

Welcome to the "Escale Bien-Etre, Spa et Hammam" holiday home page in Biscarrosse

Discover your wood-frame vacation home, close to the center of Biscarrosse Bourg. Whether you're exploring or relaxing, this house offers everything you need for a comfortable and memorable stay for two, with direct access to the Institute's facilities if required (optional).

Gîte "Escale Bien-Etre, Spa", Welcome booklet

Welcome to the "Escale Bien-Etre, Spa" gîte in Biscarrosse. This welcome booklet has been compiled to provide you with all the information you need to make your stay a pleasant one. In it you'll find information about the gîte and the region. Please do not hesitate to contact me should you require any further information. I wish you a pleasant stay in New Aquitaine.

Languages spoken: French and Polish. Other languages on this site have been automatically translated using Google Traduction.

[Arrival information >](#)

- Location, arrival times and arrangements, map, parking ;
- Tourist tax, linen, cleaning ;
- Additional services available on request.

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- How to get to Biscarrosse ;
- Buses ;
- Getting around Biscarrosse, the Biscabus ;
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To the Institute website

1 - Arrival information



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Hello and welcome to Biscarrosse.

Location, arrival times, parking, ...

Your arrival is possible from 4 pm to 9 pm. However, I kindly ask you to :

- If possible, let me know as soon as possible what time you expect to arrive?
- Call me at 06.09.73.16.64 about 15 minutes before your arrival so that I can be there to welcome you.

The main address (124 avenue Jean Bouin - 40600 Biscarrosse) is the address of the "Escale Bien-Etre, Spa et Hammam" institute located on the same property. But you have your own entrance at the rear, directly onto the accommodation. **The meeting point is therefore in the small parking lot adjacent to 203 rue Peychan, at the rear of the property.**

Here's some information about your stay:

For your information, I can confirm that we are in the **"Rental of classified furnished tourist accommodation"** formula. As such:

- The price paid includes tourist tax if your reservation is made via a platform (Airbnb, booking, etc ...); Otherwise (direct rental, or via Le Bon Coin), the tourist tax will be paid in addition on site (1.70 € per person per night).
- Unless optional, bed linen and towels are not provided (You have a comforter 240*260 cm, a double bed cover and 4 pillows 60*60 cm - Bed 140*190);
- You are responsible for cleaning at the end of your stay;

-Parties, events and large gatherings are not permitted in our furnished accommodation;
Commercial filming and other professional use of the property is strictly forbidden.

- Security: As your hosts, we cannot be held responsible for theft, loss or damage to the property if it is not properly locked (windows+ , front door locked). Similarly, please do not leave any electrical or household appliances switched on during your absence.

Please do not leave young children unsupervised in the accommodation.

- This is a non-smoking property; however, smoking is permitted on the terrace.

Additional services can be provided on request, such as :

- Bed linen / bed made on arrival (bottom sheet, comforter cover, 4 pillowcases) and towels (2 bath towels, 2 hand towels) for an extra charge of €50 for stays of 2 to 7 nights, and per week beyond (change on Saturday) to be paid on site;

- End-of-stay cleaning service, for a supplement of 70€ to be paid on site. This option must be chosen on arrival;

- Wellness services (massages, hammam, spa) at the "Escale Bien-Etre, spa hammam" institute on the same property.

"located on the same property. These services are described on the

<https://spa.laplumeverte.com> are extra and must be booked in advance:

* By telephone, contact Nathalie on +33.6.27.75.34.21 and leave a message to be called back;

* Online via the Institute's website or directly via "Planity" by following this link

<https://www.planity.com/escale-bien-etre-spa-40600-biscarrosse>

We would like to draw your attention to the need to book these services well in advance, especially during the high season;

- In particular, access to the Institute's jacuzzi can be reserved for you in the late afternoon, subject to availability of the facility.

subject to availability, after closing time (price for approximately one hour: 40€ for 2 people);

- Any other special requests you may have.

We don't take inventory, and rely on mutual trust. I'm counting on you to let me know during or at the end of your stay if there have been any problems, or if there are any areas for improvement. to improve.

