



Beurre et Crème d'Isigny A.O.P. Fromages de tradition



In this issue, you'll find everything you need to prepare for your holidays!

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-binding. The prices and information in this guide have been supplied by the se no lability whatsoewer Remodurision even in nart is morbilited It's not easy to put together a holiday plan when there's so much to choose from!

And our desires often depend on the weather, how we feel on the day and the time we have available.

So, to make things easier for you, here are some of our suggestions from our own little routines, our corners of paradise and our favourite places.











If YOU're Staying for 7 days

Saturday: hooray, it's holiday

Once you've unpacked your luggage, head for a swim on Omaha Beach!

It's the perfect evening to enjoy a quiet little restaurant, eat an ice cream and discover the coastline before crawling into bed refreshed and dreaming about your plans for the week.

Sunday: a day at the beach

Morning: discover the monumental cliffs of Sainte-Honorine des Pertes (1) and take the opportunity to try shellfish gathering. (p.28)

Afternoon: stroll along the legendary Omaha Beach and discover its dunes. What could be better than setting off along the Vélomaritime (coastal greenway)! (p.38)

Evening: stroll along the quays of the port of Grandcamp night market (July-August).

Monday: the Isigny-Omaha terroir

Morning: explore the foreshore and oyster beds at Grandcamp-Maisy or sample other specialities at a beautiful cider farm (2). (p.50)

Afternoon: visit the Isigny caramel workshops and take a stroll to discover the local crafts. (p.46 to 54)

Tuesday: the D-Day Landing beaches

Morning: visit the American Cemetery at Colleville-sur-Mer (3),

then visit the German Cemetery at La Cambe.

Afternoon: drive or take to the seas to reach Pointe du

Hoc and visit one of the D-Day museums. (p.10 to 17, p.29)

Wednesday: at your own pace!

Morning: browse the Isignysur-Mer market and savour the famous sausage sandwich or take a horse-drawn carriage (4) to discover Isigny-Omaha (only during school holidays).

Afternoon: enjoy a horse ride to discover the forest or the lush

Normandy countryside (p.41)

Evening: admire the sunset over Omaha Beach on a Sulky ride (p.41).

Thursday: fun day!

Morning: take a trip out to sea to learn about sailing or ride a Fat Bike on the sand at Omaha Beach. (p.28 to 33).

Afternoon: try your hand at one of the water-based activities offered by the Grandcamp-Maisy or Eolia sailing schools, and test your balance on a paddleboard or sand yacht. (p.31 to 33)

Friday: get in touch with nature

Morning: discover the marshes and admire the storks **(5)** on a walk. (p.36)

Afternoon: visit the Flour Museum and the Mining Museum (p.23), then admire the sunset over the countryside on a hot-air balloon flight from Balleroy (p.41).

Saturday: before you leave ... enjoy a touch of the unusual!

Several options are available: a cute moment with the goats at La Grange au Mohair or with the alpacas in Maisons, let your inner child out exploring the world of Disney at the 'Walt d'Isigny' space or enjoy a visit to the RN 13 Museum. Whatever you choose, you're guaranteed a great time! (p.24–25)



If you're staying for 2 days

Day 1: The D-Day Landing beaches

Morning: visit one of the historical museums with your family to learn more about the D-Day landings, stop off at the souvenir shop and pay a solemn visit to the American Cemetery at Colleville-sur-Mer.

Afternoon: remembrance on Omaha Beach, next to the Les Braves statue in Saint-Laurent-sur-Mer. Why not continue your tour in a vintage vehicle? (p.15). Then, a sweet crêpe break at Aux Délices d'Alice, before setting off again to discover Pointe du Hoc, explore the Maisy battery and visit the German Cemetery at La Cambe.

Evening: gourmet seafood dinner

Day 2: local produce and heritage

Morning: Discover the Caramels d'Isigny factory and shop, take a stroll in the Cerisy forest (p.42 and 43), then picnic under the trees.

Afternoon: a tasting tour of a cider farm and a visit to a beautiful castle (p.22/23).



- Set off on an investigation through the forest with your 'Fairy Quest' discovery rucksack. See p.43
- Horse or pony riding. See p.41
- Let yourself be enchanted by the adventures of the family workshops. See p.43
- Take a walk in the Veys Bay to observe seals, or head to the marshes to spot the storks.
 => Keep your distance and be discreet so as not to disturb them!
- Visit La Grange au Mohair free of charge to get up close with the gentle Angora goats. See p.25
- Discover the amazing Walt d'Isigny Museum. See p.24
- Set off with family to take on one of the region's hikes and games. There are 5 in all, the choice is yours! See p.33





81 years on!

AND YET ITWAS

JUST YESTERDAY

The Second World War seemed to be at a standstill in the spring of 1944. Hitler and his generals were certain that the Allies would land in Europe, but where? The Third Reich had already been building the Atlantic Wall for some time to prevent Britain from invading. The British, American and Canadian Allies came up with a major plan to counter the German army from the French coast: Operation Overlord.





On 5 June 1944, under the command of General Eisenhower, operations began with the aerial and later naval bombardment of the German defences in front of the landing beaches and the gun batteries further inland.

The next day saw the start of The Longest Day: Several thousand ships crossed the Channel, carrying infantry and armoured vehicles to attack the German army from the beaches. Then, there was the climbing and capture of Pointe du Hoc by the American Rangers. This amphibious operation, codenamed 'Operation Neptune', marked the start of the Battle of Normandy.

Operation Overlord, which aimed to create an Allied bridgehead in north-west Europe and a new front in the west.

Once the beaches and surrounding areas had been taken, they had to be cleaned up, with channels cleared to allow a larger landing of troops and equipment. The Allies set up two artificial harbours (Project Mulberry) in front of two of the captured beaches, Omaha Beach and Gold Beach. Their construction remains the largest project and the greatest technical feat in the history of the D-Day landings.





This was the most important phase of



5 footbridges, forming part of the former artificial harbour of Omaha Beach, visible at Vierville-sur-Mer

2 • The G.I.s of the 116th IR/29th ID

Bronze donated by The National D-Day Memorial in Vierville-sur-Mer

3 · Veterans, our war heroes!

Isigny-Omaha welcomes veterans with the Best Defense Foundation

did you know?

The artificial harbour (known as Mulberry A) at Saint-Laurent-sur-Mer was destroyed by a storm a few days after its construction. Today, a floating channel - a remnant of this artificial port - can be seen on display at Vierville-sur-Mer.





D-DAY, YESTERDAY

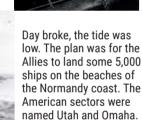
00:02

05:58



The moon was almost full when more than 5,000 tonnes of bombs were dropped by Allied aircraft on German batteries along the coast from Le Havre to Cherboura.

Hitler was asleep, and his entourage saw no point in waking him. Waiting for the Allies in Calais, the Germans never thought a mass landing would take place in Normandy.



At Omaha Beach, a vast and totally exposed beach, the D-Day landings became a nightmare. The heavily harnessed soldiers were sinking fast. Others perished under German fire.



In London, De Gaulle declared: 'The supreme battle is under way!' Of the 156,000 Allied soldiers who landed, 10,000 were killed or wounded. The Germans lost around 6,500 men.

Colonel Rudder confirmed that the WN75 at Pointe du Hoc, a 30-metrehigh cliff, was partially under control following the heroic attack of the 225 Rangers under his command.



Why and how?

Weather conditions were crucial to the success of the

- A night with a full moon and few clouds for the preliminary
- A light wind for parachuting in men,
- A low tide at dawn to see the many traps set on the beach.
- Few waves on the coast.

Eisenhower had planned to land Allied troops on Monday 5 June 1944, but cloud cover and heavy seas meant that the landing had to be postponed. A brief lull in the fighting was announced, and Operation Overlord was launched on the morning of Tuesday 6 June

did you know?

Commandant Kieffer

Philippe Kieffer will be remembered for having played an important role in the Normandy Landings. At the head of a commando of 177 men, the only French soldiers of the Landing (1st Battalion of Marine Fusiliers Commandos, later to become the famous Green Berets), he landed on Sword Beach, at Colleville-Montgomery. Despite suffering significant casualties, he achieved his objective despite being wounded himself; he was responsible for the liberation of Ouistreham. After the war, the Lieutenant-Commander settled in Grandcamp-Maisy. He became a general councillor and then a member of parliament in 1946. Today, his body rests facing the sea in the Grandcamp-Maisy cemetery.

'If I Were Told the Story of Omaha Beach'

They were between 9 and 21 years old, in 1944, living near the Sables d'Or beach when it became ... Omaha Beach! 8 witnesses tell their stories in a poignant documentary film that can be watched free of charge on YouTube



D-DAYTODAY

D-Day anniversary, tributes and festivities



Each year on around 6 June, Normandy hosts numerous ceremonies to pay tribute to the soldiers and civilians who fell during the D-Day landings in 1944. This is a wonderful opportunity for Normans, and everyone else, to pass the fundamental values of democracy and reconciliation down to our children, while joyfully celebrating this liberty regained.

the Normandy D-Day Festival

The Tourist Offices of the D-Day Landing beaches invite you to celebrate our freedom regained at the Normandy D-Day Festival: a programme of tourist and popular, cultural and festive events!

There are many highlights: concerts, parades, meetings, cultural events and ceremonies highlighting the history of the Liberation.





Isigny Omaha

SCAN the OR COdes to read the programmes



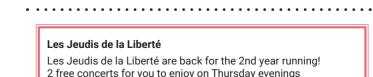


saturaay 7 June

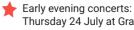
An exceptional, free evening, dedicated to the lively, friendly atmosphere of a musical picnic, with 3 concerts in a festive atmosphere!

The traditional giant picnic at Omaha Beach, which usually welcomes around 2,000 people, celebrates

We hope to see you there! Join us in celebrating the liberation of Omaha Beach on Saturday 7 June!



Les Jeudis de la Liberté are back for the 2nd year running! 2 free concerts for you to enjoy on Thursday evenings



Thursday 24 July at Grandcamp-Maisy Thursday 14 August at Montfiguet, Maison de la Forêt







8:00

06:45

D-DAYTODAY

Paying your respects at the American and German military cemeteries, visiting the batteries and museums, gazing at the cliffs and treading the sands of these beaches will immerse you in the history of the D-Day landings. We can only imagine the sound of gunfire and the distress the soldiers must have faced, confronted with the violent fighting that took place on these lands.



Normandy American Cemetery

Overlooking Omaha Beach, this 70-hectare cemetery holds the graves of more than 9,389 soldiers who fell in action during the Normandy Landings.

The Visitor Centre pays tribute to the courage and sacrifice of all those who lie here. The Chapel, the Memorial and the Garden of the Missing honour their memory. It is impossible not to be moved during a visit to this site, made up of 9,388 white crosses and their solemn power. An hour before closing time, don't miss the lowering of the flags, a unique moment that will send shivers down your spine.

Self-guided or guided tours. Picnics are not permitted inside the cemetery or in the car park.

PRICES: Free

OPENING TIMES:

01/04 > 30/09: 09:00-18:00

01/10 > 31/03: 09:00-17:00

Last admission 15 mins before closing time



D-DAYTODAY

Omaha Beach 14710 COLLEVILLE-SUR-MER tel.: 02 31 51 62 00 abmc.gov



German Military Cemetery

Set up and maintained by the VOLKSBUND (German Military Graves Maintenance Service), the cemetery contains the graves of more than 21,200 German soldiers. 1,220 maple trees have been planted as living symbols of peace and reconciliation between nations. The new trilingual exhibition deals with the themes of Man in wartime, German graves, the civilian population, the meaning of commemorations and the duty of remembrance.

The complexity and tragedy of war are highlighted. Self-quided tour. Duration: 1 to 1.5 hours.

PRICES: Free
OPENING TIMES:
01/04 > 31/10: 08:00-19:00
01/11 > 31/03: 08:30-17:30
Saturdays and Sundays: open at 09:00



Former Route Nationale 13 14230 LA CAMBE tel.: 02 31 22 70 76 volksbund.de



The D-Day Landing beaches' unesco application

The D-Day Beaches are the subject of an application for inclusion on UNES-CO's World Heritage List. The aim of this initiative is to gain recognition for the values represented by this place of remembrance: memory, peace and respect for the sacrifices of the past. The local population and institutional actors also hope to ensure the preservation of the beaches and the remains left behind by the event.

pointe au 400



D-Day, 07:00.

The first Rangers used grappling hooks and ladders to scale the sheer, 30-metre-high cliffs and reach the top of a landscape made almost lunar by the bombardments, and clear the way for the other soldiers. This was one of the most difficult battles of the D-Day landings. Today, the scars are still visible, and the heroic actions of the American soldiers continue to amaze us! This is a naturally solemn setting, and you can also visit the artillery battery with its fire-control post, its bunkers, its underground shelters, its huge craters and more. Here, it's easy to imagine the great difficulty and violence of this assault.

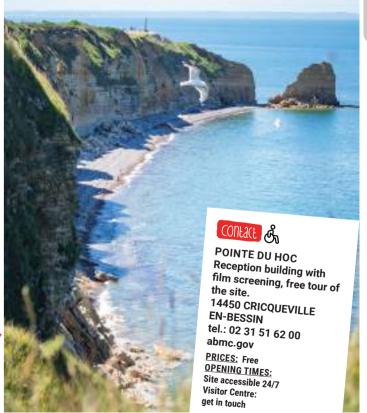


TÍP

A free 'Pointe du Hoc' mobile app is available to download before your arrival







SITES AND MUSEUMS

You simply can't leave Isigny-Omaha without taking a tour of the sites and museums! They're a goldmine for history fans, war-vehicle enthusiasts, spy buffs, budding explorers and curious little ones. They also bear witness to the terrible years of war that changed the course of millions of lives ...

OVERLORD MUSEUM

Located just 500 m from the Colleville-sur-Mer American Cemetery and the famous Omaha Beach, the Overlord Museum boasts a unique collection of over 10,000 items, tracing the history of the Battle of Normandy right up to the liberation of Paris. The 6 armies involved are showcased through life-size reconstructions, combining soldiers' personal effects with more than 40 vehicles, tanks and cannons, 2,200 m² of fully immersive exhibition space.

> PRICES: Adults: €9.50/ Students, children (7 to 15 years): €7 **OPENING TIMES:** From 08/02/2025 to 31/12/2025. Museum closed on 24 and 25 December Ticket office closes 1 hour before the museum closes.







