

Ile d'Oléron: our top 10 most beautiful beaches + map and photos

By Floriane

We love swimming when we're on Oleron, **and** the island is renowned for the diversity of its large, unspoilt beaches, either **on the ocean side** or **on the mainland**, with views of the famous Fort Boyard. With 100 kilometers of coastline, you'll find a place to lay your towel and enjoy!

You'll be spoilt for choice, and to help you choose your beach, we've mapped out the most **beautiful, wild and picturesque beaches** on the island, far from the seaside resorts.

After several years on the Ile d'Oléron, here are our **favorite beaches**, along with all the information you need to make your choice.

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Where to swim on the island of Oleron ?

You will have the choice between the beaches facing the **Atlantic Ocean** (west

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side), more exposed to the wind or the beaches **facing the continent** (east side), more family oriented and quieter with beautiful views on Fort Boyard, Ile de Ré and La Rochelle.

On the north-west side, we advise you to swim at the **supervised beaches**, especially with your children, between the blue flags, because the baïnes (it is a small basin often accompanied by important currents) can be very strong.

The beaches are supervised, between **July and August**, from 11am to 7pm. On the spot, remember to consult the map of the beach to be aware of the areas at risk (strong currents, rocky areas...).

We advise you to move away from the coastal towns of Le **Château** and La **Cotinière** to enjoy the beautiful and large wild beaches located only a few miles away.

Our recommendations for sleeping during your stay in Oléron :

- **With pool and sea view:** [information and booking for the Île de Lumière hotel next to Cotinière harbor](#)
- **Family campsite:** [Ostrea campsite](#) in the south of the island on the oyster route
- **Family hotel with pool + beach access :** [see prices for Hôtel le Vert Bois](#)

When to swim in Oleron ?

We advise you to come in the middle of summer to enjoy the pleasant water between **19 and 21 degrees**. Indeed, we grant you, they are not the temperatures of the Mediterranean sea, it remains nevertheless very pleasant to swim. Personally, we swim from May to September!

Surfers can swim almost all year round, equipped with good wetsuits. To see conditions in real time, you can view live images from the various webcams on this [site](#).

Our map of beaches on the island of Oleron

1. Boyardville beach: facing the mythical Fort Boyard + cruise

Located on the east coast of the island, it is the beach not to be missed! After crossing the **Saumonards** forest, the dunes covered with low plants and pines will rise in front of you, then in the distance, you will see the mythical **Fort Boyard**.

It is nevertheless a very pleasant panorama to bathe in. The beach is ideal for

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families, supervised with few waves. It is a huge beach with room for all the towels even in high season. In short, go ahead and sing the famous theme tune from the **TV** show Fort Boyard (don't thank us if it's stuck in your head for the rest of the day)!

Sandy beach, supervised and easy access from the free parking

We advise you to stop for lunch at the **Café de la plage**, it is one of our favorite restaurants on the island, excellent hot oysters and very good mussels marinière, **Pineau, fourme d'Ambert...**

With an outdoor terrace under the pines and in front of the dunes. It is a “**kids Friendly**” place, our daughter loves to go there, because the kids can play in the sand or in the little wooden hut with lots of beach games, located next to the terrace. Don't forget to make a reservation!

Cruise

Favorite ♥: If you want to get **as close as possible to the famous Fort Boyard**, we recommend a **cruise from the peaceful little port of Boyardville**. We boarded a beautiful sailboat with a maximum of 11 passengers and headed for the famous Fort Boyard!

The enthusiastic and welcoming crew shared with us many anecdotes about the fort and sailing in the Pertuis d'Antioche. Touring Fort Boyard from the sea is an impressive experience: the building seems to rise from the waves.

What we loved:

- The leisurely pace of the outing
- Off the beaten track
- Getting as close as possible to the fort.

The [Compagnie Interîles](#) company, which operates the cruise, has an excellent reputation.

→ **We really recommend booking this excursion in advance** (approx. €29 per person – duration 1h30). It's a very popular activity, especially during the vacations, and places are limited.

And the big plus via [GetYourGuide](#): **free cancellation up to 24 hours in advance**, with full refund. Real peace of mind, especially when you consider the vagaries of the weather on the Atlantic coast.

2. Vert Bois beach : its beautiful sunsets

We love the huge and wild beach of **Vert Bois**, which is located on the west coast of the island of Oléron.

