





#### INFORMATION AND BOOKING

Office de Tourisme & des Congrès - Caen la mer - Normandie Tél.: +33 (0)2 31 27 14 14 - info@caenlamer-tourisme.fr - citypass.caenlamer-tourisme.com

### Has it... ALL WELCOME TO CAEN LA MER.

an area with a wealth of possibilities, encompassing the vibrant city of Caen, an impressive historical heritage, wild and unspoilt nature, and coastline which stretches from Ouistreham Riva-Bella to Lion-sur-mer. In this Guide, we bring you our selection of activities and places you simply cannot miss during your visit to our region. 2024 marks the 80th anniversary of the D-Day landings, with a wealth of events to commemorate the date.

#### **HAPPY EXPLORING!**





Practical

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Sustainable tourism

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Nature

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Urban p12-27 Seaside

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Gastronomy p62-73

Discovery

p74-107

#### KEY AND OUR LABELS



Memory

p40-51

Suitable Fully for families accessible





All establishments referred to herein are associate members of the Tourist Office. The information contained in this guide is that provided by the service providers as of February 1, 2024. For reservations or further information, please contact them directly. The Tourist Office can in no way be held liable for changes or errors. Free document published by Caen la mer Tourist Office

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**CAEN LA MER** 

### **IN FIGURES**



280 000

35 000

**INHABITANTS** 

**STUDENTS ON 5 CAMPUSES** 





centre



**CAEN** Memorial

1 THALASSOTHERAPY







1 THEME parc

1 CAEN CARPIOUET airport





Sword Beach

ONE OF THE 5 D-DAY BEACHES IN NORMANDY



The Orne estuary

**NATURAL PROTECTED** SITE IN CALVADOS

TO CAEN LA MER

**HOW TO GET** 

Located half way between Rouen and

2 MARINAS 1 FISHING PORT

COMMERCIAL HARBOUR

CROSS-CHANNEL FERRY TERMINAL

**CAEN HAS BEEN DEDICATED** TO GREEN SPACES

# THE MOST IMPORTANT

#### > BY TRAIN

#### > BY PLANE

#### > BY COACH

#### > BY FERRY

Tél.: +33 (0)2 98 24 47 01 (non-premium call)



### **TOURIST OFFICE AND CONVENTION** BUREAU

#### **CAEN LA MER - NORMANDY**

Our welcoming team is at your disposal to facilitate your stay and give you tips and personalized advice for a successful holiday.



### On each information office you will find:

#### A TICKET AND BOOKING SERVICE

- Guided tours
- Discounted rates for the biggest attractions in and around Caen la mer
- Shows
- Leisure activities
- D-Day Beaches excursions

A GIFT SHOP offering souvenirs, gift ideas, books, and commemorative products for the 80th anniversary of the D-Day landings.



#### **OPENING HOURS OF** THE INFORMATION OFFICE IN CAEN

9th april, may, june, september: Monday to Saturday from 9:30 am to 6:30 pm

#### On july-august:

Monday to Saturday from 9 am to 7 pm

#### From october to march:

#### Closed:

#### **OPENING HOURS OF** THE INFORMATION OFFICE IN OUISTREHAM RIVA-BELLA

On july-august:

On april, may, june, september: Every day from 10 am to 1 pm

From october to march: from 10 am to 12:30 pm and 2:30 pm



### CITY PASS

### The little card with all the biggest attractions in Caen la mer!

With or without transport, buy your 24, 48 or 72 hours City Pass to discover the territory of Caen la mer: museums, cultural sites, amusement park, visits but also reductions in City Pass partner restaurants and shops.



#### On sale:

citypass.caenlamer-tourisme.com and in our tourist information offices in Caen, Ouistreham Riva-Bella and Lion-sur-mer. List of our partners on our website.



#### **OPENING HOURS OF THE SEASONAL INFORMATION OFFICES**

Lion-sur-mer:

Truck Tourism « Tout est dans le truck » :





### **GETTING AROUND**

#### **IN CAEN LA MER**

#### TWISTO. THE CAEN LA MER URBAN NETWORK

Twisto, the Caen la mer public transport network, makes it easy to travel around the whole urban area, by tramway, bus or by bike. Just visit twisto.fr! Routes, timetables, maps, traffic information, latest news... Everything you need for stress-free travel in Caen la mer.



### To get to the beaches:

- > Lines 12 et 12 express connect Caen Hermanville-sur-mer and Lion-sur-mer. These lines also serve the Gare Maritime de
- > Line 22 connects Caen with the coast.



#### **GETTING AROUND IN CAEN**

The train: let yourself be guided! With its

The free Caen city centre shuttle buse in addition to the twisto network, a free

Full travel information available on twisto.fr

Vélolib : self-service bicycle sharing service



#### PARKING



#### PARK AND RIDE CAR PARKS IN CAEN.

Located within 15 minutes of the centre, they each offer dedicated bus services right to the heart of the city. They are open 24 hours a day, 7 days a week. If you have a valid Twisto ticket, you can park your vehicle in one of the controlledaccess Park and Ride car parks or in one of the free-access car parks.

#### FREE PARK AND RIDES WITH TWISTO TICKET:

Caen Côte de Chacre car park (150 Places) Boulevard Becquerel in Caen. For the city centre, take: line T2 towards CAEN presqu'île.

9fs Jean Vilax cax park (90 Places) Avenue Jean Vilar, next to the IFS

Jean Vilar tram station, in Ifs. For the city centre, take: line T1 towards HÉROUVILLE St-Clair

Astuce: Visit the Useful Information section on the Tourist Information website for a list of EV charging points:

caenlamer-tourisme.com

#### FREE. UNRESTRICTED ACCESS CAR PARKS:

#### Caen Palais des Sports Park & Ride (90 spaces)

Located in the underground car park of the Palais des Sports, near the Zenith and the Exhibition Centre. To reach the city centre: take the free city centre shuttle bus to the Palais des Sports stop.

#### Caen Chemin vert P+R area

Spaces on Rue de Bourgogne. For the city centre, take: line 1 from «Chemin Vert».

#### Colombelles P+R area

Spaces near to the Lazzaro roundabout. For the city centre, take: line 6A from «Lazzaro»

#### Caen Beaulieu P+R area

Stade d'Ornano car park open 24 hours a day, 7 days a week. Spaces near to the Stade d'Ornano. For the city centre, take: line 6B from «Stade d'Ornano».



# SUSTAINABLE TOURISM

### WORKING TOGETHER TO MAKE THE DESTINATION SUSTAINABLE!

Caen la mer is the ideal destination for slow and sustainable tourism, as demonstrated by its receipt of the Green Destinations silver level label in 2024. This recognition highlights Caen la mer's commitment to sustainable tourism management in partnership with local stakeholders. This includes the conservation and preservation of its natural and cultural heritage, correct management of waste and resources, and ongoing monitoring of its environmental impact.



#### OUR BROCHURE



Enhancing and promoting local producers, highlighting traditional skills, visiting sites, accommodation and restaurants that are sensitive to sustainable development and tourism...

#### CAEN LA MER TOURIST INFORMATION AND ITS TEAMS ARE COMMITTED:

- Water bottles designed and made in France to reduce the use of plastic bottles and cups.
- Regularly cleaning up our inboxes and servers to improve digital sobriety.
- A policy to switch off unused appliances at the socket.
- Officially recognised for its accessibility for disabled visitors and its bicycle-friendly amenities.
- Bins for the collection of used brochures are located at the entrance of the tourist information offices.

#### Slow toupism activities

An experience with a greeter to meet and get to know the locals... A moving trip back in time with the La Délicate audio tours, available in Lion-sur-mer and Ouistreham Riva-Bella (please see pages 29 and 41)... Footpaths and boat rides to explore Caen with water sports or the simple pleasures of the seaside...



#### Protecting biodiversity

Take part in activities and events organised by our partners (such as beach cleanups) to learn about and preserve our biodiversity while exploring its natural environment. These dates can be found in our online calendar. Find out more about best practices for fishing by hand, which is regulated to protect resources, on page 38. Rulers for measuring the permitted collection size and pocket ashtrays are available on request from our Tourist Information Offices.



### Green transport

An extensive public transport network, free electric shuttle bus in central Caen, a cycle share scheme, shops where you can hire bikes, scooters and segways and more ecofriendly ways to get around Caen la mer (please see pages 8 and 9). Our City Pass is available with or without transport. Visitors who arrive in Caen la mer by train, bus or bicycle will benefit from a reduced, low-carbon price.





### **URBAN**

Visit Caen and discover all the treasures of its remarkable centuries-old heritage. Immerse yourself in history, enjoy a stroll, feel the vibe, and soak in the atmosphere of a city throbbing with energy and creativity.





## OUR FAVOURITES



#### CAEN: GUIDED TOUR OF THE HISTORICAL CENTRE 🕮 🔞



Opening times: Winter holidays: 24/02

### THE ABBEYS PASS @

info@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

Take advantage of this unique pass and enjoy a guided visit to Caen's three major landmarks: the Abbey of and the Abbaye aux Dames.

**Opening times:** Pass valid during the Easter holidays and from July to September, **Rates:** €9.50.



### Must-visits

#### WILLIAM THE CONQUEROR

Born in Falaise in 1027. William became Duke of Normandu when he was 8 years old. Twenty years later, he decided to make Caen a strategic site and his preferred place of residence. In around 1050, he defi ed a papal

ban to marry a distant cousin, Matilda of Flanders. To obtain a pardon from the Church, he undertook to construct two abbeys at the same time as Caen Castle: the Abbaye aux Hommes and the Abbaye aux Dames. William was crowned king of England in 1066 after his victory over the Anglo-Saxon king Harold during the bloody Battle of Hastings (narrated in the Bayeux Tapestry). He then became known as William «the Conqueror». William died in Rouen in 1087, four years after the death of Matilda. Both are buried in the abbeys they founded in Caen: William in the Abbaye aux Hommes and Matilda in the Abbaye aux Dames.



#### STATUE OF WILLIAM THE CONOUEROR AND **MATILDA OF FLANDERS**

Standing at the foot of Caen Castle, the statue pays tribute to the Duke and his wife. Matilda of Flanders.



### CAEN CASTLE 👪 🕸

Tel.: +33 (0)2 31 30 47 60

musee-de-normandie.caen.fr/le-chateau-de-caen

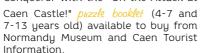
William the Conqueror built the castle in 1060 and it became a favourite among Normandy dukes and English kings who made it one of the biggest medieval strongholds in Europe. It is home to the Normandy Museum and Fine Arts Museum. Since 2023, work has been underway on the castle grounds.

Opening times: Free access within the château. The castle and museums remain open during the renovation works.

Rates: Free admission to the castle grounds.

#### **FAMILY PASS:**

Visit the castle built bu William the Conqueror with the "On the Attack at



#### ABBAYE AUX DAMES &

Région Normandie Place Reine Mathilde - 14000 CAFN Tel.: +33 (0)2 31 06 98 45

abbayeauxdames@normandie.fr www.normandie.fr/visites-de-labbaye-aux-dames www.abbayes-normandie.com

Overlooking the city of Caen, the Romanesque abbey of the Abbaye aux Dames is one of the jewels of Norman heritage. It still houses in its choir the tomb of its famous founder. Matilda of Flanders, Duchess of Normandy, Queen of England and wife of William the Conqueror. From the 11th century crypt to the 18th century convent, the abbey church and its



illustrious ladies cover 950 years of history. The convent buildings now house the headquarters of the Normandy Regional Council.

Opening times: Self-quided tours: during the week. the cloister is open from 8.30am to 12.30pm and from 1.30pm to 6pm, and from 2pm to 6pm at weekends and on public holidays. For all: Access to the 5-hectare park, with a unique panoramic view of the city of Caen from the Cedar of Lebanon. Rates: Free admission.

#### **GUIDED TOUR OF** THE ABBAYE AUX DAMES 😐

Travel through time with your guide for an encounter with the history of the famous abbey founded by Matilda of Flanders.

Opening times: every day at 2.30pm and 4pm, including weekends and public holidays (except 01/01, 01/05 and 25/12).

Rates: €5. Reduced rate: 3€. Free for under-18s.

#### **FAMILY PASS:**

Families can pick up a fun kit to explore the abbey with the kids.











Hôtel de Ville Esplanade Jean-Marie Louvel 14027 CAEN Tel.: +33 (0)2 31 30 42 81 abbayeauxhommes@caen.fr caen.fr/abbaye-aux-hommes

The Benedictine Abbey of Saint Etienne of Caen is a wonderful example of Romanesque and Gothic architecture. It was founded in 1063 by William the Conqueror and still contains his tomb. The abbey was consecrated in 1077. The 18th century monastic buildings, including the cloister, the panelled rooms decorated with paintings and the Guards' Room, today house the Town Hall.

Opening times: 02/10 to 31/03 (closed 25/12 and 01/01 and weekends in January): Monday to Thursday 8am to 6pm, Friday 8am to 5pm. Every weekend during school holidays and bank holidays from 9am to 1pm and from 2pm to 5.30pm. 01/04 to 02/06: Monday to Thursday 8am to 6pm, Friday 8am to 5pm, weekends and public holidays 9.30am to 1pm and 2pm to 6pm.

03/06 to 29/09: Monday to Friday 8am to 7pm, weekends and public holidays 9.30am to 7pm. From 30/09/24 to 31/03/25 (closed on 25/12. 01/01 and all weekends in January): Monday to Thursday 8am to 6pm, Friday 8am to 5pm, all weekends during school holidaus and public holidays 9.30am to 1pm and 2pm to 6pm. Ticket sales close 30 minutes before closing time. Rates: Self-guided tour: €6 with pauing exhibition / €4 without paying exhibition. Reduced admission (students under 26): €3 / €2. Free: under 18s, residents of Caen, jobseekers, people with disabilities and their carers. 0.50 € discount on admission only available from the Caen la mer Tourist Office





**GUIDED TOUR OF THE ABBAYE AUX HOMMES @** 

booking.caenlamer-tourisme.fr

Be accompanied by a guide as you explore some of the abbey's most impressive sites: the 18th-century monastery rooms, cloister, guard room, cider press and abbey church. Suitable for all ages.

Opening times: 02/01 to 02/04 (no guided tours at weekends in Januaru): Mondau to Friday, during school holidays only, at 10.30am and 2.30pm. Sundays during school 10.30am, 2.30pm and 4pm.

From 03/04 to 30/06 and from 1/09 to 30/09: daily at 10.30am, 2.30pm and 4pm (closed on 13-14/04, 1/05 and 30/05, and from 03 to 09/06).

From 01/07 to 31/08: daily in French at 10.30am, 12.30pm, 2.30pm, 4pm and 5.30pm (except Sundays). In English: Monday to Friday at 11am, 1.30pm and 3.30pm. From 01/10 to 31/12 (closed on 25/12, early closure on 24 and 31/12): Monday to Friday, during school holidays only, at 10.30am and 2.30pm. Sundays during school holidays and public holidays at 10.30am, 2.30pm and 4pm. Rates: Full: €9 with paying exhibition / €7 without paying exhibition. Reduced (students under 26): €6 / €5. Young people aged 12-18: €3. Free: under 12s, jobseekers, RSA beneficiaries, war veterans and 1 accompanying person. WW2 veterans, residents of twinned towns, guides holding a guide-lecturer card. 0.50 € reduction on your admission only from the Caen la mer Tourist Office.

#### **IMEC - ABBAYE D'ARDENNE**

Abbaue d'Ardenne 14280 SAINT-GERMAIN-LA-BLANCHE-HERBE Tel.: +33 (0)2 31 29 37 37 accueil@imec-archives.com www.imec-archives.com

The 12th-century Abbey, a historic monument, is home to the Institut Mémoires

de l'édition contemporaine (IMEC). The association preserves the archives of major publishing houses and magazines, as well as the manuscripts of great writers, philosophers and artists. A centre for research and literary creation, the IMEC also offers free cultural programming throughout the year (conferences, exhibitions, events, tours). Its splendid abbey church, converted into a research library, is open to all.

Opening times: Gardens and grounds: Tuesday to Friday, 2pm to 6pm. Exhibitions and café (in season): Wednesday to Sunday, 2pm to 6pm. Library: Tuesday to Thursday, 9.30am to 6pm, and Friday, 9am to 5pm.

Rates: Free admission.



#### **GUIDED TOURS** OF ARDENNE ABBEY (5)

abbayedardenne@normandie.fr

From its foundation and the battles to liberate Caen to the present day, dive into the exciting tale of a place intrinsic to Normandy's history: the third biggest abbey in Caen la mer!

Opening times: Wednesdays and Thursdays at 2.30pm and 4pm, from 10/04 to 02/05 (except 01/05) and from 03/07 to 26/09

Rates: Free guided tour.





### Museums and cultural sites

#### ALEXIS DE TOCQUEVILLE LIBRARY 🔠 💪



The work of the Dutch architect Rem Koolhaas, the library opened in 2017 on the edge of the Saint-Pierre basin on the Caen peninsula. Spacious and bright, fullu connected to new uses, it is a place for sharing, entertainment, meeting and relaxation

Opening times: Tuesday, Wednesday, Friday and Saturday from 10am to 6.30pm. Thursday from 1 pm to 6.30 pm (except forum from 10 am to 6.30 pm). Certain Sundays from 3pm to 6.30pm (see website). Closed on public holidaus.

Rates: Free.

#### VENDEUVRE CASTLE 🔠 🕸

9 rue du Château - 14170 VENDEUVRE Tel.: +33 (0)2 31 40 93 83 chateau@vendeuvre.com - www.vendeuvre.com

Vendeuvre is a well-preserved 18th century Norman gem, with family portraits side by side with gaming tables, dog kennels automata and other unusual objects. You will be amazed by the kitchens, with over 500 copper pots and all the secrets of the chef Maurice, and by the Orangerie, with the world's first collection of miniature furniture and the suprise water gardens! Duration of the self-guided tour: 1 and a half to 2 hours.

Opening times: 01/04 to 30/06: daily from 2pm to 6pm. 01/07 to 31/08: daily from 12.30pm to 6.30pm. In September, daily from 2pm to 6pm. From 19/10 to 01/11: 2pm to 6pm. Closed on 01/11 at 6pm.

Rates: All visits: Adults: €13.50 - Young people: €11. 4 visits: Adults: 11€ - Young people: 9€ - 3 visits: Adults: 10€ - Young people: 8€ - "Vendeuvre Privilège" card (valid for one year for all visits): 27€.



7 bis rue Neuve Bourg l'Abbé - 14000 CAEN Tel.: +33 (0)2 31 93 09 00 info@fracnormandiecaen.fr www.fracnormandie.fr

Since 1983, the Normandy-Caen FRAC (Fonds Régional d'Art Contemporain) has brought together a collection of over 1.200 works of contemporary art. Now with new premises, the site provides a programme of exhibitions, events, visits and workshops. It is continuing to highlight its collection throughout the region with a chance to encounter the people who are making the news in contemporary creation.

Opening times: Wednesday to Sunday, 2pm to 6pm (last admission at 5.45pm). Closed outside exhibitions and on 01/01, 01/05, 14/07 and 25/12.

Rates: Free admission.







