



*Le Beach Break*

**Welcome**

TO SEIGNOSSE LE PENON



# Your host

OMAN LERIN

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Hi, before you read any futher, i want to thank you for  
choosing the Shaka for your stay in Seignosse.  
You made the right choice:)

ENJOY YOUR STAY!

*Oman*



[INFO@LESHAKA.COM](mailto:INFO@LESHAKA.COM)



06 18 95 11 31



[WWW.LESHAKA.COM](http://WWW.LESHAKA.COM)

# About your stay



8 AVENUE DE LA GRANDE PLAGE  
40510 SEIGNOSSE

In the heart of Seignosse Le Penon

# The Beach Break



Beach breaks are pebble or sandy beaches where the waves break left and right in different places and can reform quickly.

Each year, currents, storms and other natural events move the sand, sometimes creating ephemeral sandbanks where high quality waves are formed.

But these sandbanks are moving and so conditions can completely change from week to week.



# The Beach Break



The advantage of this type of spots is to allow beginners to have access to easier conditions because, in the event of a fall, they fall on sand and not on rocks.

Beach break waves are less hollow than other types of waves, which is why it is easier to learn to surf on these spots.

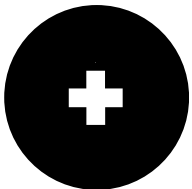
# *Emergency*

## RESSOURCES



15

SAMU - pour les urgences médicales



HOSPITAL - CHCB DE BAYONNE

05 59 44 35 35



POLICE SEIGNOSSE

05 58 49 87 10



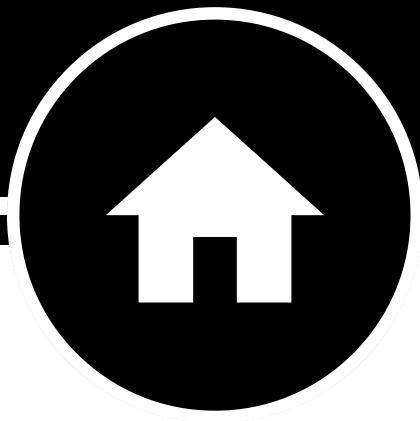
PHARMACY - SEIGNOSSE

05 58 43 31 77



FIREFIGHTERS - CAPBRETON

18



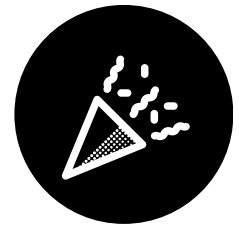
# *Rules*



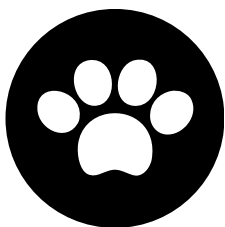
**NON SMOKING**



**NO DIRTY  
SHOES**



**NO PARTIES**



**PETS**  
Not allowed



**GUESTS**  
2 people  
maximum

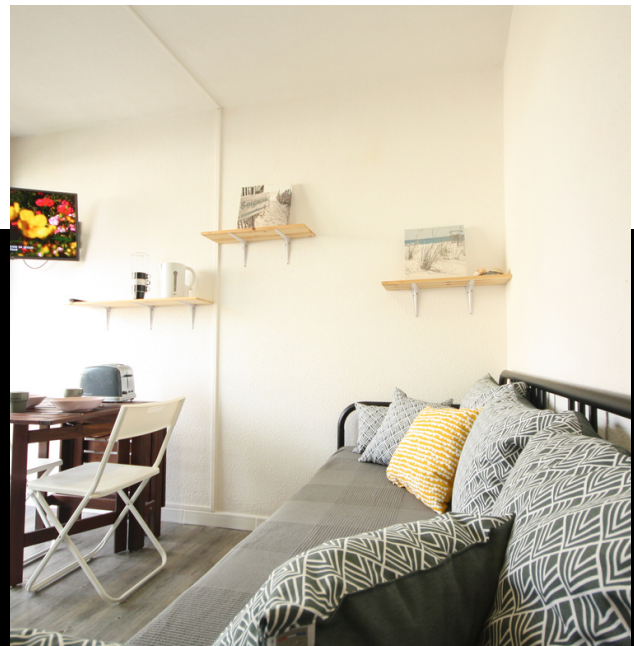


**SILENCE**  
8:00pm – 8:00 am

# *Check-in/Check-out*

3PM/11AM

Late check-out available upon request



# *Codes and Key box*

Access 24/24

Building code : 9403

The key box 's code is regularly changed.  
You have received it by email or text message.



