

Destination Manche

Normandy peninsula



Local treasures

Life by the sea

A festive playground



DESTINATION
MAGAZINE

#10



Let's leave a positive footprint



TAKE A LOOK AT WHAT SURROUNDS US

La Manche fascinates and compels in equal measures. To fully soak up this experience means living in harmony with the elements, confronting their power and adapting to their rhythm. We must be ready, attentive and informed to enjoy them in total peace of mind.



PROTECT OUR ENVIRONMENTAL EQUILIBRIUM

La Manche is a real natural showcase, home to some fragile ecosystems. To preserve the delicate balance of our environments and biodiversity, we must commit to caring for our environment and all the organisms within it.



LEARN FROM ONE ANOTHER

Deeply attached to their local area, here, residents are precious guides with whom to discover some real gems. Be curious, opening up your horizons. Learn to understand the local area, its history and the customs of La Manche.



WELCOME TO LA MANCHE

Whether a traveller or a native,
We are the guardians of a precious equilibrium.

Through our words
Through our encounters
Through our actions
We leave a mark
On others and on this land.

From the sea to the continent, history has left its traces here
Unshakeable buildings, guardians of time and the memory of
mankind
Calling us back to our rightful place.
From generation to generation
We share the riches of these places in which we come together
Through our eyes as they meet and the ties we weave
There is always an adventure to experience, a tradition to pass
on: a story to tell.

On this magnetic land
Here, where the stars align to make the waves dance
Here, where the tides beat out the rhythm
A powerful, yet intimate waltz
Each step carrying us just as much as it compels us.

La Manche invites us to follow its movement
To let ourselves be guided
To share intense moments
And take care of the joys of tomorrow, today

Here, each step leaves its trace
A memory in the heart
And so, let this mark we leave be positive.

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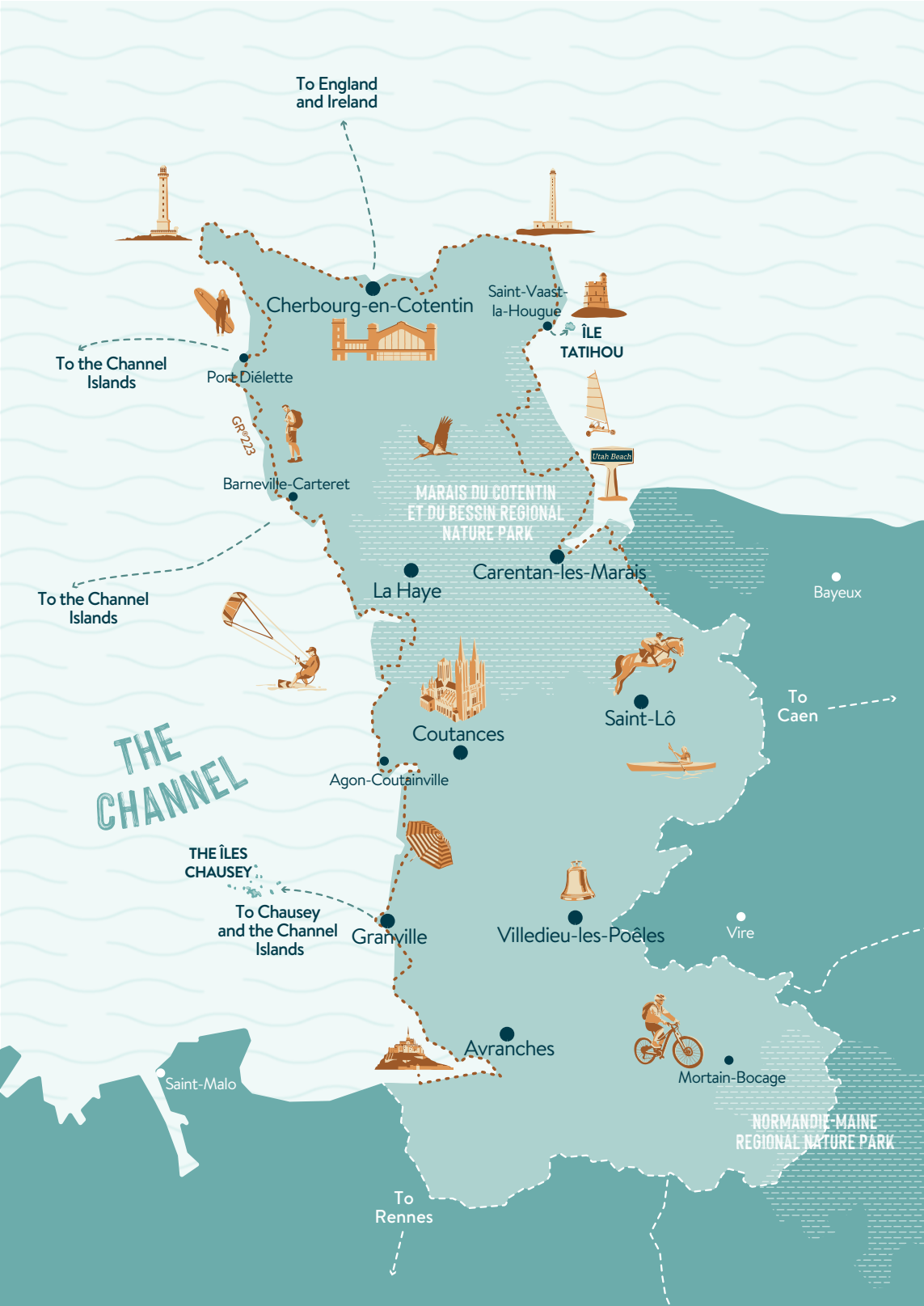
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LOCAL TREASURES



MONT SAINT-MICHEL AND ITS BAY

Mont Saint-Michel and its bay, a truly extraordinary place, deserve to be discovered off the beaten track to fully appreciate their uniqueness. At the Mont, a visit to the village and abbey is a must. But this jewel also stands in a stunning showcase: the bay that surrounds it. As the scene of Europe's highest

tides, it is dressed in water and light every day, a spectacle made all the more beautiful in high tidal ranges. While the site is majestic and busy in summer, it can be peacefully enjoyed in spring and autumn. And there's nothing like a beautiful winter's day to find yourself alone in the world, soaking up all the magic of the

place! Whatever the season, arrive early to enjoy the magnificent light or leave late to appreciate its charm at night. Staying in the bay also means taking the time to discover it in a different way: by bike or on foot, crossing the shores on foot with a guide, from a kayak or even from the sky on board a ULM.