Expos, visites et animations : musee-de-normandie.caen.fr



02 31 30 47 60





#### LA MORA - HISTORICAL RE-ENACTMENT SHIPYARD

2 quai de la Jetée Es 14600 HONFLEUR Tel.: +33 (0)2 79 49 15 66

contact@la-mora.org - www.la-mora.org

In 1066, William, Duke of Normandy, set sail on La Mora for England to reclaim the throne he had been promised. After this epic journey, he would become The Conqueror, King of England. The La Mora association brings this part of history to life, with an immersive tour through 1,000 years of Norman naval adventures (in French, English and German), La Mora's reconstruction site, workshops and events....

Opening times: 23/03. Tuesday to Sunday. April to September: 9.30am to 7pm. October to December and February/March: 10am to 5.30pm.

Rates: Visit to the scenography + show site: Full Rates: €15. Children (aged 6-16): €9. Reduced: from €11. Site visit only: Full Rates: from €9. Children (aged 6-16): €6. Reduced: from €7.

#### THE ARTOTHEOUE 6 &

Impasse Duc Rollon - 14000 CAEN Tel.: +33 (0)2 31 85 69 73 info@artotheque-caen.fr www.artothegue-caen.net

The Artothèque is a landmark for contemporary creation in Normandy. This is a warm, friendly and sociable venue aiming to raise public awareness about contemporary creation, while promoting the daily presence of art in ordinary contexts through loans of works, exhibitions and artist residences.

Opening times: Exhibition: Tuesday to Saturday. 2pm to 6pm. Loan of works: Tuesdays, Thursdays and Saturdays, 2pm to 6pm; Wednesdays and Fridays, 11.30am to 6pm. Closed during the Christmas holidays and public holidays. Rates: Free admission for the public.

### LE PAVILLON 🗓

10 quai François Mitterrand - 14000 CAEN Tel.: +33 (0)2 31 83 79 29 contact@lepavillon-caen.com www.lepavillon-caen.com

The Pavilion is on the Caen peninsula. This is a site dedicated to the regions, architec-ture, urban planning and landscapes from both here and elsewhere. It is open to the general public all through the year (individual visitors, young people, school groups students, leisure associations, companies) with a programme of exhibitions, mediation workshops, city visits, talks and debates...

Opening times: Wednesday to Sunday, 1pm to 7pm (including public holidays).

Rates: Free admission.

#### THE NORMANDY MUSEUM 🕮 🚯

Enceinte du Château - 14000 CAEN Tel.: +33 (0)2 31 30 47 60

mdn@caen.frmusee-de-normandie.caen.fr

A museum of history and society, the Normandy Museum presents a panorama of the lives of people throughout the Normandy region from prehistoric times to the great migrations of the Middle Ages, from the mutations of the countryside to the first upheavals of industrial society. A programme of activities for all: guided tours, discovery trails, educatio-nal workshops, events and performances. Shop.

Opening times: All year round, weekdays 9.30am to 12.30pm and 1.30pm to 6pm, weekends and public holidays 11am to 6pm. Closes at 4pm on 24/12 and 31/12.

Closed on Mondays, except Easter Monday, Whit Monday and July and August. Closed 01/01, 01/05, Ascension Thursday, 01/11 and 25/12.

Rates: €3.50 / €5.50 (depending on current exhibitions). Concession: €2.50 / €3.50. Free for under-26s, Pass Murailles subscribers and the 1st weekend of each month for everyone.

#### **FAMILY OFFER**



the family. Children's activities: guided tours, introductory trails, puzzle booklet (ages 4 and over), shows (ages 8 and over) and classes (archaeology, clay, photography and stone sculpture).





### 





Enceinte du Château 14000 CAEN Tel.: +33 (0)2 31 30 47 70 mba@caen.fr www.mba.caen.fr

The Fine Arts Museum in the castle's sculpture park is home to unique ancient paintings, contemporary pieces, drawings and engravings from every period. Open to ages 3 and over: performances, cinema, literature, cookery and more. Resident artists bring the night to life: life drawing, students, museums and more. On-site: gift shop, Le Mancel restaurant, library.

Opening times: Tuesday to Friday, 9.30am to 12.30pm and 1.30pm to 6pm (also open on Mondays in July and August). Saturday and Sunday from 11am to 6pm. Last ticket sales: 5.15pm. Closed on public holidays (Easter Sunday, 01/01, 01/05, 18/05, 01/11, 25/12). 24/12 and 31/12: closed at 4pm.

Rates: €3.50 to €5.50. Free for under-26s, artists, journalists, social minima and other categories.

#### **FAMILY OFFER**



The museum hosts toddler tours

(ages 2.5-4.5), classes (ages 4 and over), taster tours and courses. Visit the museum's website for the event schedule. We recommend booking 1 month before the event.



### ORNAVIK, FROM THE VIKINGS TO THE NORMANS - HISTORY PARK

Domaine de Beauregard 14200 HEROUVILLE-SAINT-CLAIR Tel.: +33 (0)2 31 52 40 90 contact@ornavik.fr - www.ornavik.fr

Ornavik Park whisks you back to the 10th century and introduces you to Normandy's roots... from the Vikings to the Normans! Dive into the Middle Ages and visit the Carolingian village and Viking trading post to find out more about how these 10th century communities lived.

Opening times: from 6/04 to 31/08. Weekends + weekdays during school holidays. Closed from 01/07 to 8/07 for the Beauregard Festival. In April, May, June and September from 10.30am to 6pm. In July and August from 10.30am to 6.30pm. Last admission 2 hours before closing time

Rates: Depending on the type of visit, see below.



# GUIDED TOUR OF ORNAVIK HISTORIC PARK @ & &

booking.caenlamer-tourisme.fr

Follow the guide and set off to see the Carolingian village and the Viking trading post. Enjoy an enriching and interactive experience, and find out more about the daily lives of people in the 10th century. Visiting Ornavik Park is a chance to understand how Normandy was born, from Rollo the Viking to William the Conqueror, and above all to experience it! Duration: 2 hrs.

**Opening times:** According to schedule, available in English in July & August.

Rates: Full Rates: €12. Reduced ticket: 10 €. Children (6-17 years): €9. Free for children under 6. Family package: €38.





### INTERACTIVE TOUR OF ORNAVIK HISTORIC PARK



booking.caenlamer-tourisme.fr

Immerse yourself in the heart of the 10th century! Enjoy the park freely and explore the village and the Viking Island to meet their inhabitants: builders, car-penters, basket makers, weavers, dyers, woodcarvers, blacksmiths...

Opening times: Immersion days on Saturdays from 6/04 to 31/08 and Thursdays during school holidays. During themed weekends (according to calendar). April to June: 10.30am to 6pm. July and August: 10.30am to 6.30pm. Last admission 2 hours before the park closes. Rates: Full Rates: €14. Reduced ticket: 12 €. Children (6-17 years): €10. Free for children under 5. Family package: €43.

During the Great Viking Festivals (from 19 to 21/07):: Full Rates: €18. Reduced ticket: 15 €. Children (6-17 years): €12. Free for under-5s. Family package: €49.

#### **FAMILY OFFER**

Ornavik is an exciting and interactive introduction to the history of Mormandy

for everyone to enjoy. There are countless events throughout the year with themed activities for every age group. Puzzle booklets for children are available from reception (versions for 3-6 and 7-12 year olds) to tie into



the guided tour or visitor experience.

#### POTERIE DU MESNIL DE BAVENT 🕸 👶

Le Mesnil de Bavent Route de Caen-Cabourg D 513 - 14860 BAVENT Tel.: +33 (0)2 31 84 82 41 poterie@poterie-bavent.com www.poterie-bavent.com

Enter the potter's world, just as it was centuries ago, a unique and magical spot, where craftsmen with rare skills have been perpetuating the techniques of yesteryear since 1842. Here they make roof accessories, indoor and outdoor architectural elements, ceramic animals, etc. Pottery workshops for

adults and children, a shop and a new exhibition each week.

**Opening times:** Monday to Saturday, 9am to 12pm and 1.30pm to 5.30pm. Closed on Sundays and public holidays.

Rates: Unaccompanied tour of the site. Guided tour of the workshops: €5 per child and €8 per adult.

### VIEUX LA ROMAINE, MUSEUM AND ARCHAEOLOGICAL SITES











13 chemin Haussé - 14930 VIEUX Tel.: +33 (0)2 31 71 10 20 vieuxlaromaine@calvados.fr www.vieuxlaromaine.fr

Immerse yourself in the history of the Roman town of Aregenua, the administrative capital of one of the regions in today's Normandy. Visit a beautifully preserved site, currently being excavated (two Roman houses, the forum, etc.), with a fun museum and interactive staging. You can also spend the whole day in this country town with all the family: walks, games and a picnic in the shade of the Roman garden.

Opening times: 01/02 to 30/12. School holidays: Monday, Tuesday, Thursday, Friday, 9am to 5pm, Saturday and Sunday 10am to 6pm, closed on Wednesdays. School holidays (zone B): daily from 10am to 6pm. Closed in January and 01/05, 01/11, 11/11, 24/12, 25/12 and 31/12. Please note: last ticket sold 30 minutes before museum closes.

Rates: Full Rates: €5. Reduced ticket : 3 €. Free admission for under-18s.

#### **FAMILY OFFER**

Visit the museum with the family, play and learn about archaeology. Unleash your inner Indiana Jones! There are lots of children's workshops all year round: get in touch!



## Cultural mediation & fine arts

#### **MUSARTDIT**

101 rue Guy Baudry 14880 HERMANVILLE-SUR-MER Tel.: +33 (0)6 41 38 18 82 musartdit@gmail.com musartdit.fr

Musartdit is located north of Caen, on the Côte de Nacre. The cultural mediation agency provides artistic experiences for children of all ages. We take inspiration from the world around us, both our cultural and natural heritage. Musartdit provides fun and educational activities focusing on the history of art and plastic arts.

Opening times: All year round.



#### HÔTEL D'ESCOVILLE

Place Saint Pierre 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr www.caenlamer-tourisme.com

The roadside frontage masks one of the most classic 16th century manors. The loggia, high roofs, lantern turrets and skylights that you can see in the courtyard are typical of the Italian Renaissance. The manor was left in ruins in 1944 and underwent major restoration work. It is now home to Caen la mer Tourist Information. You can visit the courtyard during the Tourist Information opening times.

Opening times: According to the opening hours of the Caen la mer Tourist Office.

Rates: Free.



#### **LE PETIT LOURDES**

708 rue des Sources 14200 HEROUVILLE-SAINT-CLAIR Tel.: +33 (0)7 68 34 43 73 hscpetitlourdes@gmail.com www.lepetitlourdes.fr

The "Petit Lourdes" in Hérouville-Saint-Clair is an exact 2/3 scale replica of the Sanctuary of Lourdes built between 1879 and 1885. Mr Duboscq from Rouen came up with the project after his wife was miraculously healed in Lourdes. The site gives locals and visitors the chance to make a pilgrimage, especially those who can't go to the Pyrenees.

Opening times: every day except Thursday, from 2pm to 5pm from October to April and from 2pm to 5:30pm from May to September.

Rates: Free.





# Self-guided tours

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Office de Tourisme de Caen la mer Place Saint Pierre 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr www.caenlamer-tourisme.com

This fun-filled trail gives children (7-13 years old) and their parents the chance to explore the city their way. Use your sense of observation and direction to answer the quiz as you read, count, draw and more.



Opening times: According to the opening hours of the Caen la mer Tourist Office. Rates: €2.50 for a game

#### TREASURE TRAILS

Office de Tourisme de Caen la mer Place Saint Pierre 14000 CAEN Tel.: +33 (0)2 31 27 14 14

info@caenlamer-tourisme.fr www.caenlamer-tourisme.com

When the city becomes a playground... The tours are a chance to visit the city in total freedom with your precious parchment during a trip to the historic districts. Routes: Bourg Le Roy in the old town, Bourg l'Abbé around the Abbaye aux Hommes, Bourg l'Abbesse around the Abbaye aux Dames,

castle, Caen secrets hunting (in English), Caen past and present.

 $\mbox{\bf Opening times:}$  According to the opening hours of the Caen la mer Tourist Office.

Rates: €6 for the route.

#### ROUTES IN CAEN

Place Saint Pierre 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr www.caenlamer-tourisme.com

Two tours of the city, including its main sights, the historic treasures tucked away in its cobbled streets and the modern architecture that testifies to a city in full development. One 2-hour tour and one 3-hour 30 minute tour (not including visits to sites and museums). The trail maps are available from the Caen la mer Tourist Information Office. In French, English, German, Italian, Spanish and Dutch.

Opening times: All year round. Rates: Free.

### "CAEN LA MER HERITAGE" DIGITAL VISITS

Office de Tourisme de Caen la mer Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr heritage.caenlamer-tourisme.com

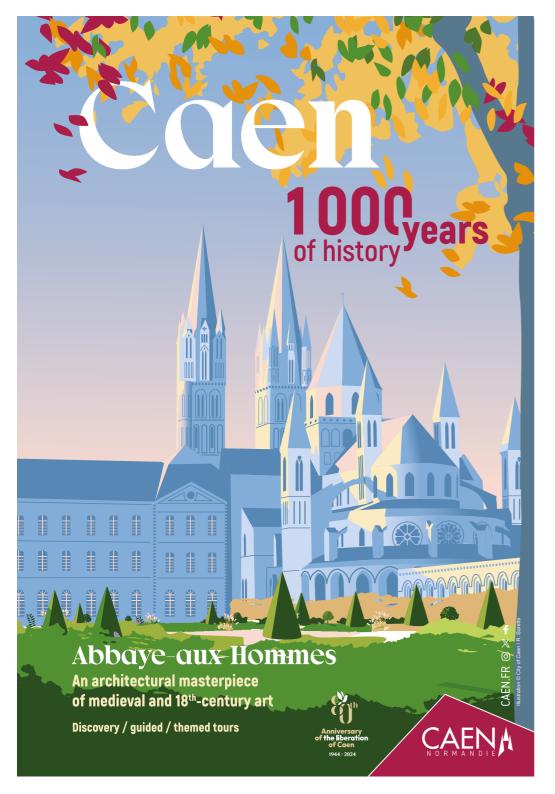
With your smartphone or computer, you can discover Caen la mer's rich heritage through our various themed routes. Activate your location tool and follow the guide.

Opening times: All year round.

Rates: Free.



www.caenlamer-tourisme.com www.caenlamer-tourisme.com



### Guided tours

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Place Saint Pierre 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

Come aboard for a 45-minutes guided tour. You will see parading before your eyes the main sites of the city of Caen such as the Saint-Pierre church, the Ducal Castle, the Abbaye aux Dames, the marina, the Abbaye aux Hommes. Audio commentary in French, English and Chinese (broadcast as needed). Comments in German, Italian, Spanish and Dutch are in written form.

Opening times: From 6/04 to 31/05, Thursday to Sunday, 11am to 12pm and 2pm to 5pm.

From 01/06 to 30/09, daily from 11am to 12pm and from 2pm to 5pm.

Last departure at 12pm in the morning and 5pm in the evening.

Rates: Full: €7. Reduced (under 12s and people with disabilities): €8. Free for children under 10.



#### **CASSE-TÊTE NORMAND - PUZZLES** AND ACTIVITIES FOR ALL THE FAMILY

info@cassetetenormand.fr www.cassetetenormand.fr

Casse-Tête Normand takes you along on an exciting adventure through Normandy's past, with fun activities for young and old alike! Activity tours, treasure hunts, detective missions, murder mysteries and lots more await you. Come and discover the fascinating history of the Norman people through the ages — it's your turn!

Opening times: All year round, by prior arrange-

Rates: On request.

#### **COMIC BOOK RALLY:** LIVING IN CAEN IN THE SUMMER OF 1944 @

Office de Tourisme de Caen la mer booking.caenlamer-tourisme.fr

Fill in a mysterious comic strip to find out more about Caen's turbulent past in June 1944. You'll get a glimpse into the life of young girl Colette, a fictional character inspired by historical accounts. Each step of the way, an observation, orientation or deduction activity will help you to gather clues about the mysterious place where Colette and her family were in hiding, during that long summer of 1944. Suitable for ages 10+. Only in French.

Opening times: 05/06, 24 and 31/07, 07/08 and 28/10 at 2.30pm.

Rates: €8. Free for children under 10.



Office de Tourisme de Caen la mer booking.caenlamer-tourisme.fr

The clock is ticking! You've only got 2 hours to explore the old town of Caen, complete the compass and find the treasure! A team treasure hunt to discover (or rediscover) Caen and all its hidden treasures... Only in French.

Opening times: According to schedule Tarifs: 8€. Gratuit -10ans.



#### **SEGWAY TOURS OF** CAEN WITH COM'ON GYRO 💷 @ 🚯



Take a guided segway tour around Caen and see the city from a different angle, learning unusual facts and enjoying yourself in the process. Com'on Guro offers a wide range of themed tours, with something for everyone! Exploring the must-see sights; post-war reconstruction; Caen through the ages; the city of a hundred bell towers; food tours; guirky facts; and following in the footsteps of rapper Orelsan. Suitable for ages 12+. Safety equipment is provided.

Opening times: All year round, Monday to Saturday, 10am to 4pm, by prior arrangement. Sunday bookings available on request.

Rates: From €32 depending on the tour. Take advantage of a 10% discount if you book with the tourist office.

#### **FEDERATION OF GUIDES IN** NORMANDY

Maison des Associations 8 rue Germaine Tillion 14000 CAEN contact@normandyguides.com guidesdenormandie.fr

The Federation of Guides in Normandy accompanies and guides visitors (groups or individuals) all over Normandy. The guides are true ambassadors for the area and passionate tourism professionals who will introduce you to our towns and villages, heritage, history, culture, food & drink, scenery, traditions, literature, art and so much more.

Opening times: All year round.

#### HISTORICITÉS

42 avenue de la Heve 14150 OUISTREHAM Tel.: +33 (0)2 31 96 33 37 bb14100@yahoo.fr www.historicites.iimdofree.com

A full schedule of guided tours retracing the major historical events in the region (Caen, Ouistreham, Lion-sur-mer, Hermanville-sur-mer etc.) and its famous visitors (Napoleon, Michel Cabieu, the Vikings etc.). The D-Day tours can be adapted on request and take in some or all of the 5 D-Dau landings beaches.

Opening times: 1 June to 31 October.

Rates: From €10 to €16. Children (aged 10-14: €6 to €14). Free for children under 10. Large families (6 people+): €6 to €12.

#### PETITS MYSTÈRES DANS CAEN @



Office de Tourisme de Caen la mer Place St Pierre 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

See the darker side of Caen! An original visit recounting the terrifying tales of haunted houses, urban legends and tragic events taking place in the magnificent city centre of Caen. An enigmatic tour for all fans of mystery. Visit not recommended for children under 10. Only in French.

Opening times: Subject to change, Wednesdays and Sundays during school holidays at 6pm (except

Rates: Adults: €6. Under 18s: €5. Free for children under 10

#### STREET ART IN CAEN @

Office de Tourisme de Caen la mer Place St Pierre 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

Graffiti had been around for thousands of uears before it appeared in US cities in the late 60s. The authorities clamped down on it but this street art was soon welcomed to the art world, despite remaining on the side lines. Meet the artists who have made Caen their playground, learn their techniques and the art's values. Only in French

Rates: Adults €7. Schoolchildren, students, jobseekers: €5. Free for children under 6.