## *Wifi / Internet*

The internet box is located between the wall and the kitchen table

*If you encounter some internet problem, it can usually be fixed by switching it off, and switching it on again.*

**WIFI NETWORK: SFR6D18**

**PASSWORD: tropfacile**

## *Heating*

The heater is between the window and the sofa.

In the bathroom, the towel dryer can also warm the room up.

**Please remember to switch it off when you leave!**



## *The kitchen*

The kitchen is fitted with a fridge, a dishwasher, a microwave, a coffee machine, a kettle, a toaster, a hoven and a Hoover.

*If any of these equipment would not function properly, please let us know as soon as possible.*

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## *Garbages*

The dustbin and the garbage bags are under the sink. The garbage room is downstairs at the entrance of the building.

*Please, take the garbage out when your leave :)*



## *Transports*



### **BY FOOT**

You can access every thing by foot: beach, bars, restaurants...



### **BUS**

Visit  
[www.mobi-macs.org](http://www.mobi-macs.org)



### **TAXI**

06 40 67 65 74  
PH Taxi

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## *Parking*

You can park your car on n° 310



# *Where to eat*

## SEIGNOSSE LE PENON



### **CHILL BURGER**

Close to the beach and the Skatepark

07 56 15 34 98



### **OYES**

An healthy and original cuisine, inspired by its Landes roots.

09 75 52 40 10

### **LE RAYON VERT**

The atmosphere is very cool, on the terrace or on high tables to enjoy a cocktail.

05 58 41 64 83



### **LES METS D'ALICE**

in the heart of Le Penon

05 58 49 81 48



# *Where to eat*

## SURROUNDINGS



### **LE BISTRO BALNEAIRE - HOSSEGOR**

Facing Lake Hossegor. Fresh fish, sushi. Chic and relaxed atmosphere.

05 58 43 54 95



### **JEAN DES SABLES - HOSSEGOR**

Facing the ocean, high-end in a setting combining nature and design.

05 58 72 29 82



### **BELHARRA - CAPBRETON**

Facing the ocean, Seafood, Fish.

05 58 42 59 28



### **LA PAILLOTTE DU LAC - SEIGNOSSE**

At the edge of Lake Hossegor, Original and refined, Tapas and aperitif area.

05 58 41 04 33



### **BASTA! - HOSSEGOR**

Italian cuisine, original pizzas. Family and relaxed atmosphere.

05 58 43 87 69





# *Bars*

## RECOMMANDATIONS



**MONSIEUR MOUETTE**  
Capbreton



**CAFE DE LA PLAGE**  
Hossegor



**TERRAMAR**  
Capbreton



**JO & JOE**  
Hossegor

# *Surf : Rentals & lessons*

1

**SEIGNOSSE SURF  
SCHOOL**

06 76 66 76 08

4

**SURF SEIGNOSSE  
PARADISE**

06 11 08 82 38

2

**BOARDINGMANIA**

06 63 67 39 61

5

**AGREOU SURF SHOP**

05 58 43 14 45

3

**WAWA SURF**

06 35 53 32 07

6

**ESCF**

05 58 43 18 62

You don't know what to do?

