

# Destination Manche

## #Normandy peninsula



Heritage

Nature

Leisure

Events



4-17

## HISTORY & HERITAGE **HERE AND NOWHERE ELSE**



18-27

## SEASIDE & OUTDOORS **DROP ANCHOR HERE**





**28-45**

## LIFESTYLE & SPORTS

**FEEL LIKE YOU BELONG HERE**



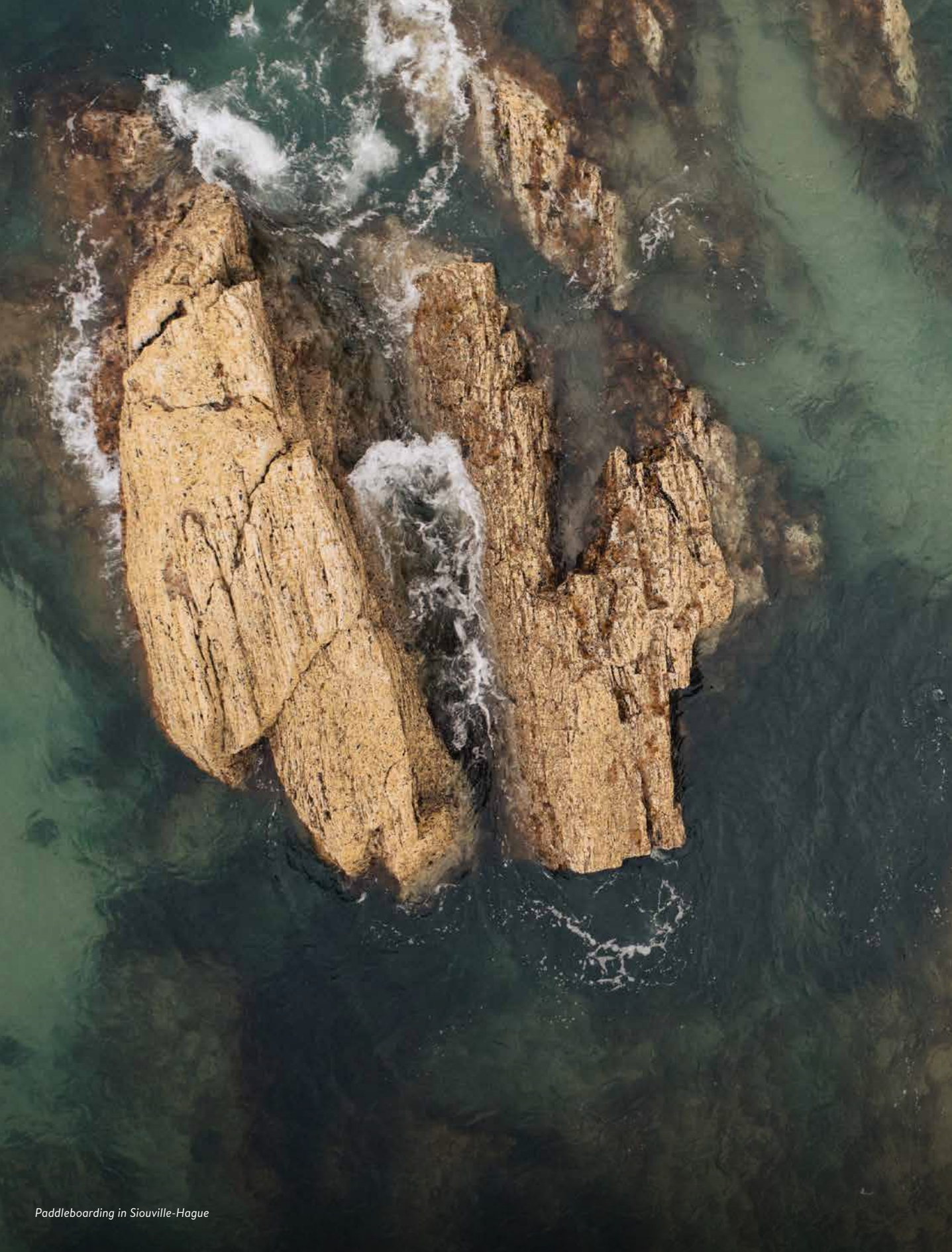
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# AND NOWHERE ELSE



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LA MANCHE IS BOLD AND UNIQUE,  
WITH A HISTORY AFFIRMING A WAY  
OF LIFE, BUT ALSO INVITING EACH  
VISITOR TO FORGE LINKS WITH IT  
IN THEIR OWN WAY.

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# MONT SAINT-MICHEL AND THE BAY

## A STAY IN THE BAY OF LIGHT

**M**ont Saint-Michel bay is an incredible place. It is well worth visiting over several days to grasp all its uniqueness and magic to the full. At the Mont, you should naturally visit the village and the abbey. But the jewel also has its setting: the bay all around it. The scene of Europe's

biggest tides, each day it is dressed in its clothing of water and light, a spectacle that is even more impressive in times of a large tidal range. Whatever the season, try to get there early to see the magnificent colours, or leave late after admiring the sunset on the bay! The Pointe du Grouin Sud and the



*The Milky Way from Tombelaine by Camille Niel*

Pointe de la Roche Torin are the scene of spectacular views! A stay in the bay also means a chance to take the time to see it differently, on cycling or hiking trails, by crossing the edge of the shingle beaches with a guide, in a sea kayak or even from the sky in an ultra-light plane or a paraglider! A whole

host of other experiences await you nearby: a trip to see Avranches and the Scriptorial, a taste of salt-marsh lamb, a visit to the bay's ecological museum or a shopping trip to buy some SAINT JAMES pullovers. And for your stay, a wide range of accommodation and restaurants are on offer!



## ◀ PORTRAIT

### CAMILLE NIEL IN SEARCH OF THE PERFECT PHOTO

An enthusiast, specialised in astrophotography, Camille continually sets out for adventure to create compositions that have never been seen before. The aim here was to create a world 1<sup>st</sup>: a photo perfectly aligning Mont Saint-Michel and the Milky Way. The only way to do it was to stand in the middle of the bay. "Crossing the bay at sunset is such a magical experience. We moved across the bay to find the perfect alignment. No wind, a clear sky, everyone in a good mood, despite the tiredness – really ideal! The way back beneath the stars was as incredible as the outward trip. That night in May 2022 will always be engraved in my memory."

[camillenie.com](https://camillenie.com)

He called in Patrice Trèche, an official guide, to organise a trip across the bay in the middle of the night.

[patrice-treche.com](https://patrice-treche.com)

# THE MONT PATH, FROM MORTAIN TO THE MONT



GUIDED BY A  
**STAR**

**F**or a different approach, why not follow in the footsteps of the "Miquelots", the pilgrims who set out for Mont Saint-Michel in the Middle Ages? Beginning in Mortain, the last section of the GR22 crosses the south of the Manche department, with its granite hills and steep-sided valleys, before opening onto the magical scene of Mont Saint-Michel Bay. There are

plenty of legendary sites along the way. King Arthur and Queen Guinevere are said to have lived and loved in the Fosse Arthour. Legend has it that the giant Gargantua created Mont Saint-Michel and Tombelaine. It is even said that the Mont was originally surrounded by a thick forest, the Forest of Scissy, and not a bay... Let your imagination be your guide!



## # EXPERIENCE THE MANUSCRIPTS OF MONT SAINT- MICHEL

The town of Avranches is the custodian of the manuscripts from Mont Saint-Michel Abbey. They are fittingly displayed **at the Scriptorial** in the town centre. The museum offers an introduction to the monk scribes and shows how the manuscripts were made. With a collection of beautiful, priceless and original manuscripts at the end of the visit.

[scriptorial.fr](http://scriptorial.fr)

## EVENT !

### LE CADRE NOIR AT MONT SAINT-MICHEL

On 21, 22 & 23 July 2023 at the Moidrey race course, two examples of heritage listed by UNESCO will be combined: Le Cadre Noir will be performing alongside the polders in Mont Saint-Michel Bay. The prestigious institution based in Saumur will be giving three galas of a duration of two hours and presenting 15 scenes in a programme of technical and artistic performances, dressage demonstrations, school jumps and acrobatic jumps with obstacles.

[cadrenoirmontsaintmichel.fr](http://cadrenoirmontsaintmichel.fr)





Footbridge in Port-Bail-sur-Mer harbour



VISIT THE HAVENS ON THE

# WEST COAST

## FORMED BY SALT AND SAND, THE HAVENS

**H**ere, the high tides put on a spectacular show several times a year! The havens on the west coast make for a magnificent and unique observation point. From Granville to Barneville-Carteret, wide inlets and sandy headlands form a coastal belt of 8 havens and estuaries where the arms of the sea, penetrating the land, meet rivers flowing into the sea. In Blainville-sur-Mer or Port-Bail-sur-Mer, for example, the landscapes are both spectacular and changing. Don't miss

the incoming tidal bore with waves unleashed when the advancing sea meets the river current! The havens are continually transformed by the tides, revealing at low tide salt marshes and amphibian species, where an impressive ecosystem has developed.



Havre de la Vanlée

### ⊕ ZOOM

## SALT MARSH LAMB

The encounter of the sea and the land in the Manche river estuaries has given rise to very specific natural niches: salt marshes. Lambs are a symbol of these landscapes and make a big contribution to maintaining them. The meat's aromatic flavour results from the lambs spending at least three months on pastures covered by the high tides once or twice a month, and where the lambs can gambol for miles on end. The lamb's life in the open air and the salt-loving grasses provide a subtle taste to the meat. The shepherds raising the lambs have been given an official label to protect their work, the **"AOC-AOP Pré-Salé du Mont Saint-Michel"** which covers Mont Saint-Michel Bay and five havens in the Manche department.

