

Calvados

The true spirit of Normandy



www.calvados-tourisme.com


Calvados
Un amour de Normandie

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DIRECT CHANNEL CROSSINGS TO CALVADOS:

Caen - Ouistreham / Portsmouth

Daily crossings with Brittany Ferries:

Tel: 0330 159 7000

www.brittany-ferries.co.uk

AIRPORTS:

Carpiquet www.caen.aeroport.fr

Deauville www.deauville.aeroport.fr

BUS LINES:

A network of regular bus lines enables foot passengers to discover Calvados: the Côte Fleurie, the Pays d'Auge, the Côte de Nacre, the Bocage Virois and the Suisse Normande. The Bus Verts - Green Buses - operate a shuttle service from Caen to the Ouistreham ferry port. And during the summer months, Bus Verts also provides a D-Day Line with daily departures from Caen and Bayeux to discover the historical sites of the Battle of Normandy.

Tel: 09 70 83 00 14

www.busverts.fr



Welcome to Calvados



Every so often, you discover a place that has everything you need for the perfect holiday. The kind of place that pops into your mind whether you're thinking about chilling out or getting active, taking the family or travelling in a twosome.

For me, Calvados is one of those very special places. As a travel writer specialising in France, I'm lucky enough to travel all over the country, researching features in vibrant cities and picture-postcard villages, chic resorts and quiet countryside. But I keep on returning to this enchanting corner of Normandy, so easily accessible from England and yet so very different.

I never tire of the vast beaches and open skies of the Calvados coast, its smart resorts and quiet fishing harbours. As a horse rider and nature lover, I love its equestrian traditions and glorious countryside. And as someone who adores history and heritage, I love exploring the area's cultural sites, so inextricably bound up with our own.

When hunger beckons, there's nothing to beat settling down at a seaside restaurant or country inn, a city brasserie or stylish hotel, and tucking into dishes that have been lovingly prepared from the freshest local produce - washed down, of course, with a glass of local cider or apple juice.

So I was delighted when the Calvados Tourist Board invited me to collaborate on this brochure and gave me an excuse to get to know their department even better. I soon found that there's always a new village or museum to discover, a new activity to try or a restaurant to visit, and on the way, I met a wealth of charming people, all passionate about promoting 'their' Calvados.

Hopefully the pages that follow will persuade you to explore this captivating corner of France for yourself and to make Calvados into one of your very special holiday destinations too.

Gillian Thornton

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“Explore our rich heritage”

Nestled in the heart of the Normandy region, the department of Calvados includes some of the most enchanting landscapes in France in one easy-to-explore package.



Enjoy mile after mile of clean sandy beaches from Honfleur in the east to Isigny in the west. Wander through the lush meadows and apple orchards of the Pays d'Auge; the patchwork fields and woods of the Bocage; and the peaks and gorges of the Suisse Normande. Tour historic chateaux and manor houses, sample the traditional life of picturesque country villages, and taste fresh local produce from seafood and cheese to cider and apple juice.

Homeland of William the Conqueror, Calvados also includes a number of must-see heritage towns. Just call in at the local Office de Tourisme where staff will be happy to help you make the best of your visit.



William the Conqueror

Follow the inspirational story of William the Conqueror on the Epic Adventure tourist trail that links key sites in Caen, Falaise and Bayeux. Find out how the illegitimate son of the Duke of Normandy became famous not just as King of England, but as a fearless warrior and wise administrator.

www.lafabuleusepoppee.com

Six of the best

Caen

Although virtually destroyed during World War II, Caen miraculously retained its two magnificent abbeys, the Abbaye aux Hommes, founded by William of Normandy, and the Abbaye aux Dames, founded by his wife Mathilda. Tour the museums within the ramparts of William's castle; visit the 16th century Postal Museum; and admire the 18th century houses of Place Saint-Sauveur.

Relax in the town's many quiet squares and gardens, its cafés and restaurants, then visit the unique Caen Memorial on the outskirts of town, a memorial to peace told through themed exhibitions on world conflicts since 1918.

www.tourisme.caen.fr





Interview...

...**Jean-Marie Levesque**
Director of the Museum of Normandy in Caen

Millennial Normandy

"Medieval heritage is omnipresent throughout Normandy!" begins Jean-Marie Levesque. The influence of the Roman Art developed in Normandy during the reigns of the Norman dukes is such that it bears the region's name, "the British even refer to it as Norman Art" for this period in history. Calvados offers a wealth of fine examples from the period associated with the story of William the Conqueror. "The duke-king's personality was such that it has somewhat overshadowed that of his successors," the director of the Musée de Normandie continues, "his son Henry I Beauclerc, who left a long-lasting mark on the castles of Caen and Falaise, along with Henry II, Richard the Lionheart and John Lackland, all of them legendary figures throughout the European continent!" It is precisely this history and this heritage that are, today, at the heart of the stakes involved in archaeological excavation, restoration and museographical improvement sites currently under development in Norman castles, with support from the European Union, within the framework of the "Norman Connections" INTERREG project.

...> www.musee-de-normandie.eu

Bayeux

Classified by UNESCO on their 'Memory of the World' register reserved for documents of universal cultural interest, the famous Bayeux Tapestry is not a tapestry at all, but a picture story embroidered on linen in the 11th century to document the Norman invasion of Britain. Explore its 70 metre length with the help of an audio guide and tour the exhibition that brings the events of 1066 vividly to life.

Enjoy the architecture of Bayeux's Old Town by following the pedestrian tourist trail, liberally dotted with information panels. Visit the towering Gothic cathedral and learn about contemporary history at the Battle of Normandy Memorial.

www.bayeux-bessin-tourisme.com



Interview...

...**Chantal James,**
Specialist in Bayeux Stitch

Although she modestly claims not to know every metre of the Bayeux Tapestry in detail, Chantal James is intimately acquainted with the techniques of Medieval embroidery used on the 12th century strip cartoon. The only professional needlewoman working with authentic Bayeux Stitch, Chantal gives classes to stitchers both in France and overseas, sells kits taken from scenes in the design, and also works in the Tapestry workshop.

Faithful to the original materials and techniques, Chantal insists that Bayeux Stitch is quite simple to master and quick to work using wool on a stretched linen background. 'Wool is a warm material that gives volume to the design', explains Chantal, who is passionate about keeping the techniques alive by introducing them to a new audience of both novice and experienced stitchers. 'There are so many details in the Tapestry that you can always learn something new. It's even possible to recognise the styles of individual needlewomen according to the harmony of the designs. At that time, people didn't understand about perspective, but the stitchers used their own techniques to bring movement to the scenes and move certain elements into the foreground.'

...> www.bayeux-broderie.com

Falaise

The story of how William the Bastard became William, Duke of Normandy and King of England begins at Falaise where he was born in 1027, the illegitimate son of Robert, Duke of Normandy, and a young village girl.

