

TOURISM

GUIDE

Tourist Office of La Ciotat
www.destinationlaciostat.com
#destinationlaciostat



Content

1 Welcome!
to **La Ciotat** p.1

3 Cultural
heritage p.12

5 Visiting with
kids p.21

7 **Events**
p.24

2 Natural
heritage p.5

4 **Where** to go
out p.20

6 **Practical**
info p.22



1



Welcome

Nestled between Provence and the Côte d'Azur in the heart of the Calanques National Park, La Ciotat and its stunning bay is the perfect location from which to discover the exceptional Mediterranean environment.

The town is also one of the sunniest in France. One of the defining characteristics of La Ciotat is the year-round quality of its light, which attracts visitors back year after year.



Getting here

By car

From Marseille (32 km): A50, exit 9
From Toulon (40 km): A50, exit 10

By train

In the region: Gare SNCF de La Ciotat - Ceyreste : **36 35** or **0 800 11 40 23**

Outside the region: Gare Marseille Saint-Charles (Paris - Marseille 3 hours).
Check all train timetables on: www.sncf.com

By bus

Urban transport: Ciotabus
+33 4 42 08 90 90 - www.ciotabus.fr

Regional transport:

La Métropole Mobilité - www.lepilote.com

- La Ciotat > Roquefort-la-Bédoule > Carnoux-en-Provence > Aubagne : route 69
- La Ciotat > Marseille : route 79
- La Ciotat > Cassis : route 68 + 69

Zou! - zou.maregionsud.fr

- La Ciotat > Saint-Cyr-sur-Mer > Bandol > La Cadière d'Azur > Le Beausset: route 8001

By plane

Marseille Provence Airport (Marignane):
+33 820 81 14 14 - www.marseille.aeroport.fr

Toulon-Hyères Airport:
+33 825 01 83 87 - www.toulon-hyeres.aeroport.fr



Natural Heritage

The town has always had very strong ties with the sea and nature. The landscapes and the lives of the local people have contributed to this. Located in the Calanques national Park, La Ciotat offers visitors magnificent scenery and plenty of walking options! Its many recreational and natural beauty spots make La Ciotat a sea-side resort where nature takes centre stage.

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.

The crystal clear waters in the park attract sea swimmers as soon as the sun rises.

Outstanding natural heritage

Linking La Ciotat and Cassis, the **Soubeyranes cliffs** are a mecca for mineralogists. These majestic cliffs overlooking the sea are among the highest coastal

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.



CALANQUE DE PORT-MIOU (CASSIS)



CALANQUE DU MUGEL (LA CIOTAT)

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, which is formed 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.



Find more information on:
calanques-parcnational.fr

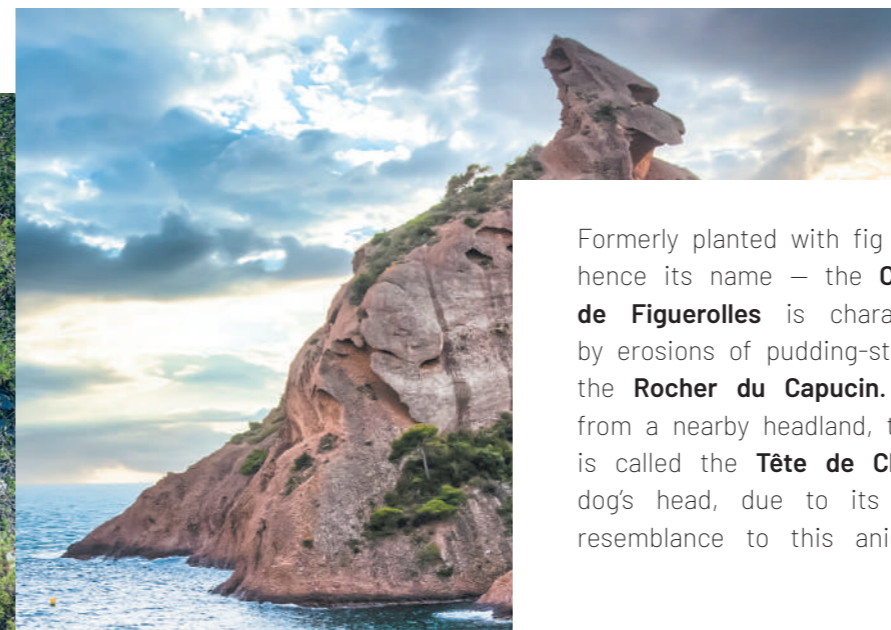
Mes Calanques mobile application
(free app to download from the App Store and Google Play)

Our calanques

The **Calanque du Mugel** is a natural site sheltered by the **Bec de l'Aigle** (a rock formation looking like an eagle's beak). Next to the **Soubeyranes cliffs**, it is made of the same pudding-stone, typically named **Poudingue**.

