

Destination Manche

Normandy peninsula



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noxe
Let's leave a positive footprint

**Destination
Manche**
Normandy peninsula

Welcome to La Manche, a land shaped by the might of the elements, where the tides set the tempo for life as well as the beating of our hearts. Here, on the endless foreshore, every grain of sand is imbued with the power of the tides, every breeze carries the echo of the distant waves. La Manche isn't just a peninsula, it's a magnetic place of perpetual metamorphosis that demands respect and touches the innermost depths of every being.

The locals, known as Manchois, have long understood that for this magnetism to keep on working, it needs to be fuelled by particular ways of behaving that respect the balance of their homeland, its places and its customs.

So, when you set foot on this soil, you will be instantly connected to the community and spirit of the place, thanks to this magnetic alignment that makes every visit an unforgettable experience. Today, La Manche offers a model of hospitality that goes beyond the usual practices. *Equinox* embodies a deep-seated commitment to sharing, understanding of this territory and mutual respect. Your hosts open the doors to their homes with a smile, the tables are laid generously, and the stories are shared like precious treasures.

For the treasures of La Manche, be they part of our natural, architectural, cultural, tangible or intangible heritage, are fragile and endangered by humans or by nature... To preserve the magnetism of our land at the end of the world, always attracting those looking not just for a destination, but for a deep experience of belonging and sharing, we must protect this place and minimise our footprint on it. We need to respect this balance, which will leave everyone with powerful memories and keep the Manchois state of mind alive for many years to come.

Find all the information at manche-tourism.com



HISTORY & HERITAGE

HERE

AND NOWHERE ELSE

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.

THE DUTY OF REMEMBRANCE



In La Manche, the memory of the D-Day landings is kept alive with strength and conviction. A powerful homage is paid to the magnificent heroes who died in the fighting or survived to become worthy veterans. The celebration of D-Day and the Liberation is an occasion each year for festive gatherings recalling the popular jubilation that followed the victory.

From late spring and all through the summer, a wide range of commemorations, festivities and period dances are organised by local authorities and enthusiastic associations. So, when you are on holiday, don't be surprised to see an army Jeep, an American GMC truck or a half-track. But you should note that the passengers dressed in the original uniforms are getting

together to celebrate peace, too. During the events commemorating D-Day, reconciliation, solidarity and friendship between all nations are highlighted.



D-Day Commemorations

🇫🇷 ZOOM

JUMP INTO HISTORY

WITH THE RE-ENACTMENT CAMPS

The 80th anniversary of D-Day is being celebrated in a thousand-and-one ways. In the re-enactment camps, people dressed in period costume bring the period back to life in a lively and immersive way. Military tents, vintage vehicles, collectors' items, scenes from the lives of soldiers and civilians, and workshops will immerse you in the atmosphere of the Second World War. In Sainte-Mère-Église, the Geronimo camp will recreate an American camp. Re-enactors will explain the operations involved in D-Day and give demonstrations. On 8 June 2024, a hundred or so Jeeps will gather around the port in Carentan. Lastly, parachute drops by men in period costume will remind everyone that the liberators first arrived by air. On 9 June 2024, there will be parachute jumps over the marshes on the site of La Fièvre, in Sainte-Mère-Église, in tribute to the American paratroopers.

EVENT !

COMMEMORATIONS

FOR THE 80th ANNIVERSARY OF THE D-DAY LANDINGS

To find all the events organised in La Manche to mark the 80th anniversary of the beginning of the liberation, visit the dedicated websites:

ot-baieducotentin.fr/d-day-1944

dday-manche.fr

manche-tourism.com/travel-to-la-manche/dday-normandy



TOP SITES

D-DAY WITH THE FAMILY

UTAH BEACH, SAINTE-MÈRE-ÉGLISE, CARENTAN...

RELIVE THE D-DAY LANDINGS WITH THE FAMILY

On 6 June 1944, the Allies landed in Normandy as part of Operation Overlord. Many sites and museums in La Manche provide powerful testimonies to that time. They immerse visitors in the atmosphere of the period and help them understand the crucial role of D-Day in the liberation of Europe. Guided tours, activities for children, exhibitions of period objects and vehicles, re-enactments, parachute drop simulations, and unique experiences to help us understand the Second World War and make sure it is never forgotten. Focus on our selection of sites to discover with the family!