EXPERIENCE

CROSSING THE BAY AT SUNSET

It's a once-in-a-lifetime experience: discovering Mont Saint-Michel at sunset, barefoot in the bay. From the ramparts, set off on a round trip via Mont Tombelaine for a crossing of around 6 km. You'll depart under the golden lights, returning at night. Only the fascinating stories from your guide and the sound of birdsong will accompany you as the sun sets. Between the sun and the moon, you'll (re)discover Mont Saint-Michel and its bay in a whole new light, taking the time to appreciate the changing lights and the absolute tranquillity around you. Simply magical!



+ FOCUS

LES BELLES DÉCOUVERTES, GUIDED NATURE TOURS

With this programme, various outings and tours are organised throughout the year to discover Mont Saint-Michel and its bay in a different way. The guides offer a variety of themes for exploring the shores of the Mont and its fascinating biodiversity, away from the crowds. Themed outings on birds, plants and amphibians, storytelling walks, sunset evenings and more. Take a walk in the fresh air to the heart of this unique environment teeming with life. This is the chance to gain a new perspective and find out more about the plant and animal species in the bay, as well as the history of Mont Saint-Michel.



<< PORTRAIT

BENJAMIN PONTAIS, REDISCOVERING LA MANCHE TO BECOME A BAY GUIDE

Born in Granville, Benjamin has always been very attached to his home region and fascinated by Mont Saint-Michel. As a child, he explored the bay many times with his family or on school outings, and became an expert on the legends that surround the area. After extensive studies, Benjamin worked for 10 years in the Paris region. In 2020, he felt a need to get back to basics. His attraction for Mont Saint-Michel never left him, and he hoped to get closer to nature and to other people. He therefore opted for a new career, becoming a certified guide for the Mont-Saint-Michel Bay. Nature, history, theatre, encounters — naturally, this job brings together everything that thrills this young man from La Manche. Now a freelance guide, Benjamin feels more alive than ever in contact with the public and sees his profession as an immense privilege: a source of sharing and transmission.



MEMORY AND EMOTIONS

Here, on this peninsula, men have always arrived by sea ... On 6 June 1944, it was the Allies' turn to land here, liberating Europe during Operation Overlord. This 'longest day', a real turning point in the Second World War, paved the way for the liberation of France.

After three months of fighting, Normandy was liberated from German occupation, but deeply wounded. At Utah Beach, on the very beach where the Americans landed, the D-Day Museum allows you to imagine the assault carried

out on our coastline by thousands of men. The D-Day Experience in Saint-Côme-du-Mont and the Airborne Museum in Sainte-Mère-Église retrace the preparation and launch of the airborne operations: 15,500 parachutists from the 82nd and 101st Airborne Divisions leapt over the marshes, targeting the towns of Carentan and Sainte-Mère-Église. The Normandy Victory Museum in Catz bears witness to the Battle of the Hedgerows: for 11 weeks after D-Day, the American army fought hard in the wooded countryside against German troops. To protect themselves from

attempted landings from Great Britain, the German army built the Atlantic Wall along the west coast of Europe. Several of its structures remain today in La Manche. With its impressive underground passages, the Azeville battery protected the beaches on the east coast of Cotentin. At Cherbourg, the Roule battery defended the entire harbour. The German cemeteries at Huisnes-sur-Mer, La Chapelle-en-Juger and Orglandes, as well as the American cemetery at Saint-James, bear witness to the cruelty of the fighting and invite you to reflect.

3 UNUSUAL ACTIVITIES FOCUSED ON D-DAY

A JEEP TOUR WITH NORMANDY DISCOVERY TOURS

On board an authentic jeep, Willys, Thomas and Flavie will lead you in the footsteps of the 82nd and 101th Airborne Divisions. Between the D-Day beaches, the hedgerows, sunken lanes and places of remembrance, this adventure is punctuated with anecdotes and photos from the period. A truly immersive experience!

AN ESCAPE GAME AT THE CARENTAN- LES-MARAIS BLOCKHAUS

Here's a fun way to discover the history of D-Day in La Manche. Put yourself in the shoes of a parachutist, a resistance fighter or a German submariner and set off on a mission. As a team, you'll need to think strategically to get out of one of the 4 game rooms.



A FLIGHT IN AN AÉROPLUME® AT THE ÉCAUSSEVILLE AIRSHIP HANGAR

A unique location for an amazing activity! Under the vaulted ceiling of this building that once housed airships, fly like a bird. Just strap yourself into the harness suspended beneath the Aéroplume and let helium and gravity do the rest, lifting you several metres above the ground.



RESPECTING THE SITES' MEMORY

Steeped in history, the D-Day landing sites embody our collective heritage. Let us take the time to understand what happened here and listen to the testimonies, preserving this memory and passing it on to future generations.