#### **FAMILY TOUR** OF THE HISTORICAL CENTRE @ 🚯

Office de Tourisme de Caen la mer Place St Pierre - 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

Join your guide to explore the city with your family and get to grips with the local heritage. The little road map introduces children to the biggest landmarks in the "city of a hundred bells". Get ready, sharpen your pencils and keep your eyes peeled (Ages 6 and over, parents are responsible for their children). Only in French.

Opening times: Wednesdaus 24/07 and 14/08 from 2pm to 3.30pm.

Rates: €7

#### VISITS TO CAEN LA MER WITH A GREETER

Office de Tourisme de Caen la mer Place St Pierre - 14000 CAEN Tel.: +33 (0)2 31 27 14 14 caen@areeters.online greeters.caenlamer-tourisme.fr

Visit Caen la mer differently! How? By calling on a Greeter. These are enthu-siastic and inquisitive local residents who love their region. Free of charge, they will introduce you to their favourite spots and recommend the best places to visit. Follow a Greeter and get carried away by the conversation and the chance to share another point of view for an unforgettable experience!

Opening times: All year round.

Rates: Free







where the sea meets the sky

#### **SEASIDE**

Caen la mer is also a great place to enjoy the coast and indulge in watersports with 10 kms of sandy beaches and four seaside resorts: Ouistreham Riva-Bella, Colleville-Montgomery, Hermanville-sur-mer and Lion-sur-mer.





### OUR FAVOURITE



#### LA DÉLICATE - LION-SUR-MER, A SEAFRONT SOUNDTRACK (1910)

Rue Edmond Bellin - 14780 LION-SUR-MER
Tel.: +33 (0)2 31 97 18 63

ouistreham@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

Enjoy an immersive experience with "La Délicate" sound tour, taking in the beautiful Anglo-Normar villas in Lion-sur-mer and Herman ville-sur-mer. With your geo-lo-ca lised parasol, stroll along the dyke and the neighbouring streets. You are sure to love the unique charm of these attractive seaside resorts. A melodious and relaxing experience to enjoy on your own, with your family or friends! Available in English.

Opening times: according to the opening hours of the Lion-sur-mer Tourist Information Office

Rates: €6 per parasol

#### SEASIDE VISITS @

Tel.: +33 (0)2 31 97 18 63 ouistreham@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

Tourist Information provides themed tours to explore the coast's must-see sites. Our guide will take you on a tour of the market towns of Ouistreham and Colleville-Montgomery, Sword Beach and the villas along the seafront. Only in

Opening times: Information and bookings on our online booking site or at our Tourist Information Offices (Caer Ouistreham and Lion-sur-mer). Booking is compulsoru.



### Must-visits

#### **OUISTREHAM LIGHTHOUSE**

Rue Paul-Emile Victor - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 18 63

ouistreham@caenlamer-tourisme.fr

Set off to conquer the town's red and white sentinel and take a deep breath before climbing the winding staircase with 171 steps! All the effort is well worth it: at a height of 38 metres, you have a breathtaking 360° view over the town, an endless horizon and boats to be seen 16 nautical miles away! You will almost certainly see one of the two ferries, the Mont Saint-Michel or the Normandy, run by the Brittany Ferries between Ouistreham-Riva-Bella and Portsmouth...



booking.caenlamer-tourisme.fr

Join a guided tour to shed light on this iconic landmark in Ouistreham Riva-Bella.

Opening times: during school holidays, according to calendar. Duration: 30 minutes Rates: €3.50 per person. Limited number of places. Reservations required online or at the Ouistreham Tourist Information Office.





# SELF-GUIDED TOUR OF THE OUISTREHAM LIGHTHOUSE (19) (1)

booking.caenlamer-tourisme.fr

Would you rather fly solo? There's a fascinating self-guided tour too.

**Opening times:** only in July and August on Fridays, Saturdays and Sundays from 2.30pm to 6pm (last lift at 5pm). Booking recommended. Duration: 30 minutes

Rates: Full Rates: €3. Reduced ticket: 1,50€. Free for children under 4. Booking recommended online or at the Ouistreham Tourist Information Office

### SEASIDE VILLAS

Boulevard du Calvados - 14780 LION-SUR-MER Tel.: +33 (0)2 31 97 18 63 www.caenlamer-tourisme.com

Between Lion-sur-mer and Hermanville-sur-mer, the elegant villas built by rich families during the 19th century feature an impressive range of styles. They illustrate a century of seaside archi-tecture. Don't miss La Bluette, which is listed as a historical monument (in Hermanville-sur-mer).



# Caen and Ouistreham harbours

#### **CAEN HARBOUR**

A city awaits you at the end of a vibrant canal. The harbour in central Caen is a port of call where history and modern times come together. Drop anchor at the foot of William the Conqueror's château in a city bursting with pubs, restaurants and shops!

#### **OUISTREHAM HARBOUR**

Ouistreham harbour lies in Orne bay in a prime location between Canal de Caen and Pointe du Siège. Make this fantastic natural setting your port of call!



# Sea trips

### SEA TRIP WITH SKIPPER BY CAP CANAL MER

Esplanade Éric Tabarly Port de plaisance de Ouistreham 14150 OUISTREHAM Tel.: +33 (0)6 42 77 78 43 capcanalmer@gmail.com

Boat trip with a skipper! Set sail on board the Locéane (7.5m liveaboard sailboat) on an swashbuckling adventure along the Côte de Nacre or Côte Fleurie with views of D-Day's infamous Sword Beach from the sea! Get involved in the action and try your hand at sailing manoeuvres or simply soak up the experience surrounded by seabirds or even dolphins and seals!

Opening times: April to September.

Rates: 3-hour sea trip: Adults €40 | Children €25 (under 14s).



#### LE POSÉIDON - SEA FISHING

Outer harbour next to the lighthouse - near the Jets-Skis - Rue Paul Emile Victor - 14150 OUISTREHAM Tel.: +33 (0)6 10 25 37 73

David Aubert is a fisherman with 25 years of experience. He can introduce beginners or experienced anglers to sea fishing on his 9,50 m boat, the Poseidon. Formerly a fisherman on the traditional fileur and caseyeur boats, David knows the sea like the back of his hand. Enjoy a great day's fishing in his company! And why not make the expe-rience last a little longer with a visit to the D-Day beaches from Sword to Omaha or the Arromanches pontoons? In partnership with the Zone Pêche shop in Courseulles-sur-mer, tips for buying lures.

Opening times: March to end November (booking essential).

Rates: 3-hour trip (mackerel fishing): €50/person (max. 8 people). Semi-offshore trip 6-7 hours: €120/person (max. 5 people). Offshore trip 9-12 hours: 225€/person (max. 5 people). Discovery of the D-Day landing beaches from Ouistreham to the artificial port of Arromanches (3h): 75€/person (min. 7 -8 people). Subject to weather conditions. Equipment hire included in the price. Each angler keeps his or her own fish within the limits of the regulations in force.

### **SEA FISHING TRIP** LE POSÉIDON @

Jetée Paul-Émile Victor - Outer harbour (lighthouse side) - 14150 OUISTREHAM

Set sail on board the Poséidon (Pursuit 310 CC boat) on a 3-hour mackerel fishing trip at sea. Suitable for ages 6 and over. Guaranteed departures for 6 people or more. Fishing equipment provided. Please wear suitable clothing.

Opening times: according to calendar.

Rates: €55 per person.

#### BOAT TRIPS IN HONFLEUR 🕮 🞁



Quai de la Quarantaine - 14600 HONFLEUR Tel.: +33 (0)6 71 64 50 46 contact@promenade-en-bateau-honfleur.fr

www.promenade-en-bateau-honfleur.fr

The Roney family has been providing two tours since 1997: a 90 minute tour with live commentary on board Ville d'Honfleur on the Seine Estuary and under Pont de Normandie bridge. Departure: Voie Charles Berthelot. A 45 minute tour with live commentary on board La Calypso exploring the town, port and harbours. Departure: Jetée de la Lieutenance. Our boats are available for private hire (please contact us).

Opening times: "Ville d'Honfleur" boat: daily from 30/03 to 11/11. Departures at 11.30am - 2.30pm - 4.30pm (+ 6.30pm in July and August and long weekends, depending on numbers and weather). "La Calupso" boat: from 30/03 to 29/09. Departures at 11.45am - 3pm - 4pm (additional departures possible at 11am - 2pm - 5pm - 6pm, in July and August and long weekends, depending on numbers and weather).

Except in the event of bad weather or technical problems. Ticket office open from 10am to 4.30pm (or longer if there are extra departures).

Rates: Ville d'Honfleur» boat > Adults: €18. Disabled person: €16. Children aged 3 to 12 inclusive: €12. Free for children under 3. Boat «La Calypso» > Adults: €10. Disabled person: €8. Children aged 3 to 12 inclusive: €6. Free for children under 3.



# Well-being

#### THALAZUR OUISTREHAM



Boulevard du Commandant Kieffer - 14150 OUISTREHAM Tel.: +33 (0)2 31 96 40 40 ouistreham@thalazur.fr

www.thalazur.fr/thalasso-ouistreham

Your well-being is a priority at the Riva Bella 4-star hotel by Thalazur and its thalasso-therapy centre on Ouistreham beach. You will find all you need to take it easy: 2 salt water pools, sauna, hammam, jacuzzi, cardio room and fitness area. And not forgetting the great view over the sea... A spa day in Normandy, a 3-day break, a wellness weekend... choose your formula for maximum relaxation. New: the Menopause cure.

Opening times: reception open every day. Hotel: 24 hours a day - Thalassotherapy: every day from 9am to 6pm. Closed from 3 to 14 December (subject to change).

Rates: Thalasso packages (including room. breakfast and 3 treatments): from €176 / person.

#### **FAMILY OFFER**

Too Fruit treatments for 7 to 14 year olds. For teenagers, 3 Thalasso & Spa treatments (13 to 18 years).



### Museums

bateauxdenormandie.fr

#### BATEAUX DE NORMANDIE



Bateaux de Normandie is a maritime history association based at the new basin in Caen. It promotes Normandy's maritime heritage by restoring traditional rigs, hosting temporary exhibitions about the seafaring world with paintings, photographs and models as well as restoring renovated boats to their rightful place at sea.

Opening times: 15/04 to 15/09: Tuesdays and Thursdays from 10am to 6pm, Saturdays from 2pm to 6pm. From 16/09 to 14/04: Tuesdays and Thursdays from 10am to 6pm.

Rates: Adults: €5. Children under 12: Free.

# Water sports

#### **CANO - OUISTREHAM RIVA-BELLA** WATER SPORTS CENTRE &

Rue Paul-Émile Victor - 14150 OUISTREHAM Tel.: +33 (0)2 31 96 14 15 cano@ville-ouistreham.fr centre-activites-nautiques-ouistreham.fr

CANO, the new water sports centre, provides a wide range of water sports (sailing, scuba diving, windsurfing, kitesurfing, SUP, wing foiling, sand yachting, kayaking etc.) from the classics to the new kids on the block for beginner to elite levels. It's also a place to learn about the sea and the relationship between mankind and marine and coastal ecosystems with a diverse cultural schedule (exhibitions, conferences, events).

Opening times: all year round. Activities according to season, tide and weather.

Rates: Centre activities: Free. Water sports activities: according to partners.



www.caenlamer-tourisme.com www.caenlamer-tourisme.com

### CAPT'&SEA MOTORBOAT RENTAL

Esplanade Éric Tabarly - Opposite the Ponton M 14150 OUISTREHAM
Tel.: +33 (0)7 88 25 92 59

captnsea.location@gmail.com www.captnsea.com

Fancy sailing out to sea with family, friends or workmates? Then hop on board our fleet of boats with open hulls or wheelhouses to shelter you from the sea spray. Conveniently located in Ouistreham outer harbour. Forget about the headache of going through the locks or no water at low tide! Minimum requirement: coastal licence.

**Opening times:** 7 days a week from March to November, 9am to 7pm.





Jetée Paul-Emile Victor - La Pointe du Siège 14150 OUISTREHAM Tel.: +33 (0)2 31 97 00 25 contact.ocean14@gmail.com www.ocean-normandie.com

Sand-yachting and sailing school: super-vised by our qualified team, you can have fun sailing a catamaran, windsurfing, standup paddleboarding and sand yachting. In summer, sea kayaks, SUP, windsurf boards and catamarans to rent. Affiliated to the French Sand Yachting Federation. With the French Sailing Federation and French Surfing Federation labels. Competition label.

Opening times: Sailing boats: February to December. Sailing school: March to November. Courses during school holidays and long weekends.

Rates: Sailboat: €42/adult for 1h30. Sailing: from €30 for a supervised outing out of season. Courses from €120 to €170 depending on the period, the type of course and the number of sessions.

#### **FAMILY OFFER**

In summer, sailing lessons from 5 years old, sand yachting from 7 years old.



#### **CLINIOUE DE LA PLANCHE**

4 place de la Demi-Lune - 14000 CAEN Tel.: +33 (0)2 31 84 80 62 ecole.kitesurf@gmail.com www.cliniquedelaplanche.com

The "Clinique de la Planche" is a water sports shop since 1982. We are also offering kite surf and wing foil classes since 2.000. In the shop, you will find all the equipment necessary for windsurfing, kite surfing, SUP, wing, surfing, bodyboarding, wakeboarding, foil, skimboarding and aqua walking.

Opening times: 10am to 12pm and 2pm to 7pm, every day except Sundays and public holidays. Courses run all year round, weather permitting. Rates: Kite lessons: €150 per session. Wing lessons: €130 per session.

### CLUB DE VOILE ET DE LOISIRS D'HERMANVILLE (CVLH)

37 bd 3e Division Infanterie Britannique 14880 HERMANVILLE-SUR-MER Tel.: +33 (0)2 31 97 53 52 cvlh14@gmail.com - cvlh14.fr

At the Hermanville Sailing and Leisure Club, you can try sailing a catamaran, windsurfing, fun board, sand-yachting, canoeing, paddle-boarding and kite-flying during longer courses or lessons with qualified monitors, while enjoying the wonderful scenery of the Côte de Nacre. The club is affiliated to the French Sand Yachting, Sailing and Free Flight Federations and to the French Kite Flying School.

Opening times: All year round.

Rates: Char à voile 2h session: €43, 5x2h course: €159. Sailing 2h session: 46 €, 5x2h course: 169 €. Kite flying session 1h30 (with supplies): 16 €. Marine environment, 1hr30min session: €9. Kayak, 1 hour session: €23.50. Paddle for 1 hour: €25. Kayak/Paddle hire for 1 hour: €15.

#### **JET SKI OUISTREHAM**

Jetée Paul-Emile Victor - In Outer harbour 14150 OUISTREHAM Tel.: +33 (0)7 69 16 53 30 www.jetskiouistreham.fr

Spice up your time in Ouistreham and rent a jet ski from Jet Ski Ouistreham... rev your engine and feel the rush! Jet Ski Ouistreham also hosts groups, corporate away days, hen and stag parties and more. On-site: lockers and towels.

Opening times: April to October (weather permitting)

#### NAUTI-PLAISANCE (2)

Bassin de Plaisance BP 34 - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 03 08 nauti-plaisance@groupe-legrand.fr www.nauti-plaisance.fr

Here you can enjoy a wide range of options when you take to the sea. Sale and maintenance of pleasure boats, both new and second hand. Dealership for Jeanneau, Rhéa, Bombard, Brig, Mercury, Yanmar, Nanni Diesel and Nautilus. Shipchandler Big Ship, Garmin, Raymarine, Furuno. Bombard life raft service station. Also boat hoisting and dry storage.

Opening times: Sales: Tuesday to Friday, 9am to 12.30pm and 2pm to 6pm, Saturday, 9am to 6.30pm. Workshop: Tuesday to Saturday, 9am to 12pm and 1.30pm to 5.30pm.

#### **OUISTREHAM SNIP YACHTING**

Quai Georges Thierry - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 34 47 www.snip-uachting.com

Here, you can take to the sea big time! Exclusive importer of Targa boats, BavariaMotors dealer, Bavaria Yachts for the Grand Ouest region, Quarken, X-Yachts and Nautitech ca-ta-marans. New and second hand boats for sale. Multi-brand shipyard. A media partner for major sailing events: Route du Rhum, Transat Jacques Vabre...

Opening times: Monday to Saturday, 9am to 12.30pm and 2pm to 6pm.

#### SOCIÉTÉ DES RÉGATES DE CAEN-OUISTREHAM (SRCO)

Port de plaisance Esplanade Eric Tabarly 14150 OUISTREHAM Tel.: +33 (0)2 31 96 13 30 contact@srco.fr - www.srco.fr

The yacht club promotes sports and any activity related to the wind, sea and local surroundings with classes for beginners and experts alike. It hosts year-round events and activities showcasing sailing, land sailing, kiting, surfing, canoeing, kayaking, powerboating, fishing, exploring the area and offshore rowing.

Opening times: All year round.



# Game books for children

# DISCOVERING OUISTREHAM (i) (3) (5)

Ouistreham Tourist Information Office Esplanade Lofi - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 18 63 ouistreham@caenlamer-tourisme.fr

Pick up a games booklet and take your children (7-13) on a trip back in time in Ouistreham with 3 themed booklets: the market town, port and World War II. Children and their parents can have fun learning about the sea resort's history and heritage on their own tour. Only in French.

Rates: €2.50

### DISCOVERING LION-SUR-MER (1) (2) (5)

Lion-sur-Mer Tourist Information Office Rue Edmond Bellin - 14780 LION-SUR-MER Tel.: +33 (0)2 31 97 18 63 ouistreham@caenlamer-tourisme.fr

Take the children on an adventure exploring the history and heritage of this "land and sea" town with the booklet for 7-13 year olds. On the agenda: visit seaside villas, meet our coastline's most common fish species or learn about the history of swimming in the sea right up to the bikini's invention...

Rates: €2.50





# Close to Great Britain

#### **BRITTANY FERRIES**

Gare Maritime
14150 OUISTREHAM
Tel.: +33 (0)2 98 24 47 01
reservation@brittany-ferries.fr
www.brittany-ferries.fr

(Re)Visit Great Britain, a stone's throw from Normandy, with our getaway offers for everyone: ferry trips, day cruise, tour of Southern England, London shopping trip, guided coach tours or self-guided tours through stunning scenery plus a wide range of accommodation. There's everything you need for a British adventure... with a relaxing ferry ride to boot!

Opening times: All year round.



### GOOD TO KNOW

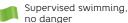
WHERE THE SEA MEETS THE

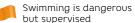
### The Blue Flag label

This label distinguishes those municipalities and ports that carry out a permanent policy of sustainable tourism development.

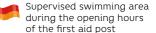
Two sites have been awarded the Blue Flag in Caen la mer: the beach at the Colleville-Montgomery lifeguard station and the Ouistreham Riva-Bella nautical basin.

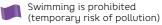
# The meaning of the beach flags











### Authorised animals

#### Ouistreham Riva-Bella beach:

- On the eastern part of the beach and on the Promenade de la Paix, dogs are authorised all year round with a leash.
- On the central and western part of the beach, dogs are authorised, even if kept on a leash, except from 15 June to 15 September.