# THE MEMORIAL TRAILS



Commemoration at Utah Beach

**H**ere, on the peninsula, people have always arrived by the sea... On 6 June 1944, it was the Allies' turn to land, so they could liberate Europe as part of Operation Overlord. The "longest day", a real turning point in the Second World War, paved the way for the liberation of France. After three months' fighting, Normandy was freed from German occupation but was left deeply scarred. At Utah Beach, the

very place where the Americans landed, the Musée du Débarquement (Landing Museum) helps visitors imagine what it was like to see thousands of men charging forth on the coasts. The D-Day Expérience at Saint-Côme-du-Mont and the Airborne Museum at Sainte-Mère-a-Église recount the preparations and launch of the airborne operations: 15,500 parachutists from the 82<sup>nd</sup> and 101<sup>st</sup> Airborne Divisions jumped

above the marshland with the goal of liberating the towns of Carentan and Sainte-Mère-Église. The Normandy Victory Museum in Catz tells the story of the Battle of the Hedgerows: for eleven weeks after D-Day, the American army fought hard in the countryside against the German troops. To guard against attempts to land from Great Britain, the latter built the Atlantic Wall along the west coast of Europe. Several of its





structures still stand in La Manche. With its impressive underground tunnels, the Azeville battery guarded the beaches on the east coast of Cotentin. In Cherbourg, the Roule battery defended the whole harbour. The German cemeteries in Huisnes-sur-Mer, La Chapelle-en-Juger and Orglandes, and the American cemetery in Saint-James, show how fierce the fighting was, and are conducive to recollection.



## EVENT !

### JEAN GABIN EXHIBITION

#### "WAR IS NOT CINEMA"

A homage to the French film actor who enlisted under his real name, Jean Moncorgé, in the legendary Leclerc division, going all the way to Hitler's Eagle Nest in Berchtesgaden. An exhibition rich in personal items belonging to the actor and his division, sound and film resources and a tank identical to the Souffleur II used by Gabin.

**From 1 April to 5 November 2023 at the Normandy Victory Museum in Catz, Carentan-les-Marais**

[normandy-victory-museum.fr](http://normandy-victory-museum.fr)



Commemorations in Granville

## + ZOOM

In tribute to the soldiers who liberated us, as part of our civic duty to remember and teach younger generations, many sites provide powerful reminders of our history.

[manche-tourism.com/travel-to-la-manche/dday-normandy](http://manche-tourism.com/travel-to-la-manche/dday-normandy)

[attitude-manche.fr/debarquement](http://attitude-manche.fr/debarquement)

## EVENT !

### COMMEMORATIONS

You can see all the events organised in La Manche to commemorate the anniversary of the D-Day Landings on the website [ot-baieducotentin.fr/d-day-1944](http://ot-baieducotentin.fr/d-day-1944)



Commemorations in Carentan-les-Marais

## # EXPERIENCE

WE TESTED

### THE D-DAY EXPERIENCE

At the **Battle of Normandy Historic Centre** in Saint-Côme-du-Mont, near Carentan-les-Marais, the D-Day Experience Museum plunges you into history: on the Allied side, an internationally unique flight simulator helps you relive the arrival of the American parachutists on the Normandy soil, while the 3D documentaries on a giant screen will immerse you in the history of D-Day. On the Germany side, you can visit *Dead Man's Corner*, a historic site and a symbol of the Battle of Carentan, with a perfect replica of the "Green Devils" headquarters as it looked at the time.

[dday-experience.com](http://dday-experience.com)





## ZOOM

### JEEP TOUR

Enjoy the unique experience of a trip on board a Willys Jeep in the locations that made it a legend. Around Sainte-Mère-Eglise, Carentan-les-Marais or from Utah Beach, you will follow **the tracks of the Allies** along our roads and pathways, where each hedge, each copse might be concealing a danger! Your drivers will share with you their enthusiasm and authentic stories about the epic adventure that began on our beaches and liberated Normandy, France and Europe.

[ot-baieducotentin.fr/decouvrir/normandie-debarquement/circuit-d-day/](http://ot-baieducotentin.fr/decouvrir/normandie-debarquement/circuit-d-day/)



## PORTRAIT

### THE SAINT-JAMES AMERICAN CEMETERY

*"In proud remembrance of her sons and in humble tribute to their sacrifices, this memorial has been erected by the United States of America".* This is the resting place of 4,410 soldiers who came to free a continent and died for liberty. **The site is filled with solemnity, peaceful and impressive.** It is more than a cemetery, but a place inspiring memory, emotion and reflection for the generations who came after the heroes.

[abmc.gov](http://abmc.gov)



Château de Pirou

# LAND OF ART AND HISTORY



Coutances Cathedral

## PAYS DE COUTANCES

Combining the land and the sea, the art and history region of Coutances concentrates rich heritage from different periods of its history. Here, you need to take the time to stroll, to fully absorb the region's charm and authenticity. With the Gothic cathedral, churches, private mansions and a botanical

garden, Coutances invites visitors to enjoy a relaxing way of life. But the neighbouring areas are just as impressive! Lime kilns in Regnéville-sur-Mer, the Château de Pirou and the Château de Gratot, the Hambye and Lessay Abbeys, and many other sites are a chance to explore the treasures of our past at your own pace.



## LE CLOS DU COTENTIN

**T**owards the north, Le Clos du Cotentin includes three towns: Valognes, Bricquebec-en-Cotentin and Saint-Sauveur-le-Vicomte. They are remarkable for their rich heritage, a chance to take a deep dive into history. Valognes is nicknamed "*the little Norman Versailles*" due to its many private mansions from the 17<sup>th</sup> and 18<sup>th</sup> centuries. It was originally a Gallo-Roman village, known as Alauna, and the remains of its Roman baths can still be seen. Saint-

Sauveur-le-Vicomte and Bricquebec-en-Cotentin, meanwhile, are a reminder that Normandy often had to defend itself against invaders, as can be seen in the medieval defensive architecture, including castles. Saint-Sauveur-le-Vicomte is also the birthplace of the writer Jules Barbey d'Aurévilly. You are sure to be enchanted by some of his novels and short stories evoking the Normandy countryside and immersing you in an extraordinary and supernatural atmosphere!



*Château de Saint-Sauveur-le-Vicomte*



*Hôtel de Beaumont in Valognes*

## ➤ WITH THE FAMILY



1

1. Christian Dior Museum in Granville
2. La Cité de la Mer in Cherbourg-en-Cotentin
3. Le Roc des Curiosités in Granville



2



3

# UNMISSABLE OUTINGS



1



2

## ➤ GREAT ARCHITECTURE

1. The mansions of Valognes
2. Gatteville lighthouse
3. Château de Pirou
4. Château de Gratot



3



4



## ➤ ANIMAL PARKS

1. Montaigu-la-Brisette Zoo
2. Champrépus Zoo
3. Alligator Bay in Beauvoir



## ➤ THE GREAT OUTDOORS

1. Château de Vauville Botanical Garden
2. The Marais du Cotentin et du Bessin Regional Nature Park House in Saint-Côme-du-Mont
3. The Vire Valley Vélorail in Condé-sur-Vire



## ➤ LEISURE PARKS

1. L'Ange Michel, a theme park in Saint-Martin-de-Landelles
2. Le Village Enchanté in Bellefontaine



## ➤ RELIGIOUS HERITAGE

1. Lucerne-d'Outremer Abbey
2. Cerisy-la-Forêt Abbey
3. Hambye Abbey



*Plat Gousset beach in Granville*



# DROP ANCHOR



HERE



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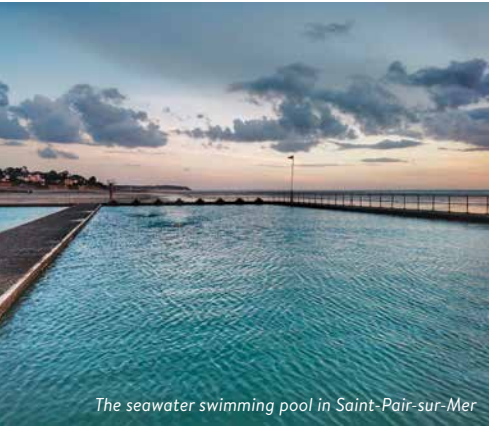
FOR EACH PERSON, THE SEA MEETS A NEED,  
BOTH TANGIBLE AND INTANGIBLE.

A SOURCE OF EMOTION, IT NURTURES  
AND INSPIRES PEOPLE, CHALLENGES THEIR  
PASSION FOR SPORT AND INVITES THEM  
TO ESCAPE AND RE-ENERGISE.

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# SEASIDE RESORTS

## ARE THE PLACE TO GO!



The seawater swimming pool in Saint-Pair-sur-Mer

**L**a Manche offers an extraordinary variety of coastal landscapes which are protected from excessive urbanisation. Dotted with long dune strips, a string of eight harbours and some impressive cliffs, the 674 km of coastline are home to a number of charming, family-friendly seaside resorts. With their elegant villas, Saint-Pair-sur-Mer, Granville, Agon-Coutainville and Barneville-Carteret prospered thanks to the sea bathing trend that began in the late 19<sup>th</sup> century. Saint-Vaast-la-Hougue was voted “the

French people's favourite village” in 2019 and is known for its Vauban towers, part of UNESCO's World Heritage. Whether the tide is high or low, you're guaranteed a break from the routine with a wide range of activities to choose from. Building sandcastles, flying a kite, swimming, enjoying an ice cream as you stroll along, sampling oysters opposite the harbour, playing at privateers, walking along the old customs officers' path... The seaside resorts of La Manche are the promise of some thrilling escapades!