Further information on the accommodation's facilities can be found in [the "Practical information"](#) section

I hope you enjoy your stay in Biscarrosse. I remain at your disposal throughout your stay, whatever the reason, so please don't hesitate to contact me if you need anything.

2 - Getting to Biscarrosse and getting around

How to get to Biscarrosse

- By car, Bordeaux is 75 km from Biscarrosse;
- By plane, Bordeaux-Mérignac airport is 77 km away; From the airport, take the streetcar line A (<https://www.bordeaux.aeroport.fr/tram>) to Bordeaux's Saint Jean station, then the train to La Hume or Ychoux.
- By train, via Ychoux (20 km from Biscarrosse) or Gujan Mestras - La Hume (35 km) stations, then by bus lines 511 or 415.

By bus

Regional route 415: From the La Hume SNCF train station terminus in Gujan-Mestras, it passes through La Teste, Sanguinet and finally Biscarrosse, and runs from Monday to Saturday, excluding public holidays. From Monday to Friday, the first departure is at 7.30 am and the last at 8.03 pm. On Saturdays, the first departure is at 10 a.m. and the last at 7 p.m. Its route takes you through the town of Biscarrosse. It serves 2 stops in town: Les Breux and the bus station. In summer, it runs from Monday to Sunday.

Regional line 511: Serves the north of Landes from Ychoux to Sanguinet, via Biscarrosse. The line runs from Monday to Saturday in winter and on Sundays in summer. From Sanguinet mairie, the bus runs to Biscarrosse bourg. The line is interconnected with other regional lines (415, and 416 in summer) and with the town's Biscabus network. With its terminus in the commune of Ychoux, the town hall and SNCF station stops provide connections with the TER trains from Bordeaux.

In Biscarrosse, get off at the Biscarrosse Bourg Gare routière stop, 900 m from the gîte. Please note that buses 415 and 511 can take wheelchairs and bicycles on board, subject to availability, except in summer.

[For more information on these routes, visit the website. Trans-Landes >](#)

Getting around Biscarrosse, between Le Bourg, La Plage and Le Lac: Le BiscaBus



The Biscabus line lets you get around Biscarrosse without worrying about parking. From mid-June to mid-September, Biscabus runs every day, including public holidays. During the high summer season, bus timetables are extended and direct links are added to the beach from the town.

the beach from the town. For the evenings of July 14th and August 15th, or for the Fêtes de la plage in

In September, buses run at night.

The Biscabus summer line serves 19 stops (gare routière, église Dufau, Les Breux, Maguide, Bisc'Aventure) and offers connections with regional lines 511 Sanguinet / Ychoux, 415 Parentis / Gujan-Mestras and 416 Parentis / Arcachon.

[Biscabus stops and timetables >](#)

On request, we can pick you up from Bordeaux-Mérignac airport, and La Hume or Ychoux train stations.

3 - About the gîte's facilities

Here's some useful information for your stay "on board":

Kitchen

Hotplates: Induction hotplates. Pots and pans with magnetic bottoms for induction are in the bottom left-hand cupboard.

To start using a hob, you need to :

- Press the "off" button,
- Then press the "temperature" button, which is also adjustable.

In fact, the on/off button is on the right, the operating indicator on the left. The "beep" is normal when there is no suitable utensil on the plate.

You have at your disposal a classic coffee maker with a permanent filter (no need for a paper filter), a Nescafé-type capsule coffee maker and a kettle. I've put some ground coffee, tea capsules and tea bags at your disposal for your arrival.

Television

FRANSAT satellite reception via Hotbird 5 - Apart from a few English-language news channels, there are no foreign channels available.

Bathroom facilities

- **Shower** - The multi-jet function no longer works, so do not use the top button for this function. Only the hand-held shower and its temperature control work.
- **Hot water** is supplied by a gas boiler in the kitchen.
- **Closing the window** : To close it, you need to push slightly forward on the left compass; please hold it back when opening.
- **Air extractor**: this is switched on at the electrical panel, first circuit breaker in the bottom row.

Heater

When switched on, the heater is set to 20 degrees (thermostat on 4).