➤ NORMANDY VICTORY MUSEUM

Catz - Saint-Pellerin
CARENTAN-LES-MARAIS

The war didn't end with the D-Day landings. The Normandy Victory Museum highlights the period that followed, the Battle of the Hedges, a time of fierce combat. It features re-enactments, period objects and vehicles, and exhibitions. You can enjoy a guided tour aboard a Dodge WC51, an old military vehicle.

➤ D-DAY EXPERIENCE

Saint-Côme-du-Mont
CARENTAN-LES-
MARAIS

The roar of the engines, the shaking of the plane, the smells... In this authentic C-47, converted into a flight simulator, you'll feel like a paratrooper from the 101st Airborne division, ready to jump! With its two museums, 3D cinema and memorial, the D-Day Experience offers an incredible immersive experience with the airborne troops.





➤ AIRBORNE MUSEUM SAINTE-MÈRE-ÉGLISE

Opposite the church tower that John Steele's parachute caught on, the Airborne Museum brings the parachute drops of D-Day back to life. Children can pick up a Histopad tablet and go on a treasure hunt to find war relics. With engine sounds, flashes of explosions and vibrations, a period plane will transform them into paratroopers!

➤ MUSÉE DU DÉBARQUEMENT

Utah Beach

SAINTE-MARIE-DU-MONT

The first beach to be stormed by the Allies on 6 June 1944, Utah Beach is home to the Musée du Débarquement (Landing Museum). It tells the story of D-Day in 10 sequences and has a genuine Bombardier B6 plane on display. Objects, vehicles, equipment, a documentary, and also learning booklets for schools help visitors understand this historic event.



➤ LA BATTERIE D'AZEVILLE

One of the first constructions of the Atlantic wall, this site now gives visitors a sense of how life was for the German troops. Camouflaged by a trompe-l'œil that makes it look like a Norman house, it's structured around 350 m of underground passages that you can walk through freely. A rare experience during which you'll learn about the daily life of a garrison.

+ ZOOM

ALL REMEMBRANCE SITES

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. Immersive, moving and amazing, discover them at:

manche-tourism.com/travel-to-la-manche/dday-normandy/sites-and-museums

attitude-manche.fr/debarquement




MONT SAINT-MICHEL AND THE BAY

UNUSUAL ACTIVITIES FOR UNIQUE DISCOVERIES!

The best way to make the most of Mont Saint-Michel and its bay is to let yourself be surprised by wandering off the beaten track. This gem and its setting reveal themselves best when we seek to discover them in different ways. On cycle paths or walking routes, crossing the shores on foot with a guide, in the middle of winter, by sea or from the sky in a microlight

or paraglider, all these experiences show Mont Saint-Michel and its bay in a whole new light. Expect enchanting panoramas, moments where time seems to stand still, and unforgettable emotions! With our selection of 3 activities and outings, change your point of view and feel all the magic of this exceptional site at its most intense, far from the crowds!

NATURAL PARADISE

The phenomenon of the tides, discovering wild animals and plants, the foreshore or the shifting sands: all these nature-related themes will help you appreciate Mont Saint-Michel Bay in all its uniqueness. A listed UNESCO site, this exceptional nature reserve reveals itself in an incredible way when you set out to explore it, barefoot on the sand in the company of a guide. On a one-way or return trip, their commentary will help you gain a better understanding of the bay's complex and fascinating ecosystem. This gorgeous natural setting cannot fail to move you!

WINTER BEAUTY

Mont Saint-Michel and its bay are even more magical in winter! Emerging from the mist like a solitary sentinel, the Mont stands proud, awaiting you for a moment suspended in time. Away from the summer crowds, you can discover the site's original architecture in a

different way, exploring its narrow streets and famous abbey in peace and quiet. Sleeping nature reveals landscapes of contrasting lights, and you can discover the immensity of the bay by crossing it with a guide. Wrap up warm and fall under the spell of the almost mystical atmosphere!



A NEW WAY TO EXPLORE NATURE BY ELECTRIC SCOOTER

On a road or path, glide along on an all-terrain electric scooter for an unusual way to explore the area! Stable, easy to manoeuvre and requiring no effort, this fun and eco-friendly means of transport will enable you to discover some extraordinary landscapes. Pointe du Grouin, Vallée du Lude, Saint-Jean-le-Thomas, Carolles and its Cabane Vauban: this is a great new way to admire all the treasures of these famous sites in Mont Saint-Michel Bay, taking it slow along 4 signposted trails. Along the way, you'll see the distinctive, slender silhouette of Mont Saint-Michel watching over you!