**Colleville-Montgomery and Lion-sur-mer beaches:** Dogs are authorised, except from 15 June to 15 September.

**Hermanville-sur-mer beach:** Dogs are allowed except from 15 June to 15 September between 9 am and 7 pm.



# SHELLFISH GATHERING

As the beaches of Caen la mer are generally fine sandy beaches, you will find «burrowing» species. It is best to locate them by the spouts (2 small holes) they leave on the surface of the sand. You will also observe species of sand worms, shrimps, crabs and little fish (sand eels in autumn).





Pour une pêche durable et responsable

# PREGULATORY FISHING PERIOD

It is possible to fish for these species all year round, from sunrise to sunset, unless there is a temporary or permanent ban due to a particular local context.

\*"Bouquet" prawns: from 1 July to 28 February only

#### Common shrimp (CRANGON CRANGON)



- Minimum size:
- 3 cm minimum.
- Maximum catch: limit themselves to personal and family and family consumption.

It lives on sandy bottoms. It is fished with its feet in the water with a «bichette», called a «pousseux»...

#### Razop clams (ENSIS SP.)



- Minimum size: 10 cm minimum.
- Maximum catch: max 5 kg/fisherman.

Lives in the sand and sometimes buries itself up to more than 40 cm. It is most often caught by hand, by depositing a little salt on the holes of the siphons on the surface of the sand (8-shaped hole) to attract it. It is caught mainly during high tides.

#### Coque (CERASTODERMA EDULE)



- Minimum size: 2,7 cm minimum.
- Maximum catch: max 5 kg/fisherman.

Lives in sandy-muddy soil. Can be fished from mid-tide onwards by scraping the sand or in the hole.

#### Mussel (MYTILUS EDULIS)

- Minimum size: 4 cm minimum.
- Maximum catch: max 5 kg/fisherman.

Lives attached, with the help of filaments called byssus, to natural rocks or riprap. Can filter up to 5 litres of water/hour.

### PRACTICE

66661

This leisure activity is subject to regulations: the size of the catch, the quantities collected, and sometimes the authorised periods and places are restricted.

Full information on: pecheapied-calvados.com

#### Velvet chab (NECORA PUBER)



- Minimum size: 6.5 cm
- Maximum catch: limited to personal/family consumption.

These crabs can be caught at the right size during high

tide, when the rocks that they live under are uncovered. To ensure that your fishing is sustainable and responsible, remember to return the stones to their original position. It is best to release crabs that are moulting their shell (as the meat is tasteless) and females which are carrying roe (eggs).

#### "Bouquet" prawn (PALAEMON SERRATUS)



- Minimum size: 5 cm from head to tail.
- Maximum catch: limited to personal/family consumption, with the use of only one fishing net.

Lives in rocky, seaweed-covered areas, primarily at the bottom of the foreshore. Can be fished with a traditional «havenet» fishing net during medium and high tides. To ensure that your fishing is sustainable and responsible: only take a reasonable quantity and release any females with eggs under their abdomen. Instead, make sure to only take prawns that measure at least 6 cm: you can always go back for the others when they're bigger! Be careful to use a round net in the rock pools to minimise the impact on the natural habitat (possible displacement of seaweed, wildlife, etc.)





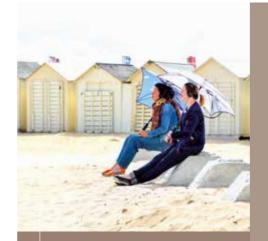
#### MEMORY

The D-Day landing beaches, Sword Beach, the Caen Memorial Museum... places and events which resonate with all of us, all the more so in this year of the 80th anniversary of the D-Day landings. Caen la mer boasts many sites and museums which keep alive the memory of the Second World War.





### OUR FAVOURITE



#### LA DÉLICATE OUISTREHAM **RIVABELLA, A SOUND TOUR -**IN THE TRACK OF HISTORY 🕮 @

ouistreham@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr people who experienced the Occupation and the D-Day landings in a geolocalised parasol leaving from the Ouistreham Riva-Bella Tourist

Opening times: In April, May, June and

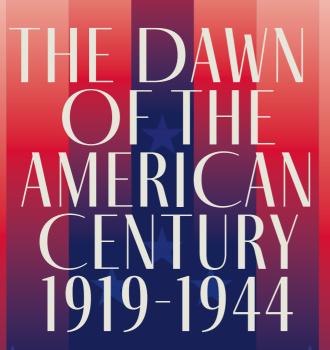
October to March: daily (except Tuesdays) from 10am to 12.30pm and from 2.30pm to 5pm (closed on public holidays). Closed at 12.30pm on 24 and 31 December.

Rates: €6 / umbrella.

#### **SWORD BEACH**







WHITE AND BLUE

**EXHIBITION** MÉMORIAL DE CAEN

> MAY 8, 2024 **JANUARY 5, 2025**





www.memorial-caen.com

### Must-visits

#### SOLDIER LEON EXPERIENCE

Esplanade Alexandre Lofi - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 18 63 ouistreham@caenlamer-tourisme.fr soldatleon.com

Thanks to augmented reality, you can relive 6 June 1944 in Ouistreham alongside the 177 French soldiers in the Kieffer Commando, Experience the action at soldatleon.com.

Opening times: All year round. Rates: Free

#### 





Esplanade Eisenhower 14050 CAEN Tel.: +33 (0)2 31 06 06 45 resa@memorial-caen.fr www.memorial-caen.fr

Not far from the D-Day Beaches, the Caen Memorial is a must-visit museum! From the origins of the Second World War to the end of the Cold War, the museum depicts the terrible history of the 20th century.

To mark the 80th anniversary of D-Day and the Battle of Normandy, the Caen Memorial Museum has unveiled a series of cultural events that will run throughout 2024, as well as a brand new temporary exhibition called "Under the red, white and blue: 1919-1944 - The dawn of the American century". In 2024, the Memorial Museum is paying tribute to the D-Day landing soldiers by exploring the USA of their youth, which was shaped by jazz, prohibition, Al Capone, the Wall Street Crash of 1929 and Hollywood. Through original displays and artefacts on loan from American museums, this exceptional exhibition tells the story of a creative and generous country, but one that was also divided by tension and crisis.

A unique photographic legacy: discover the Patrick Chauvel collection exhibition! This free, permanent exhibition provides an overview of the great war correspondent's career, as he reported on conflicts around the world in the half-century. A must-see! A unique feast for the senses to get to grips with our European history with the 360° screening of "L'Europe notre histoire" ("Europe our history" film screening included in museum admission fee).

Opening times: From 2 to 6/01 and from 30/01 to 31/03: 9am to 6pm (every day). Closed to groups (from 14 to 17/03 inclusive) and individuals (from 15 to 17/03 inclusive) due to the Pleading Competition. From 1/04 to 30/09: 9am to 7pm (daily). Closed on 6 June. From 1/10 to 31/12: 9.30am to 6pm (closed on Wednesdays in November and December).

Rates: Full Rates: €19.80. Reduced ticket: 17.50 € (individual children aged 10 to 18, over-65s, teachers, accompanying adults for disabled people, military personnel).

FAMILY PASS: Get a fixed-price family pass for €51 (single family rate valid for 2 adults and at least 1 child aged between 10 and 18, or 1 adult and at least 2 children aged between 10 and 18).

For a stress-free visit, the Memorial Museum has opened a childcare centre for children aged from 3 months to 10 years old for a maximum duration of 3 hours. Guided visits are available during the French school holidays.

#### **GUIDED FAMILY TOURS OF THE** CAEN MEMORIAL



Esplanade General Eisenhower 14000 CAEN Tel.: +33 (0)2 31 06 06 45 resa@memorial-caen.fr billetterie-memorial.fr

During the school holidays, share the history of the Second World War with your children!

Guided family tours, led by a Memorial guide, allow you to tackle the major issues of the Second World War through the discovery of period documents and the presentation of objects from the reserves (from 8 years old). Information and reservations at www. memorial-caen.fr . Reservations possible on site according to availability.

Opening times: During school holidays. Tours lasting 1 hour 45 minutes are available for families (with at least one child aged between 8 and 18 and one adult over 18, maximum group size 30). Reservations recommended on www.billetterie-memorial.fr Rates: Adults: €4.50 (in addition to entry tickets). Children: €3 per child aged 8 to 18

(in addition to admission tickets).







## Museums

#### 

485 rue Jules Védrines - Quartier Koenig - Bâtiment n°17 - Hall 1 - 14760 BRETTEVILLE-SUR-ODON Tel.: +33 (0)6 72 42 60 52 contact@ddaywingsmuseum.com www.ddaywingsmuseum.com

The only museum in Normandy devoted to the aircrafts and air operations on D-Day (outside airborne operations) is the place to learn all about the missions, aircrafts and airforce personnel. Visit a D-Day aircraft restoration workshop, sit in the cockpit and climb into the gunner's turrets... This is one experience you won't forget!

Opening times: From 01/02 to 30/11. February to May, October and November: daily from 10am to 5pm. June to September: daily from 9.30am to 7pm (subject to change).

Rates: Adults: €9. Children (under 15): €7. Free for children under 7. "Full Experience (4 experiences): Adults: €29. Children: €25.

#### MERVILLE BATTERY MUSEUM 2 5 6

www.batterie-merville.com







The Merville Battery was a major objective on D-Day for the Allied High Command. It was put out of action by the 9th British Parachute Battalion. The Merville Battery Association brings you an educational trail on a site covering several hectares with your chance to visit 5 bunker museums and a legendary plane involved in D-Day. Visitors to the last bunker get the full experience of the hellish bombings and Battery attack on June 6th 1944.

**Opening times:** 15/03 to 30/09 from 9.30am to 8pm (last entry at 6.30pm) and 1/10 to 15/11 from 10am to 6.30pm (last entry at 5pm). Rates: Adults: €9.50. Children (under 16): €7.50 and military personnel €5. Concession: €8. Free Rates: -Under 8s.

#### MUSEUM OF THE ATLANTIC WALL -THE BUNKER 🕮 🚯

Avenue du 6 juin - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 28 69 museegrandbunker@sfr.fr museegrandbunker.com

Housed in a former German fire direction post on the Atlantic Wall in Ouistreham. It recreates the site as it was in 1944. At the top of the 17-metre tower, the rangefinder post looks out over the mouth of the River Orne. Duration of the non-guided tour: 1 hour 15 mins.

Opening times: 2 to 8/01 inclusive, 10am to 6pm (last admission 5pm). From 10/02 to 31/03 from 10am to 6pm (last Rates: 5pm). From 1/04 to 30/09 from 9am to 7pm (last Rates: 6pm). From 1/10 to 12/11 from 10am to 6pm (last Rates: 5pm). From 13/11 to 22/12: weekends only from 10am to 6pm (last Rates: 5pm). From 23/12 to 31/12 inclusive: 10am to 6pm (last Rates: 5pm). Closed on 25 December and 1 January.

Rates: Full: €8.50 (adults and children aged 13 and over). Children (aged 6-12): €6.50. Free Rates: -under 6s.





#### **FRENCH-BRITISH**

Place Alfred Thomas Opposite the Casino - 14150 OUISTREHAM Tel.: +33 (0)2 31 96 63 10 contact@musee-4commando.fr www.musee-4commando.fr

The museum focuses on the French and British D-Day landings on 6 June 1944 at Colleville sur Orne, the capture of Ouistreham casino by the French commandos led by Kieffer and the Battle of Normandy. A video recounts the German invasion in 1940, Free France, the commandos, their training, the landings, the liberation of Ouistreham and Normandy. The manu objects on display were gifts from British and French veterans and their families. Duration of the self-guided tour: 60 min.

Opening times: Every day from 30/03 to 11/11 inclusive from 10am to 1pm and from 2pm to 6.30pm. Rates: Adults: €5. Children over 10: €3. Children under 10: free. Students: €3.

#### **PEGASUS MEMORIAL MUSEUM**









Between Caen and the sea, the Pegasus Memorial retraces the arrival on Norman soil of the first British liberators from the 6th Airborne Division during the night of 5 to 6 June 1944. Documents, films and period objects. Guided visits to the museum. The famous Pegasus Bridge and a life-size replica of a Horsa glider can be seen in the park. Access all the museum content on your smartphone for free. 10 languages: French, English, German, Dutch, Spanish, Italian, Portuguese, Swedish, Danish and Czech.

Opening times: February to March: daily from 10am to 5pm. April to September: daily 9.30 am to 6.30 pm. October to 15/12: daily 10am to 5pm. Closed to the public from 1 to 31/01 and from 16 to 31/12. Rates: Adults: €9. Children and students: €5.50.



#### STATION RADAR 44 🕮 🕸



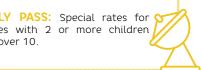
The radar museum stands in a German radar station and presents the history of the site and radar in its original bunkers. It is now the only site in France with one of the 5 Würzburg radars left in the world. The radar museum is the only site on the D-Day beaches presen-ting this little-known side to the Second World War and detailing how decisive it was over the course of the war.

Opening times: from the Easter holidays (from 10am on 06/04) to the All Saints' holidays (until 6pm on 11/11):

- April to June: Tuesday to Sunday from 10am to 6pm, closed on Mondays.
- July and August: daily from 10am to 7pm.
- September to November: Tuesday to Sunday, 10am to 6pm, closed on Mondays. Last admissions 45 minutes before closing time.

Rates: Normal: €7. Concession: €5.50. Free admission: -10 years, guide-lecturers, jobseekers. Family Pass from €22. Various preferential rates, in particular with the City Pass.

FAMILY PASS: Special rates for families with 2 or more children aged over 10.



www.caenlamer-tourisme.com www.caenlamer-tourisme.com







# Historical sites and monuments

### CAMBES-EN-PLAINE MILITARY CEMETERY

14610 CAMBES-EN-PLAINE

The cemetery is located 6 km from Caen, in the old grounds of the château in Cambesen-Plaine, which was bitterly fought over during the summer of 1944. The 222 British soldiers who lie here fought to liberate Caen, and were chiefly from two regiments of the Staf-fordshire Division: the North Staffordshire and the South Staffordshire.

Rates: Free.



#### HERMANVILLE-SUR-MER MILITARY CEMETERY

14880 HERMANVILLE-SUR-MER

1,005 soldiers are buried in this cemetery, including 986 British, 13 Canadians, 3 Australians and 3 Frenchmen. Soldiers from the South Lancashire Regiment landed at Hermanville-sur-mer on the morning of June 6. Later, the Shropshire Light Infantry, supported by the tanks of the Staffordshire Yeomanry, managed to reach Bi©ville-Beuville, 4 km south of Hermanville. Most of the soldiers who lie in this cemetery died on 6 June or during the days that followed the D-Day landing.

Rates: Free.

### SAINT-MANVIEU-NORREY MILITARY CEMETERY

14740 SAINT-MANVIEU-NORREY

Among the 2,183 soldiers who are buried in this cemetery are 1,623 British, 3 Canadians and 1 Australian, but also 556 Germans. These men died during the bloody combats to the west of Caen during Operation Epsom in June and July 1944: the battle of Tillysur-Seulles, the battle of the Odon and the capture of Carpiquet.

Rates: Free.

#### **ROTS MILITARY CEMETERY**

14740 ROTS

Between Caen and Bayeux, 117 soldiers are buried here. It is one of the smallest cemeteries in the region. The soldiers who lie here were for the most part killed during the first two weeks after the landing to the west of Caen. Canadian soldiers were originally buried in this cemetery, but their remains were later removed to the Canadian cemetery in Reviers.

Rates: Free.

#### THE FLAME MEMORIAL

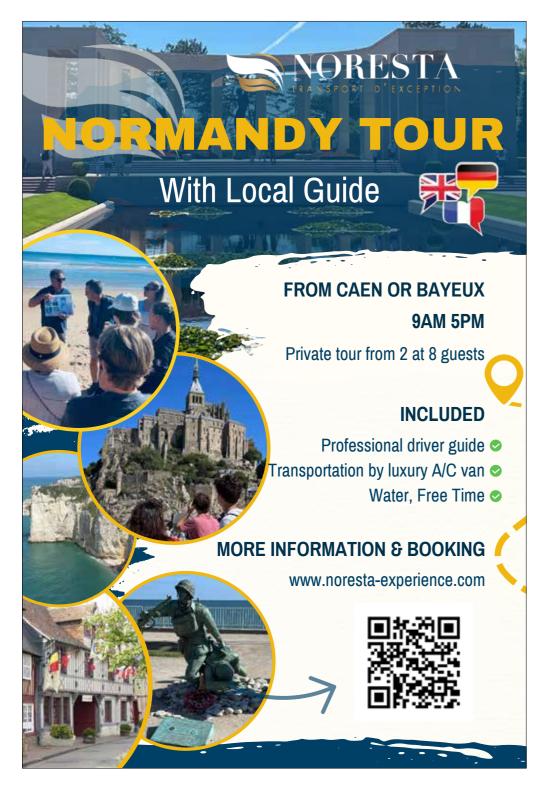
Boulevard Aristide Briand - 14150 OUISTREHAM

This work by local artist Yvonne Guégan symbolises the Liberation. The names of the 177 French soldiers who took part in the military operations of 6 June 1944 are engraved on the metal of a flame. Around it, ten stones bear the names of the commandos who gave their lives between Colleville-Montgomery and Ouistreham, another tribute to the memory of Commandant Philippe Kieffer.

#### **PEGASUS BRIDGE**

14970 BENOUVILLE

Bridge was the first bridge to be liberated in 1944, in the night of 5 and 6 June, as part of the Pegasus Bridge operation, also known as Operation Deadstick. It was carried out by British parachutists and led to the liberation of Caen. Speed was of the essence, as well as preserving the element of surprise. The strategy paid off! 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.



#### **HILLMAN FORTIFIED SITE**

Rue du Suffolk Régiment 14880 COLLEVILLE-MONTGOMERY Tel.: +33 (0)2 31 97 12 61 suffolk@amis-du-suffolk-rgt.com www.amis-du-suffolk-rgt.com

The 24-hectare site with 18 bunkers and underground structures was built by the Germans between 1942 and 1944. It was the command post for their coastal defences on the Côte de Nacre. This is also the Memorial of the 1st bataillon of the Suffolk Regiment, which took the site on 6 June 1944.

Opening times: The Memorial and bunkers are open during the week of 6 June. Free admission. From 01/06 to 30/09: guided tours on Tuesdays at 3pm by volunteers from the association "Les Amis du Suffolk Regiment". From July to September: the Memorial and its museum are open Monday to Saturday from 10am to 12pm and from 2pm to 6.30pm.

Rates: Free.

#### THE BILL MILLIN STATUE

Boulevard Maritime
14880 COLLEVILLE-MONTGOMERY

On the Colleville-Montgomery side, there is the statue of Bill Millin who, respecting an old Scottish tradition, accompanied Lord Lovat and the troops to the sound of his bagpipes, even at the height of the fighting! His bagpipe is now on display at the Pegasus Memorial Museum.