Lotissement Omaha Center Rond-Point du Cimetière Américain

14710 COLLEVILLE-SUR-MER tel.: 02 31 22 00 55 overlordmuseum.com

OMAHA BEACH **MEMORIAL MUSEUM**

Immerse yourself in the history of the D-Day landings. Just 200 m from the beach, the Memorial Museum has been paying tribute to the soldiers who landed on our beaches for 30 years. Various dioramas, a large collection of authentic objects, archive photos and a 25-minute period documentary, accompanied by veterans' testimonies, highlight the courage of these men who came to fight for our freedom. This is a child-friendly, unquided tour.



PRICES: Adults: €7.80/Students (16 to 25 years): €5.90/Children (7 to 15 years): €4.60 OPENING TIMES:

Open from mid-February to mid-November:

April. May and September: 9:30-18:30 June, July and August: 09:30-19:30





Avenue de la Libération 14710 SAINT-LAURENT-SUR-MER tel.: 02 31 21 97 44 musee-memorial-omaha.com

LA MAISON DE LA LIBÉRATION

Les Fleurs de la Résistance welcomes you to the first house liberated by the Americans on 6 June 44 in Saint-Laurent-sur-Mer. This 'D-Day Witness Site' is dedicated to the Resistance, to the secret operation of the Sussex/Proust plan which took place on the night of 5 to 6 June and on the morning of 6 June 44 at Saint-Laurent-sur-Mer, to 'The French at OMAHA BEACH', and to the memory of the 101 Airborne paratroopers lost in the Omaha sector: the 'stele of remembrance', dedicated to the Allies and civilians.

Unguided tour of outdoor areas from 10:00 to 18:30. Private tour of the 'reconstructed 1940s' interiors by appointment - by telephone or by email: contact@maisondelaliberation.fr Subject to availability. 'Les Veillées d'Omaha' evenings only by reservation and appointment,

From 21:30 (private tour, testimonies and screenings).



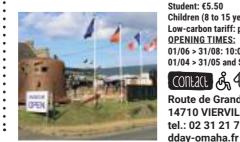
PRICES: Donation to the 'Les fleurs de la Résistance' association **OPENING TIMES:** 01/05 > 13/09: opening times, see description



27 Rue du Val 14710 SAINT-LAURENT-SUR-MER tel.: 06 87 40 35 63 maisondelaliberation.fr

D-DAY OMAHA MUSEUM

Thousands of original items on display in the heart of Omaha Beach, in an authentic American period building. Situated between the American Cemetery and Pointe du Hoc, the museum's enhanced and revamped scenography showcases a unique collection of treasures, including the Enigma machine, FG42, Goliath, Resistance equipment, excavation equipment and more, assembled over nearly 50 years by a family perpetuating the duty of remembrance. Option to dine at L'Embusqué, where the cuisine is based on fresh local produce.



PRICES: Adults: €7.90 with audioguide Student: €5.50 Children (8 to 15 years): €4. Low-carbon tariff: please enquire. OPENING TIMES: 01/06 > 31/08: 10:00-19:00 01/04 > 31/05 and Sept.: 10:30-18:30

CONFACE 🦂 🐼 Route de Grandcamp Maisv 14710 VIERVILLE-SUR-MER tel.: 02 31 21 71 80



Maisy Battery

Come and discover this former German military zone with 2.5 km of trenches, tunnels, the emplacements of six 155 mm artillery platforms and other underground constructions.

This large-scale strategic German battery opened fire on the Liberation troops, vehemently covering the beaches of Utah Beach and Omaha Beach. Its final assault, on 9 June 1944, lasted five hours!

The tour is self-guided and a site map is available on request. Bring a torch and boots in wet weather

Ticket office closes one hour before closing time.





7 Route des Perruques 14450 GRAND-CAMP-MAISY tel.: 02 55 03 04 74 maisybattery.com

PRICES: Adults: €8/Children (6 to 12 years): €5/Persons with reduced mobility: free OPENING TIMES: 01/04 > 31/05 and Sept. : 10:00-17:00 01/06 > 31/08: 10:00-19:00



The Géfosse WN90 bunker

Not to be missed! Every Sunday morning at 10:00. Luc Le Gleuher, a colourful character, offers a guided tour of the WN90, a former German

bunker in Géfosse-Fontenav. You can find out all about the history of this piece of the Atlantic Wall, which remains in perfect condition today. By reservation only.





Ancienne Route Nationale The village 14230 OSMANVILLE tel.: 02 31 51 07 61

06 74 72 25 15 PRICES: Donation at the visitor's OPENING TIMES:

Sunday mornings, all year round

THE RITCHIE BOYS

Immerse yourself in the psychological warfare waged by the American propaganda services from the Château de Colombières in 1944. Learn about the Ritchie Boys, the young German refugees who fled Nazi Germany to join the American military-intelligence services. These little-known historical facts will be presented to you by the castle's owner who has curated a unique collection of documents, newspapers and propaganda leaflets revealing the vital role played by the Ritchie Bovs in Allied strategy.

PRICES: €6 **OPENING TIMES:** June, July and August, Tuesday and Thursday 10:00 to 11:00 Reservation required



Château de Colombières 14710 COLOMBIÈRES tel.: 02 31 22 51 65 chateau-colombieres.fr

Take one of the guided walks from the Tourist Office



the space of just a few hours, the magnificent Sable d'Or beach was transformed into the tragic 'Bloody Omaha', with the tales of individual

PRICES: Adults: €6/Children (4 to 12 years): €3 **OPENING TIMES:** In July and August, on Tuesdays and during school holidays. Duration: 2 hours. SITE: SAINT-LAURENT-SUR-MER

Omaha and its heroes

On a guided walk, your guide will explain how, in

Stories of Omaha in horse-drawn carriage

Aboard a horse-drawn carriage, let yourself be carried away by the tranquil rhythm of the Normandy cobs from the famous village of Vierville-sur-Mer.

PRICES: Adults: €20/Children (4 to 12 years): €15/

OPENING TIMES: Wednesdays in July and August.

Duration: 2.5 hours SITE: VIERVILLE-SUR-MER



CONtall Tourist Office 02 31 21 46 00



ind out more about the history of Utah Beach with the Cotentin Bay Tourist Office

A DIFFERENT WAY TO DISCOVER

Pushing open the doors of the Omaha Beach museums is not the only way to learn about the history of D-Day. There are many different ways to discover these iconic places: from the air, by bike, by kayak or with specialist guides who will explain the events and the landscape around you in simple terms.



FLYING OVER OMAHA BEACH TO EMBRACE HISTORY

Treat yourself to a panoramic flight aboard a 6-passenger Écureuil helicopter or a two-seater ULM! Take a bird's eye view of the impressive Pointe du Hoc and the incredible American Cemetery, or Omaha Beach to realise the immensity of the task that faced these soldiers.



OMAHA BEACH **AIRFIELD LF 1456**

PRICES: FROM €80 for 15 minutes OPENING TIMES: All year round



Flights possible from Utah Beach to Pegasus Bridge Vignets de Cabourg 14710 COLLEVILLE-SUR-MER tel.: 06 80 16 38 79 lf1456.com



PRICES: From €60 to 330 (6- to 40-minute flight) OPENING TIMES: From 30 May to 9 June, then 20 July to 17 August 2025



14710 ENGLESQUEVILLE LA-PERCÉE Between Pointe du Hoc and Vierville-sur-mer (D514), opposite the Cidrerie Lebrec

tel.: 02 35 80 94 16 - 06 22 69 08 79 helievenements.com



D-DAY NIGHT

BY THE D-DAY OMAHA MUSEUM

NEW D-DAY NIGHT, a unique immersive experience to relive the incredible night of 6 June 1944. Presented by the D-DAY OMAHA Museum, immerse yourself in the decisive event that was D-Day: 'The shortest night before the longest day'. From 19:00 to 07:00, you'll learn all about the context, issues and essential workings of the success of this military

operation in a series of friendly and interactive sequences dotted throughout your night.

PRICES: FROM €250 per person aged 15 and over. Booking and information on the website OPENING TIMES: April to October Visit duration: 19:00 to 07:00



Route de Grandcamp-Maisy 14710 VIERVILLE-SUR-MER tel.: 02 31 21 71 80 d-day-night.com

WORLD WAR 2 **VETERANS MEMORIES**

to explore in a vintage Jeep (for a truly immersive experience!) or in a luxury van with retractable step. Whether you have a few hours, a whole day or several anecdotes of those who took part.

> **OPENING TIMES:** All year round Jeep (3 people max): 1 hr 45 mins/€150 - half day/€400 - full

Van (8 people max): half day/€350 -full day/€550



D-Day Landing Beaches tel.: 06 76 24 14 84 2veteransmemories.org

JEEP'N DODGE EXPERIENCE

Bastien and Nicolas, two brothers with a passion for the history of the D-Day landings, offer you a unique experience in their nistoric 1944 vehicles (a Jeep Willys and a Dodge WC 51). Follow in the footsteps of the Allies and discover the emblematic sites

PRICES: From €75 to €300 (45-minute to 2.5-hour tours, personalised packages available on request). By reservation only. Not suitable for children under 8. **OPENING TIMES: All year round**

CONFACE

Moulin de la Fosse Soucy 14400 MAISONS tel.: 06 88 14 86 04 06 33 80 26 29





visit the destination IN VINTAGE VEHICLES!



OMAHA BEACH **D-DAY STORY**



➤ Eolia information p.32

HQ Company Tour

We are a guiding company with a team of experienced and profes-ional guides. We specialise in the Second World War and our aim to help people discover our region and its history. We offer full-day alf-day visits to the most important sites, either on private tours of to explore on your own.

PRICES: Private tour: from €630/group of 1 to 8 people PENING TIMES: From 1 March to 31 October



Activa Park des Longchamps, 3 Route des Longchamps 14400 SAINT-MARTIN-DES-ENTRÉES el.: 02 50 55 00 74







STONE'S

THROW

AWAY



#HISTORYANDMEMORY

D-Day Experience

Don't just learn about history, experience it! Discover the D-Day Experience and its different areas: the museum, the historic house, a world-exclusive flight simulator, a 3D cinema with giant screen and a memorial dedicated to airborne troops, as well as a military antiques shop and a souvenir shop!

PRICES: Adults: from €9 to €19.90 Children (aged 6-17): from €7 to €15.90 - Family Pass: from €45 to €65 DPENING TIMES: 01/10-31/03: 10:00-18:00 - 01/04-30/09: 09:30-19:30

CONFACE

2 Village de l'Amont Saint-Côme-du-Mont 50500 CARENTAN-LES-MARAIS Tel.: 02 33 23 61 95 dday-experience.com



Normandy Victory Museum

This unique setting offers you the chance to discover the his ory of the Battle of the Hedgerows through a moving layou made up of some thirty scenes with mannequins in uniform and civilian clothes, and over 15,000 authentic objects. Permanent exhibitions: 'The role of women in war' and 'Portraits of veterans'. From 8 Feb. To 2 Nov. 2025: 'Intoxicated! Youthunder the Nazi boot' and events throughout the year. On site mmersive activities, shop and restaurant.

mmersive activities, shop and restaurant.

PRICES: Adults: €9.90/Children (aged 7 to 17 inclusive): €6/Under 7s: free/Concessions (teacher, student, military personnel, persons with reduced mobility): €7/Family package: €30

DENING TIMES: 8/02 TO 02/11: open every day

Nov. and Dec.: Open weekends and holidays/Annual closure in January.

CONFACE & CO

Rue de la Fourchette-Catz 50500 CARENTAN-LES-MARAIS tel.: 02 33 71 74 94 ormandy-victory-museum.fr



Écausseville airship hangar

The only one of its kind in Europe, this huge military construction is discovered in 4 stages: its history, the Battle of Montebourg in 1944, a visit to the 1944 battlefield and a

PRICES: Adults: €6/Children (8-14 years): €2.50/Families: €13 and €15

OPENING TIMES:
01/07 > 31/08: 10:00-18:00. Rest of the year: 14:00-18:00
Closed from December to March inclusive (except February holidays) her periods, please enquire



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50310 ÉCAUSSEVILLE el.: 06 81 18 06 65



World War II Museum

Learn about life in the Second World War in the 1,000 m² of exhibition space, where visitors can immerse themselves in the atmosphere of the time. Stroll down a typical 1940s street, recreated with its shops and houses. A host of period vehicles and equipment, with blockhouses offering a breathtaking view of Utah Beach. At the end of the tour, a temporary exhibition presented each year explores an original historical theme linked to the Second World War.

PRICES: Adults: €9/Children (6 to 12 years): €6. Discounts, see website.

OPENING TIMES:
July, August and 5 to 9 June: 10:00-19:00

April to Oct, except in summer: 10:00-18:00 earn about life in the Second World War in the 1,000 m² of

CONTACT ON (in a suitable bag)

18 Avenue de la Plage 50310 QUINEVILLE orldwar2-museum.com



Crisbecq Battery

Immerse yourself in the largest artillery battery on the D-Da Landing beaches. Discover a complete German battery with its 22 refurbished underground blockhouses, a surprising complex of trenches and underground passageways acros a vast 5-hectare site. A UNIQUE EXPERIENCE: become an actor in the events of D-Day with the simulator, as you step nto the shoes of a French Resistance fighter, a German an an American soldier.

PRICES: Adults: €12.50/Children (6–14 years): €8.50/Concessions: €11.50 (students, military personnel, persons with reduced mobility) OPENING TIMES:

open 7/7 from 08/02 to 11/11 from 10:00–18:00/July–August: 10:00–19:00 The ticket office closes 1.5 hours before the site closes.

contact (is)

A1 Route de Crisbecq 50310 SAINT-MARCOUF-DE-L'IS tel.: 09 82 57 61 92



The Mémorial de Caen

From the origins of the Second World War to the end of the Cold War, displays at the Mémorial museum relate the dark history of the 20th century. We offer guided family tours in the school holidays. From May, discover our new temporary exhibition 'Varian Fry: The Roads of Exile'. Save time by

on memorial-caen.fr



Esplanade Général Eisenhowe CS 55026 14050 CAEN tel.: 02 31 06 06 45



Utah Beach – D-Day Landing Museum

PRICES: Adults: €10/Children (6-15 years): €6.50

+ €2.50 for the 45-minute guided tour - + €5 for the 1.5-hour guided tour

OPENING TIMES:
May to September: 09:30–19:30
October to April: 10:00–18:00
Recommended visit length: 2 hours. Cash desks close 1 hour before



50480 STE-MARIE-DU-MONT el.: 02 33 71 53 35



Airborne Museum

The Airborne Museum will take you back to D-Day alongs the American paratroopers of the $82^{\rm nd}$ and $101^{\rm st}$ Airborne Divisions. You'll accompany the airborne troops from the preparations for D-Day in England to the battles that led to

New: Opening of a fifth 1,200 m2 building dedicated to gliders; renovation of the former WACO building, renamed 'Occupation' (new permanent exhibition on the Occupation and the Resistance in the Sainte-Mère-Église area); total redevelopment of the museum grounds; and temporary 'French Paratroopers in the Indochina War' exhibition.

