTONS, OUR TWO GAMES PREPARATION CENTRES FOR THE PARIS OLYMPICS GAMES 2024

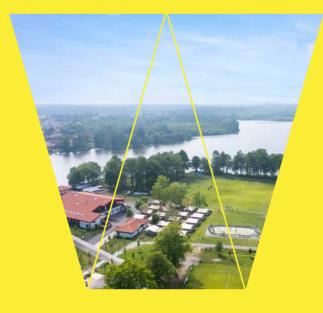
OFFER HIGH QUALITY SPORTS BUILDINGS SURROUNDED BY A REJUVENATION ENVIRONMENT.

www.landesofchampions.com

CAPBRETON ACROBATICS & URBAN SPORTS CENTRE



SOUSTONS PHYSICAL OUTDOOR ACTIVITIES CENTRE



ST-VINCENT-DE-TYROSSE RUGBY CENTRE





THERE ARE THE THREE MAIN MISSIONS OF A NATURE RESERVE.

A protected nature space should not be confused with a park, a zoo or a sports course, whose the natural heritage is stunning and sensitive, fragile and a well-known national site.

It is a relaxing place for the fauna and the visitor, which invite you to observe and discover with all your senses: listen, observe, smell, slow down... You are invited to this preserved place, which is also protected by you.

NATURE RESERVE !

Think about it and choose a guided tour by a natural guide to have the best experience.

Take some tips on the best moment of the day to discover it, the good behaviour to adopt inside and then you will enjoy better all the beauty, richness, fragility and incredible life nestled in these protected areas.

CHOOSE ONE OF THEM !

They are happy to welcome you all year round!

<u>https://www.atlanticcoast-landes.com/activities-</u> landes/all-visits/natural-sites/



MARAIS D'ORX LABENNE



ÉTANG NOIR SEIGNOSSE



COURANT D'HUCHET MOLIETS-ET-MAA

NEXT STOP ...

<u>https://www.atlanticcoast-</u> <u>landes.com/hikes-walks-cycle-</u> <u>routes/a-sainte-marie-de-gosse-</u> <u>circuit-de-la-basse-vallee-de-</u> <u>ladour/</u>

THE SCANDIBERIQUE

I choose to live a 100% natural moment because I have a little bit of time.

Walking shoes on, binoculars over the shoulder, I put myself as a novice ornithologist to go and observe nesting and migratory birds, who are settled in our dearly "Barthes", marshy meadow, located on the bank of the Adour.

What a surprise to see a flight of storks, to catch sight of raptors, egret, common crane and also some heron who are feeding... and many more ! The list is too long.

THE LANDES PONY

This time, I bring my family and my children on the Landes Pony tracks.

Here we go to the cradle of this Landes breed, in the direction of Saubusse, on a part of the Grande Barthes tour. Currently, in the course of a track, we are faced with these "Barthais" horses. Keep quiet...

The two mains words are observation and respect, to not disturb the



...THE ADOUR

<u>https://www.atlanticcoast-</u> <u>landes.com/hikes-walks-cycle-</u> <u>routes/a-saubusse-circuit-de-la-</u> <u>grande-barthe-2/</u>



animals' everyday life.

https://www.atlanticcoastlandes.com/hikes-walks-cycleroutes/euro-velo-lascandiberique/

THE "BARTHES"

I only have one idea on a beautiful spring day: to get some fresh air and move !

I decide to bring some friends for a little sportive trip along the Adour's towpath... A stroke of cycle and we have gone up and down the bike route between Saubusse to Ste-Marie-de-Gosse, along surprising landscapes shaped by the Adour River, diverted our course for some discovery-stops between old master's mansion and typical stone houses, peacefully strolled at the shade, for a lunchtime...

Anyway, we took full of eyes with a great deal of gentleness and serenity!

LASUD MAKES YOU THRILL /

CULTURAL AND SPORTS EVENTS, MEETINGS AND SHARING, THESE CREATE OUR TERRITORY DNA.

TO SUPPORT, TO ENCOURAGE, TO SING, TO DANCE, TO DISCOVER, TO FEEL, THESE ARE VERBS THAT WE CONJUGATE THEM ALL YEAR LONG.

FROM SPRING TO WINTER, ENTHUSIASM AND FERVOUR MAKE YOUR LAUGH AND EMOTIONAL MOMENT AS AN UNFORGETTABLE MEMORY.

WHAT ARE YOU WAITING TO LIVE THEM WITH US?

TO FIND ALL EVENTS

https://www.atlanticcoast <u>-landes.com/activities-</u> landes/events-and-<u>markets/</u>













LO<mark>CAL FERI</mark>AS

LASUD is also synonymous with festive spirit, which really shines through during the local ferias. It is an entire region that gets together over a few days for local events, sports matches, shared meals, musical evenings and unforgettable memories !

The local ferias are the social tie of all the territory.

LA<mark>NDES RA</mark>CE

The warm spirit of LASUD is also represented by the unmissable Landes race (bull race) in the bullring. The show begins with a parade of jumpers and spreaders who wear their precious and shiny clothes, accompanied by a traditional music band, a banda.

These courageous men (sometimes women) will impressive you by their acrobatics jumps and step aside in front of the emblematic Vache Landaise.

This tradition is indicative of the personality trait of a Landes' inhabitants: ease, bravery, determination... Emotions guaranteed !









F<mark>OLKLORE</mark> & BAS<mark>QUE PELO</mark>TA

LASUD is a guardian of our own tradition, folklore and sports. All summer long, you can discover and admire an impressive show by traditional stilt-walkers and basque pelota players, who take place in the specific court, as we call here *fronton*.

This traditional sport is very popular in the Landes.









Prepare your holidays: accommodation, activities/leisures, events...

WWW.ATLANTICCOAST-LANDES.COM



Take a road to the fresh smell of pines wood & waves sound.

YOUR MOBILITY ON THE SPOT

- Beach bus (Yégo) : from july to august beach lifts are free
- Timetable available on our agencies and on www.mobi-macs.org
- A huge cycling network : maps available on our agencies



Meet your future holidays adviser

WE WILL WELCOME YOU AND GIVE YOU SOME SECRETS SPOTS...

Moliets-et-Maâ agency	+33 5 58 48 56 58
Messanges agency	+33 5 58 48 93 10
Vieux-Boucau agency	+33 5 58 48 13 47
Soustons agency	+33 5 58 41 52 62
St-Vincent-de-Tyrosse agency	+33 5 58 77 12 00
Capbreton agency	+33 5 58 72 12 11
Labenne agency	+33 5 59 45 40 99