

CONFERENCE OF ICTO 2025



Organised event
by Excelia Business School
24-27 June 2025

PRACTICAL GUIDE

LA ROCHELLE



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GETTING TO LA ROCHELLE

BY PLANE

Traveling by plane?

The nearest airports and/or those serving La Rochelle are:

PARIS (Roissy-Charles-de-Gaulle or Orly)

aeroportsdeparis.fr

LYON

lyonaeroports.com

NANTES

nantes.aeroport.fr

MARSEILLE

marseille.aeroport.fr

BORDEAUX

bordeaux.aeroport.fr



ARRIVING BY PLANE AT LA ROCHELLE AIRPORT

Some of you will arrive by plane directly at
La Rochelle-Île de Ré airport,
which is located 5 km from the city centre of La Rochelle.

From here, you can take a local bus to Place de Verdun
(main bus station) in the city centre.

Buses from the airport leave every 10-15 mins, from
Monday to Saturday.

For more information about the airports
and their services:

larochelle.aeroport.fr/en



GETTING TO LA ROCHELLE

BY TRAIN

TRAVELING BY TRAIN FROM PARIS

High-speed trains operate several times a day between Paris and La Rochelle.

The journey takes about 3 hours.

There is a High-speed trains from Paris-Charles de Gaulle Airport (Roissy), Terminal 2 to La Rochelle.

You need to book in advance: [sncf-connect.com](https://www.sncf-connect.com)



Trains to La Rochelle leave from Montparnasse station in Paris:

To get to Montparnasse station from either airport, you can take the RER, then the metro.

For more info: [ratp.fr](https://www.ratp.fr)



TRAVELING BY TRAIN FROM BORDEAUX OR NANTES

Regional Express Network and Intercity trains operate several times between Bordeaux St Jean - La Rochelle and Nantes - La Rochelle.

The journey takes about 2 hours.

For more info: [sncf-connect.com](https://www.sncf-connect.com)



GETTING TO LA ROCHELLE

BY CAR

TRAVELLING TO LA ROCHELLE - CAR SHARE



BlaBlaCar is a car share service which enables you to travel more economically.

To find a suitable journey, sign up on the internet site [blablacar.fr](https://www.blablacar.fr) or download the application onto your smartphone.

TRAVELLING BY CAR TO LA ROCHELLE

If you are coming to La Rochelle by car, pay close attention to the speed limits in France (km/h):



Motorways



Dual
carriageways



Major roads



Built-up
areas



HOTELS NEARBY

LE SAINT NICOLAS

600 m from the train station and 2 minutes to walk from the Historic Port

ADDRESS

13 rue Sardinerie & place de la Solette
17000 La Rochelle

CONTACT

Email: info@hotel-saint-nicolas.com
Tel.: +33 (0)5 46 41 71 55

Located 15 minutes by bus from Excelia: bus stop *Dames Blanches* (ILLICO line 3) or 30 minutes to walk from Excelia

Excelia rate (to be specified when booking): €90 per night, breakfast included

MERCURE

5 minutes to walk from the train station and 2 steps from the Historic Port

ADDRESS

Quai Louis Prunier
17000 La Rochelle

CONTACT

Email: h0569@accor.com
Tel.: +33 (0)5 46 50 61 50

Located 13 minutes by bus from Excelia: bus stop *Aquarium* (ILLICO line 3) or 21 minutes to walk from Excelia

Rates on the website: all.accor.com/hotel/0569/index.fr.shtml

KYRIAD

11 minutes to walk from the bus station and 15 minutes by bus from the Historic Port (ILLICO line 3)

ADDRESS

34 Rue De La Scierie
17000 La Rochelle

CONTACT

Email: larochelle.minimes@kyriad.fr
Tel.: +33 (0)8 92 23 48 13

Located 6 minutes by bus from Excelia: bus stop *Le Lac* (ILLICO line 3) or 9 minutes to walk from Excelia

Rates on the website: la-rochelle-minimes.kyriad.com

ATHOME

14 minutes to walk from the bus station and 15 minutes walk from le Vieux-Port

ADDRESS

Athome Résidence & Spa
33 Avenue du Dr Daniel Planet
17000 La Rochelle

CONTACT

Mail : contact@athomeresidence.fr
Tel. : +33 (0)5 46 44 69 96

Located 9 minutes by bus from Excelia: bus stop *Technoforum* (ILLICO line 3)
or 11 minutes to walk from Excelia

