

NAUTICAL GUIDE

Tourist Office of La Ciotat
www.destinationlaciostat.com
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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), the Ile Verte and the Calanques national Park will no longer hold any secrets for you.

Enjoy!



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

Address Nouveau Port de Plaisance (New Marina)

Tel +33 4 42 84 58 60

Opening times Monday to Friday from 8:30 a.m. to noon and from 1:30 p.m. to 5:30 p.m.
Annual closure during the school holidays (end of December to the beginning of January)

Contact

ADDRESS: BOULEVARD ANATOLE
FRANCE 13600 LA CIOTAT

TEL: +33 (0) 4 42 08 61 32

EMAIL: BIENVENUE@
DESTINATIONLACIOTAT.COM

WEBSITE:
DESTINATIONLACIOTAT.COM

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Tube

Opening Times

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.)

Closed on Sundays and public holidays

APRIL - MAY - JUNE -
SEPTEMBER - OCTOBER

MONDAY TO SATURDAY (9:30 A.M.
TO 12:30 P.M. / 2:00 P.M. TO
6:00 P.M.)

PUBLIC HOLIDAYS (10:00 1.M. TO
5:00 P.M.)

Closed on Sundays

JULY - AUGUST

MONDAY TO SATURDAY (9:00 A.M.
TO 7:00 P.M.)

SUNDAYS AND PUBLIC HOLIDAYS
(10:00 A.M. TO 5:00 P.M.)





Calanques national Park

Created on 18 April 2012, the **Calanques national Park** is the 10th 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.

www.calanques-parcnational.fr

Regulations

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

Creation	18 April 2012
Land zone	8,500 hectares and three municipalities (Marseille, Cassis, La Ciotat)
Marine zone	43,500 hectares
Membership area	2,630 hectares in three municipalities (Marseille, Cassis, La-Penne-sur-Huveaune)
Adjacent maritime area	97,700 hectares
Biodiversity	140 protected land animal and plant species 60 heritage marine species
Visitor numbers	Between 2 and 3 million visitors to the land and marine zones a year



Calanques of La Ciotat

Most Beautiful Bays in the World Club



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 **Illet 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.

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 La Baule	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*.



Did you know?

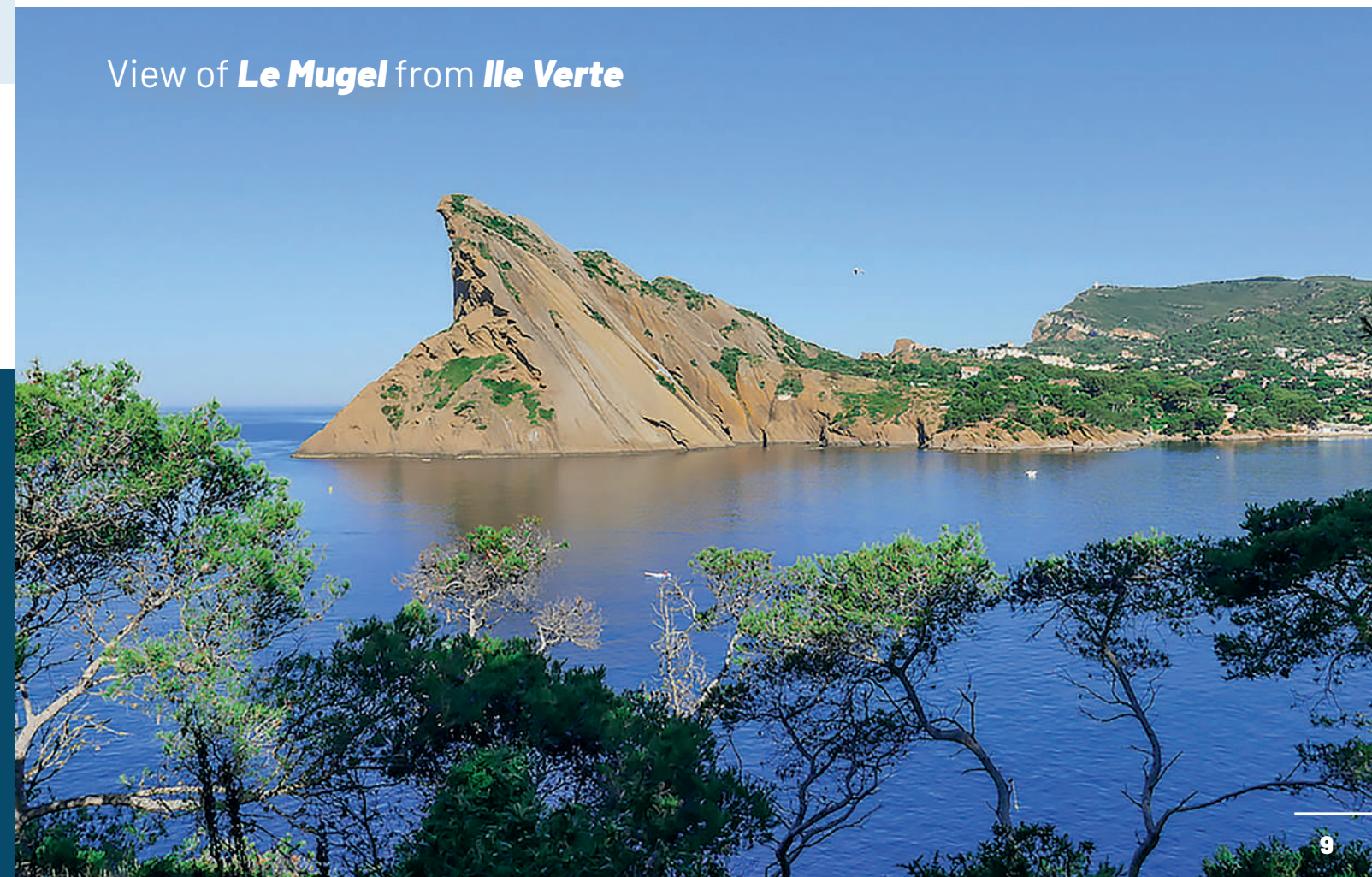
In the past, *Ile Verte* was a paradise for rabbits. Today they have been replaced by 'gabians' (the local word for seagull in Marseille), which nest here practically all year round.