« PORTRAIT OCÉANE AND TIMOTHÉ, NEW MANAGERS OF THE WORLD WAR II MUSEUM

This young couple from the Marne region sought to leave the city behind to work together and set up their own business. As lovers of the seaside and wide open spaces, they were already familiar with La Manche and regularly holidayed here. When the manager of the Quinéville museum decided to retire, Océane and Timothé saw it as an opportunity to change their lives. Timothé, a collector and the grandson of a Second World War soldier, would now be able to devote himself to history and make the most of the sea he had always missed.



A WALK IN THE HEART OF THE MARSHLAND

Stretching out almost across the full width of the department, the Marais du Cotentin et du Bessin Regional Nature Park is an unspoilt gem that delights lovers of fauna, flora and wild landscapes. A unique natural area, where everyone can find the activity that suits them best.

THE BEAUGUILLOT RESERVE

The Beauguillot nature reserve is a veritable sanctuary of biodiversity. Nestling between Les Veys Bay and Utah Beach, it spans over 800 hectares and is home to numerous species of birds, molluscs,

mammals, amphibians and reptiles. Every winter, 35,000 waterfowl find refuge here, alongside France's second-largest colony of harbour seals. To help you admire them without disturbing the ecosystem, five observation points are accessible on foot. Guided tours and birdwatching outings are also available throughout the year.

THE MARSHES ALONG THE WATER

With the Bateliers des Marais du Cotentin, take a river cruise by boat or electric boat on the Taute or the Douve. Nature lovers and foodies can enjoy a guided walk

with an enthusiastic nature guide and a tasting of local produce. Immersion guaranteed!

THE MAISON DU PARC

Located in Carentan-les-Marais, the Maison du Parc is the ideal place to learn about the history of the Regional Nature Park. It regularly hosts exhibitions and workshops to raise awareness of climate change and eco-friendly actions we should all adopt. Setting off from the Maison du Parc, the tadpole garden and the Ponts d'Ouve sensitive nature area offer attractive walks for all the family.



◀ PORTRAIT QUENTIN SUARDI, A NATURE LOVER

Originating from Franche-Comté, Quentin studied biology, ecology and sustainable environmental management. During his master's internship at the Marais du Cotentin et du Bessin Regional Nature Park in 2022, he fell in love with La Manche. He then became coordinator of the Domaine de Beauguillot and La Sangsurière national nature reserves. Today, his daily routine is made up of welcoming the public, giving guided tours and promoting the reserves. His favourite season? Autumn! With the first migratory birds arriving, the leaves turning red and the sun shining down, the atmosphere is magical.

EXPERIENCE THE WHITE MARSHES IN WINTER

In winter, the rivers rise and gradually invade the marshes until they cover gates and fences. The water and sky merge, transforming the landscape into a 'white marsh'. At the end of the day, sunsets embrace these vast expanses and invite us to admire a truly magical spectacle.





MARKETS,

A LIVING TRADITION

As an essential meeting place, markets are a fantastic showcase for local products and traditional La Manche know-how. They punctuate life in our towns and villages throughout the year. Saint-Lô, Granville, Saint-Hilaire-du-Harcouët, Coutances, Cherbourg-en-Cotentin, Villedieu-les-Poêles, Lessay and Sainte-Mère-Église all host weekly markets with colourful stalls and enchanting flavours.

In the summer, various markets take place during the day or in the evening – to the delight of foodies. By the sea or in historic buildings: a real sensory experience guaranteed. Whether you're a day-tripper or a regular visitor, fill your basket with fresh local produce. At each market, you'll find all our flagship foods. Try teurgoule, a local speciality made from rice, milk and cinnamon and cooked in a terrine. When it comes to fruit and

vegetables, small local producers put their hearts into growing the very best to delight your taste buds. Fancy a little Camembert afterwards? The famous Norman cheese that needs no introduction! This cheese is made from raw, hand-moulded milk and is PDO certified. For a taste of the sea, don't miss the freshly labelled PGI oysters from Normandy and whelks from the Granville Bay (also PGI labelled).



SHELLFISH AND CRUSTACEANS: WHEN TO EAT THEM

Whelks can be caught in Granville Bay all year round, except in January. From April to September, it's time to savour the Chausey or Cotentin blue lobster. The delicious mussels and chips are best served from August to December. As for oysters, they're perfect in months containing an 'r'. And when it comes to scallops, you'll find them from October to May, ideal for festive meals and much more!



+ FOCUS OUR ANCESTRAL FAIRS

Strongly rooted in local culture, the fairs of La Manche tell the story of the local area, its people and the changes that have taken place over time. As the link between tradition, authenticity and modernity, agricultural fairs are key events in La Manche's calendar. The fairs of Brix, Montebourg, Lessay, Gavray, Saint-Hilaire-du-Harcouët and Saint-James have been held here for centuries! Looking to the future, they help to promote the work of livestock farmers, the various animal breeds and the quality of their products.



EXPERIENCE THE TRADITIONAL ROASTERS

In the market squares, traditional grillers gather to treat passers-by. The scents of poultry, sausages and roast leg of lamb fill the air and attract foodies. In La Manche, it's not unusual to come across a griller at a crossroads, on any day of the week, much to the delight of regulars. A well-established local custom!

100% LA MANCHE

SOUVENIRS

Fancy taking home a little souvenir or local speciality? This selection showcases products recognised for their expertise. Don't hesitate to push open the doors of these companies, revealing the secrets of their production to the general public.

THE SAINT JAMES SAILOR JUMPER

The first Saint James jumper was born in 1850! Originally made for cod fishermen in Terre-Neuve, a former colony in Newfoundland, Saint James knitwear quickly became a ready-to-wear benchmark. 23 km of yarn, 18 pairs of hands and 15 days are needed to make the sailor jumper: a guarantee of quality for this hard-wearing garment, almost waterproof thanks to its tight knitting. The Saint James workshops can be visited (booking required). This is the opportunity to discover an expertise that has spanned the decades.



