

Booklet

Le Penon Surf House



 - English



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Welcome

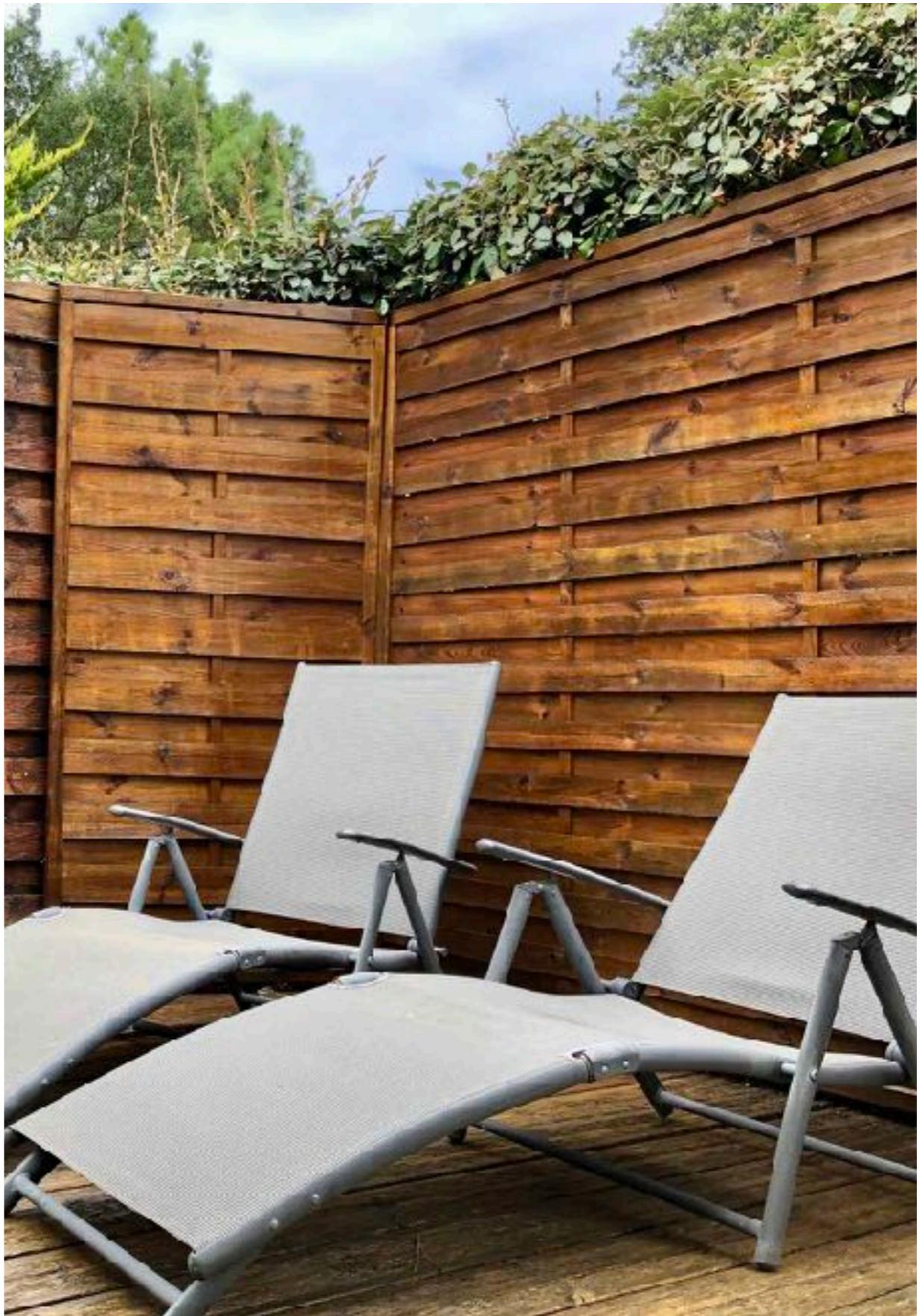
Hello there! We are delighted to welcome you to our apartment Le Penon Surf House in Seignosse.

For your comfort we completely renovated the accommodation, installed a new kitchen with new equipment, bought a new bed and mattress and chose new decoration!

We hope you will have a great stay in this wonderful place. Here is some valuable information that we have gathered for you.

