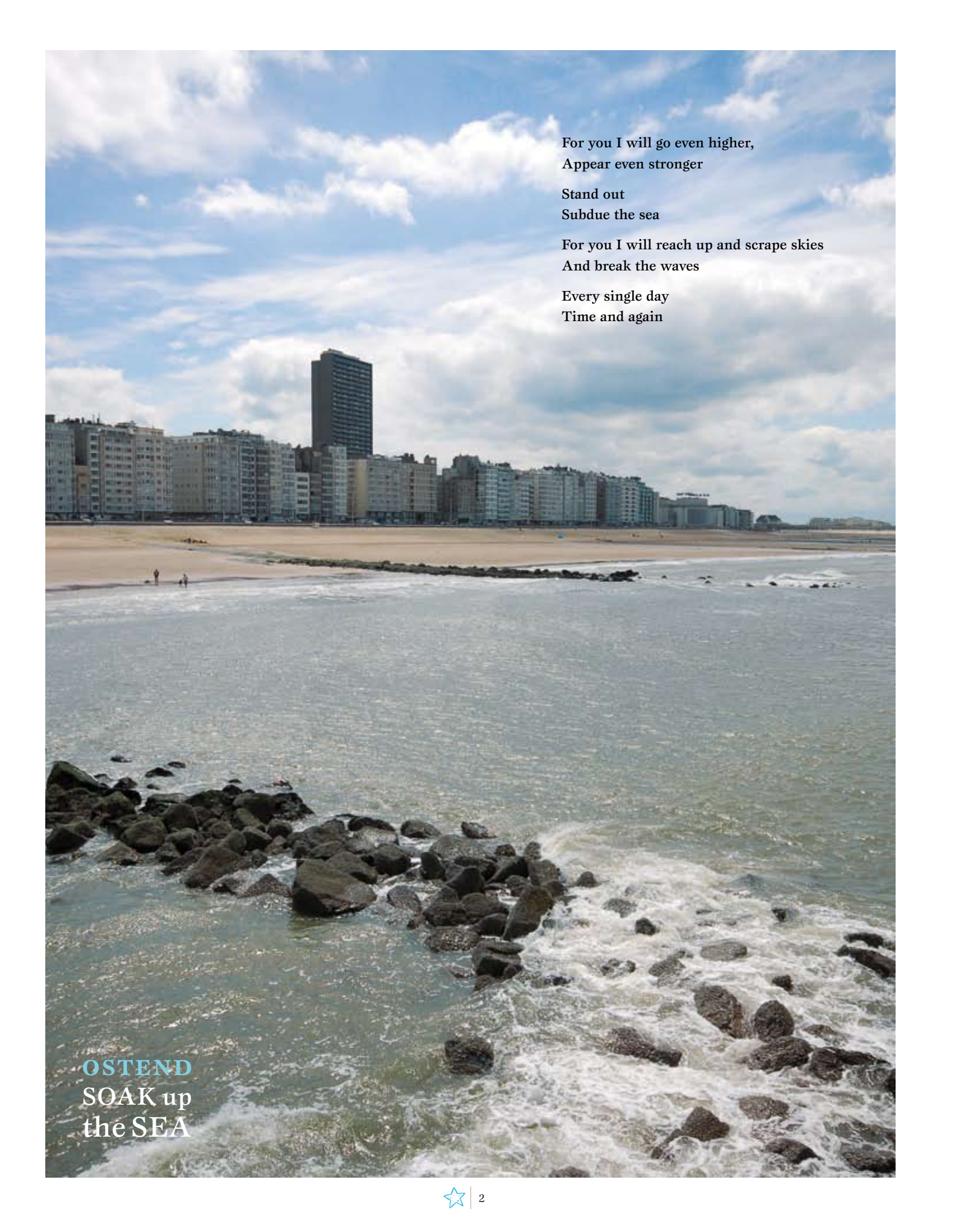


OSTEND

MAGAZINE 2009

SOAK up
the SEA



For you I will go even higher,
Appear even stronger

Stand out
Subdue the sea

For you I will reach up and scrape skies
And break the waves

Every single day
Time and again

OSTEND
SOAK up
the SEA



EVENTS

The word 'boredom' does not appear in the Ostend dictionary. In our city by the sea there is something to do every day of the week. Not only during the summer holidays, but the whole year round.

OSTEND
SOAK up
the SEA



NEW YEAR'S DIVE: POLAR BEARS IN THE NORTH SEA

Do you want to wash away your festive season's hangover, or just start the new year with new courage? Grit your teeth and turn off your brain. Those who have weathered the wintry cold once, take a dive each year!

3 January 2009, 3 pm

www.nieuwjaarsduik.be



DINNER WITH ART

Local chefs will create magical dishes on specially designed plates. When you leave the restaurant, you can simply take the bottom plate home. After twelve excellent meals, your collection will be complete! The art work is by Robert Combas, Jacques Villeglé, Niki de Saint Phalle, Arman, Jean-Michel Folon, David Spiller, Rotraut, Reinhoud D'Haese, Georges Moquay, Kimiko Yoshida, Wolfgang Volz and Delphine Boël.

Until 22 March 2009 www.metkunstaantafel.be



ROMANCE IN OSTEND

Love is in the air. In February Ostend shimmers just a bit more than at any other time. This has a lot, if not everything, to do with St. Valentine. If you want to treat your beloved to an unforgettable romantic weekend, this is the only place to be. *In the mood by the sea!*

14 & 15 February 2009

BEAUFORT03 - ART BY THE SEA

Thirty artists from around the world will wash up on our shores. The Chinese artist Xu Bing will present his Stone Path, a poem in 76 stones. The German Harald Klingnerholler has chosen the De Smet de Naeyerbrug as a location for his 'Das Meer bei Ebbe geträumt', a gigantic aluminium installation.

A video projection consisting of seven screens shows the movements of the high-water line over a period of 7 days: this subtle show by the Belgian artist Lili Dujourie can be seen in the historical setting of the solid Fort Napoleon.

28 March to 4 October 2009

www.beaufort03.be



LOTTO KITES INTERNATIONAL

Do you sometimes watch the stars at night with bated breath?
And do you ooh and aah during beautiful firework displays?
In that case, you should not miss Lotto Kites International. Colourful as fireworks, overwhelming as the stars, they whirl through the skies.
In their hundreds.

9 and 10 May 2009



OSTEND AT ANCHOR

This time the best seamen are not commenting on shore! Indeed they are very proud to present their schooners, brigs, sloops, punts or yawls to you. This year for the tenth time classic and historic ships will moor in Ostend to pay tribute to the city's colourful maritime past.
Do not miss out on this anniversary!

29 May to 1 June 2009

www.oostendevooranker.be

KIDS@OOSTENDE

Paradise is by the seaside. This goes for the entire year, however from 1 to 5 July it has an extra dimension. Children will be our guests of honour and their having the time of their lives is our one and only goal.
Adults not permitted, unless they rediscover their inner child.

1 to 5 July 2009

www.kids-oostende.be



SPARKLING MONDAYS

Tell me why I don't like Mondays. There is not a single reason. Summer on the coast is a happy one at any time and weekly fireworks will only add to that. As if by magic, a twinkle will appear in the onlookers' eyes and the sky will be coloured pink (and red and orange and.....)

