

the Arcachon Basin to sailors since 1947. From the top (53 metres and 258 steps up) you have a spectacular view of the Basin and the Dune du Pilat.

## 美食

美食是海洋和陆地出产的食材完美结合的果实。海鲜、肥肝、鱼子酱、鱼类在品类繁多的波尔多葡萄酒的搭配下变得更加的美味绝伦。

- **海湾特产：阿尔卡雄-费拉角牡蛎**  
阿尔卡雄湾坐享养殖牡蛎的独特环境，是法国牡蛎养殖业的重要地区。
- **本地鱼类：**  
鳎鱼、墨鱼、火鱼和狼鲈聚集在海湾，渔民采用网和笼捕鱼：阿尔卡雄港是法国第二大最具价值的渔港。
- **鱼子酱**  
阿尔卡雄湾也因出产鱼子酱而远近闻名。在一名导游的陪同下探寻此地。为法国和阿基坦鱼子酱的独特风味惊艳吧。

## FOOD AND DRINK

Local gastronomy is the result of a subtle combination of products from the sea and the region. Here, seafood, foie gras, caviar and fish are enhanced by a wide range of Bordeaux wines.

- **The Basin's flagship product: Arcachon-Cap Ferret oysters**  
The Arcachon Basin offers outstanding conditions for oyster reproduction and farming. It is one of the leading oyster-farming regions in France.
- **Local fish:**  
Sole, cuttlefish, red mullet and sea bass live in the waters of the Basin. Fishing is small-scale, using nets or wire baskets: the port of Arcachon is France's 2nd biggest port in terms of the value of its fishing.
- **Caviar**  
The Arcachon Basin is also known for caviar production and should be explored with a guide. Try the unique flavours of "Caviar de France and Caviar d'Aquitaine".



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# BASSIN D'ARCACHON



Just an hour from Bordeaux  
The Arcachon Basin: another world!  
距波尔多1小时路程  
阿尔卡雄湾，别样的天地！

The Arcachon Basin is a lagoon that opens out to the Atlantic Ocean, an inner sea lined by 10 towns and villages.

## INSIGHTS

- 10 communes: Arcachon, La Teste de Buch, Gujan-Mestras, Le Teich, Biganos, Audenge, Lanton, Andernos-les Bains, Arès and Lège-Cap Ferret.
- An 88-kilometre perimeter: from the tip of Cap Ferret to the Dune du Pilat
- Population: 110,000 people spread across 10 communes

## TOURIST ATTRACTIONS

- 56 kilometres of beaches, including 40 km of ocean beaches.
- 785 km<sup>2</sup> of maritime pine forest.
- A river 135 kilometres long: the Leyre.
- 56 km<sup>2</sup>: Cazaux Lake, the 2nd biggest lake in France.
- 26 picturesque ports and villages surrounding the 10 communes in the Arcachon Basin
- 109 metres high, 2700 metres long, 500 metres wide: the Dune du Pilat, the highest dune in Europe.
- Well-known areas of natural beauty: the Île aux Oiseaux, the Dune du Pilat, the Banc d'Arguin and the Banc d'Arguin, Arès and Lège nature reserves.
- 3 golf courses: Arcachon, Gujan-Mestras and Lanton.
- Character hotels that testify to the art of living on the Arcachon Basin: the Hôtel la Corniche, the Hôtel de la Ville d'Hiver, the Maison du Bassin, Home d'Arcachon....

阿尔卡雄湾是一处面向大西洋的泻湖，是一片毗邻10座市镇和村庄的名副其实的内海。

## 简介

- 10座市镇：阿尔卡雄（Arcachon）、拉泰斯特德布什（La Teste de Buch）、居让梅斯特拉（Gujan-Mestras）、勒泰什（Le Teich）、比加诺（Biganos）、奥登日（Audenge）、朗东（Lanton）、安德诺莱班（Andernos-les Bains）、阿莱（Arès）、莱日费拉角（Lège-Cap Ferret）。
- 方圆88公里：从费拉角到比拉沙丘。
- 人口：110 000居民分布在10个市镇。

## 旅游特色

- 76公里沙滩：包括40公里海滩。
- 785平方公里海岸松林。
- 135公里长的河流：莱尔河（La Leyre）。
- 56平方公里的湖泊：卡佐湖，法国第二大湖泊。
- 26个美丽的港口和村庄环绕着阿尔卡雄湾的10座市镇。
- 109米高、2700米长、500米宽的沙丘：比拉沙丘，欧洲最高的沙丘。
- 著名的自然风景区：鸟岛、比拉沙丘、阿尔甘湾国家公园以及阿尔甘湾、阿莱和莱日自然保护区。
- 3个海湾：阿尔卡雄湾、居让梅斯特拉湾和朗东湾。
- 展现阿尔卡雄湾生活艺术的酒店：拉科尔尼什酒店（l'hôtel la Co(o)rniche）、冬城酒店（l'hôtel de la Ville d'Hiver）、海湾之家（la Maison du Bassin）、阿尔卡雄酒店（Home d'Arcachon）.....

## THINGS TO SEE, PLACES TO VISIT

As Mother Nature does things well, she has provided the small Arcachon Basin area with a unique heritage that can be explored in many different ways.

- **Climb the Dune du Pilat:** the highest dune in Europe (109 m) –outstanding views over the Arcachon Basin, the Banc d'Arguin nature reserve and the Landes forest.

The Dune du Pilat is a remarkable geomorphological phenomenon and a natural archive that goes back over 4,000 years of history.