It is a paradise for **surfers, kitesurfers, swimmers** and **walkers** who like to go along the beautiful coast, you can even see the **port of Cotinière** in the distance. At low tide, when the ocean retreats, the waves give way to an immensity of calm water, ideal for swimmers and/or families.

On this side of the island, you will be caught by the immensity of the ocean and you will be able to observe magnificent sunsets. It is the ideal place for the **aperitifs** of end of the day, we tested and approved many times!

Several accesses are possible, in season, we recommend you to park on the **parking lot of the Écossais** then to take the forest path which will lead you to the beach in 15 minutes or to take the bicycle path which

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ends at the level of the school of **Surf take off**. This is also where we learned to surf.

By car, you can park at the free parking lot at the level of the road of the sea, then you will reach the supervised beach.

*This hotel is ideally located just a stone's throw from Vert Bois beach:
[more information and reservations for Hôtel le Vert Bois](#)*

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For the record, a few blockhouses were scattered over this immense expanse of sand, following erosion and the advance of the ocean, they were destroyed.

One last anecdote on this beach, you can observe a Moaï carved in wood, Google gps point (approximate) 45.860545157987204, -1.2541769711314812 We spent a few days on Easter Island in 2016, so this brings back memories! Feel free to tag us on social networks if you find it!

For surfing, we recommend the following school [Tiny Surf School](#). Vincent is a great teacher, really friendly and educational! And his equipment is as good as new.

Sandy beach, supervised and easy access from the free parking lot

3. Saumonards beach : its postcard landscape

This wild beach, entirely bordered by the pine forest of **Saumonards**, will offer you a very beautiful view on the island of Ré, La Rochelle and of course, on Fort Boyard!

On this side of the island, the beach is **sheltered from the waves**, so it is a good option for families, but beware, as the beach is not supervised.

Sandy beach, not supervised (Gautrelle beach is supervised and located right next to it) and easy access from the free parking lot.

4. Gatseau Beach: in the south of the island and ideal for families

This beach, the **most southern of the island**, will offer you a breathtaking view of **Ronce-Les-Bains** located just opposite on the mainland.

Again, it is an ideal beach for families, it is sheltered from the waves, located in a **bay** and bordered by a beautiful pine forest!

Sandy beach, supervised and easy access from the free parking lot.

5. Beach of Boirie : its beautiful colored huts

It is the most **photogenic** beach of the island, with its **36 colored huts** which make all the charm of the place and the pleasure of the photographers, here beautiful photos are easy to make even for amateur photographers!

This beach is located in **Saint Denis**, in the north-east of the island, and offers an

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exceptional panorama of the Ile de Ré, the mainland, [La Rochelle](#), the Ile d'Aix and, of course, Fort Boyard.

It is an ideal beach for families and paddle enthusiasts, sheltered from the waves. At low tide, it is an ideal place to practice fishing on foot. A little further south the beach of **Brée les Bains** also offers the same panorama as well as pretty huts.

Sandy beach, supervised and easy access from the parking lot located next to the guiguette "La Buvette".

6. Beach of Douhet : its small marina

Located next to the small port of Le **Douhet**, in the northeast of the island, this beach will also offer you a postcard setting, with a view of the pretty little **port of Le Douhet** and the **island of Ré** as well as La **Rochelle** in front.

It is an ideal beach with children, because it takes several dozen meters before you

get water above your waist.

Sandy beach, supervised and easy access from the parking lot

7. Beach of the Ecuissière : ideal for fishing on foot

Located on the west coast, at low tide, the ocean gives way to rocks, it is an ideal place for **fishing on foot**, shrimps, crabs, tellin, cockles ... and always for the sunsets!

Fishing on foot is regulated. For more information on authorized quantities, sizes and periods, please consult the [IODDE](#) (Ile d'Oléron Développement Durable Environnement) website.

Beach with rocks and free parking

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8. Huttes Beach: a surfer's paradise

Located in the **northwest of the island**, this beach is beaten by the winds of the Atlantic Ocean. Thus, here, the waves give themselves to joy, for the biggest pleasure of the passionate persons of **sport of glide**, it is a place renowned to practise surfing, kitesurfing, bodyboarding as well as windsurfing! In high season, kite surfing is permitted on the Perroche beach.

Moreover, several surfing schools have been set up on this coast, to help novices get started and experts improve their skills.

This beach is ideal for families when the ocean retreats and for walkers who like to go along the coast, which borders the ocean for several kilometers.