Mondays in July and August. For the correct dates, check our website www.toerisme-oostende.be, in July at 11 pm - in August at 10.30 pm.

FUZEE!'09

Eccentric and exotic street theatre will catch the attention of accidental (and less accidental) passers-by. Exciting rhythms will stir up the magnificent spectacles to the highest level. FUZEE!'09 presents fireworks, in every sense of the word.

7 to 11 July 2009

www.fuzee.be





WOOSHA!

The Woosha! party lasts five days and five nights. It is called Woosha!, because no other name will do to fit this party, this fiesta and this fun all rolled into one. *Because God is the DJ and the beach his dance floor!*

15 to 18 July 2009

www.woosha.be

THEATRE BY THE SEA

Two guest curators create an original theatre and music programme. Young talent storms the stage and plays at full throttle. A great future awaits the laureates and Theatre by the Sea is putting them on the programme as we speak! Nine days of stage-fright in Ostend.

30 July to 8 August 2009

www.theateraanzee.be



© Kristien Verhoeyen



© Nicolas Ramoudt

PAULUSFEESTEN

Free popular festival in the St. Petrus- and Paulus Church area. It originated in the legendary pub 't Kroegske and today, 36 years later, it attracts more than 80,000 enthusiastic party goers. Music, performances, street entertainment and stalls create a great ambiance, night and day.

11 to 17 August 2009

www.paulusfeesten.be



OSTEND FILMFESTIVAL

Roll out the red carpet! National and international stars will attend. Prestigious premieres. Long-awaited blockbusters and also little gems from all over the world will be shown. *Camera, lights and...action!*

Second half of August 2009

www.filmfestivaloostende.be



HALLOWEEN IN OSTEND

Do not wander the streets alone because danger looms in every doorway. Living dead, vampires and mutant monsters roam the city. Fear and terror abound. Even in your hotel room, in the cupboard, under the bed. *Look out! Behind you!*

From 30 October to 8 November Ostend is not a safe place to be.

www.halloween-oostende.be

CHRISTMAS & NEW YEAR IN OSTEND

Jack Frost will not deter us. We will skate jauntily alongside him at the skating rink, or chase away the wintry temperature during the stylish Christmas happening "Winterwarmte aan Zee". The Queen of Proms Culinary Christmas Happening will whet your appetite and the Sylvester Night Fireworks will end the year with an impressive bouquet.

See you next year!

Winter Ice from 27 November 2009 to 3 January 2010

Queen of Proms Culinary Christmas Happening on 12 & 13 December 2009

Winterwarmte aan Zee from 18 to 20 December 2009

Sylvester Night Fireworks on 31 December 2009

www.eindejaarinoostende.be



AND ALSO

BELGIAN CROSS COUNTRY CHAMPIONSHIPS - 1 March 2009

The top Belgian cross country runners struggle for the national title.

BAL RAT MORT - 7 March 2009

Carnival party inspired by James Ensor, organized since 1898. This year's theme: Arabian Nights.

ING RUN OSTEND - 19 April 2009

Put on your trainers and run 5 or 10 kilometres on Ostend's beautiful seawall.

OKTOBERFOOR - 2 to 26 October 2009

Fair in Ostend!

UP TO DATE

In a dynamic city like Ostend new events are created every day. The latest information you will find on www.toerisme-oostende.be!



L2

THEY MOOR THE MERRIER!

It is a microbe and once you have been exposed to it, there is no cure. Sailing. Ostend has all the facilities in each of its six marinas!

OSTEND
SOAK up
the SEA

MUSEUMS & ATTRACTIONS

From leading arts halls to floating museum, from interactive experience to imposing war memorial... even on days when the sun does not really want to come out, there is always somewhere to go.

OSTEND



MUSEUM SHIP AMANDINE

A visit to the Amandine affects all the senses. You can see, feel, hear, and especially smell how hard life on board of a fishing trawler in Icelandic waters must have been. An experience no landlubber should forego.

Vindictivelaan 35-Z - T. 059 23 43 01 - mso-amandine@skynet.be - www.amandine-museum.be

Opening hours: Monday: from 2.00 to 6.00 pm - Other days: from 10.00 am to 6.00 pm
Closed on 24/12, 25/12, 31/12, 01/01 and from 05/01 to 01/02/09.

Admission fee: Adults: € 4.00 - Children: € 2.00

No wheelchair access



A1



DOMAIN RAVERSIJDE

(ATLANTIC WALL, WALRAVERSIJDE & PRINCE CHARLES MEMORIAL)

From the Middle Ages to the Second World War: a huge step for mankind, a small one for you. A stroll through this unique open-air museum is a journey through time.

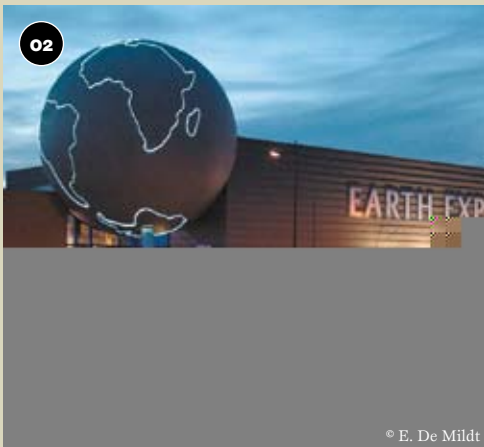
Nieuwpoortsesteenweg 696 - T. 059 70 22 85 - domein.raversijde@west-vlaanderen.be - www.west-vlaanderen.be/raversijde

Opening hours: from 01/04 to 11/11: - on weekdays: from 2.00 to 5.00 pm - weekends, holidays & Belgian school holidays: from 10.30 am to 6.00 pm - Closed from 12/11 to 31/03

Admission fee: all-in ticket 3 museums (audio guide included): adults € 9.00 - children under 12 years of age (accompanied by their parents): free - Price per museum (audio guide included): adults: € 6.00 - children under 12 years of age (accompanied by their parents): free - Rent of audio guide: € 2.00 -

Wheelchair access only in Walraversijde and Prince Charles Memorial (partly)

O2



EARTH EXPLORER

Face earthquakes, volcanic eruptions, tsunamis and tornados. Travel to Jupiter and Saturn or build a magic, magnetic bridge. Go for it, in this scientific fun park and return home a brainiac.

Fortstraat 128b - T. 059 70 00 01 - info@earthexplorer.be - www.earthexplorer.be

Opening hours: from 04/04/2009: daily from 10.00 am to 6.00 pm

Admission fee: Adults: € 14.50 - Children: € 10.50

Wheelchair access

FORT NAPOLEON

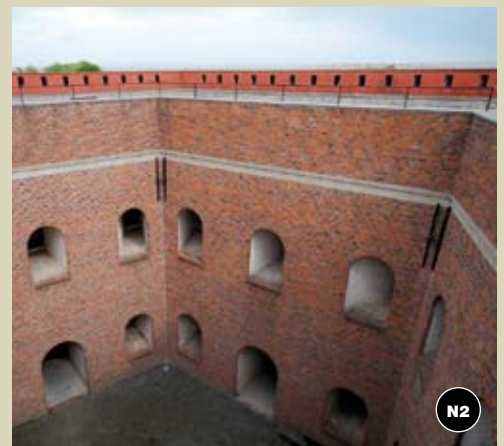
Everything about this impressive building exudes power, its age-old walls and the magnificent modern entrance. Be amazed at the authentic atmosphere from times long-gone and enjoy a snack and a drink in the bar, the stylish restaurant or the grand terrace right in the heart of the dunes.