THE FAMOUS PARAPLUIE DE CHERBOURG

Founded in 1986, Cherbourg umbrellas are a veritable institution with unique expertise. Made in Cherbourg-en-Cotentin, this essential accessory combines quality, efficiency and authenticity. A wide range of products to keep you dry on rainy days! The factory can be visited all year round, either on your own or with a guide. The manufacturing process, history and anecdotes: all the secrets of this excellent know-how will be revealed to you.

CARA-MEUH!

Seeking to reinvent themselves, the Lefranc family developed caramel recipes to make the most of the farm's milk. After several trials, the tests were conclusive and the famous Cara-Meuh was born! Since then, the farm has expanded its range of products: 7 flavours of caramel, eggs, honey, cream, butter, cheese and more. The farm can be visited free of charge all year round during shop opening hours.

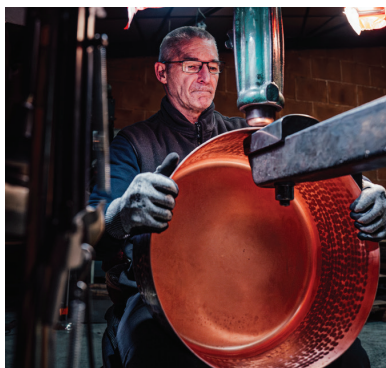


PDO COTENTIN CIDER

You can't leave La Manche without a bottle of cider! With a long-established tradition and know-how handed down from generation to generation, cider is an essential local product. PDO Cotentin cider is 100% authentic: unsweetened, uncarbonated, unpasteurised and made from local varieties of cider apples. Many producers open their orchards to the public – the perfect opportunity to find out more about the production process!

A MAUVIEL SAUCEPAN

Since 1830 and across 7 generations of coppersmiths, Mauviel embodies the excellence of Villedieu-les-Poêles craftsmanship: the famous city of copper. Historically known for its copper work and top-of-the-range cookware, Mauviel also makes accessories in stainless steel, aluminium and carbon steel. The company equips the kitchens of the greatest chefs in France and around the world! You can discover the unique expertise of this emblematic company in La Manche by visiting its workshops (upon appointment).



+ FOCUS M'FABRIK

You can find this selection and a host of other local products at the M'Fabrik shop in Saint-Lô. Biscuits, ready-to-wear clothing, cosmetics, decorative items, beer, cider and more – all made in La Manche.

M'Fabrik, 47 Rue Havin, 50000 Saint-Lô.



Hambye Abbey

DISCOVERING ABBEYS ...

FAMILY TREASURE HUNT

Geocaching can turn your visit into a real adventure! Hidden away in the abbeys and their gardens, small boxes containing audio capsules and, sometimes, period illustrations allow visitors to immerse themselves in the history of the sites. Set off in search of them to discover all the secrets of the abbeys! Geocaching available free of charge at the abbeys of La Lucerne, Hambye, Cerisy-la-Forêt and Lessay.

ACTIVITY PACKS

Explore the abbeys of La Manche as a family and enjoy activities designed for younger visitors. At the entrance, fun packs are available free of charge, with around twenty games to help you discover the architecture and life of the monastery. Construction and observation games, compass, period tools and more. The activities on offer guarantee a fun and educational visit! Packs



available on request from the abbeys of La Lucerne, Hambye, Cerisy-la-Forêt, Lessay and Mont Saint-Michel.

... AND CASTLES!

PLAYING KNIGHTS

AT THE CHÂTEAU FORT DE PIROU



Dreaming of fairy tales, Viking myths and medieval fortresses? Discover the Château de Pirou and step inside a world of legends! A stone keep, ramparts and an unusual tapestry: the treasures housed here will plunge you into the heart of medieval times and the tales of yesteryear. Don't miss the costumed tours, inviting young and old alike to take on the role of medieval heroes.



LIVING THE CASTLE LIFE

AT CHANTELoup

Near Granville, the Château de Chanteloup is unique in that it is still inhabited today! On a self-guided or guided and costumed tour, discover the secrets of the mysterious medieval keep and admire its Renaissance façade. Take a stroll around the estate: orchards, cider-making museum, farm, wooden games and more – great fun for all the family. Don't miss the sound and light show in summer.



INVESTIGATION AT THE CHÂTEAU DE DUCEY

Step into the shoes of a detective at Montgomery Castle! Le Ducey Code invites you on a series of detective investigations to explore each and every corner of this 17th-century-castle in a fun way! Find Henri II's horse, uncover the painting hidden by a thief or solve an unsolved murder: the various scenarios are suitable for all ages and levels.



+ FOCUS

BRICQUEBEC-EN-COTENTIN

Recently awarded the 'Petites Cités de Caractère' label, Bricquebec-en-Cotentin has preserved the traces of its medieval past. At the heart of the town lies the castle and its imposing polygonal keep, the remains of an ancient barony of Cotentin. Dramatised tours, medieval Olympic games, coats-of-arms workshops and more. The Clos du Cotentin Pays d'Art et d'Histoire offers a wide range of activities for families to discover the village.

VILLES
& PAYS
D'ART &
D'HISTOIRE

LIFE BY THE SEA



EXPERIENCE THE HIGHEST TIDES IN EUROPE

In perpetual metamorphosis, the Channel coastline is constantly changing to the rhythm of the tides. Sometimes high, sometimes low, the sea ebbs and flows throughout the day, offering ever-

changing panoramas that never fail to impress. This phenomenon is all the more striking at spring tide, when the sea withdraws for many kilometres, only to return to flood the harbours, cover the infinite

foreshore and crash its waves against the cliffs. Faced with the great power of the elements, caution and respect are the watchwords to enjoy nature's magical spectacle. So, are you ready to be amazed?

