

# Welcome to

EVERYTHING YOU  
NEED TO KNOW TO  
ENJOY A DREAM  
DESTINATION

# La Rochelle





## Dear Sailor,

Welcome to La Rochelle!

We are delighted to welcome you for an unforgettable sea adventure. To ensure your experience is as enjoyable as possible, here are some practical tips to fully enjoy your boat rental.

## ADDRESS OF THE BASE

- Cat and Go - Location - [Map](#)
- 18 Rue de la Trinquette, 17000 La Rochelle
- Opening hours: 8:00 am - 6:00 pm

## HOW TO REACH US ?

### **BY TRAIN SNCF**

Paris Montparnasse - La Rochelle (3h)

### **LA ROCHELLE AIRPORT**

Tel: +33 (0)5 46 42 30 26 - [www.larochelle.aeroport.fr](http://www.larochelle.aeroport.fr)

### **TRANSFERS FROM THE AIRPORT AND TRAIN STATION TO OUR BASE**

Generally, taxis are available in front of the train station or airport.

### **PUBLIC TRANSPORTATION**

La Rochelle's network : [Yelo](#)

Closest stop to the base: technoforum (5 min walk)

## CONTACTING THE BASE

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If you need assistance at any time during your rental, contact the base.

### **BASE MANAGER & CUSTOMER SERVICE:**

Lorry André Phone: +33 7 86 26 41 26 / +33 5 46 44 70 93

Email: [lorry@cat-and-go.com](mailto:lorry@cat-and-go.com)

## ABOUT THE BASE

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### **LICENSE**

Sailing License required:  Yes  No (good experience required)

Please fill out and send your nautical experience form.

### **PAYMENT**

Accepted payment methods: Visa MasterCard

Deposit exclusively by credit card, mind your card limit.

### **BOARDING SCHEDULE**

Boarding takes place at 3 pm. Prior to that, make an appointment with the base manager who will welcome you at the office, 18 rue de la trinquette.

### **BOAT BRIEFING**

All briefings take place on board. Their duration varies from 40 to 60 minutes, depending on the boat size and crew experience.

# WELCOME GUIDE

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Our team will review all the technical equipment of your boat with you, providing information for safe and precise navigation, including navigation instruments. Similarly, you'll receive anchoring and mooring advice as well as itinerary suggestions. The safety briefing will familiarize you with the safety equipment and the general inventory of your boat.

## **STOPOVERS**

During your rental, you can make a stopover at the marina for free. You are kindly requested to spend your last night at the marina.

## **DISEMBARKATION SCHEDULE**

Disembarkation is at 8 am for week-long rentals. You must return to the base the day before your departure by 5 pm. Please contact the base manager who will indicate the boat's location. Our team will conduct an equipment inspection of the boat and a quick check of the interior and exterior. A diver will inspect the hull, keel, propeller(s), and bow thruster. The general inspection will take about half an hour.

## **LUGGAGE**

Please bring only soft travel bags as suitcases would be too bulky once on board. Ensure to bring non-marking shoes.

## **CONTACTS AND EMERGENCY NUMBERS**

- Emergency: 196
- Base phone (Lorry) : +33 7 86 26 41 26
- La Rochelle marina phone: +33 5 46 44 41 20
- CROSS ETEL: +33 2 97 55 35 35
- SNSM La Rochelle: +33 5 46 45 41 87
- Marina VHF channel: 9
- Emergency VHF channel: 16

# WELCOME GUIDE

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## **WASTE**

Do not dispose of any waste at sea; stored and recyclable bins are available around the marina. For dishwashing, cleaning, and personal hygiene, prefer natural and biodegradable products.

## **FUEL**

You must return the boat with a full tank. Otherwise, you'll be charged based on the engine hours + 50 euros for travel expenses.

## **BOAT CLEANING**

We provide the boat in perfect cleanliness condition (if not, please notify us, and we'll address it). A consumables and final cleaning package is included in your contract; however, you must return the boat tidy, dishes washed and stored, trash disposed of, and the hull rinsed with clear water.

## **BATTERIES AND 220V CHARGER**

Efficient energy management ensures a good cruise. Regularly check the voltmeter; if the voltage is below 12V, it's time to start the engine or connect to a dock. The electrical connection disconnects after 24 hours. Don't forget to reset it.

## **MARINE TOILETS**

Marine toilets can easily clog. The golden rule is not to throw anything in them, as we recommend. If despite our advice, the toilets are clogged, do not force the pump or valves; you risk breaking them. Try disassembling the pump instead. The troubleshooting package is charged at 150 euros.



## RECOMMENDATIONS

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### BASE SUPPLY SERVICE

The base does not provide a supply service.

### LOCAL SUPERMARKET

Carrefour City La Rochelle Scierie (800m)  
33 Rue de la Scierie, 17000 La Rochelle  
Delivery: [ubereats.com](https://www.ubereats.com)

Monday 07:00 am - 10:00 pm  
Tuesday 07:00 am - 10:00 pm  
Wednesday 07:00 am - 10:00 pm  
Thursday 07:00 am - 10:00 pm  
Friday 07:00 am - 10:00 pm  
Saturday 07:00 am - 10:00 pm  
Sunday 09:00 am - 01:00 pm

### SHIPCHANDLER

- Navigatlantique
- BigShip

### WATER AND FUEL

Water and fuel are available 24/7 from the marina.