Vuurtorenweg z/n - T. 059 32 00 48 - fort.napoleon@erfgoed-vlaanderen.be - www.fortnapoleon.be

Opening hours: from 01/11 to 31/03: in the weekends and during Belgian school holidays from 2.00 to 5.00 pm, except on Mondays. Closed on holidays. From 01/04 to 31/10: daily from 10.30 am to 1.00 pm and from 1.30 to 6.00 pm, except on Mondays. In July and August: open on Mondays..

Admission fee: Adults: € 5.00 - Children between 6 and 12 years of age: € 2.00 - Children under the age of 6: free

Wheelchair access



JAMES ENSOR HOUSE

A cabinet filled with curiosities provides a kaleidoscopic experience. James Ensor's mind must have been colourful and bizarre and the house where he spent many years of his life is the same. Pause for a while in the room on the first floor, have a look around and travel deep into the artist's soul.

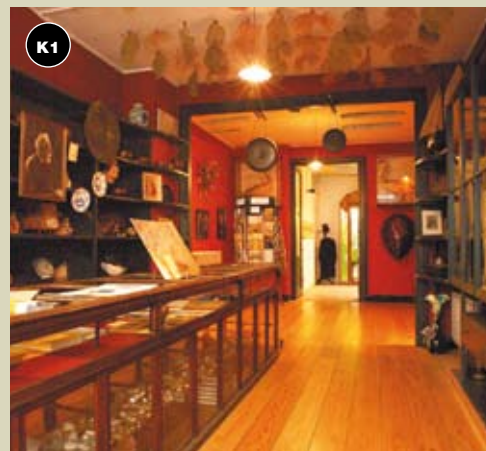
Vlaanderenstraat 27 - T. 059 50 81 18 - www.oostende.be

Opening hours: daily from 10.00 am to 12.00 noon and from 2.00 to 5.00 pm, closed on Tuesdays.

Closed on 25/12 and 01/01.

Admission fee: Adults: € 2.00 - Children under the age of 18: free

No wheelchair access



K1

ART MUSEUM BY THE SEA

COLLECTIONS OF THE PROVINCE OF WEST-FLANDERS AND THE CITY OF OSTEND

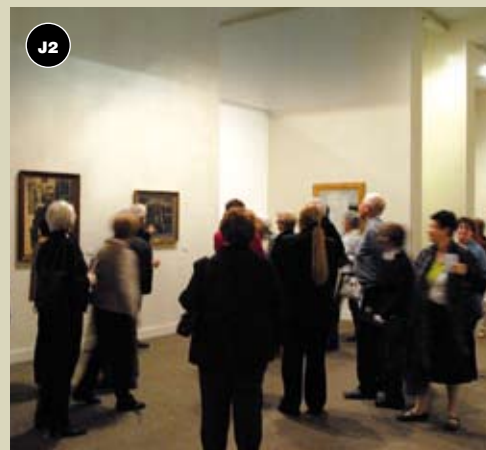
James Ensor and Leon Spilliaert, seminal artists for contemporary art and synonymous with Ostend, are the core of the basic collection. Flemish expressionism, Magritte's Dadaism, Delveaux' surrealism and the Cobra movement are well-represented as well. Carefully selected exhibitions complete the picture.

Romestraat 11 - T. 059 50 81 18 - info@pmmk.be - www.pmmk.be

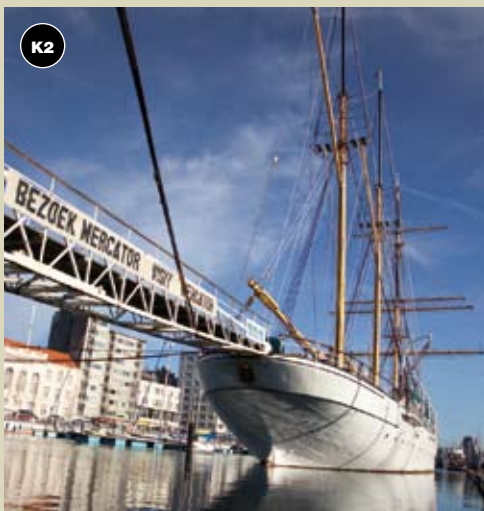
Opening hours: daily from 10.00 am to 6.00 pm, except on Mondays. Closed on 25/12 and 01/01

Admission fee: Depending on the exhibition

Wheelchair access



J2



K2

THREE-MASTER MERCATOR

This impressive sailing ship with a length of more than 78 meters and a width of 11 meters once dropped anchor in the Easter Island, and returned Father Damian to our country. Currently this floating treasure chest is enjoying a well-deserved rest, and awaiting your visit.

Mercatordok - T. 059 51 70 10 - T. 0473 59 08 43 - zeilschip.mercator@telenet.be - www.zeilschip-mercator.be

The Mercator has left her usual mooring place for a thorough overhaul.

Normally the ship will be open to visitors again by the Easter holidays.

Opening hours: Jan/Feb/Mar/Apr/Oct/Nov/Dec: in the weekends from 10.00 am to 12.30 pm and from 2.00 to 4.00 pm
May/June/Sept: daily from 10.00 am to 12.30 pm and from 2.00 to 5.30 pm - July/Aug: daily from 10.00 am to 5.30 pm (continuously) - also open during school holidays (Easter/spring half-term/Christmas)

Admission fee: Adults: € 4.00 - Children under the age of 6: free - Children between 6 and 14 years of age: € 2.00 - Rent of audio guide: € 1.00 / No wheelchair access



L1

OSTEND'S HISTORICAL MUSEUM DE PLATE

Have you ever been in a room where a real Queen died? Experience this in 'De Plate'. History, folklore and Ostend's rich past as a fishing town come together in this wondrous collection of curiosities.

Langestraat 69 - T. 059 51 67 21 - plate.oostende@telenet.be - www.deplate.be

Opening hours: from 10.00 am to 12.00 noon and from 2.00 to 5.00 pm on Saturdays, in the Belgian school holidays (closed on Tuesdays), in the Ascension weekend, from 13 June to 13 September (closed on Tuesdays), closed on 25/12 and 01/01

Admission fee: Adults: € 2.00 - Children under the age of 14: free

No wheelchair access

PLACES OF INTEREST & LEISURE ACTIVITIES

So you think you have seen, visited and experienced everything? Well, you could very well be wrong.



FLORAL CLOCK 1

No idea what the time is? The 20,000 flowers and plants of the floral clock in the Leopold Park will tell you.

DIKKE MATHILLE (BIG MATILDA) 2

The real name of this bronze nude from 1954 is 'The Sea', but there is not one person in Ostend who calls it that.

SAINT PETER- & PAUL'S CHURCH 3

Neo-gothic church with beautiful stained glass windows, completed in 1907. Behind the altar is the mausoleum of Queen Louise-Marie, first Queen of Belgium.

THE ROYAL GALLERIES 4

Built in 1905 to protect the well-to-do citizens from the sun and rain. However, you may use them as well.

THE VENETIAN GALLERIES 5

Built by Leopold II and still owned by the "Koninklijke Schenking" institution. The statue of King Boudewijn I keeps an eye on things.