The Calanque is home to a botanical park « **Le Parc du Mugel** », which is perfect for exploring on foot and for 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, and wild flowers. A steep path leads to a **viewing point** overlooking the sea.

The Parc du Mugel opens on **1st April until 30 September from 8:00 a.m. to 8:00 p.m.** and from **1st October to 31 March from 9:00 a.m. to 6:00 p.m.** All information regarding the opening times can be found on: destinationlaciostat.com in the News section.



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

in the Calanque du Mugel, it is possible to swim here.

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



The Parc du Mugel may be closed in bad weather (strong mistral, bad weather, high fire risk). The Prefecture is responsible for closing the Park.

Les Amis des Calanques organise discovery tours of the calanques of La Ciotat, Cassis and Marseille by boat from the Port-Vieux (from April to October).

The **Atelier Bleu** association aims to raise public awareness of the need to respect the environment, both on land and at sea.



Les Amis des Calanques
+ 33 6 09 35 25 68 / +33 6 09 33 54 98
www.visite-calanques.fr

L'Atelier Bleu
+ 33 4 42 08 07 67
www.cpie-coteprovencale.org

Île Verte

At only 420 metres from the shore, l'Île 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 metres** from the **Fort Saint-Pierre**. It is 430 metres long and 260 metres wide at its largest points.

A regular shuttle boat takes you to l'Île Verte in 10 minutes and leaves from the old port during the holiday season (April to October). Dogs on leads are also welcome on the island.



Navette « Aquilade » (the unique shuttle boat)
+ 33 6 63 59 16 35 www.laciotat-ileverte.com

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.

Did you know?

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



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 Île Verte into an entrenched camp. They built a series of blockhouses linked by a network of underground galleries. Nowadays, you can still see some blockhouses and the craters made by shells in the pine forest



Voie Douce Patrick Boré

Following the **former route of a railway track (5.4 km)**, the Voie Douce (Patrick Boré) allows you to explore the town along a landscaped trail. Discover the different neighbourhoods of La Ciotat and see how the town developed alongside the railway track.

Identity card

Type of walk	On foot, by bike, scooter, roller skates or with a pushchair
Distance	5,4 km
Duration	45 min one way
Unevenness	Relatively flat



Along this walk, you will discover typical Mediterranean flora as well as architectural gems, such as the **old railway station at Ceyreste** and the **Bastide Marin**. Benches allow visitors to stop and breathe in the delightful scents of the plants and trees.



Route des Crêtes

Linking La Ciotat to Cassis, the **Route des Crêtes** was opened in 1964. **Viewing points** have been created to allow you to admire the exceptional panoramic views over the Bay of La Ciotat and the old town with Île Verte in the background. Further on, you will see the Massif des Calanques rising majestically before plunging into the sea. On a clear day, you can see the chain of **Marseille's islands**.

At the beginning of the Route des Crêtes, you can see the **Cœur d'Honoré**. This seven-hectare plot of land is laid out in 'restanques' or terraces with the ruins of the dwelling and its heart-shaped enclosure wall. Honoré was the owner at the start of the century, hence its name.

Along the way, you will see spectacular rock formations, such as **Le Pont**

Naturel, a natural archway that has been formed by erosion.

Finally, you will reach the **Sémaphore**, which dates from 1791 and is located at 349 m altitude. It is a military base that controls navigation and ensures the safety of pleasure craft.



Beaches

There are seven kilometres of sandy and pebble beaches to enjoy in La Ciotat. A renovated **three-kilometre coastal promenade** boasts exceptional views. The many hotels, restaurants and cafes along the beaches are well worth a stop.