Sandy and pebble beach, supervised and free parking nearby

9. The great beach of Saint-Trojan: its treasure at low tide

At low tide, the charm of this beach lies in the wreckage of the **Presidente Viera** ship. We particularly like the beaches showing vestiges of time.

We strongly advise you to swim in the supervised swimming area, even though it may seem narrow, because it is a place where the sea currents are strong. To the south of the beach is the naturist beach.

You can enjoy beautiful views of the ocean arm between the island and the mainland, the beach is located on the west coast so beautiful sunsets are available.

Be careful not to confuse " **the big beach of St Trojan** " which is supervised and accessible by car and by bike with the " **beach of St Trojan** " which is not accessible by car or by bike although Google map proposes itineraries.

Sandy beach, supervised and easy access from the free parking lot

10. American grapevine beach: the secret

We call it the **secret beach**, because it's one of the quietest beaches on Oléron, accessible only on foot from [Bris in Saint-Trojan](#). From Bris to Saint-Trojan, you have to go through the **Vigne Américaine pass**, a 2km walk through the forest.

After this little effort, you'll see some beautiful dunes (which are quite rare on the Ile d'Oléron) and an almost wild beach! Because of the strong sea currents, this beach is not authorized for swimming.

Where to swim in La Cotinière ?

If you don't have a car or don't want to take one, you can go to the **Matha beach**, located south of the port of La **Cotinière**, near the fish market. This beach is less wild than the ones mentioned above and there is also less space. At low tide, the pebbles and rocks are uncovered, making it difficult to swim.

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Our resources for visiting Ile d'Oléron

We have written several articles to help you organize your stay on our beautiful island:

- [What to do on the island of Oléron](#)
- [Where to stay in Oléron](#), our best addresses for all budgets
- [Getting around by bike](#)

Where to sleep on the island of Oleron ?

On the island of Oleron, things to do and see are spread out over the whole island. We therefore advise you to choose a central accommodation to be able to go to the different points of interest easily.

The best place to stay is on the **coast near La Cotinière**, you can easily access one of the great beaches of the wild coast and you can enjoy the many night activities in high season.

With ocean and pool view

[Hôtel Île de Lumière in La Cotinière](#), ideally located, with **ocean** access and just a few minutes' walk from La Cotinière's bustling **fishing port**. The seaside decoration, with its soft and restful colors, immediately brings a spirit of vacation in the sun. Located on the west coast, **the central location** will allow you to easily visit both the south and north of the island. Free parking + breakfast. In short, go for it!

[See prices and availability for Hotel Île de Lumière in La Cotinière – Rated 9.2 / 10 on Booking](#)

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Photo Hotel Île de Lumière

Finally, we love **Hôtel Le Vert Bois**, not least because it's so close to one of our favorite beaches on the Ile d'Oléron: **Plage de Vert-Bois**. Wild, peaceful and surrounded by pine trees, it offers the perfect natural backdrop for enjoying the ocean in a calm, unspoilt atmosphere.

The hotel offers a warm and simple atmosphere, right in the middle of nature. Its location is also very convenient for exploring the island by bike, especially the south and west coasts, which are among the most beautiful parts of Oleron. **Double and family rooms are** available on site, as well as a **lovely swimming pool** ideal for relaxing after a day out.

After a stroll along the cycle paths or a few hours on the beach, it's easy to appreciate **the calm and comfort of the establishment**. An authentic address,

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perfect for enjoying a quiet vacation at the rhythm of the Atlantic.

More info and booking for [**Hotel le Vert Bois**](#)

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✈ If you arrive by **plane** : **La Rochelle** airport is located 1 hour from the south of the island. The easiest way is to [rent a car from the airport](#), as the island's public transport network is not very well-developed.

We wish you a pleasant swim and a pleasant stay on **the Ile d'Oléron** ! If this article has helped you find your dream beach, leave us **5 stars** below to encourage us.

If you're planning a stay on the island, you can also read our other articles on organizing your vacation in Charente-Maritime :

- [What to Do on Île d'Oléron? Our Complete Guide](#)
- [Our ideas for family activities on the Île d'Oléron](#)
- [What to do in Rochefort with children](#)
- [What to do in La Rochelle Our ideas for visiting the city](#)
- [Where to sleep on the island of Oléron? Our favorite accommodations](#)

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Don't hesitate to drop us a **line** below, to let us know if you're planning this trip, to ask any questions you may have, here or on [Instagram](#), we'll be delighted to get back to you.

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1 avis (5/5)

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