

# NAUTICAL GUIDE

**La Ciotat Tourist Office**  
[www.destinationlaciostat.com](http://www.destinationlaciostat.com)  
*#destinationlaciostat*





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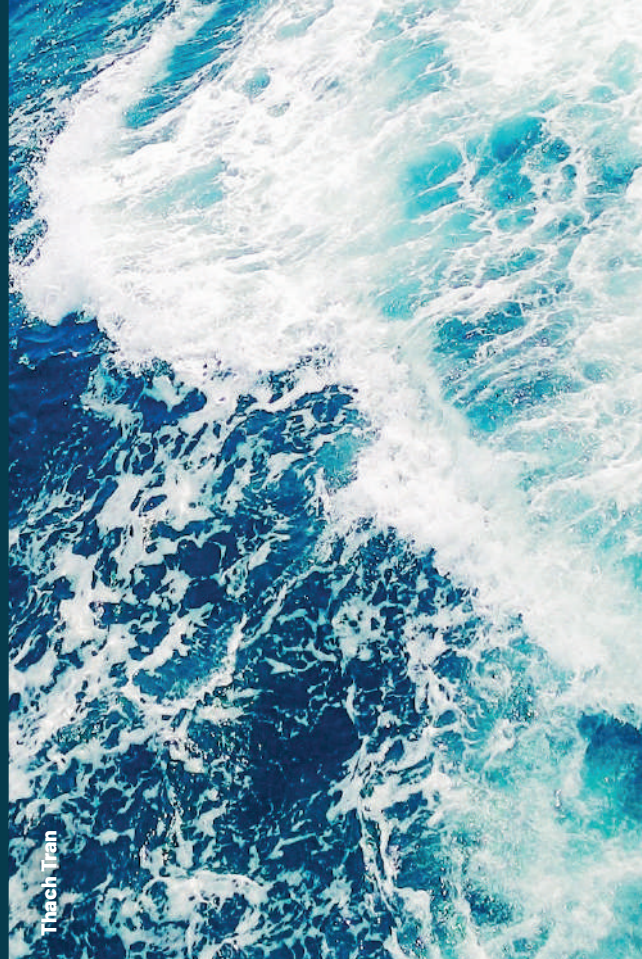


# Presentation

**The aim of this guide is to inform you about the nautical activities on offer in La Ciotat, as well as sharing a little of its fascinating history and maritime traditions.**

Its *barquettes* (small boats), *l'Île Verte* and the Calanques national Park will no longer hold any secrets for you.

Enjoy!



Thach Tran



DESTINATION

# LA CIOTAT

## SEASONS AND OPENING TIMES

### Low season

November - December - January - February - March  
Monday to Saturday (9:00 a.m. to 1:00 p.m. / 2:00 p.m. to 5:00 p.m.)

### Mid-season

April - May - June - September - October  
Monday to Saturday (9:00 a.m. to 12:30 p.m. / 2:00 p.m. to 5:30 p.m.).  
Sunday and public holidays (9:30 a.m. to 1:00 p.m.)

### High season

July - August  
Monday to Saturday (9:00 a.m. to 7:00 p.m.).  
Sunday and public holidays (10:00 a.m. to 5:00 p.m.)

## CONTACT

📍 Boulevard Anatole France  
13600 LA CIOTAT  
☎ +33 (0)4 42 08 61 32  
✉ [bienvenue@destinationlaciostat.com](mailto:bienvenue@destinationlaciostat.com)  
➔ [www.destinationlaciostat.com](http://www.destinationlaciostat.com)

## SOCIAL MEDIA

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📷 [destination\\_la\\_ciotat](#)  
🎵 [officedetourismelaciostat](#)



Offices de  
Tourisme  
de France





# Base Nautique (Water Sports Centre)

At the Port de Plaisance, the **Base Nautique Municipale (Municipal Water Sports Centre)** invites you to discover a range of nautical activities in one of the most beautiful bays in the world. Here you will find a range of businesses and associations offering activities in, on and under the water.

In partnership with voluntary organisations and the Town Hall, the Centre also helps to organise a variety of **water sports activities and events**, such as a sailing school for local schoolchildren.

In consultation with the Bouches-du-Rhône Departmental Directorate for the Territories (DDTM),

**it also draws up the buoyage plan, which plays a key role in the coordination and management of the beach rescue stations.** During the summer season, the Municipal Water Sports Center manages the **Handiplage beach accessibility scheme**, which falls under the remit of the French Department of Sports and Water Sports.