Bedroom

- **Bed**: 140*190 with memory foam mattress. A 240*260 cm inter-season comforter and 4 60*60 pillows are provided.

If required, an extra blanket and comforter are available in the dressing room.

- **Safe**: The code to open it is 2603*.

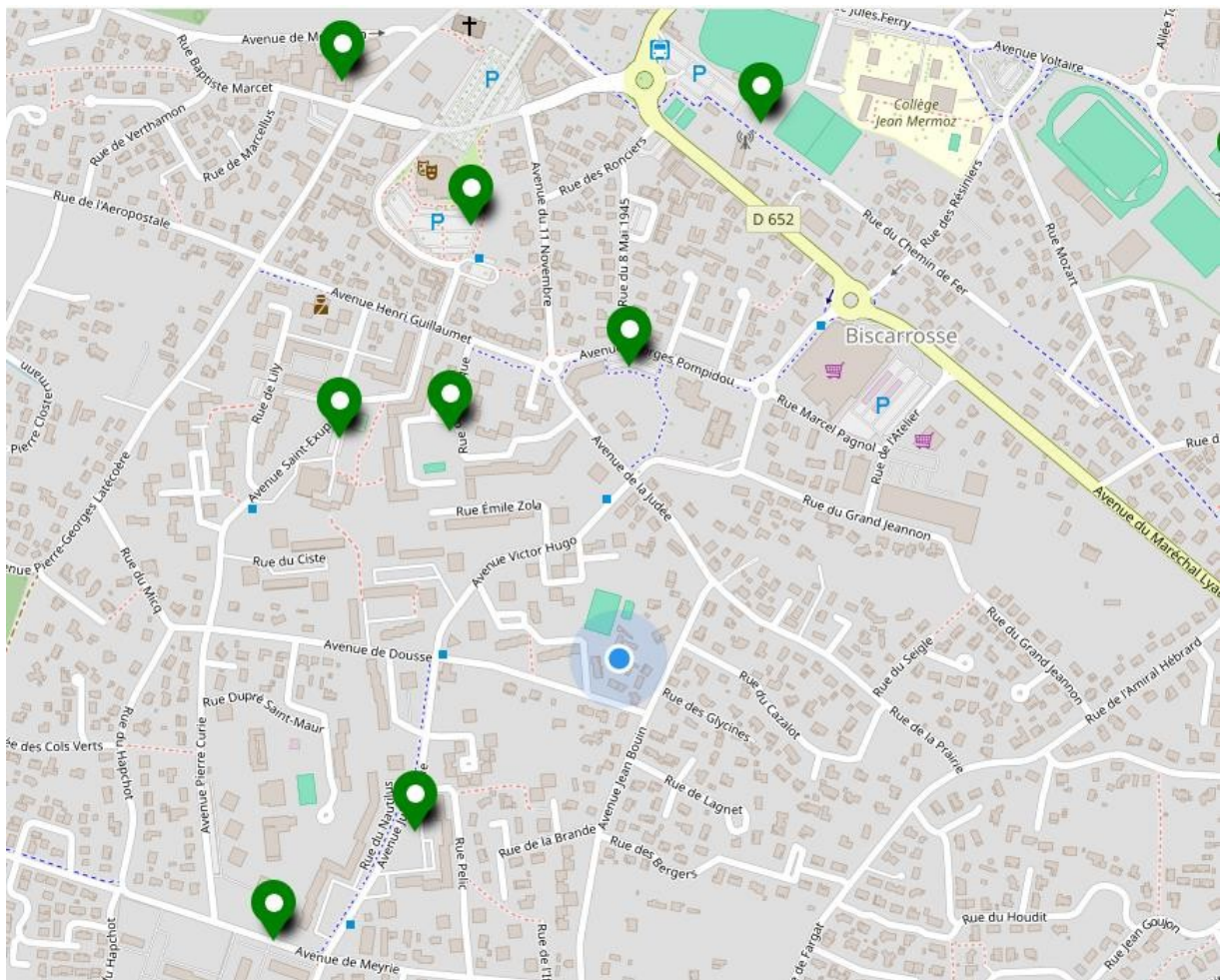
Outside

- The use of **charcoal barbecues** is strictly forbidden. A plancha is available in the pot cupboard and can be used outside.