- **Fly over the Basin** in a private aircraft and admire the variety of natural scenery: from dune to forest, sand-bank to island. Here the landscape is constantly changing with variations in light and colour. Discover it all alongside an experienced pilot.



- **Visit Arcachon, the 4-seasons town**

Marked by the imperial period of Napoleon III, Arcachon has constantly developed without losing sight of its rich heritage and the quality of its environment. Arcachon is a real 4-seasons town, with 7 km of coastline, a lively town centre and a wide variety of cultural activities. Under the decisive influence of the Atlantic Ocean, with over 2000 hours of sunshine a year and a balanced diet of wind and rain, Arcachon enjoys a real microclimate.

**The Winter Town**, a district listed in the historic monuments inventory

Founded in the late 19th Century as a spa town, the district stands out for the originality of its architecture. Neo-Gothic villas, Swiss chalets, English cottages or colonial-style residences, the 215 villas dispersed among the pine trees form a unique heritage.

## 风景名胜

创造万物的大自然在阿尔卡雄湾一带汇集了诸多可以通过各种方式去探索的风景名胜。

- **登临比拉沙丘:** 欧洲最高的沙丘 (109米) –阿尔卡雄湾、阿尔甘湾自然保护区和朗德森林的风光一览无遗。

比拉沙丘是闻名遐迩的地貌现象，犹如一部有着4000年历史的自然文献。

- **乘旅游飞机** 飞越海湾饱览自然生态风景区的多样性：松林沙丘、岛上沙洲。变化多端的光影和色彩汇成了永恒的风光。在一名经验丰富的飞行员的带领下尽情探索。

- **游览四季之城阿尔卡雄**

曾接待过拿破仑三世的阿尔卡雄以其丰富的历史遗产和优越的自然环境不断向前发展。四季之城阿尔卡雄拥有一条7公里长的海岸线、一片充满活力的市中心、一个举办大型文化活动的季节。阿尔卡雄坐享名副其实的微气候，在海洋性气候的影响下，一年日照时间超过2000小时，风势和降水均衡。

**冬城**，名列历史建筑名录的度假区。19世纪末修建的温泉度假区，以新颖独特的建筑著称。新哥特式的别墅、瑞士风的木屋、英伦味的村舍或是模仿殖民地特色的房屋，215栋散布在松林中的别墅构成了一份独一无二的文化遗产。

- **乘船环游鸟岛**

拥有美丽的野生环境的鸟岛坐落在阿尔卡雄湾的中心。这座受到保护的小岛是众多鸟类的避风港。岛的四周是大木桩围成的牡蛎养殖园。

靠近岸边的海水中矗立着一幢幢桩棚，被称为“尚格棚” (Cabanes Tchanquées)，是此地的一大特色。

为了观赏小岛，最好是在导游的带领下乘坐阿尔卡雄湾的传统小渔船环游。

阿尔卡雄湾的牡蛎养殖区：邂逅地道的牡蛎



- **A boat tour of the Île aux Oiseaux (Bird Island)**

In the heart of the Arcachon Basin, the Île aux Oiseaux is a place of unspoiled beauty that provides a refuge for a wide range of bird species. It is surrounded by oyster beds marked out by tall wooden poles.

The island overlooks the famous huts on stilts, known locally as the “Cabanes Tchanquées”, which are symbols of the Basin.

The best way to explore the island is an excursion in a “pinasse”, a boat typical of the Arcachon Basin.

- **The oyster ports and villages of the Arcachon Basin:** an authentic experience

Built of wood, the oyster huts form little villages around the rim of the Basin. You'll find them on the Cap Ferret peninsula and in the 7 ports of Gujan-Mestras, La Teste de Buch, Biganos, Audenge, Andernos les Bains and Arès.

- **The Le Teich Ornithological Reserve:** the Arcachon Basin, a world of birds

This protected area is listed as being of international importance and extends over 120 hectares. Every year, it offers shelter to 260 species of wild birds.

- **Le Cap Ferret**

This headland, 25 km long, separates the Arcachon Basin from the Atlantic Ocean. On one side are beaches pounded by ocean waves, on the other the intimate atmosphere of the oyster villages, family beaches, villas and evenings with friends.

Surfing, water-skiing, wakeboarding, sailing, fishing, canoeing, kite surfing, cycling..., the choice is infinite at Le Cap Ferret.

- **Climb up the lighthouse at Le Cap Ferret**

The Cap-Ferret lighthouse has signalled the entrance to

## 养殖

- **牡蛎养殖棚** 犹如海湾周边的村庄。在费拉角半岛和居让梅斯特拉、拉泰斯特德布什、比加诺、奥登日、安德诺莱班、阿莱的7个港埠上都可以看得到。

- **勒泰什鸟类保护区:** 阿尔卡雄湾，鸟类的家园。这片国际级别的鸟类保护区的面积为120公顷。每年有260种野生鸟类在此栖息。



- **费拉角**

25公里长的海角将阿尔卡雄湾与大西洋分开。一侧是海水拍打的沙滩，另一侧是安逸闲适的小天地，坐落着牡蛎养殖户的村舍、别墅，沙滩上是全家人休闲的身影，夜幕下是好友们欢聚的笑语。冲浪、滑水、尾波、帆板、钓鱼、皮艇、风筝冲浪、骑车……费拉角带来无穷无尽的乐趣。

- **攀登费拉角灯塔**

1947年建成的费拉角灯塔告诉航海人将驶入阿尔卡雄湾。登上53米高、258级台阶的灯塔，可以饱览阿尔卡雄湾和比拉沙丘的壮丽景色。