### PARKING

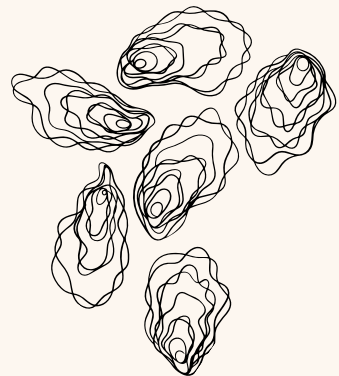
Parking is free in front of the docks.

### HOTEL SUGGESTIONS

- Hotel Mercure\*\*\*\*
- Hotel Résidence de France / Maison des Ambassadeurs\*\*\*\*\*
- B&B HOTEL La Rochelle Centre Les Minimes\*
- Hotel Kyriad La Rochelle Centre Les Minimes\*

### RESTAURANT SUGGESTIONS

- Octopus (Les Minimes) €€
- Le Bistrot de Mémé (Les Minimes) €€
- Les Flots (Le Vieux Port) €€€
- Les 4 Sergents (Le Vieux Port) €€€
- Ginger (Le Vieux Port) €€
- Le Prao (Le Vieux Port) €€
- Christopher Coutanceau 2\* (Le Vieux Port) €€€€
- La Yole de Chris (Le Vieux Port) €€€
- Le Gaya 1\* (Chatellaillon Plage) €€€



## PREPARING YOUR VISIT

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These links should help you best prepare for your visit to La Rochelle and fully enjoy your sailing experience in our charming port:

### City Information :

- La Rochelle Tourist Office : [Tourist Office Website](#): Get information about attractions, events, and activities not to miss during your visit to La Rochelle.
- City Map: Check the city map for easy navigation once you're there. [Interactive map of La Rochelle](#).

### Preparing for Your Boat Rental :

- Port Rules and Regulations: Familiarize yourself with the port's rules and regulations. Learn about navigation restrictions and safety rules to follow. [La Rochelle port website](#).
- Planning Your Route with Navionics: [NAVIONICS](#)
- SHOM charts : [SHOM](#)

### Practical Information:

- Weather Conditions: Check local weather forecasts to plan your sea activities. [Météo France - La Rochelle](#). [Windy](#).
- Tides: Refer to the tide directory. [Marée info](#)
- Transportation and Access: Information on transportation to get to La Rochelle and move around the city. [Transportation in La Rochelle](#).



## ZONE GUIDE: LA ROCHELLE AND ITS SURROUNDING ISLANDS

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### **WEATHER**

The ideal period to visit La Rochelle and its surrounding islands is from April to October, with milder temperatures. July and August are the warmest months.

### **AREA PRESENTATION**

The Charente coast is a gem for sailing enthusiasts. It's challenging to choose among numerous picturesque ports, stunning beaches, islands with breathtaking panoramas, peaceful anchorages, and charming coastal villages. La Rochelle and its surrounding islands offer an ideal setting for memorable vacations on the Atlantic coast.

Our base is located in La Rochelle's marina, providing easy access to nearby islands such as Île de Ré, Île d'Oléron, and Île d'Yeu. Navigators will have a plethora of options among stunning bays, tranquil coves, lively ports, and historically rich islands in the region.

The currents are notable, and the tides vary considerably, offering an ideal playground for sailors. A sailing license is not mandatory, but a solid experience is recommended, or engaging a local skipper to fully enjoy navigation in this region.

### **NAVIGATION IN PROTECTED CHANNELS**

The La Rochelle region is blessed with channels offering sheltered navigation conditions, away from strong winds and Atlantic swells. These calm and secure water expanses allow for serene and pleasant crossings.



# WELCOME GUIDE

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## **THE PERTUIS BRETON connects the Île de Ré to the mainland.**

It is a relatively narrow stretch of sea, offering sheltered navigation conditions, ideal for beginners or for a tranquil family cruise. Its calm waters and coastal landscapes make it a highly sought-after navigation route. Recommended harbor: St. Martin, Ars-en-Ré.

## **THE PERTUIS D'ANTIOCHE separates the Île de Ré from the Île d'Oléron.**

Although wider than the Pertuis d'Antioche, it remains relatively sheltered from the prevailing western winds. Navigators often find calmer navigation conditions here, facilitating movement between these two islands.

Recommended harbor : Saint Denis, Boyardville, and Rochefort. Mooring buoys around the Île d'Aix.

Sailing through these channels is a delightful experience, offering a secure alternative for sailors wishing to avoid the more tumultuous conditions of the Atlantic Ocean.

## **MUST-SEE PLACES IN LA ROCHELLE AND ITS SURROUNDING ISLANDS**

Explore Île de Ré: Nestled off the coast of La Rochelle, this island is full of charm with its picturesque villages and stunning beaches. Discover Île

d'Oléron: The largest island on the French coast, renowned for its forts, fine sandy beaches, and fishing villages. Sail to Île d'Yeu: A unique island offering breathtaking landscapes, secluded coves, and a rich maritime heritage.

Explore the Old Port of La Rochelle: Stroll along the historic harbor, admire the iconic buildings, charming cafes, and seafood restaurants. Discover Fort Boyard and Île d'Aix: Set course for these iconic symbols of the region, steeped in history and mystery.

## **NAVIGATION CONDITIONS**

The region offers varied navigation conditions with regular winds. Tides can be powerful, especially around the islands; it's essential to consider them in your travel planning.

## WEATHER FORECASTS AND TIDES

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Check the weather and tide schedules daily to bring the boat back on time and to the right port. Forecasts are available from your departure marina.



Remember that your safety and that of others are paramount. In case of doubt or issues, do not hesitate to contact the base manager or the harbor authorities.

We wish you a pleasant stay in La Rochelle and enjoyable navigation in our magnificent waters!

Best regards,

The Cat and Go team

# Welcome !

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