

Bénerville-sur-mer / Blonville-sur-mer
Deauville / Saint-Arnoult / Saint-Gatien-des-Bois
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Vauville / Villers-sur-mer / Villerville

COAST AND WELLNESS 48 STORIES TO SHARE inDEAUVILLE



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3, av. Jean Moulin
14640 VILLERS SUR MER

Tél : 02 31 14 63 00

Email : vente.villers-sur-mer@nexity.fr

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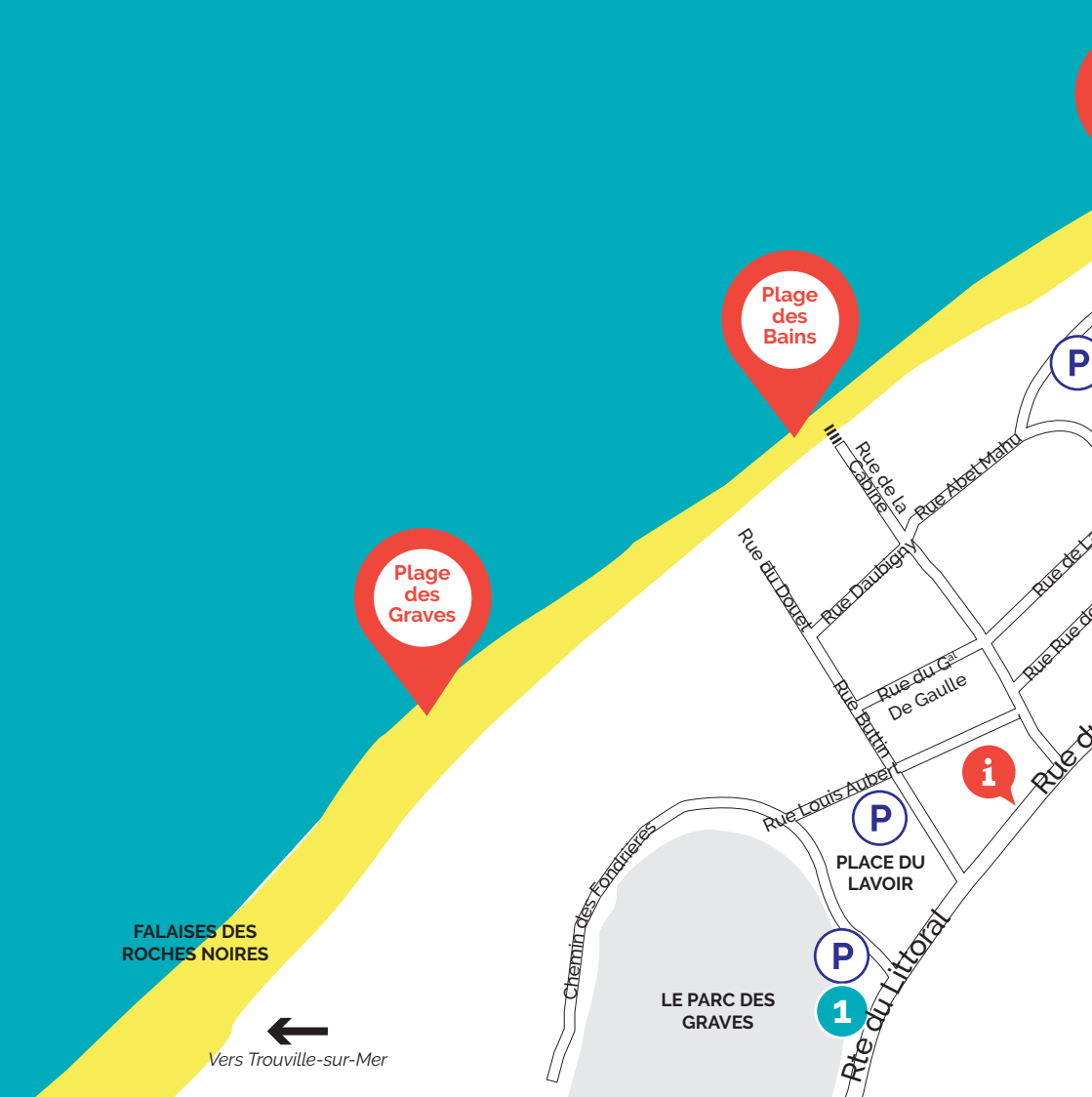
Guide of the coast & wellness on the seaside

Restaurants, children activities,
essential viewpoints or small
stories... in the following pages,
discover the six beaches situated
along the inDeauville territory. Each
of them has its own, sometimes
surprising, atmosphere: familiar,
adventurous, sportive, scientific,
Californian... make your own choice!





THE BEACHES



ON THE MAP - ON THE MAP -



Tourist Information Office



Toilets



Parking



Air&Play

Unsupervised beach

**Fishing is forbidden all year long
in the municipality of Villerville**

Find the prefectural decrees in the website of Pêche à Pied du Calvados and Calvados.gouv.fr



ON THE SEASIDE

In Villerville

The narrow and coloured roads of Villerville lead you to the sea and two beaches: the Graves beach to the west and the East Beach. They are just accessible at low tide, but you can walk - when the tide is high - on the dyke dominating it and stretching along the Roches Noires steep cliffs. The Roches Noires cliffs, a delicate natural area, are 60 m high and owe their name to the blocks of limestone rock found on the beach.



The access from the centre of Villerville is hard by car, it's better to reach the beach on foot from the Rue de la Cabine (East Beach) and the Chemin des Fondrières (Graves beach).

The access to animals is forbidden from 9 am to 7 pm from April to September.

Kids !

Every summer, in July and August, the Air & Play Villerville Parc, found along the Route du Littoral, offers inflatable games to children.

1 Air & Play Villerville Parc
Route du Littoral
+33 (0)6.98.86.12.39
From July 10 to August 31,
11 am > 9 pm. € 8 for children.

The must does

Le Parc des Graves

Over the Roches Noires cliffs, you'll find 800 m of pedestrian paths with benches, picnic tables, and children's games. This protected natural area welcomes astonishing wild vegetal species, vestiges of the ornamental gardens of past times.

The Roches Noires cliffs



The Roches Noires cliffs, 4 km long and 60 m high, linking Villerville to Trouville-sur-Mer, alternate gentle slopes and steep walls. Exclusively accessible at low tide, they offer a unique landscape owing its name to the blocks of limestone rocks scattered on the sand.

The bunkers

On the beach of Cricqueboeuf, you'll find vestiges of the Atlantic Wall.

The crossing of "A Monkey in Winter" movie

When you go back up from the beach, stop in front of the Cabaret Normand, shooting area of "A Monkey in Winter" by Henri Verneuil, shot in 1962, starring Jean Gabin and Jean-Paul Belmondo.

Events

On July 13th: fireworks on the Graves beach, at 11 pm.

On July 15th: Fête de la Mer every year.

On August 12th: Fête du village. It ends by fireworks on the sea.

From August 30th to September 2nd:

Festival at Villerville, popular Festival of art theatre, sometimes organized on the beach.

Eat & Sleep with a view on the sea*

Hôtel & Restaurant Le Bellevue

Allée du Jardin Madame
+33 (0)2.31.87.20.22

Les Chambres d'Annie

Le Grand Bec
10, rue Mouillère
+33 (0)2 31 87 10 10

At the rhythm of tides

The tidal coefficient tells us the amplitude between high tide and low tide. The coefficients range from 20 for « dead » tides to 120 for exceptional tides. The average tides have a coefficient of about 70. The great tides come when the Moon, the Earth and the Sun are aligned on the same axis. They take place at Autumn and Spring equinoxes.

Reading tide times

The times found in the tide brochure correspond to when the tide reaches its highest or lowest point. There's also a coefficient showing the power and amplitude of this tide.

Villerville Tourisme

40, rue du Général Leclerc
+33 (0)2.31.87.77.76

Open on weekends from May to September; from Friday to Monday during school holidays and 7/7 in July and August from 10 am to 1 pm, then from 2 pm to 6 pm. (closed on Thursday and Friday morning)

À DEAUVILLE, dans le quartier privilégié des Yearlings

Dernières opportunités pour habiter le Domaine des Hameaux du Coteau

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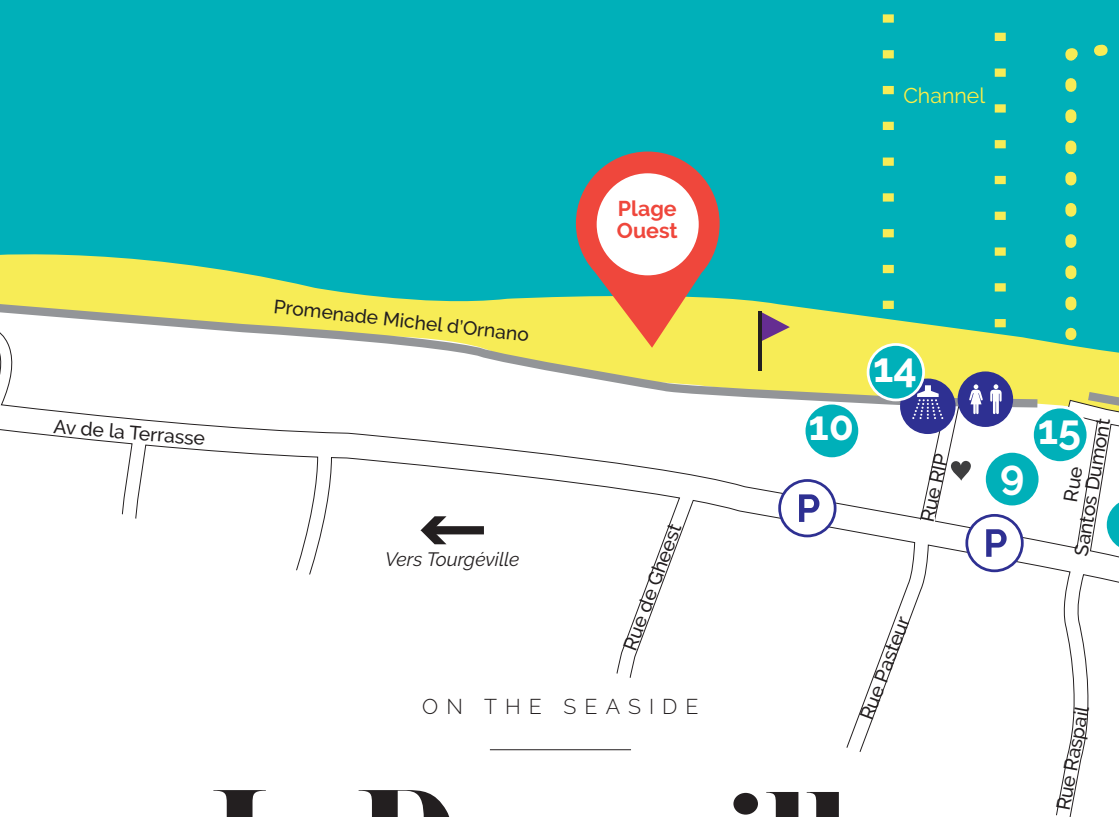
0 800 715 730

www.horizon-mer-deauville.fr

Ouvert samedi de 11 h à 19 h, dimanche de 14 h à 19 h
et sur rendez-vous le lundi ou vendredi



**Sefri
Cime**



ON THE SEASIDE

In Deauville

Two kilometers of beach, 450 beach umbrellas, 450 beach cabins, a seawater Olympic swimming pool, two ports, a tennis club, 22 shops, exhibitions, events; the beach of Deauville is a harbour of happiness for any needs. Represented by Claude Lelouch in the film "A woman and a man", its romantic setting seduces lovers, holiday-makers, bathers, sports makers, horse riders or jockeys all year long.




Take Boulevard Cornuché, then the foreshore parking (several possible options). Horse access is forbidden from March 20th to September 30th from 10 am to 7 pm, then from 10 am to 3:30 pm after October 1st. Dogs are not allowed from 10 am to 7 pm from March 15 to November 15. Outside this time schedule, dogs are allowed at low tide at a distance of 100 m from the dyke and the Boardwalk.

Take the small touristic train of Deauville to reach the seaside, from the Boardwalk, and visit the must does of the city for a 40-minute walk. The small tourist train is available from half April to half September and throughout school holidays of C zone. Departure from the Hôtel de Ville.
Round trip: € 7 (adults) and € 4.50€ (-12 years-old)



 Aid station

 Shower

 Toilets

 Parking

 Defibrillator

 Picnic areas

Floating beach chairs for people with disabilities at the Aid station

 1 Foreshore est.

 2 Club Ados Plage

 3 Tennis

 4 International Centre of Deauville Congress Centre

 5 Olympic Swimming pool

 6 The Point de Vue

 7 Multi-sport area


 8 Minigolf

 9 Game area


 10 Foreshore Park and health trail Riding Club

 11 Riding Club

 12 Thalasso-Deauville by Algotharm

 13 Children club Inflatable facilities

 14 Minicar circuit

 15 Merry-go-round

 16 Parking entrance for horse trucks



Renting an Art deco cabin

The 450 Deauville cabins, divided into 9 courts with Art deco architecture, may be rented for a day, a week, a month or for the entire season. Three options: beach side on the famous Boardwalk, Boulevard side and small pools – ideal for children who love paddling in it – and finally the courtyard side for the "Crazy years" atmosphere. You'll love the modern architecture of the structure, pure lines and the mosaics. A delicate universe made of atria, galleries and a fountain...

- 1 Indicative price:**
from € 12 per day, € 75 per week in July and August for a cabin with shower.
Reservation:
Service du front de mer
Place Claude Lelouch
+33 (0)2 31 14 02 16

Staying under the beach umbrella

Installed from 1875 on the beach of Deauville, the beach umbrellas lost their stripes of the 1930s to acquire 5 homogeneous colours and be knotted around the pole. Maybe one of the most photographed in the world, the Deauville beach umbrella is not sold anywhere. It is designed every year in the ateliers of the city, repairing and dressing them up to rent them. A municipality service at low price.

Indicative price:
from € 14 per day, a beach assistant (they are 13 in summer) will help you open the beach umbrella and take your seat.

