



# A TRIP TO CAEN

**3 DAYS/2 NIGHTS**

**FROM €21**

*Day 1*

Arrival at Ouistreham marina in the evening.

**> THROUGH THE CANAL LOCKS**

To find out how to go through the canal locks, see our tutorial: <https://www.ouistreham-plaisance.com/web/passage-sas.php>

See times on [www.ouistreham-plaisance.com/web/horaires-des-sas.php?jours=8&mois=8&valider=Rechercher](http://www.ouistreham-plaisance.com/web/horaires-des-sas.php?jours=8&mois=8&valider=Rechercher)

**> ARRIVAL AT OUISTREHAM MARINA**

**Useful information:**

You have 50% off your night's stay! [www.ouistreham-plaisance.com/web/pdf/2023-01-30-05-BPO-2023.pdf](http://www.ouistreham-plaisance.com/web/pdf/2023-01-30-05-BPO-2023.pdf)

2023 price for a boat over 10 metres long in low season: from €11 a night.

The price includes water, electricity (16A), wifi and access to sanitary facilities.

Bike rentals from the Port Captain's Office, plus a wide range of boat services on the port: petrol station with bank card payment 24/7; ship chandlers; shipyards, etc.

Information and reservation from the Port Captain's Office: 02 31 93 91 37  
[plaisance-caen-ouistreham@caen.cci.fr](mailto:plaisance-caen-ouistreham@caen.cci.fr)



**Opening times:**

Shoulder season (April, May, June, September):  
8.30 am - 12 noon / 2 pm - 6.30 pm

High season (July, August):  
8 am - 12 noon / 2 pm - 8 pm

All the details are available on the marina website:  
[www.ouistreham-plaisance.com](http://www.ouistreham-plaisance.com)

**> A TRIP TO POINTE DU SIÈGE**

This is a vast nature area between the sea and the river, and close by the marina. The Pointe du Siège has 1500 m of fine sand and is listed as a Natura 2000 site. Get back to nature...

**> DINNER ON THE PORT**

**Le Channel:** a chance to enjoy Normandy specialties (Pannetot de Camembert, Marmite Normande, Teurgoule, etc.)

79 Avenue Michel Cabieu - 14150 Ouistreham  
02 31 96 51 69 - [www.restolechannel.com](http://www.restolechannel.com)

**> NIGHT AT THE PORT**



## Day 2

Departure for Caen and visit to the Memorial.

### > HOW TO GET THERE

Sail up the canal from Ouistreham to Bénouville and Caen (about 1 hour 15 minutes).

The Pont de Bénouville opens at 10.10 am, 1.30 pm and 4.30 pm. See times on [www.caen-plaisance.com/web/horaires-des-ponts.php](http://www.caen-plaisance.com/web/horaires-des-ponts.php)

Along the way, you can see:

- **Pegasus Bridge:** The Pegasus Bridge military operation, better known as "Operation Coup de Main", began in the night of 5 and 6 June 1944. The aim of the mission was for gliders to land near the bridges and to recapture them from the Germans.



Operation Pegasus Bridge, carried out by the Paras, the British parachutists, led to the liberation of the city of Caen.

The Ranville and Bénouville Bridges were taken in the first hours of the night. The soldiers' strategy was to act as fast as possible while taking the Germans by surprise. The strategy paid off, since the Germans were sleeping and had little time to react. The British were determined and highly organised, and successfully carried out their mission.

An identical replica has been made of the bridge immortalised in Daryl Zanuck's film "The Longest Day" in 1961. You can see the original bridge in the Pegasus Memorial Park.

- **The Château de Bénouville:** built by Claude Nicolas Ledoux. Owned by the Calvados Departmental Council. The monumental building is among the most innovative examples of French Neoclassicism (18th century).

- **The Petit Lourdes in Hérouville St Clair:** the "Little Lourdes" is a sanctuary dedicated to the Virgin Mary and built between 1879 and 1885. It is an exact 2/3 replica of the real Lourdes. Mr Duboscq put forward the idea in 1878. Rouen-born Duboscq had it built after his wife made a miraculous recovery in the pilgrimage city of Lourdes in the Hautes-Pyrénées. He wanted to give locals and anyone passing through Hérouville Saint Clair the chance to make a pilgrimage here. It's a great way to reflect and pray without having to go all the way to the Pyrenees.

Free admission all the year round. Guided visits in summer.



#### > ARRIVAL AT THE CAEN MARINA

Mooring at the visitors' pontoon.

#### Useful information:

You have 50% off your night's stay!  
[www.caen-plaisance.com/web/pdf/2023-01-30-06-BPC-2023.pdf](http://www.caen-plaisance.com/web/pdf/2023-01-30-06-BPC-2023.pdf)

2023 price for a boat over 10 metres long in low season: from €9.50 a night.

The price includes water, electricity (16A), wifi and access to sanitary facilities.