- In the **trunk on the terrace**, you'll find cushions for the garden furniture, a soccer, a volleyball and a Babington set.

Waste separation

- **Paper and cardboard, glass, plastic and packaging:** sorting points are available at several locations in Biscarrosse. [Here's a map of the nearest sorting centers >>>](#)



- Food waste or non-recyclable waste: put it in a garbage can bag in the green bin by the road, opposite your home.

Miscellaneous information

- The **accommodation is non-smoking**; please do not smoke inside.

- We have a gray cat with white paws, but it's very shy. For reasons of allergic risk to our tenants, I ask you **not to let them into the accommodation**.

4 - Departure information

For your departure:

- I would like to draw your attention to the cleaning at the end of your stay, which you are responsible for, unless you have subscribed to the "cleaning" option when booking. The price of this option is €70 and must be chosen must be chosen on arrival.

Cleaning accessories are available in the dressing room, but you must pay for the cleaning products yourself. Garbage cans must be emptied; a skip for household waste is available on rue Peychan, opposite the gîte, on the other side of the sports field.

- An inventory of fixtures and fittings is carried out on arrival when the keys are handed over, and again on departure.

deposit is returned immediately if no observations are made. Otherwise, if agreement cannot be reached immediately, the deposit will be reimbursed, after deduction of the cost of repair, within 30 days of departure.

- Departure must be before 11 a.m.; please notify me by SMS or telephone as soon as you are ready to return the keys.

5 - Nearby ...

On the "Bisca Grands Lacs" website, you'll find all the information you need to make your day-to-day life or vacation easier.

If you're looking for a brochure, a program of guided tours or events, opening hours or services from the tourist office, information on public transport, parking... You've come to the right place - it's all here in our practical information section.

<https://www.biscagrandslacs.com/pratique>



By bike!

Biscarrosse has over 50 kilometers of cycle paths, so you can cycle from the town center to the beach, and even past the lakes. You can also cycle along the various cycle paths.

Vélodyssée :

La Vélodyssée is a cycle route that crosses Brittany and runs along the Atlantic coast to the Basque coast. A journey of over 1,300 km of cycle tourism with the ocean as a backdrop, passing through Biscarrosse.

From Arcachon to Biscarrosse Plage and on to the town center, you can discover Biscarrosse.

Loopi

The Bisca Grands Lacs tourist office offers a map of cycle paths.

<https://biscagrandslacs.loopi-velo.fr/parcours/a-velo>

Outdoor activities!

Enjoy outdoor activities in Biscarrosse:

- [**Bisc'aventure**](#): Bisc'aventure is one of France's biggest Accrobranche parks, with 19 courses, 4 thrilling activities and 3 challenging activities.
- [**Play areas**](#): Stroll along the paths and discover hikes.
- [**Walks and hikes**](#): Take advantage of Biscarrosse's various playgrounds.
- [**Boating**](#): Discover the rules of navigation on the Biscarrosse lakes.

6 - Useful numbers and links

Emergency numbers are listed on the "Medical" page. [>>>>](#)

Gîte and Escale Bien-Etre

Owner :

Jean-Louis - 06.09.73.16.64

jln@laplumeverte.com

<https://location-biscarrosse.laplumeverte.com> [>>>>](#)

Institut Escale Bien-Etre, Spa

Nathalie - 06.27.75.34.21

nathalie@laplumeverte.com

<https://spa.laplumeverte.com> [>>>>](#)

Town of Biscarrosse

Town Hall : 05.58.83.40.40

Monday to Friday 9am to 12:30pm and 2pm to 5pm, Saturday 10am to 12pm <https://www.ville-biscarrosse.fr/> [>>>>](#)