Enjoy it, relax and go surfing as much as you can!

- the owner





General Information

Address

Résidence Atlantique, Apt. 5
9 Avenue Chambrelent
40510 Seignosse

Website

<https://lepenon-surfhouse.fr/>

Free Internet Access

Network ID: LePenonSurfHouse
Password: WelcomeInSeignosse

Contact

Camille Dunglas: +33 (0)6 82 18 59 51

Others

Outdoor storage lock code: 423



How to get there

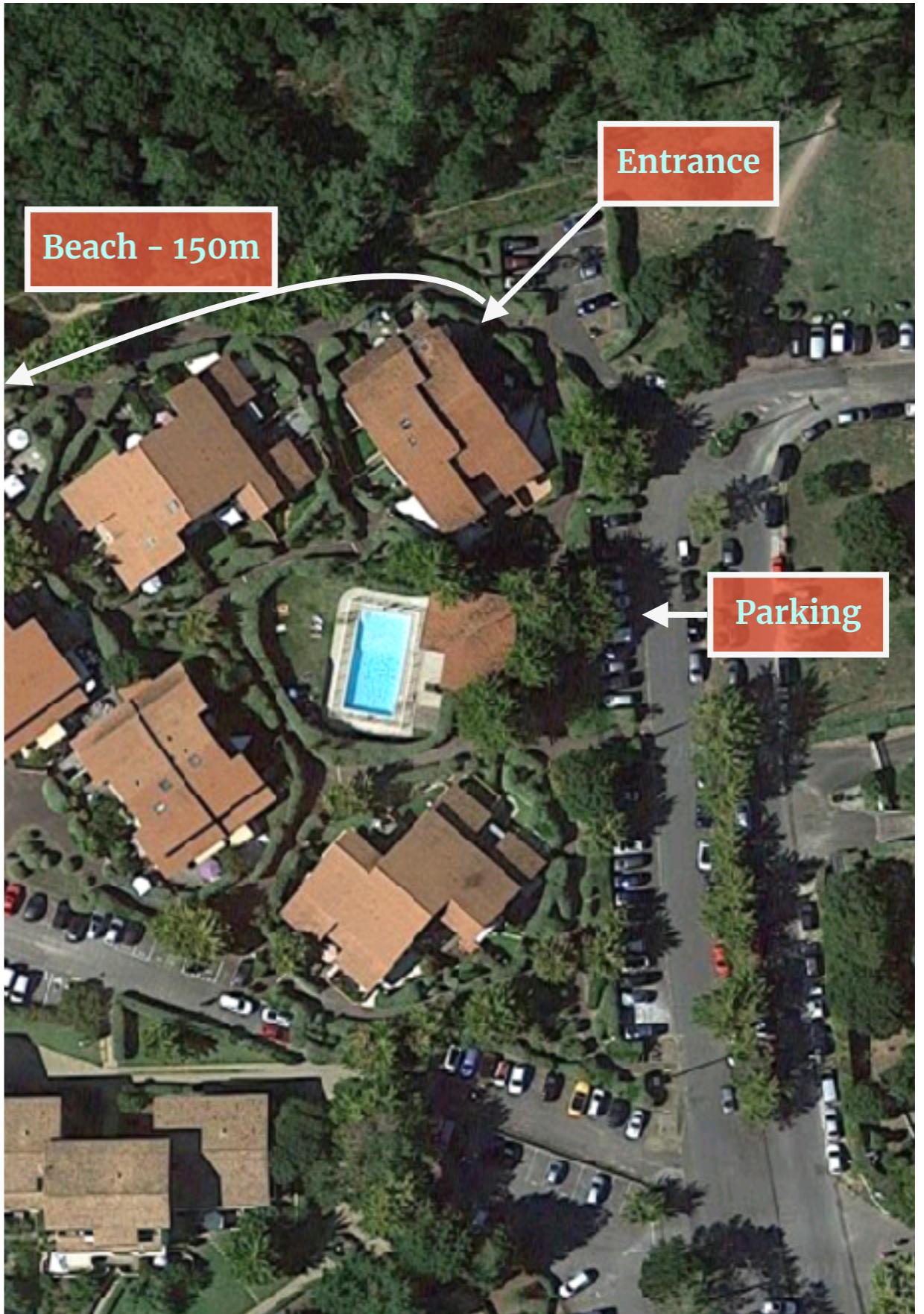
From Seignosse

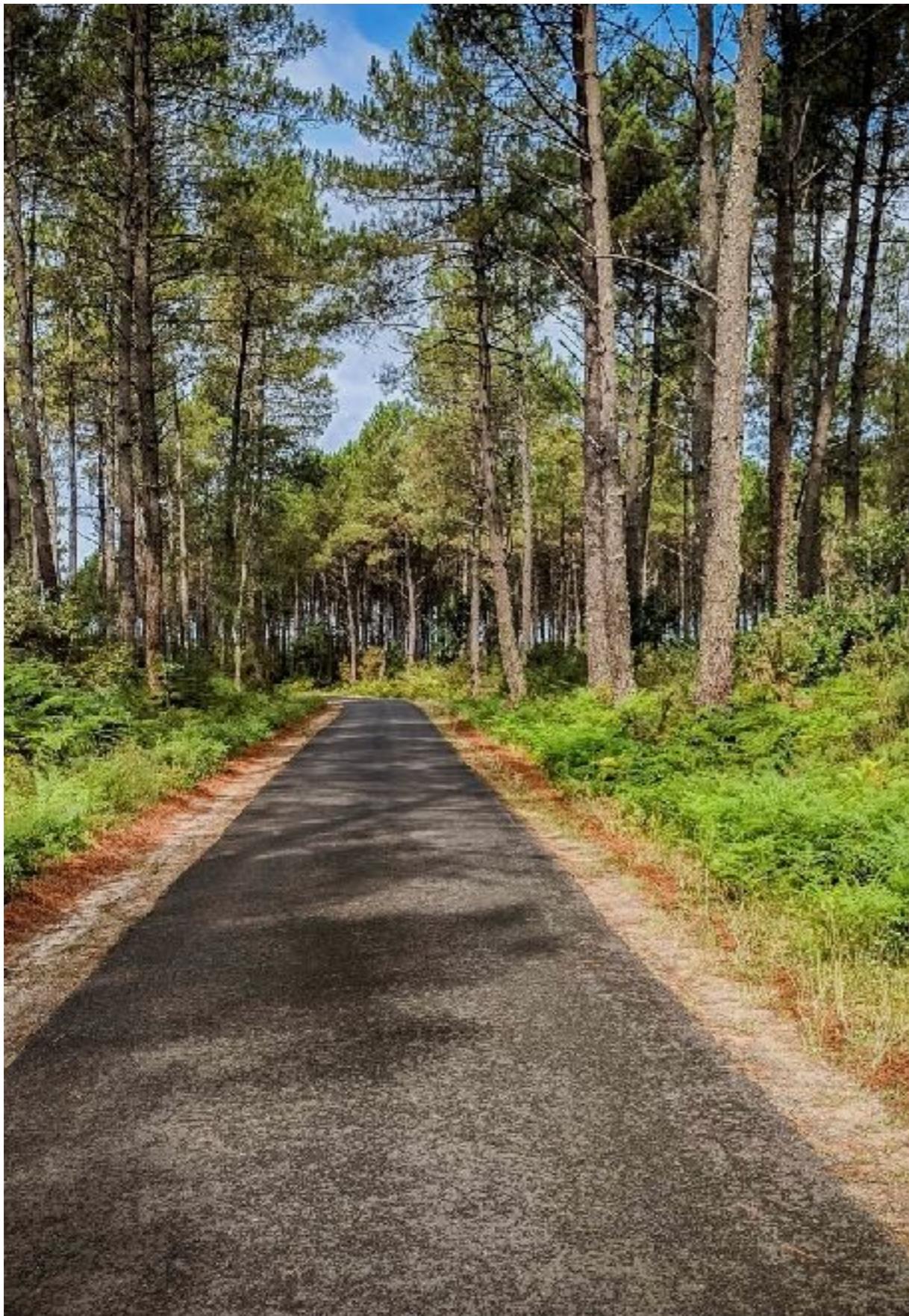
- When arriving to Le Penon, turn right behind the Tourist Information Center (aka “Office de Tourisme”).
- Continue on Avenue Chambrelent for 500 meters.
- The Residence Atlantique is the last one on the left side of the road before the curve.