Tour the two castle keeps where William grew up and the 13th century round tower, all painstakingly restored, and experience key moments in the building's illustrious history through a self-guided audio-visual tour. Also on the tourist trail, Automates Avenue, a collection of more than 300 mechanical figures grouped in Parisian scenes.

www.falaise-tourisme.com





Deauville

Seaside resorts don't come much smarter than Deauville, highlight of the Côte Fleurie, with its elaborate half-timbered villas and chic fashion boutiques, its elegant hotels, casino, and sporting facilities. Stroll the boardwalk overlooking those famous sands where beach huts are named after Hollywood legends; spend a day at the races; or rub shoulders with international movie stars at the annual American film festival. Deauville is great for families too with its safe beach, extensive children's play areas and varied family amenities whilst neighbouring **Trouville sur Mer** offers a delightful blend of family resort and working fishing harbour.

www.deauville.fr
www.trouillesurmer.org



Honfleur

Houses up to seven storeys high are reflected in the still water of Honfleur's old harbour, the narrow streets behind them dotted with craft shops and cafés. Visit St Catherine's church, made entirely from wood; watch the world go by from a quayside restaurant; and visit the town's many museums that cover everything from fine art to shipping, traditional interiors to the music of Erik Satie. Take the sea wall trail to discover 12 personalities connected with the town, including writer Charles Baudelaire and artist Claude Monet, one of several Impressionist painters inspired by the area. Then stop off at Naturospace, the largest tropical butterfly house in France.

www.ot-honfleur.fr



Lisieux

Principle town in the pretty Pays d'Auge, Lisieux was the home town of St Teresa, who was born in 1873 to a devout family and entered a Carmelite convent at the age of 15 after special dispensation from the Pope. Thérèse Martin died tragically young of TB in 1897 but her philosophies live on in her book, History of a Soul. Visit the family home at Les Buissonnets and St Teresa's Basilica, one of the largest churches of the 20th century. By contrast, the Cathedral of St Peter was begun in 1170 and completed in the mid 13th century.

www.lisieux-tourisme.com



“Family fun”

Whatever style of coastal resort you're looking for, Calvados has it. East of Ouistreham along the Côte Fleurie, towns such as Deauville and Trouville, Cabourg, Houlgate and Villers sur Mer became fashionable in the late 19th century and today blend modern visitor amenities with elegant Belle Epoque architecture. Further west, the Côte de Nacre offers a less flamboyant alternative with smaller resorts such as Courseulles sur Mer, and St Aubin sur Mer.

Where there's sea and sand, there's always sport - on the water and off it. And don't worry if you're a complete beginner. There's expert tuition for all abilities in everything from windsurfing to sailing, kitesurfing to sand-yachting. Or enjoy a different kind of aquatic thrill at one of the many water parks which offer pools, slides and water games for all ages. Everyone loves animal attractions and in

Calvados you can get up close and personal with farm animals or fish, big cats or butterflies. Enjoy a day at one of the department's two well-stocked zoos. Travel through time at the Festyland fun park where themed rides and live shows provide a thrilling introduction to local history. Try moving from tree to tree on the walkways and zip lines of an accrobranche circuit, all carefully graded to cater for everyone from toddlers to adults.

And don't worry if there's the occasional shower - under-12s will love the several indoor games centres.

Remember too that many castles and historical attractions are geared up to welcome younger visitors - the perfect all-weather diversion for all ages.

For a wide range of ideas, visit www.calvados-tourisme.com



How a-maizing!

Finding your way out of a maze is never quite as easy as you think, especially when the paths wind between towering fronds of maize up to nine feet tall. Test your family's navigational skills in Calvados at three contrasting plant puzzles near the towns of Bayeux, Caen and Honfleur.

These mazes follow a different design and theme every summer with past topics including Vikings, space invaders, and local legends, so even if you've visited before, you've no guarantee of an easy exit next time round. Everyone has to follow the signs and solve the clues to find the right path.

Once the whole family has emerged from the foliage, you'll find other attractions to enjoy on site.

www.labyrinthe-decaen.com

www.labyparc-bayeux.com

www.labyrinthe-honfleur.com



Interview...

..... **Hervé Lebel, Expert in leisure attractions**

As director of the Festyland theme park at Bretteville sur Odon, Hervé Lebel has long believed that it's possible for parents to be interested in cultural and historical sites, and still want attractions which they know their children will enjoy. Now he has managed to convince other tourism professionals that the same family can enjoy a visit to a history museum just as much as a theme park, so long as it is presented in the right way.

'It's really important to break individual tourist attractions down and broaden what they offer to guests so that they're more attractive to families,' explains Hervé, who is President of the newly formed Association for the Development of Activities at Tourist Sites in Normandy. 'And now that they have bonded together as an Association, some 119 tourist sites throughout Normandy have expanded their services and adapted what they offer to younger visitors.'

'The Mémorial de Caen, for instance, has set up a nursery; the Val de Cimes at Saint-Gatien has installed adventure circuits through the trees for all ages; and the Tyrolien slide at the Viaduc de la Souleuvre is now accessible to very young children. At the opposite end of the scale, sites aimed at children are no longer restricting the activities they offer to small-sized people.' Truly something for everyone in Calvados.

.....▶ www.festyland.com

With 120 km of glorious coastline, excellent sporting facilities and a wide range of leisure parks and animal attractions, Calvados is the ideal destination for a family holiday. Choose from a wide selection of family-friendly hotels and atmospheric gîtes, seaside apartments and country campsites, all within easy reach of major attractions.



Two zoos mean double the fun

Wherever you stay in Calvados, you won't be far from one of the department's two zoos - one in the east and one in the west.

At Hermival les Vaux near Lisieux, the 50-hectare site of the Parc Zoologique de Cerza is home to a conservation and breeding programme for many endangered species, including the only herd of Indian rhinoceros in France. Amongst the park's 1000 residents are lions and white tigers, black panthers, brown bears and giraffe. Chose from two walking circuits or take the safari train tour. And if you really can't bear to tear yourself away from the animals at the end of the day, you can even book a night in a traditional yurt or an eco safari lodge.

In the west of the department at Jurques, the Zoo de Jurques is also heavily involved with endangered species. Home to more than 700 animals, it provides a rare opportunity to see two beautiful white lions - there are only 30 others across the world - as well as wolves, penguins and other wild cats. There's plenty of interactive fun too - carefully supervised of course. Never held a python? Well now's your chance. And when you've finished touching the reptiles, you can join in the fun of animals' feeding time and watch the free-flying bird show.

www.cerza.com
www.zoodejurques.fr



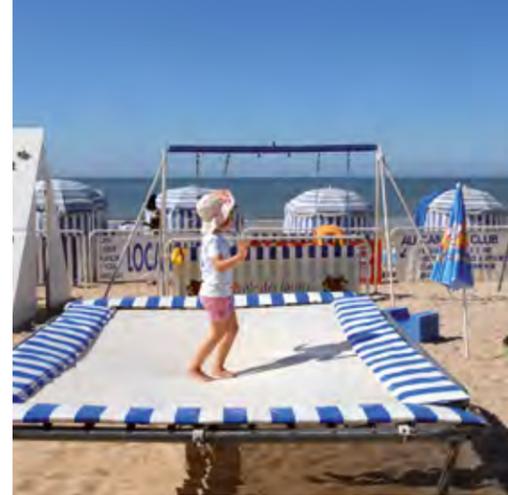
Market Magic

There's something irresistible about the bustle and buzz of a French market and all the family can have fun browsing stalls laden with unfamiliar foods and craft items. There's a regular market on somewhere in Calvados every day of the week, as well as daily fish markets in Ouistreham, Courseulles sur Mer, and Honfleur. Look out too for special evening markets during the summer months, often with food and entertainment thrown in.