*Let us help you...*

# 10 things to do

OUR LITTLE PLEASURES



1

A surf session at sunrise

2

A bike ride between Seignosse, Hossegor and Capbreton

3

A lunch on the beach at the "Cabane de la Gravière"

4

A running session around Hossegor Lake

5

Enjoy an ice cream at Tante Jeanne in Hossegor

6

A walk around l'Etang noir in Seignosse

7

Wandering at the night market in Capbreton

8

Enjoy the Sunday market in Hossegor (beware, really busy during high season)

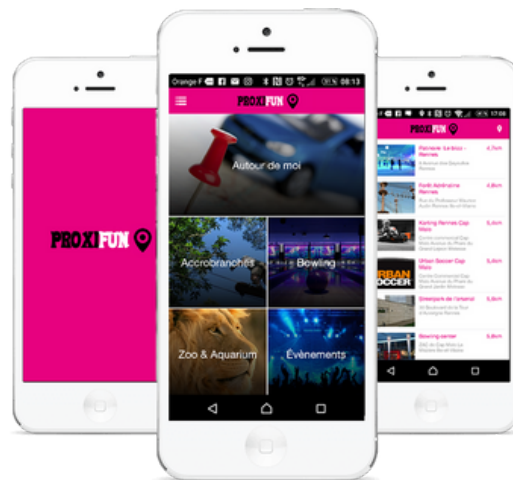
9

Enjoying a beer / pizza with friends on the beach watching the sunset

10

Enjoying a concert, feet in the sands, at Terra Mar in Capbreton

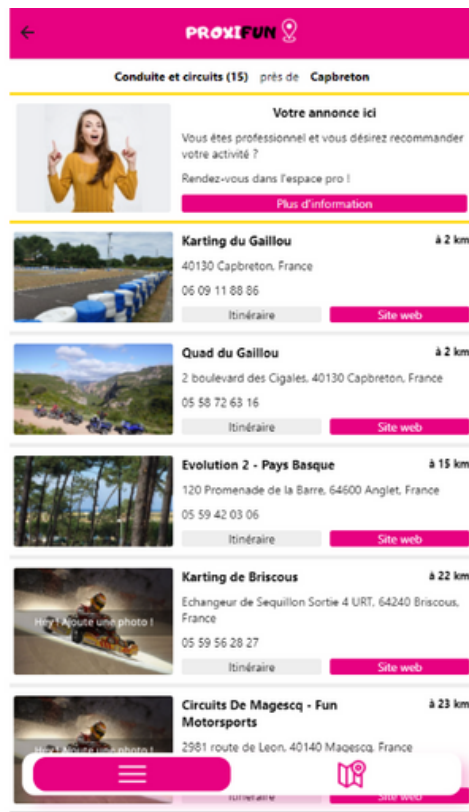
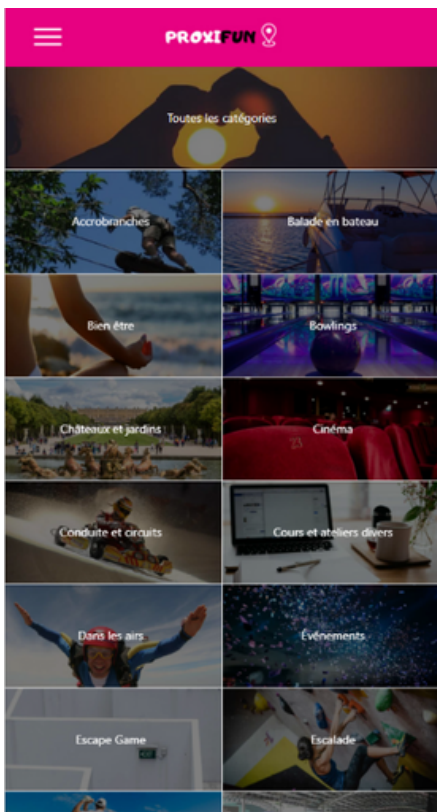
*Find an activity around  
you*



*20 000 activities in France*

<https://app.proxifun.com>





# *When you leave...*



Put the sheets and towels in the basket next to the sofa



Empty the fridge and tidy up the kitchen



Swipe the floor



Empty the bins (kitchen + bathroom)



Make sure the heaters are off



Put the keys in the key box

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on an electric bikes  
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with the promo code  
**"SHAKA"**



# The other flats

Le Shaka

24m<sup>2</sup>

Immeuble le Trinquart



Petit Shaka

20m<sup>2</sup>

Immeuble le Trirème

Book online

[www.leshaka.com](http://www.leshaka.com)





*Enjoy your stay!*

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