The former **Casino Les Flots Bleus** has been turned into a dining space with 13 indoor and outdoor food areas with eat-in and takeaway options.



Find more information in our: [Nautical Guide](#)

THE QUALITY OF LA CIOTAT'S BATHING WATER IS CONSTANTLY MONITORED!

Each day, a large range of measures are done in order to ensure the optimal health of everybody. Checks are carried out daily to determine the access conditions to the beaches

The Capucins, Cynros, Lumière and Mugel beaches are supervised throughout the summer by lifeguards.

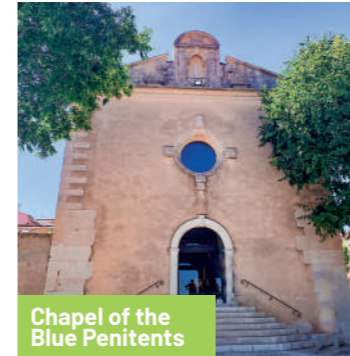
Cynros beach even received the Pavillon Bleu label in 2023, awarded by the French government for the quality of its bathing water.



La Ciotat enjoys a rich and varied culture, which we invite you to discover.

(Re)discover La Ciotat's inventions by following in the footsteps of the Lumière brothers, or go back in time to learn about the history of the town's shipyards.

Old La Ciotat



Chapel of the Blue Penitents

Ancient doors and gateways, typical streets and squares, remarkable churches and chapels, etc. The redeveloped pedestrianised town centre is perfect for a stroll and contemplating the old buildings.



Sadi Carnot Square



Rue des Poilus

Over a hundred shops and local artisans will welcome you throughout the year.



Chapel of Notre-Dame de La Garde

Completely renovated with the creation of a promenade for pedestrians and new cafe and restaurant terraces, enjoy relaxing with a drink or sampling local produce in this truly exceptional setting.

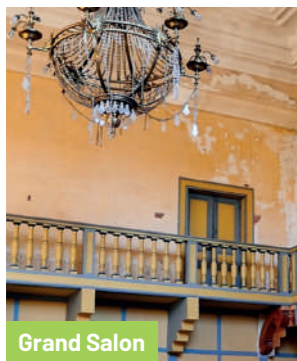
Old-Port



Inventions in La Ciotat

La Ciotat is a «**Ville Lumière**» par excellence. It is no coincidence that it attracted famous pioneers of the cinema to develop this new activity, which would revolutionise the era. In addition to the oldest cinema in the world still in operation, the Eden Théâtre, and other venues in La Ciotat are linked to this invention:

Cinema



Grand Salon

The Grand Salon can be visited on certain days, such as **the European Heritage Days**.

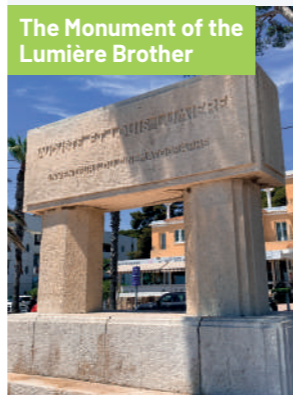
Also known as the Palais Lumière, the château at the end of the Allée Lumière is the former home of the **Lumière family**.



Le Château du Clos des Plages

Close to the Lumière beach, a monument to the brothers is erected in the form of a triumphal arch.

The Monument of the Lumière Brother



A plaque in the La Ciotat SNCF railway station celebrates the famous film "**The Arrival of a Train at La Ciotat Station**".



Plaque



Pétanque

In addition to the invention of cinema by the Lumière brothers, La Ciotat is also the birthplace of a legendary sport: **pétanque**.

In 1910, pétanque was born in La Ciotat at the **Jeu de Boules Béraud** run by the **Pitiot brothers**. Spectators were allowed to take chairs to watch the games for 0.05 Franc, but as they often got in the way of the 'boules' and did not get out of the way quickly enough, the pétanque players demanded that the chairs be removed.

Jules Le Noir, a shopkeeper from Ciotaden, who was plagued by rheumatism, was allowed to have a chair on condition that he stayed in a circle drawn on the ground. Seated, Jules Le Noir enjoyed throwing boules at 1.50 metre or even 2 metres. One day, to please him, Mr. Pitiot suggested that he play a game of « **pieds tanqués** », which meant that his feet had to stay on the ground. This is how the game of «pieds tanqués» (immobile feet) became known as pétanque.