Booking:
Service du front de mer - Place Claude Lelouch
+33 (0)2 31 14 02 16
All the prices at www.indeauville.fr

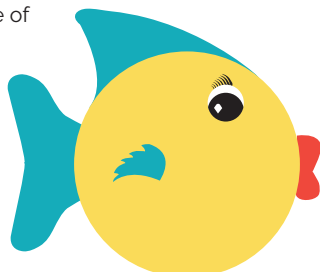
Safety

The bathing area stretches over 550 m and is 300 m wide. In July and August, 8 lifeguards owning the BNSSA (Brevet National de Sécurité et de Sauvetage Aquatique) and three CRS monitor the bathing area and the beach.

Monitoring is ensured:

- from 28/04 to 31/05 on Saturdays, Sundays, festive days and bridge days from 11 am to 6 pm; from June 1st to 30th on Saturdays, Sundays, festive days and bridge days from 11 am to 6 pm. A permanence is ensured (not lifted flame) from Monday to Friday from 11 am to 6 pm;
- continuous service from July 1st to September 2nd from 11 am to 7 pm

If any problems arise, call: + 33 (0)2.31.88.31.7



Good to know:
towering masts overlooked by a boat, a house, a train or a ball are placed on the beach to help children take their bearings.

Bags, tote bags, envelopes

made of real beach umbrella canvas by Rose Création are on sale at Deauville Tourisme - a 100% local memory of summer.

Deauville Tourisme
Quai de l'Impératrice Eugénie
+33 (0)2 31 14 40 00



Kids !

14 15 The merry-go-round and the small-car circuit

Close to the beach, at the end of the Boardwalk, children can have a merry-go-round tour to take the pompom and try the small electric car circuit, placed on a dedicated path. Driving licence on top of everything!

9 A game area has also been placed in the great area of the foreshore park.

Michel d'Ornano Promenade

2 The Club Ados Plage

The headquarters of teenagers from 11 to 17 where several activities are played: beach-volley, sandball, ultimate, sea kayak, orienteering, football, volleyball, tennis, table tennis, swimming, badminton, board games, adventure parks.

Inscription for a day or a week in one of these groups:

11-13 year-olds or 14-17 year-olds. From July 19 to August 25 2018. On the Boardwalk close to Port Deauville.

Service du Front de Mer

Place Claude Lelouch +33 (0)2.31.14.02.16

13 The Club mer & sports

Inflatable games and a club for children from 3 to 13.

Open during the school holidays and on weekends all year long from 9:30 am to 6 pm.

Boulevard de la Mer - +33 (0)2.31.88.75.33

With your family or alone

7 The multi-sport area and the skate park

Football, basketball, hand-ball and skate are practiced on the open air and all year round.

Behind the Mer et sport club. Free access

10 The foreshore Park

At the west side of the Boardwalk, go behind the Michel d'Ornano Walk and stroll on the foreshore, a large seaside area where you can relax on a bench under the sun. Try the sport's path and its wooden stops-by. You'll also love the game area for children with soft soils and the giant heart made to hang locks while exchanging love declarations.

Reading at the beach

Every summer, the Biblio'tech de Deauville lays its shelves on the Boardwalk. You can borrow for free novels, magazines, comic strips and books.

Place Claude Lelouch

in July and August from 12 am to 7 pm

8 The mini-golf

Close to the beach, take on the challenge of this trail through 18 steps. You can also have lunch on a terrace in front of the trail.

The mini-golf terraces

Rue Reynaldo Hahn - Boulevard de la mer

+33 (0)2 31 98 40 56

Renting an electric kick scooter

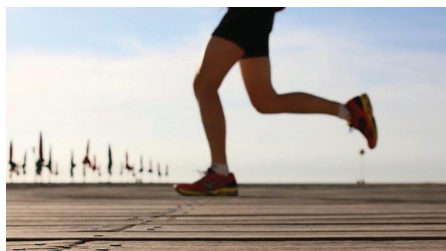
Trotti Elec

Rue Reynaldo Hahn - +33 (0)6.01.26.20.33

Sportive Deauville

In Deauville, runners often take the Boardwalk, then the Walk that leads up to the Aid station of Bénéville-sur-Mer (about 2.5 km starting from the Port Deauville Dyke). Sportsmen will have a larger choice: sports path in the foreshore park, sea water swimming at the Olympic swimming pool (see page 28), tennis, sailing (see page 40).

Good to know: several footing itineraries are available at indeauville.fr.



3 The municipal tennis

The municipal tennis and its 19 courts – including 10 made of clay courts – are waiting for your volleys and your smashes right behind the Boardwalk. Courts may be rented. Stages and lessons are provided by a pool of professors. Some tournaments are scheduled by the Sporting Club association.

Tennis municipaux

Boulevard de la mer - +33 (0)2 31 98 62 85

The must does



The Boardwalk

It is one of the most legendary places of Deauville. The Boardwalk, built in 1923, stretches along the foreshore establishment and 450 Art deco cabins. It is 643 m long and is made of Azobe wood. Fences are marked with the names of filmmakers and actors receiving a tribute during the American Film Festival. And it has been lasting since 1975!



Small Anecdote!!

The Boardwalk has been used to host fashion parades! From the 1920s, girls have been parading along the Bar de la Mer and the Pompeian Baths. In 1930, Miss France Yvette Labrousse and European Misses have been creating the event at the Pompeian Baths!

6 The Point de Vue: : built in the 1930s by the Deauville Yacht Club, it turns out to be too far from the municipal port. After having served several purposes, it is now an exhibition place. In summer, it hosts large temporary exhibitions. In winter, the Planche(s) Contact exhibitions, and the Photographic Festival of Deauville are organized here.

Municipal service of the foreshore

foreshore Place Claude Lelouch

+33 (0)2 31 14 02 16 all year long from Monday to Friday, 9 am > 12:30 am – 2 pm > 5:30 pm + on weekends from April to June up to 7 pm. In July and August, 7/7, 9 am > 7 pm.

Deauville Tourisme and boutique

Quai de l'Impératrice Eugénie -

+33 (0)2.31.14.40.00 Open all year round from Monday to Saturday from 10 am to 6 pm. On Sundays and festive days, from 10 am to 1 pm, then from 2 pm to 6 pm. In July and August: every day from 9:30 am to 7 pm. On Sundays and festive days, from 10 am to 6 pm.

Events

January 1st: Bath of January 1st.

End of June: The trails of the Triathlon International de Deauville cross the beach.

July > September: The summer exhibition takes place at the Point de Vue and on the Boardwalk. It is dedicated every year to the Franciscaines collection, future culture place that will open in 2020 in Deauville.

October > November: The beach welcomes one of the exhibitions of the Deauville Planche(s) Contact Photographic Festival.

June > September: photo exhibition on the dyke of Port Deauville.

Eating with view on the sea

La Péniche

Boulevard de la Mer - Port-Deauville

+33 (0)2.31.98.52.75

Le Bar de la Mer

Boulevard de la Mer

+33 (0)2.31.88.27.51

Le Bar du Soleil

Boulevard de la Mer

+33 (0)2.31.88.04.74

Le Ciro's

Boulevard de la Mer

+33 (0)2.31.14.31.31

Sleeping with view on the sea*

Bateau Fair Play Time

Port-Deauville

+33 (0)6.16.55.80.02

Hôtel Barrière Le Normandy Deauville

38, rue Jean Mermoz

+33 (0)9.70.82.13.14

Hôtel Barrière Le Royal Deauville

Boulevard Cornuché

+33 (0)9.70.80.95.55

Villa Le Phare (location)

1, rue Mirabeau Prolongée

+33 (0)2.31.14.49.30

Villa Namouna (location)

4, rue Tristan Bernard

+33 (0)2.31.14.49.30

Practical Information



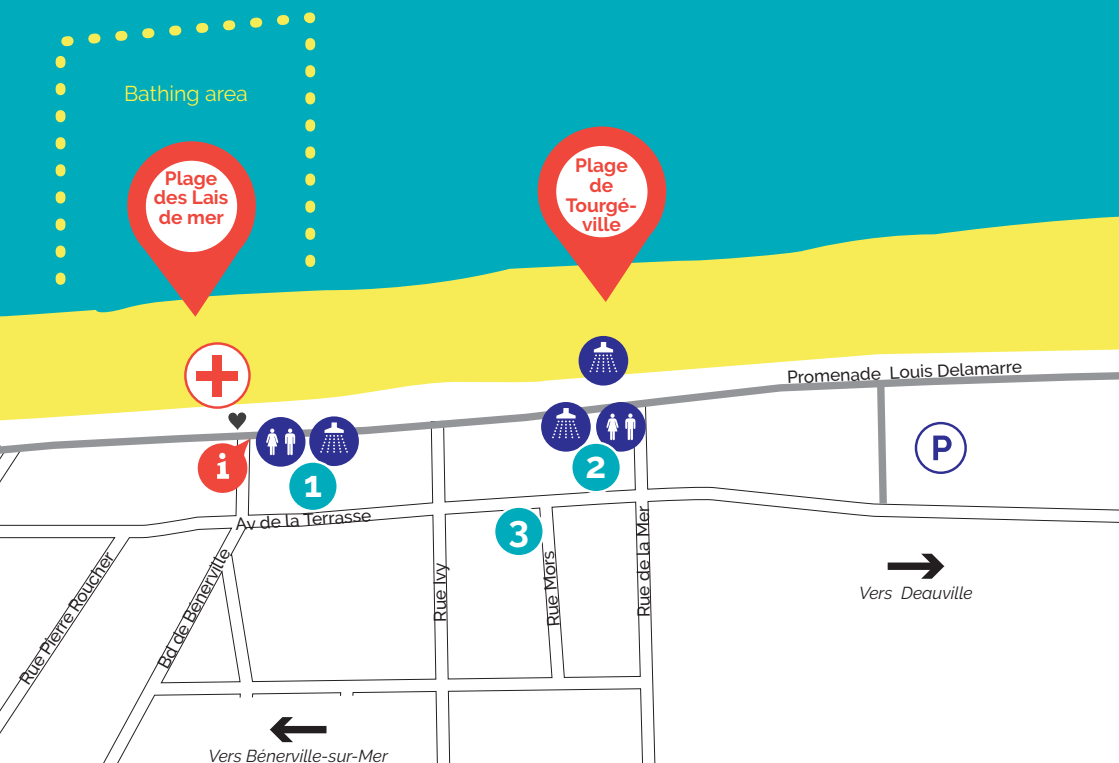
VACANCES, WEEK-ENDS ET COURTS SÉJOURS !

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Interhome | 6 rue Thiers | 14800 Deauville
Tél. 02 31 89 07 00 | www.interhome.fr

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Locations de vacances



ON THE SEASIDE

In Tourgéville

Tourgéville stretches over the Pays d'Auge countryside. To the northern side, this beach is very popular in Deauville and Bénéville-sur-Mer. Horses gallop there in the morning and in the evening. The sunset on the English Channel is amazing.



The beach is accessible from the Avenue de la Terrasse and its perpendicular roads.
Pay and display parking at the roundabout linking the Avenue de la Terrasse to the Boulevard Cornuché.
Free places are accessible in the small adjacent roads. .

Access to animals is forbidden from 10 am to 7 pm all year long.

Dogs can access the Walk if they are kept on a leash.



Tourist Information Office



Aid post



Shower



Toilets



Parking



Defibrillator

ON THE MAP -

1 2

Beach resort
(cabins-showers)

3

Villa Mors

Cabins

1 2

Close to the Tourist Information Office of Tourgéville, there are 10 new beach cabins. Book them in advance to be able to rent one.

Tourgéville town hall

+33(0)2.31.87.95.10

Monitoring

The beach is monitored from July 1st to August 31st every day from 11:30 am to 6:30 pm. The aid post is situated between Bénerville and Tourgéville.

If any problems arise, call +33 (0)2.31.88.33.08

Events

Beginning of July: La Normandique, a great day dedicated to the Nordic walk.

Half-July: the Urban Sports Day, a day of discovery of urban sports. You can find BMX, freestyle rollers, break dance, graffiti artists.

Eating with view on the sea

La Folie Douce by Barrière

1, avenue de la Terrasse

+33 (0)2.31.98.65.58

The must does

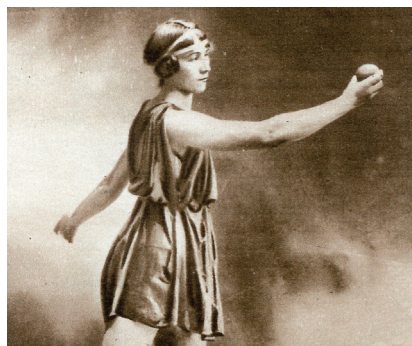
3 Villa Mors

This large and surprising villa has an architecture of neo-gothic inspiration. It was built in 1905 by the Mors brothers, Emile and Louis, both automobile conception engineers, whose family company became famous at the beginning of the 20th century for its success in races.



Small anecdote...I

After the First World War, women get more independent and in 1919 the method of physical education of the Commandant Hébert, originally elaborated by sailors, succeeded among women along the beach of Tourgéville! At the Palestra Féminine, the female athletes or « athlétesses », as they were called at the time, were dressed with short tunics and were devoted to athletics, gymnastics, boxing or wrestling.



Tourist Information Office

Promenade Louis Delamarre

+33 (0)2.31.87.91.14

From Friday to Monday, 1:30 pm > 6 pm



In Bénéreville sur-Mer

Not fewer than three beaches to explore: the Lais de Mer Beach, at the border with Tourgéville; the Garenne Beach and the Ammonites beach. The Garenne Beach is the liveliest in the summer season, including a pedestrian walk and a children's club. The Ammonites beach, bigger and wilder, stretches along the Yves-Saint-Laurent beach. It bears the name of the fashion designer that, in 1983, bought the Château Gabriel where the great publisher Gallimard was living.



The beach is accessible from the Lais de Mer Road and its perpendicular roads (avenue Saint-Michel, avenue Maréchal Foch, avenue Victor Caillau). You can park in Rue des Lais de Mer, boulevard de Bénerville, rue Pierre Roucher or even Avenue du Maréchal Foch. Most parking places are for free. You can also find a half-shadowed car park in Avenue du Littoral, at the crossing with Avenue du Général Leclerc, and also a small parking in front of the Terrasse des Ammonites, 16 boulevard de la Mer.

The access to animals is forbidden from 10 am to 7 pm all year long.

Dogs are allowed on the Promenade Yves Saint-Laurent if they are kept on a leash.