Rates on the website: athomeresidence.fr



GETTING TO EXCELIA

BY BUS

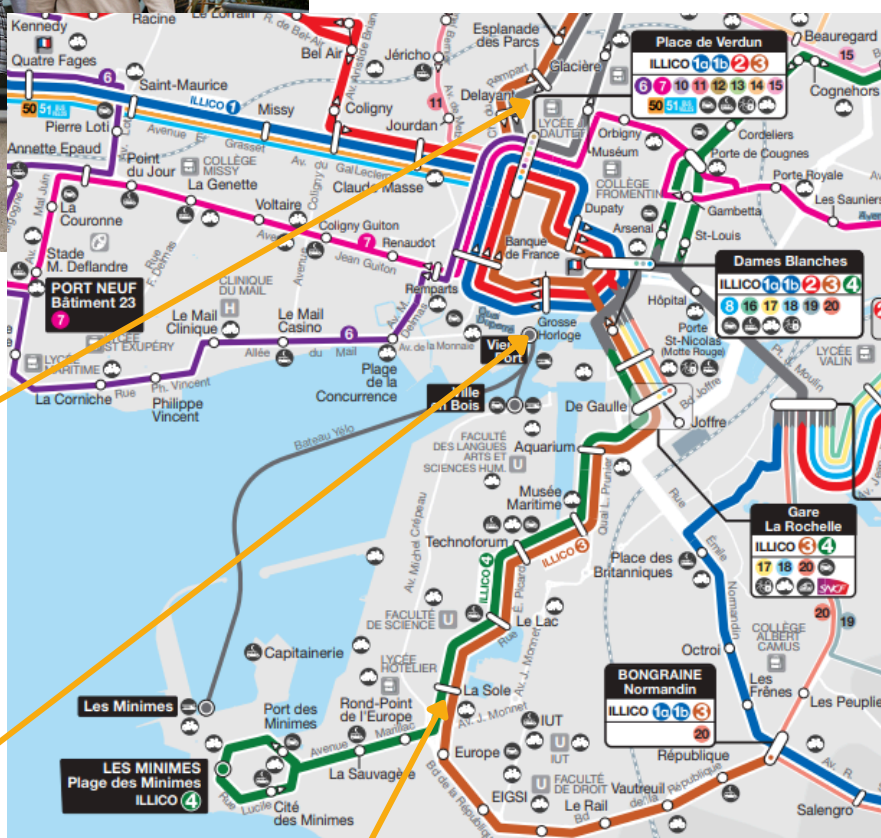


GETTING TO EXCELIA BY BUS

Take ILLICO Line 3 and get off at bus stop La Sole

Main bus station
(town centre):
Place de Verdun

Historic Port bus stop
(town centre):
Grosse Horloge



Campus Excelia (La Sole)

Bus stop: **La Sole**

The ILLICO line 3 serves the university sector every 10 minutes from 5:30 am to 9:30 pm

In the evening, on Thursdays, Fridays, and Saturdays, these buses run in the Minimes area every 30 minutes from 10:15 pm to 1 am

For bus routes and timetables: yelo.agglo-larochelle.fr/accueil

Payment possible by credit card (Visa, Mastercard).



SEA BUS

The Sea Bus provides a link between the Historic Port and the Minimes pleasure port.

Two boarding points:

- Historic Port (near the Tour de la Chaîne tower)
- Minimes pleasure port (between quai Lazaret and Ponton 10)

Sea bus ticket: €3 one-way ticket

For all transports in La Rochelle, you can download the **Yélo application** which will show you all the lines, timetables, bus stops and bike stations:

[FOR ANDROID](#)

[FOR IPHONE](#)

SELF-SERVICE BIKE: HOW DOES IT WORK?



1 REGISTER

To use a Yélo self-service bike, there are 4 registration ways:

- Download the Freebike app, available on iPhone and Android, and create your account;
- Create your account on the Freebike website: freebike.paryelo.fr ;
- Go to one of the bike stations and use the touchscreen;
- Or go to the *Maison de la Mobilité, Place de Verdun* in La Rochelle.

Then select the desired formula (Fares: yelo.scoop.airweb.fr).

2 RENT A BIKE

Once registered, 3 ways to pick up a bike:

- Use the Freebike app by Yélo, and scan the QR code of the desired bike;
- Log in via the station screen with your ID and PIN code;
- If you have a Yélo card, place it in front of the target to the right of the station screen.

Remove the bike when the light flashes quickly and beeps.

3 RETURN THE BIKE

Once your ride is over, hang up the bike back at a station (please do not press the station button).

A green light indicates that the bike is securely hang up.