## Practical Info

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<b>Address</b>	Nouveau Port de Plaisance (New Marina)
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<b>Tel</b>	<b>+33 4 42 84 58 60</b>
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<b>Opening times</b>	Monday to Friday from 8:30 a.m. to noon and from 1:30 p.m. to 5:30 p.m. <i>Annual closure during the school holidays (end of December to the beginning of January)</i>
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# Calanques national Park

Jeremy Bezanger

Created on 18 April 2012, the **Calanques national Park** is the 10<sup>th</sup> French national park and the first in Europe that has land, marine and peri-urban zones.

Located on Provence's limestone coastline, the Calanques national Park, which includes Marseille, Cassis and La Ciotat, is renowned throughout the world for its breathtaking landscapes, remarkable biodiversity and cultural gems.

## Outstanding natural heritage

La Ciotat is one of the main gateways to the Calanques national Park. La Ciotat has many sites in the heart of the Park, including the two typical **calanques (rocky inlets) of Figuerolles and Le Mugel**. Linking La Ciotat and Cassis, the *Soubeyranes* cliffs are a Mecca for mineralogists. These majestic cliffs overlooking the sea are among the highest coastal

cliffs in France and offer spectacular views from the *Route des Crêtes*. These ochre-orange cliffs are made of **pudding-stone** (pebble conglomerate) unlike the *Massif des Calanques* that is made of white limestone.





## Regulations to ensure better safeguarding

The Calanques national Park is freely accessible and open to all, but as an outstanding natural area it is protected by special regulations, which are set out in a decree and a charter.

In order to protect this exceptional natural heritage, **regulations** have been put in place to control visitor numbers. **Eco-guards**, seasonal workers at the Park, greet and guide visitors.

## Regulations

Source: [www.calanques-parcnational.fr](http://www.calanques-parcnational.fr)

### In the marine zone of the Calanques National Park, it is prohibited to:



Use a **jet ski** and practice any other motorised water sports



Cause **noise pollution**



Catch or take any **protected species**



Fly above the Park with a **drone** or **model aircraft**



Fish in **no-catch zones**



**Sail, anchor or land** in prohibited areas

<b>Creation</b>	18 April 2012
<b>Land zone</b>	<b>8,500 hectares</b> and three municipalities (Marseille, Cassis, La Ciotat)
<b>Marine zone</b>	<b>43,500 hectares</b>
<b>Membership area</b>	<b>2,600 hectares</b> in three municipalities (Marseille, Cassis, La-Penne-sur-Huveaune)
<b>Adjacent maritime area</b>	<b>97,800 hectares</b>
<b>Biodiversity</b>	<b>140 protected land</b> animal and plant species <b>60 heritage marine</b> species
<b>Visitor numbers</b>	<b>2 million visitors</b> to the land and marine zones a year



# Calanques of La Ciotat

## Le Mugel

The **Calanque du Mugel** is a natural site sheltered by the **Bec de l'Aigle** rock formation. The stones have formed a reddish conglomerate over the eras known as La Ciotat.

The Calanque is home to a botanical park, **Le Parc du Mugel**, which is perfect for exploring on foot and discovering local plants, some of which are very rare. It has dense vegetation including many different species: holm oak, chestnut, bay laurel, cork oak, carob, laurustinus, Aleppo pines, umbrella and maritime pines, bamboo plantations, aromatic and medicinal plants, wild flowers, as well as many citrus trees and rose bushes.

A steep path leads to a viewpoint overlooking the sea.

## Figuerolles

Formerly planted with fig trees, hence its name, the **Calanque de Figuerolles** is characterised by the erosion of the pudding-stone and the *Rocher du Capucin*. Viewed from a nearby headland, the rock formation is also called the *Tête de Chien* or dog's head due to its striking resemblance to this animal.

The **Ilot du Lion** also has many incredible rock formations. Famous painters, such as *Georges Braque* and *Othon Friesz* have immortalised this landscape in their work. There is also a seaview hotel and restaurant.



# Most Beautiful Bays in the World Club



La Ciotat joined the very exclusive **Most Beautiful Bays in the World Club** in 2019 after its application listing the many natural assets of the **Golfe d'Amour** was accepted.

The aim of this club, which has extremely rigorous admission requirements, is to showcase the world's most beautiful bays and the efforts made to protect these environments, as well as encouraging sustainable tourism.