Carteret Beach





## THE GRANVILLE CARNIVAL

From 17 to 21 February 2023

Each year, over 130,000 people get together for the Granville Carnival to throw confetti and streamers on the five days before Mardi Gras. Pigs, princesses, pirates and characters of all kinds dance to the rhythm of brass bands and drums. During the parade, some 40 colourful floats display satirical messages about current events. Among them, the Float of the Poor helps to raise funds for different charities.

This is the only French carnival listed as part of **World Heritage by UNESCO**. The tradition dates back to almost a century and a half ago. The sailors setting sail for months at a time to the Grand Banks of Newfoundland made the most of the last few days ashore to have fun with their loved ones.

[carnaval-de-granville.fr](http://carnaval-de-granville.fr)

## THE TOP BEACHES

With 360 km of coastline La Manche has endless opportunities for visitors to relax or enjoy water sports. But all the coastal areas are unique and each has something different to offer!

[manche-tourism.com/seaside-holidays/top-beach](http://manche-tourism.com/seaside-holidays/top-beach)

[attitude-manche.fr/bord-de-mer/top-plage](http://attitude-manche.fr/bord-de-mer/top-plage)

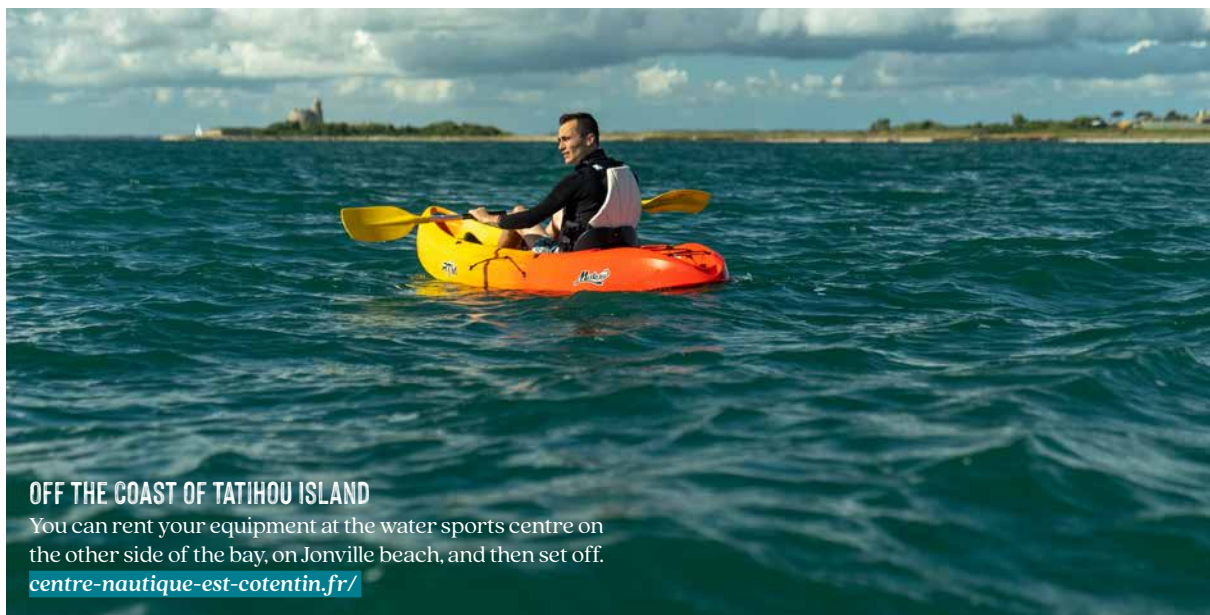
### EVENT !

#### 100TH ANNIVERSARY OF THE MARITÉ, THE LAST FRENCH NEWFOUNDLAND BOAT

The last witness to the adventure of large-scale fishing off the coast of Newfoundland and the skills of the Norman carpenters and sailors, *The Marité* was launched on 24 June 1923 in Fécamp. As well as a cod-fishing boat, the three-masted schooner was at one time a Danish coaster and a Swedish pleasure boat. *The Marité* was bought by a public grouping of local authorities in Normandy and was returned to its French roots in 2004. Since then, it has been fully restored after featuring in the *Thalassa* TV show. The last wooden Newfoundland fishing boat in France has set out to sea again. Today, it sails along our coasts with visitors or is rented out by companies. It represents Normandy all over Europe, setting out from its home port, Granville. 2023 is a big year for the *Marité*, since this is its 100th anniversary. Celebrations will take place all through the year, especially in Fécamp and Rouen for the Armada. **In Granville on 24 and 25 June 2023**, festivities will be in full swing on the quayside and out to sea with concerts, conferences, sea parades, traditional sailing boat regattas, etc. See all the centenary programme on [lemarite.com](http://lemarite.com)



# OUR FAVOURITE SPOTS FOR PADDLING AT SEA OR ON THE RIVER



## OFF THE COAST OF TATIHOU ISLAND

You can rent your equipment at the water sports centre on the other side of the bay, on Jonville beach, and then set off.  
[centre-nautique-est-cotentin.fr/](http://centre-nautique-est-cotentin.fr/)

In a canoe, in a kayak or on a paddleboard, follow the coasts and rivers of La Manche and discover the Normandy landscapes. A trip on the river through the bocage, an outing to the islands, a visit to the harbours... The region is teeming with gems, sometimes little known, to see from the water.



## IN THE CHAUSEY ISLANDS

Leaving from Grande-Île in the Chausey Islands, take a tour of the archipelago in a sea kayak. The animals, the plants, the tides... Chausey will reveal all its secrets.

[www.ckgc.fr](http://www.ckgc.fr)

## AT THE FOOT OF THE ROCHES DE HAM

A little green paradise, ideal for a 100% nature outing. You will make your way alongside the towpath and the famous Roches de Ham site with cliffs rising to a height of 100 metres above the River Vire.

[asev-canoe-kayak.com](http://asev-canoe-kayak.com)



## IN THE COTENTIN MARSHES

Take your kayak or paddleboard into the marshes and see the fauna and flora: storks, horses, dragonflies, cows, kingfishers, etc.

[kayapic.fr](http://kayapic.fr)



### WITH A VIEW OVER MONT SAINT-MICHEL

See Mont Saint-Michel Bay differently: in a kayak on the River Sélune, set out for an hour, half a day or even a full day.

[basecouesnon.com/base-de-pontorson-50](http://basecouesnon.com/base-de-pontorson-50)

Between the cliffs and dunes in Carolles, set out with a guide for a sea trip alongside the cliffs, the vast beaches and dunes.

[kayaklabaie.com](http://kayaklabaie.com)



### IN SIENNE BAY

Along with a qualified instructor you will make your way between the river and the sea, across Regnéville harbour and all the way to the water sports centre in Hauteville-sur-Mer.

[anh-asso.fr](http://anh-asso.fr)



### OFF THE COAST OF CHERBOURG

See Becquet Bay and Cherbourg harbour differently. Courses for children and teenagers, equipment rental or outings with a guide... the hardest thing is to choose!

[cotentinkayak.fr](http://cotentinkayak.fr)



### AT THE HEART OF VANLÉE HARBOUR

At the "end of the earth" during high tides, the Bréhal sailing school organises outings with a guide in a kayak or on a paddleboard to explore an exceptional nature site.

[myevb.fr](http://myevb.fr)



### ALONG THE COAST OF LA HAGUE

Sail across the water alongside the steep coast at La Pointe de la Hague. A chance to change your point of view and see Cotentin's typical landscapes from the sea.

[polenautiquehague.com](http://polenautiquehague.com)

And plenty of other spots on

[manche-tourism.com/outdoor/water-sport/paddle-kayak](http://manche-tourism.com/outdoor/water-sport/paddle-kayak)  
[attitude-manche.fr/activite-nautique/paddle-kayak](http://attitude-manche.fr/activite-nautique/paddle-kayak)



*The Vauban towers in Tatihou and Saint-Vaast-la-Hougue*

# BEAUTIFUL ISLANDS IN THE SEA

**A**n archipelago that's "out of this world". The surprising and exotic islands of La Manche invite you to set sail on some fabulous voyages. Not far from Mont Saint-Michel, Chausey can boast a superb picture-postcard setting with 52 islands at high tide and 365 at low tide. But other islands are also well worth a

visit. To the north-east, set off to meet the unexpected on Tatihou island! Get away from it all in Tatihou. You can experience an unusual crossing aboard an amphibious boat which can both take to the sea and drive on the sand at low tide. As well as being a sanctuary for birds and an open-air museum, it has fortifications

and a tower designed by Vauban. To welcome visitors in better conditions, the tourism and culture services have a new look. High-quality accommodation with Les Maisons de Tatihou (a hotel and holiday village), market-fresh cuisine made from local ingredients and natural, sensorial and artistic visits await individual visitors, families and groups (schools, seminars).

And for a very British atmosphere, why not set sail for the Channel Islands? You can set out from several different ports in La Manche. Jersey, Guernsey, Sark and Alderney are just a few cable lengths away!