Cabins

1 Every summer, 33 beach cabins can be rented for a month or a season from June 15 to September 15.

Bénerville-sur-Mer town hall

+ 33 (0)2.31.87.92.64

Monitoring

The beach is supervised from July 1st to August 31st from 11:30 am to 6:30 pm, in two places: the aid post in Tourgeville and the look-out post of the Ammonites Beach.

If any problems arise, call : +33 (0)2.31.88.33.08



Kids

2 The Lilo Z'enfants Park on the Plage de la Garenne is an oasis of happiness for children that bounce, jump, roll and laugh among colourful and inflatable structures. Open from April to November from 10:30 am to 7 pm at weekends, festive days and school holidays.

Plage de la Garenne

+33 (0)6.07.88.08.87

Events

Beginning of July: La Normandique, great day of Nordic walking.

Half of July: the Urban sports day, a day of discovery of urban sports, on the walk.

July: the Saint-Christophe fair and the fireworks.

The must does

The batteries of the Mont Canisy

On the heights of Bénerville-sur-Mer, the Mont Canisy offers an amazing view on the coast, from Ouistreham to Havre. This natural protected site is visited for its fauna and flora and the vestiges of the Second World War.

The Aid Post of the Ammonites

As the wooden structure sounds Californian, it attracts photo lovers. It's even nicer at the sunset!

Eating with view on the sea

Terrasse Les Ammonites

39, rue des Lais de Mer

+33 (0)2.31.88.40.33



Plage
Ouest

A stylized map of the Blonville-sur-Mer beach area. The top half is blue, representing the sea, and the bottom half is yellow, representing the beach. A red location pin on the left is labeled 'Plage Ouest'. A red location pin on the right is labeled 'Plage des Goblins'. Above the 'Plage des Goblins' pin, a dashed yellow line outlines a 'Bathing area'. To the right of the 'Plage des Goblins' pin, there is a red circle with a white cross and a small black heart. A dashed yellow line runs diagonally from the top right towards the bottom right. A horizontal line separates the map from the text below.

Bathing area

Plage
des
Goblins



Av Michel d'Ornano



Vers Villers-sur-Mer

ON THE SEASIDE

In Blonville sur-Mer

The beach of Blonville-sur-Mer is big! It stretches over 2 km and includes four different areas. Right after Bénéville, it stretches right under the cliffs. The beach Laforge, situated in the city centre, is bordered by small planks leading to a children's club and a sailing club. It's here where you can rent a beach umbrella and deckchairs. The beach of Goblins is the departure point to the west towards the marshes and the natural walks. The west beach, relatively narrow, goes along Villers-sur-Mer, where another history begins. Throughout summer, activities take place on the sand, including castle contests or photographic challenges...



The beach is accessible from the following roads: Rue de Hoinville, Rue Louise, Rue Laforge, Boulevard Marcelle Lechanteur, Rue Pierre Jacquot, Rue Chevalier, Avenue Michel d'Ornano (in front of the beach camping and the marshes). You'll find parking places in the roads reaching the beach and the perpendicular roads. These are places where you can park for free. You can find a car park in the blue parking area between Rue Jean Duchemin and Avenue Michel d'Ornano next to the Centrale chemistry and the Market square.

The access to animals is forbidden from April 1st to September 30th from 10 am to 7 pm.

Outside this schedule, they should be kept at a distance of 100 m from the Boardwalk and the villas. They should be taken on a leash.



ON THE MAP - ON THE MAP -



Tourist Information Office



Aid post



Shower



Toilets



Parking



Defibrillator

//// Movable partitions



Blonville Yacht Club



Club Mickey



Bains de Blonville-sur-Mer

The sailing club of Blonville at page 40

Cabins, beach umbrellas & deckchairs

The beach umbrellas are blue and white striped and are situated in front of spotless beach cabins. In total, they are 180. It's a great atmosphere! Several renting formulas are available. Indicative price: € 60 per week. Beach umbrellas, deckchairs and sunbathing chairs can be rented from June 15th to September 15th.

3 Bains de Blonville-sur-Mer

Promenade des Planches - +33 (0)6.11.79.24.37
All prices at indeauville.fr



Monitoring

The beaches of Blonville-sur-Mer are supervised from July 1st to August 31st every day from 11:30 am to 6:30 pm.

If any problems arise, call :

Plage Laforge : +33 (0)2.31.87.92.94

and Plage des Goblins : +33 (0)2.31.87.81.90

Kids

The Club Mickey de Blonville is the appointment for children older than 3! In this area found on the beach for over 70 years, children love playing on inflatable structures, children's slides, trampolines and swings. The club also proposes sports and fun activities by group of age and swimming courses provided in a heated indoor pool.

2 Club Mickey de Blonville-sur-Mer

Rue du Général Leclerc

+33 (0)6.73.57.67.75

Open every day during school holidays from 9:30 am to 12:15 pm, then from 2:30 pm to 6:15 pm.

The must does

The marshes of Blonville-sur-Mer

Villers offers rare and diversified fauna and flora. It is situated close to the beach. You can observe protected species such as the European tree frog, the moor frog or even storks. Some walks are regularly organized. Dates and time schedule available at indeauville.fr



Events

The marshes of Blonville-sur-Mer

In July and in August: natural walks are regularly proposed.

On July 13: Blonville celebrates from 7 pm on ending by fireworks. Place du marché (close to the beach) and Avenue de la Brigade Piron.

End of September: the 21 km Mer, Monts et Marais. The first edition of a natural race starting from Blonville-sur-Mer. Two options: 5 or 21 km.



Blonville-sur-Mer Tourisme and boutique

32 bis, avenue Michel d'Ornano

+33 (0)2.31.87.91.14

Open from Monday to Saturday, all year round, from 10 am to 1 pm, then 2 pm to 6 pm.

Open on Sundays up to 6 pm excluding from half September to March (not during school holidays).

In July and August: open everyday from 10 am to 7 pm (6 pm on Sundays and festive days).



Chaque agence est juridiquement et financièrement indépendante
18 rue Maréchal Foch – 14640 Villers-sur-Mer
Tél : 02 31 87 71 77 – Fax : 02 31 87 62 64
Century21frederic-bagot.com



Frédéric Bagot

16 rue du Maréchal Foch – 14640 Villers-sur-Mer
Tél : 02 31 87 09 96 – Fax : 02 31 87 62 64
Thelem-assurances.fr



ON THE SEASIDE

In Villers sur-Mer

The beach of Villers-sur-Mer is at the centre of the world... It's the first French city to be crossed by the Greenwich Meridian! The seaside resort reminds the Belle Epoque with picturesque villas going along the beach. Particularity of the beach: the Vaches Noires cliffs, 4.5 km long and 100 m high, dating back to the Jurassic and Cretaceous eras. If you are not fond of history, the beach also hosts several summer events, including the famous Festival Sable Show and sports tournaments are organized all summer long!



The beach is accessible from the Avenue de la République going along the beach, as well as from the Rue Michel d'Ornano and the Rue du Général Leclerc. As these two roads are narrow, it's better to access from the Avenue de la République. You can find parking places on the Avenue de la République and in the perpendicular roads or even behind the Casino Tranchant, Place du Lieutenant Fernand Fanneau. Pay and display car park is also accessible from Place Jean Mermoz, situated in front of Villers-sur-Mer Tourisme. Some more free parking places are accessible from the residential areas, situated some roads away from the sea.

The access to animals is forbidden on the beaches from April 1st to September 30th.

Outside this schedule, dogs are allowed at low tide and must be kept on a leash.

Horses are allowed on the foreshore at low tide from 7 pm to 10 pm from June to September.

Outside this schedule, they are allowed before 10 am and after 7 pm.

Cabins, beach umbrellas & deckchairs

Easily recognizable for the white colour, the beach cabins may be rented from June to half-September (140 cabins out of 230 in total can be rented for a day, a week, 15 days, a month or a season).

Indicative prices: cabin from € 12, beach umbrellas from € 5 and deckchairs from € 3,5 per day.

Prices and bookings at the Foreshore Establishment, calling: +33 (0)6.76.85.52.49

Monitoring

The beaches of Villers-sur-Mer are supervised from July 1st to September 1st without interruption from 11:30 am to 6:30 and from May 1st to July 1st on weekends and festive days from 11:30 am to 6:30 pm.

If any problems arise, call the
Aid post Plage

Jean Mermoz: +33 (0)2.31.87.01.04

Aid post Plage

Jean Moulin: +33 (0)2.31.87.52.83

Kids

6 Club de plage du Méridien de Villers-sur-Mer

It welcomes children from 3 to 12 all summer long. Qualified managers organize several events, fun and sports activities. The park includes inflatable games, trampolines and is open from 5 pm to 6 pm on Saturday and Sunday. Children must be supervised by parents.

On the beach in front of the Casino Tranchant

14640 Villers-sur-Mer

+33 (0)2.31.87.01.18

Open from Monday to Friday from July 7th to August 26th, 2018 from 10 am to 12:30 am, then from 3 pm to 6 pm.

Games park from 5 pm to 6 pm from Monday to Friday and from 3 pm to 6 pm on Saturday and Sunday.

Inscriptions at Villers-sur-Mer Tourisme.

7 The Beach Merry-go-round of Villers-sur-Mer

It's an institution that has been lasting since 1978, when the Chaignon family was looking for a place in front to the sea to place the merry-go-round and the candy floss stand. We have added a go-karting area and, more recently, a beach shop selling colourful accessories situated in the pedestrian road called Nature et Colegram.



3 The Open-air Swimming Pool

On the dyke, in the very centre of the city, the water is heated to teach swimming. No more reasons to avoid a bath in Villers-sur-Mer!

Parking Jean Mermoz

+33 (0)6.82.02.69.91

4 The Mini Golf

Tracks of synthetic turf to have fun in a sunny area. Also enjoy the bar terrace.

Mini Golf of Villers-sur-Mer

Place Faneau

+33 (0)2 31 87 42 09

The must does

1 The Vaches Noires cliffs

It's a geological and palaeontological jewel made of alternating layers of marl and limestone where several fossils have been discovered. The most beautiful have been exhibited at the Paléospace, a museum dedicated to palaeontology and astronomy. It is forbidden to climb or access from the cliff to this protected natural area. Collecting fossils is only allowed on the beach. The access to the immediate base of the cliffs is forbidden.

Guided visits are regularly organized – Times and dates are available on indeauville.fr

5 Also discover the Paléospace,

a museum entirely dedicated to fossils and to their history, but also to astronomy
5, avenue Jean Moulin
+33 (0)2.31.81.77.60



The Greenwich Meridian

At the marked point on the seaside, longitude is exactly 0! It's the perfect place to have a photo.



Events

End of June: Music Fair.

July – August: the Sable Show Festival, famous festival on the Coast, hosts a selection of groups playing throughout summer on the seaside, at the Casino Tranchant or at the Perdrisot amphitheatre.

In July and August: the beach is always very lively. Parties, torch-lit walks, fireworks, night walks...

Dates on indeauville.fr

August: Villers Beach Day, a friendly and sports day on the beach proposing collective lessons of zumba, beach soccer, trampoline...

End of October : the scallop and seafood fair.

Eating and sleeping with view on the sea*

La Digue de Villers

Avenue de la République

+33 (0)2.31.88.61.47

Le Jardin du Méridien

Restaurant du Casino Tranchant

Place Fanneau - +33 (0)2.31.14.44.88

Le Matisse – Domaine de Villers

Chemin du Belvédère - +33 (0)2.31.81.80.80

Domaine de Villers

Chemin du Belvédère - +33 (0)2.31.81.80.80

Hôtel Ibis Styles Deauville – Villers Plage

86, avenue de la République

+33 (0)2.31.81.27.27

Hôtel Le Castellamare

2, rue Michel d'Ornano - +33 (0)2.31.81.66.66

Hôtel & Salon de Thé Outre-Mer

1, Maréchal Leclerc - +33 (0)2.31.87.04.64



Villers-sur-Mer Tourisme and boutique

Place Jean Mermoz

+33 (0)2.31.87.01.18

Open 7/7, all year round from 10 am to 1 pm and from 2 pm to 6 pm. In July and August, from 9:30 am to 7 pm, and on Sundays and festive days from 10 am to 6 pm.

Swimming

Water under permanent supervision



The quality of water is a real challenge on seaside territories. The Deauville Coast is subjected to careful care. In 2009, the "Communauté de Communes Cœur Côte Fleurie" was rewarded with a "Certification France" for the good management of bathing water. It has implemented its own system of quality measurement complementing the supervision of the "Agence Régionale de la Santé".

The principle: controls are based on the microbiological quality of water. From June to September, 18 samples are taken and analyzed on every beach. A report is published by the A.R.S. and transmitted to the municipalities that are charged with the distribution and posted close to the bathing areas. Appointment at the aid post to see the results.

Seawater all year round

In Deauville, we love so much the sea that it is captured to fill the Olympic swimming pool. The water of the pool (50 m) is pumped offshore and heated up to 28°. Under a vault capturing the light and the sun, eight lifeguards offer swimming courses all year round from 5 years-old, aquagym sessions every day as well as aquatic activities for children every Saturday.



Olympic swimming pool

Boulevard de la mer - 14800 Deauville

+33 (0)2.31.14.02.17

Open 7 days per week in July and in August
from 10 am to 2 pm and from 3 pm to 6 pm.

Entrance from € 4.

Go to the website www.indeauville.fr
to see the program
and other opening times.

You can also swim in heated water in Villers-sur-Mer. An open-air swimming pool opens in summer on the dyke (see page 26).

Fishing

On the seaside, on the sand, still humid, and among the rocks, you can find shellfish and crustaceans. This adventure urges you to keep an eye on the small shrimps that slip as the river flows and to remain curious and find cockles, clams and other shellfish hidden under the rocks.

View the rules about gathering seafood by hand in the website: www.pecheapied-calvados.com. The website of the departmental fishing federation is also a good source of useful information: (www.federation-peche14.fr/#).

The species to fish on the Côte Fleurie



Cockles: 2,7 cm



Lesser sand eels: 11 cm



Mussels: 4 cm



Velvet crab: 6,5 cm



Tellins: 2,5 cm



Razor shell: 10 cm



Crab: 14 cm



Clams: 4 cm



Sand shrimps: 3 cm



Whelk: 4,5 cm



Clams: 4,5 cm



Prawn: 5 cm



Lobster: 8,7 cm

ON THE SEASIDE

Tasting

Tasting an ice cream while walking on the seaside or sitting under a beach umbrella, the feet on the sand, is a must of summer time. Here are our gourmet destinations.