The Jules LE NOIR Association is the custodian of pétanque in the very place where the game was invented. It organises tournaments under the plane trees thus recreating the atmosphere of the beginning of the last century.



Jules Le Noir
+ 33 6 21 57 37 60
jln-laciotat.clubeo.com

The Museum

Housed in a 19th century building that used to be the Town Hall, the **Musée Ciotaden** has 15 permanent exhibition rooms retracing the history of the town. Several themes are covered, including the invention of cinema and pétanque, maritime history, and the traditions and customs of Provence.



Musée Ciotaden
+ 33 4 42 71 40 99
museeciotaden.org



Shipyards

A former industrial site specialising in the building of oil tankers, the Chantiers Navals de La Ciotat, renamed **La Ciotat Shipyards**, have been converted into a nautical centre for the maintenance, upkeep and repair of pleasure craft.



Around a **hundred yachts** of over 50 metres enter the site each year thanks to its many facilities and services.

La Ciotat Shipyards also manage the Old-Port, which has a capacity of 700 places afloat and 300 places on land.

Website:
www.laciotat-shipyards.com

Athélia

Located on the outskirts of the town, the Athélia district is constantly developing and diversifying its range of activities. The area is an incubator for high-tech companies, which houses businesses on more than **100 hectares**, while the shipyards focus on high-level yachting and welcome growing numbers of luxury craft.

The aim of **Athélia Entreprendre**, a voluntary association (under the French law of 1901), is to promote and develop the Athélia zones and businesses in La Ciotat. Local companies are free to join the network.



Athélia has...

a surface area of **110 hectares**

4 established zones: over **300 businesses** providing **4,000 jobs**.

A **fifth zone**, recently opened, will eventually welcome an additional **60 businesses** plus **1,000 + additional employees**.



The most represented sectors of activity are artisan crafts, the medical and paramedical sector, electronics and automation, new technologies and engineering.

Traditional boats

Three local voluntary associations pay tribute to our traditional boats:

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.



+ 33 7 83 02 95 08
 lescalfatsdelescalet@gmail.com
[lescalfatsdelescalet.wixsite.com/lescalfatsdelescalet](https://www.lescalfatsdelescalet.wixsite.com/lescalfatsdelescalet)

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



+ 33 6 16 57 55 76
 asso.sibylle@gmail.com
 Facebook : @association.autour.de.sibylle



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 two boats which belong to the association** that are used for excursions.



+ 33 6 19 83 44 99
 carenes13600@gmail.com
 Facebook : @careneslaciostat

Markets



Weekly market

→ Many different products: food, clothes and accessories

🕒 Tuesday (8:00 a.m. to 1:00 p.m.)
 📍 Place Evariste Gras

🕒 Sunday (8:00 a.m. to 2:00 p.m.)
 📍 Old-Port and the Coastal Promenade (until the Flots Bleus)



Local and organic market

🕒 Saturday (8:00 a.m. - 1:00 p.m.)
 📍 Baromètre (Old-Port, opposite the Town Hall)
 → Fruits, vegetables, shellfish, poultry, honey, eggs, bread, cheese, Sardinian and Lebanese specialities, olive oil...



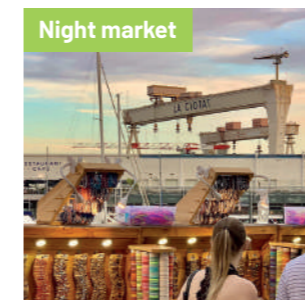
Fish market

🕒 Daily (9:00 a.m. to noon)
 📍 Môle Bérourard / Old-Port
 → Sardine, sole, sea bream, seabass, monkfish, scorpion fish, red mullet, etc.



Flower market

🕒 May
 📍 Old-Port
 → House plants, shrubs and cut flowers



Night market

🕒 Every evening from 8:00 p.m. to midnight from the beginning of July to the end of August
 📍 Old-Port (pedestrian zone)
 → Decorative items, handicrafts, clothes, etc.



Christmas market

🕒 December
 → Foie gras, truffles, nougat, charcuterie, tourtons (filled pastry parcels), wines, beers, olive oil, mandarins, etc.