◀ PORTRAIT

A TRAVELLING CAFÉ FACING THE BAY

If you're visiting Vains, be sure to drop by the quirky **Café de la baie**. When springtime comes around, Australian Luke Barclay welcomes visitors to his 2 CV Fourgonnette van, converted into a travelling café, on sunny afternoons at the Pointe du Grouin du Sud. Coffee, tea and local drinks await you there. Everything is organic and usually fair trade. This original concept has enabled Luke, who came to France in 2010 and fell in love with the area, to bring people together around strong values: exchanging, sharing, and promoting local products and know-how. And all while enjoying a splendid view of Mont Saint-Michel Bay

Find many more ideas for exploring the beautiful landscapes around the "Wonder", such as crossings, tours and outings, at

manche-tourism.com/travel-to-la-manche/mont-saint-michel/original-activities

attitude-manche.fr/mont-saint-michel



▶ WITH THE FAMILY

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



▶ ANIMAL PARKS

1. Parc animalier de Montaigu-La-Brisette
2. Zoo de Champrépus
3. Alligator Bay in Beauvoir

▶ RELIGIOUS HERITAGE

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



UNMISSABLE OUTINGS



▶ LEISURE PARKS

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



▶ THE GREAT OUTDOORS

1. Château de Vauville Botanical Garden
2. La Maison du Parc naturel régional des Marais du Cotentin et du Bessin in Saint-Côme-du-Mont (photo)
3. Le Véloraïl de la Vallée de la Vire in Condé-sur-Vire



▶ GREAT ARCHITECTURE

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



MARKETS AND FAIRS, A LIVING TRADITION

The markets and fairs of La Manche are unmissable meeting places and provide an amazing showcase for local products and skills. The colourful, friendly markets are highlights of

town and village life throughout the year. Seasonal fruit and vegetables, fish and seafood, cheese, crafts... the products sold on their stalls appeal to all the senses! The centuries-old agricultural fairs are part of

the department's identity. Every autumn, they promote the area's hard-working farmers, the various livestock breeds and the quality of local products. Discover our selection!

Find all the useful information on fairs and markets at

manche-tourism.com/lifestyle/markets

attitude-manche.fr/visiter-que-faire/marches/





COAST

HERE

DROP ANCHOR

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.



Le Plat-Gousset in Granville

SEASIDE RESORTS

FOR ALL AGES

Stretching for 674 km, the La Manche coast offers a string of pretty seaside resorts, ideal for peaceful family holidays. Set a course for Granville, Agon-Coutainville, Barneville-Carteret or Saint-Vaast-la-Hougue! You'll find a wide range of thrilling activities to choose from!

GRANVILLE

Perched on a rock, Granville is a truly scenic place with its upper town and harbour. Le Plat-Gousset beach and its promenade with

bathing huts make it a great place for families. Explore the corsair town, go all the way up to the Maison Dior and round your day off with a dip in the sea!

AGON-COUTAINVILLE

Located between Granville and Coutances, Agon-Coutainville is the quintessential French seaside resort. Stroll along the seafront and the bustling lanes, savour an ice cream, go for a horse ride on the beach or enjoy board

sports: whether you're looking for relaxation or entertainment, you'll find plenty to do!

BARNEVILLE-CARTERET

In Cotentin, the charming resort of Barneville-Carteret is sure to win you over with its many attractions. The beauty of its immense sandy beaches, the charm of the late 19th-century seaside villas, the headland and its lighthouse facing the Channel islands, and a range of water sports make it a wonderful place to get away from it all.

SAINT-VAAST-LA-HOUGUE

In Val de Saire, Saint-Vaast-la-Hougue is an ideal place to take it easy, discover historical sites and practise water sports. Set sail for Tatihou Island, feel humbled by the mighty Vauban towers, sample the oysters or surf the waves: this resort offers a wide variety of attractions!

THE COASTAL ROAD

A ROAD TRIP OF 343 KM

From Mont Saint-Michel to the Bay of Les Veys (Carentan), a road runs along the coast for 343 km. With long stretches of dunes, a string of 8 inlets, impressive cliffs and seaside resorts, it's an invitation to discover all the beauty of the coastal landscapes. Set off to explore the coast on one of 5 themed routes!