PRICES: Admission: €11.50/Children (6-16 years): €7.50. Histopad tablet

OPENING TIMES: 01/05 > 31/08: 09:00-19:00 - 01/10 > 31/03: 10:00-18:00 - April and Sept.: 9:30-18:30



CONTACT & (in a suitable t

50480 SAINTE-MÈRE-ÉGLISE el.: 02 33 41 41 35 rborne-museum.org



RADAR STATION 44 Franco-German Museum

In the former German detection station, code-named 'Distelfink', the museum presents the history of the site and the radar in the period bunkers. Today, it is the only of its kind in France to display one of the five remaining examples of the Würzburg radar left in the world. Radar Station 44 is the only site on the D-Day Landing beaches in which you can discover this little-known aspect of the Second World War, and the decisive importance that radar played in the payrent. and the decisive importance that radar played in the course of the conflict. Self-guided tour using your smartphone or with a volunteer guide.

PRICES: Adults: €7.50/Children (10–16 years), Students, persons with reduced mobility: €5.50
Concessions: 'Family pass', 'Low Carbon' and the Explore Normandy Pass OPENING TIMES:
05/04>30/06: 10:00−18:00 (closed on Mondays)
01/07>31/08: 10:00−19:00 every day
01/09>16/11: 10:00−18:00 (closed on Mo

contact (45) 🚳

Route de Bény - D83 14440 DOUVRES-LA-DELIVRAN el.: 07 57 48 77 32 usee-radar.fr



Museum of the Underwater D-Day Landing Wrecks

35 years of underwater exploration have brought up from the seabed impressive remains and personal items found in the large warships and tanks sunk around 6 June 1944. Screening of an emotionally-charged explanatory film (52 mins) illustrated by numerous testimonials. The only muse

Hello Cvclo' label

PRICES: Adults: €8/Children (6-16 years): €5
OPENING TIMES: May: Weekends and public holidays 01/06>30/09 10:00–12:00 and 14:00–18:00/closed on Saturdays



tel.: 02 31 21 17 06 06 77 51 68 34



Azeville Battery
The site consists of 4 bunkers and 350 m of underground passageways housing ammunition stores and personnel shelters. An audio tour explains the construction of this Atlantic Wall site, the life of a German garrison, its relations with the local population, camouflage paintings, the battle of June 1944 and more. Themed guided tours (adults and families) available by prior arrangement during the school holidays.

PRICES:
adults: €8/children from 7 to 18 years: €4.
Guided tour: +€2/adult +€1/child. Audioguide in English, Dutch, Portuguese,
Spanish, Italian, German and French. Children's version available.

OPENING TIMES: 10/02 to 6/04: Monday to Thursday, 11:30 to 17:30 From 7/04 to 6/07: 10:00-18:00 and 09:00-19:00 from 4 to 8 June From 7/07 to 31/08: 09:30-19:00 From 1/09 to 2/11: Sunday to Friday, 11:30-18:00





La Rue 50310 AZEVILLE tel.: 02 33 40 63 05 batterie-azeville.manche.fi





#PHOTOOFTHEDAY #PHOTOOFTHEDAY



















4 • Discovering the region's little

... like the little port of Isigny ©F.Thériaux

5 - Yum yum

In autumn, it's mushroom-picking time ©Ph.Cosne



6 • To walk on the sea

head for Grandcamp-Maisy. F.Thériaux

7 • Summer marshes

A peaceful moment in the heart of nature by the marshes ©THouyel

8 · Hello cows!

Who's watching whom? ©Ph.Cosne

9 · The road to the sea

At the end of the path, the immensity of the sea awaits you ©F.Thériaux





1 • Southern view

Breathtaking panorama of Omaha Beach ©*F.Thériaux*

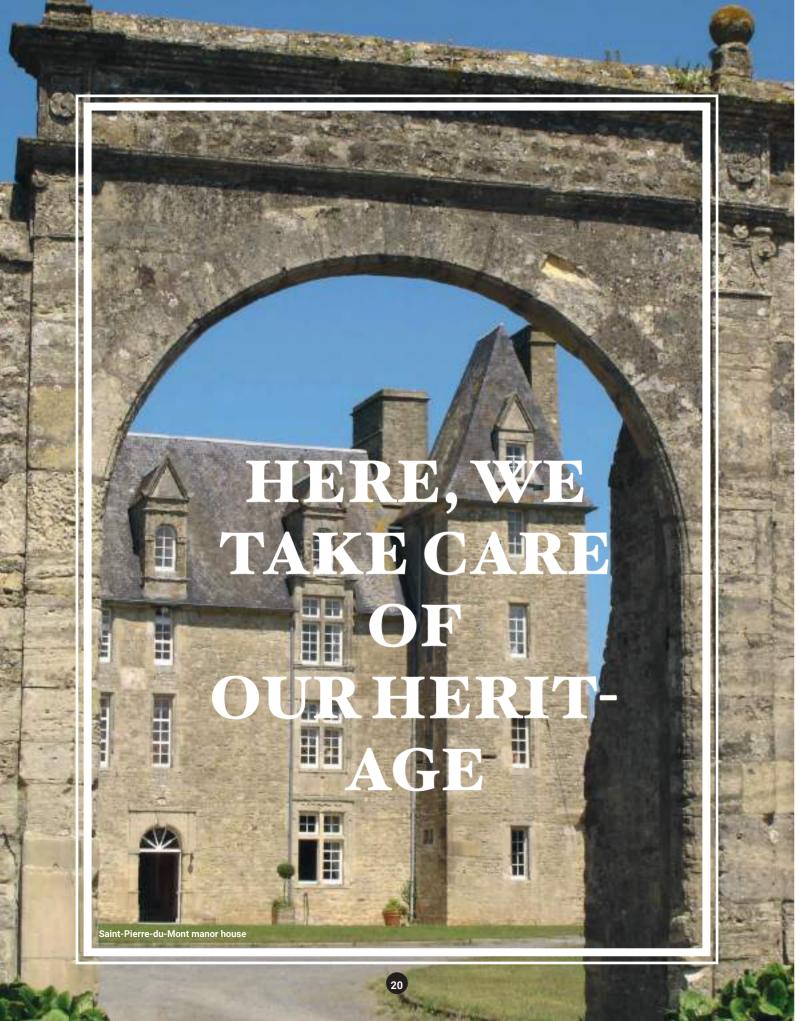
2 • The road to the forest

Stroll through Cerisy forest and

admire nature







CASTLES & MANOR HOUSES

Whether on horseback, by bike or on foot, your bucolic journey through the heart of the Isigny-Omaha region offers plenty of opportunities to come across castles, manor houses and other beautiful buildings.



Enjoy a dream night

The majority of these manor houses remain privately owned, though some jewels of this architectural heritage welcome visitors as bed and breakfasts ... The perfect opportunity to experience castle life for an evening or more! (see p.59)



'Give in to the charm of a carriage ride pulled by draught horses! Admire our heritage and discover the variety of our landscapes: between land and sea, oyster beds or beautiful residences, Omaha Beach, the Cerisy forest and more. A very 'slow life'* plan for those looking to let go!'



OPENING TIMES: During school holidays and July/August PRICES: Duration 2.5 hours from €20 to €25/Children: €15/family package available. Little horse-drawn carriage rides' (only on Wednesdays in July and August) lasting one hour – €12 per adult, €9 per child (4–12 years) and €38 for the family package.

more info: Tourist Office, 02 31 21 46 00

unmissable (ultural events

Sharing, opening up to the world, laughing and having fun:

Isigny-Omaha Intercom's cultural season offers all this and more.

Theatre, music, dance ... You'll find it all! There's no age limit on culture, and so you'll find a host of shows specially designed for children: sensory theatre, storytelling, puppets and more.

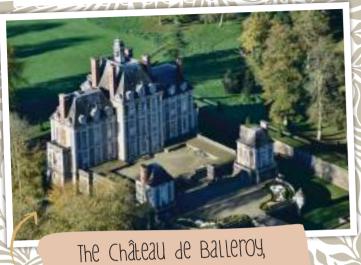
For more information, visit https://isigny-omaha-intercom.fr/loisirs/saison-culturelle/



more info

The ADTLB cultural association also offers a full programme of events throughout the year, including music festivals, village evenings and theatre, etc. The programme is available from the Tourist Office or on the adtlb.com website.

Take the family to explore the park, (astle and the Balloon Museum, not forgetting the Shop and tearoom



its park and museum

American who also fell under the spell of this exceptional site.

Built by François Mansart with construction starting in 1631, the Château

de Balleroy is an unspoilt masterpiece of French classical architecture. It

was purchased in 1970 by the famous American press magnate Malcolm

Forbes. Since 2020, the castle has been owned by Roy Eddleman, another

The Balloon Museum

In the castle's former stables, take a free tour of the balloon museum, created by Malcolm Forbes a fervent hot-air balloon enthusiast. Its scenography retraces the saga of these giants of the sky and the history of ballooning. Children love them, and grown-ups too - or at least those with their heads in the clouds!

more info

PRICES: Castle and Park: Adults €7/Children €5.50 Museum and Park: Adults €4.50/Children €3.50 Park only: Adults €1.50/Children free Castle, Museum and Park: Adults €9/Children €6.50 OPENING TIMES: From 02/04 to All Saints' day: 10:45-18:00/Closed Monday/Tuesday July and August: open every day





(on a lead, in the park and museum only)

Château de Balleroy 14490 BALLEROY-SUR-DROME tel.: 02 31 21 06 76 chateau-balleroy.fr



Game hike See p.33 and Classic Ballerov hike See p.41

The Park

The Castle

BEAUTHFUL STONES

Covering an area of around 200 hectares, the Balleroy estate alternates between a vast English-style park in the Romantic style and French gardens designed at the beginning of the 20th century by landscape architect Henri Duchêne. The park invites you to stroll its paths, whatever the season, with its formal gardens offering a magnificent example of 17th-century topiary art.



STONE'S **THROW AWAY**

The Cerisy **Abbev**

apse combining subtlet finesse and clarity, the 11th-century abbey church is a real pearl of Romanesque Chapel, another masterpiece reminiscent of the Sainte-Chapelle in Paris. Guided tours available. Children (12 years to student): €4 01/04 > 31/08: 10:00-18:00

Rue Sangles 50680 CERISY-LA-FORÊT tel.: 02 33 57 34 63



the Château Fort de Colombières



THE 2025 CASTLE PROGRAMME 7th PLAYMOBIL Exhibition from 11 to 14 July



Flanked by imposing towers and surrounded by a moat, this castle is one of the most notable military fortresses of feudal Normandy. On this guided tour, you'll explore 1,000 years of Norman history, from William the Conqueror to the psychological warfare waged from Colombières in 1944 by the American propaganda services.

Good to know: For families, the Amazing Heritage tour 'In search of the sounds of the Middle Ages' - by reservation only.

Guided tours at 14:00, 15:00, 16:00 and 17:00, including the 'The secret history of the castle in 1944' exhibition. – No reservation required.

PRICES: Adults: €7/Children: €4/Free for under-12s **OPENING TIMES:** July and August: Mon. to Thu. 14:00-19:00

September: Sat. and Sun. 14:00-19:00

14710 COLOMBIERES tel.: 02 31 22 51 65 chateau-colombieres.fr



Set in a green setting on the banks of the Siette stream, the Marcy grain mill is a rare example of a working water mill. The mill is accompanied by a number of buildings, including a bakery, stable, cowshed, dairy and cart shed, as well as a vast pond and a meadow, forming a small farm packed full of farming and milling tools representative of rural life in days gone by.

Self-guided or guided tour at 14:30 and 16:00



Moulin de Marcy 14330 LE MOLAY-LITTRY tel.: 02 31 21 42 13 ville-molay-littry.fr

Adults: €6/Children: €3/Free for under-6s. Combined ticket for 2 museums: Adults: €9/Children: €4

OPENING TIMES: From 14:00 to 18:00 From 9 April to 18 September: Monday to Thursday. /From 20 Oct.

to 30 Oct.: Monday to Thursday



The Mining Museum

A coal mine in Normandy: that's what this museum, entirely dedicated to the history of the Littry coal mine, will reveal to you. With a layout completely renovated in 2021, geological samples, steam-engine tools, paintings, models and original documents bring to life nearly 150 years of industrial history and highlight the work and daily life of the men who made this mine. The reconstructed gallery and surface remains of the Frandemiche pit (1759-1864) complete this immersion in the world of mining.

Unguided tour



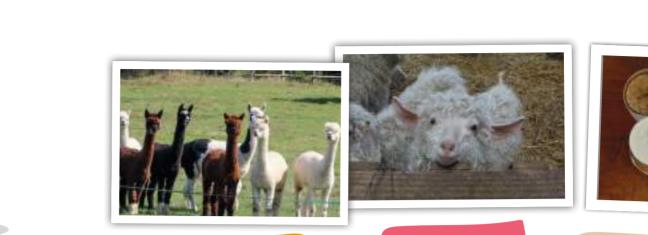
Rue de la Fosse Frandemiche 14330 LE MOLAY-LITTRY tel.: 02 31 22 89 10 ville-molay-littry.fr

Adults: €6/Children: €3/Free for under-6s. Combined ticket for 2 museums: Adults: €9/Children: €4

OPENING TIMES: From 14:00 to 18:00

April, May and June: Wednesday to Sunday. /July and August: every day. /1 Sept to 21 Sept: Wednesday to Sunday/From 19 October to 2 November: every day except Saturday.





Our villages' LITTLE GEMS

- Tell me, Gran, what was it like when you were little?

- Well, I lived on a farm, we lived according to the seasons, we wore home-made clothes and wore galoshes on our feet. Come with me to the attic, I'll show you some treasures ... Let's dust them off together. You'll know everything there is to know about the years of my youth!





The RN13 Museum

Museum of cars and other wheeled vehicles.

This dedicated museum, acclaimed by its peers (Official Museum of the Nationale 13, recognised by the French Historic-Vehicle Federation and awarded the 'Rétro-tourisme' label by Route Nostalgie), exhibits over 70 vehicles (cars, motorbikes, mopeds, bicycles), 10,000 miniatures and 150 enamel advertisements dating from 1920 to the 1980s. Whether it's a reconstructed 50s garage or an old-fashioned bistro for a drink or a meal (booking required for groups), you'll be transported out of time!