Police Municipale : 05.58.83.40.45

Monday to Friday, 9am to 12:30pm and 2pm to 5pm 81

Avenue du 14 Juillet - 40600 Biscarrosse

Biscarrosse Gendarmerie: 05.58.83.53.70

100 Avenue Henri Guillaumet - 40600 Biscarrosse

Municipal swimming pool: 05.58.78.12.84

<https://www.ville-biscarrosse.fr/contacts/piscine-municipale/> [>>>>](#)

Arcanson is a venue for shows and cultural events: 05.58.09.52.75 Monday to

Friday - 8.15am/12.30pm and 1.30pm/17.00pm3

61 Rue du Lt de Vaisseau Paris - 40600

Biscarrosse <https://arcanson-biscarrosse.fr/> [>>>>](#)

Bisc'aventure, parc Accrobranche : 05.58.82.53.40

Avenue de la Plage - 40602 Biscarrosse-Plage

<https://biscaventure.fr/>

[>>>>](#)

Galerie de l'Orme : 05.58.83.40.40

Place de l'Orme - 40600 Biscarrosse

7 - Medical

Numbers to know in case of emergency

Doctors on call: 05 58 44 11 11

only nights from 8:00 pm to 8:00 am, weekends from Saturday 12:00 pm to Monday 8:00 am, public holidays from 8:00 am to 8:00 pm. FOR LIFE-THREATENING EMERGENCIES, DIAL 15.

Pharmacy and dentist on call: 3915

SOS Garde (cost of call 0.41€)

Arcachon hospital: 05 57 52 90 00

Avenue Jean Hameau - 33164 La Teste de Buch - France

European emergency number: 112

If you are the victim or witness of an accident in the European Union.

Samu 15

Emergency medical service. To obtain the intervention of a medical team in a situation of vital distress.

Police rescue: 17

To report an offence requiring immediate police intervention.

Fire department: 18

To report a dangerous situation or an accident involving property or people.

Emergency number for the deaf and hard-of-hearing: 114

Number accessible by SMS. If you are the victim or witness of an emergency situation requiring the intervention of the emergency services.

Sea rescue: 196

In all cases, you must always specify...

Your identity: Name and telephone number where you can be reached.

Your location: Give the precise address of the place where the services need to intervene, especially if you are not on site: **203 rue Peychan, Biscarrosse.**

The reason for your call

Express yourself clearly to the caller. The time you spend on the phone is never useless, never delays the intervention and allows the best response to the urgency for which you are calling. Listen carefully to the advice given on what to do before help arrives.