LA ROUTE DE LA BAIE

From Pontorson to Granville, La Route de la Baie offers stunning views of the distinctive silhouette of Mont Saint-Michel. At every turn, the thousand-and-one faces of the bay are revealed to the rhythm of the tides. With its water and light effects and contrasting colours, the spell is cast anew every day!



Pointe de Goury

LA ROUTE DES HAVRES

From Granville to Barneville-Carteret, broad inlets and sandy headlands form a string of 8 natural harbours along the coast. These estuaries are a blend of fresh and salt water, and offer natural landscapes that change frequently with the tides. Seaside resorts, fishing, oyster farming and water sports all bring this section of the coast to life.

LA ROUTE DES CAPS

From Barneville-Carteret to Cherbourg, the coastal road takes on another dimension with a series of headlands between dunes, beaches and cliffs. The Cap de Carteret, Cap de la Hague and Nez de Jobourg are both vantage points over amazing landscapes and titans that have weathered the power of the elements.



Cabins in Gouville-sur-Mer

LA ROUTE DU VAL DE SAIRE

From Cherbourg to Quettehou, the coastal road continues through this charming area. Gatteville lighthouse and the Vauban towers of Saint-Vaast-la-Hougue and Tatihou offer breathtaking views, while the pretty village of Barfleur is a lovely place to enjoy some oysters, a speciality of Val de Saire.

LA ROUTE D-DAY 1944

From Quettehou to Utah Beach, La Route D-Day 1944 will take you on a journey through the history of the D-Day landings. Sites and museums tell the story of Operation Overlord and bear witness to the soldiers' courage. As places of remembrance, they pay tribute to the soldiers and celebrate the 6th of June 1944, the D-Day that changed the course of the Second World War.



CHAUSEY, WINTER IN THE WILD

In winter, Chausey goes back to being a sleepy archipelago, the tourists have gone home and there are virtually no permanent residents. Going there at this time of year is a chance to reconnect with yourself and with nature, to find yourself in complete intimacy

with this rugged environment surrounded by the sea. These wild lands endure the might of the natural elements and are bathed in enchanting light. You can explore this extraordinary place in total freedom, knowing that you're very unlikely to bump into anyone! The shops and the

only hotel and restaurant are closed in the winter, but you can enjoy a day trip to Chausey on one of the shuttles that offer crossings from Granville. If you feel liking playing Robinson Crusoe and staying there for a few days, you can book one of the farm gites or communal gites.



◀ PORTRAIT

TATIHOU, THE ISLAND OF BIRDS

Just a stone's throw from Saint-Vaast-la-Hougue, Tatihou is a refuge for some 150 species of seabird that migrate, nest or spend winter on the island. Brent geese, oystercatchers and song thrushes all thrive in this uniquely biodiverse area, where the plant life is equally remarkable. The 28 hectares of this natural paradise also include gardens with plants "from near and far", abounding in heather, rushes, succulents, aloes and even palm trees. The imposing silhouette of the Vauban Tower, a UNESCO World Heritage Site, watches over this exceptional place, whose walled enclosure contains a lazaret housing a museum, maritime laboratory, restaurant and accommodation.

tatihou.manche.fr

lesmaisonsdetatihou.fr

+ ZOOM TO THE 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 Channel: Jersey, the island of flowers, Guernsey, the green island, Sark, the island outside time, or Alderney, the untamed island. So take a boat trip to enjoy a unique day out with a British flavour. French nationals (adults, children and babies) only need to show a valid identity card to travel there

for the day. Please note, a valid passport is required for longer trips and all other nationalities.

manche-iles.com

manche-tourism.com/seaside-holidays/island/channel-islands

attitude-manche.fr/ile/anglo-normande

TOP SENSATIONAL WATER SPORTS

A WAVE OF ADRENALINE

Get ready for some intense thrills with a range of sensational water sports! Wing foiling, surfing, windsurfing, kitesurfing and coasteering offer great opportunities to overcome your limits and embark on exciting adventures. Whether you want to glide along the water, achieve high speeds or pull off some acrobatic tricks, now's the time to take the plunge and take up some new sporting challenges!



➤ WING FOILING

Stand on a board fitted with a foil and glide along the water, propelled by an inflatable wing that you hold in your hands!

➤ COASTEERING

Coasteering combines a range of activities such as walking, rock climbing, diving and swimming, supervised by lifeguards. Why not try the adventure for yourself? Unforgettable sensations guaranteed!