Where to park

Parking slot: number 5

This parking slot is reserved for you. It is located on the private parking lot of the Residence Atlantique directly on the main Avenue Chambrelent.





Transports

By car

Highway A63

- Exit 8 Seignosse / Hossegor /Capbreton: Follow the direction of Seignosse Plage
- Exit 10 Saint-Vincent-de-Tyrosse / Soustons: Follow the direction of Vieux-Boucau-les-Bains

By train

From the train stations of St-Vincent-de-Tyrosse, Dax or Bayonne.

By plane

Biarritz airport at 44 km or Bordeaux-Mérignac airport at 166 km.





Check-in & Check-out

Arrival and departure times

Check-in after 4pm

Check-out before 10am

On check-out

With or without the Cleaning Service make sure to:

- Empty the fridge of all perishable products
- Clean the oven, microwave and coffee machine
- Clean the grill
- Take out the trash (don't forget waste separation)
- Clean and tidy up the kitchen and the dishwasher
- Empty and clean the filter in the shower
- Tidy up the apartment
- Fold the outdoor umbrella and move it close to the wall to protect it from rain.

If you did not book the Cleaning Service, it is also necessary to vacuum and mop the floors and clean the bathroom.



House rules

- The accommodation is non-smoking. Please smoke on the terrace and clean the ashtray before check-out.
- Lock doors and windows when you leave the property and turn off the lights.
- No excessive noise pollution: You can of course dine on the terrace, but avoid loud music as this could disturb the neighbours.
- Don't waste water, we are in a region where water is a precious resource.
- Take care when you use the grill! Keep it well away from hedges, the risk of fire is high in the area.
- Try as much as possible to leave the sand outside of the accommodation.
- Use the Surf-rack for your surfboards and wetsuits (even when wet).



House equipments

We would like to remind you that you are responsible for the furniture placed at your disposal.

Household appliances

The user guides for the appliances can be found in the empty compartment under the refrigerator.

Dishwasher

Tablets, regenerating salt and rinsing liquid are available in the storage room.

Extractor hood

Please use it as soon as you cook. Feel free to open the kitchen door to ventilate the kitchen more easily.

Electricity

The electrical cabinet is located in front of the staircase in the metal frame with the wave (FYI this is a home-made painting!).

Shower sand filter

If the water in the shower drains slowly, the filter might be full of sand.

Please empty and clean the filter regularly.

Waste sorting

The containers for garbage separation are located on the other side of Avenue Chambrelent, 50 metres from the house.

The "all-purposes" black containers are on the right-hand side of the private car park on Avenue Chambrelent (20 meters from the house).



General water cut-off

In case of emergency, there is a security valve behind the hatch on the right side of the washing machine (see photo). This valve cuts off the water for the entire accommodation.

Washing machine

After washing please leave the window open to allow the machine to air out.

In case of emergency, there is an extra valve behind the washing machine to cut-off the water (only for the washing machine).

Dryer rack

The dryer rack is located in the outdoor storage area (lock code: 423).



Swimming pool

Opening hours

The private swimming pool of the Résidence Atlantique is open from 8am to 9pm from May 1st to September 30th.

Sanitary instructions

- The use of the swimming pool is at your own risk
- Mandatory to wash you hands upon arrival
- Mandatory to take a shower before entering the swimming pool



Restaurants

Among others, try these:

Le Surfing

6 Place des Estagnots, 40510 Seignosse

An excellent restaurant at the Estagnots beach with fresh local products. We recommend the *Tataki de Thon (Tuna)* as a main course, and why not some *Layali aux Figues* as dessert!

SUNSET BOWLS

165 Avenue des Rémouleurs, 40150 Soorts-Hossegor

After surfing, there's nothing better than a good coffee, a smoothie or a piece of cake! The lunch menu is varied with different toasts and incredible acai bowls!

Chez Loulou la cabane

86 Avenue des Chevrefeuilles, 40150 Soorts-Hossegor

Great spot on the shores of Hossegor lake with very good bagels and salads.





Bars

Le Cabanon Beach House

Plage de l'Agreou, 40510 Seignosse

Right behind the dune at the back of the residence and facing the ocean, the best place on the whole coast to have a drink while watching the sunset.