# Army store

### US ADVENTURE COLLECTION MILITARIA

13 rue de Courtonne - 14000 CAEN Tel.: +33 (0)2 31 94 55 56 usadventure14@orange.fr usadventure14.fr/product-category/collection-militaria

US Adventure, a shop first opened 40 years ago in Caen, is a chance to travel all over the world and through modern military history with a unique atmosphere and wide range of products. There is something for all budgets: collectors' accessories and uniforms (WWI and WWII), souvenirs and ready-to-wear items recalling the classics of military clothing. Consignment stock / sales of all kinds of war objects, medal mounting service, survivalism articles, bivouacs and items for professionals (security, armed forces).

Opening times: Tuesdays and Thursdays from 10am to 12pm and from 2pm to 7pm, Wednesdays from 10am to 12pm and from 2pm to 6pm, Fridays and Saturdays from 10am to 7pm.

## Guided tours

### INVESTIGATION GAME D-DAY: THE CODED MAP

Cour de l'hôtel d'Escoville - Place St Pierre Office de tourisme de Caen la mer - 14000 CAEN Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

It is May 1944, and a British agent has called a meeting to report the latest intelligence: the D-Day landing is imminent! He has a coded map, and the Allies are finally on their way! But once preparations get underway, the agent is found dead and the map has disappeared... Who could the traitor be? Will you be able to foil the enemy's plans and find out who the murderer is? Activity provided by the group "Petits Meurtres entre Amis".

**Opening times:** Saturdays 11/05, 01/06, 08/06, 15/06, 27/07 and 19/10 at 3pm.

Rates: Adults: €10. Children (aged 10 to 17 inclusive): €8. Free for children under 8. Reservations required at the Caen la mer Tourist Office or on booking.caenlamer-tourisme.fr

WHERE THE WINDS OF FREEDOM BLOW WHERE THE WINDS OF FREEDOM BLOW

# D-Day Excupsions

#### **GUIDED TOURS OF THE D-DAY LANDING BEACHES** WITH THE MEMORIAL MUSEUM

Le Mémorial de Caen - Esplanade Général Eisenhower - 14050 CAFN Tel.: +33 (0)2 31 06 06 45

resa@memorial-caen.fr - billetterie-memorial.fr

Visit the Caen Memorial Museum and take a guided tour of the D-Day landing beaches, including the American battlefield of Pointe du Hoc, the American sector of Omaha Beach and the American cemetery at Colleville sur Mer. Depending on the package you choose, you can be picked up at Caen train station, take part in a guided or selfguided tour of the Memorial and enjoy an included lunch.

Opening times: 2 to 6/01 and 30/01 to 31/12 (except Wednesdays in November and December):

- Discovery Day: every day (1pm-6pm).
- D-Day: Monday to Friday only, excluding public holidays (9am-6pm).

Rates: Discovery day: €119/person - D-Day: €179/person.

#### **DISCOVERY TOURS OF D-DAY** SITES WITH MEMORY TRACKS

Opening times: 10/04 to 1/10.



#### SIDECAR TOURS OF THE D-DAY LANDING BEACHES WITH **NORMANDY TIME RIDERS**

#### **D-DAY LANDING BEACH TOURS** WITH NORESTA

#### **GUIDED VISITS OF THE D-DAY** LANDING BEACHES WITH NORMANDY PRIVATE TOURS @

#### GUIDED TOURS OF THE D-DAY LANDING BEACHES BY SEE MY NORMANDY

Tel.: +33 (0)6 18 63 17 35

karine.poullard@seemynormandy.fr

fr.seemynormandy.fr

Karine Poullard, a passionate tour guide, offers you a guided tour of the D-Day landing beaches in a vehicle (4 people maximum). 3 programmes to choose from according to your wishes: Omaha Beach and Gold Beach excursion, D-Day Gold Beach and Juno Beach excursion or D-Day Sword Beach and Pegasus Bridge excursion. Guidance in English or French. Full day tour. Meals not included in the price.

Opening times: Guided tours with transport service from 30/01 to 30/12, according to schedule and by prior arrangement.

Rates: Full-day guided tour with transport (min. 2 people, max. 4 people): €650. This price includes guiding and transport. Meals not included.

#### HELICOPTER FLIGHT OVER THE D-DAY LANDING BEACHES @





Héli Evénements - Caen-Carpiquet Airport - Inner concourse - 14650 CARPIQUET

Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr booking.caenlamer-tourisme.fr

Take to the skies with the helicopter company that's been specialising in the Normandy region for 15 years offering flights over the D-Day landing beaches, Pegasus Bridge and Ouistreham from Caen-Carpiquet Airport. Information and booking at Caen la mer Tourist Information. Flights subject to schedule. Customised flights available.

Opening times: All year round, by reservation, for tailor-made flights. Tourist flights from February to November by prior arrangement.

Rates: see website.





comes alive

### **NATURE**

If you like getting out on foot or by bike, Caen la mer has plenty of wild and unspoilt nature to discover. There are countless places to find out more about it and learn to love it: protected natural areas, forests, plant collections, gardens... A multitude of undefiled recreational areas.





### OUR FAVOURITE



#### POINTE DU SIÈGE 📽



### Museums

#### MAISON DE LA NATURE ET DE L'ESTUAIRE 🕮 🚯 🕸 🕭

15 boulevard Maritime 14121 SALLENELLES Tel.: +33 (0)2 31 78 71 06 mne@cpievdo.fr www.cpievdo.fr/maison-de-la-nature

The Maison de la Nature et de l'Estuaire is the "natural" gateway to one of the biggest protected nature areas in the Calvados region: the Orne estuary. This is an interpre-tation centre in a rich and preserved natural environment. It also hosts temporary exhibi-tions focusing on the coast and the biodiver-sity in our region, as well as special activities to get to know the nature and to have fun!

Opening times: From 01/02 to 15/12. In May, June and September from 10am to 12.30pm and from 2pm to 6pm (closed on Mondays except during school holidays zone B).

July and August 10am to 6.30pm, daily. From October to April, 2pm to 6pm (closed on Mondays except zone B school holidays).

Open on public holidays.

Rates: Interpretation Centre: Full €2. Reduced €1. Free (under 6s).

Temporary exhibitions and access to the Orne estuary: Free.



Structure approved as family-friendly by «Pamille +»

«Nature» activity for all the family (ask for the «Original Estuary» programme).

«Children's» visitor booklet (4-7 and 8-12) available for the visitor centre.

«Pamily» visitor booklet available for the temporary themed exhibition.





#### MUSÉE D'INITIATION À LA NATURE 🛍 🕸



Within the Town Hall. The rue du Carel entrance is open during museum opening hours. 14027 CAEN

Tel.: +33 (0)2 31 30 43 27 min@cpievdo.fr

www.cpievdo.fr/museeinitiationnature

The Musée d'Initiation à la Nature is a chance to get to know the animals and plants of Normandy. The museum includes a natural history collection (mammals from the bocage, birds from the cities, lakes and coast) through dioramas and a garden dedicated to popular wild and domestic plants. The museum has the "Bio-diversity Information Point" label and hosts temporary exhibitions and themed events from May to September.

Opening times: 01/04 to 30/09: Tuesday to Saturday, 2pm to 6pm. From 01/10 to 31/03: Wednesdays from 2pm to 5.30pm. During the autumn and February school holidays (zone B): Monday to Friday, 2pm to 5.30pm. Closed on public holidays (except 15/08). The garden is open Monday to Saturday from 9am to 7pm.

Rates: Free.

#### **FAMILY OFFER**

During the school holidays, the museum offers workshops for the whole familu!

## Caen by the water

#### **GUIDED TRIP ON THE CANAL ON** THE LA PRESQU'ÎLE BOAT 🕮 @ 🚯 🕸

Quai Hyppolyte Lefèvre - 14120 MONDEVILLE Tel.: +33 (0)7 67 66 67 89 bateaulapresquile@gmail.com www.xn--bateaulapresqule-3sb.com

Set sail on board the 20-seater La Presqu'île on a fabulous guided tour. Soak up everything about this 45 minute tour: the history of the canal, nearby landmarks and nature sites. You can hire out the boat and make your outing even more memorable with a dinner package (booking required). Fast food available on site.

Opening times: 15/04 to 15/10, by prior arrangement. Rates: Adults: €10. Children aged 5 to 11: €7. Free for children under 5.

#### SCIENTIFIC EXCURSION WITH OCÉOLE NORMANDIE

Tel.: +33 (0)7 45 28 08 43 helene@oceole-normandie fr www.oceole-normandie.fr

Unleash your inner scientist with a unique experience! Put together your own mini wind turbine, learn how tidal turbines capture energy, conduct physics experiments on the gears and motors then test your logic with our escape game. Bonus: take your mini wind turbine home with you! Suitable for children aged 6 and over with adult supervision. Suitable for children aged 10 and over without adult supervision. English spoken. We will confirm the meeting point when you book.

Opening times: from 01/07 to 31/08.

Rates: 25 per participant, 10 per accompanying adult (max 1 per participant). Free for children under 6.



#### **BOAT TRIP ON THE CANAL** BY CAP CANAL MER

Port de plaisance de Ouistreham 14150 OUISTREHAM Tel.: +33 (0)6 42 77 78 43 capcanalmer@gmail.com

All aboard a boat trip to remember from Ouistreham harbour! See another side to the canal as you sail down it. Spend quality time with friends and family as you experience the world of sailing.

Opening times: April to September. Rates: Canal tour (1h30): child (-14 years) €12. Adult: €20.

#### "AU FIL DE L'ORNE"

### WATER SPORTS CENTRE 🕮 🔞 🕸 🕭





14000 CAEN Tel.: +33 (0)7 49 25 22 62 www.aufildelorne.fr

Children and adults alike love exploring central Caen and its natural sites from the water on paddles, canoes, electric boats and pedal boats! Enjoy the peace and guiet, get up close and personal with nature, indulge in some me-time or spend quality time with your loved one, friends or family!

Opening times: April to October.

Rates: From €10 to €135, depending on the boat and the rental period (from 30 minutes to 5





## Tishing in the Orne

Recreational fishing for freshwater predatory fish such as perch, zander and pike is very common in and around Caen.

You don't need much to get started, just a fishing rod, bait, a reel and backpack to store your bait.

Fishing with bait is permitted from the last weekend in April to the last weekend in January. Caen la mer is great for other forms of fishing too such as recreational fishing for predatory fish, trout fishing, still fishing and carp fishing. Visit the Union Gaule et Gardons Caennais Association, L'Hamecon Versonnais and La Gaule des Métallos for further information. Recreational fishing is a sport that brings you up close with nature. Fishermen must take care of the environment and follow regulations. First and foremost, pick up a valid fishing permit (valid for 1 day to 1 uear); go to www.cartedepeche.fr





#### **VAL D'ORNE BOAT AND RESTAURANT, A CRUISE** ON THE RIVER ORNE 😂 🕭

L'Embarcadère - 10 rue de La Forge - Putanges Pont-Ecrepin - 61210 PUTANGES-LE-LAC Tel.: +33 (0)2 33 39 30 30 info@valdorne.com - www.valdorne.com

Set sail on a 75 minute guided tour and relax on the barge as you drink in the scenery. Or treat yourself to a 2.5 hr foodie cruise (lunch or dinner) on Lac de Rabodanges where you can feast on dishes concocted by the chef and inspired by the best produce Normandy has to offer on land and sea.

Opening times: Lunch cruises at 12 noon or dinner cruises at 8pm: daily from 01/02 to 23/12 inclusive, booking 48 hours in advance. Boat trip at 4pm: Wednesday, Saturday, Sunday from 01/05 to 30/06 and from 01/09 to 31/09. Every day except Tuesday and Thursday from 01/07 to 31/08. The rest of the year: Sundays only. No booking required. Departures subject to conditions (see website).

Rates: Lunch/Dinner cruise: adult menu: from €51 to €79, children's menu -12 years: €29. Promenade: formulas from €14 per adult and €8 per child (3-12 years).

#### THE CAEN - OUISTREHAM CANAL



Caen is connected to the sea by a 15km canal. A green path has been created for pedestrians, cyclists and roller skaters. You can reach the port and beach of Ouistreham Riva-Bella from the marina. Along the former towpath you will discover the château of Bénouville, built in the 18th century, and Pegasus Bridge, the first bridge to be liberated on 6 June 1944. It is also possible to embark on the waterway to reach the sea by boat or kayak.

# Discovering

#### CONFESSIONNAUX CLIFF

Boulevard Maritime - 14780 LION-SUR-MER

The Falaise des Confessionnaux is a unique and wild area where caves have been formed by the tides, providing a spectacular sight. But you need to see it from a distance of at least ten metres due to the risk of rock slides. Please leave any fossils you find on the beach where they are and handle with care as they are 167 million years old.

Opening times: All year round.

Rates: Free.

#### MARAIS DE L'ORNE ET DE LA NOË



Tel.: +33 (0)2 31 57 15 67 milieux naturels@calvados.fr www.calvados.fr/sites/calvados/contents/fichesens/les-marais-de-l'orne-et-de-la-noe.html

Soak up the great outdoors at the Marais de l'Orne et la Noë wetland on the outskirts of Caen. This environmentally sensitive area is a sprawling protected wetland that visitors can explore on 4km of footpaths. Free access from Louvigny (car park near the "salle des fêtes") or from Caen (Viaduc de la Cavée car park).

Opening times: All year round.

Rates: Free.



Boulevard Yves Guillou - 14000 CAEN

The Prairie is a 90-hectare oasis of greenery located just a few steps from Caen city centre. It includes a hippodrome, where over 30 horse races are run each uear, and a bird reserve. This is a very popular spot, representing the city's natural heritage. It is the ideal place to relax, go jogging or enjoy leisure ac-

Opening times: All year round.

Rates: Free.



#### THE VÉLO FRANCETTE®

www.lavelofrancette.com

The Vélo Francette cycle route that links Ouistreham with La Rochelle has been open since June 2015. In Normandy, the route crosses Calvados from the seaside resort of Ouistreham Riva-Bella, goes through Caen and continues along the Orne Valley in Swiss Normandy.

#### THE VÉLOMARITIME®

www.lavelomaritime.fr

From Roscoff in Brittany to Dunkirk and the Belgian border, this 1500km bike path (EuroVelo 4 bike path) runs through legendary sites such as the Pink Granite Coast, Mont-Saint-Michel and its bay, D-Day Beaches, Etretat cliffs, Baie de Somme and Opal Coast. With a large amount of shared paths, it is the perfect bike route for cyclists looking for a break, a challenge and cultural and gastronomic discoveries.



#### SAINT-VAAST FARM LINEN FIBRE &

9 rue Saint Gerbold GARCELLES-SECQUEVILLE 14540 LE CASTELET Tel.: +33 (0)6 68 97 07 32 contact@fermesaintvaast.com www.fermesaintvaast.fr

Normandy is the biggest producer of linen fibre in the world. Saint-Vaast Farm, 10 minutes south of Caen, has been producing it for generations. This 2-hour visit will call on your 5 senses and introduce you to the history, cultivation and processing of linen fibres, the textile and its technical applications. In the shop you will find household linen, decorative objects, bags, jewellery, baby items,

Opening times: shop area during visits and on request by telephone. Closed from 21/12 to 31/01, from 8 to 12/05 and from 13 to 23/06.



#### **VISITE TO THE SAINT-VAAST FARM AND DISCOVER LINEN** FIBRE @ @ &

Tel.: +33 (0)2 31 27 14 14 booking.caenlamer-tourisme.fr

Mathilde and Benoît are the latest in a ong line of linen producers welcoming you to Saint-Vaast to share their passion for linen growing on a guided tour of their farm. Learn everything there is to know about linen through the seasons and 7 crops. This 2 hour tour awakens all the senses as you dive into the history of linen, how it's grown, processed, used in textiles and technical applications.

Opening times: Visits in French from Monday to Friday at 2.30pm during school holidays (except Christmas holidays) and on Tuesdays and Fridays at 2.30pm all year round. Visits in English on Tuesdays and Thursdays at 10am. Closed from 21/12 to 31/01, from 8 to 12/05 and from 13 to 23/06. Bookings can be made at the Caen la mer Tourist Office or at booking.caenlamer-tourisme.fr

Rates: Full price: €8. Children (under 16):

## Outstanding heritage

#### THE OLD CHURCH OF THAON

La Vallée (Exit Thaon CD 170 to Fontaine-Henru) 14610 THAON

Tel.: +33 (0)2 31 80 04 76 13 vieilleeglisedethaon@free.fr vieilleeglisedethaon.free.fr

Nestled in a green setting in the Vallée de la Mue, the first church of Thaon dates from the 6th and 7th centuries. The 11th-12th centuru Norman Romanesque building was one of the first sites to be listed as a Historical Monument in 1840. Don't miss the period modillons depicting people's faces, the chequerboard decoration and the Romanesque capitals.

Opening times: Sundays in July and August from 3pm to 6pm. Heritage Days: Saturday and Sunday, 2pm to 6pm.

Rates: Free.



#### THE "DORMANT" CEMETERIES OF CAEN

14000 CAEN

They are called "dormant" because they are no longer used for burials. They are places for a leisurely stroll, peaceful retreats that are lined by simple or imposing graves. The most bucolic among them, the Quatre Nations cemetery, served as a backdrop to François Truffaut's film "The Green Room". Five of them have been listed: Cimetière des Quatre Nations (9 rue Desmoueux - Jardin des Plantes), Cimetière Saint-Pierre (26 rue Doyen Morière), Cimetière Saint-Jean (Rue Canchy -Quartier Vaucelles), Cimetière Saint-Nicolas (23 rue Saint-Nicolas) and Cimetière de l'Université (rue du Magasin à Poudre).

Opening times: 01/05 to 01/11, 9am to 6pm. From 02/11 to 30/04 from 9am to 5pm.

Rates: Free.

# Parks and gardens

#### CHÂTEAU DE BÉNOUVILLE

1 avenue de Caen 14970 BENOUVILLE

The monumental building is among the most innovative examples of French Neoclassi-cism (18th century). It was built by Claude Nicolas Ledoux and is owned by the Calvados departmental council. It is closed to the public.

#### **JARDIN DES PLANTES** AND BOTANICAL GARDENS 👪 🕸

Place Blot - 14000 CAEN Tel.: +33 (0)2 31 30 48 38 conseillershorticoles@caen.fr caen.fr/annuaire-equipement/jardin-des-plantes-jardin-botanique

Right at the heart of the town, this is a great plant museum with thousands of sometimes rare species. Exotic plants and plant collections: regional flora, useful plants, natural Norman environments... Plau area and picnic tables. With the official "Botanic Garden of France" and "Remarkable Garden" labels. Zelf rondleiden met de gratis Izi Travel app. Duration of nonguided tour: 1 to 2 hours.

Opening times: Monday to Saturday at 8am. Sundays and public holidays at 10am. Closing between 5.30pm and 7.30pm depending on the season. Greenhouses open every day from 1pm to 5pm. Closed on 25/12 and 01/01.

Rates: Free.

#### **FAMILY OFFER**

A discovery trail, suitable for all the family, is available from the Jardin des Plantes reception desk.

















#### **LUNA ROSSA GARDENS**

6 rue Damozanne - 14000 CAEN info@art-insolite.com

www.art-insolite.com/pageinsolites/insolunarossa.htm

A small authentic museum of outsider art sculptures in a garden not far from the Abbaye aux Hommes, this space is based on the combination of art and nature. Hidden mong the lush Normandy vegetation are unique works of art. Most are produced by regional artists. Sculptures in stone, glass, ceramics or recycled materials, the artists use whatever they can get their hands on.