Where to go out?

Show / Concert / Theatre

CLUB CONVERGENCES

- 📍 Place Evariste Gras (beneath the Cinéma Lumière)
- ✉ jazzconvergences@hotmail.com
- 🕒 Open Friday and Saturday from 8:30 p.m. to midnight
- ➔ clubconvergences.com

BISTROT 515

- 📍 515 Av. de la Tramontane
- ☎ 04 42 71 34 02
- 📌 @bistro515laciostat

LA CHAUDRONNERIE

- 📍 19 Promenade Jeff Musso
- ☎ 04 42 70 73 60
- ✉ contact@lachaudronnerie-laciostat.com
- 🕒 Ticket office open from Wednesday to Friday from 2:00 p.m. to 6:00 p.m. and Saturday from 1:00 p.m. to 6:00 p.m. On show nights, the ticket office remains open until 8:00 p.m. Closed on public holidays and school holidays.
- ➔ www.lachaudronnerie-laciostat.com

LA VOILE

- 📍 44, Av. Plaine Brunette (Zone Athelia II)
- ☎ 06 99 75 80 40
- 📌 @Restaurant.lavoile.laciostat

LE LIDO

- 📍 15 Av. Victor Hugo
- ☎ 09 83 87 08 97
- 📌 @brasserieLIDOLaCiotat

LE SON

- 📍 5 Rue Fougasse
- ☎ 06 60 87 50 69
- 📌 Le Son - La Ciotat

MOXY

- 📍 756 Av. Émile Bodin
- ☎ 04 22 53 09 00
- 📌 moxylaciostat

Ô CENTRAL

- 📍 4 Quai François Mitterrand
- ☎ 04 42 08 42 37
- 📌 Bar O' Central

THE COTTON CLUB

- 📍 Nouveau Port de Plaisance, Prom. François Mulet
- ☎ 04 42 04 87 91
- ➔ www.thecottonclub.fr

Cinemas

EDEN THÉÂTRE

- 📍 25 Bd Georges Clemenceau
- ☎ 04 88 42 17 60
- ✉ contact@edencinemaslaciostat.com
- ➔ edencinemaslaciostat.com

CINÉMA LUMIÈRE

- 📍 Place Evariste Gras
- ➔ cinema-lelumiere.fr

CGR LE SPOT

- 📍 756 Av. Emile Bodin
- ☎ 0 892 68 85 88
- ➔ www.cgrcinemas.fr/laciostat

Leisure

LE CASINO PLEIN AIR

- 📍 40 Av. du Parc
- ☎ 04 42 83 40 63
- 🕒 Ouvert tous les jours de 10h à 04h
- ➔ https://pleinair.fun

JULES LENOIR BOWLING ALLEY

- 📍 Traverse des Pieds Tanqués
- ☎ 06 21 57 37 60
- ➔ jln-laciostat.clubeo.com



What to do with kids?

In La Ciotat, ensuring children enjoy themselves is a priority! We do our utmost to make sure that their holiday is as much fun (or even better) than their parents! Several places will delight them. Here is a small (but not all) selection of activities for kids:

- Visit the **toy library** and the **multimedia library** in the town centre
- Enjoy a ride on a merry-go-round at the **Plage des Capucins**
- Engage the little grey cells at the Escape-Game organised by the **Atelier Bleu** or **Immersio**
- Pet animals at the Ferme Pédagogique de la **Bastide Marin's Educational Farm**
- Watch a film and enjoy an organic snack at the Ciné-gourmands at the **Eden Théâtre**
- Go climbing **at the Bloc Session**
- Laugh and run about in one of the town's many playgrounds: **Parc du Mugel, Parc Du Domaine De La Tour, Promenade François Mulet, Square Mouton, Jardin de la ville, Voie Douce.**

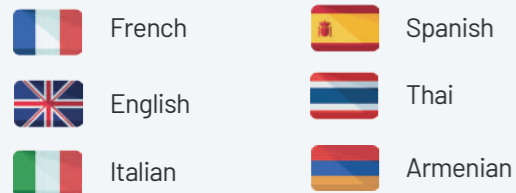


Tourist Office

The Tourist Office of La Ciotat is an **EPIC** (Public Industrial and Commercial Establishment). Its team will welcome you with pleasure in order to provide you a reliable information. Whether you are a tourist, a business traveller or a resident, the Tourist Office's mission is to advice you and promote the destination of La Ciotat.