Le Pas Sage - Baïne Café

15 Avenue de la Grande Plage, 40510 Seignosse

For beer lovers this is the place to be! Lots of beer choices and good food on top of that.





Discover the region

Skatepark du Penon

Av. de la Grande Plage, 40510 Seignosse

Atlantic Park

2 avenue de la Grande Plage, 40510 Seignosse

Open from June 17th to August 30th.

Market days

Av. Chambrelent, 40510 Seignosse

- From 9am to 1pm on Tuesdays, Thursdays and Sundays from July 1st to August 31th.
- Mid June and early September only on Thursdays and Sundays
- From Easter to the end of September depending on weather conditions



Discover the region

Surf courses and rental

Cloarec Surf Institute - 500 m

13 Place Victor Gentille, 40510 Seignosse

+33 (0)6 48 79 39 21

<https://www.cloarec-surf-institute.com/>

contact@cloarec-surf-institute.com

Lost Surf School - 150 m

Plage Nord du Penon

+33 (0)6 33 95 65 40

<http://www.ecole-surf-seignosse.fr/>

contact@lostsurfschool.com

Bike rental

L'Agréou Surf Shop

17 Av. de la Grande Plage, 40510 Seignosse

<https://www.lagreou.com/>

lagreou@hotmail.com

Ouvert du 04/04 au 27/09

ESCF Seignosse - Beach Bikes Seignosse

Av. de la Grande Plage, 40510 Seignosse

<https://www.beachbikes.fr/>

beachbikes@ecoledesurf.com

Ouvert du 04/04 au 30/09



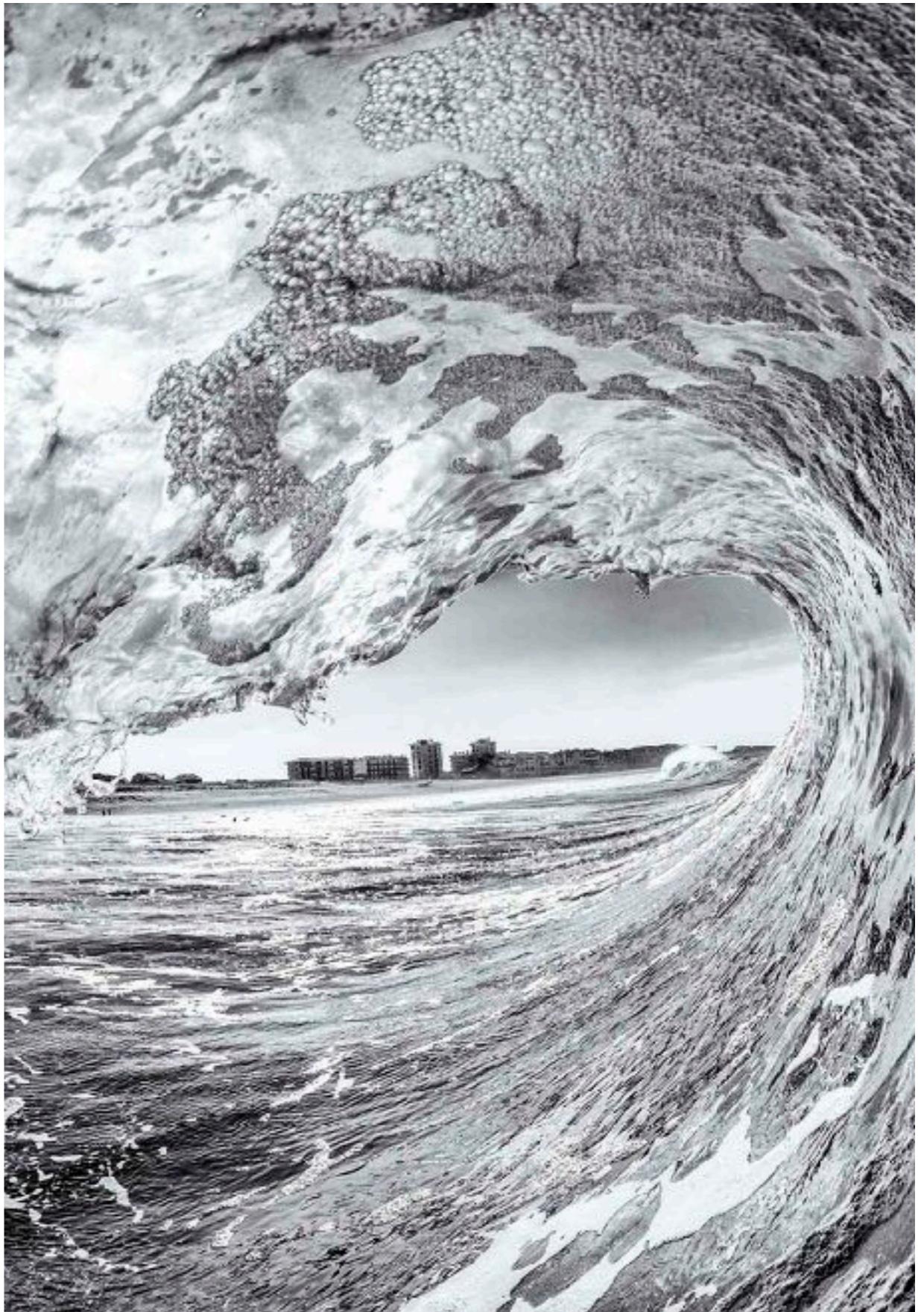
Surfing in Le Penon

Everywhere on the Southern-West coast of France, and especially in Seignosse and Hossegor, there are good waves all year round.

Some useful tips:

- If you want to surf at Le Penon, go to the spot behind the residence and early in the morning. In summer, the water quickly becomes full of surfers!
- Early in the morning the spot of the “culs-nuls” is less crowded than those in front of the tourist areas like Le Penon, Les Estagnots or La Sud in Hossegor.
- If the sea is too rough, go to The Santocha beach in Capbreton. The port and the dykes protect this area when the swell is too big.