A port at the heart of the city: shops, services and public transport nearby. Yacht Club on the port. Information and reservation at the Port Captain's Office:  
02 31 96 91 37  
[plaisance-caen-ouistreham@caen.cci.fr](mailto:plaisance-caen-ouistreham@caen.cci.fr)

#### Opening times:

Shoulder season (April, May, June, September):  
3.30 - 5.30 pm

High season (July, August): 3.30 - 6 pm. All the details are available on the marina website:  
[www.caen-plaisance.com](http://www.caen-plaisance.com)

#### > LUNCH IN ONE OF THE RESTAURANTS NEAR THE MARINA:

##### • Bistrot Régent:

32, bis Quai Vendeuvre – 14000 Caen  
02 31 86 28 28 - [www.bistrot-regent.fr](http://www.bistrot-regent.fr)

• **Bistrot Basque** : 26, Quai Vendeuvre – 14000 Caen  
02 31 38 21 26 – [www.le-bistrot-basque.com](http://www.le-bistrot-basque.com)



#### > VISIT TO THE CAEN MEMORIAL

Esplanade Eisenhower – CS 55026 - 14050 Caen  
02 31 06 06 45 – [www.memorial-caen.fr](http://www.memorial-caen.fr)

Close by the D-Day beaches, the Memorial de Caen is an important museum focusing on the Battle of Normandy and 20<sup>th</sup> century history.

From the origins of the Second World War to the end of the Cold War, the museum visit recounts the dark history of the 20<sup>th</sup> century. The Memorial is continually being renewed and today is a focus for ideas about the place of history in our societies.

Explore the different stages of the Second World War, from the rise of Fascism to the D-Day landings in Normandy and the Holocaust. Numerous films make for a varied and complete visit. An area is also dedicated to the Cold War and to temporary exhibitions.

**New in 2023:** discover the new, completely transformed spaces dedicated to the Second World War section.

Audioguides available in French, English, German, Spanish, Italian and Dutch.

Guided visits about the Second World War on offer.

#### Useful information:

To get to the Memorial: Twisto bus line N° 2, from Tour Leroy stop (at the end of the marina) and get off at the Memorial stop [www.twisto.fr/se-deplacer/horaires/depliants-horaires.html](http://www.twisto.fr/se-deplacer/horaires/depliants-horaires.html) €1.50 / ticket valid for 1 hour.

Abeilles Caen Taxis: 02 31 52 17 89  
[www.taxis-abeilles-caen.com](http://www.taxis-abeilles-caen.com)



### > RETURN TO THE PORT: DINNER IN THE VAUGUEUX DISTRICT

A typical and traditional district in the the old town centre, close by the marina. You have a wide range of restaurants to choose from.

- **Brasserie « El Olivo » :**

32-34, rue du Vaugueux – 14000 Caen  
02 31 93 25 25 – [www.elolivo-caen.com](http://www.elolivo-caen.com)

- **Pizzeria « Abracadabra » :**

4, rue du Vaugueux – 14000 Caen  
02 31 43 71 38

- **Restaurant traditionnel « L'Insolite » :**

16, rue du Vaugueux – 14000 Caen  
02 31 43 83 87 – [www.restaurantlinsolite.com](http://www.restaurantlinsolite.com)

- **Restaurant traditionnel « Le P'tit B » :**

15, rue du Vaugueux – 14000 Caen  
02 31 93 50 76 – [www.leptitb.fr](http://www.leptitb.fr)

- **Bistrot gourmand « Le bouchon du Vaugueux » :**

12, rue Graindorge – 14000 Caen  
02 31 44 26 26 – [www.bouchonduvaugueux.com](http://www.bouchonduvaugueux.com)

- **Restaurant « La Table des Matières » :**

15, quai François Mitterrand – 14000 Caen  
02 31 99 76 25 – [www.la-table-des-matieres.fr](http://www.la-table-des-matieres.fr)

### > A NIGHT OUT TO TASTE CAEN'S FAMOUS COCKTAIL, "L'EMBUSCADE" ("THE AMBUSH")

A canny blend of Calvados, blackcurrant juice, beer and white wine... but don't overdo it!

### > NIGHT AT THE PORT



## Day 3

A visit to "medieval" Caen and a trip up the canal

### > VISIT TO THE HISTORIC TOWN CENTRE

Pick up your "Parcours dans Caen" ("Caen Visit") booklet from the Tourist Office. This is a mini plan for visitors, ideal for a walk through the streets in the town centre and a chance to see the medieval heritage of Caen and all the famous monuments. The Abbaye aux Hommes and the Abbaye aux Dames never fail to impress...

#### Useful information:

Caen tourist information office:

12 Place St Pierre – 14000 Caen

02.31.27.14.14 – [www.caenlamer-tourisme.fr/loisirs/parcours-decouverte-dans-caen](http://www.caenlamer-tourisme.fr/loisirs/parcours-decouverte-dans-caen)

Open on Sunday mornings from 10 am to 1 pm from April to September.

### > SUNDAY OPTION: VISIT TO ST PIERRE MARKET, AROUND THE MARINA

Come and see the biggest market in Caen with 400 stallholders, a step or two away from your boat. Local produce, the day's fish catch, Normandy specialities to take home with you, all great reasons to take a look... Open until 2 pm.

### > SHOPPING TRIP IN THE TOWN CENTRE

Feel like a shopping break? The town centre is home to a wide range of shops, including major French and international names, such as Les Galeries Lafayette, Monoprix, Fnac... as well as independent shops.

### > RETURN TO OUISTREHAM

Along the canal.

The Pont de la Fonderie opens at 8.45 am, 12 noon and 3 pm. See times on [www.caen-plaisance.com/web/horaires-des-ponts.php](http://www.caen-plaisance.com/web/horaires-des-ponts.php)