Opening times: Sundays from 10am to 6pm from April to October.

Rates: Free.

#### COLLINE AUX OISEAUX PARK 🚯 🕹



This former landfill was inaugurated in 1994. It is a fine example of landscaped park design. The 17 hectares include a rose garden, a French city garden and twin-city garden, a perennial garden, a zoo, a play area and picnic tables. It is a big hit with families, fans of exercise and plants... Duration of non-guided tour: 1 to 2 hours.

**Opening times:** Monday to Friday at 8am, Saturdays and Sundays at 10am. Closes between 5.30pm and 8.30pm depending on the season.

Closed on 25/12 and 01/01.

Rates: Free.

#### MICHEL D'ORNANO PARK 🍪 👶

Abbaye aux Dames, avenue Georges Clémenceau 14000 CAEN

Tel.: +33 (0)2 31 06 98 98 abbayeauxdames@normandie.fr www.normandie.fr/les-hotels-de-region

The Abbaye aux Dames park was inspired by André Le Nôtre and inaugurated in September 1992. The park is dedicated to Michel d'Ornano, the President of the Lower Normandy Regional Council from 1983 to 1986. With its wide lawns and avenues of lime trees, this French-style park offers over 5 hectares of gardens for a stroll, as well as an unspoilt view over Caen from the Lebanon cedar that was planted in 1849.

**Opening times:** 01/04 to 31/10, 8am to 8pm. From 01/11 to 31/03 from 8am to 6.30pm.

Rates: Free.

# Woods and forests

### LEBISEY WOOD 🔞 🕸

14200 HEROUVILLE-SAINT-CLAIR

Bois de Lébisey is a 24ha woodland north of Hérouville Saint-Clair. It has woodland areas, hiking trails and clearings ideal for relaxing and having a picnic. There's also a 2km fitness trail, 3km foothpath network and play area.

Opening times: All year round.

Rates: Free.

### CAPRICE WOOD 🔞 🕸

14880 COLLEVILLE-MONTGOMERY
Tel.: +33 (0) 2 31 57 15 67
milieux\_naturels@calvados.fr
www.calvados.fr/contents/fiches-ens/le-bois-ducaprice.html

This wood with its mysterious name covers over 70 hectares. This is a newly planted forest made up of a wide-ranging mosaic of landscapes and habitats and still bearing the trace of human activity (livestock grazing, forestry, orchards, etc.). The prevailing environment is wet woodlands with species adapted to the presence of water. Car park near the "Petit Bonheur" stadium in Ouistreham and the Saint-Aubin d'Arquenay community centre.

Opening times: All year round.

Rates: Free.

### GRIMBOSQ FOREST 🔞 🕸

14220 GRIMBOSQ Tel.: +33 (0)2 31 75 49 50

devpb@caen.fr

caen.fr/annuaire-equipement/foret-de-grimbosq

Grimbosq Forest (475 hectares) is the gateway to Norman Switzerland and an exceptional site for walks and discove-ries. You can visit it on foot, by bike or on horseback along adapted trails (sports, families, educational discoveries, etc.), and see the forest arboretum, the collection arboretum, the zoo, the Olivet medieval motte and the pet cemetery.

Opening times: All year round.

Rates: Free.





#### **FAMILY OFFER**

#### Try our educational trails:

forest management, water, botanical and wildlife. Visit Forêt de Grimbosq wildlife park: meet the wild boar, deer, stags and bucks that call this 8.5ha forest home. Access from Saint-Laurent-de-Condel car park.

### IFS FOREST 🔞 🕸

14123 IFS

ville-ifs.fr/cadre-de-vie-et-environnement/la-foret

Ifs Forest is an oasis of greenery, ideal for a stroll and recreational activities, and much appreciated by locals. Playgrounds, a fitness trail and a permanent orienteering trail provide moments of relaxation for all ages. A range of activities are organised regularly (easter egg hunt, open-air cinema, heart trail, themed walks, etc.). A marker shows the geographic centre of Calvados.

Opening times: All year round.

Rates: Free.

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#### **FAMILY OFFER**

#### There are three orienteering courses

of varying difficulty in the forest. You can download maps drawn up in partnership with the Ligue de Normandie de Course d'Orientation (Normandy Orienteering Course League).





### GASTRONOMY

In Caen la mer, you can also discover excellent cuisine, to eat in or take away: well-known chefs, fine restaurants, local specialities lovingly prepared by passionate craftsmen and women, mouth-watering markets, gastronomic events... And you can sample the local favourites Teurgoule and pain brié, too.







On any day of the week, you can take a stroll around Caen's markets and enjoy the friendly atmosphere and fine food. Foodies will love the Normandy specialities and the wonderfully fresh fruit and vegetables, fish and seafood.

### Weekend in Caen

Saint-Sauveur Market, Place Saint-

#### **SATURDAY**

#### SUNDAY

### 9n Ouistpeham Riva-Bella

#### **TUESDAYS AND SATURDAYS** Historic center of Ouistreham. 6 or 7 retailers. In the morning.

Place du Marché, 80 retailers. In the

#### SUNDAY

Place du Marché, from 31 March to 27 October. 50 retailers. In the

### Ouistreham fishmarket

Ouistreham harbour, all year round.





# Butchers-Charcutiers

#### **BOUCHERIE-CHARCUTERIE SABOT**

25 boulevard des Alliés - 14000 CAEN Tel.: +33 (0)2 31 93 62 49 boucheriesabot@laposte.net www.boucheriesabot.fr

Three generations of butchers have worked here with a skill and passion that have been rewarded with prestigious prizes. The shop won the Tripière d'Or for the second time in 2010 and serves the best "Tripes à la mode de Caen" in the city, as well as many artisanal products.

Opening times: Tuesday to Saturday, 7am to 7.30pm.



#### LES ACCORDS PARFAITS



17 rue Neuve Saint Jean - 14000 CAEN Tel.: +33 (0)2 31 94 58 03 caen@lesaccordsparfaits.com www.lesaccordsparfaits.com

Near St-Pierre church, come and visit our fine-food store with some prestigious brands: Mariage Frères, Le Palais des Thés, Olivier&Co... Our regional products: Sablés d'Asnelles, L'Atelier du Poissonnier, La Maison du Biscuit... Try our wines, including major vintages, whisky and rum. Plus products from Normandy: vintage Calvados, Pommeau, ciders, jams and biscuits.

Opening times: Monday from 2pm to 7pm, Tuesday to Thursday from 10am to 1pm and 2pm to 7pm, Friday from 10am to 1pm and 2pm to 7:30pm, Saturday from 9:30am to 7:30pm and Sunday from 10am to 1pm.

#### LA BELLE-ILOISE

51 avenue de la Mer - 14150 OUISTREHAM Tel.: +33 (0)2 31 37 98 90 contact@labelleiloise.fr www.labelleiloise.fr

La Belle-iloise is the place to stock up on gourmet canned fish: delicious premium products. Enjoy a complimentary sample every day.

Opening times: see our website.

#### CAVE & METS YVES DONDEL



85 rue Saint Jean - 14000 CAEN Tel.: +33 (0)2 31 93 66 27 yves.dondel@gmail.com cave-mets-uves-dondel.business.site

Yves Dondel, a wine merchant for the past 35 years, and his wife Anne are happy to give you tips about wine and food matches. A wine cellar (90% of the wine comes directly from winemakers) with a large choice of rum, whisky and cognac. Regional products: Calvados, cider, Pommeau, perry. Fine foods: terrines, jam, sweets... Regular themed tastings. Can be reserved for private functions.

Opening times: Tuesday to Saturday from 9:30am to 7:30pm, Sunday from 10am to 1pm.

#### LE COMPTOIR DE MATHILDE



100 boulevard Maréchal Leclerc - 14000 CAEN Tel.: +33 (0)2 31 28 60 42 lecomptoirdemathilde.caen@gmail.com www.lecomptoirdemathilde.com

Le Comptoir de Mathilde is all about produce that looks as good as it tastes and flies the flag for the best in french food. These proud producers take you on a trip down memory lane with childhood treats. Experience a magical and mouth-watering moment at this deli and chocolate shop.

Opening times: Monday from 12pm to 7pm, Tuesday to Saturday from 10am to 7pm.



#### LES COPINES DE LA CÔTE -NORMANDY DELICATESSEN TO EAT

25 rue Edmond Bellin 14780 LION-SUR-MER Tel.: +33 (0)9 86 71 67 32 lescopinesdelacote@gmail.com

A deli devoted to Normandy! Pascale and Florence hand-pick Normandy products made by producers and artisans throughout the region. An introduction to the area, its signature products and the people behind them alongside serving suggestions.

Opening times: July to September: Tuesday to Sunday from 10:30am to 7pm. October to June: Tuesday, Thursday, Friday and Saturday from 10:30am to 2:30pm and from 4pm to 7pm, Sunday from 10:30am to 12:30pm.

#### L'ÉCHOPPE BY CHEF POUDRAS &



Route de Caen Centre Commercial Carrefour Market 14150 OUISTREHAM Tel.: +33 (0)2 31 96 25 75 contact@lechoppepoudras.fr lechoppepoudras.fr

Deli - Casual restaurant - Tableware This lovely deli has sweet and savoury delights for you to eat in or take away with chef's top picks, artisan produce, understated dishes, a wine cellar and caviar.

Opening times: Tuesday to Friday, 10am to 3pm and 4.30pm to 7pm; Saturday, 10am to 7.30pm.

www.caenlamer-tourisme.com www.caenlamer-tourisme.com



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12 Quai Charcot - 14150 OUISTREHAM Tel.: +33 (0)2 31 36 05 05 normandiewine.ouist@orange.fr www.normandie-wine.com

Independent wine merchant with all the best of French and overseas wine, and a wide range of spirits (whisky, rum, Calvados...), beer and cider. We have selected and tasted all our wines to guarantee a high level of quality and great value for money. Did you know? Calvados is Normandy's Cognac and is made from apple juice.

Opening times: every day from 10am to 8pm.



29 rue Guillaume le Conquérant - 14000 CAEN Tel.: +33 (0)9 81 63 90 03 terresderaisin@gmail.com www.terresderaisin.fr

Wine cellar and restaurant. At the foot of the Abbaye-aux-Hommes, enjoy a tasting on the terrace with cheese, charcuterie or vegetarian dishes and a glass of wine in a friendly atmosphere. Selection of wines, ciders, Calvados, beers and spirits direct from the producers. Mainly organic, bio-dynamic and environmentally friendly products with short supply chains.

Opening times: La Cave: Tuesdays and Wednesdays from 10.30am to 1.30pm and from 4pm to 7.30pm, Thursdays and Fridays from 10.30am to 1.30pm and from 4pm to 9pm, Saturdays from 10.30am to 7.30pm. La Cantine: Tuesday to Saturday from 12pm to 2pm. Wine bar: Thursday and Friday from 6pm to 9pm. Tastings and private events: please contact us.





## Chocolate shops

#### **CHOCOLATERIE CHARLOTTE CORDAY**

114 rue Saint Jean 14000 CAEN Tel.: +33 (0)2 31 86 33 25 charlotte@chocolat-corday.fr www.chocolat-corday.fr

Master chocolate makers in Caen since 1910, we use only the best ingredients and all our know-how to make delicious cho-colates: Délices de Mathilde. Pommeau. Bouchons normands. Tuiles au chocolat. macaroons and fruit jellies. 1.000 flavours based around the cocoa bean!

Opening times: Monday from 2pm to 7pm, Tuesday to Saturday from 9am to 7pm.

#### YVER CHOCOLATIER



For 3 generations, Yver Chocolatier has been sharing a passion for chocolate, with refined products made with respect for tradition and quality. You can also explore the wide range of macaroons, biscuits, caramels or marshmallows... Winners of a gold family tradition award and a golden tablet from the Club des Croqueurs de Chocolat in 2017 and 2018.

Opening times: Monday from 2pm to 7pm, Tuesday to Saturday from 10am to 7pm.

# Chocolate shops, Pastry shops & Tea room

#### **ALBAN GUILMET - PÂTISSERIE CHOCOLATERIE**

80 boulevard Yves Guillou - 14000 CAEN Tel.: +33 (0)2 31 28 53 43 info@albanquilmet.fr www.albanguilmet.fr

Shop created in 2011. Pastries, macaroons, bread and Viennese pastries. Birthday and wedding cakes, set pieces. Personalised decorations. Make a beeline for the 2m high chocolate fountain at the back of the shop.

Opening times: Shop: Tuesday to Saturday 8.30am to 7.30pm, Sunday 8.30am to 6.30pm. City centre shop: Tuesday to Saturday, 9.30am to 7pm, Sundays and public holidays, 9.30am to 1pm. Chocolaterie: Tuesday to Friday, 9.30am to 12.30pm and 2.30pm to 7pm, Saturday, 9.30am to 7pm.



### C& CHOUX 🕮 🚨



2 rue Léon Lecornu 14000 CAEN Tel.: +33 (0)9 81 85 09 02 meliseviolette@c-choux.fr c-choux.fr

Cakes & chocolates, made in Normandy. C& Choux, a collection of sweet and savoury ready-to-eat choux buns. 100% artisan production, hand-picked ingredients and innovative creations.

Opening times: Tuesday to Saturday, 10.30am to 1.30pm and 3pm to 7pm. Sundays from 10am to

#### GOURM'HANDI'SES



10 rue de la Fontaine - 14000 CAEN Tel.: +33 (0)2 31 86 43 78 gourmhandises@apaei-caen.org esat.apaei-caen.org

Succumb to the temptation of our delicious traditional chocolates and biscuits, made locally in our workshops. Take a break in the tea room and taste some Gourm'handi'ses treats and the legendary Sablé de Caen, a traditional shortbread biscuit. 100% artisan, 100% community and 100% local products Made In Normandy. Gourm'handi'ses also helps towards the social integration of disabled people. Together, let's change the way people see disability.

Opening times: Tuesday to Saturday from 11:15am to 7pm.

#### TEA ROOM "LES BRIQUES" 😩



8 rue Morel de Than 14780 LION-SUR-MER Tel.: +33 (0)2 61 53 69 09 contact@lesbriques.co lesbriaues.co

Join us in our tea room for local and organic homemade dishes to enjoy on the loungers in the garden or snuggled up on the sofas bu the fireplace. On the menu: freshlu made cakes, hot and cold drinks, crêpes and ice cream sundaes every afternoon. Wednesday and Thursday lunch: single dish. Friday: galette/crêpe night. Sunday: all-you-can-eat brunch and buffet.

Opening times: Tearoom: Wednesdays and Thursdays from 12pm to 7pm, Fridays from 3pm to 10pm, Saturdays from 3pm to 7pm and Sundays from 12pm to 4pm. Coworking: Monday to Saturday, 8am to 7pm.

www.caenlamer-tourisme.com www.caenlamer-tourisme.com



#### **AUX FROMAGES DE FRANCE**

116 rue Saint Jean - 14000 CAEN Tel.: +33 (0)2 31 86 14 53 auxfromagesdefrance@laposte.net

Sylvie and Fabrice are the 4th generation since 1968. They convey their love of authentic and sometimes exclusive produce and ingredients. selected for their high standards, and served to a clientele of food lovers. Alongside a range of almost 130 cheeses are dairy products, poultry, charcuterie and salted meat, fine foods and fine wine.

Opening times: Tuesday to Thursday from 9am to 1pm and from 3:30pm to 7:15pm, Friday and Saturday from 9am to 1pm and from 3pm to

#### FROMAGERIE CONOUÉRANT

12 rue Guillaume le Conquérant - 14000 CAEN Tel.: +33 (0)2 31 08 85 68 fromagerie.conquerant@gmail.com www.fromagerie-conquerant.com

Right at the heart of the historic centre of Caen, a selection of unpasteurised farmhouse cheeses and other delicious fare. For those of you with a sweet tooth, you can take home a delicious Plateau Gourmand des Conquérants made by them. Come and visit them and "talk cheese"!

Opening times: Mondays from 4pm to 7pm, Tuesdays to Saturdays from 9.30am to 1.30pm and from 3pm to 7pm.





#### **TEA ROOM** "LES PETITES DOUCEURS"

13 rue aux Fromages - 14000 CAEN Tel.: +33 (0)2 31 95 65 64 lespetitesdouceurscaen@gmail.com

Enjoy a delicious break with your family or friends in a tea room where everything is made on the premises! You can savour fresh ingredients, savoury tarts, sandwiches, terrines, salads and soups at lunchtime and a wide range of sweet treats such as cupcakes, panna cotta, crumbles, tarts and cheesecakes at any time of day.

Opening times: Tuesday to Friday from 9:30am to 6pm and Saturday from 10am to 6:30pm.

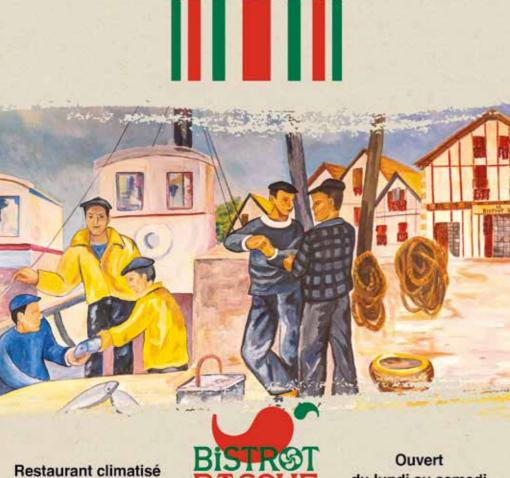
# Takeaway pastries

#### **POPPA PETITS GÂTEAUX**

8 rue Ampère - 14123 CORMELLES-LE-ROYAL Tel.: +33 (0)7 77 96 70 51 contactpoppapetitsgateaux@gmail.com www.poppapetitsgateaux.com

Click & collect cake shop with a selection of homemade treats available on request: local and seasonal produce sourced from regional producers. Poppa Petits Gâteaux's expertise and passion are a recipe for success! We also cater for functions (professional and private).

Opening times: Tuesday to Saturday, 12 noon to 2pm and 4pm to 6.30pm





du lundi au samedi







Patio intérieur

Salle de séminaire

26. Quai Vendeuvre 14000 CAEN Réservation uniquement par téléphone au 02 31 38 21 26





# Organic food shops Local produce

#### BIOCOOP FRÉQUENCE BIO 🕭

35 avenue Henry Chéron - 14000 CAEN Tel.: +33 (0)2 31 77 74 07 contact@frequencebio.fr www.biocoopfrequencebio.fr

Here, a warm welcome is guaranteed! Here you can find over 6,000 organic items (groceries, fresh foods, seasonal fruit and vegetables, local bread, delicatessen, organic cosmetics, food supplements, vegan food, gluten-free and salt-free items), over 200 assorted items, over 600 local products and over 150 local partners... and not forgetting 100% organic charcuterie prepared on the premises and a traditional organic butcher's. Daily deliveries of fresh and local breads and vegetables.