THE 'DRIE GAPERS' 6

High above the endless stream of strolling people, Leopold II looks out over the sea. The three passages through to the city are called 'gapers'.

OUR LADY OF THE DUNES CHURCH IN RAVERSIJDE 7

James Ensor is buried in the shade of this beautiful church built in the 14th century.



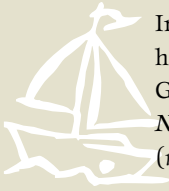
JAPANESE GARDEN

The Far East is so close. You will feel peaceful in this beautifully landscaped garden in Kaiyusschiki-style, and you will come to your senses. Zen!

*Location: Koningspark,
Koningin Astridlaan entrance.*

Info: Toerisme Oostende vzw





OSTEND FROM THE SEA

In July and August the *Franlis* departs from the Western Pier every hour. The *Seastar* sails daily from Ostend to Nieuwpoort and back. Groups of up to 25 people return to the 19th century and board the *Nele*, a two-master sloop (with all mod cons - a comforting thought!) (www.franlis.be, www.seastar.be and www.denele.be)

FISHING

From the coast and in the open sea!
Info fishing at sea: www.crangon.be - www.franlis.be - www.marcella.be - www.albatros-seafishing.com

SURFING & SAILING

Beginners and experienced surfers and sailors brave the waves in the Spuikom (VVW Inside) or in the open sea (VVW Outside). *More info on www.vvwinout.be*

TENNIS

The ball was out! In- and out(door)tennis can be played at several locations around the city, for instance at the Ostend Tennis Club (www.ostendtennis.be).

GOLF

On the grounds of the 120 year-old Wellington hippodrome, the 9-hole championship course is brand new. Afterwards you can enjoy the wonderful food in De Duivenschieting club house, a stately building from 1899.



NORTH SEA AQUARIUM

You do not need to get wet to discover the exciting underwater world. In the North Sea Aquarium 60 different species of maritime life vie for your attention...

Location: Visserskaai.

Info: T. 059 50 08 76 -

noordzeeaquarium@oostende.be

PAS PARTOUT!

Would you like to walk in and out of Ostend's most famous museums and places of interest?

If you have a **City Pass**, the doors of the following places and attractions will open wide for you:

- Ostend's Historical Museum De Plate
- Fort Napoleon
- The Amandine
- The Mercator
- The James Ensorhuis
- The Japanese Garden and
- The North Sea Aquarium

With the same € 14.90 pass, you will be treated like royalty in one of these three attractions:

- Art Museum by the Sea
- Earth Explorer
- Domain Raversijde

Should you choose the € 19.90 euro pass, you will have free admission to two of the above.

What about the children? They are welcome too. Their **Kids Pass** costs € 4 excluding admission for Earth Explorer or € 9 inclusive.



City and Kids Passes are available at In&Uit Oostende - Toerisme Oostende vzw. The pass is valid for one year.



FOR THE PRECIOUS LITTLE ONES...

There is great fun for children in Ostend too, and parents are allowed to join in.



HORSE CARRIAGE AND MINIATURE TRAIN

Two separate ways to explore Ostend.

The horses are champing at the bit on the Visserskaai, the train is steaming on the Zeeheldenplein.

CHILDREN'S PARADISE

If the sun fails to show? The indoor playgrounds of the *Bowling Palace* (www.bowlingpaleis.be) and *Playcity Beach* (*Vlaanderenstraat 21a, T. 051 25 12 26*) are there for the children to expend their energy.

SKATE PARK 'DE VEILING'

Skaters and bmx-ers outdo each other with the coolest moves or the craziest jumps in the indoor skate park De Veiling in the Pycke de ten Aerdelaan. In the open air too, skaters gather at various specially constructed ramps throughout the city. (Public library, Velodrome, Egellaan and Vuurtorenwijk)

MINIGOLF

Finesse and fun, at the 21 holes of the Adventure-minigolf course in Leopold Park or the Koninginnehof in Maria Hendrika Park.

SWIMMING

In the sea or... in the municipal swimming pool. During the summer months, the open air swimming pool is available too. *Municipal swimming pool - Koninginnelaan 1 - T. 059 50 38 83*



CHILDREN'S FARM

Petting and feeding animals, making cheese and baking bread, (bio) healthy farm-life is beckoning!

(Stuiverstraat 599 -

T. 059 70 00 05 -

kinderboerderij.oostende@skynet.be)

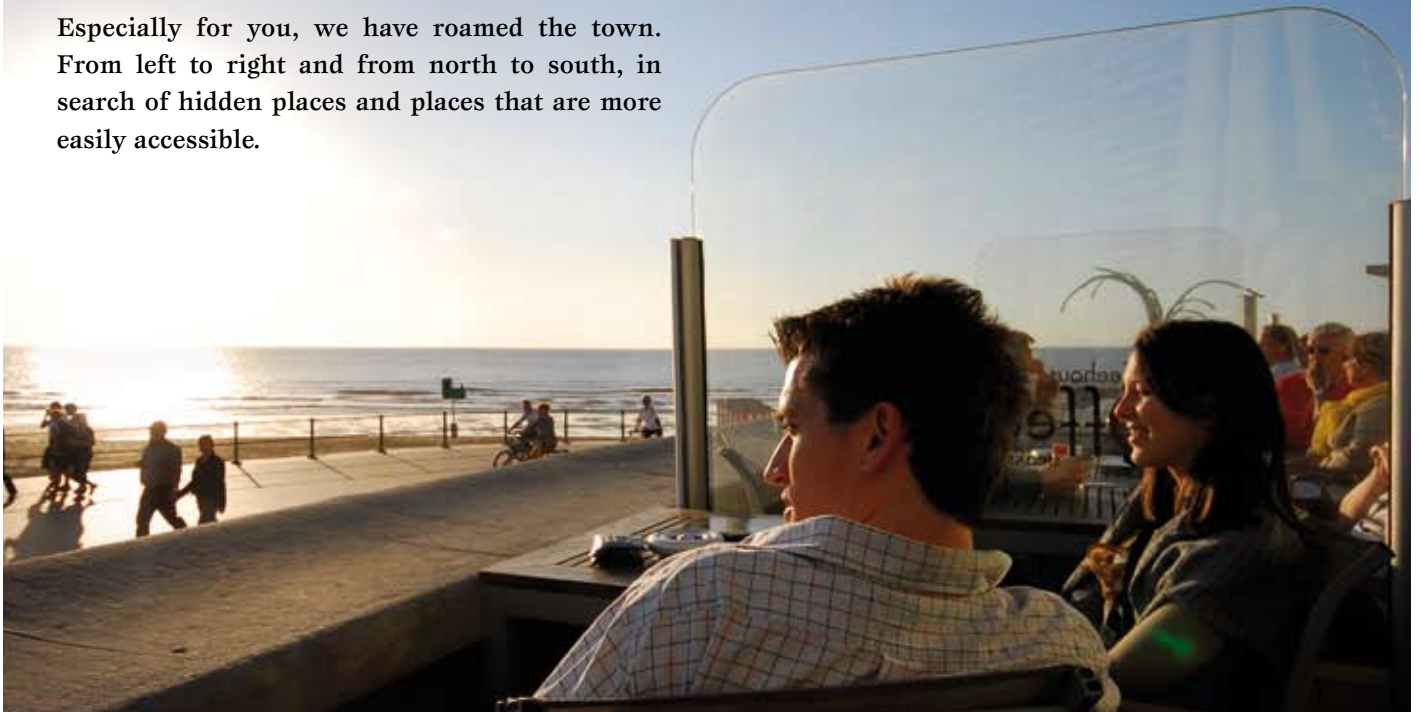


By visiting Ostend you have come to

THE RIGHT PLACE

You are staying in Ostend, the only real city by the sea. This means that besides fun in the water and on the beach, there are many more activities. For young and old, for men and women, for short stays or for longer ones.