## EVENT !

### LES TRAVERSÉES TATIHOU FESTIVAL

A visit to Tatihou island is a unique experience in itself, but walking alongside the oyster beds to get to the big top in the former quarantine station for the music festival makes the experience even more memorable! **To be there for the concerts, you need to follow the ebb tide and then return to the mainland before high tide.**

Internationally famous groups and top local musicians all find a home in Val de Saire, since the Traversées festival also extends to the mainland, in and around Saint-Vaast-la-Hougue.

**30 August to 3 September 2023**

[manche.fr/traversees-tatihou](https://manche.fr/traversees-tatihou)

## + ZOOM

### CHANNEL ISLANDS

A change of scene, under an hour away from Granville, Barneville-Carteret and Diélette! Manche Iles Express runs crossings from April to September towards the pearls of the English Channel: Jersey, the island of flowers, Guernsey, the green island, Sark, the island outside time, or Alderney, the untamed island. Just a boat trip away, with a change of scene for the day in a **very British atmosphere**. Please note, EU passengers (adults, children, babies) must now have a valid passport (except for children travelling with school groups).

[manche-iles.com](https://manche-iles.com)

[manche-tourism.com/seaside-holidays/island/channel-islands](https://manche-tourism.com/seaside-holidays/island/channel-islands)

[attitude-manche.fr/ile/anglo-normande](https://attitude-manche.fr/ile/anglo-normande)





Cap de Carteret

# THE COASTAL PATH

**B**etter known as the “Sentier des Douaniers” (“Customs Officers’ Path”), the GR® 223 is Normandy’s “flagship” walking itinerary. With the sea as its infinite horizon, it runs all along the coast of La Manche for a total of 446 kilometres. From the Cotentin marshes to Mont Saint-Michel Bay, it has many surprises in store with a change of scene guaranteed! Whether you’re a seasoned hiker or just out for a stroll, you’re sure to enjoy a breath of sea air along the way, while admiring the wild and unspoilt natural environment!



## AVAILABLE SERVICES

To help you enjoy your outing in complete freedom, La Manche provides a wide range of practical services: Accueil Vélo (Cyclists Welcome) accommodation, topo-guides and trails online, bike rental stations and baggage transfer:

[manche-tourism.com/outdoor/hiking/organise-trip](http://manche-tourism.com/outdoor/hiking/organise-trip)

[attitude-manche.fr/randonner/preparer-sa-balade](http://attitude-manche.fr/randonner/preparer-sa-balade)

## TOPOGRAPHICAL GUIDES

Whatever your favourite activity, on foot, on horseback, by bike or on the water, a guidebook is an essential companion. It will be on hand to help all along the way, providing useful information and pointing out the local heritage. Use the guidebooks to prepare your outings and discover all the trails and pathways in La Manche.

[boutique-manche.fr/categorie-produit/librairie](http://boutique-manche.fr/categorie-produit/librairie)





**B**eautiful and rebellious, soothing and powerful, the sea is endlessly appealing and never ceases to inspire fans of water sports. In the evening after work, at the weekend or during the holidays, the coast and the power of the elements attract people like a magnet with an energy drawing anyone coming near it. The more daring visitors can try their hand at sand yachting or kite-surfing, while navigators will enjoy setting sail

for the open sea. Sensations ahoy! Many other activities are accessible to all, whether you're a beginner or expert: longe côte (a sea wading activity), diving, surfing, sea kayaking, rowing, wakeboarding, windsurfing, sailing or simply swimming and shore fishing. Here you can enjoy the best conditions: wonderful spots, specially designed facilities and equipment, and instructors who will be happy to be your guides!

## **+ ZOOM**

Enjoy the activity of your choice on your own or with a professional in one of the many water sports clubs all along the 360 km of coastline in La Manche:

[manche-tourism.com/outdoor/water-sport](https://manche-tourism.com/outdoor/water-sport)

[attitude-manche.fr/activite-nautique](https://attitude-manche.fr/activite-nautique)



## **EVENT !**

### THE **ROLEX FASTNET RACE** SETS SAIL FOR

### **CHERBOURG-EN-COTENTIN IN 2023**

The major coastal race brings together the elite professional skippers and top amateurs. Cherbourg-en-Cotentin has been chosen to host the competitors and bring together over 370 international crews from 27 countries. This makes it **the biggest offshore race in the world**. With an event village and a wide range of festivities, the public and yachting enthusiasts are invited to take part in a great maritime festival.

**17 to 29 July – Plage Verte and entertainment at Quai Alexandre III and Bassin du Commerce**

[rolexfastnetrace.com](https://rolexfastnetrace.com)

# FEEL LIKE YOU BELONG

# HERE

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BECAUSE IT IS A PLAYGROUND,  
A PLACE FOR EXPRESSION  
AND MEETING WITH OTHERS.  
BECAUSE ITS RELAXED WAY OF LIFE  
IS INTERTWINED WITH THE POWER  
OF THE ELEMENTS, LA MANCHE HAS  
AN IMPALPABLE MAGNETISM WHICH  
FOCUSES AND ANCHORS, EMBRACES  
AND REASSURES.

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# BE FILLED WITH WONDER AS YOU WALK ALONG





**W**alking is by far the best way to discover La Manche. An unrivalled destination for panoramic views, its amazingly diverse scenery is an open invitation to re-energise and take the time to appreciate each moment. More than a fashion or a passing trend, walking

and hiking in La Manche are part of a way of life where communing with nature is an easily accessible everyday activity. Near the sea, the GR®223 winds its way along 360 km of coastline, from Carentan to Mont Saint-Michel. A series of beaches, cliffs, capes, coastal dunes and

harbours offer moments combining wonderment and reconnection with yourself. Inland, specially created greenways, along with restored towpaths and old pilgrim trails, help us to form a more authentic relationship with our environment, at our own pace.

## # EXPERIENCE

### A VISIT TO THE BEAUGUILLOT RESERVE

If there is a place where the sky, sea and land meet, then it is here, in the Beauguillot national nature reserve. Between Veys Bay and Utah Beach, this sensitive area has a range of natural habitats consisting of mudflats, salt meadows, dunes, ponds and wet meadow. **Every winter it is home to 35,000 sea birds belonging to over 1,700 species and France's second biggest colony of harbour seals.** Today, the land area is only open to pedestrians. To protect and enhance the reserve's ecology, large-scale adaptation work is being undertaken. In time it will help to improve the experience of the 40,000 nature lovers who come to see it.

[parc-cotentin-bessin.fr/la-reserve-naturelle-nationale-du-domaine-de-beauguillot](http://parc-cotentin-bessin.fr/la-reserve-naturelle-nationale-du-domaine-de-beauguillot)



## + ZOOM

### SERVICES AVAILABLE FOR HIKING AND CYCLING IN COMPLETE FREEDOM!

To experience your visit in total freedom, La Manche has made available a wide range of practical services: accommodation with the Cyclists Welcome label, chalets in the campsites along the main routes, topographical guides to buy online, practical information, bike rental services and luggage transfer with La Malle Postale.

[manche-tourism.com/outdoor/hiking/organise-trip](http://manche-tourism.com/outdoor/hiking/organise-trip)

[attitude-manche.fr/randonner/preparer-sa-balade](http://attitude-manche.fr/randonner/preparer-sa-balade)



## # EXPERIENCE

### THE VIRE VALLEY AND THE ROCHES DE HAM

At your own pace, **on foot, by bike and even in a canoe**, explore the Vire valley and its highest point, the Roches de Ham. The towpath follows the twists and turns of the Normandy river along the cliffs, where it comes to an end. This is a great, peaceful walk in the bocage countryside at the foot of the imposing rock face. But the going is more challenging if you decide to go up to the Roches de Ham spur, 105 m above the River Vire. But what a reward at the summit! You look out over all the valley and a mosaic making up a typical Norman picture: winding rivers, woodlands and fields, where cows and horses quietly graze...

# WE GO THE DISTANCE FOR CYCLISTS



**Y**ou can discover La Manche differently on over 1,200 km of cycle routes, 230 km of greenways and on long-distance routes called “grands itinéraires”. Whether you’re an occasional or experienced cyclist, astride a

mountain bike or a hybrid bike, you’ll find an ideal place for a leisurely or more athletic ride here. Passing through marshland, woodland and pastures, along greenways and small country roads, the Véloroute from the D-Day beaches to Mont Saint-

Michel goes through the main D-Day sites, then arrives at the “Wonder”. A truly spectacular itinerary, La Véloscénie has you pedalling your way from Paris to Mont Saint-Michel, via some of France’s major architectural and landscape heritage





sites. La Vélomaritime, meanwhile, is a continuous coastal circuit of 1,500 km from Roscoff to Dunkirk, with jewels of France's heritage to admire along the way. The quintessential maritime department, La Manche is home to 20 sections of this route.



## PORTRAIT

### THE VÉLOMARITIME WITH FRIENDS

From the ramparts of Saint-Malo to the cliffs of Etretat via La Manche, Sarah, Clément, Claire and Benoît have cycled a good part of the French Vélomaritime coastal route. **The sporting challenge was combined with plenty of good things to eat** since the 4 food lovers replenished their forces during tasty breaks. "It was a physical challenge between friends, with a chance to meet some incredible, passionate people who opened their doors wide to us. Normandy was a treat with its delicious specialities". In La Manche, they specially liked the "wonderful, varied landscapes between Mont Saint-Michel Bay, the Vire valley, Cotentin, the D-Day Landings beaches, etc." Their favourite restaurant is Le Goéland 1951: "A little piece of paradise at the end of La Pointe de Jonville, in Réville in the Val de Saire region". Sarah and Clément liked La Manche so much that they decided to move here!