There are 43 bays (9 in France) in 26 countries in this club:

Name	Region
Bay of Les Sables d'Olonne	Pays-de-la-Loire
Bay of La Ciotat	PACA
Bay of Pouliguen	Pays-de-la-Loire
Bay of Somme	Hauts-de-France
Bay of Mont Saint-Michel	Normandy

Name	Region
Gulf of Morbihan	Brittany
Gulf of Porto and Girolata	Corsica
Bay of Fort-de-France	Martinique
Bay of Les Saintes	Guadeloupe



# Ile Verte (Green Island)

Only 420 metres from the shore, **Ile Verte** is the only wooded island in the Bouches-du-Rhône department.

On the island, **Aleppo pines** dominate, giving it its emerald appearance. Other typical species, such as myrtle, wild olive, Asphodelus and thyme are found alongside mushrooms, which are plentiful on rainy days. With a surface area of

**12 hectares**, the island crests at **49 m** at **Fort Saint-Pierre**. It is 430 m long and 260 m wide at its largest points. A regular shuttle service (April to October) runs to and from *Ile Verte*.



Calanques National Park

## Did you know?

In the past, *Ile Verte* was a paradise for rabbits. Today they have been replaced by 'gabians' (the local word for seagull in Marseille), which nest here practically all year round.





## A little history

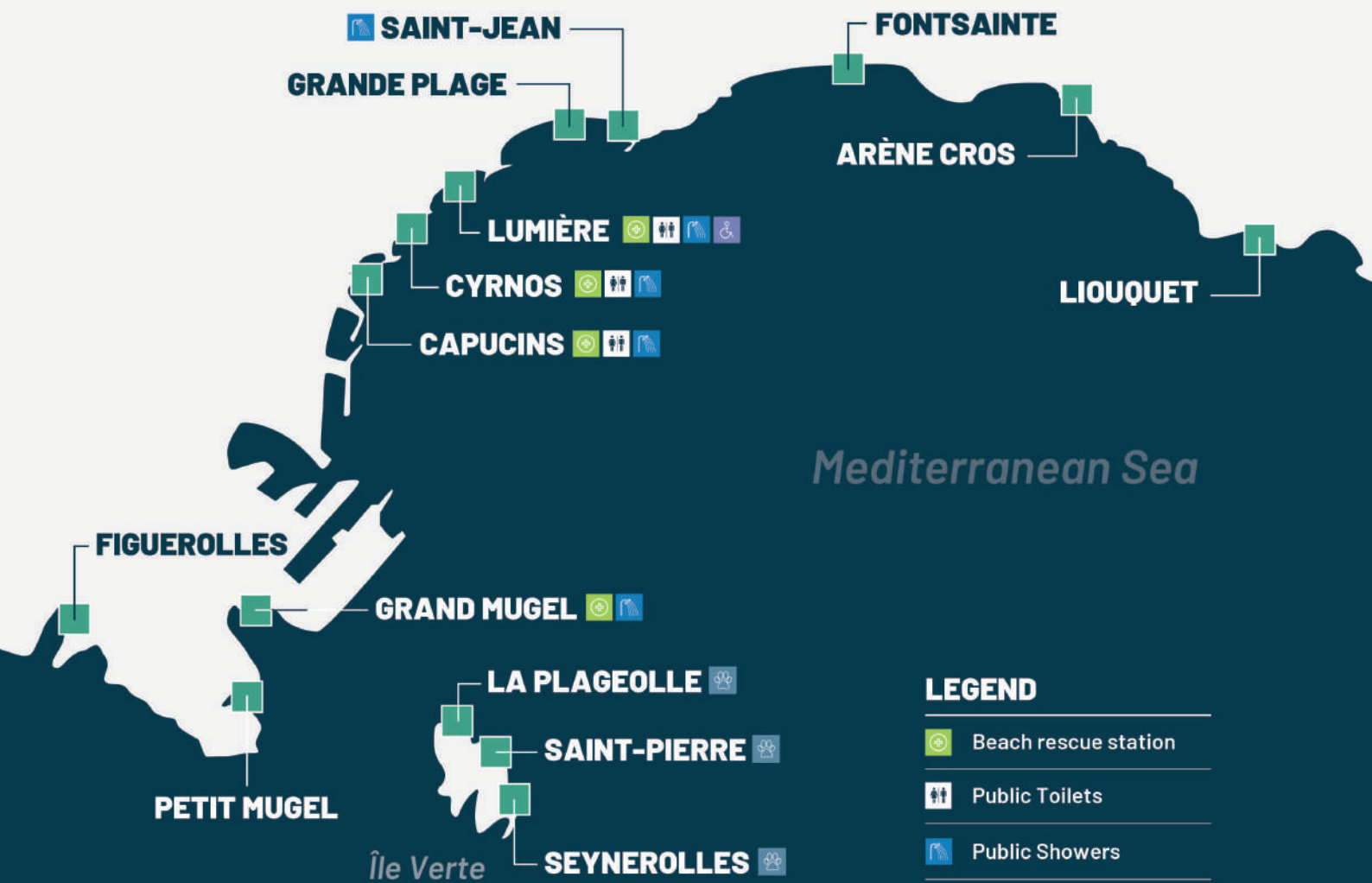
Until the early 19th century, **agriculture** dominated the island. During the First World War (1914 -1918), gunners were stationed here. At that time, two turrets were built on the heights. Four canons were transported to the *Calanque de Saint-Pierre*. But it was the Second World War that left indelible traces. The island's location makes it a point of strategic importance in the Mediterranean. Thus, in 1943, the Germans turned the