<u>PRICES:</u> Admission: €6/Free for the under 12s

OPENING TIMES:

THE DITTIE GEMS

All year round. Open every day from 14:00 to 19:00



Ancienne RN13 14230 OSMANVILLE tel.: 02 31 51 07 61 06 74 72 25 15 station70.org

Walt d'Isigny' museum space

Walt Disney's ancestors came from Isigny-sur-Mer – you won't want to miss this site. Hugues and Robert Suhard, Counts of Isigny, left Normandy for England in 1066 as comrades-in-arms of William the Conqueror. As time went by and with their travels, their name gradually changed to Disney. Immerse yourself in the magical world of Disney with an exhibition of over 600 objects paying homage to Mickey! All in an atmosphere that's both vintage and modern, to the delight of young and old alike. Visitors will be able to follow the history of this famous mouse's various creators.

Unguided tour.

PRICES: Free

OPENING TIMES: School holidays: Saturdays from 14:00 to 17:00
School holidays, all zones: Tuesday,
Thursday, Friday and Saturday 14:00 to 17:00



Town Hall – Ground floor of the left wing 14230 ISIGNY-SUR-MER tel.: 02 31 51 24 00 isigny-sur-mer.fr

ALPA9A NORMANATE Miniature animals

5 minutes from Bayeux, a livestock farm with some adorable and astonishing animals. On a guided tour, you can get up close to the mothers and baby alpacas, miniature donkeys, Falabella horses, dwarf goats, sheep and more, as well as learning how alpaca wool and flax are processed. Option for walks with alpacas and miniature donkeys, in the countryside or on Omaha Beach.

PRICES: booking required on the website: alpaganormandie.com Guided tour 3-18 years: €10, over 18s: €15

CONEACE &

14400 MAISONS tel.: 06 08 74 41 43



la grange du Mohair

If you've never been before, you won't want to miss the chance to visit the Angora goat farm, accompanied by a guide. You'll discover the processing and sewing workshops, the techniques used in the mohair industry and the design of made-to-measure garments.

Our recommendation: production and sale of clothes, knitting yarns and weavings.

A highlight for children: gentle, direct contact with the animals.

PRICES: Free for individuals OPENING TIMES:

- Monday to Saturday, 14:00 to 17:30, 11 January to
- 31 December
- Easter and October holidays (all 3 zones), and from 1 July to 31 August: 10:00 to 12:30 and 14:00 to 17:30
- Closed on Sundays and public holidays, and from 1 January to 10 January inclusive.

CONFACE

La Harmonière 14710 BERNESQ tel.: 02 31 22 47 52 06 82 85 51 39

(A)

Savonnerie Bulli de Veraure

Handmade goat's milk soap with natural or Fairtrade oils. The soaps are cold-saponified and dried naturally for around 4 weeks.

Made on site with milk from local goats, Elodie welcomes you to her farm shop, where you can also enjoy meeting the animals.

<u>DURATION</u>: 30 to 45 mins <u>OPENING TIMES:</u> Monday to Friday, 14:00 to 18:00, Saturday from 10:00 to 18:00 and Sundays and public holidays from 10:00 to

<u>PRICE:</u> Open access to the shop, and meetings with animals free of charge

CONTROL On gravel paths

410 Rue des Marronniers 14710 SAINT-MARTIN-DE-BLAGNY Tel.: 06 04 15 91 51

Cotentin Farm Museum

In this former manor house, dive back into the early 20th century to discover the daily life and atmosphere of a grassland farm at that time. All your senses will be awakened as you wander through the common room, the cellar, the wine press, the cowshed and more. In the outdoor areas, a pleasant trail extends your tour, with the chance to meet some Normandy-bred animals. Don't miss the presentation of the horse-drawn and motorised machines that revolutionised farming.

OPENING TIMES

April, May, June, Sept. and holidays Spring and autumn: Sunday to Friday, 14:00 to 18:00. Closed on 1 May. July and August: Sunday to Friday, 11:00–19:00

PRICES

Adults: €6/Children (7-18 years): €3/Concessions: €4



1 Chemin de Beauvais 50480 SAINTE-MÈRE-ÉGLISE tel.: 02 33 95 40 20 - ferme-musee.manche.fr









EVERYONE TO THE BEACH!

Summer is all about sunbathing, sandcastle competitions, eating ice cream, walking in the water and devouring books. And where could be better to do all this than the beaches of Isigny-Omaha? Let's take a look at these incredible little grains of fine golden sand that delight us so! A truly relaxing experience, with the breathtaking views admiring the gentle surf, with golden tans and radiant hair – perfectly lightened by the sun – and the refreshing swims that do us a world of good ...

Ah, the beach! A moment of pure bliss that you just can't get enough of.



Long beaches of golden sand for lazing around

Omaha Beach, formerly known as the Plage d'Or, stretches out for 6 km. This allows you to choose from the lively beach of Saint-Laurent-sur-Mer, very popular with the locals; the gently sloping family-friendly beach of Vierville-sur-Mer, with its small ponds naturally warmed by the sun; or the immense beach of Colleville-sur-Mer, which becomes wilder towards the east, offering dunes and green cliffs. As for Grandcamp-Maisy, to the west of the area, the great advantage of this beach is its shellfish gathering, a great way to keep the children occupied.

The best way to enjoy the beach: pack a beach basket and check the tide times. Here, the sea can recede far, far away, before returning to reclaim all the sand. (see p.62)



fanning out

Head for a swim, under the watchful gaze of our lifeguards

Without ever taking your eyes off the children, of course, set off for the stretches of beach supervised by SNSM lifeguards on four of Isigny-Omaha's beaches.

- Lifeguard station at Colleville-sur-Mer, at Saint-Laurent-sur-Mer and at Vierville-sur-Mer From 1 July to 31 August, every day from 12:00 to 19:00
- Grandcamp-Maisy lifeguard station From 1 July to 31 August, every day. Schedules according to tide.





Showers and other facilities are located near the lifeguard stations.

Grandcamp-Maisy beach

Lifeguards near the artificial beach. Shower, amenities and children's playground.





Set off on a treasure hunt

WITH SHELLFISH GATHERING

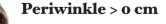
Velvet crab > 6.5 cm

Shell > 2.7 cm

Mussel > 4 cm



A RULER to keep yourself







Good to know: Before taking the plunge, check out the regulations and low-tide times. A good hunter is worth two!

Grandcamp-Maisy, Aure-sur-Mer (Ste Honorine des Pertes), Vierville-sur-Mer and its cliffs – these are the top spots for shellfish gathering! Enthusiasts of all ages flock to our coastline to hunt for the treasures of the sea, such as prawns, velvet crabs, periwinkles, mussels, spider crabs and even edible crab for the most seasoned gatherers.

The Tourist Office's little outings. on foot or by horse-drawn carriage:

The Oyster beds

Aboard a horse-drawn carriage to be gently rocked or on a hike to stretch your legs, head to the oyster beds of the Veys Bay for a visit that's as rewarding as it is tasty.

This discovery with Éric is sure to amaze! From breeding to maturing, he'll reveal all the secrets of the Isigny oyster-farming cycle, leading you to the foreshore and then on to one of the oyster farms. There, you'll learn the subtle art of opening oysters and, to reward you for all your efforts, you'll be able to taste them - a real delight for foodies.



PRICES: On foot: Adults: €6/Children (4 to 12 years): €3

During the summer holidays and every Monday in July and August By horse-drawn carriage: Adults: €25/Children (4 to 12 years): €15/Families: €70 **OPENING TIMES:** During the summer holidays and every Tuesday in July and August Location: Grandcamp-Maisy. more info: 02 31 21 46 00









more info: Tide times and coefficients are

available on our website. You'll also find a permanent outdoor display, just outside the Tourist Office in Grandcamp-Maisy, offering you all the legal information you need to know about shellfish gathering. (see also p.62)



Tide times



Legal information

... AND/ORAT SEA

What if **40U**

Not a fan of fishing at five in the

trips to Pointe du Hoc. Day trips

to the Saint-Marcouf Islands are

also possible from the port of

Good news, the Flipper also offers great little guided sea

morning?

Carentan.

Yann Normandidf fishing, guide for shellfish gathering and sea fishing

Yann is a fishing and nature guide who offers you the chance to discover sea fishing by boat, with family or with friends. I also offer nature activities in the aquatic environments of the marshes, as well as an introduction to shellfish gathering on the Grandcamp-Maisy foreshore. See you soon, on the shore or on the water.

guidedepeche-yannbouilly-normandie-idf.fr

OPENING TIMES: From April to the end of November

Sea fishing (3 to 6 hours depending on package):



Nature activities: Adults: €20 / Children: €8 Family shellfish gathering: (2 adults + 2 children): €50

sea-fishing boat trip in grandcamp-maisy



TRIP PRICES: From €12 to €25 FISHING PRICES: From €30 to €60 **OPENING TIMES: 01/04 > 30/10**

14450 GRANDCAMP-MAISY tel.: 02 31 21 46 00 06 61 46 38 98 06 37 17 20 98

normandie-promenade-peche.fr



Sailing aboard an old rig

In partnership with the Union Nautique en Bessin, this 3-hour excursion not only gives you the chance to enjoy the sea air and the silence of sailing, but also to take part in manoeuvres on this wooden boat: the old Union rig. A true 'slow living' experience!

PRICES: Adults: €30/Children aged 12 to 17: €20 OPENING TIMES: all year round on special dates or by reservation, subject to availability More info: 6 visitor places on board

14450 GRANDCAMP-MAISY tel.: 02 31 22 14 35 isigny-omaha-tourisme.fr





Is it easy to take up

sailing if you know

Yes, because our local

water-sports centres

have a solid reputation

and welcome not only water-sports enthusiasts,

but also novices simply

of sailing.

What do you get out of

adrenaline pumping as

the catamaran takes

off! There are several

positions on board and

my favourite is being at

the helm and setting the

tempo for my crew!

catamaran sailing?

I love feeling the

hoping to learn the basics

can you give me?

Portrait

CATAMARAN SAILING AT THE SAILING SCHOOL SINCE 2021

I'm often afraid to venture far

from the beach ... What advice

Rest assured, the sailing area

therefore rarely subject to violent winds. Grandcamp-Maisy, for example, is an ideal place to learn

here is well sheltered and

nothing about it?

In a friendly, caring and sporting atmosphere, everyone will progress quickly with Sabine and her team of instructors, no matter their level, aiming to gain maximum autonomy at sea and develop your skills on land!

Intercommunal sailing school

Sailing (catamaran, optimist, windsurfing), paddleboarding or kayaking: these activities are available to learn, improve or hire.

Coastal watersports all year round.

OPENING TIMES:

01/04 > 31/10 depending on tides

CONFACE

Quai Crampon 14450 GRANDCAMP-MAISY tel.: 02 31 22 14 35

06 07 24 84 03



isigny-omaha-tourisme.fr



EOLIA, water-sports and sand vachting! Located on the magnificent Omaha Beach spot, the Eolia

centre welcomes you for a wide variety of outdoor sports: from sand yachting to coastal kayaking and stand-up paddleboarding, as well as kite flying and an introductory courses for beginners or hikers, departing from the three EOLIA centres on OMAHA BEACH (Vierville-sur-Mer/Saint-Laurent-sur-Mer/Colleville-sur-Mer)

And to relax after all that effort, you'll also be able to refresh yourself in the panoramic club house or heat up in winter by the fire.

OPENING TIMES: All year round

contact only in technical rooms

Le Cavey 14710 COLLEVILLE-SUR-MER tel.: 02 31 22 26 21

06 42 57 14 18 eolia-normandie.com



HEY! DIVE IN

On the programme: windsurfing, kayaking or paddling ... as well as sand yachting on the long sandy beaches or day trips in an old sailing ship! It's the perfect way to enjoy a deep breath of sea air and ride the waves like a sailor on a long vovage!





water walking in all

Out in the open sea, immersed up to your waist or even further, with wetsuit on, step forward, then walk backwards ... And do it all over again! You'll work your thighs, your venous return and your cardio to the max! Not convinced? Once you're in the water facing the immensity of the sea, with a group of happy sportsmen and women, we promise you'll have a great time! Duration: 1 hour

more info: Cap 21 sailing school p.31 Eolia Normandie p.31



Thrills on the Water

Thanks to the vitality of our watersports centres, a host of other sailing activities have been developed: while the catamaran is popular with the more adventurous, sea kayaking, stand-up paddling and windsurfing are all available for great thrills! You can hire the equipment or request private lessons.

At the Grandcamp-Maisy intercommunal sailing school, catamaran and optimist courses are available by the week or over a few days in July and August, for anyone who can swim.



Ideas for staying ON DRY LAND ...

because the coastline, the sea, the waves, the spray, the sailboats ... Well, you love it too - as long as you don't get wet! Here are a few ideas for fun family activities that don't involve getting your clothes wet – or mostly, at least!



How do you get your kite flying? And then some!

'This is a fun activity that's accessible to the whole family, as long as you know the

With the kite resting on its back on the ground, facing into the wind, unwind the wires over a distance of at least 15 m. With your elbows close to your body and your arms parallel to the ground, pull the kite backwards with a sharp tug, while taking a step backwards. Yes! The kite is in the air! The children are so proud. Keep your elbows at your sides and zigzag your body by bringing one forearm forward, then the other ..

Do you spend more time on the floor? Do you look a bit like a robot? Do what I do and take a kite-flying course! Think it's too easy? Try out kite landboarding on Omaha Beach! It's a blast!

more info: Sailing school and Eolia, p.31



I tested it for you

'Omaha Beach D-Day Story' on an electric Fat Bike

'I feel like a child on this latest-generation bike, which my teenagers immediately adopt thanks to its trendy look. With its extra-wide tyres that leave their tracks over the sand, you get a real sense of freedom!

We set off for a 4-hour ride on an electric Fat Bike ... I'm not a sporty person, but it's easy to get used to. Laurent our guide, offers his commentary as we discover Omaha Beach and its wartime history. He even brought digital tablets to show us films from the period. As he repeats, this is an outing for both "head and legs" ;-)'

More info: velomaha.fr or 06 52 01 45 91

From 14 years old. Trips on request, subject to availability and depending on ide times and weather conditions.



Take our advice

Cycling along the coast? Pump-track activity for young people?

Take advantage of the many activities on offer around the Vélomaritime cycle path. There's something for everyone. Standard or electric, the choice is yours! For the more adventurous, you'll find pump tracks and skate parks at Trévières and Isigny-sur-Mer (unsupervised) and a track at Colleville-sur-Mer at Eolia (p.31).

More information on the Vélomaritime on p.38



A NOVICE AT SAND YACHTING, AN EXPERT AT LOSING HER BALANCE;-)

'I didn't go full speed ahead, but I still had a real feeling of speed. There's no danger - whatever happens, you can stop. I loved those little sensations of freewheeling and pushing yourself to the limit!'

more info: Eolia p.31



......