[lavelomaritime.fr](http://lavelomaritime.fr)



## ZOOM

### STOPOVER CAMPSITES

#### FOR TOURING BY BIKE OR ON FOOT

Close by the GR®223 and the 2 main cycling trails, the Véloscénie and the Vélomaritime, local campsites have set up a dedicated network of chalets adapted for a stopover between two sections. They are comfortable little cabins, made of canvas or wood, and built to offer a good night's sleep. Extra: visitors on the move will find a little 100% Manche welcome kit on arrival! The perfect solution for a quiet and restful break.

[manche-tourism.com/outdoor/bike/organise-trip](http://manche-tourism.com/outdoor/bike/organise-trip)

[attitude-manche.fr/velo/preparer-sa-balade](http://attitude-manche.fr/velo/preparer-sa-balade)

# LA MANCHE

## LAND OF FESTIVALS

From spring to autumn, festivals bring joy and excitement to the whole region. Whether you're looking for a party, culture or fine food, you're sure to find an enchanting festival!

▶ **SPRING IS A LIVELY TIME IN LA MANCHE. MAKE THE MOST OF THE Milder WEATHER!**

### SPRING

the festival for new kinds of circus in Normandy,  
8 March to 16 April 2023  
[festival-spring.eu](http://festival-spring.eu)

### JAZZ SOUS LES POMMIERS

the festival for all kinds of jazz, in Coutances,  
13 to 20 May 2023  
[jazzsouslespommiers.com](http://jazzsouslespommiers.com)

### PAPILLONS DE NUIT

the festival celebrating all styles and all audiences, in Saint-Laurent-de-Cuves,  
26 to 28 May 2023  
[papillonsdenuit.com](http://papillonsdenuit.com)



### LES HÉTÉROCLITES

in Saint-Lô, in the Vallon de la Dollée  
on 2 & 3 June 2023

▶ **SUMMER FESTIVALS**

### LES ART'ZIMUTÉS

in Cherbourg-en-Cotentin,  
28 June to 1 July 2023  
[lesartzimutes.com](http://lesartzimutes.com)

### DOXART FESTIVAL

in Hambye, from 30 June to 2 July 2023  
[doxartfestival.com](http://doxartfestival.com)

### LES SORTIES DE BAIN

in Granville, 6 to 9 July 2023  
[sortiesdebain.com](http://sortiesdebain.com)

### GREEN RIVER VALLEY

in Vains, 7 and 8 July 2023  
[grv.label-plant.com](http://grv.label-plant.com)

### LES PLUIES DE JUILLET

in Villedieu-les-Poêles, 7 to 9 July 2023  
[lespluiesdejuliet.org](http://lespluiesdejuliet.org)

### CHAUFFER DANS LA NOIRCEUR

in Montmartin-sur-Mer,  
14 to 16 July 2023  
[chaufferdanslanoirceur.org](http://chaufferdanslanoirceur.org)

### FESTIVAL DE LA GLISSE

in Barneville-Carteret,  
15 and 16 July 2023

### LES HEURES MUSICALES DE L'ABBAYE DE LESSAY

18 July to 11 August 2023  
[heuresmusicalesdelessay.com](http://heuresmusicalesdelessay.com)

### GRANDES MARÉES FESTIVAL

Mont Saint-Michel Bay,  
22 to 30 July 2023  
[Festivalgrandesmarees.com](http://Festivalgrandesmarees.com)

### LES VOILES DE TRAVAIL

in Granville, 23 to 27 August 2023  
[festivaldesvoilesdetravail.com](http://festivaldesvoilesdetravail.com)



### LES TRAVERSÉES TATIHO

in Saint-Vaast-la-Hougue,  
30 August to 3 September 2023  
[culture.manche.fr](http://culture.manche.fr)

### AU SON D'EUH LO

at Tessy-Bocage,  
in September 2023  
[ausondeuhlo.wordpress.com/](http://ausondeuhlo.wordpress.com/)

### CARA-MEUF FESTIVAL

in Vains-Saint-Léonard,  
16 & 17 September 2023  
[cara-meuh.com](http://cara-meuh.com)





Via Aeterna

## LES SAINTS SAUVEUR DU ROCK

in Saint-Sauveur-Lendelin, 28 October 2023

[2sdr.fr](https://2sdr.fr)

## LES RENDEZ-VOUS SONIQUES

the autumn music festival, in Saint-Lô,

6 to 12 November 2023

[lesrendezvoussoniques.com](https://lesrendezvoussoniques.com)

## LES EGALUANTES FESTIVAL

Weekend cinema festival in Carentan-les-Marais.

in November 2023

[lesegaluanes.com](https://lesegaluanes.com)

And much else besides on

[manche-tourism.com/event](https://manche-tourism.com/event)

[attitude-manche.fr/grands-evenements](https://attitude-manche.fr/grands-evenements)

▶ THE FUN CONTINUES IN AUTUMN IN LA MANCHE. WANT SOME MORE?

### VIA AETERNA

Sacred Music Festival, from Granville to Mont Saint-Michel, 30 September to 15 October 2023

[via-aeterna.com](https://via-aeterna.com)



Juliette Armanet at Les Rendez-vous Soniques

### ◀ PORTRAIT

## EMMANUELLE FROM SAINT-LÔ, VOLUNTEER AT LES RENDEZ-SONIQUES

Emmanuelle is an interior decorator, a native of Saint-Lô. Her roots have always been here. "La Manche has everything you could look for culturally and for daily life. We love to go to the sea with the children or to the nearby countryside every weekend!". In 2019, with a friend she decided to work as a volunteer at Le Normandy, the concert venue in Saint-Lô. She wanted to explore another world and get involved locally. She was already a regular theatregoer. Now, 3 years later, she is a member of the board of directors of the Ecran Sonique ("Sonic Screen") association, which manages the venue and the festival. **"I have the pleasure of working as a volunteer while having a great time!** There is such a great atmosphere among the volunteers and the staff that I take 5 days off to work at the festival. That way, I see it as a real break from daily life. It's my own bubble, far removed from the world of the family and work".

So why not come to the festival as a spectator and even as a volunteer?

[lesrendezvoussoniques.com](https://lesrendezvoussoniques.com)





# MILLENNIA-OLD MARKETPLACES

**S**trongly rooted in local culture, the fairs and markets tell us something of the history of La Manche, its inhabitants and the changes that have taken place over time. A link between tradition and modernity, agricultural fairs are an unmissable highlight in La Manche calendar. For several centuries, the

fairs in Brix, Montebourg, Lessay, Gavray, Saint-Hilaire-du-Harcouët and Saint-James have been attracting thousands of visitors from all over.

They are great agricultural showcases, looking to the future and helping to promote the work of livestock farmers, the various

breeds and high-quality food. With their passion for fresh, seasonal produce and striving for interaction and authenticity, we love our local farmers! Shopping at the market is a tradition in La Manche. Fruit and vegetables, dairy products, fish and seafood, craft products... the stalls are full of colours and aromas!

See all the fairs and markets in La Manche on  
[manche-tourism.com/lifestyle/markets](https://manche-tourism.com/lifestyle/markets)  
[attitude-manche.fr/visiter-que-faire/marches](https://attitude-manche.fr/visiter-que-faire/marches)



# WHERE TO ENJOY A DRINK WITH LOCAL SNACKS?



## THE TOP 10 PLACES TO GO IN LA MANCHE!

**F**eel like a drink or a tasting of some 100% Manche specialities before dinner? Beer, apple juice, cider, Pommeau, cocktails, Manche cola or organic lemonade... a whole host of bars and restaurants include Manche drinks on their menus! Here is our selection of best places to enjoy local flavours and regional specialities.

In the converted **Barneville-Carteret** train station, now a food market. Head for **LA TRINQUETTE** bar to taste a Normandy cocktail or a range of local beers, while soaking up the atmosphere.  
[terminus-carteret.fr](http://terminus-carteret.fr)

Are you a fan of beers and ciders of all kinds? Then take break at **BEERZ** in the centre of **Cherbourg-en-Cotentin**.  
[Beerz.fr](http://Beerz.fr)

**LE CLUB** is just a step or two away from **Coutances Cathedral**. Come and enjoy a range of recipes made from cider, Pommeau and Calvados.  
[facebook.com/leclubtomi](https://facebook.com/leclubtomi)

Facing the sea and the Chausey islands, **LE P'TIT BAIGNEUR** in **Donville-les-Bains** will welcome you in a relaxed atmosphere at the waterside!  
[facebook.com/Leptitbaigneurdonville](https://facebook.com/Leptitbaigneurdonville)

Concerts, DJ sets, electro nights... **LE BOA** is the epitome of a beach bar. Located right next to the multicoloured beach cabins in **Gouville-sur-Mer**.  
[facebook.com/boacoffeeandfood](https://facebook.com/boacoffeeandfood)

From April to September, welcome to **CHEZ MAGUIE** facing the fishing port and the village of Le Marité in **Granville** for an evening out in a relaxed atmosphere!  
[facebook.com/maguiegranville](https://facebook.com/maguiegranville)

**LA MOUSSETTE** is open all the year round on the market square in **Hauteville-Plage** for a drink or a snack in a friendly atmosphere.  
[brasserie.lamousette.fr](http://brasserie.lamousette.fr)