The Tourist Office is divided into six departments: **Management, Accommodation, Accounting, Reception, Quality and Communication.**

Languages spoken



Opening times

Low season

→ November - December - January - February - March

🕒 **Monday to Saturday from 9:00 a.m. to 1:00 p.m. and from 2:00 p.m. to 5:00 p.m.**

Closed on Sundays and public holidays

Mid-season

→ April - May - June - September - October

🕒 **Monday to Saturday from 9:30 a.m. to 12:30 p.m. and from 2:00 p.m. to 6:00 p.m.**

Public holidays from 10:00 a.m. to 5:00 p.m.

Closed on Sundays

High season

→ July - August

🕒 **Monday to Saturday from 9:00 a.m. to 7:00 p.m. Sundays and public holidays from 10:00 a.m. to 5:00 p.m.**



Our commitments



The Tourist Office is committed to upholding several criteria in order to ensure satisfaction by being open at least 305 days a year:

- A warm welcome and trilingual staff
- Clear and accurate tourist information about the town and the region
- Detailed information on the services offered in La Ciotat
- Promoting local tourist activities
- A team sensitive to the needs of visitors with disabilities and to sustainable development
- Free Wi-Fi hot spot
- Monitoring visitor satisfaction and complaints



Disabilities

The Tourist Office constantly strives to improve accessibility for people with disabilities and has been awarded the **TOURISME & HANDICAP label** for four types of disability over the past 17 years (hearing, learning, motor and visual).

Access to information has been facilitated for people with disabilities thanks to an **access ramp** and **automatic sliding doors** to facilitate access to our offices, as well as a lowered reception desk, a special visitor area, magnetic loop and magnifying glass. Tailored documentation for people with disabilities is available at the Tourist Office reception.

Documents in Braille (among them a map of the town centre) and large prints, are available to consult. People with visual impairments can easily negotiate the reception area thanks to the installation of **special guide markers on the floor.**

There are also six free parking spaces reserved for visitors with disabilities, **as well as public toilets** with an accessibility ramp in the immediate vicinity of the Tourist Office.

JANUARY**THREE KINGS PARADE**

The Escol de la Ribo is an artistic troupe that keeps Provençal traditions alive through a variety of traditional shows and performances.

FEBRUARY**"LES MUSICALES DE FÉVRIER"**

Several concerts organised throughout the town.

MARCH**"LES NAUTICALES"**

A must for yachting and water sports enthusiasts.

MAY**"ASCENSION" TRADE FAIR**

Sales of clothes, jewellery, crafts, decoration, gastronomy, regional products...

JUNE**"FAITES DES SPORTS ET DU NAUTISME"**

Discover all the water sports activities on offer in La Ciotat.

FIRST FRENCH FILM FESTIVAL

A competition of several films during 1 week with the prize-giving ceremony on Sunday.

JULY**"JOUTES" TOURNAMENTS**

Sporting battles to be discovered in the Port-Vieux all summer long.

"MUSIQUE EN VACANCES"

Concerts open to the public for 2 weeks.

FIREWORK (13 JULY)**KARAÏB PLAGE FESTIVAL**

Events highlighting West Indian culture (gastronomy, music, etc.).

AUGUST**PARADE DES BARQUETTES**

Parade of illuminated barquettes in the Port-Vieux.

FIREWORK (16 AUGUST)**"FÊTES VOTIVES"**

Shows, parades, entertainment, concerts, boat parade, blessing of the boats at sea.

SEPTEMBER**HERITAGE DAYS**

Visits to heritage sites, some of which are exceptionally open for the occasion (Chantiers Navals, Eden Théâtre, Musée Ciotaden, etc.).

"CIBO DI STRADA"

Tasting and musical entertainment on the theme of Italy.

"FRANCE BLEU LIVE"

New concerts in partnership with France Bleu radio.

DECEMBER**COT ON THE WATER AND ILLUMINATED "BARQUETTES"**

Cot on the water installed at the Barometer (on the Port-Vieux) and decorated barquettes illuminated at nightfall.