If you're self-catering, get the children involved in choosing produce for supper or a picnic - plump fruit and vegetables, unusual cheeses, fresh bread and local fruit juices. It could be the start of a love affair with French food. Encourage them to try out their language skills too. 'Bonjour' and a big smile works wonders with any stallholder and may even lead to a free sample to taste. And finding out that their school French actually works is a huge confidence booster for the classroom, however basic their knowledge.

As well as showcasing local food producers, most markets also include a variety of clothing and craft stalls, which will be different from home. Teach your children to shop in a difference currency by giving them a few euros each and seeing what kind of bargains they come back with.

Remember too that French villages are safe places to give children a bit of freedom. Shopkeepers are used to serving young shoppers with the daily bread and other essentials and this is the ideal time to let your youngsters feel grown-up.



Interview...

Katy Riou,
Organiser of family
activities at Cabourg

Cabourg has long had a reputation as a romantic seaside resort with its beautiful beach and gracious Belle Epoque villas, its busy casino and fabulous floral displays. Home to horse racing and film festivals, it offers everything that discerning couples could possibly want, but Cabourg is also a great resort for children and that's official.

In May 2007, this charming town on the Côte Fleurie became the first resort in Calvados to be given a 'Family Plus' label by the French Minister for Tourism after submission of a detailed dossier and a visit by an anonymous inspector.

'Both the town and the Tourist Office are very proud to pioneer the Famille Plus label in Calvados,' says Katy Riou, who is the Tourist Office representative responsible for giving families a warm welcome. 'We've been organising activities for 5-12 year olds for more than a decade, but now we have broadened out our programme to include activities such as fishing for shellfish, sand castle competitions, painting on the sea front, and day trips around the area.'

'All the children's activities are open to foreign visitors and we've already welcomed children from Britain, Germany and Italy to our handicraft workshops.'

Families arriving in Cabourg can enjoy horse riding and karting, windsurfing, sand-yachting and golf, as well as a cinema, library and skate park. A variety of events and competitions take place throughout the year, and hotels and restaurants are geared up to provide all the essentials for a relaxing family holiday.

.....▶ www.cabourg.net

“Golf with a view,”



If you dream of playing a course that combines a golfing challenge with glorious surroundings, you really can't do better than Calvados.



Interview...

Graham Ruth
Director of Golf,
Brittany Ferries

More and more British golfers are discovering the delights of the Calvados courses but few players know them as well as county golfer Graham Ruth. As Director of Golf for Brittany Ferries, Graham has a wealth of experience in organising trips and tournaments for parties ranging from 2 to 1,200.

'With daily crossings by ferry into Caen, Le Havre and Cherbourg, the Calvados courses are so easy to get to for British golfers,' explains Graham who's been passionate about golf since he was 12. 'There's no worry about lost clubs or excess baggage, the courses are well signposted, and all the clubs we use have English-speaking receptionists.' The Brittany Ferries golf desk organises everything from hotels and restaurants to tee-times, so all golfers have to do is turn up and play.

'For me, the attraction is not just the challenge of playing a particular hole or course well, but the whole experience of playing in Calvados,' admits Graham. 'No matter how many times I visit, I never lose that sense of excitement.'

► www.brittanyferries.co.uk/golf-holidays



Stretching from Omaha Beach in the west to Deauville in the east, the department's thirteen courses enable players to try a range of terrain ranging from parkland to marshland, links to wooded valleys, all within easy reach of each other. Whether inland or by the sea, every course has its own unique atmosphere and features. Pit your wits against the ponds and lakes of the Golf de St Julien at Pont l'Évêque; spot more than 30 contemporary sculptures at the Golf Club de l'Amirauté in Deauville; and enjoy the beautiful natural landscape of the Golf de Clécy at Clécy. Breathe in the sea air and enjoy the Channel view from the Golf de Omaha Beach and, further east on the Côte Fleurie, from the Golf Barrière de Deauville, and the Golf de Cabourg Le Home.

On-site hotels at a number of courses mean that visitors can book a complete golfing package, but whether travelling independently or as part of a group, you'll find a warm welcome waiting for British players. French clubs have a far more relaxed approach to dress code and regulations than clubs at home, leaving you to concentrate on much more important matters - your game.

Visit www.calvados-tourisme for full information on golf courses.



Omaha Beach keeps moving forward

Located in a magnificent setting overlooking the D-Day beaches, the Omaha Beach Golf Club hosted the first Senior French Open in 2004. Four years later, it became the first club in Calvados to boast 36 challenging holes that incorporate hedges, valleys and water obstacles.

Founded in 1985 by Guy Dupont and designed by famous golf architect Yves Bureau, the club has added an extra nine holes to its three original 9-hole courses to make two 18-hole courses, each with its own individual atmosphere - the par-71 Le Manoir course and the par-72 La Mer. With both an on-site hotel and self-catering apartments, The Omaha Beach Club is close to the historic town of Bayeux as well as the Mulberry harbour and military museums of Arromanches - a great centre for a holiday that combines sport, culture and delicious local food.

www.omahabeachgolfclub.com



Interview...

Pierre Peltier
Director, Golf
Deauville St-Gatien

The number of British golfers playing the peaceful course at St-Gatien has increased steadily since Pierre Peltier joined the club in 2005, with around 2,500 of them now playing the 27-holes each season.

Travelling independently or via tour operators, they make up around 9% of the club's total clientele. 'British golfers particularly enjoy our course because it is situated in the middle of a quiet forest and offers very varied terrain, especially the Valley course which not only provides a serious sporting challenge but also wonderful views over the forest and the Seine estuary,' he says.

'They also appreciate the fact that each of our three 9-hole courses has a very different character; the quality of the greens and fairways is first class; and everyone is assured of a warm welcome and relaxed atmosphere.'

Hardly surprising then that many guests return year after year, often in groups of six to ten players. Most are handicap golfers and whilst it is helpful to bring your certificate with you, Pierre knows from past experience that British golfers are sufficiently experienced to play the club's three courses. For those who want to improve their skills, however, lessons are available in both French and English.

'Our courses here in Normandy are perfectly capable of competing with the world's greatest courses from Scotland and Ireland to Spain and the United States,' says Pierre.

► www.golfdeauville.com



Red, with and blue at Golf Barrière de Deauville

Players at the popular Golf Barrière de Deauville have a colourful choice of courses that is guaranteed to challenge golfers of all abilities. Located on Mont Canisy, just minutes from the town centre, the club dominates Deauville and offers glorious views of both coastline and countryside.

The Par 71 Red & White Course offers 18 very different holes that become particularly challenging once you reach No 12. Meanwhile the Par 36 Blue Course requires a strong technique to overcome the numerous bunkers and areas of rough set amongst the trees. When you've finished your game, you can relax over drinks or a meal at the pretty half-timbered clubhouse. Enjoy the panoramic terrace in summer, the cosy bar and open fireplace on colder days. Players can also take advantage of a Golf Pass enabling them to play the 27 holes of Golf Barrière de St Julien at nearby Pont l'Évêque.

www.lucienbarriere.com



“Relax—you’re in Calvados!”

Come to Calvados and you’ll soon find that chilling out is a serious business, however you choose to unwind.

A great favourite with the French - and fast catching on with overseas visitors - is thalassotherapy, a range of spa treatments which harness the healing powers of seawater and marine minerals. Try them for yourself in the luxurious centres at Cabourg, Ouistreham, Deauville and Luc sur Mer.

