



Camping Interlude,

17580 Le Bois Plage en Ré, Ile de Ré, France

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GPS co-ordinates

Latitude: 46.1743

Longitude: -1.3786



Campsite Information

Camping Interlude, Ile de Ré

Camping Interlude borders one of many soft, golden beaches which rim the Ile de Ré, and are ideal for swimming, wind surfing or family beach games. The site's central location on the island makes it an ideal base from which to explore the scenic fishing villages, either by car or by bicycle.

Arriving at Camping Interlude

On arrival go to the Canvas reception, your Canvas couriers will be here to meet you between 16.00 and 20.00.

Early/Late Arrivals

Please note if you arrive before 16.00, your accommodation may not be ready. If you arrive between 20.00 and 22.00, you will find directions to your courier and/or accommodation at the Canvas reception. Arrivals after 22.00 cannot be accepted on site. Please note that if you do arrive late and cannot be admitted onto the campsite, you have full responsibility for finding alternative off-site accommodation. A Canvas courier will be available on site from 09.00 the following day. If possible please telephone the campsite and let them know if you are going to be late.

Reception

Reception is open from 09.00 to 19.00 on week days. At the weekend the hours are 08.30 to 19.00.

Barrier

The barrier is closed between 23.00 and 08.15 in high season. Should you wish to depart early in the morning, please leave your car outside the barrier. The barrier is operated by means of an access code, which you will be given upon arrival at the site by your Canvas courier.

Currency Exchange

Currency can be exchanged at reception. Traveller's cheques can be exchanged at banks in St. Martin de Ré.

Safety Deposit Boxes

These are available to rent at reception for approximately €3 per day or €20 per week. A €30 deposit is also required.

Telephone

There are two card-operated telephones on site (in the campsite reception) and phone cards are on sale at the campsite shop or bar.



Web/Email Access

You can access the internet at the restaurant, you will need to purchase a card at the shop or the bar beforehand. The campsite offers WiFi (wireless) access, information and cards are available at the shop. Further internet access is available in the tourist office at Bois Plage en Ré and Cyber cafes on the Quay in St Martin and in La Rochelle.

Shopping

The on-site shop sells a range of groceries, fresh produce, meat and drinks as well as stamps, postcards, international newspapers and fresh bread. The opening hours are from 08.15 to 20.30 in low season and 08.15 to 21.30 in high season.

This is also the point of sale for washing and drying tokens (both costing approximately €4), phone cards, bike hire and iron hire.

Washing and Toilet Facilities

Washing machines and tumble dryers, free iron hire (deposit of €30 required), free hot showers, wash cubicles, baby bath and standard toilets.

Post

There is a post box on site next to reception and stamps can be bought at the campsite shop.

Eating and Drinking

Bar: The modern bar is adjacent to the restaurant and pool complex. It is open daily from 12.00 until 23.00/00.00 in high season.

The bar hours will be shorter in low season. In the evenings it can become quite lively as it is the venue for the entertainment.

Takeaway: A range of popular dishes are available including pizza, sandwiches, crêpes and chips. The takeaway is open from 08.15 until 20.30 in low season and 08.15 until 21.30 in high season. The takeaway is located in the shop.

Restaurant: The informal, friendly restaurant serves generous portions of tasty food at reasonable prices. The fresh, local mussels are especially recommended. The restaurant is open from 08.00 to 10.00 for breakfast in the morning and from 12.00 until 14.00 and 19.00 to 22.00.

Entertainment

During high season the site arranges entertainment in the bar including karaoke and disco nights.

Please keep an eye on the "Animations" boards around site or ask your couriers for an up to date animations programme.

Recreation

Swimming: There are two swimming pools (one covered). They are supervised in high season. The complex is open from 09.00 - 19.45. No smoking is allowed around the pool area, and swimming trunks are compulsory in the pools.

Fitness Centre: The gym is equipped with a sauna, solarium and a jacuzzi. It is open from 12.30 until 20.00 and costs €10 per family, per hour. Please book in the bar.

Cycling: Bicycles are available for hire on site, prices vary - please ask in the shop or at the campsite reception for more details.

Multi-sports: There is a multi sports pitch next to the bar. Again this is free of charge to use and equipment can be borrowed from the Canvas Games Chest.

There are also facilities on site for boules, table tennis and volleyball (all season). There is a games room and a children's playground.