➤ WINDSURFING

Why not tackle the waves on a windsurf board? With speed, slalom or freestyle windsurfing to choose from, you decide how much of an adrenaline rush you want to feel!



➤ KITESURFING

Build up speed, ride the waves and even perform jumps and tricks: you can do all this with kitesurfing, standing on a board pulled along the water by a kite!



➤ SURFING

Cotentin has some amazing spots where you can ride the waves, such as Siouville, Le Rozel or Scioto. Don your wetsuit and get ready for some intense and athletic surfing sessions!

ENJOY A DRINK BY THE SEA

Drinks and delicious food by the sea, the waves (almost) lapping at your feet... What better way to get the evening off to a pleasant start? After a day in the great outdoors, enjoy a drink on the terrace at one of the many bars and restaurants along the coast. Relaxation guaranteed!



▶ LE GOÉLAND 1951

Chilling with a view of Tatihou in Réville

facebook.com/legoeland1951/

▶ LE BISTROT DE LA PLAGE

A laid-back atmosphere in Donville-les-Bains

facebook.com/lebistrotdeplage/



▶ LE BOA COFFEE AND FOOD

The hip spot in Gouville-sur-Mer
boacoffeeandfood.com/

▶ L'HÔTEL DU FORT ET DES ÎLES

Drinks and whelks in the Chausey islands

hotel-chausey.com/

▶ LA POTINIÈRE

The sea as far as the eye can see, in Barneville-Carteret

la-potiniere-carteret.com/

▶ LA PAILLOTE

Restaurant on the sand in Carolles
tourisme-granville-terre-mer.com/a-voir-a-faire/restaurants/la-paillote-2804969

▶ L'AUBERGE DES GROTTES

At the top of Nez de Jobourg
aubergedesgrottes.com/

▶ LE WEST BAR

Open-air bar serving local specialities in Pirou

facebook.com/westbarpirou/

▶ LA CALE

The perfect spot in Blainville-sur-Mer

la-cale-blainville-sur-mer.fr/

▶ LA PETITE GARE

The best estuary view in Regnéville-sur-Mer

instagram.com/lapetitegare50/

▶ LE SCIÛT CIAL CLUB

The stylish surf hut on Sciôtot beach in Les Pieux

facebook.com/profile.php?id=100083528584257

LIFESTYLE

HERE

FEEL LIKE YOU BELONG

BECAUSE IT'S A PLAYGROUND, A PLACE
OF EXPRESSION AND ENCOUNTERS
WHERE THE GENTLE PACE OF LIFE BLENDS
WITH THE POWER OF THE ELEMENTS, LA
MANCHE HAS AN IMPALPABLE MAGNETISM
THAT RECENTRES AND ANCHORS EVERY
VISITOR, ENVELOPS AND REASSURES.





Gouville-sur-Mer

THE COASTAL PATH

Better 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!



Pointe de Barneville-Carteret

TOP 10 AMAZING SITES ON THE GR®223

Whether you’re travelling for just a few kilometres or going on a touring holiday, you’ll be stunned by the beauty of the landscapes the GR takes you through. To catch the sunrise in the morning or the sunset in the evening, follow the route while keeping an eye on the sea as you go from one spot to another.

manche-tourism.com/outdoor/hiking/gr223-coastal-path

attitude-manche.fr/randonner/gr223/



WE GO THE DISTANCE FOR CYCLISTS

You can discover La Manche differently on over 1,200 km of cycle routes, including 230 km of greenways and long-distance routes called “grands itinéraires”. Whether you're an occasional or experienced cyclist, astride a road bike, mountain bike or 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 VéloWestNormandy 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 Vélo maritime, 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. Lastly, La Régalante, a new cycle route of 275 km, also leads to Mont Saint-Michel from Nantes.

➕ 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 Vélo maritime, 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. The perfect solution for a quiet and restful break.

manche-tourism.com/outdoor/bike/organise-trip

attitude-manche.fr/velo/preparer-sa-balade



Coutances

LA MANCHE CAR-FREE, AT YOUR OWN PACE

What if we all decided to take it slow? Treat yourself to the luxury of a leisurely pace and opt for slow travel as you explore La Manche's landscapes, discover its heritage and meet the locals. Taking your time also means choosing different ways of getting around, on foot or by bike. Discover our selection of 4 station-to-station itineraries! Route maps, outbound and return journeys by train, accommodation along the way: they have everything you need to enjoy the adventure!