Ile Verte into an entrenched camp. They built a series of blockhouses linked by a network of underground galleries. You can still see the blockhouses today. And you can still see the craters made by shells in the pine forest.

## View of **Le Mugel** from **Ile Verte**







# Beaches

# Beach for disabled people

Created in 2001, it is a free scheme that helps people with reduced mobility access the beach and sea. The **Tourism & Disability label** on the **Lumière Beach** was renewed in 2020.

In order to offer bathing to people with reduced mobility, it is equipped with **7 tiralos** (a special type of beach chair) and **3 hippocampes** (all terrain wheelchairs) fitted with a motorised lifting system to transfer chairs to showers, changing rooms and lockers. The scheme has been designed to help people with **motor, visual, hearing and learning disabilities**.

## Practical Info

**Opening times**      June: Friday to Monday from 10:00 a.m. to 6:00 p.m.  
                              July/August: every day (including public holidays) from 10:00 a.m. to 6:00 p.m.  
                              September: Friday to Monday from 10:00 a.m. to 6:00 p.m.

**Tel**                    **+33 4 42 84 58 60** (Booking required)

*Seasonal workers are employed by the local council and are supervised by a manager and a coordinator.*

**Each water sports company or association shows whether it can accommodate people with disabilities thanks to this pictogram: **



# Ports





## SOCIÉTÉ NAUTIQUE DU PORT SAINT-JEAN


 Av. des Vieux Moulins

## NEPTUNE CLUB

 Av. des Vieux Moulins


 +33 4 42 73 41 62

 neptuneclub@orange.fr

 www.neptuneclub-laciotat.fr




## PORT DES CAPUCINS

 244 Av. du Président Wilson



## PORT DE PLAISANCE

 Boulevard Anatole France


 +33 4 95 09 52 60


 capitainerie.la-ciotat@ampmetropole.fr




## PORT-VIEUX

 46 quai François Mitterrand

 +33 4 42 83 80 27

 capitainerie@laciotat-shipyards.com

 www.laciotat-shipyards.com

*Mediterranean Sea*





# Traditional boats

**Three voluntary associations pay tribute to traditional boats in La Ciotat:**  
***Les Calfats de l'Escalet, Carènes* and *Autour de Sibylle*.**

***Calfats de l'Escalet*** unites traditional boat enthusiasts and owners. The association has around sixty boats including a dozen that have been awarded the prized **BIP national label** (listed heritage boats). Its main mission is to help restore boats, promote maritime heritage and host various events in the Port-Vieux (Old Port).

The aim of ***Carènes*** is to safeguard the maritime traditions of La Ciotat. Supported by the local authorities, its mission is to share, pass on and bring to life our region's heritage through regattas. Carènes has **150 members** and **80 boats** of all sizes, including **2 boats** which belong to the association and that are used for excursions.

***Autour de Sibylle*** offers sailing courses and teaches old navigation methods on board a **classic cutter from 1911** (listed heritage boat).