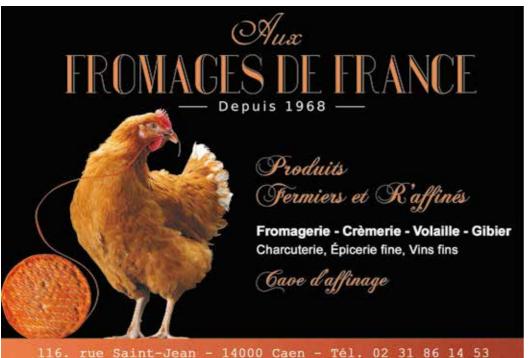
Opening times: Monday to Saturday from 9:30am to 7pm.

### L'ATELIER DU BISCUIT

11 rue des Métiers 14940 SANNERVILLE Tel.: +33 (0)2 31 39 12 18 contact@atelierdubiscuit.fr www.atelierdubiscuit.fr

Since 1992, your Artisan Biscuit Maker. a family firm, has been putting traditional skills to work on behalf of taste and conviviality. Our secret? High-quality . 100% natural ingredients (no preservatives or additives), carefully developed recipes, respect for cooking times and preserved flavours. Our best advertisment is our tasty products, so we always welcome visitors to Sannerville in Normandu.

Opening times: Monday to Saturday from 9:30am to 7pm and Sunday from 11am to 7pm.





#### BISCUITERIE LA FOURNÉE DES DÉLICES

2 avenue de la Côte de Nacre - 14970 BENOUVILLE Tel.: +33 (0)2 31 99 12 42 contact@biscuiterie-lafourneedesdelices.com www.biscuiterie-lafourneedesdelices.com

Traditional skills and a 100% family biscuit maker. Tasty treats reflecting the know-how of Philippe and Françoise, now joined by their son, Kevin. Products made with local ingredients and without additives. Their speciality: the Sablénouville, made from Isigny AOP butter, a light and crumbly shortbread biscuit to enjoy without moderation (100% organic available).

Opening times: Monday from 2pm to 7pm, Tuesday to Friday from 9:30am to 12:30pm and from 2pm to 6:30pm, closed at 6pm on Saturday.

#### BISCUITERIE JEANNETTE 🕮 😉



23 avenue du Paus de Caen - 14460 COLOMBELLES Tel.: +33 (0)2 31 70 81 00 conso@jeannette1850.com www.ieannette1850.com

Since 1850. Jeannette has been making artisanal pure butter madeleines with no artificial preser-vatives. Both plain and flavoured madeleines for all tastes and occasions. Jeannette has been awarded the EPV (Entreprise du Patrimoine Vivant) label. Sales online or from the workshop store in Colombelles. Two points of sale in Caen town centre.

Opening times: Monday to Saturday, 10am to 7pm. Guided tours: Tuesdays and Thursdays at 10am, by prior arrangement.

Rates: Free admission. Guided tour: €2.50 per person (free in July and August).

#### CALVADOS PÈRE MAGLOIRE, L'EXPÉRIENCE

www.calvados-experience.com





Route de Trouville - 14130 PONT-L'EVEQUE Tel.: +33 (0)2 31 64 30 31 commercial@calvados-experience.com

An immersive sensory experience you won't find anywhere else in France that whisks visitors back through Normandy's history and introduces them to Calvados making. A whole host of special effects brings the process of making apples into brandy to life in 7 eye-opening and exciting rooms. An adventure for children and adults in French, English, Spanish, Italian, German, Chinese, Japanese and Russian.

Opening times: 09/02 to 17/03: daily from 10am to 6pm (last visit at 4.45pm). From 18/03 to 31/12: daily from 10am to 7pm (last visit at 5.45pm).

Rates: Adults: €14.50, Children (aged 12-17): €6. Free: -Under 12s. Students: €9.50. Family Pass: €35.

#### **CALVADOS PIERRE HUET**

5 avenue des Tilleuls - 14340 CAMBREMER Tel.: +33 (0)2 31 63 01 09 calvados.pierre.huet@wanadoo.fr www.calvados-huet.com

Visit the Calvados Pierre Huet distillery, manor and orchard on the cider route between Caen and Lisieux. The Huet distillery is a family business founded in 1865 in a traditional Pays d'Auge set-up. Join a guided tour to learn about different types of apple tree, how calvados, cider, pommeau and apple juice are made, how stills work and more. End your all-encompassing tour on a high with a tasting.

Opening times: Monday to Saturday, 9am to 12.30pm and 2pm to 6pm. Open on Sundays and public holidays from April to September from 10am to 1pm and from 3pm to 6pm.

Rates: €3.50. Free for children under 15.





## COMPTOIR DES NORMANDIES & &

94 avenue de la Mer - 14150 OUISTREHAM Tel.: +33 (0)2 31 80 30 26 arnaudhalis@yahoo.fr www.le-comptoir-des-normandies.fr

A wide range of Normandy products: food, drinks, textiles, tableware, stationery... Distributors for Heula, a Normandy brand that is never lacking in humour. Teurgoule dishes, flags, biscuits, caramels, cider, Pommeau, Calvados...

Opening times: Tuesday to Saturday from 10am to 12:30pm and from 2:30pm to 6:30pm. Open on Sundays in July and August. Closed the last 3 weeks of January, one week in March, June and early October.

## LES COUSINS - LOCAL & FRIENDLY GROCERY SHOP

22 rue Froide - 14000 CAEN Tel.: +33 (0)9 86 49 76 33 contact@lescousins-epicerie.fr www.lescousins-epicerie.fr

Get a warm welcome at Alice & Brice's friendly local deli in Caen old town. Seasonal fruit and vegetables, meat, cheese, dried goods, sweet treats, drinks, deli produce and more: a premium selection of local and artisan products straight from the producers! The perfect place for a top-up shop, pre-dinner nibbles or foodie souvenirs!

**Opening times:** Tuesday to Saturday from 9:30am to 7:30pm.

#### LA FABRIQUE À BISCUITS

Avenue de Normandie - 14600 HONFLEUR Tel.: +33 (0)9 62 65 76 16 contact@lafabriqueabiscuits.fr www.lafabriqueabiscuits.fr

A huge shop and manufacturing workshop combined, in a wonderful 1950s decor. Visitors are greeted by characters telling the story of their first meeting. Biscuits (shortbread, financiers, macar'Honfleur), truffles and "our butters made from..." (salted butter, chocolate and praline caramel). Fine-food products, cider, juice and local jam. Freshly baked madeleines on sale every day at 4:30 pm.

Opening times: every day from 10am to 7pm.

## LA FERME DE BILLY

29 bis rue de l'Eglise Saint-Ouen - 14980 ROTS Tel.: +33 (0)2 31 26 28 53 contact@ferme-de-billy.com www.ferme-de-billy.com

Growing apples and making cider for 5 generations: cider works, Calvados distillery, direct sales from the farm and brunch. Drinks mainly made from cider apples: apple juice, cider, ice cider, Normandy Pommeau and Calvados. And all in a country setting open to visitors (admission free). Come and see the orchards, the woods and the 13th century chapel.

**Opening times:** shop: Tuesday to Friday, 10am to 12.30pm and 2pm to 5.30pm, Saturday and Sunday, 10am to 5.30pm. Le Brunch de Billy: see website.

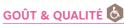


## FERME DU LOTEROT

Ferme du Loterot 387 route de la liberté 14240 CAHAGNES Tel.: +33 (0)2 31 77 57 27 contact@loterot.com www.loterot.com

Artisan spirit makers since 1986! Come and visit the liquorist's workshop and unique cellar with an introduction to the specialities made on-site: real Crème de Calvados®, flavoured calvados such as Le 44, La Fée Bleue, 1066, NorSud and calvados-based spirits and cocktails. And also the traditional: apple juice, cider and Calvados.

Opening times: March to December: Monday to Saturday from 10am to 5pm. School holidays: every day from 10am to 6pm. Out of season: by appointment.



24 rue du Long Douet 14760 BRETTEVILLE-SUR-ODON Tel.: +33 (0)2 31 06 17 36 contact@goutetqualite.com goutetqualite.fr

Farmhouse mini-market using short food supply chains with products direct from local farmers and companies in Normandy. The shop's charter is to highlight local farmers and to provide better, seasonal food and a wide range of products. Traditional butcher's section (meat cut and prepared on the premises). A wide range of Normandy beers, Calvados, cider, perry... cheese and charcuterie specialities.

**Opening times:** Tuesday to Saturday from 9.30am to 7pm

## MADE IN CALVADOS 🕸 🕒

12 rue Saint Pierre - 14000 CAEN Tel.: +33 (0)2 31 71 09 59 boutique@madeincalvados.com madeincalvados.com

Over 350 products made in France with a selection of biscuits, toffees and teurgoule (Normandy's signature rice pudding). Your foodie adventure switches to savoury with tripe, pommeau or apple pâté. All washed down with cider, perry, Pommeau, beer and of course. Calvados.

Opening times: Monday to Saturday, 10am to 7pm.



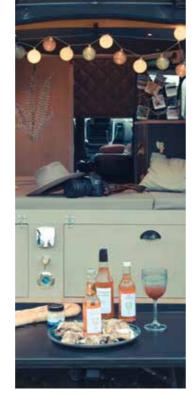




where we have fun

## **DISCOVERY**

A territory rich in offers of all kinds to spice up or facilitate your stay. You can imagine new concepts for your leisure and outings, be attentive to your needs, these are the objectives of the men and women who make Caen la mer an attractive space where it is good to live or stay.





## **LEISURE**

# Must-visit

## 







Route de Caumont - 14652 CARPIQUET Tel.: +33 (0)2 31 75 04 04 festyland@festyland.com www.festuland.com

Normandy's biggest theme park gives you a thrilling family outing where Normandy's history and geography collide. From the Carrousel des Arts and 1066 to the west's biggest rollercoaster, Spirit of Conqueror; all ages are in their element at Festyland.

Opening times: 06/04 to 05/07: Wednesdays, weekends, public holidays and zone B school holidays from 10.30am to 6pm.

From 06/07 to 31/08: daily from 10am to 6.30pm. In September: weekends from 10.30am to 6pm. Rates: Adults and children aged 12 and over:

Children under 12: €20.50 (reduced rates on booking.caenlamer-tourisme.fr or at Caen la mer Tourist Office reception desks).

Children under 95 cm: free. Seniors over 60: €20.50. Festypass subscription: €65.

HappyFesty birthday: €190.

#### **FAMILY PASS**

Calling all pipates: Adventure awaits in

Knaken! Head to the village on a guest to find its 6 sea monsters. Budding adventurers jump, climb and uncover secret passageways and hidey-holes at our unique new pirate village!

New for 2024: Befrøst





# Leisure centre

## THURY PLEIN AIR 🕮 🚯 🕸 🕭 💆









22 impasse des Lavandières 14220 THURY-HARCOURT-LE-HOM Tel.: +33 (0)2 31 79 40 59

contact@thurupleinair.fr - www.thurupleinair.fr

Thury Plein Air is a year-round outdoor sports centre that brings you classes and rentals for the general public and groups deep in Suisse Normande. Canoe or kayak down the Orne to unearth Normandy's hidden gems. There are 4 trails between 7 and 15km to choose from with 1-5 hr outings. Regular and giant stand-up paddles, e-bikes, bikes, mountain bikes and hybrid bikes available to hire.

Opening times: July - August: daily, 9am to 7pm. April, May, June, September: daily from 9am to 6pm. October - March: Monday to Friday 10am-12pm / 2pm-5pm. Depending on safety conditions and the navigability of the Orne.

Rates: details on the website.

# Well-being

#### **UNI-SENS - SOUND THERAPY**

82 avenue de Thiès Bâtiment D - 14000 CAFN Tel.: +33 (0)6 18 32 68 97

contact@uni-sens.com - www.uni-sens.com

Take time out for some R&R with Uni-Sens: give yourself a break from the stress of everyday life and focus on your wellbeing. Our unique sensory experience completely immerses you in the world of sound and vibration. Sound healing (music therapy) uses a range of techniques with rhythmic vibrations from musical instruments.

Opening times: Booking schedules available on the





# Quipky experiences

# RETRO TOUR NORMANDY SIDE-CAR RIDE

Rue Saint-Jean 14400 BAYEUX Tel.: +33 (0)7 87 00 11 79 contact-ndy@retro-tour.com www.retro-tour.com/normandie

Retro Road Normand brings you a unique experience taking you back in time on a tour of Normandy! A road book introduces you to the region's best spots in a legendary Renault 4L or on a moped... Could you get any more French?! Apple juice, cider, pommeau, Calvados and craft beer available to buy.

Geopend: All year round from 10am to 6pm. Rates: Between €99 and €619 depending on the tour chosen and the number of participants.

# HÉLI EVÉNEMENTS HELICOPTER FLIGHTS

Route de Caumont 14650 CARPIQUET Tel.: +33 (0)2 35 80 94 16 axelle@helievenements.com www.helievenements.com

Take to the skies with the helicopter company that's been specialising in the Normandy region for 15 years with a wide range of things to do: soar over the D-Day Beaches, Pointe du Hoc, Mont-St-Michel, Etretat Cliffs, Boucles De La Seine and abbeys. Reservation possible at Caen la mer Tourist Information. Flights subject to schedule. Customised flights available.

Geopend: All year round.

Rates: Ouistreham & Pegasus Bridge (20 mins): €169. D-Day Beaches (30 mins): €239.

## NORMANDY TIME RIDERS SIDECAR EXCURSIONS

Tel.: +33 (0)6 77 14 05 14 sales@NormandyTimeRiders.com

It's time for an unforgettable adventure! Explore Normandy's iconic D-Day sites in a vintage sidecar. Relive history with our passionate guides on our tours: "The Red Badge of Courage" (2 hr), "D-Day: June 6, 1944" (4 hr) and "The Longest Day" (6 hr). Drink in beautiful Omaha Beach, Normandy American Cemetery in Colleville sur Mer and so much more. Round the experience off with an optional cider tasting.

Rates: "The Red Badge of Courage" (2h): €199. "D-Day: June 6, 1944" (4h): €359. "The longest day" (6 hours): €449. Equipment provided (helmets, gloves, wind and rain protection, etc.). 1 rider and 2 passengers per sidecar.

## WILL BEE CAEN BULLSTER RIDES

2 rue d'Auge 14000 CAEN Tel.: +33 (0)6 59 58 61 78 contact@willbee.fr - www.willbee.fr

See another side to Normandy on our bullster rides! There's a wide range of routes to explore our beautiful region, soaking up the kind of landscapes only Mother Nature could conjure between the sea and country-

Opening times: Tuesday to Saturday, 10am to 7pm. Rates: Between €35 and €105 depending on the tour chosen.





# Sports facilities

## 



RD60 - Le Vallon - 14112 BIEVILLE-BEUVILLE Tel.: +33 (0)2 31 94 72 09

contact@golf-caenlamer.fr - golf-caenlamer.fr

2 courses and 27 greens on a 92-hectare estate on the outskirts of Caen. The two courses, designed by Fred Hawtree, make for a magnificent golfing experience. The golfing challenge for beginners and experts is perfectly adapted to the hills and slopes. The 27 greens on the estate are a chance to perfect your game before rounding off the day on the panoramic restaurant terrace.

Opening times: daily from 01/04 to 30/09 from 8am to 7pm. From 01/03 to 31/03 and from 01/10 to 31/10 from 8.30am to 6.30pm. From 01/02 to 29/02 and from 01/11 to 30/11 from 8.30am to 6pm. From 01/12 to 31/01 from 8.30am to

Rates: High season (01/04 to 31/10/2024) : 18-hole green fee: €68. 9-hole green fee: €44. Low season (from 01/01 to 31/03/2024 and from 01/11 to 31/12/2024): 18-hole green fee: €49. 9-hole green fee: €37.





8 rue Jean de la Varende - 14000 CAEN Tel.: +33 (0)2 31 30 47 40 patinoire.caenlamer@caenlamer.fr caenlamer.fr/la-patinoire-de-Caen la mer

Visit the Olympic ice rink's 1800m<sup>2</sup> piste from September to June in the city centre next to Eugène Maës Aquatics Centre. There's a whole host of frozen fun for everyone: skating lessons for all abilities, entertain-ment, theme nights... The ice rink also

provides disabled access throughout the site.

Opening times: School holidaus: Tuesdaus and Fridays from 9.30pm to 11.30pm, Wednesdays from 2pm to 4.15pm, Thursdays from 2pm to 4pm and from 9.30pm to 11.30pm, Saturdays from 2.15pm to 4.45pm, Sundays from 10.15am to 12.15pm and from 3.15pm to 5.45pm.

School holidays Zone B: Mondays from 10am to 12pm and from 2pm to 4.45pm, Tuesdays from 10am to 12pm, from 2pm to 4.45pm and from 9.30pm to 11.30pm, Wednesdays from 2pm to 4.30pm, Thursdays and Fridays from 10am to 12pm, from 2pm to 4.45pm and from 9.30pm to 11.30pm, Saturdaus from 2.15pm to 4.45pm. Sundays from 10.15am to 12.15pm and from 3.15pm to 5.45pm.



Closed on 01/01, 01/05, 01/11, 25/12, in July and August and on Caen Drakkars match days. Rates: Adult: €4.30. Adult + skate hire: €4.30 from 02/05 to 30/09 - €8.50 from 01/10 to 30/04. Reduced rate (under 18s, students, large families, jobseekers, disabled people, sports associations and works councils): €3.30.

Reduced rate + skate hire: €3.30 from 02/05 to 30/09 - €7.50 from 01/10 to 30/04.

10-admission adult pass: €27.70.

Concessionary 10-ticket pass: 14,80 €. Family rate + skate hire: 2 adults + 2 children under 18 OR 1 adult + 3 children under 18: €25.30.

1 skate rental: €4.20 / 10 skate rentals: €36.80

**FAMILY PASS** 

Special family Sunday mornings!

The ice rink has a play area for under 7s and fun for the rest of the family (unlimited entry), 10:15am-12:15pm.

## AQUABELLA SWIMMING POOL 6



Esplanade Alexandre Lofi - 14150 OUISTREHAM Tel.: +33 (0)9 71 00 49 36

contact@piscine-aquabella.fr - piscine-aquabella.fr

The Aquabella pool is next to the beach and equipped with a large swimming pool, a solarium and an outdoor water slide (70 m long) to amuse all ages, plus a bubble bench and swan's neck jets for a relaxing experience. A wide range of water activities if you want to get in shape, rise to a challenge or just take it easy.

Opening: Reopening on 24/02. Opening times can be consulted on the website.



**Rates:** Children (aged 3-14): €5.80 / €6.80. Adult (+15 years): €6.60 / €7.60.

Free for children under 3, Familu Pass (2 adults + 2 children or 1 adult + 3 children): €22 / €26.

1 AquaSport session: €16.

Children's swimming course: €62.50. Detailed prices available on the website"

#### CAEN LA MER SWIMMING POOL

caenlamer.fr

The city of Caen has several family-friendly pools with varied activities (depending on the pool): swimming, aquabiking, aquagym, baby swimming lessons, getting used to the water, aquaphobia course, swimming lessons...