Canvas Active

Canvas Active is available at Camping Interlude. Canvas customers have researched golf courses in the local area. For further details please see the Activities booklet, downloadable from the Canvas website.

Rules and Regulations

- Silence on site between 23.00 and 08.15.
- 10km/h speed limit on site.
- No driving on site between 23.00 and 08.15.
- Swimming trunks are compulsory in the pool.
- Charcoal BBQ's are not permitted on site.
- One car permitted per emplacement.
- Please recycle using the bottle bins provided. Located at the entrance to the campsite.
- There is a no smoking rule enforced in the bar and the pool area. (Smoking is allowed on the terrace outside the bar.)

Local Information

Beaches

The Île de Ré boasts a total of over 20km of fine-sand beaches. There is a wide, sandy beach just five minutes' walk from the campsite which is good for watersports enthusiasts and children. The very best beaches are along the southern edge, to the east and west of La Courade and around the island's western tip. The best beach on the island is reputed to be at St. Clément les Baleines.

Shopping

Supermarkets: The nearest supermarket is Shopi in Le Bois Plage. For a wider variety of goods and lower prices, try the Super U (Route de La Flotte) or Intermarché (Avenue des Corsaises) in St. Martin de Ré. They are both open all day. Both supermarkets are open Sunday mornings in high season.

Carrefour in La Rochelle is highly recommended for choice and value.

Souvenirs: St. Martin is the best town on the island for shopping. La Rochelle also has a range of souvenir shops.

Local Markets

<i>St. Martin de Ré:</i>	Daily.
<i>Le Bois Plage:</i>	Daily April-September.
<i>La Courade sur Mer:</i>	Daily July-September.
<i>La Flotte en Ré:</i>	Daily.
<i>Loix en Ré:</i>	Daily July and August.
<i>Les Portes en Ré:</i>	Daily, except Monday, July and August.
<i>Rivedoux Plage:</i>	Daily, except Sunday, July and August.
<i>St. Clément des Baleines:</i>	Daily July and August.
<i>Ars en Ré:</i>	Daily June to September.
<i>Ste. Marie de Ré:</i>	Daily.

There is also an excellent daily market in La Rochelle which is held Monday to Saturday on Place du Marche and on Sunday at La Pallice.

Facilities

Petrol: There is an Avia filling station near the campsite but fuel is cheaper at Super U and Intermarché in St. Martin de Ré.

Chemist: The nearest chemist is Pharmacie Pallu at 2, Place de l'Eglise in Le Bois Plage.

Bank: There are several banks in Le Bois Plage en Ré and cash dispensers can be found at Banque Populaire and at La Poste (the post office). The supermarkets also have cash dispensers.

Post Office: The post office in Le Bois Plage is open from 09.00 to 12.30 (noon in low season) and 14.00 to 16.30 Monday to Friday and from 09.00 to noon on Saturday. There is also a post office in La Flotte which has the same opening times.

Tourist Information: There is a tourist office in Le Bois Plage at 18 Rue de l'Eglise.

Distances

<i>Beach:</i>	direct access
<i>St. Martin:</i>	10km (6 miles)
<i>La Flotte:</i>	8km (5 miles)
<i>St. Marine beach:</i>	21km (13 miles)
<i>La Rochelle Aquarium:</i>	27km (17 miles)

Local Transport

There is a bus service from St. Martin to La Rochelle, stopping at various locations around the island (see the local information folder in the Canvas reception for details). The nearest train station is La Rochelle with connections to Paris, Poitiers, Bordeaux, Nantes, Toulouse and Nice.



Doctor

Dr Dumas, 44 rue Aristole Briana, Tel: 05 46 09 27 43. They have a walk in clinic in the mornings and appointments only in the afternoons.

Frank Boutin
25 Rue D'Eglise
Le Bois Plage-en-re
Tel: 05 46 09 08 64
Tel: 05 46 09 27 43.

Dentist

P. Bruneteau has a surgery in Le Bois Plage.
Tel: 05 46 09 15 07.

Emergency Services

There is a two-digit phone number for emergency services:

Police	17
Fire	18
Ambulance	15

Eating and Drinking

Île de Ré is a great place to go out for a meal. Being on an island surrounded by coast the Range of Fresh seafood is outstanding. You may like to try these restaurants and bars, which have been recommended by Canvas customers and couriers in previous years:

La Grange au Puits, Le Bois Plage. Set in a 19th century building with antique furniture, this restaurant has a cosy atmosphere. Serves traditional cuisine including fish, seafood, duck, veal and beef dishes. The restaurant has a terrace and a beer bar serving speciality beers. Set menus and children's menus are available.