Especially for you, we have roamed the town. From left to right and from north to south, in search of hidden places and places that are more easily accessible.



Our starting point is the *Monacoplein* at the entrance to the city's In&Uit-office. In the well-appointed reception area our friendly staff will gladly answer any questions you might have. They can also provide you with city maps, a walking or cycling guide, or a less well-thumbed copy of this magazine. The ultimate Ostend souvenir is also available at a minimum cost.

The trip we describe on this page and the following pages will provide you with a wide range of experiences and impulses. Should you have a glass in every outdoor cafe, buy something in every shop and have something to eat in each restaurant, you will not survive the walk. So a good balance is paramount. Just return to us often!

The **Casino Kursaal** was completely renovated and now, is once again the landmark it should always have been. Inside you can enjoy a drink or a delectable piece

of freshly baked cake in the **Coffee House** - if the weather is good, you would naturally choose to be outside on the terrace with its unique sea view. The **Ostend Queen** offers the same view. It is the top-floor restaurant, which offers you a menu inspired by star chef Pierre Wynants.

If it is still too early for a multi-course meal, why not book a table now before we join you on this extensive walking tour.

If ever there was one notorious street in Flanders, it would be the *Langestraat* (it begins on the right of the In&Uit-office). Today - or rather tonight - you can indulge in some serious night life, but there is no need to worry. On the contrary: choose any outdoor cafe, and you will be guaranteed premium seating for a great relaxing half hour of 'people watching', one of our favourite pastimes.



WHITE INTERIORS



CELTIC IRELAND



LA FAYETTE



TAO

THE LANGESTRAAT

The *Langestraat* is uh... the longest street in the centre. It crosses about ten other (shopping) streets, but for once, we will keep to the straight and narrow and walk all the way to the seafront (*Albert I-promenade*). However, we will need to make some necessary stops on the way.

For instance, at the multi-coloured, crazy, charming objects outside **White Interiors** (no. 55). Do take some time to wander among the vintage furniture designs from the 50s and 60s, and be charmed by a dented scooter or finally buy the lamp you have been dreaming of for years.

Equally charming is the **Koekoek** (38-40), a restaurant that has only one dish on its menu: chicken from the spit. You are allowed to use your fingers, or rather; you have to, because cutlery is not included in the price. Indulge yourself and let the fat drip down your chin, seven days a week, 24 hours a day!

Also in (what's in a name) **Stad Kortrijk** (119), table manners are not a high priority. The fresh sea sole has a far-reaching reputation, that goes even beyond the city the restaurant is named after. Just like the eccentric manager, by the way.

If you like things to be a bit more trendy then **Bar Tao** (24-26) is the place for you. Enjoy a cocktail in the bar or outdoors in the afternoon, and in the evening select an exotic dish from the Tao world cuisine. During the weekend the best DJs of the moment play their dance music.

The various music cafes in the Langestraat are also fully up-to-date. **La Fayette** (12) combines soul and chanson with a great jazzy atmosphere. The neighbours of **Bordel Musical** (10) make you dream of (even more) exotic places with their fresh fruit juices and cool cocktails and the same goes for **Le Dôme** (15) where you can spend an evening of sensual entertainment. If your musical taste leans toward the alternative, find your way to the **Twilight** (21) and the **Manuscript** (23). Five top places in one location!

And there is more. When you step into **Celtic Ireland** (67), it is as if you have entered a different world; if you walk past a beautiful stairwell with an impressive chandelier, you will find yourself in the cafe. When you leave you will enjoy the immense outdoor area with its impressive murals. If you had planned on having only one Guinness in your lifetime, let it be here.

And still we have not finished. Don't forget; this is the Langestraat! On the corner of the Kapucijnenstraat no less than three cafes are vying for your patronage: **Tati's Jazz Club** (apparently the place to be), **Harry's Place** and **The Cosy Corner**.

If that is not enough, Ostend's most famous cafe is just around the corner. In the magnificent art-deco interior of **den Artiest** (Kapucijnenstraat 13) you can enjoy a grill which is prepared right before your eyes on the blazing charcoal. A wonderful feeling of peace permeates your body, here you can relax completely...



DEN ARTIEST

KAPELLESTRAAT

Recently the *Kapellestraat* was voted best shopping street in Flanders by the Belgian newspaper Het Nieuwsblad. Among its main attractions are the huge offer and the remarkable fact that many shops here (and in the rest of Ostend) are open on Sundays. The fact that with every purchase you get the healthy sea air for free is of course an added bonus.

CHRISTINA STRAAT

Parallel to the Kapellestraat is the *Christinastraat*. **Chocolatier Yperman** (31) works like a magnet. The variety of delicacies under one roof is breathtaking.

From one sweet sin to the other is but a small step in Ostend. In the wonderfully atmospheric **Lust for Life** (56) women will find everything they need to please their partners and (of course) share the enjoyment.

Because the way to a man's heart is through his stomach, **ToppJect** (60) seems a good place for a break. From stylish cookware to a state-of-the-art kitchen robot, or espresso-machine, you will find everything here for good-looking cooking.

If you have not bought your fill of toys yet, you can surprise your faithful pets with a trinket or a small present from the **Whoepy Woef** (49) dog boutique.



HASPESLAGH

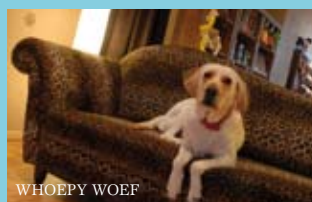
WITTENONNENSTRAAT

By this time any gentleman of standing will find himself in **Jacqueloot's** hat shop (29A). James Ensor used to buy all his hats here. If you are looking for a *Stetson*, *Panama* or *Bogart*, you have come to the right address, but Andy Cap is most welcome here too, and that goes for *Flo* as well.

From one classic shop to the other: **Kaas Haspeslagh** (29) does not remove its cheese from the maturing area until it is perfect. With a variety of over 400 different cheeses, an artisan butchery and low-fat diet cheeses, you will know which side of your bread is buttered tonight.

Food for the mind is available at **Corman's Bookshop** (38), where books are still treated with love and respect. Tip: enjoy the smell and the crisp freshness of your new novel or reference while you have a delicious slice of cake in **Fee d'Hiver's** (16b) beautiful white interior. The salads look great too.

If you prefer a glass of wine, proceed a few more meters. In wine bistro **diVino** (2) you will feel as if you are living the life of Riley or dio in Tuscany. Salute! More Italian delight: **Via La Tavola** (12-14), where homemade pasta or pizza will delight your taste buds. This should be called Viva La Tavola!