## LES CALFATS DE L'ESCALET

<b>Address</b>	GAP Club – Môle Bérourard
<b>Tel</b>	<b>+33 7 83 02 95 08</b>
<b>Email</b>	lescalfatsdelescalet@gmail.com
<b>Website</b>	<a href="https://calfatsdelescalet.webnote.fr">https://calfatsdelescalet.webnote.fr</a>

## CARÈNES

<b>Address</b>	Local Bon – 6 rue Jules Guesde
<b>Opening times</b>	All year long
<b>Tel</b>	<b>+33 6 19 83 44 99</b>
<b>Email</b>	carenes13600@gmail.com
<b>Facebook</b>	@careneslaciostat

## AUTOUR DE SIBYLLE

<b>Tel</b>	<b>+33 6 16 57 55 76</b>
<b>Email</b>	asso.sibylle@gmail.com
<b>Facebook</b>	@association.autour.de.sibylle

# Diving

## PLONGÉE PASSION

Diving club for individuals and groups, photography courses on request (certificates, scuba diving, children's diving)

<b>Address</b>	40 rue Piroddi
<b>Opening times</b>	All year long
<b>Tel</b>	+33 4 42 08 94 13 / +33 6 07 59 66 51
<b>Email</b>	plongee passion-laciotat@wanadoo.fr
<b>Website</b>	www.plongee passion-laciotat.fr

## GPES

The oldest club in the world still in operation (FFESSM affiliated). Initiations, training, dives (day and night). In the sea or in a pool.

<b>Address</b>	38 av du Président Wilson
<b>Opening times</b>	All year long
<b>Tel</b>	+33 4 42 08 20 59 / +33 6 52 65 84 67
<b>Email</b>	contact@gpes.fr
<b>Website</b>	www.gpes.fr

## KRAKEN PLONGÉE

Scuba diving, rebreather diving, professional training, underwater audiovisual productions.

<b>Address</b>	45 Av. du Mugel
<b>Opening times</b>	All year long
<b>Tel</b>	+33 7 68 85 95 41
<b>Email</b>	krakenplongee@gmail.com
<b>Website</b>	www.krakenplongee.fr

## ABYSS GARDEN

Freediving, initiations/lessons/courses for adults and children, training and excursions.

<b>Address</b>	Nouveau port de plaisance
<b>Opening times</b>	April to October
<b>Tel</b>	+33 6 80 75 59 96
<b>Email</b>	contact@abyss-garden.com
<b>Website</b>	www.abyss-garden.com

## FREEDIVING

# Kayaking – Canoeing Stand Up Paddle – Surfing

## EXPENATURE

Rentals of kayaks (with/without a guide), Stand up Paddle, snorkelling excursions, pirogue/dugout canoe.

<b>Address</b>	168 av du Président Wilson
<b>Opening times</b>	Bookings only
<b>Tel</b>	+33 4 42 83 64 46 / +33 6 80 74 40 99
<b>Email</b>	contact@expenature.fr
<b>Website</b>	<a href="https://expenature.fr">https://expenature.fr</a>

## JETSURF MASSILIA

Jetsurf, Seabob, paddle board and canoe rentals. Basic training and sales.

<b>Address</b>	Corniche Arene Cros
<b>Opening times</b>	All year long
<b>Tel</b>	+33 6 29 82 22 78
<b>Email</b>	yannick.amg@gmail.com
<b>Website</b>	<a href="http://www.jetsurfmassilia.com">www.jetsurfmassilia.com</a>

## GAS SURF CLUB

Rentals and surfing lessons.

<b>Address</b>	41 av de Saint-Jean
<b>Opening times</b>	All year long
<b>Tel</b>	+33 6 16 63 62 86 / +33 4 42 83 55 19
<b>Website</b>	<a href="http://www.manipura.com/club">www.manipura.com/club</a>
<b>Instagram</b>	@gas_surf_center

## CANOE KAYAK RAIDS LA CIOTAT

Kayak rentals.

<b>Address</b>	Av des Vieux Moulins - St Jean Beach
<b>Opening times</b>	April to October
<b>Tel</b>	+33 6 34 69 83 49
<b>Email</b>	canoekayakraid@hotmail.fr
<b>Website</b>	<a href="http://www.canoekayakraids.fr">www.canoekayakraids.fr</a>

## AZUR LOC AND GO

Transparent kayak and Stand Up Paddle rentals

<b>Address</b>	445 bvd Beaurivage
<b>Opening times</b>	April to September
<b>Tel</b>	+33 6 18 59 67 44
<b>Email</b>	contact@azurlocandgo.com
<b>Website</b>	<a href="http://www.azurlocandgo.com">www.azurlocandgo.com</a>





# Boat rentals – tours

## L'EDEN BOAT

Boat rentals with a skipper

<b>Address</b>	Port de plaisance
<b>Opening times</b>	April to October
<b>Tel</b>	+33 6 62 22 02 42
<b>Email</b>	contact@ledenboat.com
<b>Website</b>	www.ledenboat.com

## NAVETTE AQUILADE

Ile Verte shuttle boat

<b>Address</b>	Quai du Général De Gaulle (Old Port)
<b>Opening times</b>	April to October
<b>Tel</b>	+33 6 63 59 16 35
<b>Website</b>	www.laciotat-ileverte.com

## SUD MARINE

Motor boat rentals

<b>Address</b>	Port de plaisance
<b>Opening times</b>	All year long
<b>Tel</b>	+33 4 42 71 81 04 / +33 6 29 81 32 67
<b>Email</b>	s.berenguer@sudmarine.fr
<b>Website</b>	www.sudmarine.fr

## LES AMIS DES CALANQUES

Explore the calanques (rocky inlets) via several circuits and on the underwater viewing boat.