L'Ocean, Le Bois Plage en Ré. Situated on a back street in the village centre, this restaurant is classy although quite expensive. Great for an intimate evening meal. Closed Thursday lunchtimes.

La Fromentine, 40, Grande Rue, La Courde. Specialises in crêpes, galettes and gourmet desserts. There are games for the children and also a mini-library if you fancy a read during lunch, depending on how good your French is! Children's menus are available at €8 as well as set menus ranging from €11 to €15.

La Bicyclette du Morinand, In Le Morinand. This open air restaurant serves nice food for reasonable prices. The owner is Dutch and likes to incorporate Dutch food into the menu. Very friendly atmosphere and great service 20 rue de la Poisière.

L'Embarcadere 7, Quai de La Poithenivinière, Very highly recommended seafood restaurant. Enjoyed by Canvas Customers in previous years. On a nice day why not sit out on the terrace with a relaxing view of the harbour

Family Fun

Take a boat trip from La Rochelle to Fort Boyard (made famous by the television programme of the same name), the trips offer commentary on the history of the fort and the surrounding islands.

Activities

The island is perfect for all manner of watersports and the beach nearest the campsite has facilities for wind surfing and sailing. The locals do a lot of surfing but there are no boards for hire, so you have to bring your own.

Cycling is an extremely popular way to get around the island with its 87km network of paved cycle paths. A biking map is available from tourist offices.

Nearby

The Mainland • La Rochelle is a charming town with good seafood restaurants. On either side of the extremely picturesque old port are two 14th century towers. You can climb one of the towers, the Tour St. Nicolas, for a good view of the bay. In a third tower, the Tour de la Lanterne, you can see graffiti carved by prisoners in the 17th/18th century. The Musée d'Histoire Naturelle has an extensive collection of rocks, coral, and shells.

The island

Le Bois Plage • is small but has plenty of character. There are many bars and restaurants to choose from. The tabac in the centre of town sells British newspapers, however prices for these are fairly high and a Sunday paper could set you back as much as €5! It boasts a lively daily market and on the outskirts of the village you can find the only windmill on the island that still has its veins attached.

St. Martin de Ré • is the capital of the island. The ramparts, constructed during the past troubles of the isle, still remain and add to the character of the place. The church at St. Martin is a must-see with its magnificent tower, stained glass windows, artwork and ambience. Most of the shops are in and around the port area where the local fishermen also sell their wares.

Regional Information

Vendée and Royan

The Vendée and Royan make an ideal holiday destination, with over 140km of wide, sandy beaches and over two thousand hours of sunshine each year. Beaches are often backed by sand-dunes and pine forests, which act as a natural windbreak. The wide shallow shores are safe for bathing and water sports. Inland you will find marshes, plains and wooded hills, rich in legend and history. To the south of the region lies the Gironde and the vineyards around Bordeaux.

Eating & Drinking – Regional Specialities

Vendéen regional fare tends to be simple and hearty. With such a long coastline, there is a wealth of fish and shellfish; especially good are the mussels, sardines and sole. Don't leave without trying the Moules Marinière (mussels in a white wine and onion sauce) or à la Crème (with cream). The Vendée is famous for its brioche (sweet bread) with each village having its own recipe. The region produces three kinds of Muscadet, a dry white wine particularly good with seafood. There is an even drier wine called Gros-Plant. Red, white and rosé wine is marketed under the Fiefs Vendéen label. Ile de Re also has a variety of local produce to offer, including; a wide range of sea salt products ranging from, seasonings to enhance your cooking, to beauty products and delicious caramels. (Ile de Re caramels can be found in the campsite shop). The island also produces Wine and four types of beer, which can be found in the local shops and restaurants or by visiting the Brewery and Vineyard where tours are available.

*A • an admission charge is payable for these attractions

Family Fun & Days Out

Futuroscope • Europe's first park devoted to technology. Attractions include a Kinemax cinema with a 600sq m screen, a 3-D cinema, a "dynamic" cinema with simulated seating (seats that move in reaction to events in the movie), a rotating tower, an "enchanted lake", bumper boats, remote controlled cars, adventure playgrounds, a water maze and a Lego exhibition. Futuroscope is 80km to the east of the Vendée just outside Poitiers, exit 18 off A10. (Open daily, *A).