FROM SAINT-LÔ TO MONT SAINT-MICHEL BY BIKE

Starting from Saint-Lô station, hop on your bike and pedal all the way to the "Wonder" (as Mont Saint-Michel is known). This 4-day cycle route of 170 km will show you the many faces of La Manche. The Vélomaritime has some lovely places to stop between the towpaths, lush green countryside, unspoilt landscapes and Mont Saint-Michel Bay. There are many places to enjoy delicious food or



take in some culture along the way, and this unique cycling journey also offers splendid views. The route is both a sightseeing tour and a challenging workout!



Saint-Vaast-la-Hougue

FROM CARENTAN TO CHERBOURG ON FOOT

Combining nature and heritage, this 5-day trail of 97 km leads to some of the most beautiful places in La Manche: the Cotentin marsh, Utah Beach and the village of

Saint-Vaast-la-Hougue, as well as Gatteville lighthouse, the fort of Cap Lévi and Cherbourg harbour. It reveals stunning scenery and a rich heritage, a testimony to Cotentin's fascinating history. As you walk along, discover the area in a new light and take a deep breath of sea air!

FROM CARENTAN TO CHERBOURG BY BIKE

A 4-day trail between land and sea for an authentic dive into history! With themes including D-Day in the town of Carentan and on Utah Beach, the Vauban period in Saint-Vaast-la-Hougue and on Tatihou island, and military architecture in Cherbourg, this itinerary of 133 km offers a very educational bike ride! You will also travel through the unspoilt landscapes of the Marais du Cotentin et du Bessin Regional Nature Park.



Carentan-les-Marais

FROM COUTANCES TO GRANVILLE ON FOOT

On a 45 km walking route, this part of the west coast reveals a splendid setting dotted with salt marshes, inlets, large beaches, seaside resorts and coastal villages. After arriving in Coutances, a 3-day hike will take you to Granville, with stops in Regnéville-sur-Mer and Saint-Martin-de-Bréhal. The journey encourages disconnecting, discovery, sharing and respect for the environment.

◀ PORTRAIT CLARA

FROM THE WILDROAD.FR BLOG

A nature lover with a passion for hiking and bivouacking, Clara Ferrand shares her microadventures and outdoor explorations in her "WildRoad" blog and her social media. Making the most of the Indian summer, she came to La Manche to try out a station-to-station itinerary: "The GR®223 kept its promise to take me on a journey between Coutances and Granville, from one inlet to another, for a microadventure in the sea air! I put on my trainers and walked across the salt marshes and along Normandy's long beaches, to the rhythm of the tides. In a few days I could have experienced the spring tides, but instead of that I was able to reach the haven of peace that is the Havre de la Vanlée"

wildroad.fr/randonner-normandie-la-manche-gr223



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!

HERE'S A SELECTION



Jazz sous les pommiers

JAZZ SOUS LES POMMIERS

Coutances

4 to 11 May 2024

jazzsouslespommiers.com

PAPILLONS DE NUIT

Saint-Laurent-de-Cuves

17 to 19 May 2024

papillonsdenuit.com

DOX ART FESTIVAL

Hambye

27 to 30 June 2024

doxartfestival.com

CHAUFFER DANS LA NOIRCEUR

Montmartin-sur-Mer

11 to 14 July 2024

chaufferdanslanoirceur.org

GRANDES MARÉES

Jullouville

20 to 28 July 2024

festivalgrandesmarees.com

LES HEURES MUSICALES DE LESSAY

in July and August 2024

heuresmusicalesdelessay.com

LES TRAVERSÉES TATIHOU

20 to 25 August 2024

traversees-tatihou.manche.fr

CARA MEUH FESTIVAL

Vains

14 and 15 September 2024

cara-meuh.com/le-cara-meuh-festival/



Via Aeterna

VIA AETERNA

Mont Saint-Michel Bay

in October 2024

via-aeterna.com

LES SAINTS SAUVEURS DU ROCK

Saint-Sauveur-Lendelin

in October 2024

2sdr.fr

LES RENDEZ-VOUS SONIQUES

Saint-Lô

in November 2024

lesrendezvoussoniques.com

And plenty more at

manche-tourism.com/event

attitude-manche.fr/grands-evenements



Les Papillons de nuit

THE FIRST PLACE ON THE PODIUM



Attitude 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!