WHOEPY WOEF



HOEDEN JACQUELOOT



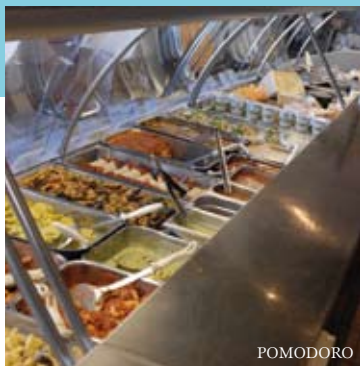


MORE STREETS AND SQUARES

And so we wander on to and around the square Wapenplein.

We come to the conclusion that **La Provence** (Nieuwstraat 13) is barely 50 metres from **Italy** (**Pomodoro**, Groentenmarkt 5). On the same *Groentenmarkt Soep.kom* is the winner. The prize is awarded for the most original name and the best soup in Ostend.

Fats Domino invites us to the (very cosy) pub with the same name in the Kerkstraat and at the Kursaal's Westhelling the **Lounge Bar Kursaal** provides the (very trendy) counterpart. Later on we enjoy the delicious food and the original church floor in **La Galleria** (James Ensorgaanderij 30).



POMODORO



DE MOSELBEURS

We still have 't **Zeezotje** (Bonensstraat 17) to go to and the **Mosselbeurs** (Dwarsstraat 10), but we cannot seem to get past the inviting open window of **d'Oede Tiet** (Dwarsstraat 8). Plus we also want some art (**Benoot Gallery**, Koningstraat 20) and 20th century design (**Vorm**, Hertstraat 9). *Aaaargh!*

Next time, we intend to start on the *Albert I-promenade*, we will raid the former *Feest & Kultuurpaleis* - now a shopping mall - and we will leave the city centre for the *Alfons Pieterslaan*. *But first: sun, sea and beach!*



FEE D'HIVER





SHOPPING

Shopaholics of the world unite!
Ostend is a paradise for any fashion-conscious and trendy aficionado of beautiful things. The healthy sea air is free. Also on Sundays!

OSTEND



KAPELLESTRAAT 1

Ostend is a city, and so all the important large chain stores have branches here. You will find them located side by side in a brotherly fashion in the car-free Kapellestraat, which was voted best shopping street in Flanders by the Belgian newspaper Het Nieuwsblad!

(from Vindictivelaan to Wapenplein)

ADOLF BUYLSTRAAT 2

Shoes, shoes and more shoes. Of course (designer) clothing and accessories are available too. Little New York. Sex and the City.

(from Wapenplein to Marie-Joséplein)

SHOPPING CENTER FEEST- EN KULTUURPALEIS 3

Behind the historic façade of the former Feest- en Kultuurpaleis 17 shops are vying for your favours. *(Wapenplein)*

CHRISTINA STRAAT

Are you looking for a fun and original gift?

This is the street for you! *(side street of Adolf Buylstraat)*

WITTE NONNEN STRAAT

Some of the oldest specialty shops in the city plus brand-new shops and boutiques. *(side street of Kapellestraat)*

JAMES ENSORGALERIJ 4

Covered street with surprising shops full of creative products. *(between Christinastraat and Vlaanderenstraat)*

ALFONS PIETERSLAAN

From the Town Hall to Petit Paris, from shoe laces to a beautiful bunch of flowers, from art to kitsch. Also for fresh fruit and vegetables, meat and fish, the selection here is abundant and diverse. *(just outside the city centre)*



MARKETS

Thursday is the main market day: until 1 pm on Wapenplein, Groentemarkt and Mijnplein.

Saturdays: until 1 pm on Wapenplein and Groentenmarkt. **Sunday mornings:** flower market on Wapenplein.



You are a man, so you must have lost your way. This is the women's page par excellence. However, take advantage of it and accept this super tip: give your love / partner / wife / lady (or gentleman) a **Shopping Weekend in Ostend** as a present. Eternal gratitude will come your way.



GASTRONOMY

Restaurants that have provided quality food for decades or the latest flavour of the month. From snacks to six-course meals, from classic to trendy, everything is possible in Ostend.

OSTEND
SOAK up
the SEA



GASTRONOMY

While you are enjoying a great night's sleep in your hotel or apartment, the fishermen are casting their nets at sea. Last night's catch is tomorrow's dinner. Even more fresh is just not possible. You can just taste it.

Fish takes up a prominent part on the menus of Ostend's restaurants. Like shrimp, mussels, lobster, oysters and other seafood. However, meat, poultry or vegetarian food is usually also available.

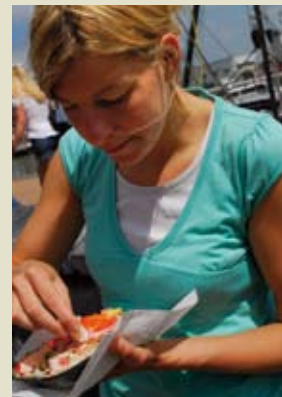
The *Restozine* provides you with an exquisite selection of restaurants that all have at least one thing in common: quality.

To make your mouth water: the following pages contain a surprising four-course meal.

VISTRAP (FISH MARKET)

Preparing your own fish is another possibility. At the *Vistrap* you can make your selection from a staggering variety of freshly caught North Sea fish. This is rather more special than you might think, because the *Vistrap* is the only fish market that welcomes private customers! From 7 am.

Do you feel like an original and delicious snack? Buy a serving of "wullocks" (whelks) or warm escargots Ostend style at one of the many stalls on the *Visserskaai*.





FOUR LEAF CLOVER

Four passionate restaurateurs and their chefs each present one of the best listings on their menu. Together they have created a finger licking four-course menu.



THE STARTER • BOTTARGA

Restaurateur Gerald Piers has barely hit thirty, but he has seen a large part of the (culinary) world. His menu reflects this; he brings together top-notch world cuisine and his Ostend roots. The restaurant's atmosphere is trendy and modern, but simultaneously warm and inviting. A great combination.

FRESH SEAFOOD SASHIMI

The pieces of raw salmon, tuna, butterfish and scallop are arranged on a pretty wooden board and vie for our attention. We mix the soy sauce and wasabi to our own taste; pieces of ginger complete the tasty picture.

Of course we would like to order a white wine; however, chef Miguel Brouns advises a fresh red South African Graham Beck Pinno Pinotage. And, as usual, the chef is more than right: it is a perfect match!

Bottarga Albert I Promenade 64 / T. +32/59.80.86.88

The restaurant gets its name from the bottarga, a Sardinian specialty. They are tuna or swordfish eggs, still in roe. They are pickled and preserved in candlewax.

Because the - very salty - caviar was not an immediate success among Ostend diners, bottarga is no longer on the menu.



THE MAIN COURSE • FISH • LE GRILLON

Everything about Le Grillon exudes quality: the interior, the service, and first and foremost: classical French cuisine. Far from any trends, three experienced chefs prepare the dishes that are on the extensive menu. Restaurateur Willy Verdonck is the quality label: for more than 40 years he has stuck to 'old-fashioned reliability'. Gastronomy and hospitality go hand in hand here.

POACHED RAY WING

Ray is a delicate fish that does not take transport very well. You will need to travel to get the best out of this delicious and easily digestible fish. To Le Grillon, for instance, where it finds its way onto your plate straight from the sea.

A dry Chablis Fourchaume Premier Cru or a Pouilly-Fuissé Mâconnais are a great combination with the honest taste of the poached fish.

Le Grillon Visserskaai 31 / T. +32/59.70.60.63



© W. Missiaen

Le Grillon and l'Auteuil (see next page) are two of twelve restaurants offering a special Dinner with Art menu. Internationally renowned artists have designed unique bottom plates, which you can take home after your meal.