If retail therapy is your idea of wellbeing, browse the chic boutiques of the Côte Fleurie resorts and the department stores of Caen, home to branches of both Galeries Lafayette and Printemps. Wander round the antique dealers at Dives sur Mer and Honfleur, or tour the Village de Potiers at Noron la Poterie near Bayeux. Then visit Vire to stock up on culinary and tableware items at the factory shop of Guy Degrenne, French pioneer of stainless steel and silver-making. If you’re

after edible souvenirs, you’ll find regional produce on sale throughout the area.

Maybe a day at the races is your idea of holiday heaven. Calvados is world-famous for horse-breeding with more than 1700 studs scattered through its lush landscape and no less than eight racecourses from Deauville to Vire, Caen to Lisieux. Whether you’re an experienced racegoer or a beginner, don’t miss the chance to soak up that unique atmosphere - and maybe win a few euros into the bargain.

As evening falls, try your luck at one of the department’s eight seaside casinos, relax over fresh regional produce at an atmospheric restaurant, or perhaps take in a movie in an area renowned for its film festivals.



Interview...

Alice Bazouge Traditional French interiors for all

Alice Bazouge has fond memories of her childhood in the French countryside, the scene inside her grandmother's kitchen, and the traditional objects that decorated so many country homes. Now she is helping other people to recreate the same atmosphere through her brocante - her collectables shop - in the heart of old Honfleur. 'I've called it Campagne, Dentelles et Roudoudous which means Countryside, Lace and Sweets,' explains Alice, who stocks household objects from the late 19th century through to the end of World War II. 'They're the sort of old-fashioned sweets that I adored as a child but which are hard to find nowadays.' Alice opened the shop in 2004 and has since appeared in a number of interior décor magazines, as well as on television and in international shopping guides. 'All the objects are authentic, sourced from house clearance sales and country fairs, but I'm very selective,' she says. 'Most of them are not expensive and they're generally quite small and easy to take home, so the shop attracts customers from Britain, the United States and Japan. They love anything that is specifically French - bowls for morning coffee and enamelled cooking pots.' And of course the shop is popular with French customers too, many of whom have similar memories from their own childhood. Alice even stocks her favourite old-fashioned sweets - a taste of days gone by from a shop that's just packed with nostalgia.

► **Campagne, Dentelles
et Roudoudous,
41 Rue Haute, Honfleur
Tel: 06 60 58 66 06**

Traditional pottery finds international market

One of the last traditional potteries in Calvados, the Poterie du Mesnil de Bavent was set up in 1842 to produce tiles but soon expanded into decorative accessories for rooftops. Today this unique workshop between Cabourg and Caen specialises in épis de façade or finials - pottery pieces that decorate and protect the summit of roof pinions. Production of finials flourished in the late 19th century with the growth of seaside resorts on the Côte Fleurie, but came to a halt during World War II. After the war, the pottery focused on tiles again but in 1987, the artistic side of the business was bought by artist Martine Kay-Mouat, who was joined by her daughter Dominique in 1992. Together they have worked hard to rekindle interest in traditional finials and keep the Norman heritage alive.

Working closely with Les Monuments Historiques, the pottery has made roof ornaments for many prestigious chateaux and manor houses throughout France, as well as for villas in nearby Deauville and Houlgate. Other pieces have been commissioned for customers as far away as the United States and Japan.

Martine and Dominique have also encouraged the production of other traditional items such as hand-decorated tableware, large garden pots, and a collection of life-size animals which regularly feature in smart antique and garden shops in Paris and the United States. Take a guided tour of the workshop where highly-skilled craftsmen mould, fire and paint each individual piece, using traditional methods and materials. Each one is hand-made, so no two pieces are the same - a unique and long-lasting souvenir of Calvados.

www.poterie-bavent.com



Soothe mind and body with seawater therapy

The Greeks and Romans were great believers in the healing powers of sea water, but it wasn't until the late 19th century that Frenchman René Quinton began to conduct scientific experiments, not just with mineral-rich sea water, but with marine mud and plants.

The first modern thalassotherapy centre - from the Greek word 'thalassa' meaning 'sea' - opened in France in 1899 and the French have been firm fans ever since. Fresh pumped seawater is heated to a temperature which permits the passage of ions into the body, and because the density of sea water and human cells is similar, the treatments work quickly, proving especially effective in improving circulation, treating stiff muscles and joints, and for general relaxation.

Tailor your programme of treatments to your individual needs with the advice of fully-qualified therapists. Try sinking into a deep massage bath heated to 35° whilst a programme of jets soothes away tensions and stimulates the circulation. Or perhaps tone and relax your muscles with an invigorating jet shower. For the ultimate in wellbeing treatments, let marine minerals and plant extracts work their magic on tired muscles with a cleansing seaweed wrap.

Cures Marines, Trouville sur Mer www.lescuresmarines.com

Thalasso des 3 mondes, Luc sur Mer www.thalassodes3mondes.com

Thalasso-Spa Algotharm de Deauville www.thalasso-deauville.com

Thalazur, Cabourg www.thalazur.fr

Thalazur, Ouistreham www.thalazur.fr



Interview...

Isabelle and Jean-Luc Bara Owners of the Ecajeul stud at Mesnil Mauger

Whether you are planning to spend a day at the races or simply want to know more about this exciting - but sometimes confusing - sport, don't miss a rare chance to go behind the scenes at the Haras d'Ecajeul, home to trainer Jean-Luc Bara and his wife Isabelle.

The only thoroughbred trainers in Calvados to open their yard to the public, the Baras offer daily guided visits - by appointment - which include the stables, the training manege and the tack room. Get up close and personal with their magnificent horses and find out all about the business of breeding and training, selling and racing.

The visit finishes with a delicious tea home-made by Isabelle.

