



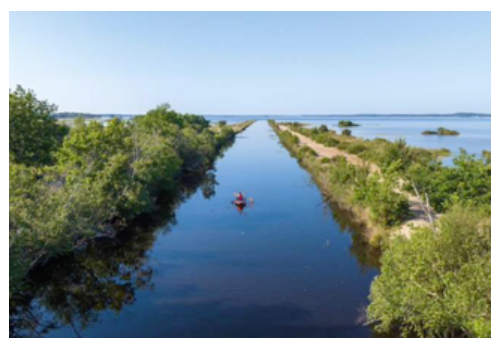
In autumn, the lakes of Médoc Atlantique reveal another side to themselves. The Lac d'Hourtin-Carcans, France's largest natural freshwater lake covering 6,000 hectares, and the Lacanau lake, covering almost 2,000 hectares, become discreet refuges where you can enjoy the first rays of morning sunshine, strolls along the water's edge and gourmet breaks in the heart of nature. Nestled between pine forests and dunes, these lakes offer well-equipped beaches as well as more intimate spots. From October onwards, these vast expanses of water are reinvented for the delight of nature lovers.



Explore the lakes in a different way: kayaking, canoeing and paddleboarding

From the very first paddle strokes, the lake imposes silence and offers an immediate feeling of freedom. Standing on a board or sitting in a kayak or canoe, you can follow the Canal des Étangs, a freshwater corridor that winds between the trees and runs alongside small moored boats, revealing a discreet natural world: egrets perched on stumps, ospreys in flight and the reflections of pine trees on the water's surface. The recommended route forms a 2-hour loop on Lake Hourtin-Carcans, allowing you to fully enjoy the calm and the landscapes, especially at sunset for a unique experience.

On Lake Lacanau, boats also allow you to reach secret islands, such as Île aux Oiseaux, accessible only from the water, for total immersion in unspoilt nature.



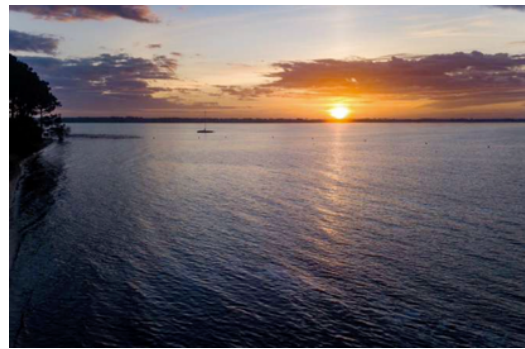
Capture the beauty of lakes at sunrise

To fully enjoy the sunrise over the lakes, there are three must-see viewpoints.

At Piqueyrot, in this wild corner of Hourtin, you can stand facing the water and admire the first rays of daylight. To prolong the experience, the Hourtin Dunes and Marshes Nature Reserve, located on the edge of the lake, invites you to discover its 2,150 hectares of dunes, marshes and forests, a veritable open-air natural museum where flora and fauna reveal themselves along the trails.

At the port of Lacanau, the jetty offers an ideal setting for watching the lake wake up, sitting on the bench at the end of the pontoon or directly on the shore.

On the Carreyre side, you can enjoy the calm, punctuated by the lapping of boats and the ballet of swans gliding across the water, with the Vire Vieille Managed Biological Reserve as a backdrop, completing this privileged panorama.



Stroll along the banks in autumn colours

In autumn, the lakes of the Médoc become havens of calm where walking and cycling take on a whole new dimension. The landscapes are adorned with new colours and invite you to slow down.

In Carcans-Maubuisson, the Sentier du Lac walking trail offers panoramic views of the water, lined with pine trees and peaceful beaches. Easy to access and suitable for all, this walk becomes even more fun thanks to the Tèrra Aventura trail: Ruée vers l'or des bois (Gold Rush in the Woods), which introduces participants to the profession of gemmeur (resin collector) while guiding them through iconic viewpoints.

In Lacanau, the Lion loop (18 km) offers an easy bike ride, ideal for families. The route, which crosses the forest, takes you to the Pointe de Bernos for an exceptional view of the Île aux Oiseaux and the shores of Lacanau Lake.



Learn how to fish on the great lakes of the Médoc region

The large lakes of the Médoc region are ideal for fishing, whether you are a beginner or want to improve your skills, especially when it comes to predatory fish. In Hourtin-Carcans and Lacanau, autumn provides the perfect setting, with calm waters and a serene atmosphere. Fishing spots are chosen according to specific criteria: geology, currents, winds, the presence of seaweed beds and water temperature.

Whether you set off in a kayak or a float tube, the adventure becomes a source of learning and discovery. Little by little, you master the precise movements of lure fishing while respecting 'no kill' practices, watching for the slightest movement below the surface, listening to the sounds around you, scrutinising the furtive flight of a heron or the dive of a fish. Each cast is a challenge, each wait a meditation.

In these moments on the water, nature reveals itself in its most direct form — and predator fishing becomes an excuse to immerse yourself in it. To enjoy this experience, guided trips on a boat equipped for fishing are available throughout the year.



About Médoc Atlantique

Médoc Atlantique is a community of 13 communes located in the Gironde department, in the Nouvelle-Aquitaine region (Lacanau, Soulac-sur-Mer, Carcans-Maubuisson, Hourtin, Naujac-sur-Mer, Grayan-et-l'Hôpital, Vensac, Le Verdon-sur-Mer, Saint-Vivien-de-Médoc, Jau-Dignac-et-Loirac, Queyrac, Valeyrac and Talais). This area, rich in natural and cultural diversity, stretches along the Atlantic coast, offering a variety of landscapes, from immense beaches to pine forests. The local economy is strongly influenced by tourism, agriculture and maritime activities, with a particular emphasis on aquaculture and oyster farming. Médoc Atlantique Community of Communes is actively involved in sustainable development, regional planning and environmental protection projects. It also supports local initiatives and helps businesses to grow. Finally, Médoc Atlantique promotes its natural and cultural heritage to encourage responsible and attractive tourism.

MÉDOC ATLANTIQUE TOURISM OFFICE

Emmeline Azra - Head of Attraction Development - +33 7 85 64 94 58 - emmeline@medoc-atlantique-tourisme.com

Manon Lefort - Communications Officer - +33 6 78 53 91 41 - manon@medoc-atlantique-tourisme.com