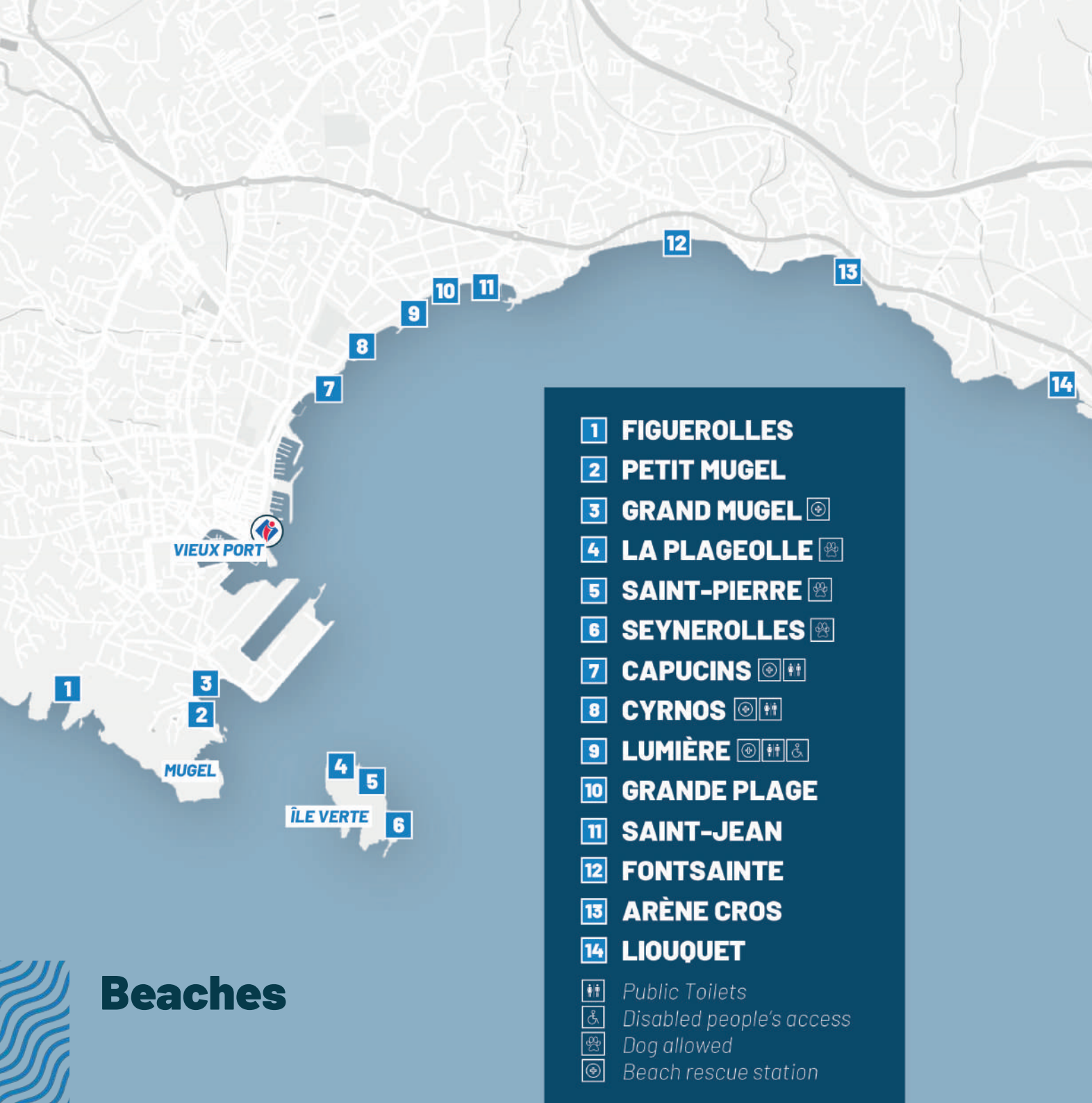
A little history

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

- 1 FIGUEROLLES
- 2 PETIT MUGEL
- 3 GRAND MUGEL 
- 4 LA PLAGEOLLE 
- 5 SAINT-PIERRE 
- 6 SEYNEROLLES 
- 7 CAPUCINS  
- 8 CYRNOS  
- 9 LUMIÈRE   
- 10 GRANDE PLAGE
- 11 SAINT-JEAN
- 12 FONTSAINTE
- 13 ARÈNE CROS
- 14 LIOUQUET