**THE WEST BAR**, is a temporary bar on the beach in **Pirou**, the perfect spot to enjoy a drink looking out to sea or at the sunset!  
[facebook.com/westbar2](https://facebook.com/westbar2)

**L'AUTRE CAFÉ** is an original spot in **Saint-Laurent-de-Terregatte**. It stands out by combining a bistro, antiques shop, art gallery and restaurant. Plenty of special events all through the season.  
[facebook.com/larochequiboit](https://facebook.com/larochequiboit)

**LE GRIMOIRE** is a lounge bar in **Valognes**. If you are looking for a bar with incredible plant decoration and trendy music, then you have come to the right place!  
[le-grimoire-valognes.eatbu.com](http://le-grimoire-valognes.eatbu.com)



# WINTER

# AGAINST THE CURRENT

**A STRANGE IDEA FOR SOME,**  
A BREATH OF FRESH AIR FOR  
OTHERS.

**I**t is winter on the deserted beaches. A time of oilskins and woollen bonnets. It is made up of granite, salt and sea spray. Winter awakens us and throws us off course. The marshes are white and

the beach cabins brightly coloured. The jagged cliffs are home to fairies, lions and churches. Here, the sky is only threatening to preconceived ideas. Encounters can also take place in the rain, and when the





## ◀ PORTRAIT

### LA MANCHE SEEN BY **ALEX STROHL** ADVENTURER AND OUTDOOR PHOTOGRAPHER

Alex Strohl loves unspoilt, wide-open spaces. A born nomad, he travels the world in quest of new discoveries and adventures to capture forever. This forerunner in the field of outdoor photography has over 2 million followers on Instagram. He seizes instants of everyday life, incredible landscapes and people with interesting stories to tell. His latest experience was a winter spent in La Manche. For 10 days he criss-crossed the region in search of encounters and untamed nature, clashing waves and stormy weather... While keeping pace with the high tides.

[alexstrohl.com](http://alexstrohl.com)

[instagram.com/alexstrohl/](https://www.instagram.com/alexstrohl/)

[attitude-manche.fr/a-contre-courant](http://attitude-manche.fr/a-contre-courant)



wind changes, it opens new doors, prompting you to dream a little bit more. For visitors heading in the opposite direction, towards a life lived to the full, winter goes against the current.

# 4

## ADVENTURES

### TO EXPERIENCE IN WINTER

#### ADVENTURE 1

### LA MANCHE ON FOOT

Below your feet, La Manche: the sand of the dunes, a few shellfish, a little silt. No tall mountains but gigantic cliffs in Carolles or La Hague. Headlands eroded by the wind and the aroma of the sea, all the time. As a loop or a series, along the coast or inland, these three GR® 223 trails bring hikers in search of sea air the very best of the Normandy coasts.

[manche-tourism.com/outdoor/hiking/gr223-coastal-path](https://manche-tourism.com/outdoor/hiking/gr223-coastal-path)



#### ADVENTURE 3

### THE CALL OF THE SEA

Its biggest fans will tell you that surfing takes place all the year round. So get out your full wetsuit and head for Siouville. This surfing spot is the most famous on the coast, nestling between the Biville dunes and the rocks of Cap de Flamanville. You will find everything you are looking for: a lunar beach landscape, a deserted line up, offshore winds... even the cold water will not hold you back. It should be a memorable session.

[manche-tourism.com/outdoor/water-sport/surf](https://manche-tourism.com/outdoor/water-sport/surf)



#### ADVENTURE 2

### GRAVEL

### AS THE WIND BLOWS

This four-day trip on a gravel bike from Mont Saint-Michel to Cherbourg will take you all the way up the west coast with a chance to see the best of La Manche seas. Routes that are not always carefully marked out, paths swept by sea spray, villages on the cliff tops, colonies of cormorants, oysters by the dozen at the break... How could you ever forget an adventure like this?

[manche-tourism.com/outdoor/bike](https://manche-tourism.com/outdoor/bike)





**ADVENTURE 4****ROAD TRIP: THE WHOLE COAST OR BUST!**

Don't miss a single one of the 674 kilometres of the Manche coasts. In a single week, from the famous Utah Beach, to another beach that needs no need introduction, Mont Saint-Michel, set off on a complete tour of the peninsula. From east to west and north to south, from the hottest spots to the least known places, in island harbours and all your encounters, La Manche will be revealed a little more each day.

**◀ PORTRAIT****HÉLÈNE AND MANU, ORGANIC MARKET GARDENERS AT SAINT-URSYN FARM**

After a tour of Europe on recumbent bikes with all the family in 2013, Hélène and Emmanuel Mury decided to leave it all behind and head for the country. They started an organic market gardening business in Saint-Ursin near Granville. From the beginning, the couple were determined to maintain a low carbon footprint. Pedal-powered machines and tools had an important place on the farm right from the start, as well as in their latest project: a solar-powered electric Cargo trailer for deliveries and markets. Today, their produce is sold through short food supply chains and 98% locally.

**+ ZOOM****LOVE AT FIRST SIGHT IN CHAUSEY**

"If you visit Chausey once, you will come back 300 times." It's true, you just need to set foot in this stone paradise sculpted by the tides to fall under its spell. The archipelago is Europe's largest, with 365 small islands at low tide and 52 at high tide. But only one island is inhabited... And in winter, hardly a tourist in sight. The turquoise green in summer gives way to blue grey tones. Chausey turns inwards, untamed and perfect for getting back to basics. To the sea, to yourself, to the essentials.

[manche-tourism.com/seaside-holidays/island/chausey](http://manche-tourism.com/seaside-holidays/island/chausey)



See all the adventures **possibles dans la Manche** on

**[manche-tourism.com](http://manche-tourism.com)**

**[attitude-manche.fr/a-contre-courant](http://attitude-manche.fr/a-contre-courant)**

*Start of the Tour du Roc in Granville*





# ON YOUR MARKS, GET SET, GO!

In La Manche, we go in for a range of sports, sometimes very enthusiastically... With its unspoilt environment, long coastline and distinctive countryside, it's

no surprise that this area inspires athletes of all levels! Here, sport is part of the Manche Attitude, a healthy way of life connected to nature and the elements. As you're never far

from land or sea, it's easy to enjoy a wide variety of pursuits, whether you're a lover of nature activities or water sports. Swimming, gliding across the water, diving, standing on a surfboard, braving the waves... the sea is an endless source of intense and regenerating activities. Running, cycling trails, hiking and horse-riding can all be enjoyed along the coast or further inland. Skilled instructors and quality sports facilities complete this vast open-air playground!

## ◀ PORTRAIT GUILLAUME RUEL THE MANCHE RUNNING CHAMPION

He is 24 years old and spent his childhood in La Vendelée near Coutances. He has just finished his studies in pharmacy. Guillaume is the French champion in the 100 km, the half-marathon and the marathon for under 23s! Running is first and foremost a family affair. His brother Pierre-Antoine is also a top-level athlete, and his father Stéphane completed the Tour de La Manche in 2020 (595 km) in 90 hours! Guillaume regularly trains in La Manche at the Coutances stadium, along the green ways and at La Pointe d'Agon.

**"I was born and bred in La Manche. The environment is better than anywhere else.** It's easy to play sports because of all the facilities and associations. I'm planning to come back to live here in the near future. My sport has given me the chance to travel all over France and the world. But there is nowhere like La Manche that I feel better."



## EVENT ! RAD'EAU LIBRE IN CHERBOURG-EN-COTENTIN



In Europe's biggest harbour, 3 swimming events in open waters for all-comers, with or without a French Swimming Federation licence. You can sign up for the "15-Cent" (1500 m) and the "5-Mille" (5000 m), officially listed as part of the **French Cup by the French Swimming Federation (FFN)** or for the 500 m "Discovery" race to try out an open-water swimming competition.

Depending on the water temperature, wetsuits will be authorised; caps and a unique setting will be provided!

**Sunday 3 September 2023**

[aquaticclubcherbourg.com](http://aquaticclubcherbourg.com)



# THE FIRST PLACE ON THE PODIUM

**A**ttitude Manche is also a story of passion and commitment to the values of sport. A result of the local blend of boldness and enthusiasm, our sporting events are like La Manche itself: powerful and exciting! A sense of daring, of overcoming your limits, becoming a champion: there are many events offering the challenge of a great sporting experience, whatever your level of ability. There's running during the Bayman in Mont Saint-Michel, the

Trail de la Barjo or the Enduro Pédestre des Sables, board sports at the Gliss Festival, water sports events like the Tour des Ports de la Manche, equestrian activities with the Normandy Horse Show... So feel free to take part in the competition! And if playing sport isn't your favourite pastime, you can always come and cheer on the athletes: you are guaranteed an amazing show!