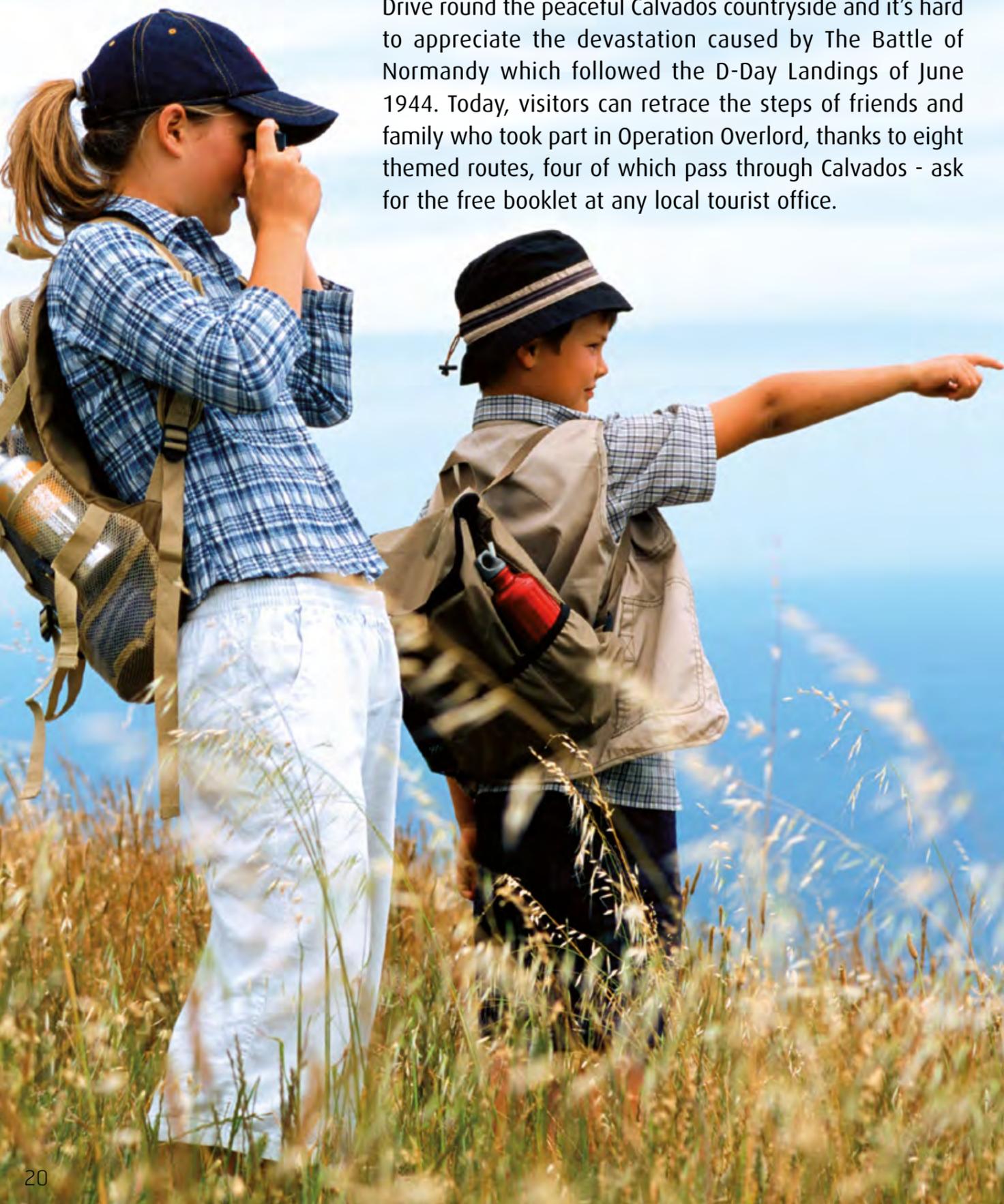
She and Jean-Luc also run guided tours on the theme of 'The Horse at Deauville', taking in Touques race course and the bloodstock sales arena of Elie de Brignac, and offer hacks through the Calvados countryside - anything from a half-day to a week-long programme, suitable for all ages and abilities. And if you've fallen in love with the local half-timbered houses and the atmosphere of the Pays d'Auge, you can soak it up with an overnight stay as a B&B guest.

► **Haras d'Ecajeul
<http://harasdecajeul.wordpress.com>**



“Lest we forget,”

Drive round the peaceful Calvados countryside and it's hard to appreciate the devastation caused by The Battle of Normandy which followed the D-Day Landings of June 1944. Today, visitors can retrace the steps of friends and family who took part in Operation Overlord, thanks to eight themed routes, four of which pass through Calvados - ask for the free booklet at any local tourist office.



Four of the five Plages du Débarquement lie within the department - Omaha (American), Juno (Canadian) and Gold and Sword (British). Here, during the night of 5 and 6 June, 150,000 men and 20,000 vehicles landed on the beaches in a surprise attack.

Today, these broad expanses of tide-washed sand are dotted with small family holiday resorts, but each one has a story to tell through its museums, cemeteries and multimedia shows, and new sites are still being discovered. Excavation work is ongoing, for example, at the Maisy Battery overlooking Omaha Beach where British historian Gary Sterne recently discovered German bunkers, buildings and trenches - one of the area's most atmospheric visitor attractions.

The conflict was bitter, the losses heavy, but a visit to any one of these historic sites is an uplifting experience that champions the power of the human spirit. Discover the incredible story of the floating Mulberry harbours at Arromanches; browse memorabilia salvaged from the sea at Port en Bessin; and relive the daring glider attack on Pegasus Bridge that launched the entire operation.

Enthusiasts can get a step closer to the action on a jeep tour of the landing beaches or a guided visit to strategic battle locations, whilst everybody will be moved by the Mémorial de Caen, a unique museum that promotes peace to all age groups by showcasing world conflicts since 1918.



Interview...

Stéphane Grimaldi
Director of the Mémorial de Caen,
Centre for History and Peace

Ever since it was inaugurated on 6th June 1988 by François Mitterand, the Mémorial de Caen has been spreading the message about peace by hosting a wide range of international events including international debates on human rights, temporary exhibitions, and conferences.

'The Memorial is far more than just a museum about battles,' explains director Stéphane Grimaldi. 'It doesn't just tell the story of the Second World War, but covers all the major conflicts that followed, including the Cold War and the war on Terrorism. We hold five conferences every year, three major exhibitions, and are constantly updating our exhibits to reflect world events.' With almost 400,000 visitors every year, the Mémorial is the most important French museum outside of Paris and the only museum in Europe to tell the story of the 20th century in this way. Information panels are in French, English and German; film soundtracks are trilingual; and all front-of-house staff speak English. Museum admission can be combined with a range of battlefield tours.

'Visitors are always surprised at the size of the museum and the scope of events that we cover,' says Stéphane. 'We offer a wide range of school visits and individual families can also pre-book themed tours with English-speaking guides. For families with very small children, we offer a crèche run by qualified nursery staff.'

The Mémorial stands out for its determination in bringing nations together and promoting human rights. Gateway to the heritage of the Second World War and the Battle of Normandy, it guarantees a thought-provoking and emotive experience for visitors of all ages.

.....▶ www.memorial-caen.fr





Local effort saves D-Day Dakota

There wasn't a dry eye at the Batterie de Merville when, on 7 June 2008, former World War II pilots Eugène Noble and Henry Moreland sat at the controls of a very special plane. The US Air Force Dakota D43-15073 had dropped troops into Normandy during the night of 5 and 6 June 1944, but it wasn't until June 2007 that Olivier Paz, Mayor of Merville, learned that this legendary aircraft, grounded at the military base at Sarejevo in Bosnia, was due to be scrapped.

Suddenly it was action stations in Merville as officials and volunteers rallied to save the Dakota, which had also taken part in four other major battles of World War II. Thanks to more than 400 articles published worldwide, donations were received totalling 80,000 euros and authorisation was sought to move the plane.

In November, five days after the Bosnian president gave his permission, a team from Merville set off for Sarajevo. With 387 bolts in each wing alone, dismantling the aircraft took 11 days, but the hardest was still to come. Restoration work included making good 350 dents from kalashnikov fire and required more than 2,500 hours of painstaking work by volunteers and experts, all keen to take part in aviation history.

So it was an emotional moment when 5,000 people - including the families of the original crew members - stood around the plane at the Batterie de Merville, its familiar shape covered by a parachute until the moment came to unveil the Dakota to its devoted public.

www.batterie-merville.com

Interview...

Mark Worthington Pegasus Memorial

Around 100,000 people - more than half of them British - visit the Pegasus Memorial every year to see the strategic site where the first Allied liberators arrived by glider on the night of 5/6 June 1944. Located at Ranville between Ouistreham and Caen, the site includes the original Pegasus Bridge - now permanently displayed in the park, a full-size facsimile glider, and a museum stocked with artefacts and documents.