Le Puy De Fou • Visit a reconstructed 18th century Vendéen village with a wide programme of events, including jousting and juggling (*A). La Cinéscénie is an incredible open-air, night time show re-enacting the history of Vendée, accompanied by fireworks, lasers and fountains, with the Château le Puy du Fou and the lake providing a beautiful backdrop.



Aquarium de La Rochelle • The aquarium at La Rochelle (in the centre of town) is home to over 10,000 species of sea creatures, visit the Tropical Greenhouse or learn more about sea life in the specially designed rooms. (Open daily, *A).

Planète Sauvage • This great wildlife park has over 1,500 animals. It is situated to the north of the Vendée. Thatched mud huts add to the African atmosphere. In Port Saint-Père (open daily, *A).

Zoo de Sables • In this tree-filled zoo you can see a collection of monkeys, exotic birds, big cats and other animals. In Sables d'Olonne (open daily, *A).

Boat Trips • From La Rochelle you can take a boat trip to the islands of Ré, Aix and Oléron, and to Fort Boyard. A handy way to reach the Médoc vineyards, avoiding Bordeaux, is by ferry from Royan across the Gironde to Soulac-sur-Mer.

Places of Interest

Venice Verte • La Venice Verte is, as its name implies, a maze of waterways that you can explore by foot, by bike or by way of the traditional 'Plate', which is a flat-bottomed canoe, some even have glass bottoms. You can hire these for an hour or a whole day, with or without a guide and paddle around at your own leisure along the labyrinth of tranquil pretty canals. Each boat can carry 6-7 people; so more hands make lighter work (*A). The Venice Verte is located north west of La Rochelle, in between Mauzé sur le Mignon, Courçon, Maillezais and Coulon.

Maillezais • A pretty village on the edge of the Venice Verte. A stone museum in the Abbaye de Maillezais gives you a closer look at some of the detailed Romanesque carvings from the ruins of a Benedictine abbey. In summer, the abbey is used for dramatic son et lumière (*A).

Cognac • To learn about the world famous double distilled spirit that bears the towns name is the fundamental reason for a visit to Cognac. Cognac is made of grape eaux de vie (water of life) of various vintages. It is aged in oak barrels and then blended by an experienced cellar master. Each year, 3% of the Cognac evaporates through the pores of the casks (known rather lyrically as the angel's share), which

nourishes the tiny black mushrooms that spawn on the walls. Tours can be had of the productions and facilities at Hennessy, Martell and Otard (*A).

Ile d'Yeu • Boat crossings leave St. Gilles-Croix-de-Vie and Fromentine each day. Once on the island it's a good idea to hire a bicycle to explore. Perhaps the most spectacular part of the island is the rocky, wild Côte Sauvage on the west. The imposing ruins of the old Château overlook the pretty fishing harbour of Port-de-la-Meule.

Nantes • To the north of Vendée, this is the largest town in the area. An attractive city of art, an industrial centre and a busy port. The Château des Ducs de Bretagne is a well-preserved fortress, now home to several museums. Opposite the castle, the highlight of the Cathédrale-St-Pierre is the tomb of Duke François II and his wife (*A). The Musée des Beaux-Arts contains a fine collection of Renaissance paintings (*A).

St. Gilles-Croix-de-Vie • An attractive, busy port renowned for sardines and anchovies. The Maison du Pêcheur is furnished with items from a typical local fisherman's home in the 1920s (*A). There are several festivals during July and August. Check with the local Tourist Information Office for details.

Angles • Worth visiting to see the primitive bear sculpture that sits on the roof of the celebrated Romanesque church. Legend has it that a bear abducted the most beautiful local girls and ate them. A holy man tamed the beast and brought him back to town where he turned the animal to stone.

Les Sables d'Olonne • A busy fishing port with a lovely beach and a zoo (see Family Fun). The 17th century Abbaye Sainte-Croix now houses an art gallery and a costume museum (*A). There is a festival held here in mid August.

Every effort has been made to ensure the information contained within this guide, to the best of our knowledge, is both helpful and correct at time of going to press (March 2010). Canvas Holidays cannot accept responsibility for inaccuracies contained herein.