





# Atlantic Coast

**THE ATLANTIC COAST IS WHERE FRANCE GETS BACK TO NATURE.** Much more laid-back than the Med, this is the place to slow the pace right down.

Driving through this region is all about quiet country roads winding through vine-striped hills, glimpsed views of dead-at-noon villages and the occasional foray into energetic cities such as Bordeaux.

The region's wine is famous worldwide, and to wash it down you'll find fresh-from-the-ocean seafood wherever you go, plus plenty of regional delicacies including snails in the north, foie gras further south and, in the unique Basque regions, chilli-tinted dishes filled with hints of Spain.