STONE'S **THROW**

AWAY

The Cité de la Mer in Cherbourg: where stories begin

Located in the former Gare Maritime Transatlantique, La Cité de la Mer is Normandy's tourist site dedicated to mar-itime adventures. Hop aboard the Redoutable* and explore the Ocean of the Future and its dazzling aquariums. Relive the final hours of the Titanic. Put on a virtual reality headset

*Under 5s are not allowed on the submarine for safety reasons. **subject to availability and charged separately.

PRICES: Adults (aged 18 and over): €21 – Children (5 to 17 years): €15

10:00-18:00, all year round. 09:30-19:00 in July and August (20:00 on Thursdays from 15/07 to 26/08/2025)

Detailed opening times and calendar on citedela



Gare Maritime Transatlantique
50100 CHERBOURG-EN-COTENT tel.: 02 33 20 26 69



Family outing

On foot, discover Omaha Beach or the villages of Balleroy-sur-Drôme, Isigny-sur-Mer, Grandcamp-Maisy and Trévières on your own, in a fun and educational way. You'll follow a route along a signposted itinerary. Available in our Offices or on our website.

Independent 2 to 4 km walk. DURATION: 1.5 to 2 hours OPENING HOURS: All year round 4.5. LOCATIONS:

Balleroy-sur-Drôme, Isigny-sur-Mer, Grandcamp-Maisy,

(Saint-Laurent-sur-Mer) and Trévières

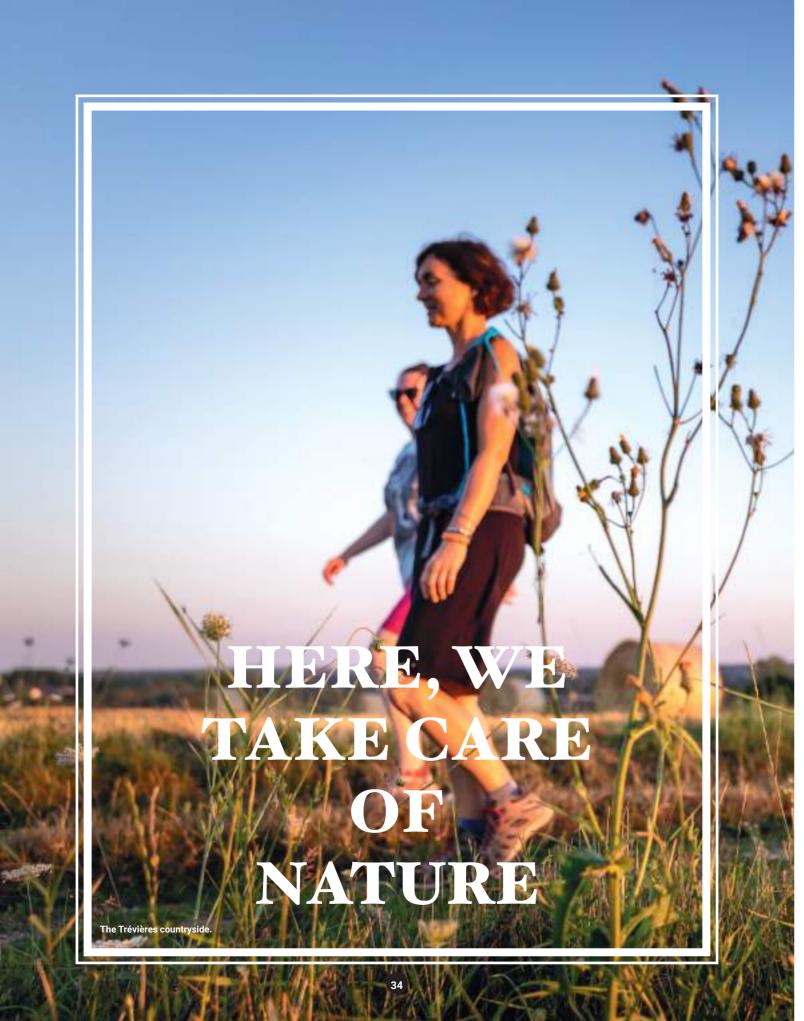


And Why not?

take to new heights instead! Treat yourself to a breathtaking view of our beautiful coastline with a helicopter or ULM flight! see p.14







ON FOOT, BY BIKE OR ON HORSEBACK!



Get your trainers on! A range of themed discovery walks are on offer; just choose your mode of transport ... and your season!



IN SPring

Marsh storks

In spring, many storks make their home in the heart of the Marais du Cotentin et du Bessin Regional Nature Park. And it's no coincidence that they set their sights on these lands during their migratory journeys: here, they find food and shelter!



The freshness of the seaside and the chance to spot seal calves

Close to the coast in the heart of Veys Bay, with a bit of luck, seal pups can be spotted from a distance all year round. A colony of over 150 seals has settled in this sandy haven.



in autumn

It's time for mushrooms and deer bellowing in the Cerisy forest

Autumn is the perfect time to pick porcini mushrooms and chanterelles. But it's also mating season for deer. At this time of year, you'll be able to hear the stags below at nightfall as they hope to attract hinds. Remember to be vigilant and discreet to avoid disturbing them!



The marsh-whitening phenomenon

From January to March, it's winter in the marshes. Here, they are said to turn white when flooded by the rains that swell the rivers flowing through them. This is a beautiful, peaceful sight, and guided outings are organised allowing you take in this magnificent scenery.

The perfect spot to watch the sunrise or sunset!



a smile

IN HIKE MODE walking, running, kayaking...

The Tourist Office's nature outing



To each their own rhythm

The Tourist Office organises guided nature outings of 3 to 5 km in the forest, in the heart of the marshland or by the sea to learn more about the diversity and specific nature of local plants and wildlife.

OPENING TIMES: 01/07 > 31/08 and during school holidays

PRICES: ADULTS: €6/Children (4 to 12 years): €3

more info: Tourist Office, tel.: 02 31 21 46 00





Friday Walks

'From July to mid-August, every Friday, discover the heritage and historical charm of our region on friendly walks for around a hundred walkers.

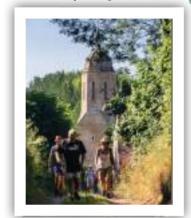
The route is free and without commentary.

Of course, that doesn't stop us from chatting! I promise you a great atmosphere and a well-deserved friendly drink at the end of the outing'.

Good to know: one outing per week from July to August

then once a month in low season (on Saturdays). Distance: 8 km MEET at 20:00. tel.: 02 31 21 46 00





omaha bea(h outdoor

EOLIA, for touring enthusiasts

In the mood for a supervised walk during your stay? Eolia arranges all kinds of half-day or full-day itineraries: guided walks, Nordic walking or cycling tours on

D-DAY, country and history themes, or the fauna and flora of Omaha Beach.

CONEACH

Eolia tel.: 02 31 22 26 21 06 42 57 14 18 more info

OMAHA BEACH TRAIL: 10 or 20 km on the trails and sand of Omaha Beach in competition mode or just for fun, on Sunday 1 June 2025!

Noraic Walking

Take advantage of your holidays to improve your Nordic walking skills or take up the sport for the first time!
They say it's the best thing for your heart and cellulite (shhh!).

Leisure and relaxation outings are organised to Omaha Beach from Colleville-sur-Mer or Saint-Laurent-sur-Mer. Plenty kilometres to stretch your legs!

sportswear

FLEXIBLE SHOES

and don't forget
your water bottle!



Examples of self-guided tours

THE MARSHES OF NEUILLY

Permitted activities: walking, cycling, horse riding

Distance: 7 km, Time: 2 hour

Departure from Neuilly-la-Forêt (Isigny-sur-Mer). An easy route through the marshes, following the course of the River Elle.

OMAHA BEACH, BETWEEN HISTORY AND NATURE. Dunes, woods, hillsides, cliffs ... a lovely route to discover around the American Cemetery. Permitted activities: on foot.

Distance: 9 km, Time: 3 hour Departure from Colleville-sur-Mer.

AROUND THE DRÔME

Discover the River Drôme, a picturesque village and the Cerisy forest. Permitted activities: on foot.

Distance: 12.7 km, Time: 4 hour Departure from Balleroy-sur-Drôme.



7 hiking maps are available

On sale at the Tourist Office or available to download free of charge from our website



KAYAK V

Kayak trip in the marshland

Leaving from Neuilly-la-Forêt, discover the rich ecosystem of the marshes along the water in a lively and original way. This fun and educational kayak trip on the River Elle, with no steep gradients or rapids, accompanied by our fantastic Éric, is sure to delight the whole family!

Reservation required. For outings departing from Trévières, contact Eolia.

PENING TIMES:

01/07 to 31/08: Wednesday and Thursday evenings. Kayak trips also available during the summer holidays. Outlings open to anyone who can swim.

PRICE: €15/pers.

Duration: approximately 2 hours.

more info: Tourist Office tel.: 02 31 21 46 00





37

ON BIKE ...

by the sea, marsh or forest!

.....

Along the coast, through the marshes or in the heart of the forest, hop on a bike and discover the beautiful picture-postcard scenes of our region at your own pace! Whether it's a full day or just a few hours, the choice is yours. Our team will be delighted to advise you on various itineraries.

Enjoy the fresh air and the feeling of freedom!

La Vélomaritime

passe par la côte d'Isigny-Omaha!

'Les Marais de l'Aure' loop

Perfect for a family bike ride! Take advantage of the peace and quiet of the countryside, far from the hustle and bustle of the coast, to discover the marshes, their heritage and the storks that live there! Don't forget your picnic basket – several tables are dotted along the way. This loop is 30 km long (3 hours), with a 45 km variant that passes near Trévières (an additional 5 km, but you'll find Wi-Fi, amenities, restaurants and a cycle-service area upon your arrival).

Departing from Isigny-sur-Mer, this route is signposted, but you can also follow it on your smartphone!

Chloé's cycling

By scanning the QR code, you'll find a number of cycling and walking routes in the Isigny-Omaha area: our hiking maps, the 'cyclo' d'Isigny-Omaha' routes



Other routes



THE VÉLOWESTNORMANDY: With a 190 or 210 km version, link the D-Day Landing beaches thanks to the three prologues from Utah, Omaha or Gold, to the famous Mont-Saint-Michel!

LA CHEVAUCHÉE DE GUILLAUME (WILLIAM'S RIDE): this 208 km equestrian route, which can also be followed by mountain bike, starts in Géfosse-Fontenay (near Isigny-sur-Mer) and leads to Falaise, William the Conqueror's home-town.

THE BAYEUX - L'EMBRANCHEMENT LINK: Near Bayeux and fancy a ride through the forest? No problem, just hop on your bike and follow the route to the Maison de la Forêt.



an extra tip

There, you'll discover a great bike ride in the shade of the hundred-year-old trees of the Cerisy forest! Tempted?

Bikes are available to hire from the Maison de la Forêt. See P.44



he vélomaritime

the 'Accueil vélo' label

a quality welcome, services and facilities to meet the needs of cyclists. The Isigny-sur-Mer and Grandcamp-Maisy information offices have also

lavelomaritime.fr



the Port-en-Bessin to Isignysur-Mer circuit



THE VÉLOMARITIME® is a cycle route linking Roscoff in Brittany to Dunkirk in the north of France over a distance of almost 1,500 km.

From spring 2022, the section from Port-en-Bessin to Isigny-sur-Mer welcomes you, so get ready to be amazed! A 14.5 km section between Vierville-sur-Mer and Grandcamp-Maisy runs along the coast on a greenway from start to finish, with views of the sea and the Pointe du Hoc ... The greenway between Port-en-Bessin and Sainte-Honorine-des-Pertes, more modest in length, is also well worth a visit as it more than lives up to its name: an explosion of green against a sea-blue backdrop!

A unique cycling experience along the cliffs of Isigny-Omaha and the D-Day Landing

Bonus: The Vélomaritime® can also be explored on foot!









GETAWAY FROM ITALL!

PRACTICAL INFORMATION

To get started, you need to be well prepared! Here you'll find everything you need to know about hiring a bicycle, or other equipment more suited to the sunken path, plus the best gourmet stops, service areas and more.



VELOMAHA, bike hire

For 2025, discover our three VELOMAHA stations in Colleville-sur-

Standard and electric bikes for hire (adults and children).

Bikes can be delivered to Port-en-Bessin and Grandcamp-Maisy. Standard Fat-Bikes, only for riding on the beach, are also available to

For 2025, enjoy two gourmet breaks in Saint-Laurent-sur-Mer (200 m

RICES: 'Electric bikes' by the day: From €30; 'Large Classic Bike' by the day: From €25

PENING TIMES: All year round, subject to availability of bikes and

velomaha.fr



ISIGNY BIKE

Bike hire from our shop in

2 Place Charles de Gaulle

14230 ISIGNY-SUR-MER

tel.: 06 52 01 45 91

surrounding area.

Isigny-sur-Mer or delivery in the

Bicvcle service areas

Public service areas are accessible to all: you'll find secure bike boxes (only in Isigny), battery charge points, toilets, a tool station and bike pumps for a well-earned

Locations:

Office de Tourisme

et de la Culture

Le Fanal at Isigny-sur-Mer, La Petitie Halle market hall in Trévières.



more info

VÉLODAYS:

a host of events throughout of Calvados.

IN ISIGNY-OMAHA. 3 DATES TO REMEMBER:

Saturday 3 May. Cycling activities at the Maison de la Forêt in Montfiquet

and Balleroy-sur-Drôme.

Sunday 18 May. 30 km family-friendly loop starting from the little market hall in Trévières

Sunday 25 May in Isigny-sur-Mer, 'Vélodays' travelling village.



An extra tip

NEW: Why not take a little detour to La Manche? To continue your Normandy tour, use the 'Wevisit' app to discover the medieval ramparts of Saint-Lô via VéloWestNormandy.



Mer, Saint-Laurent-sur-Mer and Vierville-sur-Mer.

from the Signal monument) and Colleville-sur-Mer.

tel.: 06 52 01 45 91

Sulky rides on Omaha Beach. A

unique experience at the heart of the D-Day Landing beaches! The programme includes a briefing, followed by a ride along the beach at 3 different speeds: walking in the water, trotting and top speed. Unforgettable!

Sulky immersion

Individual 1-hour session (45-minute activity). On request/reservation required. 1 person per session.

