



Aquitaine

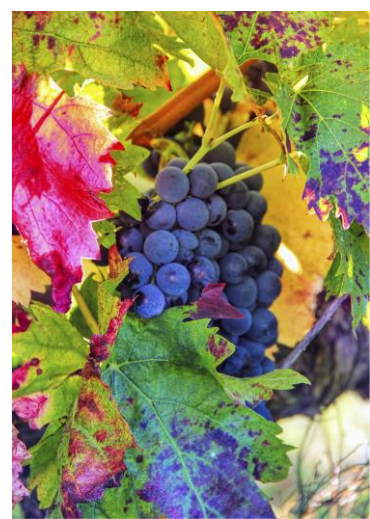
TRAVEL GUIDE

Oliver's Travels
— YOUR GREAT ESCAPE —

Aquitaine's reputation as a varied and enchanting destination is well-earned – whether you're looking for relaxation or excitement, this beautiful part of south-western France is a feast for every one of the senses. To make sure you're getting the very best of your holiday (and to clue you up if you're thinking of going) check out our wonderful travel guide – it's full of tips, info and the things you really shouldn't miss when you visit unforgettable Aquitaine.

AQUITAINE 101

CURRENCY	EURO	TIME ZONE	GMT +1
ELECTRICAL	TWO PIN ROUND	HIGEST TEMP.	30° C
LANGUAGE	FRENCH	LOWEST TEMP.	5° C
EMERGENCY	112	PEAK SEASON	APRIL - SEPT





TRANSPORT TALK



BY WHEELS

Aquitaine covers such a large area that your best bet for covering a decent chunk of it is to rent a car. Driving will also give you the freedom to travel to the quaint rarely explored corners.



BY BIKE

Cyclists who hit the roads of Aquitaine will find themselves well catered to, with many parts of the region equipped with segregated bike lanes and safe cycle tracks.



BY TAXI

When it comes to taxi services Aquitaine has many options available. You will find ranks in town centers as well as outside train stations.



BY WATER

The most direct ferry ports accessible to Aquitaine are the North West ones, these include Roscoff and St Malo Port, which are both served by Brittany ferries.



BY AIR

Fly directly from the UK to Bordeaux, Bergerac or Biarritz airport. There are flights from other destinations to Pau airport and Agen airport..



BY BUS OR TRAIN

Aquitaine has a well-functioning rail network, with the main line running from Paris Gare Montparnasse to Bordeaux, Bayonne, Biarritz and Hendaye.

HIDDEN GEMS AND ACTIVITIES

Lacanau

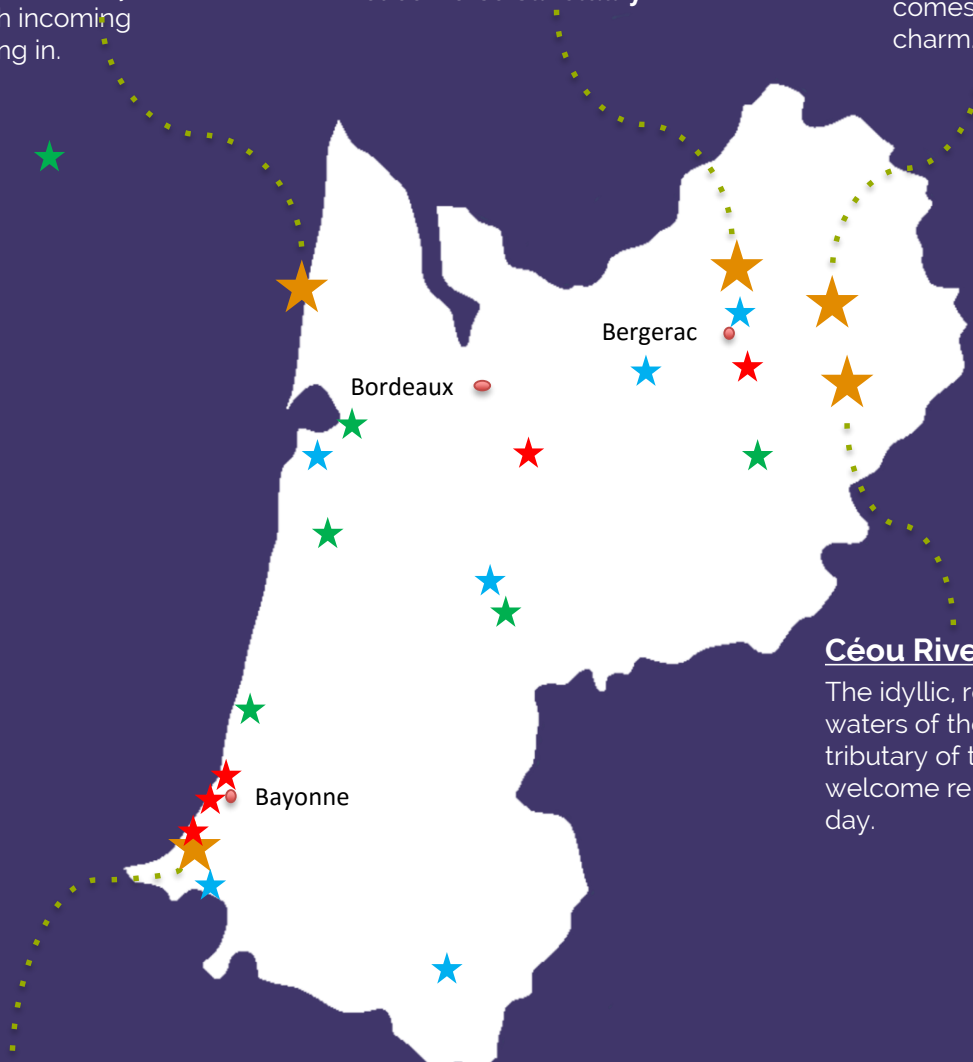
At Lacanau, you'll find a superb stretch of sandy shoreline with incoming rollers crashing in.