-  Public Toilets
-  Disabled people's access
-  Dog allowed
-  Beach rescue station

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 **9 tiralos** (a special type of beach chair) and **2 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: Wednesday, Friday, Saturday and Sunday 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: Wednesday, Friday, Saturday and Sunday from 10:00 a.m. to 6:00 p.m.

Tel +33 6 42 21 44 49 (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

4 5

3

2

1



1

PORT-VIEUX
 46 quai François Mitterrand
 +33 4 42 83 80 27
 capitainerie@laciostat-shipyards.com
 www.laciostat-shipyards.com

2

PORT DE PLAISANCE
 Boulevard Anatole France
 +33 4 95 09 52 60
 capitainerie.la-ciotat@ampmetropole.fr

3

PORT DES CAPUCINS
 244 Av. du Président Wilson

4

SOCIÉTÉ NAUTIQUE DU PORT SAINT-JEAN
 Av. des Vieux Moulins

5

NEPTUNE CLUB
 Av. des Vieux Moulins
 +33 4 42 73 41 62
 neptuneclub@orange.fr
 www.neptuneclub-laciostat.fr



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	
Address	GAP Club – Môle Bérourard
Tel	+33 7 83 02 95 08
Email	lescalfatsdelescalet@gmail.com
Website	lescalfatsdelescalet.wixsite.com/lescalfatsdelescalet

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

AUTOUR DE SIBYLLE	
Tel	+33 6 16 57 55 76
Email	asso.sibylle@gmail.com
Facebook	@association.autour.de.sibylle



Diving

PLONGÉE PASSION

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

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

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

ANAYA PLONGÉE

Diving center for divers of all levels, solo, family and groups. Baptisms, explorations and training.

Address	8 rue Fougasse
Opening times	Toute l'année
Tel	+33 7 45 12 31 65
Email	anayaplongee@gmail.com
Website	www.anayaplongee.com

ABYSS GARDEN

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

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

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

JETSURF MASSILIA

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

Address	Corniche Arene Cros
Opening times	All year long
Tel	+33 6 29 82 22 78
Email	yannick.amg@gmail.com
Website	www.jetsurfmassilia.com

GAS SURF CLUB

Rentals and surfing lessons.

Address	41 av de Saint-Jean
Opening times	All year long
Tel	+33 6 16 63 62 86 / +33 4 42 83 55 19
Website	manipura.com/blogs/infos/gas-surf-center
Instagram	@gas_surf_center

CANOE KAYAK RAIDS LA CIOTAT

Kayak rentals.

Address	Av des Vieux Moulins – St Jean Beach
Opening times	April to October
Tel	+33 6 34 69 83 49
Email	canoekayakraid@hotmail.fr
Website	www.canoekayakraids.fr

AZUR LOC AND GO

Transparent kayak and Stand Up Paddle rentals.

Address	445 bvd Beaurivage
Opening times	April to September
Tel	+33 6 18 59 67 44
Email	contact@azurlocandgo.com
Website	www.azurlocandgo.com



Boat rentals – tours

L'EDEN BOAT

Boat rentals with a skipper.

Address	Port de plaisance
Opening times	April to October
Tel	+33 4 69 00 22 83
Email	contact@ledenboat.com
Website	www.ledenboat.com

NAVETTE AQUILADE

Ile Verte shuttle boat.

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

SUD MARINE

Motor boat rentals.

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

LES AMIS DES CALANQUES

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

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



Sailing

SOCIÉTÉ NAUTIQUE DE LA CIOTAT

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

Address	Av du Président Wilson, Port de Plaisance
Opening times	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.
Tel	+33 4 42 71 67 82
Email	snclaciotat@yahoo.com
Website	www.snclaciotat.com

NEPTUNE CLUB

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

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

Address	Villa des Pins, 140 av. du Cardinal Maurin
Opening times	All year long
Tel	+33 4 42 08 07 67
Email	atelierbleu@cpie-coteprovencale.fr
Website	https://cpie-coteprovencale.org



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	canoekayakraid@hotmail.fr
Website	www.canoekayakraids.fr

SANTA MARIA

Address	Corniche Arene Cros
Opening times	May to September
Tel	+33 4 42 32 82 34
Email	johannagiusto@gmail.com

LA PAILLOTTE

Adress	236 Bvd Beaurivage
Tel	+33 7 60 22 94 77

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.