Departure from the beach 14710

SAINT-LAURENT-SUR-MER tel.: 06 15 51 89 18 sulky-immersion.com



PRICE: €150/pers. **OPENING TIMES: All year round**

On horseback? It's a great way to see the area from a different perspective and at a completely different pace. Aboard a Sulky? A truly extraordinary way to explore Omaha Beach. Up in the air? A first flight in a hot-air balloon is just the thina

Why not discover Isigny-Omaha in a different way?

for you (or in an ULM, or even a helicopter! See p.14)

Horse riding **Poney Club des** Louveaux

Enjoy 1 or 2-hour excursions on our horses or ponies with a qualified instructor. They take place in the countryside, in the forest or on the beach for the more experienced. We adapt our outings to suit riders' levels.

OPENING TIMES: All year round except from 24 August to 13 September.

CONFACE

1541 Rue Charles Gervais **14330 LE MOLAY LITTRY** tel.: 06 87 70 40 01 06 58 67 05 16 haras-louveaux.fr

Horse-riding centre **Poney Club des**

Louveaux As well as horse rides, the

Poney Club des Louveaux also offers horse and pony lessons, from leisure (horse ball, polo, pony games, etc.) to competition

(dressage, obstacles) to suit all levels from baby to adult.

OPENING TIMES: All year round except from 24 August to 13 September.

CONFACE

1541 Rue Charles Gervais **14330 LE MOLAY LITTRY** tel.: 06 87 70 40 01 06 58 67 05 16 haras-louveaux.fr

Bessin Montgolfière

Come and discover our beautiful Normandy by taking to the skies aboard our hot-air balloon. You'll help set up the balloon, take a ride in the air and gather the equipment at the end of the flight, all in a lively, family-friendly atmosphere. Departure possible from Balleroy-sur-Drôme, Saint-Paul du Vernay, Barbeville, Ryes or Juaye-Mondaye, depending on weather conditions. Up to 6 people in a hot-air balloon.

PRICE: €225/pers **OPENING TIMES: All year round**

14490 BALLEROY-SUR-DRÔME - 06 77 95 85 04 bessin-montgolfiere.com





In the mood to soar new heights? See also page 14





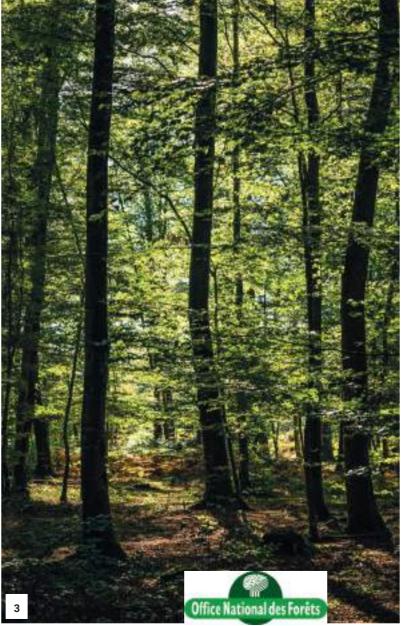
Let's take a walk INTHE FOREST...

Discover the area's natural riches on slow walks, nature outings or workshops. Let go, hug the trees, listen to the birds chirping, smell the moss in the undergrowth, build your own herbarium and more. Take your time, look, listen, breathe in, breathe out and respectfully touch this exceptional wealth of fauna, geology and flora.



THE FOREST







The 2,000-hectare state-owned forest, which once belonged to William the Conqueror, is mainly planted with beech trees.

It is home to a rich diversity of plants and wildlife:

trees, flowers, mushrooms, insects, amphibians, birds and mammals such as deer, roe deer and wild boar ...

Managed by the National Forestry Office (ONF), the Cerisy forest has been classified as a national nature reserve since 1976. It is home to an endemic sub-species, a beetle unique in the world: the golden ground beetle with copper highlights, protected in

For a real breath of fresh air, sports

enthusiasts can set off along the GR longdistance hiking route, which runs for at least 15 km, while mountain bikers and horse riders can criss-cross the 20 km of trails and walkers can explore the many footpaths leading to the Étang du Titre lake, a mustsee destination.

Depending on the season, you may also come across mushroom pickers, hunters or foodies making use of the picnic tables!

The arboretum and the Maison de la Forêt tell us a little more about some of these specimens. See more on Page 44

> People come here for its beauty, its nature and its peace and quiet.



The Maison de la Forêt's discovery Outings

Creative Events

FOR ALL AGES, THE 'CREATIVE EVENTS' COMBINE ING FUN! FOR EXAMPLE: 'WHEN FROGS PREDICT THE WEATHER' WAS A GREAT SUCCESS!

OPENING TIMES: ONCE A MONTH, EXCEPT JULY AND AUGUST, ON WEDNESDAYS OR SATURDAYS

PRICES: ADULTS: €6/CHILDREN (4 TO 12 YEARS): €3

ISIGNY-OMAHA TOURIST OFFICE TEL.: 02 31 21 46 00



1 · Family workshops

These exciting, fun-filled adventures are offered during the short holidays and on Fridays during the summer. For groups and schools, by prior arrangement.

2 · 'Forest animals' nature outing

As you search for traces of the forest's inhabitants, you might even be lucky enough to come across a deer!

3 · Recharge your batteries in the forest

Take a self-guided walk along one of the many signposted paths

Guided walks

AURÉLIE AND CHLOÉ, NATURE GUIDES, INVITE AND THAT OF YOUR CHILDREN!

OPENING TIMES: 01/07 > 31/08 ON TUESDAYS AND SOME WEDNESDAYS FOR **EVENING OUTINGS, AND DURING SCHOOL HOLIDAYS** PRICES: ADULTS: €6/CHILDREN (4 TO 12 YEARS): €3



more info

NEW: Stop off at the Maison de la Forêt (p.44) to hire your 'Fairy Quest' discovery pack! Equipped with your pack and other accessories, you'll have 1.5 hours to complete the quest and progress, step by step, through the forest, solving riddles and

Discovery-pack hire €10 + deposit



GARDEN, SEARCHING FOR SIGNS OF ANIMAL SCRUTINISE, WE LISTEN ... ALL FIVE SENSES ON

OPENING TIMES: FRIDAYS IN JULY AND AUGUST, AND

PRICES: ADULTS: €3/CHILDREN (4 TO 12 YEARS): €6 DURATION: 1.5 TO 2 HOURS







the Maison de la Forêt





With a surface area of 350 m², the Maison de la Forêt welcomes visitors in a beautiful space dedicated to tourism, equipped with a shop. In a large adjoining room, a modern, educational and fun museum area presents the various environments that make up the Cerisy forest, along with their inhabitants. Access is free during opening hours! Why not come and recharge your batteries?

Take advantage of the chance to admire this resolutely modern building* and its environmentally friendly construction: a building made of wood and earth, extracted from the site itself, and committed to environmental and energy performance.

PRICES: Free admission during opening hours.

OPENING TIMES: scan OR code

MAISON DE LA FORÊT 🔥 😯 L'embranchement 14490 Montfiguet tel.: 02 31 21 46 00



*building co-financed by the Prefecture of C



Escape to the forest trails to discover their treasures by renting a bike!









discovering the Marais du Cotentin et du Bessin Regional Nature Park

These marshes, nestled between two seas, make up an exceptional natural

characterised by its wet meadows and the phenomenon of 'whitening' in winter. A truly romantic landscape, perfect for posting some incredible snaps on Pin-

The Maison du Parc is an excellent starting point for exploring the marshes: museum space, information and themed exhibition. The signposted trail allows you to explore the Ponts d'Ouve marshes sensitive nature area while the observatories around the lake are the perfect place to spot birds in their natural environment.

PRICES: full price €5/reduced €2.50/free for under 25s **OPENING TIMES:** all year round.



LA MAISON DU PARC DES MARAIS 3 Village Ponts d'Ouve SAINT-COME-DU-MONT - 50500 CARENTAN-LES-MARAIS tel.: 02 33 71 65 30 parc-cotentin-bessin.fr



Les Bateliers des Marais du Cotentin

La Rosée du Soleil

The crew will immerse you in the world of the marshes, discovering the exceptional flora and fauna of this unspoilt environment. These enthusiasts will tell you all about the history and activities of the places crossed. Treat yourself to a guided river trip on the Taute aboard 'La Rosée du Soleil', departing from Saint-Hilaire-Petitville (with the option of a gourmet stopover at the Maison Éclusière for a meal featuring

PRICES: from €17 to €35/person
Children: from €12 to €20/pers. depending on the package OPENING TIMES: April to October

Departing from Saint-Hilaire-Petitville

Les Barques du Marais

Why not take a self-guided tour of the marshes along the water's edge? Aboard a 5- or 9-seater electric boat, you'll be the captain of the boat (no driving licence required) as you sail for 1 or 2 hours in the marshes of the Douve. You'll have every chance of spotting herons, storks and kingfishers. And why not enjoy a 3-hour outing with a picnic, anchored in the heart of the

Discover our special outings! A guide will take you out on his boat for the day or evening

Tip: take advantage of the Guinguette des Marais for a snack, a drink or even a barbecue!

PRICES: from €39 per hour hired/For special outings, from €15 per person. OPENING TIMES: April to September

Departure from Saint-Côme du Mont at the Port Jourdan pier,

(follow signs for the Maison du Parc des Marais)



50500 CARENTAN-LES-MARAIS tel.: 06 83 60 08 12

Jardin d'Elle

A veritable botanical repertory containing more than 2,500 varieties of plant and spread over 2 hectares

This park is made up of several themed gardens: country, colourful, undergrowth, kitchen garden, waterfall and remarkable collections of hydrangeas, Japanese maple and more. Nursery on site.

PRICES: Adults: €6/Children (8 to 14 years): €3 OPENING TIMES: 01/03 > 30/11



15, Le Repas 50680 VILLIERS-FOSSARD tel.: 02 33 05 88 64 dellenormandie.com



Attelages de la Nicollerie

To the rhythm of the Attelages de la Nicollerie's draught horses, discover our region's natural and built heritage. Enjoy these rides with friends, colleagues or family to share some quality time along the paths of the Cotentin and Bessin marshes or along the coast. Don't hesitate to contact us for a private carriage for your festive events.

PRICES: FROM €20 person OPENING TIMES: All year round



LES VEYS 50500 CARENTAN LES MARAIS tel.: 06 03 21 49 93 carriages.clublanicollerie.com



Baveux Aventure

Bayeux Aventure is a leisure park open to all, in which you can enjoy whole host of activities in the great outdoors!

Our park is renewed every year: high-ropes, accrospider net, zorbing, reverse bungee and multi-sports court for older children; while the little ones will enjoy the mini diggers, mini tractors, mini farm, inflatable structures, aquatic area, ponies and more.

Come and discover what's new in 2025 and celebrate our 10th

PRICES: Adventurer (+6 years): €23.50/Explorer (3–5 years): €16.50/ Accompanying person: €14.50

OPENING TIMES: From April to Sep



Ferme de Rabodange 14400 CUSSY el.: 02 61 79 02 79





AN EXCEPTIONAL TERROIR

caramets d'Isigny and dairy products

The visitors area

Caramels d'Isigny invites you to take an immersive gourmet tour of their educational centre. Observe the production workshops and the caramels being made live through a glass gallery. Along the way, discover the richness of the Isigny terroir and the history of the Isigny Sainte-Mère cooperative. After visiting the caramel factory, why not stop off at Les Halles d'Isigny, the onsite shop, to pick up a few local sweets. Not to mention, Isigny cream ice-cream served from April to the end of October.

Adults: €4/Children (aged 6-17) €2.50 TOUR OPENING HOURS: VISITORS AREA:

April, May, June and Sept.: Monday to Saturday, 09:00-18:00

July-August: 7 days a week, 09:00-18:00 Oct. to March: Monday to Friday. 09:00-13:00/14:00-17:00 (+ open on Saturdays during school holidays at 10:00) HALLES D'ISIGNY:

All year round, seven days a week, 09:00-19:00 01/01 > 31/03: closed on Sundays



......

Rue du 19 Mars 1962/Z.A. Isypôle 14230 ISIGNY-SUR-MER tel.: 02 31 51 39 89

02 31 51 66 57 caramels-isigny.com

TOUR PRICES:

The famous AOP Isigny butter

Butter, cream, cheese ... The producers of the region's finest milks are constantly improving their techniques for producing and processing their raw materials.

The Isigny Sainte-Mére dairy cooperative, with its world-famous AOP Isigny butter, is located at the gateway to Isigny-sur-Mer. Proof of its excellence? In 2024, it won no fewer than 9 medals for its products in the General Agricultural Contest at the Paris International Agricultural Show! A real pride!



Normandy is one of Europe's leading oyster producers! A maritime terroir, Isigny grows its 'appellation spéciales d'Isigny' oysters in the heart of Veys Bay, at the Grandcamp-Maisy shellfish

Good to know: the Tourist Office organises guided tours of the Grandcamp-Maisy oyster beds every Monday and Tuesday during the summer!

See p.28



In the Bessin region, apple trees are mainly grown for cider. And it is from cider that calvados and pommeau are made. Though Calvados is worldfamous for its amber colour and inimitable flavour, pommeau is a somewhat lesser-known Norman aperitif - though it enjoys the same protection as Calvados de Normandie.

Remember

→ Some cider farms offer tours. See p.50-51



HERE, WE
TAKE CARE OF

OUR-KNOW-HOW





La Crémerie d'Émilie

Éric the farmer transforms his milk production into delicious dairy products: they've built a whole reputation on yoghurts, butter and cream! You'll also find a lovely shop/chalet right on the farm where you can buy home-made products and other delights.

OPENING TIMES:

All year round, Fridays and Saturdays from 15:30 to 18:30 (closes at 17:30 from November to Easter)

CONFACF (A)

tel.: 06 15 66 69 04

Chemin des Poissonniers
Sainte-Honorine-des-Pertes
14520 AURE-SUR-MER



Clos Tassin Boutique

Here, you'll discover calvados (3, 7, 15 and 30 years aged), aperitifs (pommeau, etc.), typical Normandy liqueurs, cider, perry, tripe, andouille de vire and apple jelly. Our recommendation: Tasting and commentary on how these products are made.

OPENING TIMES:
All year round: 09:00-19:00

CONFACE

Le Clos Tassin 14710 COLLEVILLE-SUR-MER tel.: 02 31 22 41 51 06 88 48 82 27 clostassin.fr



Fromagerie d'Isigny

The Isigny Sainte-Mère cooperative is the symbol of milk production in the Bessin region. Today it offers the very best of Normandy: Isigny AOP Butter and Cream, Normandy AOP Pont l'Evêque and Camembert, Label Rouge mature and extra mature mimolette and more.

Not to forget, from April to the end of August, the 'homemade' ice-creams are a treat for young and old alike!