'Many people hear about us by word of mouth,' says Mark. 'The museum is well known for the quality of its welcome and its guided visits, available in English from specialist historians.' Interest in the site remains constant despite the passage of time and the Memorial welcomes visitors of all ages, including many families of veterans and British school groups. 'We hope that by visiting the museum, today's young people will avoid the errors of previous generations,' says Mark. 'At the other end of the scale, many veterans have become Friends of the Memorial and visit regularly at no charge.'

'Prince Charles inaugurated the museum in 2000, followed by the glider in 2004, and on both occasions, he spent a long time talking to veterans, one of whom - Jim Wallwork - piloted the first glider to touch down near the bridge in June 1944. Jim invited His Royal Highness into the cockpit of our plane and explained at great length how the instruments worked. Jim Wallwork died on January 24th, 2013. 'The site means so much to our veterans that several have asked to have their ashes scattered in the park and we're happy to help their families grant their wish.'

www.memorial-pegasus.org



Visit www.calvados-tourisme.co.uk/en/discover/the-battle-of-normandy for full information on the sites and museums of D-Day & the Battle of Normandy.



“The great outdoors,”

Calvados provides holidaymakers with a breath of fresh air, in every sense of the word - a unique combination of coastline and countryside to delight nature-lovers and sports enthusiasts alike.



Hug the coast and you can try windsurfing, wakeboarding, or waterskiing; go scuba diving, sand yachting, or swimming; and learn how to handle a boat at one of the sailing schools. Or just lie back on the sand and enjoy the view.

Inland, the lush landscape is criss-crossed with more than 4,000 km of marked trails for walkers, cyclists and horse-riders. What better way to discover the orchards of the Pays d'Auge and the marshland of the Bessin, the patchwork fields of the Bocage and the gorges of the Suisse Normande?

The crags and cliffs of 'Normandy's Switzerland' are a centre for rock climbing and via ferrata - a sport which enables non-climbers to enjoy the thrills of climbing along a secure route of bars, ropes and iron rungs. You can even take to the air on a tandem flight with a hang-glider, paraglider, or parachute - no experience necessary.

Prefer something more gentle? Then get close to nature with a leisurely paddle

along one of our picturesque rivers or relax on the bank with rod and line. The main waterway of Calvados is the Vire which meanders through the deep valleys and wooded hills of the peaceful Bocage Virois in the south-west of the department. Or head for the river Touques which flows through the Pays d'Auge to Deauville and offers the best sea-trout fishing in France, as well as Atlantic salmon.

With so many rivers flowing through Calvados, the department is blessed with several important areas of protected wetland habitat - the Dives marshes, the Orne estuary, and the nature reserve of the Cotentin and Bessin marshes - each one a paradise for birdwatchers.

And dotted throughout all this natural countryside are peaceful parks and gardens in a variety of styles, six of them awarded the elite label of Jardin Remarquable by the Ministry of Culture and Communication.



Watersports for everyone

On the coast or inland, Calvados has watersports to suit all ages and abilities, so there's no need for anyone to sit by and watch. The combination of regular winds, sandy beaches and ocean waves provides the perfect conditions for kite-surfing, a sport that is fast growing in popularity with adrenalin seekers. Ride the waves at Merville Franceville and Ouistreham, Bénouville, Houlgate and Deauville, where qualified instructors run courses to suit everyone from beginners to experts. If you'd rather remain on the water than fly above it, canoe or kayak may be more your thing. Paddle through the waves in a sea-kayak along the coast between Trouville sur Mer and Colleville Montgomery, or head inland for a picturesque river trip. Whether you fancy a leisurely family excursion or a white water experience in the gorges of the Suisse Normande, you'll find clubs affiliated to the French canoe-kayak federation who can hire out all the equipment and provide tuition all year round.

Visit www.calvados-nautisme.com for full information on courses and equipment hire, harbours, tides and nautical events.



New challenge for thrill seekers

If you can't resist a challenge but think you've tried everything going, you could be in for a surprise in the tranquil countryside around Vire. In 1988, New Zealander A J Hackett created the first European bungee jump site at the Souleuvre viaduct in Calvados, built in 1889 by Gustave Eiffel to carry the railway. Hackett celebrated the Millennium by adding a giant Tyrolean slide, then in 2008,

launched the ultimate challenge to thrill seekers, Le Swing. Daredevils are pulled up to 55 m above ground before the rope is released, leaving them to swing between the pillars of the bridge like a pendulum at 120 km an hour - try it alone, in tandem or in threes. If you dare...!

Further information from www.ajhackett.com



Maison de la Nature et de l'Estuaire de l'Orne

The Orne estuary is the most important nature reserve in Calvados and whether you want to join in a bird watching walk, listen to a talk, or simply find out more about the flora and fauna of this unique area, the Maison de la Nature at Sallenelles near Ouistreham can help you. The estuary is a key site because of the variety of species that live here. So the important thing for us is to develop activities whilst protecting the fragile balance of nature. A transitional zone between fresh and salt water, the Orne estuary includes 12 different types of habitat which together are home to

270 species of birds, including 43 protected at European level; more than 1,000 varieties of plants; and hundreds of mushrooms, not to mention reptiles, amphibians and mammals. And although they're becoming increasingly rare, it's still possible to spot seals along on the shoreline. Part of a network of some 50 protected natural sites in Calvados, La Maison de la Nature acts as a window into the natural environment of the department.

www.cpievdo.fr



Two legs or two wheels

There's no better way to get up close and personal with the Calvados countryside than on foot or by bike, and every local tourist office can provide booklets of marked routes. You can also download ideas from the website before you travel, including detailed route instructions, maps and details of length and difficulty - just log on to www.calvados-tourisme.com

The 'Guillaume Circuit' at Cambremer, for instance, is a short walk suitable for families with small children, whilst youngsters over ten should easily cope with the 6km route from the pretty half-timbered village of Beuvron en Auge. Set off by bicycle from Ouistreham and there's a choice of two easy cycling circuits on flat ground over 16 or 30 km. For a more challenging ride, try the 30 km route from the picturesque port of Honfleur through a landscape that attracted many Impressionist painters, or pedal through the quiet valleys and villages of the Pays d'Auge around Lisieux.

Under constant development, the current network offers a vast range of superb cycles, including 2 major national routes - 'D-Day Landing Beaches - Mont Saint-Michel' (130 miles) and 'Vélo Francette' (390 miles) linking Ouistreham and La Rochelle.



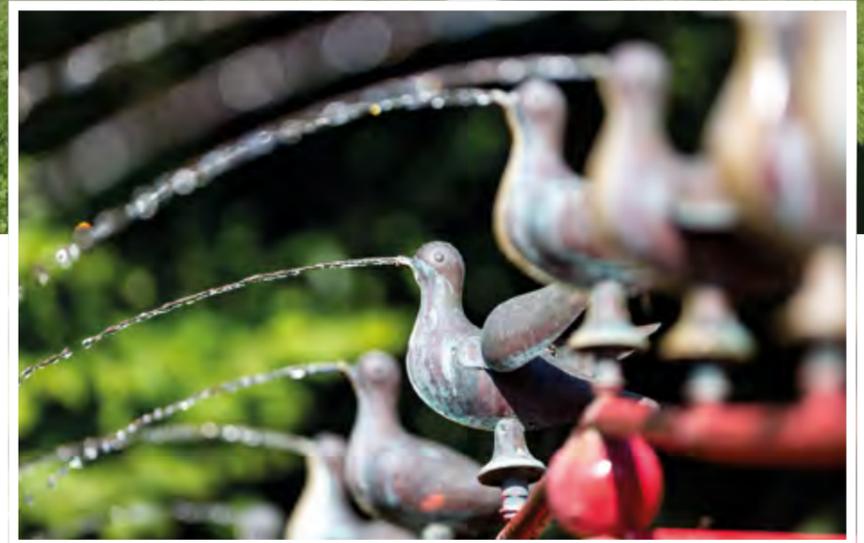
Expect the Unexpected

You won't find rugged mountains or Alpine lakes in the Suisse Normande, but 'Normandy's Switzerland' has a very different look to the rest of the department. Located in the south of Calvados, west of Falaise, and crossing into the neighbouring department of Orne, this distinctive landscape of steep cliffs and ridges, wooded hills and tumbling water is created by the Orne river cutting its way northwards towards Thury-Harcourt through the hard rock of the Armorican Massif. A favourite destination for canoeists, climbers, and hang-gliders, the Suisse Normande also offers more tranquil activities such as fishing and walking.