- In case you want to surf far away from everything and everyone, walk North on the beach. Tens of kilometres of free beach and empty waves are waiting for you.

Please respect the safety and environmental rules for the sand dune which protects the region.



Useful addresses

Supermarkets

Carrefour Express - 500 m

6 Place Victor Gentille, 40510 Seignosse

Intermarché SUPER Hossegor et Drive - 9 km

Route de Seignosse, 40150 Soorts-Hossegor

Vival By Casino - 6 km

1551 Avenue Charles de Gaulle, 40510 Seignosse

E.Leclerc Hyper Soustons - 15 km

Route de Tosse, 40140 Souston

Taxis

Aloha PH Taxi Seignosse

Taxi service, train station and airport transfers.

<https://ph-taxi.com/>

+33 (0)6 40 67 65 74

Bakery

Aux Délices du Marensin

1607 avenue Charles de Gaulle, 40510 Seignosse

ATMs

Seignosse Le Penon:

- Banque Populaire: 8 pl. Victor Gentille
- Point relais Crédit Agricole: 5 place Castille

Seignosse Bourg:

- 1898 avenue Charles de Gaulle

Auto repair

Garage Salles & Dutey

Renault and Dacia agency. Repairs for all car brands.

Z.A. Laubian II, 16 impasse de la Lande, 40510 Seignosse

+33 (0)5 58 72 80 20



Emergencies

Hospitals

Centre Hospitalier de la Côte Basque - 34 km
13 Avenue de l'Interne Jacques Loeb, 64100 Bayonne

Centre Hospitalier de Dax - 42 km
Boulevard Yves du Manoir, 40100 Dax

Dental Office

Griffet Benoît – Vigneau Numa
Z.A. Laubian II, 1 rue de l'Arroun, 40510 Seignosse
+33 (0)5 58 43 37 78

Local police station

531 avenue Charles de Gaulle
Route de Soorts-Hossegor, 40510 Seignosse
+33 (0)5 58 49 87 10

Pharmacies

Pharmacie Seignosse Le Penon
7 place Castille, 40510 Seignosse

Pharmacie Moutron
2 bis rue Gambetta, BP 8, 40510 Seignosse
+33 (0)5 58 72 80 33

General practitioner

Cabinet Médical
2 bis rue Gambetta, 40510 Seignosse
+33 (0)5 58 72 81 26

Others ☎

Police: 17
Firefighters: 18
Emergency services: 15 / 112