General practitioners in Biscarrosse

LARREZET JACQUES

General practitioner

05 58 78 10 75

462 AVENUE ALPHONSE DAUDET

RENAUDIE THIERRY

General practitioner

05 58 83 01 60

136 RUE JULES FERRY

BONNET PIERRE

General practitioner

05 58 78 09 21

454 AVENUE DES CAUPOS

GEBUS ELODIE

General practitioner

462 AVENUE ALPHONSE DAUDET

NEAGU VICTOR ADRIAN

General practitioner

82 IMPASSE DE NEUVILLE -

KUNAKY EMMANUELLE

General practitioner

05 58 78 11 56

154 RUE DES ROGATIONS

TISSOT ETCHAR CLOTHILDE

General practitioner

05 58 78 11 48

136 RUE JULES FERRY

MAILLOT ETIENNE

General practitioner

06 75 13 22 72

136 RUE JULES FERRY

DUBREUIL MARIE MELODIE

General practitioner

05 58 78 98 58

462 AVENUE ALPHONSE DAUDET

PHELIPPEAU DENIS

General practitioner

63 PLACE DES CHENES VERTS

ADDRA MARTIN

General practitioner

63 PLACE DES CHENES VERTS

CHAPATON LAURENT

General practitioner - Acupuncturist

05 58 78 21 99

147 PLACE GEORGES DUFAU

ULIANA ANTHONY

General practitioner

462 AVENUE ALPHONSE DAUDET

DINCA MIHAELA

General practitioner

147 PLACE GEORGES DUFAU

GEBUS ELODIE

General practitioner

462 AVENUE ALPHONSE DAUDET

SUILS JEAN

General practitioner

05 58 83 99 19

302 RUE DES ALOUETTES

BOURGUIGNON CECILE

General practitioner

05 58 78 98 58

462 AVENUE ALPHONSE DAUDET

ROBIN YOANN

General practitioner

63 PLACE DES CHENES VERTS

GEBUS ELODIE

General practitioner

462 AVENUE ALPHONSE DAUDET

PETIT ARSENE

General practitioner - Acupuncturist

05 58 78 16 45

139 RUE JEAN DE LA FONTAINE

CAILAC CARINE

General practitioner

05 58 78 11 56

154 RUE DES ROGATIONS

Pharmacies in Biscarrosse

Pharmacie de la Plage

802 Av. de la Plage - 05 58 78 20 92

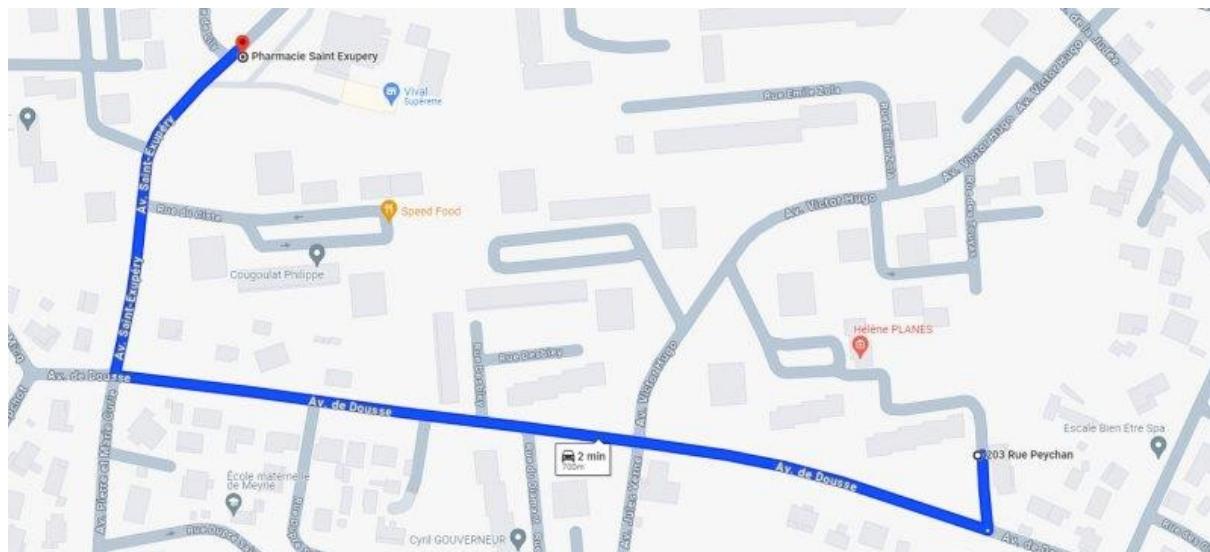
Pharmacie des Lacs

60 Av. de la République - 05 58 78 12 25

Pharmacie Saint Exupery

263 Av. Saint-Exupéry - 05 58 78 12 95

Nearest, 700 m away.



Pharmacie Matériel Médical Meyer

55 Rue de la Poste - 05 58 78 10 36

Parapharmacie E.Leclerc

Biscarrosse Av. de Laouadie - 05 58

82 83 83

8 - Wifi

There is no WIFI available in the gîte; in fact, current legislation does not allow it, unless you wish and are able to permanently record your personal identification data and the sites visited, in the event of requisition by the authorities.

According to law no. 2006-64 of January 23, 2006 on the fight against terrorism, "any person offering to the public a connection enabling online communication via a network access is required to keep traffic, identification and location data for a period of one year, in order to be able to communicate them to the authorities upon requisition".

This is why establishments offering free wi-fi or not, unless they have the necessary secure equipment, are obliged to use an external service provider to ensure these recordings and monitoring. You will be asked for your contact details and email address for this purpose. To find out more: [CNIL website >>>](#)

Note: In the gîte 5G reception is good for all operators Orange, SFR, Bouygues and Free.