FOCUS

OBSERVE THE TIDAL BORE

The tidal bore is a unique phenomenon that occurs just a few times a year, during spring tides. The tidal bore is the first small wave that forms at rising tide and grows at the mouth of rivers and streams. For a few minutes, the wave breaks and the sea rolls out its carpet of foam between the sandbanks. You won't want to miss this show!

WHERE AND WHEN CAN YOU SEE IT?

- At Mont Saint-Michel (2 hours before high tide) or in the bay:
 - at Le Grouin du Sud in Saint Léonard (1.5 hours before),
 - at Val Saint-Père (45 min before),
 - from the bridges of Marcey-les-Grèves or Pontaubault (30 min before),
- In the Havre de la Vanlée, at the salt works (1 hour before),
- At the Pont de la Roque in Heugueville-sur-Sienne (30 min before),
- In the Les Veys Bay, from the locks in the port of Carentan (30 min before).



Kayaking on the tidal bore - Mont Saint-Michel Bay



CAUTION ON THE COAST

Spring tides may attract large numbers of spectators and foreshore fishers, but they are no less dangerous. The risk of coastal flooding or becoming cut off by the tide can be high, particularly during unfavourable weather conditions. Be vigilant, keep up to date with tide times and pay attention to local information.

Emergency number at sea: 196.



EXPERIENCE FORESHORE FISHING

LEARN THE BEST
PRACTICES WITH
APP2R

At low tide, the La Manche coastline reveals vast natural areas home to numerous species of shellfish and crustaceans. To preserve the fragile balance of this ecosystem, the APP2R (Association pour une Pêche à Pied Respectueuse de la Ressource) organises awareness-raising outings. Accompanied by a guide, learn to recognise the different species and discover gentle fishing techniques that are more respectful of the foreshore and its resources. Outings to Agon-Coutainville and Blainville-sur-Mer, mainly in summer.

SPRING
TIDES IN 2026





BEAUTIFUL ISLANDS

Archipelagos with a 'far off', exotic feel: the islands of La Manche offer up some fabulous journeys and the chance to cast off from your moorings. Not far from Mont Saint-Michel, Chausey is a picture-postcard

setting, with 52 islets at high tide and 365 at low tide. But other islands are also well worth a visit. To the north-east, set sail for the unexpected destination of Île Tatihou! Escape here and experience an unusual crossing

aboard an amphibious boat, capable of taking to the sea or driving on the sand at low tide. A bird sanctuary and open-air museum, it bears witness to Vauban's achievements with its fortifications and tower. And if



The Îles Chausey

you're looking for that 'so British' atmosphere, why not set sail for the Channel Islands? Departing from a number of ports in La Manche, Jersey, Guernsey, Sark and Alderney are just a stone's throw away!



EXPERIENCE

CLIMB ABOARD

THE CHARLES-MARIE

Set sail for Chausey! Step into the shoes of a sailor for the day and set sail on this traditional Granville sailing ship. Discover the pleasure of sailing and let yourself be carried away by the peaceful rhythm of the waves and the wind. To get the full experience, you can try your hand at manoeuvres, guided by the captain and their first mate. Take advantage of a stopover to explore the unspoilt ecosystem of Chausey, its wild coves and crystal-clear waters. A unique moment to share with family and friends. Departures from the port of Granville, by prior arrangement.

! EVENT

LES TRAVERSÉES TATIHOUE FESTIVAL

To the rhythm of the tides, Les Traversées Tatihou is a unique festival. To attend the concerts, follow the ebb tide and head to Île Tatihou, crossing the oyster beds

from Saint-Vaast-la-Hougue. On site, enjoy a timeless moment: an eclectic programme with sounds from the open seas, in the intimate setting of the lazaret. Here, the tide signals the end of the concerts, and you'll need to get back to the mainland before the sea rises again. A truly unique experience!

From 12 to 16 August 2026.





LA CÔTE DES HAVRES

From Cap Lihou in Granville to Cap de Carteret, eight inlets can be found along a coastline that has remained wild and unspoilt. These inlets, estuaries divided between fresh and salt water, follow one another in a

series of surprising ecosystems. Criss-crossed on both sides by the GR®223, the Côte des Havres is also a life-size playground full of experiences, from fishing and oyster farming to water sports and life by the sea.



Havre de Surville



PROTECTING THE ENVIRONMENTS

- Park your car in the car parks provided for this purpose
- Respect the marked paths
- Admire plants without picking them
- Don't let your pets roam free
- Take your rubbish home
- Check tide times and coefficients

+ FOCUS

AN ASTONISHING SUBMERSIBLE ROAD



In Briqueville-sur-Mer, the Havre de la Vanlée covers 10 hectares of salt meadows, salt flats and grassland. Its immense stretch of sand, known as 'the end of the world', juts out into the sea to form a unique peninsula. The Havre de la Vanlée stands out from other estuaries on the coast thanks to its fascinating submersible road. Crossing the inlet to the sea, it is submerged during high tides. An impressive show!

EXPERIENCE

CROSSING LE HAVRE DE SURVILLE BAREFOOT WITH THE CPIE COTENTIN

It's time to take off your shoes and use your senses for a nature outing in the Havre de Surville! Here, vast dunes seem to spring from the sea and stretch inland. Salt meadows, mudflats, marram and grasses are the preferred habitat of many species of plants and animals, such as wild celery and sand martins. This inlet is also characterised by its constellation of little ponds, ideal for amphibian reproduction. It's a great way to discover the surprising ecosystem that surrounds you, while enjoying a deep breath of fresh air.





Île Tatihou - Saint-Vaast-la-Hougue



SAILORS' LANDMARKS

In La Manche, mankind has always known how to adapt to the omnipresent sea, making it an ally while remaining humble in the face of its powerful currents. They built

lighthouses and ports to live off the ocean's resources, alongside fortifications and ramparts to repel invaders. Today, stone and sea come together to form a unique heritage.