The balanced taste of Martine Lambert ice-creams

Martine knows how to attract any ice cream and sorbet lovers! She came to Deauville, almost by chance, to sell her ice cream on the beach in summer. In 1981, she funded her own boutique. Martine has a taste and needs for good products; she carefully selects local ingredients, sublimated into about fifty tastes. Which one would you choose?

Martine Lambert
76, rue Eugène Colas
14800 Deauville
+33 (0)2.31.88.94.04

Discover
the video:



Les glaces de la Princesse

Princesse Sophie was funded on the Boardwalk several decades ago. It bears the name of the Princess Sophie Troubetskoï, of Russian origin, married with the Morny duke in 1857. Renowned for its elegance and spirituality, the princess came to Deauville for the first time in 1864, one year before the death of his husband, the duke of Morny. Walking on the Boardwalk,

she would have loved to stop there to taste take-away ice creams, sweets and drinks.

Princesse Sophie
Les Planches - Boulevard de la Mer
14800 Deauville
+33 (0)6.98.39.59.37

The ice cream in all its form

Luc, pastry chef, chocolate maker and ice-cream maker, has attended several prestigious structures before opening his own boutique in Bayeux, then in Trouville-sur-Mer. In 2014, he created the Atelier de Luc, an ice-cream shop-restaurant including a laboratory where he creates his own ice-creams and sorbets from raw products and, above all, loving this job! Over 30 savoury tastes are proposed to ice-cream lovers. You'll be maybe tempted by 1 m of 18-taste ice cream! Here, you can also taste waffles, crêpes and delicious meals.

L'Atelier de Luc
19, rue du Général Leclerc - 14640 Villers-sur-Mer
+33 (0)2.31.87.92.11
And 1, place Tivoli - 14360 Trouville-sur-Mer
+33 (0)2.31.81.51.81

We love these coloured institutions!

The paillote de Villerville, the Pompon ice creams, the striped stands of Deauville or the stand of Villers-sur-Mer, they open in summer just to be closer to you. Enjoy!

Shopping

8 souvenirs



A striped jersey

In 1913, in her first shop of Deauville, Gabrielle Chanel decided to introduce the sailors' striped jersey into the prêt-à-porter world. It was a great success! It is now the symbol of the seaside holidays. Choose the classic striped T-shirt or Jersey, dress or bikini. Those produced by Armor Lux have Deauville marked on.

A « sea » notebook

Does the coast from Villerville to Villers-sur-Mer inspire any poetry to you? Write your best creations on this small notebook, as if it were an ode to the sea.



A Beach Bag

made of beach umbrella canvas

The inimitable Deauville beach umbrella canvas is not found anywhere else. Leave with your beach bag, made of several trendy and timeless colours, to put all your souvenirs of the Côte and your beach accessories.



Akal Food Organic Spiruline

Consumed some centuries ago in Mexico, the spiruline was firstly produced in Normandy at the Eco-domaine du Bouquetot in an organic certified pool. This small seaweed has many healing properties. Try it and be healthy.

Cheese of the Pays d'Auge

The rounded, squared or heart-shaped cheese of the Pays d'Auge has some character! From the mildest to the most intense, all are aromatic and hide their own fabrication secrets. They are just waiting to be tasted in a friendly environment!



Le P'tit Blonvillais yogourts

These small plain yogourts have the taste of farm milk. Made by hand, they remind people's childhood.

The Deauville beach umbrellas in a single bite!

Eric Dufay has used all his knowledge and attachment to Normandy to create something unique and delicious: the beach umbrellas of Deauville. Crunchy biscuits blending the Norman flavours of the Pays d'Auge such as apples, caramel and beurre salé. To offer, share or secretly taste.



Local fish soup

Bring the sea with you with a cup of fish soup not to forget the memories of your holidays on the coast.

A lot of souvenirs

We all love bringing a piece of holidays at home : a T-shirt, a bag, a shellfish, a key ring... the tourist offices use their fantasy to remind you the good time spent here.

ON THE SEASIDE

Contemplating

Fauteuils en Seine : a breathtaking walk!

« Fauteuils en Seine » is an artistic tourist circuit.

The idea is simple: place some deckchair in front of the sea or on the seaside to invite people to stare at it. Through this path, you can discover unknown perspectives and roam along the Villerville Coast in Villers-sur-Mer. The Communauté de Communes Cœur Côte Fleurie – creator of the circuit – has left artists completely free to decorate, dress, and paint each deckchair. Stencil, painting, collage, photography, sculpture: they have run wild their imagination to tell a history, their relationship with water, the coast and the beaches.

Walk along this circuit is astonishing!

Download
the circuit:



Scale the heights!



At the Parc des Graves in Villerville

Situated over the Roches Noires cliffs, the Parc des Graves gives a bird's eye view of the sea, and you can also admire the reflects of the sun of the waves.

Access to the Parc des Graves from the Route du Littoral, right before the entrance to Villerville.

Free parking.



At the top of the Mont-Canisy

Overlooking the municipalities, the top of the Mont-Canisy offers a clear view on the English Channel to admire all the coloured nuances of the sunsets on the Estuary.

Access to the Mont-Canisy from the Avenue du Littoral reaching Bénerville-sur-Mer in Blonville-sur-Mer, at the Saint-Christophe Church, then take Rue de Touques.

Free parking places.



6921

Tel (33) 04 74 70
E-mail
http://



10 ways to go
OFFSHORE



CINÉMA MORN
DEAUVILLE

Votre cinéma à Deauville depuis 1949

Horaires et informations sur notre site :

www.cinemamorny.fr

et notre page facebook :

[@cinemamorny](https://www.facebook.com/cinemamorny)

ON THE SEASIDE

Mooring at the ports

Ideally situated on the English Channel, the two ports of Deauville are today an essential step for people coming from the Great Britain, the North Sea or the Anglo-Norman islands. Deauville has a great welcoming capacity, hosting 1,250 moorings distributed over 2 ports. Situated in the Seine Bay, Port Deauville is one of the first private leisure ports. Situated at the end of the Boardwalk, it was built in the 1970s. His elder brother, the Municipal Port, is the historical port situated at the heart of the city. One of the pools bears the name of the founder of the city, Morny. Is there too much choice? Deauville has always been a nautical city. Great sailing events have forged its reputation of home port for sailors coming from all over the world.





The Municipal Port, hidden in the City Centre

Protected by winter storms, the municipal port is situated in the heart of the city, 300 m away from the Place Morny, in front of the railway station. Accessible without entering or exiting a lock basin for 11 hours per day, recreational boaters are very close to shops, restaurants and leisure areas. On the city side, the Deauville Yacht Club and the sailing school are situated along the pool. On the Touques side, you can find the new district of the Presqu'île including a sunny dock, squares and shops. The reorganizational works will continue in 2018 to build new port facilities, namely to better welcome the recreational boaters and those interested in a sailing initiation.

Bureau du Port - Quai de la Marine - 14800 Deauville - +33 (0)2.31.98.50.40

Open in summer from 8:30 am to 12 am, then from 1:30 pm to 6 pm

In winter, it closes at 5 pm

The Deauville Yacht Club

The Deauville Yacht Club Association was founded by Louis Bréguet in the 1920s. Its 250 members have created an almost permanent program of regattas from March to October. The club also animates the sailing school. The regatta agenda is available on indeauville.fr.

Small anecdote...]

Young talent!

As it is done in the cultural field, when artistic stays are offered to young photographers and musicians, the City of Deauville has chosen to sponsor a young skipper, Eric Delamare. When he was 18, this young Norman sailor used to sail with his family, member of the Deauville Yacht Club.

Using the land yacht since he was 7 (he has won for three times the Normandy Championship), he participated to the 420 competition, and started sailing when he was 12. At the age of 15, he often sailed alone in the Baie de Seine. Very attached to his first club – the Deauville Yacht Club – he bears the colours of Deauville and of Normandy during high-level competitions such as the Solitaire Urgo Le Figaro.

Practical
information

GPS coordinates:

Latitude : 49°22'3 N // Longitude : 00°04'2 E

Capacity:

Over 350 floating places in 2 pools,
including 60 moorings for visitors

Length:

25 m – Draught: 2,80 m

Access:

lock doors. Door opening and closing:
automatic on the coast 5,50 m

Technical services:

- Water from the pontoon
- Power terminal from the pontoon:
 - 16 Amp
 - 3 toilets
 - 4 showers
- Nearby laundry
- Gas station at Port Deauville (marina) :
 - Go/SP 95
 - Launching ramp
- Vigilance (police station)
 - Close garage
 - Crane: 8 tons
- Lift: 50 tons in the Port Deauville
 - Fairing area
 - Wi-Fi





Port-Deauville, a city on the water

Stretching over a surface of more than 10 ha and protected by a breakwater dyke, made of a block of granite, 770 m long, this new port has a fundamental advantage. On the Norman Coast, where tides impose their time to sailors, it is accessible 16 hours per day.

To see

The architecture of the flats built on this port has been conceived by Labro and Orzini, the architects of Avoriaz. The organization is amazing. Gateways and pontoons are also found to easily access boats.

Port Deauville

3, quai des Marchands - 14800 Deauville
+33 (0)2.31.98.30.01 - VHF Canal 9



GPS coordinates:

Latitude : 49°22' 4 N // Longitude : 00°04' 1 E W

Capacity:

700 floating places, including 45 moorings for visitors (60 if couples)

Length:

18 m // Draught: 2.80 m

Access to the basin:

lock doors are open on demand from the 3,5 m marine coast, according to seasons and coefficients. More information at the Canal VHF 9

Welcoming:

Open every day from 9 am to 12 pm, then from 2 pm to 6 pm, excluding on Wednesday (off-season). On Saturday from 9 am to 12 pm, then from 3 pm to 6 pm. On Sunday and festive days from 10 am to 12 pm, then from 3 pm to 6 pm

Technical services:

- Water from the pontoon
- Power terminal from the pontoon: 16 Amp
 - 12 toilets
 - 14 showers
- Brasserie (Wi-Fi service)
 - Nearby laundry
- Gas station at Port Deauville (marina): Go/SP 95 free service (credit card only)
 - Launching ramp
- Vigilance (3 night rounds)
 - Close garage
 - Crane: 8 tons
 - Lift: 45 tons
 - Fairing area



Marine shopping

It's the right place to buy a boat, an engine, new sails or sea clothes.

Top Marine

Quai des Marchands - 14800 Deauville
+33 (0)2.31.88.65.55

Learning sailing

Initiation to dayboat sailing

Catamarans are admired by speed-lovers, while dinghies by precision-lovers. Individual courses provided by professionals invite you to safely raise the sails in the clubs of the coast. Sailing experts can also rent these boats. Among courses or other formulas, you'll undoubtedly find the best option for you!



At the Cercle Nautique de Villers-sur-Mer (CNV)

Learning how to sail at the CNV is easy and friendly. This club was created in 1962 by a group of fans. Their principle: sailing all together! At the sailing school, the subscription is made for a trimester. If you are starting, you can sail by groups on Saturday afternoon and receive lessons by a certified instructor. If you want to improve your level, you may choose sport sailing. A certified instructor will teach you regatta techniques adjusting to your competences. You may also share experiences with other sailors during annual club meetings. Sailing is also scheduled for Saturday, but in the morning.

Leisure sailing and sport sailing lessons in groups from 12-year-olds. Sailing course from 6-year-olds with catamarans (KL 10.5, Topaz 12 or 14 and Dart 16) or Pico dinghies to initiate or improve their level. Sailing initiations for 6-8 years-olds. Group offers. Dart 16 or Topaz 14 catamaran renting.

Certified Ecole Française de Voile, Ecole Française de char à voile, Ecole de Sport, Club Compétition, Club Sport Loisir and Famille Plus

4, rue Feine - 14640 Villers-sur-Mer

+33 (0)2.31.87.00.30

Open from the end of March to November.

Where can you sail?



At the Blonville Yacht Club (BYC)

Open in summer, the sailing school of Blonvillesur-Mer proposes sailing lessons in July and August to anybody older than 8. This club also offers a subscription formula allowing its members to sail all year round with their equipment (dinghy, catamarans, windsurfing, paddle, kite surf...). Catamaran lessons on Topaz 14 or 16.

Certified Ecole Française de Voile, Famille Plus

54, avenue Michel d'Ornano - 14910 Blonville-sur-Mer - +33 (0)2.31.87.92.58 - +33 (0)7.81.29.41.30

Open in July/August and all year round for all the members of the club.

At the Club Nautique Trouville-Hennequeville (CNTH)

This club, situated at the end of the beach of Trouville-sur-Mer, offers initiation or perfecting lessons for several nautical activities.

Certified Ecole Française de Voile, Ecole de Sport, Club Compétition, Ecole Française de Char-à-Voile

Digue des Roches Noires - Boulevard Louis Bréguet - 14360 Trouville-sur-Mer - +33 (0)2.31.88.13.59

From half-March to half-December for sailing, from half-January to half-December for land yachts..

Cabin boat sailing

Are you wondering if you may like sailing? Go to the sailing school of the Deauville Yacht Club (DYC)

Leave for a two-hour sailing trip and a sailing initiation trip. It's a good opportunity to get an idea of what sailing is and pass to the following step: sailing teaching by sessions or practical lessons. At the Deauville Yacht Club, you can learn cabin boat sailing (J80). Teaching is adjusted to all levels: sport sailing, leisure sailing, for individuals, students or groups. At the school, people having acquired the 3rd level at the Fédération Française de voile (J80 or Grand Surprise) may also rent a boat for a day.

If you already have a boat and you want to improve your technique, the Deauville Yacht Club proposes some « coach plaisance » formulas. To improve your technique, go offshore with an expert, progress in the management or preparation of boats...any option is available.

From 14:

Sailing discovery trip, sailing lessons for 3, 6 or 9 hours, sailing course during school holidays.

Boat renting for training, leisure or regatta (J80 or Grand Surprise)

Certified Ecole Française de Voile and Club Compétition

Quai de la Marine - 14800 Deauville

+33 (0)2.31.88.38.19

Open all year round for the members of the club.

On Wednesday and Thursday, 10 am>1 pm and

2:30 pm>5 pm, on Friday and Saturday, 10 am>1

pm and 2:30 pm>7 pm, on Sunday, 10 am>1 pm



Go offshore with a kayak

The kayak is another option: a stable and quiet boat inspiring sea contemplation. Clubs do not only propose renting, but also courses and individual lessons to learn how to paddle.