OPENING TIMES: All year round, Monday to Saturday, 10:00–13:00/14:00–19:00 (all day in July and August). Open on public holidays except 01/01, 01/05 and 25/12

CONEACE &

2 Rue du Docteur Boutrois 14230 ISIGNY-SUR-MER tel.: 02 31 10 12 06



Le Jardin Adelis

Sale of organic seasonal vegetables and dates. Vegetables are grown on site in open fields or in greenhouses. We offer the freshest products and recipes to help you prepare delicious dishes! OPENING TIMES:

All year round. Farm sales on Fridays from 17:00 to 20:00. At markets in Trévières (Fridays), Grandcamp-Maisy (Saturdays and Sundays in July and August) and Bayeux (Saturdays).

CONTACT &

2 Chemin du Cardonneret 14230 CARDONVILLE tel.: 06 14 26 64 90 lejardinadelis.com



La Mare Mitonne

Visit the vegetable garden, discover and buy lacto-fermented vegetables: sauerkraut, kimchi and more. For an aperitif, a salad or to liven up your dishes. Grown organically and processed in my lab, the vegetables are neither cooked nor pasteurised, ensuring that they are packed full of vitamins and probiotics which makes them easier to digest and absolutely delicious.

OPENING TIMES: All year round by appointment

June, July and August: Fridays 16:00-19:00 PRICES: Visits by appointment (€5/adult, €2/child) - Family rate - Groups



La Mare 3638 Route de la Madeleine 14230 ISIGNY-SUR-MER tel.: 06 21 01 26 61 lamaremitonne.fr



Au Tour de l'Épi S Rie

Grocery shop, bread and pastries, takeaway meals, coffee, tea, local products: calvados, pommeau, cider, honey, goat's cheese and more. You'll find everything in Coralie's grocery shop! You can even buy ready-made meals to take away at €9.90 for a starter/main course or main course/dessert!

OPENING TIMES: Every day, all year round: timetable on the Isigny-Omaha Tourisme website.

CONFACE

17 Route de Bayeux 14400 TOUR-EN-BESSIN tel.: 02 31 92 31 43



Télémague

Fish and seafood sales

Virginie sells fish and shellfish direct from the Normandy coast and Grandcamp-Maisy. At the farm (call ahead) or at the vending machine in Vierville-sur-Mer in the Cocci-market car park, you'll enjoy the freshest products, guaranteed. Don't hesitate to order if you're looking for something in particular.

Chronofresh delivery across France.

OPENING TIMES: All year round





14710 VIERVILLE-SUR-MER tel.: 07 86 49 46 53 telemague1.fr



Les Halles d'Isigny -Caramels d'Isigny shop

Salted-butter caramel, apple caramel, creamy caramel spread, caramel popcorn ... In short, caramel in all its forms. The Caramels d'Isigny factory offers a delightful shop full of delicacies. You'll also find a cheese/cream counter, souvenirs and other typically Norman local products. Delicious Isigny cream ice-creams are served from April to the end of October!

7 days a week, 09:00 to 19:00 (closed on Sundays from January to March). Open on public holidays except 01/01, 01/05 and 25/12.

CONEACE &

Z.A. Isypôle Rue du 19 Mars 1962 14230 ISIGNY-SUR-MER tel.: 02 31 51 66 57 caramels-isigny.com



More Info

Find out more about market days

e best picnic spots on page



The Perfect Norman Picnic

Depending on the season, you'll need ...

1/ a nice green salad with Normandy apples and Grandcamp 'bouquet' (prawns)

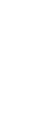
2/ oysters from the Veys Bay or scallop carpaccio from the Seine Bay

3/ fresh bread and Isigny butter 4/ a Camembert made from raw Isigny milk

5/ a Norman teurgoule

6/ a bottle of Normandy cider

→ To find out more, see p.47 to 51



For your health, eat at least 5 fruits and vegetables a day. Alcohol abuse is dangerous for your health, please drink in moderation.



PHE CIDER FARMS



La Sapinière Farm

Take a guided tour of the secrets behind the production of Normandy calvados, cider and pommeau, on an organic farm. Our recommendation: tasting. Guided tours are available on reservation from Monday to Saturday - In French: at 10:45 and 15:30 In English: at 14:30.

OPENING TIMES: shop: 01/04 > 31/08: 7 days a week from 09:30 • 01/09 > 31/03: 10:00 to 18:00, closed on

CONTROL of 450

Sundays.

12 Route de Port-en-Bessin 14710 SAINT-LAURENT-SUR-MER tel.: 02 31 22 40 51 fermedelasapiniere.com



Sainte-Blaise Farm

In this pretty 18th-century farmhouse, you can buy high-quality farmhouse cidre bouché.

All the apples used to make this cider are organically grown. Mr and Mrs Dauvers have been awarded the 'Eurofeuille' label. You can also stay in one of their guest rooms.

OPENING TIMES: All year round



Saint Blaise Farm - Castilly 14330 ISIGNY-SUR-MER tel.: 02 31 22 52 06 ferme-saint-blaise.com



Les Mouettes Farm

Producer of minimum-10-years-aged farmhouse AOC hors d'âge calvados, cidre bouché, Norman aperitifs, apple juice and homemade jams. Tastings are available on request from the cider shop. Our recommendation: Mr and Mrs Anguetil also offer bed and breakfast accommodation on the cider farm.

OPENING TIMES: All year round



14710 COLLEVILLE-SUR-MER tel.: 02 31 22 42 53



Cidrerie Lebrec

In a former 16th-century château, Bernard Lebrec offers you his cider production: cidre bouché, calvados, apple-based aperitif, jelly and apple juice. Good to know: Don't hesitate to phone ahead before visiting the shop to make sure you can get through the building's monumental gates.

OPENING TIMES: All year round



Ferme Ste Claire Le Haut Chemin 14710 ENGLESQUEVILLE-LA-PERCEE tel.: 06 76 37 46 21



Les Vergers de Romilly

Apple juice, cider, pommeau, calvados, jams, cider confit and more. 100% pure organic juice products made

with respect for farming traditions.

Our recommendation: on-site tasting. Free guided tour of the orchards. the still and the cellar on Wednesdays at 14:30 in FR.

April to September, Monday to Saturday, 09:30 From October to March, Monday to Friday,

09:30 to 18:00.



Les Vergers de Romilly 14230 SAINT-GERMAIN-DU-PERT tel.: 02 31 22 71 77 vergersderomilly.com



CIDRICCHUS Simon's Cider

Continuing the family farming tradition, Simon Lemarie has been developing a production of ciders and spirits made with apples from his orchards since 2015. All the apples used are old, local varieties. In July and August, guided tours on Thursdays at 11:00.

OPENING TIMES: All year round

L'Hermerel 3 Route des Manoirs 14230 GEFOSSE-FONTENAY tel.: 06 98 82 32 26 cidricchus.com



La Cave du Tronquay

Our cellar is located in the heart of the Bessin, in the Calvados de Normandie appellation area. Our parents have always grown apple trees in this region. Our apple varieties produce a particularly distinctive cider. Our calvados, matured in oak casks, ages with the passage of time, giving it that much sought-after 'authentic' flavour.

OPENING TIMES: All year round



Rue de Campigny 14490 LE TRONOUAY tel.: 02 31 92 57 23/06 50 59 94 35



THE POCITO

It's the trendiest cocktail for the summe

ingrealents

7 cl Normandy pommeau 2 cl lemon iuice 5 cl tonic ice cubes

Serve in a tall glass!



CALVADOS

For your health, eat at least 5 fruits and vegetables a day. Alcohol abuse is dangerous for your health, please drink in moderation





THE RESTAURANTS

To fully relax, there's nothing like taking a seat at a good restaurant at least once during your stay. Traditional, gourmet, trendy or on-the-go: the choice is yours!

on the go

Eolia snack

The club house is the place to be for sailors, beach-goers and sports enthusiasts on Omaha Beach. Between sporting activities, they come here to enjoy a meal on the terrace with its panoramic view over the beach, or to enjoy a lunch break by the fire in low season.

Good to know: meeting room available to hire



Le Cavey 14710 COLLEVILLE-SUR-MER tel.: 06 74 74 85 17 eolia-normandie.com

on the go

L'Embusqué

In the heart of Omaha Beach, on the site of the D-DAY OMAHA Museum, come and enjoy quality cuisine in a genuine 1970s English double-decker bus, from June to August (October and All Saints' Day subject to availability). In this unusual setting, the burgers and salads are sure to delight. With family or friends. L'Embusqué will delight your taste buds while you enjoy the terrace.



Route de Grandcamp 14710 VIERVILLE-SUR-MER tel.: 07 86 05 56 64 Facebook: L'Embusqué

on the go

Aux Délices d'Alice

Aboard her foodtruck. Alice serves up sweet and savoury homemade crêpes made with fresh local produce. Hot and cold drinks are also available. On-site and takeaway catering. OPENING TIMES: From 1 May, every day (except Thursday) from



On the market square in Vierville-sur-Mer 14710 VIERVILLE-SUR-MER tel.: 07 81 61 28 98 Instagram: aux.delicesdalice

12:00 to 18:00.

on the go

Aux Délices d'Alice ATTHE FARM

Come and eniov a delicious moment in a bucolic setting, just a stone's throw from Omaha Beach. The à la carte menu includes sweet and savoury crêpes, homemade desserts and local drinks. On-site catering. From 29 March, every day from 12:00 to 18:00. Closed on Tuesdays.



12 Vacqueville 14710 VIERVILLE-SUR-MER tel.: 06 30 96 01 73 aux.delicesdalicealaferme

Brasserie

La Crémaillère

Located at the intersection between the beach, the American Cemetery and Pointe du Hoc. the La Crémaillère restaurant serves up simple, traditional cuisine. The set menu with all-you-can-eat buffet, dish of the day and dessert for €17.90 is guaranteed to delight your taste buds :)

Open all day, with groups welcome.



Route de Formiany 14710 SAINT-LAURENT-SUR-MER tel.: 02 31 22 44 22

Brasserie

La Marine

By the early 20th century, the Café de la Marine was already a meeting place for villagers. From steak camembert to sole meunière and moules-frites, you'll be spoilt for choice

Our recommendation: Don't miss the haddock and seafood gratin in cider ... all our local produce in one dish!



1 Rue de la Libération 14450 GRANDCAMP-MAISY tel.: 02 31 22 61 79

Brasserie

Le Central

Le Central is a lively, traditional brasserie. It's always busy at lunchtime, with tourists and locals alike enjoying a good meal. Dishes of the day, desserts of the day, pizzas, salads, crêpes and more, to be enjoyed inside or on the terrace (20 covers). In the evening, Le Central offers a warm welcome to families and friends amid a comfortable setting.

contact

15 Place Général de Gaulle 14230 ISIGNY-SUR-MER 02 31 51 09 60 Le Central at Isigny-sur-Mer



Restaurant.

Le Mathélia at the Hôtel du Casino

Julia and Mathieu Le Guillois welcome you to their historic establishment in this stone house with sea-view terrace.

Enjoy the Chef's gourmet cuisine or seafood from our coasts while you watch the activity on the beach. Pure joy!

2 Logis de France cocottes.



Boulevard de Cauvigny 14710 VIERVILLE-SUR-MER tel.: 02 31 22 41 02 omaha-beach-hotel.biz

ROTISSERIE

Wood fired Omelette de Père 'O'lard

AT Omaha Beach, in a 1940s atmosphere and within the Maison de Libération, discover the street rotisserie, grilled meats, oysters, mussels, fish and special omelettes offered up by Sébastien Olard. From May to mid-September, by reservation at least 48 hours in advance and subject to availability.



27 Rue du Val 14710 SAINT-LAURENT-SUR-MER tel.: 06 87 40 35 63 Facebook: maison-de La-liberation Omaha-beach

semi-gourmet

La Trinquette

In a refined setting, young Michelin-starred chef François Germain serves up an incomparably fresh, sea-salted cuisine using organic vegetables, catch of the day and local produce cooked on site.

Our recommendation: try the 'Marmite Grandcopaise' stew, his speciality. Good to know: booking recommended



7 Route du Joncal 14450 GRANDCAMP-MAISY tel.: 02 31 22 64 90 restaurant-la-tringuette.com

Avec J'origine, trouver les producteurs et artisans locaux, c'est un jeu d'enfant.







THE REALM OF ARTISTS AND ANTIQUE DEALERS

Admiring nature stimulates creativity and has already inspired more than one artist, both here and abroad, past and present! Painting, sculpture and pottery are just some of the artistic expressions to be found among our local craftspeople. Enter the world of the guardians of the past ... These passionate collectors present shops full of treasures, souvenirs and anecdotes from yesteryear.

Like a real Ali Baba's cave!

OUR FAVOURITE:

NORON-LA-POTERIE

The first traces of pottery activity in the village of Noron-la-Poterie date back to 1745.

The famous stoneware jugs were made here, particularly those decorated with an embossed apple branch or gold enamel. These made it possible to easily store and transport calvados and cider. For a long time, they charmed tourists and distillers alike, before the arrival of the glass bottle at the end of the 19th century. During the First World War, Noron's clay pots were used by soldiers to store gunpowder. Today, there is only one potter left in the village.

Rock'n'Broc

Rock'n'Broc, a charming, authentic shop set in a 19th-century barn in the heart of the countryside, just 10 km from Bayeux. Here, you'll find a selection of antiques and beautiful bric-a-brac, as well as a vast choice of antique crockery and tableware.

OPENING TIMES: All year round, opening times

429 Rue du Douet Bérot 14400 BLAY tel.: 06 17 78 38 87

brocante.rocknbroc





La Poterie des Vieux Fours

In the heart of Noron-la-Poterie, an authentic potters' village, you'll find a 300 m2 indoor shop and a 3,000 m2 outdoor exhibition of culinary pottery and home and garden decor

OPENING TIMES: Open all year round, Tuesday to Sunday, 09:30 to 12:00 and 14:00 to 18:00. Closed for the Christmas holidays

41 Route des Potiers 14490 NORON-LA-POTERIE tel.: 02 31 92 56 29 moulins-aublet.com



Roland Moulin, artist and sculptor, invites you to discover his studio: natural limestone, wood and terracotta. This artist has a predilection for the human body and busts, as well as faces and animals. Courses offered for beginners.

OPENING TIMES:

All year round, 10:00 to 12:00 and 15:00 to 18:00



34 Route des Forges 14400 MOSLES tel.: 09 55 30 22 23 rolandmoulin.blogspot.com

Les Trouvailles du Bessin

Sale of second-hand goods and brica-brac. There's something for every budget! Vintage, antique and unusual objects, decoration, fashion, costume jewellery, model railways, audio, toys, scientific objects, wines and more.