## 1<sup>ST</sup> WOMEN'S TOUR DE NORMANDY

from 17 to 19 March with a 100% Manche stage on Saturday 18 March  
[tourcenormandiecycliste.fr](http://tourcenormandiecycliste.fr)

## LE DIABOLIK DE RAGNAR TRAIL

In Herqueville, on 1 April 2023  
[facebook.com/diabolikderagnar](https://facebook.com/diabolikderagnar)

## FAIRWAYS DE LA MANCHE

A team competition to discover the golf courses in La Manche,  
from 20 to 22 April  
[lesfairwaysdelamanche.fr](http://lesfairwaysdelamanche.fr)

## LE RAID DE L'ARCHANGE AND LA BARJO

300 km leaving from Mont Saint-Michel with 5 trails from 94km to 15 km around La Hague,  
from 17 to 18 June 2023  
[labarjo.fr](http://labarjo.fr)



## THE SWIM RUN TATIHOUGUE

A stage in the French championships,  
on 8 July 2023

[tatihougue.ikinoa.com](http://tatihougue.ikinoa.com)

## 40<sup>TH</sup> TOUR DES PORTS DE LA MANCHE

Regatta between the ports of La Manche  
and the Channel Islands,

from 9 to 14 July 2023

[tourdesports50.fr](http://tourdesports50.fr)

## ARRIVAL OF THE ROLEX FASTNET IN CHERBOURG-EN-COTENTIN

17 to 29 July 2023

[rolexfastnetrace.com](http://rolexfastnetrace.com)

## NORMANDY HORSE SHOW

In Saint-Lô. The major horse-riding  
event of the year,

from 29 July to 6 August 2023

[normandiehorshow.com](http://normandiehorshow.com)

## LA POLYNORMANDE IN SAINT- MARTIN-DE-LANDELLES

The greatest professional cycling teams  
will be here for this classic race,

on 13 August 2023

[polynormande.com](http://polynormande.com)

## 40<sup>TH</sup> ENDURO DES SABLES IN AGON-COUTAINVILLE

on 19 August 2023

[endurodesables.fr](http://endurodesables.fr)

## LES BOSSES DE BROUAINS FRENCH MOUNTAIN-BIKING CUP

from 15 to 17 September 2023

[lesbossesdebrouains.fr](http://lesbossesdebrouains.fr)

## THE BAYMAN

A triathlon in and around Mont Saint-  
Michel

on 30 September and 1 October  
2023

[bayman.fr](http://bayman.fr)



## ESPACE CYCLOSPORT ATTITUDEMANCHE

In 2021, to support safe road cycling, La Manche chose to follow the French Cycling Federation's recommendations by creating 4 marked itineraries for all levels of ability, along the routes used in local races and in the areas where our local champions train. Since 2022, a fifth trail has been added to the Manche CycloSPORT Area to cover Benoît Cosnefroy's training ground in his native Cotentin.

[manche-tourism.com/outdoor/bike/sporting-route](http://manche-tourism.com/outdoor/bike/sporting-route)

[attitude-manche.fr/velo/sportif](http://attitude-manche.fr/velo/sportif)

## GRAND NATIONAL RACES AT THE PÔLE HIPPIQUE DE SAINT-LÔ

19 to 22 October 2023

[polehippiquestlo.fr](http://polehippiquestlo.fr)

## INTERNATIONAL SHOW-JUMPING 4\* IN SAINT-LÔ

The world's best horse riders come  
to start the indoor season at the  
magnificent Pôle Hippique in Saint-Lô,  
26 to 29 October 2023

[polehippiquestlo.fr](http://polehippiquestlo.fr)

And much else besides at

[manche-tourism.com/event](http://manche-tourism.com/event)

[attitude-manche.fr/grands-evenements/agenda](http://attitude-manche.fr/grands-evenements/agenda)

## # EXPERIENCE

### THE ENDURO DES SABLES FROM AGON-COUTAINVILLE OR THE MAGIC OF THE SHORE

Running on the shore, in the dunes, encountering fishermen,  
alongside the oyster and mussel parks. A changing  
landscape, the elements needing to be overcome: the sand,  
wind, sun and sometimes the drizzle. Athletes come from all  
over France to have fun with their friends, to test themselves,  
to take up a challenge and tackle the champions.

The Enduro des Sables is a festive occasion where  
everyone has a place: 300m, 1 km, 1.5 km, 3 km for young  
competitors, 7, 14 and 21 km for adults; but you can also  
walk and "go wild" in the fun evening event. On Saturday 19  
August 2023, the Enduro des Sables in Coutainville will be  
celebrating its 40th anniversary!

[endurodesables.fr](http://endurodesables.fr)





**A CUDDLY CRAB**

Tricots SAINT JAMES

Saint-James

SOUVENIRS

**100 %**

**MANCHE**



**A LITTLE COPPER BELL**

L'Atelier du Cuivre  
Villedieu-les-Poêles



**A BALL OF WOOL**

La Cotentine Moderne

Lessay



**BEER**

Brasserie  
de Saint-Mère-Église  
Saint-Mère-Église



**CIDER**

Maison Hérout  
Auvers



A POSTCARD

L'œil Bleu  
Agon-Coutainville



A PURSE

La Maroquinerie du Cotentin  
Saint-Sauveur-Villages

PARACHUTE-SHAPED  
BISCUITS

Le biscuit de  
Sainte-Mère-Église



TEURGOULE

La ferme de la Chouquerie  
Saint-Sauveur-Villages

SEAFOOD RILLETTES

Les Saveurs Granvillaises  
Granville



A SAUCEPAN

Mauviel 1830  
Villedieu-les-Poêles



# LA MANCHE

## IN SHORT...

### GEOGRAPHY

**138 km** from north to south and **59 km** from east to west

Surface area: **5,951 km<sup>2</sup>**

**674 km** of coastline

**The islands:** Mont Saint-Michel, Tombelaine, Chausey, Tatihou, Saint-Marcouf & Île Pelée.

**The neighbours:** Brittany (Ille-et-Vilaine), Pays de Loire (Mayenne), Calvados and Orne, which are also in Normandy, and of course our cousins on the Channel Islands of Jersey, Guernsey, Sark and Alderney, just a few miles off our coast.

### POPULATION

ARE THE LOCALS CALLED  
"MANCHOTS" OR "MANCHOIS"?  
BOTH!

**495,045 inhabitants** (83 people per km<sup>2</sup>)

**Cherbourg-en-Cotentin 78,549**

**Saint-Lô (prefecture) 19,050**

**Granville 12,513**

**La Hague 11,173**

**Avranches 10,264**

**Carentan 10,052**

**Coutances 8,408**

(Source: INSEE 2021)

### NATURE

**4,000 hectares** of land listed as sensitive nature areas.

**2 regional nature parks:** Cotentin and Bessin Marshlands/Normandy-Maine.

**6 nature reserves:** the Mathon peatbog, the national forest of Cerisy, the Vauville pond, the Beauguillot reserve, the Sangsurière and Adriennerie marshes.

**Over 7,000 km** of signposted hiking trails.

**15-metre tidal range** (the difference in water level between high and low tides) in Mont Saint-Michel Bay: the highest tides in Europe.

### TOURISM

#### LISTINGS AND LABELS

**2 sites** are listed as UNESCO

**World Heritage Sites**

Mont Saint-Michel and the bay, the Vauban towers in La Hougue and Tatihou in Saint-Vaast-la-Hougue



**1 event** listed as part of humanity's Intangible Cultural Heritage by UNESCO  
Granville Carnival



**4 "Famille Plus" resorts**

Agon-Coutainville, Hauteville-sur-Mer, Barneville-Carteret and Saint-Hilaire-du-Harcouët



**9 towns** with the "Green Resort" listing

Agon-Coutainville, Barneville-Carteret, Brécey, Ducey, Mortain, Pontorson, Saint-Hilaire-du-Harcouët, Saint-Jean-le-Thomas, Saint-Sauveur-le-Vicomte



**1 of the "Most Beautiful Villages in France"**

Barfleur



**2 "Towns and Regions of Art and History"**

Pays de Coutances and Pays du Clos du Cotentin (around Bricquebec-en-Cotentin, Saint-Sauveur-le-Vicomte and Valognes)



**1 "Town and Crafts of the Arts"** Villedieu-les-Poêles



# PRACTICAL INFORMATION

## EXCURSIONS TO THE ISLANDS

### CHAUSEY

GRANVILLE  
JOLIE FRANCE  
Ferry Terminal  
Rue des Isles  
Tel. 02 33 50 31 81  
[vedettesjoliefrance.com](http://vedettesjoliefrance.com)

### THE CHANNEL ISLANDS

GRANVILLE - BARNEVILLE-  
CARTERET - DIÉLETTE  
MANCHE ILES EXPRESS  
Tel. 0 825 131 050  
[manche-iles.com/en](http://manche-iles.com/en)  
To Jersey, Guernsey, Alderney, Sark

CHERBOURG-EN-COTENTIN  
CONDOR FERRIES  
Transmanche Ferry Terminal  
Tel. 02 99 40 78 10  
[condorferries.fr](http://condorferries.fr)  
To Guernsey

## CROSSINGS TO ENGLAND AND IRELAND

### CHERBOURG-EN-COTENTIN

#### BRITTANY FERRIES

Transmanche Ferry Terminal  
Tel. 02 98 244 701  
[brittany-ferries.co.uk](http://brittany-ferries.co.uk)  
Cherbourg to Portsmouth and Poole  
in Great Britain, to Rosslare and Cork  
in Ireland.

#### IRISH FERRIES

Transmanche Ferry Terminal  
Tel. 01 70 72 03 26  
[irishferries.com](http://irishferries.com)  
Cherbourg to Dublin, Ireland.

#### STENA LINE

Transmanche Ferry Terminal  
Tel. 02 33 43 23 87  
[stenaline.co.uk](http://stenaline.co.uk)  
Cherbourg to Rosslare in Ireland.