Brantôme Horse Sanctuary

Meet the folks who take workhorses at **Brantôme Police Horse Sanctuary**.

Limeuil

Limeuil might just take the biscuit when it comes to beauty and charm.



Céou River

The idyllic, refreshingly cool waters of the **Céou River** – a tributary of the Dordogne, provide welcome relief on a hot summer's day.

Espelette

A pleasant Basque village in the Pyrenees foothills that's known for its red chilli peppers.

- ★ Hidden Gems
- ★ Picks for Kids
- ★ Best Activities
- ★ Foodie Delights



TOP PICKS FOR KIDS

Spot Feathery Friends



Aquitaine is stunningly beautiful! Get the kids interested in nature with [Le Teich Bird Reserve](#). Located on the shores of Arcachon Bay, this nature reserve makes a great day trip for the whole family!



Storm the Castle



There are plenty of castles throughout the Aquitaine region that are sure to fire up the kid's imaginations. [Bonaguil Castle](#) has loads of stuff for young visitors to explore, including tunnels and dungeons!



Enjoy a Play Day



There's one thing all kids love, and that's theme parks. For a water park with a difference, try [AquaPark](#). Inflatables out in the open water with assault courses and trampolines? This water park is Kid Heaven!



Peer Into the Past



France is famous for gastronomy, so cooking with the kids using some local ingredients makes a great activity. At [Ecomusée de Marqueze](#) the kids can even learn to make delicious traditional pastries.



Climb a Lighthouse



For many young ones, lighthouses are what they recognise from the pages of storybooks. With [Cordouan Lighthouse](#), the adventure to get there is a reason enough to come, let alone the 301 steps to the top.