<b>Address</b>	Quai Ganteaume (Old Port)
<b>Opening times</b>	April to October
<b>Tel</b>	+33 6 09 35 25 68 / +33 6 09 33 54 98
<b>Website</b>	www.visite-calanques.fr



# Sailing

## SOCIÉTÉ NAUTIQUE DE LA CIOTAT

Day sailing / Liveaboard. Coastal rowing. Catamaran. Windsurfing. Dinghies. Stand Up Paddle.

<b>Address</b>	Av du Président Wilson, Port de Plaisance
<b>Opening times</b>	Outside the holiday period: Tuesday to Saturday from 9:00 a.m. to noon and from 2:00 p.m. to 5:00 p.m. During the holiday period: Monday to Friday from 9:00 a.m. to noon and from 2:00 p.m. to 5:00 p.m.
<b>Tel</b>	<b>+33 4 42 71 67 82</b>
<b>Email</b>	snclaciotat@yahoo.com
<b>Website</b>	www.snclaciotat.com

## NEPTUNE CLUB

School and Rentals. Windsurfing. Optimist (dinghy for children). Catamaran. Stand Up Paddle.

<b>Address</b>	Av des Vieux Moulins (Port St-Jean)
<b>Opening times</b>	Monday to Friday (except Wednesday) 9:00 a.m to 4:00 p.m. Saturday 9:00 a.m to noon
<b>Tel</b>	<b>+33 4 42 73 41 62</b>
<b>Email</b>	neptuneclub@orange.fr
<b>Website</b>	www.neptuneclub-laciotat.fr



# Underwater trails

**A novel activity accessible to anyone interested in discovering the coastal and marine environments of the Mediterranean.**

Accompanied by an **eco sea guide**, enjoy the sensations, pleasures and sights of an underwater trail in the morning. Equipped with a wetsuit, fins, mask and snorkel, you will discover the underwater fauna and flora (access via the beach).

## **ATELIER BLEU – CPIE CÔTE PROVENÇALE**

Association for education about the environment.  
Underwater trails, training courses, diving, etc.

<b>Address</b>	250 chemin de la calanque du Mugel
<b>Opening times</b>	All year long
<b>Tel</b>	<b>+33 4 42 08 07 67</b>
<b>Email</b>	atelierbleu@cpie-coteprovencale.fr
<b>Website</b>	<a href="https://cpie-coteprovencale.org">https://cpie-coteprovencale.org</a>





# Sunbed rentals

## CANOE KAYAK RAIDS LA CIOTAT

Kayak rentals.

**Address** Av des Vieux Moulins - Plage St-Jean

**Opening times** April to October

**Tel** +33 6 34 69 83 49

**Email** canoe kayakraid@hotmail.fr

**Website** www.canoe kayakraids.fr

## SANTA MARIA

**Address** Corniche Arene Cros

**Opening times** May to September

**Tel** +33 4 42 32 82 34

**Email** johannagiusto@gmail.com

## KS13

**Address** 236 Bvd Beaurivage

**Opening times** 9:00 a.m. to 6:00 p.m. (April to October)

**Tel** +33 4 42 83 62 02

## LA VAGUE

**Address** 236 Bvd Beaurivage

**Opening times** 9:00 a.m. to 5:00 p.m. (April to September)

**Tel** +33 4 42 83 62 20

**Email** lavaguelci@gmail.com



# Nautical events

## MARCH

### Les Nauticales

An unmissable yachting and boating event.

## JUNE

### Sports and water sports event

Discover all the water sports activities available in La Ciotat.

## JULY

### Jousting tournament

Sports tournaments take place in the Port-Vieux throughout the summer season.

## AUGUST

### Parade of small boats

Parade of illuminated small boats in the Port-Vieux.

## DECEMBER

### Floating nativity scene and parade of illuminated small boats

Nativity scene located by the Baromètre with a parade of small boats as the sun sets.



Silvy Ducreux