THE MAIN COURSE • MEAT • RESTAURANT AUTEUIL

Women behind the stove. According to some men, that's where they belong: we would not dare say anything like that. Fact is that Caroline and Isabelle, the two head chefs in Restaurant Auteuil, add a little *je ne sais quoi* to the original classic dishes. A touch of mystery, a whiff of creativity and a good dose of courage will provide a delicious adventure on your plate time and again.

STOCK DOVE SALTIMBOCCA

Flamboyant and a little eccentric: as soon as you see Isabelle entering the room, you will understand what we mean. She does not offer you a menu called 'Les Nanas have it their way' for nothing. Today it reads stock dove saltimbocca, mozzarella, and marinated swedes in pesto and pata negra, among other things.

There is chicken stock and...something she does not want to divulge. It is up to you to discover what it is!

THE DESSERT • ENOTECA DEL BEREBENE

Enoteca of the lovely drop

It is no coincidence that Enoteca del BerEBENE's interior is tasteful and has a great atmosphere: it was created with love by the restaurateur's wife, who is an interior designer. Indeed, love and passion are key words in this small but lovely place: the owner Thierry Hecht gave up his life in Hong Kong and followed his two great loves to Ostend: Isabelle and Italian cuisine.

An Enoteca is typically Italian.

Literally translated it means wine shop, however, usually they do not only sell wines but tastings are possible as well.

Often combined with a delicious snack.

TORTA AL FORMAGGIO

Do not even think of calling this Torta al Formaggio just plain cheese cake! The recipe is a carefully kept secret, which Chef Lamberto received from his employer in Tuscany after years of loyal service. Years before, the old Italian lady had inherited it from her father, who had created a *furor* with it in Tripoli, the capital of the former Italian colony Libya. The torte is *assolutamente squisito* and is finished with a home-made strawberry coulis.

As accompaniment, we drink a glass of sparkling Franciacorta, cuvée Bellavista, the Rolls Royce of Italian spumantes.

If you still doubt the quality and especially the authenticity of the Italian dishes knowing that the chef's name is Lamberto Spinelli and was directly 'imported' from Bari in the far south, why not try the overly delicious burratina pugliese which is not on the menu anywhere else In Flanders.

HISTORICAL BUILDINGS

The Royal Villa. The Royal and Venetian Galleries. Fort Napoleon. The old post office. Many historical buildings. The beach cabins, however, are the genuine heritage of the city and the beach.



OSTEND
SOAK up
the SEA



NIGHTLIFE

From old-fashioned pub to trendy spots, from intimate tête-à-têtes to ravishing raves. The night is forever young in Ostend.

OSTEND
SOAK up
the SEA

OSTEND'S NIGHTLIFE

Which bar is the best, which club the coolest?
Ask any smiling passer-by, follow the music
or your own intuition.
Below there are some possible 'starters'.



LANGESTRAAT

Jazz, soul, rock and chanson.

The Langestraat is the heart of the entertainment district and it beats in many different rhythms. *Also see page 18.*

DEN ARTIEST

Burn your tongue on the greatest barbecued dishes and douse the fire with a Belgian beer. Den Artiest's interior and ambiance are known all over Ostend. *(Kapucijnenstraat 13 - www.denartiest.be)*

ROOD

Get into the mood slowly with nice music and a great glass of red wine. Or white, of course. *(Van Iseghemlaan 87)*

BOTTELTJE

Belgium Beer Country. Het Botteltje stocks more than 300 varieties of our national pride, 13 of which are on tap. The cosy interior is an added bonus. *(Louisastraat 19)*

COCKTAIL

Exciting rhythms, waving palms, tanned skin under sexy skirts and tops ... if you love tropical temperatures and exotic cocktails, go to **La Habana de Che** *(Vissersplein 5)* or **Brazzaville** *(Monacoplein 5-7)*.

Q-BEACHHOUSE

Party in surf! Belgian broadcaster **Q-Music** is camping out on the Ostend beach all summer.

AUTHENTIC

Weird people, there are a few in Ostend. They live life to the fullest and are not afraid to speak their minds. We like that. There is a chance you might meet some in 't Kroegske or in **Café De Tijd** (with a manager who used to play in Marvin Gaye's band) *('t Kroegske: Sint-Paulusstraat 80 - Café De Tijd: Van Iseghemlaan 67)*



'T KROEGSKE

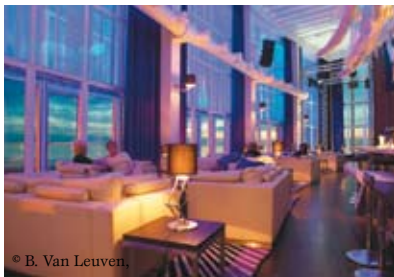


DEN ARTIEST



Q-BEACHHOUSE





LOUNGE

Chilling is a trendy word for relaxing. Let all the stress in your body go. Enjoy a lovely glass, a slow beat and each other. Good addresses are **Tao Loungebar** (*Langestraat 24-26*) & **Lounge Bar Kursaal** (*Westhelling Kursaal*).



THE SILVER SCREEN

From American blockbuster to independent Korean or White Russian short: film lovers will always find something to suit their tastes in **Kinopolis** or **Rialto**, which each have 8 cinemas. (*Kinopolis: Koningin Astridlaan* - *Rialto: Langestraat 39*)

STRIKE

Bowlingpaleis will provide a night of uncomplicated fun. 16 brand-new alleys: you cannot miss...or can you? (*Steense Dijk 186*). In the centre of the city, there is **Sporting Bowling** (*Sint-Sebastiaansstraat 26*).



TOPENTERTAINMENT

The biggest national and international names have performed in the **Kursaal** of Ostend. From pop to rock, from theatre to musical, from large receptions to enthusiastic parties... there is always something going on.



GAY

Ostend is a city that has a heart for gays. There is even a special “gay policies coordinator”! So, come to Ostend and take in the open atmosphere and the nightlife.

BABYSIT

You want to paint the town red, but of course you cannot leave the kids alone at home.

The **Gezinsbond** and **Reddie Teddy Babysit** service are there for you!

Experienced babysitters will be glad to come and keep an eye on things.

Gezinsbond - *Chantal Pauwels* - T. 0473 77 30 06 (after 7 pm)

Bond Moyson - *Reddie Teddy Babysitservice* - T. 056 528 777 (office hours)

UNDER THE INFLUENCE?

Walk back to your hotel (the fresh sea air will do you good) or take a taxi. They are in front of the railway station or on the Marie Joséplein. You can also order one by dialling one of the following numbers:

Taxifoon: T. 059 70 27 27 - T. 059 80 27 27

Taxibond Oostende: *Prins Boudewijnstraat 2*, www.taxibond.be, info@taxibond.be

Taxi Moermans: T. 0477 77 88 99,

www.taximoermans.be, taxi.moermans@skynet.be





OSTEND
SOAK up
the SEA



LEOPOLD II HAD HIS MIND SET ON OSTEND

The love Leopold II felt for Ostend, combined with his architectural vision, resulted in great architectural buildings in Ostend. Unfortunately, there are only a few left. Isn't it strange that the Royal Stables, one of the few wooden complexes, have withstood the ravages of time?