WING ATTITUDE RACE

1st wing foil record attempt between
Chausey and the mainland, **on 6 and
7 April 2024**

LES FAIRWAYS DE LA MANCHE

3rd edition of this team competition
to discover the golf courses of La
Manche,

18 to 20 April 2024

lesfairwaysdelamanche.fr

LE RAID DE L'ARCHANGE AND LA BARJO

300 km leaving from Mont Saint-
Michel with 5 trails from 94 km to 15
km around La Hague,

15 to 16 June 2024

labarjo.fr

FRENCH NATIONAL ROAD RACE CHAMPIONSHIPS

In Saint-Martin-de-Landelles,

20 to 23 June 2024

velo.ffc.fr

GLISS FESTIVAL

A weekend celebrating all kinds of
board sports in Barneville-Carteret,
in July 2024

TOUR DES PORTS DE LA MANCHE

Regatta between the ports of La
Manche and the Channel Islands,
7 to 12 July 2024

tourdesports50.fr

DRHEAM CUP GRAND PRIX DE FRANCE DE COURSE AU LARGE

In Cherbourg-en-Cotentin,

11 to 21 July 2024

drheam-cup.com

NORMANDIE HORSE SHOW

In Saint-Lô, the biggest gathering of
equines in Normandy,

31 July to 4 August 2024

normandiehorseshow.com



LES BOSSES DE BROUAINS

French Mountain Biking Cup,
in September 2024

lesbossesdebrouains.fr

12TH STAGE OF THE GRAND NATIONAL FFE SHOW JUMPING CONTEST

in Saint-Lô,

17 to 20 October 2024

polehippiquestlo.fr

JUMPING INTERNATIONAL 4* DE SAINT-LÔ

The world's best horse-riders
compete in indoor events,

24 to 27 October 2024

polehippiquestlo.fr

And plenty more at

manche-tourism.com/event

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

SOUVENIRS

100%

MANCHE



1 LE BISCUIT DE SAINTE-MÈRE-ÉGLISE

Biscuiterie de Sainte-Mère-Église

2 POIRÉ

La cave normande
(Saint-Cyr-du-Bailleul)

3 JAM

Les délices de Camille (Bréhal)

4 SALTED BUTTER CARAMEL

La ferme des Cara-Meuh! (Vains)

5 TEURGOULE

Les saveurs Granvillaises (Granville)

All this and much more at boutique-manche.fr



- 6** MILK JAM
Lait doux de Normandie
(Saint-Sauveur-le-Vicomte)
- 7** BISCUITS WITH CARAMEL CHIPS
Biscuiterie de Quinéville
- 8** APPLE JUICE
Les vergers de la passion
(Rauville-la-Bigot)
- 9** PÂTÉ DE CAMPAGNE WITH
SAINTÈ-MÈRE-ÉGLISE BEER
La ferme de Grémi (Sainte-Cécile)
- 10** SALMON RILLETES
Saumon de France (Cherbourg)

or at **M Fabrik** 47 Rue Havin in Saint-Lô



LA MANCHE

IN SHORT...

GEOGRAPHY

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

Surface area: 5,951 km²

674 km of coastline

The islands: Mont Saint-Michel, Tombelaine, Chausey, Tatihou, Saint-Marcouf & l'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!

495,093 inhabitants (83 people per km²)

Cherbourg-en-Cotentin 77,789

Saint-Lô (prefecture) 19,206

Granville 12,558

La Hague 11,257

Avranches 10,264

Carentan 10,227

Coutances 8,380

(Source: INSEE 2021)

NATURE

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

2 regional nature parks: Marais du Cotentin et du Bessin / Normandie-Maine.

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

Over 7,000 km of 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 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



5 "Famille Plus" resorts

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



9 towns with the "Station Verte" ("Green Resort") label

Agon-Coutainville, Barneville-Carteret, Brécey, Ducey-Les-Chéris, Mortain-Bocage, 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 "Ville et Métiers d'Art" craft town

Villedieu-les-Poêles



Gorey - Jersey

PRACTICAL INFORMATION

EXCURSIONS TO THE ISLANDS

CHAUSEY

GRANVILLE
JOLIE FRANCE
 Ferry Terminal
 Rue des Isles
 Tel. +33 (0)2 33 50 31 81
vedettesjoliefrance.com

THE CHANNEL ISLANDS

GRANVILLE - BARNEVILLE-
 CARTERET - DIÉLETTE
MANCHE ILES EXPRESS
 Tel. +33 (0) 825 131 050
manche-iles.com/en
 To Jersey, Guernsey, Alderney, Sark