Where can you kayak?



Cercle Nautique de Villers-sur-Mer (CNV)
Simple or double kayak renting per hour.

Certified Ecole Française de Voile, Ecole de Sport, Club Compétition, Club Sport Loisir, Famille Plus
4, rue Feine - 14640 Villers-sur-Mer
+33 (0)2.31.87.00.30
Open from the end of March to November and all the year round for the members of the Cercle.



Concept Sport Emotion

Renting of simple, double or triple kayak. 3- or 5-session kayak course or individual course, initiation session. Initiation hiking to discover the Roches Noires cliffs or the Marais de Pennedepie.

Concept Sport Emotion

La Plage - 14360 Trouville-sur-Mer
+33 (0)7.82.64.10.09
Open from April 1st to November 1st, 2018

Fly away with the sand yacht

Why not testing speed and emotions on the sand? In a semi-supine position, you can catch the wind and go fast on two wheels. Unmissable adrenaline rush.

Where can you sail?



Cercle Nautique de Villers-sur-Mer (CNV)
2-h supervised session of sand yacht at low tide from 12.
(Dates and times on voilevillers.com)

4, rue Feine - 14640 Villers-sur-Mer
+33 (0)2.31.87.00.30

UNUSUAL! - UNUSUAL!

Any mini sand yachts?

Discover the Beach Karts, fun and astonishing remote control sand yachts! After some minutes of use, you can challenge yourself on more or less difficult paths and learn how to displace them through natural obstacles.

Concept Sport Emotion

3-session mini-course
La Plage - 14360 Trouville-sur-Mer
+33 (0)7.82.64.10.09
Open from April 1st to November 1st, 2018

Paddle trips: a sensation of freedom

The stand-up paddle, a large plank from Hawaii on which you can stand, also called SUP, is trendy on the beaches. It is ideal to discover the coast.

The giant paddle !



The crazier we are, the more we laugh!
Go offshore Villers-sur-Mer with your friends
or your family to have a great time!

Where can
you paddle?

Cercle Nautique de Villers-sur-Mer (CNV)

Paddle renting 1, 6 or 8 people per hour

Supervised paddle trips

4, rue Feine - 14640 Villers-sur-Mer

+33 (0)2.31.87.00.30

Open from the end of March to November 2018
and all the year round for the members

Acting as old sea dogs

Old ships are appreciated by history and boat lovers. Make your dreams come true and sail on board the François Monique, an ancient fishing boat of the roadstead of Brest built in 1935 and restored by the Association Petit Foc.

Small anecdote...]

The name it bears - François Monique - comes from François, the name of the sponsor of the ship - François Kermarrec - the first sailor on board -, and Monique, the niece of Hervé Salün, the first owner of the ship.

Association Petit Foc

Quai Albert 1^{er} - 14360 Trouville-sur-Mer

+33 (0)6.83.21.90.97

Sailing trips from May to October,
almost all weekends.

Calendar on www.petit-foc.asso.fr



UNUSUAL ! - UNUSUAL ! - UNUSUAL !

From Deauville to Trouville-sur-mer by boat!

Going from Trouville to Deauville and the other way round is easy. For € 1,20, sail on board the Trait d'Union, a small boat linking the two towns when the tide is high. At low tide, use the bridge for € 0,50.

Departure Quai Albert 1^{er} in Trouville-sur-Mer and Port-Deauville

+33 (0)6.83.78.95.94

Departure every 5 min - service on demand

Open all year round from 9 am to 7 pm and

from 9 am to 11 pm in summer

Small anecdote...]

The Trouville-Deauville ferry has been used since 1889. It was created by the Casino de Trouville to let people cross the canal. It was sold about 100 years ago. Manu, the current captain, started to lead the helm as seasonal apprentice sailor when he was 14, before taking the certificate of captain of the merchant navy and becoming captain of the ferry 25 years ago.



Going offshore

Starting from the Quai de la Marine or in front of Trouville-sur-Mer, sail for a marine getaway enjoying the calm pace of a sailing boat and admire the sea birds and the estuary. You can also opt for the dynamism and the speed of the Gulf Stream II speedboat.

Deauville Yacht Club (DYC)

Two-hour trip between the sea and Touques to discover the fauna and the flora. From 3 years-old.

Quai de la Marine - 14800 Deauville
+33 (0)2.31.88.38.19

Gulf Stream II

Trip offshore between Houlgate and Honfleur, from 3-years-old.

Quai Albert Premier - 14360 Trouville-sur-Mer
+33 (0)6.07.47.14.12



Going to Le Havre

Go on board a speedboat and cross the Estuary to reach Le Havre from Trouville-sur-Mer. Spend a hassle-free day on site (parking, circulation...), enjoying great views on the coast during the trip organized by captains Guy and Charlesne, who will tell you some anecdotes.

Departure from Deauville/Trouville-sur-Mer at 9 am or 10 am and return trip between 5:30 pm and 7:30 pm

Departure from Le Havre at 9 am or 10 am and return trip between 5 pm and 7:45 pm

Approximate duration: 50 minutes

Compulsory booking at the Tourist Offices of Deauville, Trouville-sur-Mer and Le Havre

Times and information: indeauville.fr

Boarding places:

Port of Deauville/Trouville-sur-Mer (Gulf Stream II boat)
Quai Albert 1er (in front of the casino) - 14360 Trouville-sur-Mer

Port of Le Havre (Ville du Havre II boat)
Digue Olsen – Port de Plaisance du Havre
125, boulevard Clémenceau - 76600 Le Havre

Bac de Trouville-Deauville

1,20€
le passage

Cartes de
fidélité

Traverser d'une rive à l'autre
en bateau

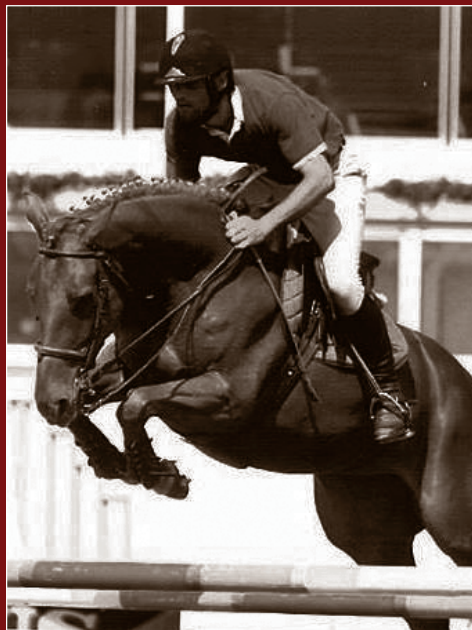
Renseignements :
06 83 78 95 94

Ouvert
Tous les jours • Toute l'année





Centre Equestre de Blonville



**Promenade à cheval
sur la plage**

**Cours de poneys
et de chevaux**

Pension chevaux

Stages

Baptêmes de poneys

Manège couvert

Ouvert tous les jours de 9h00 à 12h00 et de 14h00 à 18h00



02 31 88 89 60

**Centre Equestre de Blonville
1, rue des tennis
14910 Blonville-sur-Mer**



www.blonvilleequitation.fr

Galloping on the sand

Every morning and often in the evening, on the inDeauville beaches, horses enjoy the benefits of sea water and relax after training, after a race or a competition. The highly beneficial thalasso therapy offered by the sea ensures their wellness. Jockeys and horses take a signpost path between the racecourse and the beach. A code of conduct establishes the rules of access to the beach. You can observe this unforgettable show remaining at a distance. The nearby riding centres also propose walking experiences on the beach. Try and enjoy this unforgettable experience.

Discover the
video:



« When summer comes, I don't recommend Deauville to late-sleepers and lazy people. As mornings are dedicated to horses (...). Horses come from everywhere and cross at the walk the sleeping town to reach, excited as children, the long and silent beach. (...) From neighbouring clubs - situated in Tourgéville, Villerville or Le Brevedent - come some ordinary riders like you and me, for whom galloping on wet sand and a splashing in the sea are proofs of pure freedom. »

Jérôme Garcin Extract from
Cavalier seul © Editions Gallimard

Centre Equestre de Blonville-sur-Mer

Certified Famille Plus, Fédération Française d'Equitation (F.F.E.), Pony Club de France and Cheval Club de France.

One-hour riding tour according to your level (Gallop 2 or 4 min.). Private riding tours, alone or in couple, for beginners (Gallop 2 or less) lasting 1 or 2 hours. Accompanied tour for beginners.

1, rue des tennis - 14910 Blonville-sur-Mer

+33 (0)2.31.88.89.60

La Mangeoire - Club Hippique

Certified Centre de Tourisme Equestre.

Group or private riding tours for any levels. 2,5-hr riding tours for intermediate level.

Rue Reynaldo Hahn - 14800 Deauville

+33 (0)2.31.98.56.24 - +33 (0)6.71.48.07.33

Le Haras du Manoir

Certified Ecole Française d'Equitation (E.F.F.), Pony Club de France and Cheval Club de France.

One-hour riding tour for intermediate level (Gallop 3-4, 4 jockeys max.)

Lieu-dit Le Manoir - 14950 Saint-Pierre-Azif

+33 (0)6.83.36.22.97

Les Ecuries de Bellfontaines

Riding tours for beginners or experienced riders monitored by a professional on the beach of Villerville.

3, chemin des Terrois - 14113 Villerville

+33 (0)6.61.43.78.88

Les Ecuries de la Villedieu

3-hour riding tour for experienced riders (Gallop 3-4) or riding tour on the beach for the members.

1844, route du Château - 14640 Villers-sur-Mer

+33 (0)6.80.11.00.05



THALASSO DEAUVILLE

by ALGOTHERM

A DEUX PAS DES PLANCHES, OFFREZ-VOUS UN MOMENT DE BIEN-ÊTRE



escope MARS 2018 - photos : ©Newvok

3, rue Sem - 14800 Deauville - resa@thalasso-deauville.fr - www.thalasso-deauville.com

Informations et Réservations au 02 46 65 55 23

A photograph of a swimming pool with a waterfall feature. A woman is standing under the waterfall, and another woman is in the foreground, partially submerged. The pool is surrounded by a tiled deck and a wall with a blue and white striped pattern.

26 WELLNESS stories

Therapies – day or half-day-long stays: thalasso and spa centres offer express relax solutions such as detox, slimming, beauty, distress, anti-age, mum- or back-focused programs. The benefits of sea water are renowned in Deauville. Icing on the cake: many establishments are available to initiate you to wellness disciplines belonging to other cultures.

The Thalasso Deauville by Algotharm: a seawater swimming pool dedicated to wellness

© Utopikphoto



Pour une escapade iodée à Trouville-sur-Mer...



Photos : Accor - Sylmi photographie



NOUVEAUTÉS 2018 : BRASSERIE ÉPHÉMÉR,
BUFFETS DE FRUITS DE MER, BRUNCHS
ET NOUVEAU BAR D'EUGÈNE

ENTRE LA PLAGE ET LE PORT DE TROUVILLE-DEAUVILLE

TABLE GASTRONOMIQUE ÉTOILÉE

BRASSERIE ET TERRASSE VUE MER

L'INSTITUT DE
THALASSOTHÉRAPIE & SPA
LE PLUS PROCHE DE PARIS



RENSEIGNEMENTS & RÉSERVATIONS

www.lescuresmarines.com

Tél. +33 (0)2 31 14 26 00

Sur la plage au bout des planches,

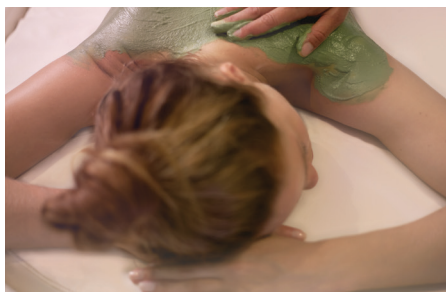
Bd de la Cahotte

TROUVILLE-SUR-MER



Sea water therapies

Three thalasso centres around



Fundamental brand in the field of algotherapy, it works with 30 different seaweed species to create marine solutions for the skin.

Thalasso Deauville by Algotharm

3, rue Sem - 14800 Deauville

+33 (0)2.31.87.72.00



Recently, the Thalasso Deauville by Algotharm has proposed a treatment called "Cap Sommeil". It includes: 2 half-days of relaxation based on 8 varied treatments.

Sea water & algotherapy in Deauville

The thalasso of Deauville, renovated in 2014, is a calm place with pure design. At the heart of this area, close to the Boardwalk of Deauville, the sea-water swimming pool is equipped with massing seat, Jacuzzi seat, cobra water cascades, sequential jets. Advantages: direct access to the Olympic swimming pool of Deauville and its sea-water pool of 50 m. This area was built in the 1960s and seems a shellfish placed on the sand.

Here, hydrotherapy is at the heart of the treatments. 13 cabins are dedicated to thalasso therapy treatments: hydro massing baths, jet showers, seaweed wrap and effusion massage. The thalasso also proposes a wellness area, a beauty institute and a sport club. The restaurant properly completes a wellness program. Both the solarium situated on the roof-terrace of the establishment and the wide range of Algotharm treatments are largely appreciated.



A concentrate of innovations in Trouville-sur-Mer

The Cures Marines thalasso, placed in the former casino built in 1912, gets inspiration from the first sea baths. The black-and-white photos of the beginning of the century and the stripes of beach umbrellas are the main elements of a cosy and intimate decor. The Cures combine sea water natural benefits with

specific technological tools such as pressotherapy to relieve heavy legs. The essential treatments include a 4-hand massage under sea water rain or a "sea bath" massage with quartz stones. The treatments cover any needs: beauty, stress, pregnancy, nutrition, sleep, vitality. You can try the personalized coaching or breathing sessions. People who are not much sensitive to the cold may try cryotherapy in a cold dry bath (195°C). If you prefer higher temperatures, choose the heated sea-water swimming pool, the hammam or the sauna.

Les Cures Marines - Hôtel Thalasso & Spa
Boulevard de la Cahotte - 14360 Trouville-sur-Mer
+33 (0)2.31.14.26.00



Marine relax with Thalazur

As an extension of the sea, Thalazur Cabourg is situated on the seaside and has a panoramic view on the Cabourg Coast you can enjoy from the sea water outdoor swimming pool or the bar. The getaway continues at the heart of the establishment with a sea water marine itinerary, heated to 32° C, including geysers, massing seats and jacuzzi. The treatments combine thalassotherapy and massages with Thalgo products focused on marine beauty and seaweeds. We recommend you the seaweed body wrap to remineralize your skin and sweat out toxins. The most adventurous people can try cryotherapy. The most active people can try courses in the water: aquagym, aquabike and aquajump.