A red light indicates that the bike is badly hang up, in this case please try again or contact the technical support on **+33 (0)6 09 46 00 60**.

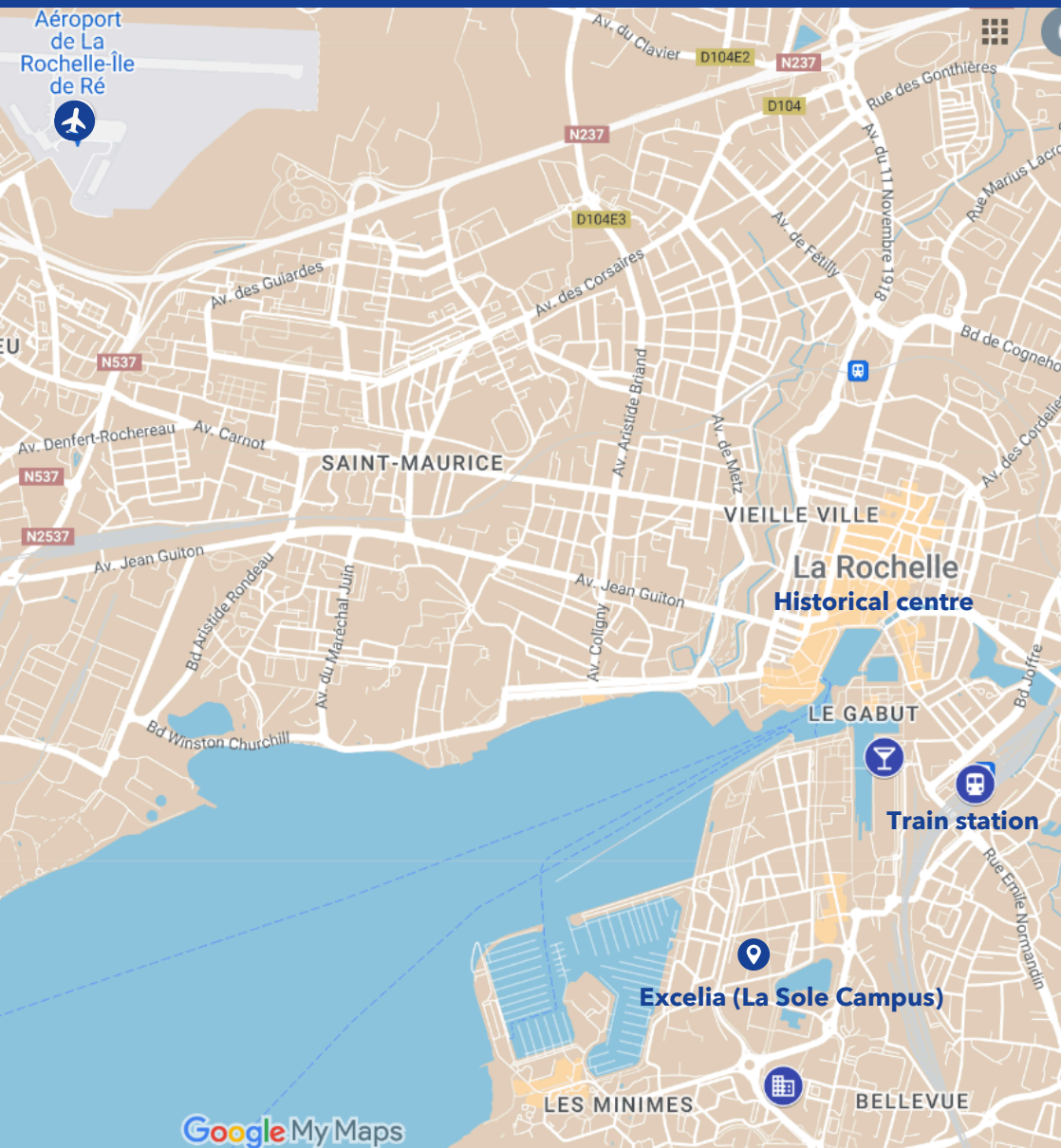
FARE

Occasional rental: €1 the first 30 minutes.

Beyond that, the use will be charged €1.50 per additional half hour.



CITY MAP



CONTACT

YOUR ON-SITE CONTACTS



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FOR ACADEMIC ASPECTS



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NEW AQUITAINE REGION

La Rochelle Campus (Main Office):
102 rue de Coureilles
Les Minimes
17000 La Rochelle



[excelia-group.com](https://www.excelia-group.com) | [icto2025.com](https://www.icto2025.com)

