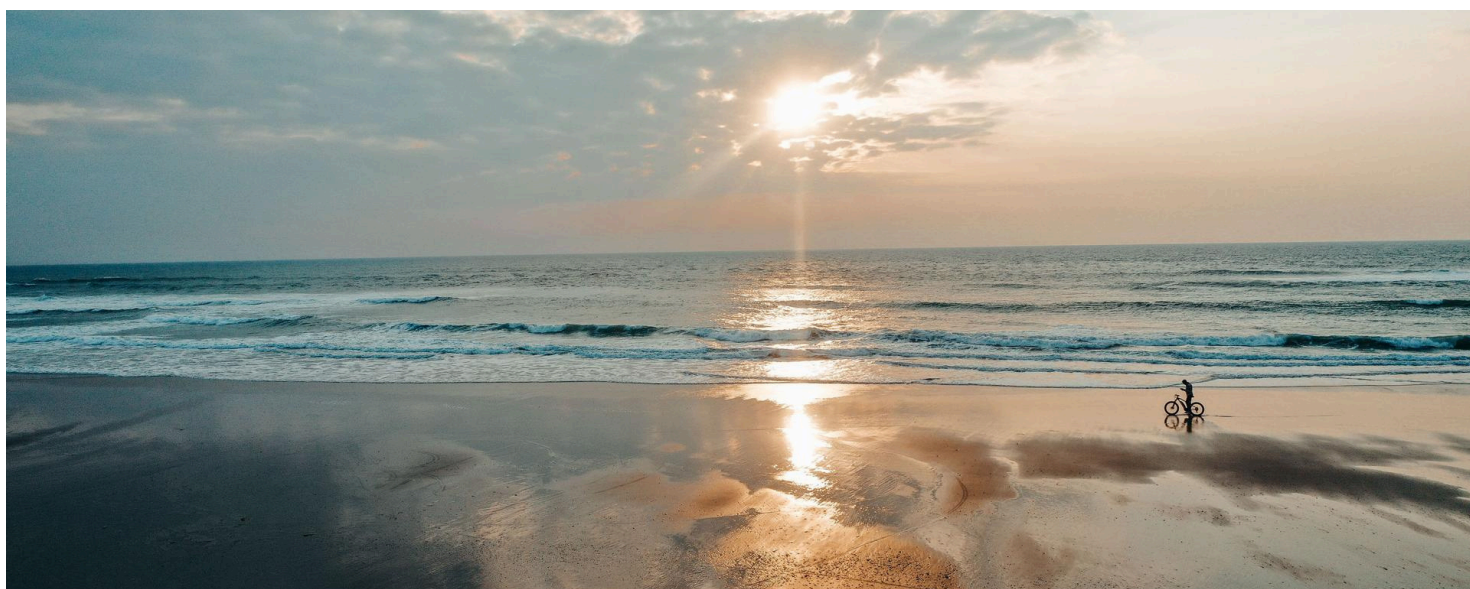


HEADING FOR THE INDIAN SUMMER IN MÉDOC ATLANTIQUE

Far from the hustle and bustle of the summer holidays but still basking in the warmth of fine weather, Médoc Atlantique is the ideal destination for enjoying a peaceful and sunny Indian summer. This special time of year reveals another side to the region, with its ocean, lakes, pine forests and the Gironde estuary. Less crowded but still vibrant with nature, the destination offers visitors an environment conducive to unwinding, discovery and encounters. In this more intimate atmosphere, the landscapes can be appreciated in a different way, activities take on a gentler pace and the Médoc way of life is revealed in all its glory. A season apart, where golden light prolongs the summer.

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An attractive late season

At a time when many destinations are slowing down, Médoc Atlantique keeps up the pace and extends the summer. Until mid-October, temperatures remain mild, the light enhances the landscapes and attracts photography enthusiasts, while the beaches regain their calm and serenity. It's the perfect combination for experiencing the region in a different way, in slow tourism mode.

With an estimated occupancy rate of 30.7% for the first week of September, the late season offers real opportunities for spontaneous travellers. With a variety of more affordable accommodation options, flexibility and comfort come together for tailor-made stays.

This period is also ideal for making the most of the cycle routes, strolling along the lakes or the estuary, or immersing yourself in the authentic atmosphere of the local farmers' markets. A freer and more intimate way to experience Médoc Atlantique.

5 good reasons to choose Médoc Atlantique in September-October

1. Wide open spaces (almost) to yourself

From Le Verdon-sur-Mer to Lacanau, the fine sandy beaches stretch for over 120 km, without crowds or hustle and bustle. At this time of year, they become the setting for contemplative walks, peaceful surfing sessions or simply relaxing moments facing the ocean. The often spectacular light at the end of the day invites you to slow down and fully enjoy the raw, almost private landscape.

2. A life-size playground

Cycling along the Vélodyssée, paddleboarding on Lake Hourtin-Carcans or Lake Lacanau, or exploring the heritage of Soulac-sur-Mer... the whole destination invites you to get moving and breathe in the fresh air. With its 400 km of cycle paths, 351 km of hiking trails and two large lakes, Médoc Atlantique remains dynamic without ever being noisy.



3. Flavours between summer and autumn

The markets, still bustling at this time of year, offer a subtle blend of summer produce and autumn ingredients: oysters from the estuary, seafood, seasonal vegetables, local honeys, Noisetines, artisanal spirulina and wines from the surrounding estates. Strolling through the aisles of these markets or taking part in visits to producers also means meeting the people who bring the region to life and discovering a gastronomy on a human scale.

4. Accommodation designed for well-being

Guest houses, wooden cabins, nature campsites, lakeside residences... The late season allows you to take full advantage of affordable and private accommodation. Whether you're planning a weekend for two, a solo break or a getaway with friends, every place here tells a story in a preserved environment where you'll quickly feel at home.

5. Activities to enjoy in all weathers

And if the skies turn grey, the experience continues in a different way. Creative workshops, such as pottery classes, offer a hands-on and inspiring break. Heritage enthusiasts can immerse themselves in maritime history at the Cordouan Lighthouse Museum and the lighthouses and beacons. Wine lovers are not to be outdone: visits to châteaux and tastings in the cellars offer a different way to discover the Médoc way of life.



A year-round destination

For several years now, Médoc Atlantique has been committed to sustainable and balanced tourism, driven by a strategy to promote the off-season. Thanks to its unspoilt natural environment, the diversity of its offering and the mobilisation of local stakeholders, the region is confirming its potential well beyond the high season.

September and October are thus becoming months of escape in their own right, when it is good to slow down, explore, breathe and savour.



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.

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