Thalazur Cabourg
44, avenue Charles de Gaulle - 14390 Cabourg
+33 (0)2.50.22.10.20

The thalasso of ancient times: rent your cabin

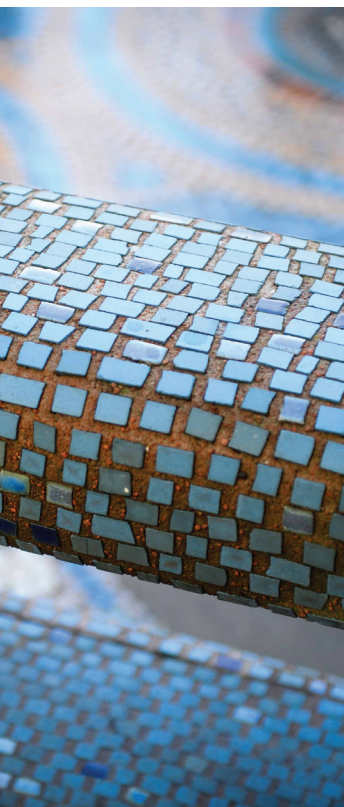
When it was developed in France in 1830, sea bathing was not a leisure activity, but a medical prescription. Dieppe, Trouville-sur-Mer, Villers-sur-Mer, then Deauville from 1860... have become therapeutical destinations.

Sea cabins were built; wooden chalets were placed on the beach, then the Boardwalk going along the seaside was built.

In 1921, the municipality of Deauville launched a renovation contest for this old-fashioned area. The project presented by architect Charles Adda was accepted, as it evoked the memory of the Pompei thermal area. The foreshore establishment was built in 1923 in an Art Déco style. The building had simple volumes made of plastered concrete, covered with mainly blue mosaics.

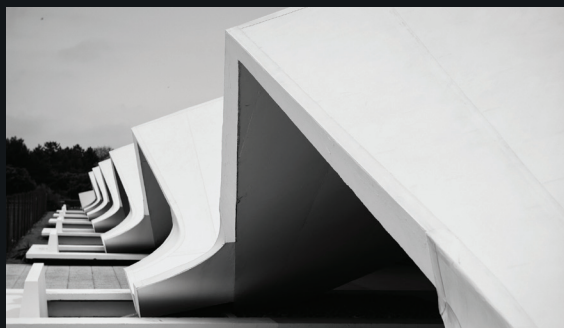


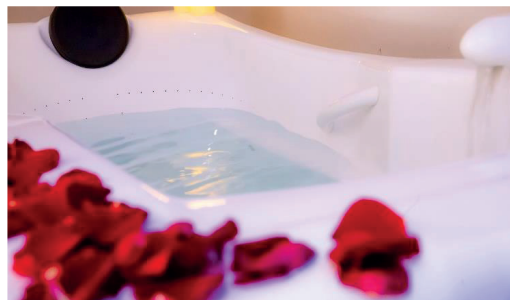
It was composed of a series of atriums, galleries and mosaics (reminding ancient times) and included 250 cabins, 50 of which were luxurious and had a double service of cold and hot water, a hammam, massage and relax areas, sweating areas. This complex also includes a bar, some shops (book shop, candy shop, clothes and beach games shops). This building makes part of the "Inventaire supplémentaire des monuments historiques". You can always rent a cabin and admire the setting before reaching the beach.



The swimming pool of Deauville, an architectural feat

It is one of the first French projects of the architect Roger Taillibert. This project is for him the first of a series of sports equipment creations, including the Parc des princes stadium in Paris (1967 -1972) and the Olympic complex of Montréal (1972 -1976). He designed his works in his own audacious manner, completely different from the Norman style, which was very popular on the Côte Fleurie at the time, and implemented a system consisting of large-scale thin shells, launched at the beginning of the 1960s and becoming his specialty technique. The sea-water swimming pool was inaugurated in July 1966. Due to high functioning costs, it was likely to close in 1977. It is managed by the municipality since 1980. It was completely renovated in 2006.





Notre espace détente est ouvert au public
extérieur et aux clients de l'hôtel,
sur réservation uniquement.

37-39 Avenue de la République 14800
t. 02.31.14.32.32 / www.almoria-deauville.com

Sleeping close to a spa

Nothing has changed: at the beginning of the century, daily bathing was recommended. It is recommended today too. But the techniques used have evolved. The list of hotels providing access to hydrotherapy equipment is longer. Nowadays, you can benefit from treatments or massages any time all the year round. The list of the establishments offering wellness areas and products is available on pages 64 - 67.

Personalized check-up and treatments

The three Barrière hotels propose a recently created spa and wellness areas. It's nice and very relaxing!



The Spa Diane of l'Hôtel Le Royal reveals the concept of Tigre Yoga Club, a yoga, meditation and pilates centre. Here you can fight pain and stress. Several types of yoga are proposed, from the softer to the most dynamic. Holistic and ayurveda treatments coming from Asia and belonging to the Aerial program are also offered.

Spa Diane Barrière Le Royal - Hôtel Barrière Le Royal Deauville - Boulevard Cornuché
14800 Deauville +33 (0)2.31.98.66.33



At the heart of the centre of Deauville, at the Normandy, wellness is focused on total regeneration with « Aerial Wellbeing for the Future TM », a personalized program. It implements the thousand-year-old expertise of traditional Chinese medicine with innovative treatments such as neuro-sensorial, infrared, aculaser or even aerial detox treatments combining a cutting-edge technology with 5-sense and acupuncture techniques. You'll also find the Tigre Yoga Club and its yoga, Pilates and meditation solutions.

**Spa Diane Barrière Le Normandy
Hôtel Barrière Le Normandy Deauville**
2, rue Hoche - 14800 Deauville - +33 (0)2.31.98.65.65



L'Hôtel du Golf, surrounded by green areas, offers a relaxing and sport setting where you can recharge your batteries. In collaboration with brands of beauty products such as Biologique Recherche and Ligne Saint Barth, the treatment area proposes body and face treatments: you can also try the regenerating coldness offered by cryotherapy.

**Spa Diane Barrière L'Hôtel du Golf
Hôtel Barrière L'Hôtel du Golf**
Le Mont Canisy - 14800 Saint-Arnoult
+33 (0)2.31.14.24.08



VILLA D'EAUX



*Villa d'Eaux est un "moment à part", "une bulle de zénitude"
un lieu historique où le temps se pose pour se retrouver et
se redécouvrir..., un lieu de bien-être, de confidentialité et de repos.*



5 chambres d'exception dans les anciens bains-douches
de Villers-sur-Mer à découvrir à partir de mi-juillet 2018.

A unique moment at the Villa d'Eaux ★ **New !**

Discover
the video:



Villa d'Eaux, exclusive place, is situated in the former baths-showers of Villers-sur-Mer. And, something rare, they have remained almost identical to the original structure, dating back to 1903, with a central enlightened patio and blue wooden galleries inspiring intimacy and calm. You can rent a B&B room and access several activities including wellness treatments: Jacuzzi, massages, tea house and water bar.



New ! The multisensorial experience at Pierre & Vacances



In the five-star new Pierre & Vacances residence, at the Presqu'île - an entirely renovated district at the heart of Deauville - the Spa Deep Nature proposes a relaxing experience including sauna, hammam, sensorial showers, snow sky and salt cabin. In a warm and salted environment, the salt cabin is dedicated to stressed or tired people. The effects are that breathing, blood circulation and the immune system functioning are favoured. The experience may end by a delicate and refreshing snow rain to tonify your skin.

Spa Deep Nature Presqu'île
27, rue Thiers
Presqu'île - 14800 Deauville
+33 (0)2.31.88.75.05

Try the extreme cold

Cryotherapy is a technique used in the latest years in the sports field to relieve pain, twists, muscle sprains... It is used in the treatment institutes. The principle: having a cold bath (between -130° and -160° C) for two to three minutes to relieve stress or solve dermatological problems. Low temperatures also favour the production of collagen and help you obtain a smooth and brilliant skin. The Cures Marines also invite you to test nitrogen vapourisation at -180°C from the neck to the scalp to restore a fresh and bright skin.

Relaxing in the dark

The Domaine du Clos Saint-Gatien, including three swimming pools and large green areas invite you to have a calm time through a massage in the dark aimed at relaxing body and soul and, at the same time, feeling the benefits of the message.

Spa du Clos Saint-Gatien
4, rue des Brioleurs - 14130 Saint-Gatien-des-Bois
+33 (0)2.31.65.16.08

Spa Diane Barrière L'Hôtel du Golf
Hôtel Barrière L'Hôtel du Golf
Le Mont Canisy - 14800 Saint-Arnoult
+33 (0)2.31.14.24.08
Thalasso Deauville by Algotharm
3, rue Sem - 14800 Deauville
+33 (0)2.31.87.72.00

Les Cures Marines - Hôtel Thalasso & Spa
Boulevard de la Cahotte
14360 Trouville-sur-Mer
+33 (0)2.31.14.26.00
Thalazur Cabourg
44, avenue Charles de Gaulle - 14390 Cabourg
+33 (0)2.50.22.10.20



Wellness moment overlooking the sea

Situated at the heights of Villers-sur-Mer, this domain overlooks the Côte Fleurie offering a breathtaking landscape. The rooms with balcony overlooking the sea or sunny terraces are largely appreciated. Sauna, hammam and covered swimming pool heated to 30°C are perfect to relax. The treatments and massages are an opportunity to travel all over the world: "Asia getaway" focused on green tea and including scrub, wrap and massage; "Bali trip" including a face treatment with flowers or "Oriental trip" including a hot oil massage.

Domaine de Villers

Hôtel Restaurant & Spa - Chemin du Belvédère
14460 Villers-sur-Mer
+33 (0)2.31.81.80.80



Wellness on the roofs of Deauville

The Closerie, 4-star hotel residence situated at the very heart of Deauville, offers romantic and sports wellness stays with privatizable rooms, flats or villas. Choose between sunbathing on the roofs of Deauville, relaxing in a terrace overlooking the racecourse or in the calm area of the indoor green court. Have a sauna or hammam session, a bath in the Jacuzzi or the indoor swimming pool heated all the year round to 27°C. In terms of spa treatments, relax is the main focus with soft, hydrating and anti-age face treatments, foot reflexology or body and back treatments for an intense muscle relaxation.

Hôtel & Spa La Closerie

156 Avenue de la République
14800 Deauville
+33 (0)2.31.14.15.16

Cycling in the water

Try aquabike, a soft and intense sport. Aquabike, thanks to the resistance of water, contributes to sculpting the body and mass the bottom of the body at each move. It is also a good way to eliminate toxins, improve the cardio-respiratory system stimulating the blood flood.

Deauville by Algotherm

3, rue Sem - 14800 Deauville - +33 (0)2.31.87.72.00

Deauville by Artstation

83, avenue de la République - 14800 Deauville - +33 (0)2.31.88.11.53

Hôtel & Spa Le Trophée

81, rue du Général Leclerc - 14800 Deauville - +33 (0)2.31.88.45.86

Les Cures Marines - Hôtel & Spa

Boulevard de la Cahotte - 14360 Trouville-sur-Mer - +33 (0)2.31.14.26.00

Thalazur Cabourg

44, avenue Charles de Gaulle - 14390 Cabourg - +33 (0)2.50.22.10.20



A green setting at the manors

The Manoirs de Tourgéville, 4-star hotel, offering a green setting situated in the middle of a huge wooded park, is composed of 5 Anglo-Norman buildings. A few years ago, this place belonged to Claude Lelouch. It's a must for cinema lovers: the cinema hall remains accessible to the clients of the hotel. Wellness is the credo of the Manoirs, considered an ideal place to relax and take some time for you: the indoor swimming pool (heated to 28°C) is largely appreciated by swimmers, mainly preceded by a sauna or a sport session in the fitness area. At the wellness area, the Esthederm Paris Institute proposes « cellular harmony » and « cellular youth » face treatments to deeply clean the skin, treat imperfections and renew it with a peeling gel. You can also discover the "seasonal" face treatments, combining reflexology with the needs of your skin.

Les Manoirs de Tourgéville

668, chemin de l'Orgueil

14800 Tourgéville

+33 (0)2.31.14.48.68



Rural wellness at the Auberge de la Source

This 4-star hotel is typically Norman with half-timbered structures and red bricks of the 18th century. Indoor, noble and rough materials are used to create a sober and comfortable setting. In summer, you can sit in the flowered and wooden garden, cradled by natural sources. In the double cabin situated in the middle of the garden, apple is the queen: anti-age and nourishing "pomme d'happy" treatments, massage and "paume de pomme" lead to an intense relax. Take a bike to explore the nice paths of the surrounding countryside.

Auberge de la Source

Chemin du Moulin

14600 Barneville-la-Bertran

+33 (0)2.31.89.25.02



Luxury and serenity at the Saint-Simeon farm

During the Impressionism period, our most famous painters came to have a great time at the generous table of Mère Toutain, right after Honfleur. Eugène Boudin and Camille Pissaro, Claude Monet, Johan Bartold Jongkind, or even Alfred Sisley... They came here to enjoy the lights of the Seine Estuary, the gardens and the Norman skies. The Ferme Saint-Siméon, currently a 5-star Relais et Châteaux hotel, preserves the spirit of the famous visitors of ancient times and the Norman authenticity. At the heart of the wellness farm, situated among Jacuzzis, the heated swimming pool, the hammam and the solarium, the hotel proposes wellness treatments based on organic products and seasonal products of the Clé des Champs brand.

La Ferme Saint-Siméon

Hôtel Relais & Châteaux – Rue Adolphe Marais
14800 Honfleur
+33 (0)2.31.81.78.00



In an ancient Norman farm at the Clos Deauville Saint-Gatien

The Clos Deauville Saint-Gatien, 3-star hotel situated at the heart of the Pays d'Auge, between Honfleur and Trouville-sur-Mer, is hosted in an ancient farm with stables and a Norman "pressoir" of the 17th century. Inaugurated in 1983, it is an oasis of comfortable peace hidden in a wooden park of cedars and apple trees of 1500 m2. Heated swimming pools - one of which situated at the spa, and the other surrounded by a sunny terrace - are perfect to relax after a treatment or a massage in a spa that offers Jacuzzi, sauna, hammam, sensorial shower and a massage hall. The hotel is close to the Saint Gatien forest, one of the biggest of the Calvados.