Enjoy the riverside park at the ruined château in Thury- Harcourt, and spend time in the pretty town of Clécy. Tucked inside a broad sweep of the river, Clécy is the starting point for the Route des Crêtes, a picturesque hiking trail that takes in the Pain de Sucre or Sugarloaf Hill, where you'll often see para-gliders enjoying a bird's eye view.

www.ot-suisse-normande.com



Interview...

... **Count Guy de Vendevre,**

Inspiration behind the stunning gardens of Château de Vendevre



Nine generations of the same family have lived at Château de Vendevre near Falaise since it was built in 1750 and today, this elegant country house retains all its original décor and furniture. Visitors can tour the exquisite rooms and visit the Museum of Miniature Furniture, but equally captivating are the extensive gardens, lovingly maintained and developed by Count Guy de Vendevre. Visit the formal garden with its box hedges and lake; the practical garden with its fish pond, dovecote and ice house; and the surprise water gardens dotted with jets and cascades.

'People love the diversity of the gardens, which are all created around the themes of water and topiary,' he explains. 'Any flowers that we have are always white to reflect the jets of water from the fountains and waterfalls. This is really a garden for all seasons with carpets of white tulips and narcissus in the spring and a wonderful new exotic garden created by my son, which is at its most magnificent in autumn.'

The Count has no formal horticultural training but has travelled the world painting plants and has been inspired by beautiful gardens from Sussex to South America. So does he have a favourite corner in the gardens at Vendevre? *'I do love to sit in the shade of the Shell Grotto, where we have made mosaic patterns with more than 200,000 shells,' he admits. 'There are wonderful views out over the lawns.'*

..... www.vendevre.com



The famous Norman cows with their distinctive russet and white colouring, produce rich milk that is transformed into butter, cream and cheese, and five dairy products from Calvados have been awarded AOC status or Appellation d'Origine Contrôlé - butter and cream from Isigny and cheeses from Camembert, Livarot, and Pont l'Evêque. Local meat dishes include pork from traditional Bayeux pigs; les tripes à la mode de Caen (tripe cooked with vegetables, cider, and Calvados); and andouille or chitterling sausage from Vire. And don't miss the chance to sample all that wonderful fresh fish and shellfish. Port en Bessin, the premier fishing port in Calvados, is also France's leading port for scallops - look out for the coveted Label Rouge quality symbol awarded to Normandy scallops.

So important are apples in Calvados that a plump fruit has been adopted as the departmental emblem. Four apple-based drinks carry the AOC mark of origin - Cidre du Pays d'Auge, the aperitif Pommeeau de Normandie, and two apple brandies, Calvados and Calvados du Pays d'Auge. Many cider farms and Calvados distilleries welcome visitors, who can sample the products and buy an authentic taste of Normandy to enjoy at home - at advantageous prices, of course.

Apple tart is a favourite local dessert, but if you've a sweet tooth, you should also try the rich butter biscuits, Les Sablés d'Asnelle; mouthwatering caramels from Isigny; and a wide choice of delicious jams and honeys.

Ask at any tourist office for details of local markets and food festivals - a riot of colours, scents and flavours.

Visit www.calvados-tourisme.com



“Tempt your tastebuds,”

Whether you are eating out or self-catering, one of the great pleasures of a holiday in Calvados is the variety and quality of the local produce - fresh to your table and simply bursting with flavour.



Interview...

**Ivan Vautier
Chef of Le Pressoir**

'My kitchen is stocked from 1,000 different places, but I only ever work with local products,' explains Ivan Vautier who has always stuck to this philosophy. Even if he refuses to 'keep my two feet in butter and cream', the chef from Caen can't help but praise the traditional producers and growers who supply his kitchen. 'Calvados provides all the raw materials a chef can dream about and I make sure that I know the person who grows or makes every single one or them,' says Ivan who cooked dinner for 17 heads of state during the 60th anniversary celebrations for D-Day. Using only local ingredients as the basis for his cooking, he refuses to abide by any culinary rules to achieve his primary goal - taste. 'The area is rich in fresh produce but it can have a negative image if the way it is used is allowed to stagnate,' insists the chef. 'That's why I always insist on using traditional local products, but never turn my back on contemporary ideas.'

► www.ivanvautier.com



**Learn to cook
the Calvados way**

Whether it's a present for someone special or even a present to yourself, a cookery course in Calvados is an unforgettable experience, and there's something to suit all tastes and abilities. Learn some inspirational new recipes in relaxed surroundings and enjoy sampling the finished results.

Visit www.calvados-tourisme.com



Interview...

**Philippe Huet,
Manager of Calvados
Pierre Huet
in Cambremer**

Shut your eyes for a moment and imagine a picture-postcard landscape of orchards, meadows and farms; the heady smell of apples; and the clean taste of traditional farm cider and apple juice, pommeau and calvados. Welcome to the Route du Cidre at the heart of the Pays d'Auge, a 40-km trail that takes in picturesque villages such as Beuvron en Auge, imposing chateaux and manor houses, half-timbered cottages, and cellars packed with bottles, all based on the humble apple. Around 20 producers open their cellars and share their production secrets with visitors, among them Philippe Huet, who today runs the family business started by his grandfather at Cambremer. 'Visitors like the fact that they are welcomed and shown round by the producers themselves,' says Philippe. 'They also appreciate that these are traditional businesses operating in authentic surroundings with half-timbered buildings, orchards, meadows and farm animals. But every producer is different. There's a huge variety in their production methods and in their individual products, so each farm offers a unique experience to the visitor.' Government grants have enabled producers along the Route du Cidre not only to improve their production facilities, but also to enhance their welcome and sales facilities. Now producers are working together with local restaurant owners and hoteliers towards promoting their local food and heritage under the coveted label Site Remarquable du Goût - Site of Exceptional Culinary Taste.

► www.calvados-huet.com

Visit www.calvados-tourisme.com for more information on all the producers of the Route du cidre.



Unique blend at Château de Fontaine Henry

Five hundred years of architectural styles blend harmoniously together at the Château de Fontaine Henry between Caen and Bayeux, where Gothic, Flamboyant Gothic and Neo-classical nestle behind a Renaissance façade. Begun in 1200, the fortress was transformed in accordance with changing needs and style, right up to the 18th century.

Its flamboyant roof line - more than 15m high - is believed to be the tallest in France, but the chateau isn't only remarkable for its unusual architecture. Having remained in the same family for more than 800 years, the property is home to a remarkable collection of fine paintings from the Renaissance to the 19th century, as well as porcelain from many different areas, and furniture from both the Louis XIV and Louis XV periods. The 13th century chapel, redesigned in the 16th century, now hosts exhibitions of contemporary international art.