They were built at the beginning of the 20th century to a design by Norwegian architect Ivar Knudsen; however, they were never used as stables.

SPENDING THE NIGHT

The incomparable scent of freshly laundered sheets. The wonderful joy of an invigorating shower... And then fall into a beautiful deep sleep. Tomorrow a perfect breakfast awaits you!



OSTEND
SOAK up
the SEA





CYCLING AND WALKING

How about a good walk or a relaxing bike ride? In&Uit Oostende can provide free walking and cycling brochures. Cycling maps for exploring Ostend's extensive surroundings are available for 2 tot 6 euros.

ASSOCIATION OF GUIDES DE LANGE NELLE

How about a different kind of walk? What about a *Monument Walk*, a *Koning Leopold II-walk*, a *James Ensor Walk* including a visit to the

museum, a *Visserskaai Walk* with a sailing trip, if desired, a *Lighthouse Walk*, a *Creek Walk*, a *Historic Walk from Ensor to Prince Charles*, a *Spuikom Walk* including oyster tasting, a walk in the footsteps of the sea dog, or a walk along the beach with a special focus on fauna and flora?

More information: Gidsenkring De Lange Nelle: T. 059 80 73 81

THE IDEAL STARTER

The city centre walk is a 'fast-track course' on Ostend. The carefully laid out route takes you to all the important places of interest and it makes sure that within a few hours you will have a beautiful first impression of our City by the Sea. The walk is included in the '*Cycling and walking in and around Ostend*' brochure which is available at In&Uit Oostende, free of charge.



STENE

Still. Fossilised. Stene.

A protected landmark. A white brick church. An old mill. And a score of restaurants where Ostendeners like to relax. A stone's throw from the city and an excellent base for a walk in the polders or the Creek area.





APPLEBLUESEAGREEN

The sea.
The sky.
Your eyes.

Sometimes it seems as if everything in Ostend is blue. However there is a lot of green too.

In **Maria-Hendrika Park** for instance. There are several ponds, playgrounds, rowing boats and pedal boats, a cafe and a restaurant...

The Leopold Park, affectionately called 'den Hof' by Ostendeners, is also an ideal place to relax. The same Ostend people would associate the park with the flower clock, the miniature golf course and the band stand. However what they don't really know is that the park is full of beautiful statues. The stone, golden lioness with cub from 1888 is the oldest, the rest you'll have to discover for yourselves.



J4

LEAVE YOUR CAR BEHIND

The centre of Ostend has no less than 7 car parks. They are open 24 hours a day, 7 days a week, including public holidays.

Moreover there are 3 car parks just outside the city centre. Needless to say it won't take you long to find the right parking spot!

- K2** De Zeeparking, Leopold II-laan (*charged*)
- K1** Parking Europacentrum, Christinastraat (*charged*)
- K1** Parking Kursaal I, Monacoplein (*charged*)
- K1** Parking Kursaal II, Christinastraat (*charged*)
- L1** Parking Mijnplein, Mijnplein (*charged*)
- L2** Parking Visserskaai, Visserskaai (*charged*)
- A1** Cityparking Churchill, Natiënkaai (*charged*)
- F1** Cityparking Sleuyter Arena (Mariakerke) (*charged*)

- K3** (Peripheral)parking Maria Hendrikapark (*free*)
- A1** (Peripheral)parking Walraversijde (Raversijde) (*free*)
- 02** (Peripheral)parking Earth Explorer / Ankerstraat (*free*)

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the SEA



K2



OSTEND, NEARER THAN YOU THINK

Ostend is accessible via various means of transport.

By **car**, you can travel direct to our city on the E40.

From Brussels Airport, it will take about an hour to get to your destination.

The station is near the city centre and close to the beach. So even by train you are at the seafront in no time!

Take the Thalys and Paris is less than three hours from Ostend.

Ticket Office: T. 059 70 15 17 - Info and fares: T. 02 528 28 28 -

Lost and Found: T. 050 30 42 26

Visitors from Great Britain can take a **ferry** or the **Chunnel**.

Even Calais-Ostend is a drive of only about an hour.

Trans Europa Ferries (car only)

Passengers' reservations and check-in: Stapelhuisstraat

TRW-parking, T. +32 (0)59 34 02 60 - F. +32 (0)59 34 02 61 -

info@transeuropaferies.com - www.transeuropaferies.com

Even **flying** is possible. Ostend has its own airport.

International Airport Ostend-Brugge, Nieuwpoortsesteenweg 889, www.ost.aero



LET'S TALK BUSINESS

The business world too has understood that Ostend is close. Moreover, you will always drive against the traffic flow when coming to Ostend.

We probably do not need to convince you of the fact that all the necessary facilities for any successful business event are available.

We will, anyway. In the Mice-brochure, which is available free of charge at In&Uit Oostende.



L2



SOMETIMES LIFE CAN BE SIMPLE

A

B

The Coastal Tram.
From Knokke to De Panne.
Every day, throughout the year.

The simpleness of life.
De Lijn.

Info www.delijn.be - 070 220 200





SEASENS

Hands that slowly glide over your back.
 The scent of magnolia and sandalwood.
 Music that sounds like silence.
 Eyes become heavy, thoughts become light.
 A lovely languidness envelops you
 like a warm blanket.
 Voices flee from your head,
 finally leaving you at peace.
 You relax and enjoy
 and for a minute you hope
 That this moment will last
 for ever.

SeaSens - Vuurtorendok-West z/n
T. 059/33.21.16 - Mobile: 0476/35.17.17
seasens@skynet.be - www.seasens.be



N2

WELLNESS



BODY AND SOUL

Do you know the feeling of stress sliding off your body? Tension that slowly dissolves? Cramped muscles slowly relaxing, a neck that no longer cracks, fingers that tingle with renewed lust for life?

If you do, you must have spent a few blissful hours in a wellness centre.

It is no coincidence that there are many such centres in Ostend. First and foremost, you come here to relax and to enjoy yourself.

Sauna, steam room and solarium. Spa and swimming pool. Relaxing facial treatments, body massages, manicures and pedicures; everything is possible.

Do you prefer something more 'exotic'? Why not try an icicle facial massage, a hotstone back massage, a cucumber-melon wrap or a Pevonia (*).

A walk on the beach, of course, is also a form of wellness. Not only is sea air full of good substances like iodine and sodium, it is the only air that is pollen free.

Ostend is a perfect base for people who suffer from hay fever. And of course for people who simply like clean air.

PACKAGE DEALS

If you would like to be pampered for a day or even a weekend, you can choose for a package deal.

More info on Wellness package deals in Ostend you will find on www.specialoffers-oostende.be.



EXCELLENT WELLNESS-ADDRESSES

For the Wellness-programmes in Ostend please visit our website www.toerisme-oostende.be. Many hotels in Ostend provide Wellness-facilities as well.

(*) yes, we also had to look it up...



OSTEND TOURIST MAP



© Toerisme Oostende vzw

KEY

The Coastal Tram

Car park

Covered car park

Car park on the outskirts of town

Temporary free parking on the outskirts in July/August, free bikes

Parking places reserved for campers.
It is not allowed to spend the night on these places, this is only allowed on camping sites and caravan parks!

Tourist office

Pedestrian area

Guarded bicycle sheds

Windsurfing area

Showers

Toilets

First aid post



IN&UIT OOSTENDE • TOERISME OOSTENDE VZW

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