Hôtel & Spa Le Clos Deauville Saint-Gatien

4, rue des Brioleurs – 14130 Saint-Gatien des Bois
+33 (0)2.31.65.16.08

At the heart of apple trees at the Manoir de la Poterie

The Manoir de la Poterie, 4-star hotel situated between Deauville and Honfleur, takes its name from the 16th century, when people used to live in this area of the Côte Fleurie. The setting is rural and quiet, two minutes on foot from the beach of Cricqueboeuf. In another building situated close to the hotel, the wellness area includes spa with sauna, hammam, Jacuzzi and a 17 m swimming pool, heated all year round to 30°C. The starred sky, the softened atmosphere and the nice smell of the treatment hall are an invitation to relax during a Bali massage, a Lomi-lomi or an Oriental ritual. Not less than 35 treatments and massages are proposed here.

Manoir de la Poterie & Spa

Chemin Paul Ruel – 14113 Cricqueboeuf
+33 (0)2.31.88.10.40



Les Montier : three spa hotels with your family

The history of the Montier family starts with Michèle and Gérard. She worked for the loans service of the Caisse d'Epargne, he worked at the Le Normandy Hotel, where he gradually obtained the role of chef barman. He decided to set up his own business and they took the risk, under the suggestion of their bank adviser, to buy La Flambée in 1979, a villa transformed into a restaurant. Clients became regular and it became popular.



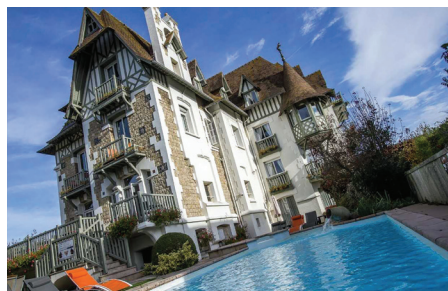
In 1986, they took the opportunity to open a hotel right above the restaurant: the Hôtel Le Trophée. Over the years, they enlarged it placing a swimming pool in the central hall and they bought adjacent houses to create new rooms and a real cocoon at the heart of the city. The couple grabbed new opportunities in 1993, opening the Villa Augeval, dating

back to the end of the 19th century where Gilbert Bécaud spent some time. Considered a remarkable villa, it maintains its original

façade. Inside, it has been entirely renovated, but it preserves a particular and authentic charm, namely through its nice chimneys. In 2004, the couple bought the Trait d'Union Villa, situated next to it, to have some more rooms. Both villas are currently linked by a porch. In 2008, Michèle and Gérard inaugurated the Hôtel Almorla, a project favoured by a real estate promoter.



Currently, their daughters, Sandrine and Delphine, are respectively managing the Villa Augeval and the Hôtel Le Trophée. The Hôtel Almorla is managed by the son-in-law of the couple, François Bellanger, golf professor, involved in the family history. The son of Sandrine Montier, Julien Guilbert, has recently joined the Augeval team. These hotels have their wellness area including sauna, hammam, Jacuzzi and other relaxing treatments.



Hôtel & Spa Almorla

37-39, avenue de la République
14800 Deauville
+33 (0)2.31.14.32.32

Hôtel & Spa Le Trophée

81, rue du Général Leclerc
14800 Deauville
+33 (0)2.31.88.45.86

Hôtel & Spa Villa Augeval

14, avenue Hocquart-de-Turtot
14800 Deauville
+33 (0)2.31.81.13.18

Esprit de spa by M

Esprit de Spa by M est le spa hôtelier du Trophée by M Hôtel spa et de la Loggia by M Suites hôtel spa, situé au cœur de Deauville. 130m² consacrés au Bien-Etre avec 2 spas, en Suite privative ou en spa mixte mais intime, disposant d'installations d'hydrothérapie diverses, de 3 cabines de soins et de massages en solo ou duo, d'un espace boutique, dans une ambiance entre terre et mer.

Organisation E.V.J.F (privatisation),
brunchs, pauses gourmandes,
cocktails privatisés ou autre événement
(avec ou sans hébergement)
Chèques cadeaux - coffrets cadeaux
séjour ou soin seul.



Esprit de Spa by M le Trophée

64 rue Général Leclerc - 14800 DEAUVILLE

0231884586 - spa-deauville.com

WELLNESS

A quick view on spa & thalasso centres



NAME	ADDRESS	SWIMMING POOL	SPORT	SAUNA/ HAMMAM	JACUZZI	SOLARIUM	HYDROMASSAGE
Esprit de Spa by M Hôtel le Trophée	81, rue du Général Leclerc 14800 Deauville +33 (0)2.31.88.45.86	Outdoor, heated <i>(Reserved to hotel clients)</i>	Aquabike	Yes/Yes	Yes <i>(Hotel clients)</i>		
Domaine de Villers	Hôtel Restaurant & Spa Chemin du Belvédère 14460 Villers-sur-Mer +33 (0)2.31.81.80.80	Indoor <i>(if 50 min treatment)</i>		Yes/Yes <i>(Infrared sauna)</i>	Yes	Yes	
Hôtel & Spa Almorìa	37-39, avenue de la République 14800 Deauville +33 (0)2.31.14.32.32			Yes/Yes	Yes		
Les Cures Marines	Hôtel Thalasso & Spa Boulevard de la Cahotte 14360 Trouville-sur-Mer 02.31.14.26.00	Swimming pools and water tracks in the heated sea water <i>(Reserved to the hotel clients or if the treatment costs more than € 105)</i>	Aquabike, Aquapilates Aquafitness, Pilates, Yoga, Swissball Circuit training Abs, thighs, buttocks Sea wading, Nordic walking	Yes/yes <i>(Reserved to the hotel clients or if the treatment costs more than € 105)</i>		Yes	
Spa Augeval	Hôtel Villa Augeval 14, avenue Hocquart-de-Turtot 14800 Deauville +33 (0)2.31.81.13.18	Outdoor, heated <i>(Reserved to hotel clients)</i>		Yes/yes <i>(Finnish sauna)</i>	Yes		
Spa Diane Barrière l'Hôtel du Golf	Hôtel Barrière L'Hôtel du Golf Le Mont Canisy 14800 Saint-Arnoult +33 (0)2.31.14.24.08	Indoor, heated <i>(Reserved to hotel clients)</i>	Fitness room	Yes/yes <i>(Reserved to hotel clients)</i>			
Spa Diane Barrière Le Normandy	Hôtel Barrière Le Normandy Deauville 2, rue Hoche 14800 Deauville +33 (0)2.31.98.65.65	Indoor, heated <i>(Reserved to hotel clients)</i>	Yoga, Pilates Ground bar	Reserved to hotel clients			
Spa Diane Barrière Le Royal	Hôtel Barrière Le Royal Boulevard Cornuché 14800 Deauville +33 (0)2.31.98.66.33	Outdoor, heated <i>(Reserved to hotel clients)</i>	Yoga Pilates Tai chi Qi gong Ground bar	Yes/Yes <i>(Reserved to hotel clients)</i>			
Thalasso Deauville by Algotherrm	3, rue Sem 14800 Deauville +33 (0)2.31.87.72.00	Indoor, heated sea water	Fitness room Aquabike, Aquagym Pilates, Zumba Circuit Training	Yes/Yes Indoor, heated sea water	Yes	Yes	

DRO-JET	CRYO-THE-RAPY	SIGNATURE TREATMENTS	FUTURE MUM TREATMENTS	MEN TREATMENTS	COUPLE TREATMENTS	FAMILY TREATMENTS	BAR
Yes		Aromaplasty facial treatment	Massages	Scrub, massage and facial treatment	Spa and massage		Infusion lounge room
		Charm of the East massage, Candle elixir massage, Trip to Bali facial treatment and massage	Facial treatment and massage	All treatments are mixed	On-demand option		« La Tisanerie » Lounge Bar
Yes			Massage	All treatments are mixed	On-demand option		Infusion lounge room
Yes	Yes	4-hand massage under sea water rain Sea bath massage Breathing iodine drainage massage	Special therapy (<i>hydrojet, facial treatment, drainage, massage...</i>) Massage and à la carte treatments	Special therapy (<i>scrub, facial treatment, cryotherapy, massage</i>) and à la carte treatments	Massages	Special teenager therapy and à la carte treatments	Infusion room
Yes			Massage	All treatments are mixed	Massage	On demand	Infusion room
	Yes	Full caviar treatment		Mixed treatments	On-demand option		Hotel bar
		Bioenergetic treatment		Mixed treatments	On-demand option		Hotel bar
		"Intuitive" treatment	Relaxing treatment	Mixed treatments	On-demand option		Organic & vegan bar of the Tigre Yoga Club
Yes	Yes	Immersion massage Oxygen massage Original massage	Pre- and post-breathing treatment (<i>hydrotherapy, massage, facial treatment, aquagym</i>)	Slimming therapy (<i>hydrotherapy, treatments, massage, aquagym...</i>)	Massage (<i>hydrotherapy, treatments, massage, aquagym...</i>)	Discovery massage, facial treatment (<i>hydrotherapy, treatments, massage, aquagym...</i>)	D3 bar

NAME	ADDRESS	SWIMMING POOL	SPORT	SAUNA/ HAMMAM	JACUZZI	SOLARIUM	HYDROMASSAGE
Thalazur Cabourg	44, avenue Charles de Gaulle 14390 Cabourg +33 (0)2.50.22.10.20	Indoor and outdoor, heated sea water	Fitness room Aquagym, Aquabike Aquepower Aquajump Sea wading Nordic walking	Yes/Yes	Yes	Yes	
Spa Deep nature Pierre & Vacances Premium Presqu'île	27, rue Thiers Presqu'île 14800 Deauville +33 (0)2.31.88.75.05	Indoor and outdoor, heated <i>(Reserved to residence clients)</i>	Fitness room	Yes/Yes	Yes	Yes	
Les Thermes Manoir de la Poterie	Chemin Paul Ruel 14113 Cricqueboeuf +33 (0)2.31.88.10.40	Indoor swimming pool	Fitness room <i>(Reserved to hotel clients)</i>	Yes/Yes	Yes	Yes	
Villa d'Eaux	12, Michel d'Ornano 14640 Villers-sur-Mer +33 (0)2.31.88.19.18		Yoga Pilates <i>(Rserved to clients)</i>	Yes <i>(Reserved to clients)</i>	Yes		
Spa les Manoirs de Tourgéville	668, chemin de l'Orgueil 14800 Tourgéville +33 (0)2.31.14.48.68	Heated indoor swimming pool <i>(Reserved to hotel clients or if treatment)</i>	Fitness room	Yes/No			
Spa les Manoirs de Bénerville	Mont Canisy 14800 Bénerville-sur-Mer +33 (0)2.31.14.68.80	Heated outdoor swimming pool	Equipment	Yes/Yes	Yes	Yes	
Hôtel & Spa La Closerie	156 Avenue de la République 14800 Deauville +33 (0)2.31.14.15.16	Heated indoor swimming pool <i>(Reserved to hotel clients)</i>		Yes/Yes <i>(Reserved to hotel clients)</i>	Yes <i>(Reserved to hotel clients)</i>	Yes <i>(Reserved to hotel clients)</i>	
Spa du Clos Saint-Gatien	4, rue des Brioleurs 14130 Saint-Gatien-des-Bois +33 (0)2.31.65.16.08	Heated outdoor swimming pool and indoor swimming pool		Yes/Yes	Yes	Yes	
Ferme Saint Siméon	20, route Adolphe Marais 14600 Honfleur +33 (0)2.31.81.78.00	Heated indoor swimming pool	Fitness room	Yes/Yes	Yes	Yes	

DRO-JET	CRYO-THE-RAPY	SIGNATURE TREATMENTS	FUTURE MUM TREATMENTS	MEN TREATMENTS	COUPLE TREATMENTS	FAMILY TREATMENTS	BAR
Yes	Yes	"Ocean take-off" massage "My essential" body and face treatment	Massage	All treatment are mixed « Thalgomén » facial treatment	On-demand option Massages	Baby massage	Hotel bar
		"Immersion", "Star", "Original" and "Serenity" massages		Mixed treatments	On-demand option	Discovery massage, face treatment and family massage	Relaxing area with drinks
		"Oriental beauty rituals" treatment Bali massage Lomi-Lomi massage	Massage	All treatments are mixed	On-demand option	Teenager massage and facial treatment Family Californian massage	Infusion lounge room
							Tea house Water bar
		Skin treatment for horse riders Radiance, new skin and look expertise facial treatments Relax & Beauty and Anti-stress body and face treatment	Complete facial treatment Light legs treatment	All treatments are mixed Expertise facial treatment	On-demand option	Teenager massage and facial treatment	
				All treatments are mixed Radiance men treatment and gentle men treatment	Duo body treatment		
				All treatments are mixed	On-demand		
		Intuitive massage	Massage	Mixed treatments Specialized men treatment	Duo massages		Hotel bar
		Apple (face, scrub, massage) signature treatment	Back and legs massage	All treatments are mixed	On-demand		Infusion lounge room and bar

Wellness treatments & disciplines

You really have the choice

Massing your second brain

Our belly, called our « second brain », hosts all our emotional and physical tensions. The belly massage, practiced in Ancient China, releases any tension to regain a better flow and improve digestion.

Spa Diane Barrière Le Normandy
Hôtel Barrière Le Normandy Deauville
2, rue Hoche - 14800 Deauville
+33 (0)2.31.98.65.65

Home personalized treatment

A Dévinity Massage for any need! You may be tired, nervous or full of energy: Charlotte can find the perfect treatment for you. Relaxing, Swedish, Shiatsu or draining massages...all treatments are provided at your place, at the Ferme du Lieu Bill or at your hotel.

Dévinity Massage
Le Lieu Bill - 14910 Blonville-sur-Mer
+33 (0)6.44.78.28.98

Balancing your emotions

Fleurs de Bach are 3. They coordinate and balance temporary or persistent emotions of our body. A Fleurs de Bach massage provides relax and wellness.

Psyché Bienvenue chez Valérie
7, rue Hoche - 14800 Deauville
+33 (0)2.31.98.08.00

Finding a balance with sophrology

Sophrology takes inspiration from yoga, meditation and relaxation methods. The objective: being more conscious about ourselves, our feelings and the relationship between our body and mind.