OPENING TIMES: Open all year round Variable timetables updated weekly and available on Facebook, Instagram and

17 Route de Bayeux 14400 TOUR-EN-BESSIN tel.: 06 04 48 53 96 Facebook: Trouvailles Du Bessin



more info

At La Grange au Mohair, you can buy handmade clothing made from Angora goat's

See p.25







THE TOURIST OFFICE'S SERVICES



The Tourist Office team is on hand to help you organise your stay, find the best spots, make your life easier and offer you great deals. Don't hesitate!

Ticket OFFICE

Buy smart to explore our destination!

With the Isigny-Omaha Tourist Office's ticket office, you can take advantage of reduced-price tickets, fast-track tickets, great information, the best spots and great deals! You can also book your events at the Tourist Office.

→ Our partners: Héli' Évènements, La Cité de la Mer, Le Mémorial de Caen, Le Flipper II, Manche lles Express and the Jolie France speedboats.



Even better, you can now book all the outings and events organised by the Tourist Office online via our website. You'll be spoilt for choice!

⇒ isigny-omaha-tourisme.fr

group service

Because there are so many questions to ask when organising a holiday with a group of children or adults, don't hesitate to contact Stessy, our pro/group assistance advisor, to help plan your trip in the Isigny-Omaha Tourist Destination. A special tourist brochure and website are also available.

⇒ Further information on 02 31 21 46 00



explore normandy pass



Holidays with my dog!

How can I make the most of my stay in Isigny-Omaha with my dog? Thanks to the Toutouguide for furry friends available in our Tourist Information Offices, certified with the 'Toutourisme' label, you'll find the answers to your questions: handy tips, suitable outings and places to go, useful contacts and more. Everything you need for a perfect holiday!

In fine weather, 'doggie bars' are set up in front of our various tourist information offices.





#SHOPPING

A SHOPPING SESSION TO SNAG THE ULTIMATE SOUVENIR!

As well as information on your favourite holiday destination, our Tourist Information Offices also offer fantastic shops stocked with souvenirs.









Our must-haves?

Fallen for our 'Ici, on a le goût de la Liberté' Isigny-Omaha brand merch? Pen, cap, t-shirt, mug, tote bag ... You're sure to find something to delight, reminding you of your unforgettable holiday memories all year round!



'The 'Ici on a Goût de la Liberté' cap is a big hit! Its caramel colour appeals to both men and women'.





Little ones, teenagers and all those **curious about nature** will be delighted at the Maison de la Forêt shop!

All our addresses are provided on the back cover.





GETTING AROUND WITH ISIGNY-OMAHA

To discover our beautiful territory, you can of course use your car to reach all the hidden gems Isigny-Omaha has to offer. Other means of transport are also available:

bus, train or bike. For an 'à la carte' trip, call on our partner taxi service at Grandcamp-Maisy Taxi.



Our tip for finding the best transport solutions in Normandy:

the Atoumod! website or app.

A simple solution for finding itineraries, schedules and buying transport tickets, to discover the region, its beaches and historical sites.

BY TRAIN:

The Isigny-Omaha area is home to a train station and a railway stop:

Lison station

Good to know: Support for people with disabilities or reduced mobility.

Molay Littry railway stop



BY BUS:

.....

The Nomad bus network serves the coastline: - Aure-sur-Mer,

- Colleville-sur-Mer,
- Saint-Laurent-sur-Mer,
- · Vierville-sur-Mer,
- Louvières
- Grandcamp-Maisy.
- Cricqueville-en-Bessin (with a stop at the Pointe du Hoc),
- Saint-Pierre-du-Mont
- Englesqueville-la-Percée,
- $\mbox{-}$ as well as other towns along the coast and Bayeux with its train station.

PENING TIMES

All year round.

Find details on nomad.normandie.fr

WHERE TO BUY TICKETS:

M'Ticket app, Grandcamp-Maisy Tourist Office or on board the coaches.

Grandcamp-MaisyTavi

Grandcamp-Maisy Taxi offers taxi services with a 6-seater SUV. Our yellow taxi is available 24/7.

Whether you're visiting the D-Day landing sites or the wider region, or for any other private, business or medical trip.

Grandcamp-Maisy Taxi is here to make all your journeys as comfortable as possible.

OPENING TIMES:

Available all year round.

PRICES:

day rate: €2.00/km night rate: €3.00/km

light rate: €3.00/Kh

Pick-up: €3.20

5th-person supplement: €4.00

Sightseeing tour package; please contact us

CONFACE (A)

Across the region and beyond. tel.: 06 72 79 30 34 grandcampmaisytaxi.com







Find all the information on accommodation











Find out more about the events programme on our website

https://isigny-omaha-tourisme.fr/mon-sejour/agenda-programme-animations-evenements/

And don't forget to follow us on our social media







.....

To take advantage of our excellent products and taste the finer things in life, our local markets are a must!

.....

Market days

TUESDAY

GRANDCAMP-MAISY TRÉVIÈRES

(small market from 16:00)

WEDNESDAY

ISIGNY-SUR-MER

THURSDAY

LE MOLAY-LITTRY

FRIDAY TRÉVIÈRES

SATURDAY

ISIGNY-SUR-MER

(small market)

GRANDCAMP-MAISY

(small market in the fish-market hall, except in July and August)

SUNDAY

GRANDCAMP-MAISY (July and August)

LE MOLAY-LITTRY (in summer)

Night markets, summer markets, local markets and more.

GRANDCAMP-MAISY NIGHT MARKETS

Along the Quai Crampon, also known as Le Perré, with the stalls on your right, and the sea on your left.

Every Sunday in July and August, from 17:30 to 23:00.

ISIGNY-SUR-MER NIGHT MARKETS AND FREE CONCERTS Thursdays in July and August

MARKETS IN TRÉVIÈRES

2 summer markets: please enquire.

LOCAL PRODUCERS' MARKETS

at the La Sapinière Farm in Saint-Laurent-sur-Mer Wednesdays 16 July, 30 July and 13 August from 14:00 to 18:30.

LOCAL PRODUCERS' MARKETS

at the Le Picard campsite in Tournières Get in touch to discover the dates!

FOREST MARKET

On 14 August, discover the traditional Forest Market at the Maison de la Forêt in Montfiguet, followed by the Jeudis de la Liberté concert on the same day!

Organisation and dates subject to change







'The added

extra
Fresh fish, seafood and shellfish .. Every morning at the fish market in the port of Grandcamp-Maisy, 3 to 4 fishing boats offer up ultra-fresh products to fill up on trace elements!'



sandra's flavour **FIPS**

*Alcohol abuse is dangerous for your health. Please consume in moderation. Eat 5 fruit and vegetables a day.



#TIDETIMES

Data for the port of Grandcamp-Maisy.

Allow an extra 5 to 15 minutes to calculate the tide times for Vierville/Mer, St Laurent/Mer, Colleville/Mer and Aure/Mer



UNE								
Date	High tide time	high tide coef.	High tide time	high tide coef.	Low tide time	Low tide time		
01/06	02:06	69	14:50	63	09:21	21:45		
02/06	02:58	58	15:51	53	10:12	22:39		
03/06	03:59	49	17:07	46	11:07	23:38		
04/06	05:14	44	18:15	43	12:05	:		
05/06	06:24	43	19:09	44	00:37	13:03		
06/06	07:21	46	19:54	48	01:36	14:01		
07/06	08:08	51	20:33	53	02:33	14:56		
08/06	08:49	56	21:09	59	03:25	15:46		
09/06	09:28	61	21:45	64	04:11	16:30		
10/06	10:07	66	22:21	67	04:53	17:10		
11/06	10:45	69	22:58	70	05:31	17:48		
12/06	11:22	71	23:34	71	06:09	18:26		
13/06	11:59	71	:		06:46	19:03		
14/06	00:10	71	12:37	70	07:24	19:42		
15/06	00:49	70	13:18	68	08:03	20:23		
16/06	01:32	67	14:04	65	08:44	21:06		
17/06	02:20	63	14:56	61	09:27	21:54		
18/06	03:14	59	15:55	58	10:16	22:48		
19/06	04:14	56	16:58	56	11:11	23:50		
20/06	05:19	56	18:02	57	12:16	:		
21/06	06:25	58	19:07	61	00:59	13:26		
22/06	07:34	64	20:10	67	02:09	14:36		
23/06	08:40	71	21:09	75	03:15	15:41		
24/06	09:42	78	22:03	82	04:16	16:41		
25/06	10:38	84	22:53	86	05:13	17:36		
26/06	11:29	87	23:40	88	06:06	18:28		
27/06	12:16	88	:		06:55	19:15		
28/06	00:24	86	13:00	85	07:40	19:59		
29/06	01:07	82	13:42	79	08:23	20:42		
30/06	01:48	75	14:22	71	09:04	21:23		

	Date	time	coef.	time	coef.	time	time
	01/07	02:30	67	15:04	62	09:43	22:03
	02/07	03:14	57	15:51	53	10:22	22:45
	03/07	04:03	49	16:49	45	11:04	23:31
	04/07	05:05	42	17:58	39	11:54	:
	05/07	06:19	38	19:00	38	00:27	12:54
	06/07	07:24	39	19:53	41	01:31	14:01
	07/07	08:19	44	20:40	47	02:38	15:05
	08/07	09:06	50	21:22	54	03:36	16:00
	09/07	09:50	58	22:03	62	04:27	16:48
	10/07	10:31	65	22:43	68	05:12	17:33
	11/07	11:12	71	23:23	74	05:55	18:16
	12/07	11:52	76	:		06:38	18:58
	13/07	00:03	78	12:33	80	07:20	19:39
	14/07	00:43	81	13:13	81	08:00	20:19
	15/07	01:24	81	13:54	80	08:38	20:58
	16/07	02:06	78	14:36	76	09:16	21:38
	17/07	02:51	72	15:21	69	09:56	22:22
	18/07	03:41	65	16:15	62	10:41	23:15
	19/07	04:41	58	17:20	55	11:39	:
	20/07	05:55	53	18:37	52	00:24	12:54
•	21/07	07:20	53	19:57	56	01:42	14:13
	22/07	08:41	59	21:04	64	02:56	15:26
	23/07	09:44	69	21:59	73	04:04	16:32
-	24/07	10:35	78	22:45	82	05:07	17:31
	25/07	11:20	85	23:28	87	06:01	18:22
	26/07	12:01	89	:		06:47	19:05
	27/07	80:00	89	12:38	89	07:28	19:44
	28/07	00:45	87	13:14	85	08:04	20:19
w	29/07	01:21	82	13:47	78	08:37	20:51
	30/07	01:56	74	14:19	69	09:07	21:21
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	02/08	03:41	42	16:18	37	10:42	23:13	ĸ.
	03/08	04:51	33	17:58	30	11:42	:	
	04/08	06:42	29	19:17	31	00:26	13:08	0
	05/08	07:55	34	20:16	38	01:58	14:37	ı
i	06/08	08:51	43	21:04	49	03:12	15:40	
١	07/08	09:37	55	21:47	61	04:08	16:32	
	08/08	10:18	67	22:28	73	04:56	17:19	
	09/08	10:58	78	23:09	83	05:43	18:04	
	10/08	11:39	87	23:49	90	06:27	18:48	
į	11/08	12:18	93	:		07:08	19:28	l
I	12/08	00:28	95	12:56	95	07:47	20:06	ä
ı	13/08	01:07	95	13:32	93	08:23	20:41	ĕ
ı	14/08	01:45	90	14:09	86	08:58	21:16	
ı	15/08	02:26	81	14:49	75	09:32	21:55	i
ı	16/08	03:12	68	15:39	62	10:13	22:44	B
ı	17/08	04:14	55	16:49	49	11:09	23:58	ı
١	18/08	05:44	45	18:27	43	12:35	:	ı
ı	19/08	07:34	44	20:02	48	01:30	14:08	8
ı	20/08	08:54	54	21:07	60	02:56	15:30	ı
	21/08	09:46	67	21:53	73	04:08	16:36	
	22/08	10:26	78	22:32	83	05:06	17:28	
	23/08	11:02	87	23:09	89	05:52	18:10	
	24/08	11:36	91	23:44	92	06:32	18:47	
	25/08	12:09	92	:		07:05	19:18	
	26/08	00:17	91	12:40	89	07:35	19:48	
ı	27/08	00:49	86	13:09	82	08:03	20:14	
	28/08	01:19	78	13:36	73	08:27	20:37	
	29/08	01:45	68	14:00	62	08:46	20:56	
	30/08	02:10	56	14:27	50	09:07	21:23	
	31/08	02:42	44	15:05	37	09:39	22:06	

S	BP1	ЕМ	BER				BI	
	Date	High tide	high tide coef.	High tide	high tide coef.	Low tide time	Low tide	1
	01/09	03:31	32	16:19	27	10:33	23:17	31
23	02/09	06:06	24	18:43	24	12:11	:	Me
8	03/09	07:31	28	19:51	34	01:17	14:12	110
•	04/09	08:34	41	20:44	49	02:49	15:19	A)
и	05/09	09:20	56	21:26	65	03:45	16:10	100
9	06/09	09:58	72	22:06	80	04:34	16:58	-
	07/09	10:37	86	22:46	92	05:21	17:44	
K	08/09	11:16	97	23:26	101	06:06	18:27	- 6
	09/09	11:54	104	:		06:48	19:08	
	10/09	00:06	106	12:30	106	07:27	19:45	
340	11/09	00:44	104	13:05	101	08:02	20:20	15
鯔	12/09	01:22	96	13:41	90	08:35	20:54	9 . 7
	13/09	02:03	83	14:22	75	09:10	21:32	
	14/09	02:51	66	15:13	58	09:51	22:22	
	15/09	04:01	49	16:32	43	10:51	23:45	
86	16/09	05:58	38	18:31	38	12:31	:	
	17/09	07:53	41	20:08	47	01:32	14:17	
	18/09	08:58	54	21:01	61	03:00	15:32	
	19/09	09:37	68	21:37	74	04:02	16:26	
	20/09	10:06	79	22:11	84	04:50	17:10	
	21/09	10:35	87	22:43	89	05:30	17:47	
	22/09	11:05	91	23:14	91	06:05	18:18	
	23/09	11:35	91	23:45	90	06:34	18:46	
	24/09	12:04	88	:		07:01	19:13	
	25/09	00:15	86	12:31	82	07:27	19:37	
	26/09	00:42	78	12:55	74	07:49	19:57	
	27/09	01:06	69	13:18	63	08:06	20:16	W
	28/09	01:31	58	13:45	52	08:27	20:42	
	29/09	02:03	46	14:22	39	08:57	21:21	III
	30/09	02:50	33	15:25	28	09:48	22:30	











CONEACE

Isigny-Omaha Tourist Office Tourist Information Offices: tel.: 02 31 21 46 00 accueil@isigny-omaha-tourisme.fr

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