CHERBOURG-EN-COTENTIN
CONDOR FERRIES
 Transmanche Ferry Terminal
 Tel. +33 (0)2 99 40 78 10
condorferries.fr
 To Guernsey

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 at manche-tourism.com
attitude-manche.fr

CROSSINGS TO ENGLAND AND IRELAND

CHERBOURG-EN-COTENTIN

BRITTANY FERRIES
 Transmanche Ferry Terminal
 Tel. +33 (0)2 98 244 701
brittany-ferries.co.uk
 Cherbourg to Portsmouth and
 Poole in Great Britain, to Rosslare
 and Cork in Ireland.

IRISH FERRIES
 Transmanche Ferry Terminal
 Tel. +33 (0)1 70 72 03 26
irishferries.com
 Cherbourg to Dublin in Ireland.

STENA LINE
 Transmanche Ferry Terminal
 Tel. +33 (0)2 33 43 23 87
stenaline.co.uk
 Cherbourg to Rosslare in Ireland.

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Listed by area from North to South in the department, then in alphabetical order by municipality

**OFFICE DE TOURISME
DU COTENTIN**

encotentin.fr

contact@ot-cotentin.fr

0 805 320 200 Service gratuit
+ prix appel



**TOURIST INFORMATION
CENTRES OPEN ALL YEAR
ROUND**

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



**OFFICE DE TOURISME
DE LA BAIE DU COTENTIN**

ot-baieducotentin.fr

tourisme@ccbdc.fr



**TOURIST INFORMATION
CENTRES OPEN ALL YEAR
ROUND**

E4 CARENTAN-LES-MARAIS
+33 (0)2 33 71 23 50



D3 SAINTE-MÈRE-ÉGLISE
+33 (0)2 33 21 00 33



**CÔTE OUEST CENTRE
MANCHE TOURISME**

tourisme-cocm.fr

tourisme@cocm.fr

+33 (0)2 33 45 14 34



**TOURIST INFORMATION
CENTRES**

C4 LA HAYE
Open from April to
September



C5 LESSAY
Open all year round



C5 PIROU
Open in July and August

C5 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



**TOURIST INFORMATION
CENTRES**

E5 SAINT-LÔ
Open all year round
+33 (0)2 14 29 00 17



F6 TORIGNY-LES-VILLES
Open in season
+33 (0)2 33 77 42 22



COUTANCES TOURISME

tourisme-coutances.fr

accueil@tourisme-coutances.fr

+33 (0)2 33 19 08 10



**TOURIST INFORMATION
CENTRES
OPEN ALL YEAR ROUND**

C6 AGON-COUTAINVILLE



C6 BLAINVILLE-SUR-MER

D6 COUTANCES



D7 GAVRAY-SUR-SIENNE

C6 GOUVILLE-SUR-MER

C6 HAUTEVILLE-SUR-MER



**OFFICE DE TOURISME
DE VILLEDIEU INTERCOM**

villedieutourisme.fr

contact@villedieutourisme.fr

+33 (0)2 33 61 05 69



E7 Open all year round



**OFFICE DE TOURISME
GRANVILLE
TERRE & MER**

tourisme-granville-terre-mer.com

information@otgtm.fr

+33 (0)2 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

**OFFICE DE TOURISME
MONT SAINT-MICHEL
NORMANDIE**

ot-montsaintmichel.com



**TOURIST INFORMATION
CENTRES
OPEN ALL YEAR ROUND**

D9 AVRANCHES
+33 (0)2 33 58 00 22
tourisme.avranches@
msm-normandie.fr



C9 GENÈTS
+33 (0)2 33 89 64 00
tourisme.genets@
msm-normandie.fr



C9 LE MONT-SAINT-MICHEL
+33 (0)2 33 60 14 30
tourisme.lemontsaintmichel@
msm-normandie.fr



F9 MORTAIN-BOCAGE
+33 (0)2 33 59 19 74
tourisme.mortainbocage@
msm-normandie.fr



C10 PONTORSON
+33 (0)2 33 60 20 65
tourisme.pontorson@
msm-normandie.fr



**E9 SAINT-HILAIRE-
DU-HARCOUËT**
+33 (0)2 33 79 38 88
tourisme.sthilaireduharcouet
@msm-normandie.fr





Liberation Ball in Carentan-les-Marais

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attitude-manche.fr