Anne Gaston-Carrère
Un Temps pour Prendre Soins de Soi
33, rue Olliffe - 14800 Deauville - +33 (0)6.84.21.29.61
M.C Adeline
2, rue Ancien Parc aux Huitres
Centre de consultation Madeine Brès
14360 Trouville-sur-Mer - +33 (0)6.16.57.55.43
Thalasso Deauville by Algotharm
3, rue Sem - 14800 Deauville - +33 (0)2.31.87.72.00

Relaxing with reiki

Special massage based on a light touch called meditative healing touch. It transforms the negative energies of the body into positive energies, contributing to wellbeing and intense relaxation.

Spa Diane Barrière Le Royal
Hôtel Barrière Le Royal
Boulevard Cornuché - 14800 Deauville
+33 (0)2.31.98.66.33

Dancing with yoga vinyasa

Yoga vinyasa is a dancing discipline. It is based into a succession of postures, it improves balance and flexibility.

Tigre Yoga Club - Hôtel Barrière
Le Normandy Deauville
2, rue Hoche - 14800 Deauville
+33 (0)2.31.98.65.65
Tigre Yoga Club - Hôtel Barrière Le Royal
Boulevard Cornuché - 14800 Deauville
+33 (0)2.31.98.66.33
Hatha Yogo and Hatha Flow courses all the week long.

Releasing your energies with reflexology

This traditional Chinese medicine is based on the tension and reflex points of the body. It aims at releasing blocked vital energies and providing harmony to the body. Plantar reflexology uses massage to touch specific areas of the feet that are linked to certain organs of the body. Stimulating the blood flow in these areas, the massage also stimulates the targeted organs.

Anne Gaston-Carrère
Un Temps pour Prendre Soin de Soi
33, rue Olliffe - 14800 Deauville
+33 (0)6.84.21.29.61
Deautival by Artstation
83, avenue de la République - 14800 Deauville
+33 (0)2.31.88.11.53

Softly stretching with the yin yoga

The yin yoga is a soft yoga using long-term stretches and slow and deep breaths to relax the body. It favours flexibility and reinforces articulations, organs and tissues.

Tigre Yoga club
Hôtel Barrière Le Normandy Deauville
2, rue Hoche - 14800 Deauville
+33 (0)2.31.98.65.65
Tigre Yoga club - Hôtel Barrière Le Royal
Boulevard Cornuché - 14800 Deauville
+33 (0)2.31.98.66.33
Hatha Yogo and Hatha Flow courses all the week long.

Meditating with hatha yoga and hatha flow

The traditional yoga is the step before meditation. It consists in a succession of postures (āsanas) combined with breathing and concentration (prāṇayāma). Flexibility, inner calm and serenity are the three key words for this type of yoga. It's also the credo of the Sport Santé 14 association proposing, among other things, weekly courses. Try the more dynamic hatha flow, in which the succession of postures is quicker.

Association Sport Santé 14
Salle polyvalente - 29, rue Albert Fracasse
14800 Deauville
Hatha yoga courses every week in Deauville and on Monday, Wednesday and Friday in Touques.

Tigre Yoga club
Hôtel Barrière Le Normandy Deauville
2, rue Hoche - 14800 Deauville - +33 (0)2.31.98.65.65
Tigre Yoga club - Hôtel Barrière Le Royal
Boulevard Cornuché - 14800 Deauville
+33 (0)2.31.98.66.33
Hatha Yogo and Hatha Flow courses all the week long.

Contemplating the sea with the Sri Sri yoga

The Sri Sri Yoga, a soft and powerful discipline, combines different breathing techniques with postures and meditation. This course takes place in the beautiful setting of Les chambres d'Annie, in front of the sea.

Les Chambres d'Annie

10, rue Mouillère - 14113 Villerville

+33 (0)2.31.87.10.10

4-day yoga courses per month from April to August..

Discover the Pilates method

The Pilates method is a soft sport based on deep muscular strengthening, taking inspiration from yoga and tai chi. Dynamic and relaxing, it gives a feeling of wellness.

Thalasso Deauville by Algotherm

3, rue Sem - 14800 Deauville

+33 (0)2.31.87.72.00

Tigre Yoga club

Hôtel Barrière Le Normandy Deauville

2, rue Hoche - 14800 Deauville

+33 (0)2.31.98.65.65

Tigre Yoga club

Hôtel Barrière Le Royal

Boulevard Cornuché - 14800 Deauville

+33 (0)2.31.98.66.33

Pôle Sport et Loisirs de Villers-sur-Mer

Le Villaré - 26, rue du Général de Gaulle

14640 Villers-sur-Mer

+33 (0)2.31.14.51.65

Les Cures Marines - Hôtel & Spa

Boulevard de la Cahotte

14360 Trouville-sur-Mer

+33 (0)2.31.14.26.00



Slow your pace with Tai chi

Tai Chi, a body discipline, is a global energy gymnastics made of very slow and accurate movements.

Tigre Yoga club

Hôtel Barrière Le Normandy Deauville

2, rue Hoche - 14800 Deauville

+33 (0)2.31.98.65.65

Tigre Yoga club - Hôtel Barrière Le Royal

Boulevard Cornuché - 14800 Deauville

+33 (0)2.31.98.66.33

Both hotels propose full awareness sitting or walking meditation sessions.

Improve your flexibility with Qi Gong et Bien-Être

The Qi Gong, a very old Chinese discipline, teaches you how to manage your breath and vital energy through long and controlled movements. It's a gymnastics that makes muscle and tendons more flexible, releasing nervous tensions.

Qi Gong et Bien-Être

Salle Polyvalente

14130 Saint-Gatien-des-Bois

+33 (0)6.75.20.55.27

Weekly session

Qi Gong - Le Villare

26, rue du Général de Gaulle

14640 Villers-sur-Mer

+33 (0)6.17.43.34.68

Tigre Yoga club

Hôtel Barrière Le Normandy Deauville

2, rue Hoche - 14800 Deauville

+33 (0)2.31.98.65.65

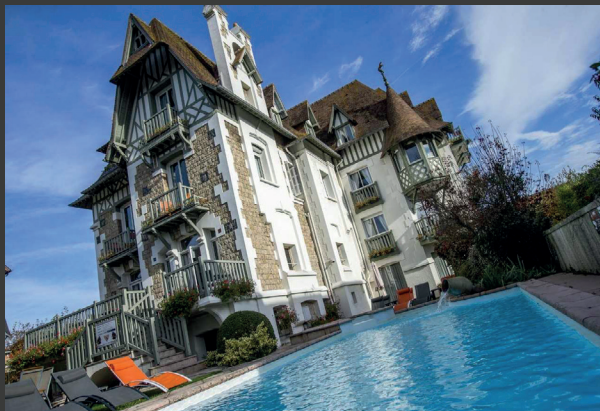
Tigre Yoga club

Hôtel Barrière Le Royal

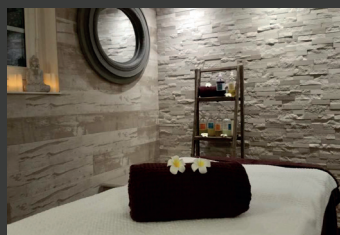
Boulevard Cornuché - 14800 Deauville

+33 (0)2.31.98.66.33

VILLA AUGEVAL



Dans une architecture typique des maisons de la côte normande, Villa Augeval vous ouvre, tout au long de l'année, les portes de son spa offrant une invitation à la détente, dans une ambiance cocooning, entre les mains de nos praticiennes expérimentées.



Que vous cherchiez un spa, pour un moment de détente ou un séjour pour une escapade pour faire le plein de bien-être, Esprit de Spa Augeval propose un éventail de massages, soins, ainsi que son spa privatisé, rien que pour vous.

•
Idée cadeau : pensez à offrir un *Instant Bien-être* ou *séjour détente* (renseignement auprès du service réservation)

•
Soins et spa sur réservation au 02.31.81.13.18

Retrouver toutes les informations relatives au bien-être, sur notre site internet:
<http://www.augeval.com/spa-et-massages/>

Zazen meditation

The Zazen, ancestral practice also tried by Bouddha himself, is a meditation in which you can focus on breathing and posture while thoughts appear and disappear.

Association Sport Santé 14

Maison de Quartier

20 A, rue des Aunes - 14800 Deauville

Weekly sessions on Tuesday and Thursday.

Nordic walking

This dynamic walk is made at the heart of nature. It contributes to muscle strengthening and body resistance. In the forest, in the countryside or at the beach, start a nice walk! Every year, at the beginning of July, during the La Normandie, a great time-based walk is organized on the beaches of our coast.

Association Les Normandiques

2, quai de la Marine - 14800 Deauville

+33 (0)7.67.86.77.96

Association Sport Santé 14

schedules and meeting places on their website

Les Cures Marines - Hôtel & Spa

Boulevard de la Cahotte - 14360 Trouville-sur-Mer

+33 (0)2.31.14.26.00

Thalasso Deauville by Algotharm

3, rue Sem - 14800 Deauville - +33 (0)2.31.87.72.00

Thalazur Cabourg

44, avenue Charles de Gaulle - 14390 Cabourg

+33 (0)2.50.22.10.20



WELLNESS

Wellness with your family

Many establishments propose duo formulas. Some of them have also developed treatments for children, babies and teenagers. Here you have a detailed review of the offers proposed by spa and thalasso centres.

Their first massage

Discovery massage, first beauty gestures: at the thalasso centre of Deauville, these formulas are designed for children. One of them – the traditional Indian initiation massage – is conceived for babies from 0 to 12 months. A shared parent/child moment is also proposed before diving in the Olympic swimming pool of Deauville.

Thalasso Deauville by Algotherm

3, rue Sem - 14800 Deauville

+33 (0)2.31.87.72.00

Spa Deep Nature presqu'île

27, rue Thiers - Presqu'île de la Touques

14800 Deauville

+33 (0)2.31.88.75.05

Communicating with your baby

A massage to develop communication with babies (from 3 to 9 months), slightly touching them and speaking to them.

Thalazur Cabourg

44, avenue Charles de Gaulle

14390 Cabourg

+33 (0)2.50.22.10.20

Duo massage

At Deauvital, children get their wellness moment too. The soft and relaxing Californian massage is proposed as a duo parent/child massage.

Deauvital by Art Station

83, avenue de la République

14800 Deauville - +33 (0)2.31.88.11.53

Taking care of teenagers' skin

Teenagers' skin is delicate, sensitive and may be easily affected. The Cures Marines have developed a special program to pampering it with personalized sport and nutrition checkups a sea bath to purify

the skin and a frozen breeze soothing care combining cryotherapy with nitrogen vaporization at -180°C. To try after 14.

Les Cures Marines – Hôtel & Spa

Boulevard de la Cahotte

14360 Trouville-sur-Mer

+33 (0)2.31.14.26.00

A specific facial treatment is also proposed at the Spa Les Thermes. Invite them to the "dream country" for a massage initiation to release the body and help them to calm down and better sleep. To try after 13.

Spa Les Thermes

Manoir de la Poterie

14113 Cricqueboeuf

+33 (0)2.31.88.10.40

Privatizing a spa

Privatize a swimming pool, a sauna, a hammam or a spa just for you, that's possible and it's up to you!

Domaine de Villers

Hôtel Restaurant & Spa

Chemin du Belvédère

14460 Villers-sur-Mer

+33 (0)2.31.81.80.80

Esprit de Spa by M – Hôtel le Trophée

81, rue du Général Leclerc

14800 Deauville

+33 (0)2.31.88.45.86

Hôtel & Spa Almorja

37-39, avenue de la République

14800 Deauville

+33 (0)2.31.14.32.32

Les Thermes – Manoir de la Poterie

Chemin Paul Ruel

14113 Cricqueboeuf

+33 (0)2.31.88.10.40

Spa Augeval - Hôtel Villa Augeval

14, avenue Hocquart-de-Turtot

14800 Deauville

+33 (0)2.31.81.13.18

Opening hours of the Tourist Information Offices of the Deauville Territory

BLONVILLE-SUR-MER TOURISME



32 bis avenue Michel d'Ornano - 14910 Blonville-sur-Mer

+33 (0)2 31 87 91 14

> July and August: Monday to Saturday: 10am-7pm - Sun and holidays: 10am-6pm

> Sept.: Monday to Saturday: 10am-1pm / 2pm-6pm - Sun (until 16 Sept.): 10am-1pm / 2pm-6pm

DEAUVILLE TOURISME

Quai de l'impératrice Eugénie - 14800 Deauville

+33 (0)2 31 14 40 00

> until 9 september: from monday to saturday: 9:30am-7pm - sun and holidays: 10am-6pm

> from the 10th of Sept.: from Monday to Saturday: 10am-6pm - Sun. and public holidays: 10am-1pm/2pm-6pm

TOUQUES TOURISME

20 place Lemerrier - 14800 Touques

+33 (0)6 83 38 50 57

> July and August: from Thursday to Monday: 10am-1pm / 2pm-6pm

TOURGEVILLE - BENERVILLE TOURISME

Promenade Louis Delamarre - 14800 Tourgéville

> July and August: Monday to Friday: 1:30pm-6pm

VILLERS-SUR-MER TOURISME



Place Mermoz - 14640 Villers-sur-Mer

+33 (0)2 31 87 01 18

> July and August: Monday to Saturday: 9:30am-7pm - Sunday and holidays: 10am-6pm

> September: every day: 10am-1pm / 2pm-6pm

VILLERVILLE TOURISME

40 rue du Général Leclerc - 14113 Villerville

+33 (0)2 31 87 77 76

> July and August: from Saturday to Wednesday: 10am-1pm / 2pm-6pm - Thursday and Friday: 2pm-6pm

> September (until Sept. 16): Saturday and Sunday: 10am-1pm / 2pm-6pm

www.indeauville.fr - info@indeauville.fr



The information given is indicative and subject to change. In no case the responsibility of the SPL de Développement Territorial et Touristique du Territoire de Deauville can be engaged.

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NOUVEAU à
DEAUVILLE



OUVERTURE
le 6 juillet 2018

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Nota

juillet à septembre : 7/7j de 10h30 à 19h30 - octobre à juin : fermeture le mercredi



37, rue Olliffe - 14800 DEAUVILLE - lingerie DEAUVILLE@gmail.com

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