THE VAUBAN TOWERS

In the Cotentin region, the towers of La Hougue and Tatihou bear witness to Vauban's military genius. By crossing their lights, the two fortifications protected boats anchored in the bay of Saint-Vaast-la-Hougue. Completed in 1699, their effectiveness would soon be proven, as no more English ships ventured into the harbour. The observatory towers have been listed as a UNESCO World Heritage Site since 2008.

CHERBOURG HARBOUR

This marine construction is truly impressive. From the port or the heights of Cherbourg-en-Cotentin, admire this treasure trove of military architecture stretching over 1,500 hectares. With works launched in 1783, it is still the largest artificial harbour in Europe, with 6 kilometres of breakwater. To find out how it was built, hop aboard the Adèle boat for a guided cruise.



THE PHARE DE GATTEVILLE, GUARDIAN OF THE COAST

As the second largest lighthouse in France, the Phare de Gatteville watches over some of the strongest currents in Europe, crashing at its feet. With rattling waves and bubbling white foam thrown into the air, the high tides collide with this impressive granite colossus! It is one of the many lighthouses that guide sailors along the coast of La Manche.

PORT RACINE

This small fishing port is as picturesque as it gets. Said to be the 'smallest port in France', it is a magical place where a handful of colourful fishing boats invite you to relax. 27 privileged visitors can moor their small craft here, sheltered from the Norman currents. To round off the magic of the place, reach Port Racine via the GR®223.

GRANVILLE AND THE UPPER TOWN

From its rocky promontory, the upper town watches over its inhabitants and the sea. Surrounded by ramparts built during the Hundred Years' War, the historic centre is well worth a visit. With narrow cobbled streets, private mansions and – at the end of the Pointe du Roc – a breathtaking panorama of Chausey and the Mont Saint-Michel Bay. The tourist office offers themed guided tours to discover all the secrets of this privateering town.



THE VAUBAN HUTS

In the 18th century, 70 guardhouses stood dotted along the La Manche coastline, protecting it from enemy ships. Today, a dozen of them still line the shoreline and can be visited along the Sentier des Douaniers trail. Some of the best known are the huts at Saint-Jean-le-Thomas, Champeaux, Carolles, Saint-Germain-sur-Ay and Carteret. From these little stone huts, admire the view and imagine the lives of the soldiers who once kept watch over the sea.

A FESTIVE PLAYGROUND



LA MANCHE ON FOOT

A multitude of breathtaking panoramic views, a diversity of landscapes and light that changes with the seasons: these are the promises of a walk in La Manche. Better known as the 'Sentier des Douaniers', or the 'Customs Trail', the GR® 223 criss-crosses the coastline from the Cotentin marshes to the Mont

Saint-Michel Bay, always with the sea as its horizon. Beaches, cliffs, capes, dunes and harbours dot the landscape, guaranteeing a change of scenery and a sense of wonder at every turn. On land, greenways, towpaths and ancient pilgrimage routes lead walkers to the heart of a wilderness in its thousand colours and textures.



LIFE-SIZE TRAILS

In La Manche, sport is practised a little, a lot and passionately ... With its unspoilt environment, its coastline and its undulating wooded countryside, the region is a true natural playground for trail enthusiasts. To date, four trail areas have been labelled, each offering trails suitable for all levels. The routes are signposted, so you can enjoy them in complete safety and with respect for the environment.

IN THE MONT SAINT-MICHEL BAY

A trail area in the heart of the waterfalls, cliffs and undergrowth of the Le Mortainais region, with some really challenging gradients.

AROUND COUTANCES

Starting in Coutances, circuits pass through the Bois des Vignettes forest and around the Étang du Bulsard lake for a run in a green setting.

AROUND SAINT-LÔ

Three not-to-be-missed trail routes: Saint-Lô, with its perfect blend of town and country; Marigny, with its pond and sunken lanes; and the natural site of the Roches de Ham, offering an exceptional panorama of the Vire valley.



Trail to the Mortain waterfalls

IN COTENTIN

From the wild dunes to the craggy cliffs of La Hague, the Cotentin coastline offers some unique routes – all with a sea view!



+ FOCUS

TREKKING IN COTENTIN THE BLOGGERS AT HELLO TRAVELERS TRIED OUT THE GR®223

Passionate about nature and adventure, the bloggers at [@hellotravelers_](#) share their escapades on their blogs and social media. In autumn, they came to explore one of the most beautiful hiking routes in France: the GR®223. From Portbail-sur-Mer to Cherbourg-en-Cotentin, they travelled along the steep paths of the Cotentin region: between dunes, cliffs and picturesque villages. No less than 80 kilometres on the clock, for three days of total disconnection discovering the wild landscapes of 'Little Ireland'.

Read the adventure on [hellotravelersblog.com](#)



NEVER WITHOUT MY WATER BOTTLE!

With Gourde Friendly, say goodbye to single-use plastic bottles! Thanks to a network of partner establishments in La Manche, it's easy to fill your water bottle free of charge. This is a concrete action to promote a tourism that is more respectful of the environment and its resources. See the list of refill points.

[gourdefriendly.green](#)



ALL
THE INFO

LA MANCHE BY BIKE



In La Manche, more than 1,200 km of cycle routes offer a new way to discover the region. Whether it's the Veloscénie, the Vélomaritime, the D-Day Landing Beaches Véloroute

(Vélo WestNormandy) or the Régالante, they all share a common point of interest: Mont Saint-Michel. This is the perfect opportunity to take in the sights and sounds of the

region, either in stages or as a long-distance tour. Take a look at our 'station-to-station' routes, perfect for combining soft mobility with the pleasure of a cycling adventure!