## FIND YOUR ACCOMMODATION

### IN LA MANCHE

By the sea or in the countryside,  
plan your holiday in La Manche by  
choosing and booking your rental  
accommodation, hotel, guesthouse,  
campsite, holiday village or original  
accommodation on

[manche-tourism.com](http://manche-tourism.com)



[attitude-manche.fr](http://attitude-manche.fr)

CléVacances

LOCATION & CANNES PHOTO



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Listed by area from north to south in the department, then in alphabetical order by municipality

### COTENTIN TOURIST OFFICE

[encotentin.fr](http://encotentin.fr)

[contact@ot-cotentin.fr](mailto:contact@ot-cotentin.fr)

0 805 320 200 Service gratuit + prix appel

**COTENTIN**  
UNIQUE  
PAR NATURE

TOURIST INFORMATION  
OFFICES OPEN ALL  
THROUGH THE YEAR

#### E1 BARFLEUR



#### B3 BARNEVILLE-CARTERET



#### C1 CHERBOURG-EN-COTENTIN



#### A1 GOURY (municipality of La Hague)

#### B4 PORT-BAIL-SUR-MER



#### E2 SAINT-VAAST-LA-HOUGUE



#### C2 VALOGNES



### BAIE DU COTENTIN TOURIST OFFICE

[ot-baieducotentin.fr](http://ot-baieducotentin.fr)

[tourisme@ecbdc.fr](mailto:tourisme@ecbdc.fr)



TOURIST INFORMATION  
OFFICES OPEN ALL  
THROUGH THE YEAR

#### E4 CARENTAN-LES-MARAIS

02 33 71 23 50



#### D3 SAINTE-MÈRE-ÉGLISE

02 33 21 00 33



### CÔTE OUEST CENTRE MANCHE TOURIST OFFICE

[tourisme-cocm.fr](http://tourisme-cocm.fr)

[tourisme@cocm.fr](mailto:tourisme@cocm.fr)

02 33 45 14 34



TOURIST INFORMATION  
CENTRES

#### C4 LA HAYE

Open from April to  
September



#### C5 LESSAY

Open all the year round



#### C5 PIROU

Open in July and August

#### C5 SAINT-GERMAIN-SUR-AY

Open in July and August

### SAINT-LÔ AGGLO TOURIST AND CULTURE OFFICE

[saintlo-tourisme.fr](http://saintlo-tourisme.fr)

[tourisme@saint-lo-agglo.fr](mailto:tourisme@saint-lo-agglo.fr)



TOURIST INFORMATION  
CENTRES

#### E5 SAINT-LÔ

Open all year round  
02 14 29 00 17



#### F6 TORIGNY-LES-VILLES

Open in season  
02 33 77 42 22



### COUTANCE TOURIST OFFICE

[tourisme-coutances.fr](http://tourisme-coutances.fr)

[accueil@tourisme-coutances.fr](mailto:accueil@tourisme-coutances.fr)

02 33 19 08 10



TOURIST INFORMATION  
OFFICES OPEN ALL THE  
YEAR ROUND

#### C6 AGON-COUTAINVILLE



#### C6 BLAINVILLE-SUR-MER

#### D6 COUTANCES



#### D7 GAVRAY-SUR-SIENNE

#### C6 GOUVILLE-SUR-MER

#### C6 HAUTEVILLE-SUR-MER



### VILLEDIEU INTERCOM TOURIST OFFICE

[ot-villedieu.fr](http://ot-villedieu.fr)

[contact@ot-villedieu.fr](mailto:contact@ot-villedieu.fr)

02 33 61 05 69



#### E7 Open all year round



VILLE ET MÉTIERS D'ART

### GRANVILLE TERRE & MER TOURIST OFFICE

[tourisme-granville-terre-mer.com](http://tourisme-granville-terre-mer.com)

[information@otgtm.fr](mailto:information@otgtm.fr)

02 33 91 30 03



TOURIST INFORMATION  
CENTRES

#### C7 BRÉHAL

Open in season

#### C7 DONVILLE LES BAINS

Open in season

#### C7 GRANVILLE

Open all year round

#### C8 JULLOUVILLE

Open in season

#### C8 SAINT-PAIR-SUR-MER

Open in season

### MONT SAINT-MICHEL NORMANDY TOURIST OFFICE

[ot-montsaintmichel.com](http://ot-montsaintmichel.com)



TOURIST INFORMATION  
OFFICES OPEN ALL YEAR

#### D9 AVRANCHES

02 33 58 00 22

[tourisme.avranches@msm-normandie.fr](mailto:tourisme.avranches@msm-normandie.fr)



#### D7 DUCEY-LES CHÉRIS

02 33 60 21 53

[tourisme.ducey@msm-normandie.fr](mailto:tourisme.ducey@msm-normandie.fr)



#### C9 GENÈTS

02 33 89 64 00

[tourisme.genets@msm-normandie.fr](mailto:tourisme.genets@msm-normandie.fr)



#### C9 LE MONT-SAINT-MICHEL

02 33 60 14 30

[tourisme.lemontsaintmichel@msm-normandie.fr](mailto:tourisme.lemontsaintmichel@msm-normandie.fr)



#### F9 MORTAIN-BOCAGE

02 33 59 19 74

[tourisme.mortainbocage@msm-normandie.fr](mailto:tourisme.mortainbocage@msm-normandie.fr)



#### C10 PONTORSON

02 33 60 20 65

[tourisme.pontorson@msm-normandie.fr](mailto:tourisme.pontorson@msm-normandie.fr)

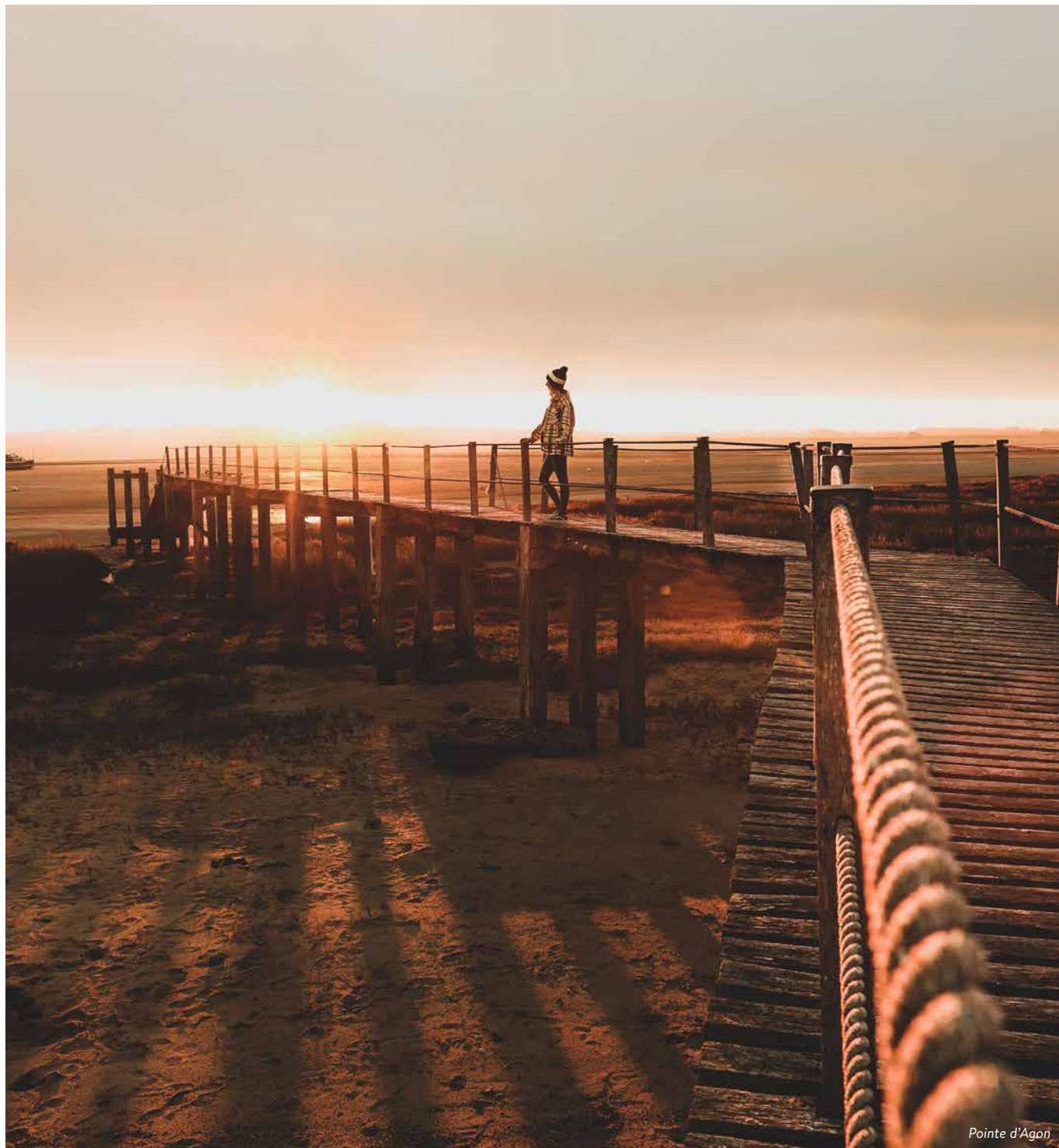


#### E9 SAINT-HILAIRE-DU-HARCOUËT

02 33 79 38 88

[tourisme.sthilaireduharcouet@msm-normandie.fr](mailto:tourisme.sthilaireduharcouet@msm-normandie.fr)





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[attitude-manche.fr](http://attitude-manche.fr)

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