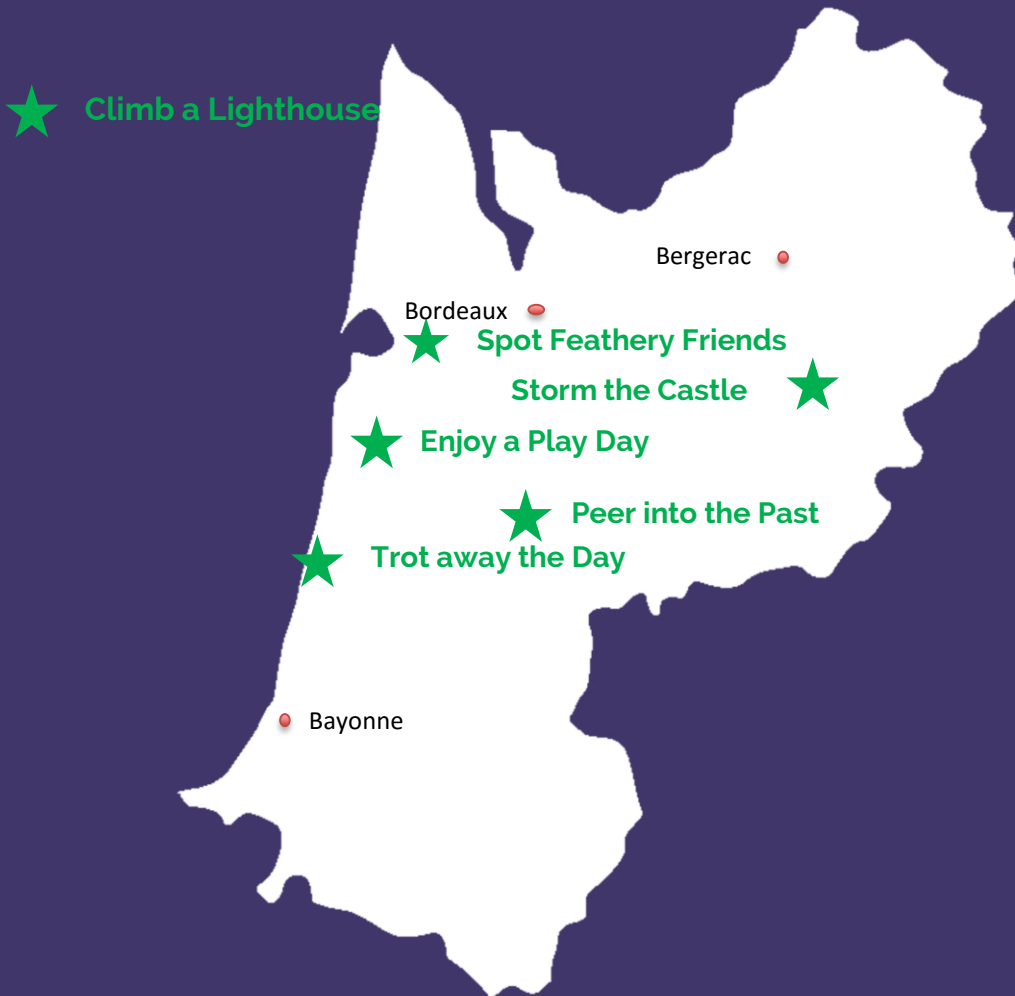
Trot Away the Day



[Centre Équestre Marina](#) has access to trails in both the Landes Forest and along the ocean. It's 10 docile ponies await your little riders, with sturdier steeds for adults. Choose from beginner lessons to more advance..



MAP IT OUT: WHERE TO FIND THE BEST FOR KIDS



CROWD-PLEASERS: BEST GROUP ACTIVITIES

Take the Handlebars



Aquitaine offers varied landscapes from coastal marshes to inland forests, perfect to be explored by bike. [Bike Hire Direct](#) is a great place to hire some cycles from. They'll even provide a free delivery and collection service.



Paddle Downstream



Take to Aquitaine's water! there's plenty of activities available and if you fancy something a bit more hands-on. Try [Brantome Canoe](#) hire canoes out for a trip down the river Dronne making an exciting day out!



Learn to Surf



Learn to surf! Aquitaine has some of the best surfing in Europe, with Biarritz in particular proving popular with boarders. [Surf en Buch](#) can sort you out with equipment and lessons.



Visit Forgotten Islands



If your friends or family have their hopes set on utter relaxation rather than adventure, [Bordeaux River Cruise](#) offer a much less physically demanding way to exploring the waterways of Aquitaine.



Test Your Mettle



Nothing bonds like a buzz from the lashing of adrenaline you are able to experience while canyoning in the Pyrenees. And With [Experience Canyon](#) you'll be sure to keep the whole group entertained!



Watch a Basque Sport



In Aquitaine's Basque Country, Cesta Punta – also called jai alai – is the sport of choice. [Cesta Punta](#) in Saint-Jean-de-Luz is the best place to watch the game which is extremely competitive, but easy to understand.



MAP IT OUT: WHERE TO FIND THE BEST FOR GROUPS





BEST FOODIE DELIGHTS



Les Belles Perdrix

[Les Belles Perdrix de Troplong Mondot](#) is a combined restaurant and winery that excels at pairing the right wine with your meal. Try this experience completed with breath-taking views of the local vineyards.



Les Frères Ibarboure



For a truly refined French dining experience, [Les Frères Ibarboure](#) in Bidart offers a grand 18th Century dining room and equally impressive food, with a range of French traditional classics to choose from.



Chateau Cantenac

[Chateau Cantenac](#) is a delightful winery found in Saint-Émilion, which as any good connoisseur knows is right at the heart of the world's best wines. Start off by learning about the Roskam-Brunots, before a tasting.



Chez Martin



Bayonne's [Chez Martin](#) is a pretty hip restaurant serving delicate dishes in an artisanal style – but it's not so formal that the whole family won't be welcome too. Be sure to book in advance to guarantee a table!



Dishes to Try

Aquitaine is famed for its duck and goose dishes, so you'd be crazy not to try some of the local **confit de canard**.

The region of Périgord is where you'll find some of the world's best **black truffles**.

Briketenia



Fancy a little fine dining? [Briketenia](#) might be hidden in the hills of Guéthary, but its Michelin star and superlative food is well worth searching out! Be sure to try there tasting menu.



MAP IT OUT: WHERE TO FIND THE BEST FOR FOODIES





We'd like to think we know travel pretty well. Since we first hatched [Oliver's Travels](#) in 2003 it's been essentially all we've talked about. You could call us obsessed.

Our extensive [blog](#), Oliver's Journal has got tons of information and inspiration on locations across Europe and the Caribbean. It's a one-stop shop for family-friendly holiday fun, the best group activities, foodie finds and a good dose of adventure. If you found this travel guide useful, (we hope you did!), you can find a whole host more on the blog, too!

At Oliver's Travels we don't do ordinary. From family chateaux and [villas in France](#), luxury [holiday homes](#) in the UK, to Mediterranean [villas with pools](#) and [Caribbean beach rentals](#), we have something for everyone, everywhere.



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