+ FOCUS GRAVEL-BIKING ADVENTURE BY @HELLOLAROUX

At the end of the summer, we crossed La Manche from east to west: 5-day gravel-biking ride from Saint-Vaast-la-Hougue to Mont-Saint-Michel. An all-terrain adventure – sporting but always contemplative – that showed us the department in a whole new light. We covered almost 300 km, from the rolling green countryside to the wild coastline, where greys, greens and blues combine like nowhere else. Though the rain didn't spare us, the sun and the warmth of the people of La Manche warmed our hearts. Then, the finish at Mont-Saint-Michel has such a special, powerful flavour that all the effort so far becomes almost trivial. Not to be missed for those who like a good challenge!

Find out more about this adventure on hellolaroux.com



WHEN CYCLING, SAFETY IS PARAMOUNT.

Share the road! To live together in harmony:

- keep your distance
- respect the highway code
- choose suitable equipment.

FROM COUTANCES TO CHERBOURG

98 KM, 2 OR 3 DAYS

Setting off from Coutances, this route leads you through marshes, wooded countryside and picturesque villages. After admiring Coutances Cathedral, take the greenway cycle path to La Haye, then follow the Vélomaritime between peaceful footpaths and country roads to reach the Cotentin region. Along the way, you'll find a wealth of historical heritage, local produce and fascinating discoveries! Don't miss the chance to make a stopover at one of the many cider farms before your arrival in Cherbourg.



FROM CARENTAN TO CHERBOURG

133 KM, 4 DAYS

A tour between land and sea for an authentic dive into history! You'll discover D-Day, with Carentan and Utah Beach in particular, the Vauban period in Saint-Vaast-la-Hougue and on Île Tatihou, and the military architecture of Cherbourg for a cycle packed full of information. You'll also cross the wild landscapes of the Marais du Cotentin et du Bessin Regional Nature Park.



FROM SAINT-LÔ TO MONT SAINT-MICHEL

170 KM, 4 DAYS



From Saint-Lô station, hop on your bike and pedal to La Merveille to discover the many different faces of La Manche. You'll enjoy a series of beautiful stages along towpaths, lush countryside, wild landscapes and the Mont Saint-Michel Bay. A series of gourmet and cultural stops, paired with stunning panoramic views, will punctuate this unique cycling trip. On the agenda: discoveries and physical challenges!



FULL SAIL

AHEAD!

Perched on its peninsula, La Manche is the ideal playground for dayboat sailing. From east to west, the wind direction and high tides offer up the perfect spots to learn and improve your sailing skills. You'll be able to glide across the water, speed across the sand, master the wind and defy the waves: thrills and freedom guaranteed. Windsurfing, wingfoil, sand yachting, kitesurfing or sailing – find out where and how you can enjoy dayboat sailing in La Manche!



WHEN AND WHERE CAN YOU PRACTISE?

Wind, tide, swell ... Check the conditions in real time on the Attitude Manche website. This new tool will help you find the ideal spot for your discipline, level and current weather conditions throughout France. These include:

- the specific characteristics of the different spots
- any hazards present
- protected ornithological areas to be avoided
- the best disciplines for each site and suitability for different experience levels

SAILING BOATS

Catamaran, trimaran or dinghy: various types of sailboat are available to suit you and your level of ability. Renowned for their great stability and speed, multihulls are a perfect choice for both learning to sail and for more sporting activities. Various introductory courses are on offer to give you a taste of the joys of sailing. You can also climb aboard a sailboat for a trip or a short stay on the water, either on your own or with a skipper. Sailing boats are also available to hire from sailing centres in La Manche.



All those who try it agree: you'll feel like Aladdin on his magic carpet! Wingfoil combines a board with a fin – the foil – with a kite-like wing. It doesn't take long to get the hang of it and you're going to love the feeling of gliding across the water.

KITESURFING

If you've always loved flying a kite and are looking for a new thrill on the water, try kitesurfing! Balanced on a board and attached to your sail by a harness, learn to master and take advantage of the weather. Perfect for adventurers in search of adrenaline.



WINDSURFING

With its windswept coastline and spots offering up a variety of orientations, La Manche is renowned for conditions perfectly suited to windsurfing. This activity requires a little practice and mastery of the elements to soak up all the thrills. Speed, jumping, slaloming between the waves ... It's up to you!

SAND YACHTING

Sand yachting is the ideal way to enjoy our wide beaches at low tide. Very popular with families, it can be practised without any particular knowledge or technique. The added extra? If you wrap up warm, it can be enjoyed all year round – even in winter.



RECORD

GRANVILLE -
CHAUSEY
29 MINUTES 30
BY WINGFOIL

That's the time set by wingfoil champions Orane Ceris and Alan Fedit to reach Causey from Granville. These two athletes took up the speed challenge in La Manche, covering the 10 miles separating the mainland from the archipelago as they flew over the water. For them, it meant the chance to discover the region and its coastline, which is particularly well-suited to this water sport.



WALKS AND HIKES

ON HORSEBACK

AGON- COUTAINVILLE

HEAD FOR THE OYSTER BEDS

Take a stroll along the beach and enjoy the panoramic view of the oyster beds and bouchot mussels around the Pointe d'Agon-Coutainville. From the sand, you can appreciate all the beauty of this wild natural site. And after your walk, enjoy a tasting of local oysters!

JONVILLE BAY

IN THE FOOTSTEPS OF VAUBAN

Head for the east coast for a walk with a view of Île Tatihou and the Vauban tower at Saint-Vaast-la-Hougue. There, you can discover the marine environment and its flora and fauna first-hand. A 100% natural experience!

HAVRE DE REGNÉVILLE

BETWEEN LAND AND SEA

Along the way, you'll discover a series of little stone hamlets before crossing Regnéville-sur-Mer, a charming fishing village. After a visit to the medieval castle and the lime kilns, you'll make your way to the coastal river Sienne. And last but not least: a cider tasting!