No visit is complete without a stroll through the peaceful English-style park and if you really can't bear to tear yourself away, you can even stay in an atmospheric gîte within sight of the main chateau - bookable through www.gites-de-france-calvados.fr

www.chateaufontainehenry.com



“Character Properties,”

From country cottages to imposing chateaux, elegant town houses to majestic abbeys, Calvados is dotted with character properties of all shapes and sizes. Admire from the outside, take a guided tour of the inside, or maybe even stay overnight - many are open to visitors as heritage attractions or hotels.

Look out for the Gîtes de France and Clévacances emblems as a guarantee of quality self-catering accommodation, and try Logis de France for family run, friendly hotels. Calvados also has many members of the elite Club des Hôtels et Restaurants de Charme de Normandie, but if you fancy something a bit different, you can sleep in an eco-lodge, a gypsy caravan, or even a tree house!

The Dukes of Normandy first left their mark on the landscape in the 11th century with

the building of churches, abbeys, and important castles such as Caen, Falaise and Creully, whilst the Middle Ages saw the construction of the half-timbered cottages and manor houses that today form an iconic part of the Calvados landscape. Beuvron en Auge is classified amongst Les Plus Beaux Villages de France for its colourful, half-timbered houses, but you'll find pretty hamlets everywhere, each reflecting local building materials and landscape. Visit Cambremer at the heart of the Route du

Cidre, Amblie on the Route des Moulins, and Clécy in the Suisse Normande. The Renaissance movement led to stylish chateaux such as Saint Germain du Livet and Balleroy, Pontécoulant and Bénouville, whilst the 19th century saw the flourishing of Belle Epoque villas as seaside resorts developed along the Côte Fleurie. Despite the destruction of World War II, Calvados retains more than 900 historic monuments, seamlessly blending past and present in a landscape for 21st century living.



Farmhouse teas amongst the lavender fields

When British expat Bob Kyle and his Dutch partner Corey Koch permanently moved from London to their holiday home in the Suisse Normande, they didn't have any plans beyond clearing the land around the ancient farmhouse. With all their efforts concentrated on renovation, the surrounding fields had turned into a wilderness.

But five years on, they have not only brought a piece of Provence to Saint Germain du Crioult near Condé sur Noireau, but are also running a successful tea shop and B&B.

'I remembered visiting the lavender farm in Jersey and as I'd been using essential oils for more than 30 years, I decided to try and grow lavender here,' says Corey.

'We talked to growers and researched on the internet, planting our first plants in April 2005. Now we produce 6-7 litres a year of organic essential lavender oil in our own mobile still and sell it in the café.

'We started the café in 2007 because so many people wanted to see the lavender. We applied for a beverage licence and now serve English cream teas with Cornish clotted cream throughout the summer months and on fine weekends. The French love to try different teas and some clients come every Sunday afternoon!'

In 2008, the couple opened newly-renovated B&B accommodation, self-contained with a guest living room, small kitchen, and balcony overlooking the lavender fields. With original beams and stone walls, the two en-suite rooms are the perfect base for exploring the Calvados countryside.

www.facebook.com/lapaixlavandes1

Local tourist info

ARGENCES
tel: 02 31 85 38 82
www.otvalesdunes.net

ARROMANCHES LES BAINS
tel: 02 31 22 36 45
www.ot-arromanches.fr

ASNELLES
tel: 02 31 21 94 02
www.tourisme-asnelles.com

BAYEUX
tel: 02 31 51 28 28
www.bayeux-bessin-tourisme.com

BERNIERES SUR MER
tel: 02 31 96 44 02
www.office-tourisme-bernieres.fr

BLONVILLE SUR MER
tel: 02 31 87 91 14
www.blonville-benerville-tourgeville.fr

CABOURG
tel: 02 31 06 20 00
www.cabourg.net

CAEN
tel: 02 31 27 14 14
www.caen-tourisme.fr

CAMBREMER
tel: 02 31 63 08 87
www.beuvroncambremer.com

COLLEVILLE MONTGOMERY
tel: 02 31 96 04 64
www.colleville-montgomery.fr

CONDE EN NORMANDIE
tel: 02 31 69 27 64
www.tourisme-conde-druance.fr

COURSEULLES SUR MER
tel: 02 31 37 46 80
www.courseulles-tourisme.fr

CREULLY
tel: 02 31 80 67 08
www.tourisme-creully.fr

DEAUVILLE
tel: 02 31 14 40 00
www.deauville.fr

DIVES SUR MER
tel: 02 31 91 24 66
www.dives-sur-mer.fr

DOZULÉ
tel: 02 31 86 12 79
www.tourisme-dozuleen.fr

FALAISE
tel: 02 31 90 17 26
www.falaise-tourisme.com

FORMIGNY
tel: 02 31 51 39 52
www.oti-omaha.fr

HERMANVILLE SUR MER
tel: 02 31 97 20 15
www.hermanvillesurmer.fr

HONFLEUR
tel: 02 31 89 23 30
www.ot-honfleur.fr

HOULGATE
tel: 02 31 24 34 79
www.houlgate-tourisme.fr

ISIGNY SUR MER
tel: 02 31 21 46 00
www.isigny-grandcamp-intercom.fr

LANGRUNE SUR MER
tel: 02 31 97 32 77
www.terresdenacre.com

LE HOM
tel: 02 31 79 70 45
www.ot-suisse-normande.com

LION SUR MER
tel: 09 51 52 04 19
www.mairie-lion-sur-mer.fr

LISIEUX
tel: 02 31 48 18 10
www.lisieux-tourisme.com

LIVAROT PAYS D'AUGE
tel: 02 31 63 47 39
www.livarot-tourisme.com

LUC SUR MER
tel: 02 31 97 33 25
www.luc-sur-mer.fr

MERVILLE FRANCEVILLE PLAGES
tel: 02 31 24 23 57
www.tourisme-campagnebaieorne.fr

MONTFIQUET
tel: 02 31 51 96 56
www.foret-otballeroyml.fr

ORBEC
tel: 02 31 32 56 68
www.tourisme-normandie.fr

OUISTREHAM RIVA BELLA
tel: 02 31 97 18 63
www.ouistreham-rivabella-tourisme.fr

PONT L'ÉVEQUE
tel: 02 31 64 12 77
www.blangy-pontleveque.com

ST AUBIN SUR MER
tel: 02 31 97 30 41
www.terresdenacre.com

ST PIERRE SUR DIVES
tel: 02 31 20 97 90
www.mairie-saint-pierre-sur-dives.fr

TOUQUES
tel: 02 31 88 70 93
www.mairiedetouques.fr

TROARN
tel: 02 31 39 14 22
www.cdc-entreboisetmarais.fr

TROUVILLE SUR MER
tel: 02 31 14 60 70
www.trouillesurmer.org

VARAVILLE
tel: 02 31 24 73 83
www.ot-varaville.fr

VER SUR MER
tel: 02 31 22 58 58
www.versurmer.fr

VILLERS BOCAGE
tel: 02 31 77 16 14
www.bocage-normand.com

VILLERS SUR MER
tel: 02 31 87 01 18
www.villers-sur-mer.fr

VIRE
tel: 02 31 66 28 50
www.bocage-normand.com





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