THE VIRE VALLEY

FROM GREEN PATHS TO THE NORMAN WOODED COUNTRYSIDE

Time for a walk in the countryside! Head for Gourfaleur along the Vire towpath before stopping at Sainte-Suzanne-sur-Vire and its church listed as a Historic Monument. A host of other discoveries punctuate the return journey, between nature and heritage, all rounded off with a tasting of local produce.

MONT SAINT-MICHEL BAY

NATURE AND WONDER

On a horse or a pony, you're guaranteed some magical views! This walk along the Bec d'Andaine offers sublime views of beaches and dunes, with the Mont Saint-Michel watching guard in the distance. An exceptional natural setting to be explored as your guide shares their anecdotes.



◀ PORTRAIT

MARINE SIRON, THE HORSES' FAIRY GODMOTHER

Marine Siron is one of the many to have chosen La Manche as their home. It was a tragedy that brought her here, an accident that deprived her of her career as a jockey but brought her even closer to horses. Now an equestrian therapist, she has opened her own equine thalassotherapy centre in Dragey. She takes in injured horses or horses in need of rest and helps them get back into shape. When the young woman discovered the Mont Saint-Michel Bay, it was love at first sight: this is where she would launch her life project, just a stone's throw from the sea. Whether it's to recharge their batteries or raise the animals' morale, the benefits are undeniable and a real boost to horse health and performance. Massages, walks on the beach, sea bathing ... Here, they'll find everything they need to feel good.

Find out more in the documentary *D'herbe et d'embruns*.

+ FOCUS

THE POP-UP RACECOURSE AT JULLOUVILLE



It's a time-honoured tradition in La Manche! Every year, pop-up racecourses are used to organise equestrian events in some unexpected locations and exceptional environments. The best known is the Jullouville marine racecourse. Since 1910, the great champions have met every year on the sand during low tide for the Trophée des Plages, as over a hundred horses race to the delight of visitors.



+ FOCUS FIND YOUR ACCOMMODATION IN LA MANCHE

At the seaside or in the countryside, plan your holidays in La Manche by selecting and booking your rental, hotel, bed and breakfast, campsite, holiday village or unusual accommodation on

manche-tourism.com
attitude-manche.fr

CléVacances
LOCATIONS & CHAMBRES D'HÔTES



POPULATION

'MANCHOTS' OR 'MANCHOIS'? THE CHOICE IS YOURS! (Source: INSEE 2022)

- 496,815 inhabitants (or 83 inhab/km²)
- La Hague 11,444
- Cherbourg-en-Cotentin 78,028
- Avranches 10,225
- Saint-Lô (prefecture) 19,352
- Carentan-les-Marais 10,220
- Granville 12,799
- Coutances 8,372

GEOGRAPHY

- 138 km north to south and 59 km east to west
- Area: 5,951 km²
- 674 km of coastline
- The islands: Mont Saint-Michel, Tombelaine, Chausey, Tatihou, Saint-Marcouf and Île Pelée.

COMING TO LA MANCHE

- Via the A13 from Paris, then the RN13 or A84 from Caen. From Rennes, the A84 also takes you there free of charge.
- Without my car: nine stations offer access to La Manche without

a car. The regional and inter-communal bus networks will then take you wherever you need to go in the rest of the department.

DAY TRIPS TO THE ISLANDS

ÎLES CHAUSEY

From Granville with the Jolie France speedboats

THE CHANNEL ISLANDS

From Granville, Barneville-Carteret or Diélette with Manche Îles Express

From Cherbourg-en-Cotentin with Condor Ferries

ENGLAND & IRELAND

From Cherbourg-en-Cotentin with Brittany Ferries, Irish Ferries and Stena Line

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Classified by territory from the north to the south of the department,
then in alphabetical order of the Tourist Information Offices' towns

OFFICE DE TOURISME DU COTENTIN

encotentin.fr

contact@ot-cotentin.fr

0 805 320 200 Service gratuit
+ prix appel



BARFLEUR



BARNEVILLE-CARTERET



BRICQUEBEC-EN-COTENTIN

Open in July and August



CHERBOURG-EN-COTENTIN



GOURY (commune of La Hague)



PORT-BAIL-SUR-MER



QUINÉVILLE

Open in July and August

SAINT-VAAST- LA-HOUEUE



VALOGNES



OFFICE DE TOURISME DE LA BAIE DU COTENTIN

ot-baieducotentin.fr

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SAINTE-MÈRE-ÉGLISE

02 33 21 00 33



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tourisme-cocm.fr

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LESSAY



PIROU

Open July and August

SAINT-GERMAIN-SUR-AY

Open in July and August

OFFICE DE TOURISME ET DE LA CULTURE DE SAINT-LÔ AGGLO

saintlo-tourisme.fr

tourisme@saint-lo-agglo.fr



SAINT-LÔ

02 14 29 00 17



TORIGNY-LES-VILLES

Open in season

02 33 77 42 22



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AGON-COUTAINVILLE



BLAINVILLE-SUR-MER

COUTANCES



GAVRAY-SUR-SIENNE

GOUVILLE-SUR-MER



HAUTEVILLE-SUR-MER



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tourisme-granville-terre-mer.com

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BRÉHAL

Open in season

GRANVILLE



JULLOUVILLE

Open in season

SAINT-PAIR-SUR-MER

Open in season

MONT SAINT-MICHEL NORMANDIE TOURISME

ot-montsaintmichel.com

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ALL
THE INFO





Green River Valley Festival - Vains-Saint-Léonard

manche-tourism.com
attitude-manche.fr

NORMANDIE

LA MANCHE
LE DÉPARTEMENT 

 **Attitude**
Manche