4 pools to choose from:

== 12 Boulevard Yves Guillou - 14000 Caen Tél. 02 31 30 47 47

piscine.stadenautique@caenlamer.fr

42 rue de Champagne - 14000 Caen Tél. 02 31 73 08 79 piscine.cheminvert@caenlamer.fr

- GRÂCE DE DIEU SWIMMING POOL 60 avenue Père Charles de Foucauld - 14000 Caen

piscine.gracededieu@caenlamer.fr

Tél. 02 31 52 19 78

- MONTMORENCY SWIMMING POOL

16 rue de Bouvines - 14200 Hérouville Saint-Clair

piscine.montmorency@caenlamer.fr



## **EUGÈNE MAËS** WATER SPORTS STADIUM

12 boulevard Yves Guillou - 14000 CAEN Tel.: +33 (0)2 31 30 47 47 piscine.stadenautique@caenlamer.fr www.caenlamer.fr/stade-nautique-eugene-maes-caen

Eugène Maës Aquatics Centre provides a whole host of things to do and one-on-one and group swimming lessons in a renovated centre in the heart of the city. The centre has an outdoor 50m Olympic pool, 25m indoor pool and hall for fun-filled and educational activities with two medium-depth pools, a paddling pool and large south-facing solarium.

Opening times: All year round, 7 days a week. Opening times vary depending on the day and the pool, please consult the website. Closed on 01/01, 01/05, 01/11 and 25/12. Closed to the public during sporting competitions.

Rates: Full: €5. Reduced (under 18s, students, unemployed, disabled): €3.50.

10 tickets Full: €40.

10 tickets Reduced (under 18s, students, large families, jobseekers, disabled persons, works council): €28.

Children under 5: free. Rechargeable pool card: €5

Nominative quarterly season ticket: €80.

#### **GYMNASIUM - ACCROSPORT CAEN** LES RIVES DE L'ORNE

13 esplanade Léopold-Sedar-Senghor Les Rives de l'Orne - 14000 CAEN Tel.: +33 (0)2 31 82 73 23

asc@accrosport.fr - accrosport.com/clubs/caen

The gym at Les Rives de l'Orne is open all week. There are 3 studios (aerobics, cycling and functional training), a strength area, cardio area and street workout areas so you can enjoy your workout. Be Strong, Be Accro!

Opening times: All year round, 7 days a week.





## **FAMILY PASS**

A pony trek has launched to introduce children to riding and make them feel comfortable in the saddle. You can join your child by the Ouistreham dunes with a cute and quiet ponu.

# Horse riding

## **DAVID AÏSSA EQUESTRIAN** CENTRE OF OUISTREHAM 60 6

12 route de Caen 14150 OUISTREHAM Tel.: +33 (0)2 31 96 41 41 contact@centreequestre-ouistreham.com www.centreequestre-ouistreham.com

Courses for all, from baby pony to competition riding, during the school holidays. Rides on the beach and through the woods. During the year, you can ride in all seasons in our training ring and indoor manege. A dynamic and experienced team for rides or competi-tions. Rides for all with direct access to the beach from our annexe site, L'Etrier de la Plage. Learning trail in the dunes.

### **EQUESTRIAN CENTRE** L'ÉTRIER DE LA PLAGE 👫

Boulevard Maritime 14150 OUISTREHAM Tel.: +33 (0)2 31 96 69 51 contact@centreequestre-ouistreham.com www.centreeguestre-ouistreham.com

Want to ride a horse on the shores of the Channel? At L'Étrier de la Plage on the seafront, you can enjoy a ride on the magni-ficent Ouistreham beach. For all ages and all levels. Beach horse ride (1 or 2 hrs). Beginner's lessons. Handheld pony rides for toddlers. Groups welcome.

Opening times: During school holidays, weekends and bank holidays. For opening times and bookings, please telephone.

Rates: Walk (1 hour): €41 - Initiation (30 minutes): €28 (subject to change).

# Escape Game

## ATOME GAME

27 ter rue du Marais - 14000 CAEN Tel.: +33 (0)6 50 85 06 77 contact@atomegame.com www.atome-game-escape-caen.fr

Atome Game is an escape room in Caen that won at the 2019 Escape Game Awards for the Normandy region. It has 2 escape rooms: underground poker games play out in the bar-style "Poker Room" whilst "The Forgotten Lab" whisks you back in time to an alchemist's 16th century lab. A third room, "The Retro Game" we recovered a cartridge of an old Atari video game...

Opening times: Tuesday to Sunday.

Rates: From €20 per person, depending on the number of players (up to 6 players per room).

## **B.R.A.I.N ESCAPE** & QUIZ GAME CAEN 🕮 @



41 bis rue Pasteur - ZAC de Calix 14120 MONDEVILLE Tel.: +33 (0)6 31 46 93 22 brain.caen@gmail.com www.brain-escapegame-caen.fr

Experience an extraordinary adventure in teams. Locked in a room, you have 60 minutes to collect as many clues as possible, solve riddles and foil the plot. A phobia room, reserved for expert players, and a room on the theme of the 80's "Back to the 80's". The latest concept in vogue: the Quiz Game! Come and compete on a TV set, each with his own desk, buzzers, jokers, a Burger Quiz atmosphere and off you go!

Opening times: daily from 10.30am to 11pm. Rates: 6 escape game rooms, 4 scenarios and 1 "Buzz Your Brain" quiz game.

Decreasing rates depending on the number of people: Escape game (Rate excl. VAT/group) - from 2 to 5 players: from 72 to 105€.

Escape game (price only available from Caen la mer Tourist Office) - 2 to 5 players: from €64.80 to

Buzz Your brain Quiz Game (price excl. VAT/person) - 4 to 16 players: from €15/person to €21/person.

### PANDA MOTION 🔠 🙄



Tel.: +33 (0)6 15 29 99 54 pandamotion@outlook.fr pandamotion-location-visite.fr

Take part in our outdoor escape games and exciting guided tours to explore the region: historical mysteries in the streets of Caen, Deauville and D-Day beaches, dramatised tours with guides in costume, treasure hunts in Normandy's countryside and more. Everything we do is eco-friendly and made in Normandy! We've won the Best Experience in Normandy award on TripAdvisor: over 500 5\* reviews!

Opening times: Daily, all year round, by prior arrangement.

Rates: From €9.90 per person.

#### **FAMILY PASS**



Explore our packages and choose your exciting family day out. Our fun-filled adventures are suitable for over 8s.

## GET OUT CAEN! 🕮 🚯





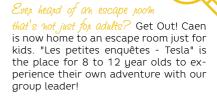
15 rue Chanoine-Xavier-de-Saint-Pol - 14000 CAEN Tel.: +33 (0)2 31 23 69 73 caen@getout.fr - caen.getout.fr

Get Out Caen is a centre with 4 escape rooms and the perfect place to put your skills to the test. You and your team of 2-6 have 60 minutes to solve the mystery and escape your room. Urban Challenge: a scavenger hunt in Caen old town. A smart blend of riddles, challenges and orientee-ring: get your team of 2-5 players together and beat the competition! Up to 10 teams at the same time.

Opening times: All year round, Monday to Saturday from 9.30am to 11pm, and Sunday from 9.30am to 6.30pm.

Rates: Escape Game room: from €25 to €37 per person (price depends on the number of players teams of 2 to 6 players). Les petits piRates: €20 per person (5 to 8 children) + possibility of birthday snacks. Urban Challenge - Le Jardin Secret: €50 per team (teams of 2 to 4 players).

#### **FAMILY PASS**



## LOCK QUEST 🕮

6 chemin de Lamballard 14760 BRETTEVILLE-SUR-ODON Tel.: +33 (0)7 82 42 47 16 contact@lockquest.fr www.lockquest.fr

1 team, 1 room, 1 hour to get out... A combi-nation of objects to find, puzzles to solve, mechanisms and locks to open and plenty of surprises to experience in an incredible setting. Each set-up whisks you away to a different country: Peru, Japan or Egypt, where are you heading? Padquest techno-logy gives you the chance to interact with Caen landmarks on scavenger hunts.

Opening times: Tuesday to Sunday. Also open on Mondays during school holidays. Rates: 2 people: €76. 3 people: €87. 4 people: €105 5 people: 115 €.





# Role playing games

#### **MURDER PARTY** PETITS MEURTRES ENTRE AMIS

149 rue de la Délivrande - 14000 CAEN Tel.: +33 (0)6 41 10 19 10 contact@pmea.frpmea.fr

Dive into the murder mystery and work out the killer's identity in this whodunnit! Whether it be a life-size Cluedo (6-12 players), a mega mystery where teams have to solve the murder case (from 15 players), a hunt for clues in the city or a quirky tour of central Caen, unleash your inner Sherlock Holmes or Miss Marple and join our investigation!

#### **FAMILY PASS**

Spend quality time together and get our investigation

kits delivered at home! Several options available, full information on:

www.petitsmeurtresentreamis.com

## SENSAS CAEN 👪 🕭

4 bis rue de la Cotonnière - 14000 CAEN Tel.: +33 (0)9 83 89 70 67 contact-caen@sensas.top caen.sensas.top

This sensational experience is totally unique in the Caen region! Have fun on this amazing family-friendly experience that puts all your senses to the test. Spend 2 hours in a team of 4-15 people exploring 200 square metres of workshops in almost pitch black and... face your fears! With family, friends or workmates... Thrills, spills and belly laughs quaranteed!

Opening times: Tuesday to Sunday, 9.45am to 9pm by prior arrangement.

Rates: Adults €30 - Children (7-12yrs) €26 - Adolescents (+13yrs) €28 - Students with card €28.

# Bicycle and gyro-pod hire

## COM'ON GYRO 🍪 📾





39 avenue du 6 Juin - 14000 CAEN Tel.: +33 (0)6 82 25 19 38

comongyro@icloud.com - www.comongyro.fr

Segway tours of Caen. A fun day out and something unique in Normandy! After a guick lesson getting to grips with your segway, you can set off to visit the city. You can have your gyropod, scooter or electric bike delivered to the Caen la mer Tourist Office or to your place of holiday or residence in Normandy. For ages 12 and over.

Opening times: Monday to Saturday, 10am to 12.30pm and 2pm to 6pm by prior arrangement. Rates: Discovery (60 mins): €25. Gourmet Tour (120 mins); €45, Grand Tour (90 mins); €32, Bikes from €12/hour



## JUNO VÉLO 🕸 👜





20 route de Langrune 14750 SAINT-AUBIN-SUR-MER Tel.: +33 (0)6 52 82 97 65

junovelo.ouibike@gmail.com - junovelo.ouibike.net

Do you want to rent a bike and have it delivered to your holiday home or campsite entrance? Choose home delivery: pick your bikes on our website, book and request delivery (NB: delivery slots fill up fast!). We have a wide range of models and accessories: e-bikes, adult bikes (hybrid, mountain, city), trailers, child seats, helmets, carriers and

Opening times: open every day in season - closed on Mondays out of season - delivery from 8.00 am to 7.30 pm



#### **BIKE HIRE IN LION-SUR-MER**

32 rue Edmond Bellin 14780 LION-SUR-MER Tel.: +33 (0)2 61 53 60 02 ouistreham@caenlamer-tourisme.fr

Put pedal to the metal, explore Caen la mer and go with the flow in the fresh air! We provide day and half-day bike hire from Lionsur-Mer Tourist Information (peak season). All bookings require a deposit.

Opening times: 06/04 to 29/09, April, May, June. September: Saturdays, Sundays and Mondays from 10.30am to 12.30pm and from 2.30pm to 6pm. From 06/07 to 31/08: daily from 10.30am to 12.30pm and from 2pm to 6.30pm.

Rates: €9 for half a day. 14 for a full day.

## ROULEZ JEUNESSE LEISURE 🕸 👶 💷





150 rue Saint-Jean 14000 CAEN Tel.: +33 (0)6 98 33 88 40 contact@roulezjeunesse.bike roulezjeunesse.bike

Roulez JEUnesse Loisirs provides e-bike and specialist bike hire. It has a wide range of Arcade Cycles (hybrid, MTB, electric, tandem, children's, tag-alongs, trailers, child seats) and Van Raam bikes for (suitable for wheelchair users), seniors and disabled cyclists. Delivery and collection available to book. Approved by "Accueil Vélo".

Opening times: From 12/02 to 5/04, Wednesday to Sunday, 10.30am to 12pm and 2pm to 5pm.

From 6/04 to 30/06, Tuesday to Sunday, 10am to 12pm and 2pm to 6pm.

In July and August, daily from 9.30am to 12.30pm and from 2pm to 7pm.

Rates: €5 to €15 per bike, depending on distance and number of bikes.

## NORMANDY BIKE





9 rue Gaston Lavalleu 14000 CAEN

Tel.: +33 (0)6 69 27 50 83 normandy.bike@gmail.com www.normandubike.fr

Normandy Bike is a small Normandy business specialising in short-term rentals for motor-bikes, scooters and accessories. We provide safety equipment (helmets, gloves etc.) and insurance to keep you safe and sound. Online booking makes eve-rything guick and easy so what are you waiting for? Book and enjoy!

Opening times: Monday to Saturday (except Wednesday and Monday mornings) from 10am to 12pm and from 2pm to 6pm. Wednesday and Monday mornings: by appointment only. Syndays. from June to September: from 9am to 10am and from 6pm to 7pm by appointment only.

Rates: Electric bike: from €39/dau. Exercise bike: from €17/day.

#### **WILL BEE CAEN**

2 rue d'Auge 14000 CAEN Tel.: +33 (0)6 59 58 61 78 contact@willbee.fr www.willbee.fr

Will Bee Caen sells and rents out all kinds of bikes, accessories and scooters from regular bikes to e-bikes to explore Caen, the coast or venture inland to explore the Paus d'Auge.

Opening times: Tuesday to Saturday, 10am to 7pm. Rates: 1 hour: €8. 1/2 day: €10. Full day: €15.











# Covered recreational park

### **E-SPORT CENTRE** TEAM FACTORY 👪 🕭

195 rue Saint Jean - 14000 CAEN Tel.: +33 (0)9 83 29 73 69 tfcaen@gmail.com - www.teamfactory-france.fr

Challenge yourself or friends at the E-sport centre! This centre has 2 player vibes (cyber or medieval tavern) with 20 powerful computers and the biggest games on the market (Fortnite, Lol, Dota and many more). Drinks available to buy on-site. Here you can play Quake3, Unreal Tournament 2004, Warcraft3 and Counter-Strike 1.6

Rates: 1 hour: €5. 5h = 20€. 10h : 35€. 20h : 60€. Day pass: €30 | Week pass: €90 | Weekend pass: €50. Sunday Pass: €15 to €25 per day. Evening Pass: Sunday to Wednesday (7pm-11pm): €15. Thursdau (7pm-00am): €20 + 1 free drink, Fridau (7pm-1am) €25 + 1 complimentary drink. Saturday (7pm-3am) €25 + 1 free drink.

#### DISTRICT 14 - NINJA COURSE 👪 🕭



Parc Evasion - Les Carandes (site de Decathlon) 14120 MONDEVILLE Tel.: +33 (0)7 49 78 48 68

caen.district14@gmail.com - www.district14ninja.com

District 14 brings action-packed fun to children aged 5 and over and adults. The structures are inspired by the Ninja Warrior TV programme and get harder so there's something for every ability. We provide classes for children and adults plus holiday clubs for Ninja Kids. Groups welcome: birthdays, companies, schools etc.

Opening times: Detailed opening times on the

Rates: Adults (1 hour): €15. Under 18s and students (1 hour): €12, 10-session pass; Adults 120€ | Under-18s and students 100€. Child Ninja Course Subscription, Ninia School: 1 class per week + 1 free entry for children under 12 (ninja kids course): 259€ /uear. Performance section from age 12: 2 lessons a week + unlimited access to the course: €39/month. Birthday package (minimum 8 children): 1? hours on the course, 30 minutes snack, syrups provided: €13 per child.

#### **FAMILY PASS**

Over 5s can have fun with the family at a Chinia Kids area. The Ninja School provides year-round classes or holiday clubs for children.

#### **AXE THROWING** TAVERNE LE VALHALLA

992 route de Falaise 14123 IFS Tel.: +33 (0)7 83 37 01 70 contact@levalhalla.fr www.levalhalla.fr

Welcome to Valhalla, the 1st Tavern in France with axe throwing! It's high time for you to change your mind about bars. Come to Valhalla, throw axes at a target and enjoy a drink or a spot of feasting. After a lesson with one of our axe-throwers, it will be your turn to aim an axe at the bullseye.

Opening times: Wednesdays and Thursdays from 5pm to midnight, Fridays from 5pm to 1am, Saturdays from 11am to 1am.

Rates: Axe throwing: from €5 per person for 30 minutes of axe throwing with 5 people, €5 supplements for a 6th person. From €7 per person for 1 hour of 5-person throwing, €7 extra for a 6th



## LE GIRAFOU 🕮 🚯 🚨







ZA Clos de la Hogue Zone d'activité de Bénouville - 14970 BENOUVILLE Tel.: +33 (0)2 31 53 72 68 contact@girafou.com - www.girafou.com

An indoor games and leisure area covering 1,300 m<sup>2</sup>: a giant multi-games module, a ball pit, slides, giant bouncy castles, go-kart track, monorail (to fly through the park), children's cinema, mini disco for children, kids' area... for ages 2 to 12 (an adult must be present at all times). Please note that socks must be worn to access the games.

Opening times: All year round, Wednesday, Saturday, Sunday and public holidays from 10am

School holidays Zone B (Normandy): daily from 10am to 7pm. Zone C (Paris): Wednesday to Sunday, 10am to 7pm.

Rates: 2-12 years: €10.50. -2 years: €4. Accompanying adult + 1 complimentary hot drink: €2.

#### **FAMILY PASS**

The perfect place to celebrate your birthday! Children can meet Girafou the mascot on Saturdays and during half term.



## ROYAL KIDS 🛗

284 rue Marie Curie ZI de la Sphère - 14200 HEROUVILLE-SAINT-CLAIR Tel.: +33 (0)2 31 54 09 09 caennord@royalkids.fr www.roualkids.fr/parcs/caen

Royal kids is a colourful castle filled with incredible games (covering 1,000 m2) for children aged 0 to 12. Features include a giant maze with tubes, a zip-line, swings and a dance floor. And for the most daring visitors:



#### a motor-bike track, sledging, football pitches and trampolines, while not forgetting the budding knights' attack on the tower!

Opening times: School holidays: Wednesdays, Saturdays, Sundays and public holidays from 10am to 7pm. School holidays: 7 days a week from 10am

Rates: €9.50. Free for accompanying adults (€1/adult for more than 2). Roual Pass' - 10 tickets: €75. Roual Pass' baby - 10 tickets for under 3s: €65.

#### **FAMILY PASS**

"Baby" zone for ages 0 to 3. where Mum and Dad can play with their baby!



#### **ARCADE ROOM** FAMILY'S GAMES CAEN 👪 🕭



Family's Games is a 400m<sup>2</sup> entertainment centre with forty arcade games for all ages. Experience the Family's Games concept for yourself in central Caen. You'll love spending quality time with family or friends, having fun, celebrating a birthday and indulging in sweet and savoury treats!

Opening times: 7 days a week. Monday to Saturday 11am to 7pm and Sunday 10am to 6pm.

#### **ARCADE ROOM** FAMILY'S GAMES OUISTREHAM

51 place Alfred Thomas Casino Barrière 14150 OUISTREHAM Tel.: +33 (0)7 49 33 47 57 familys.games14@gmail.com

www.familys-games.fr/nos-salles/ouistreham

Visit the Family's Games entertainment centre in Ouistreham, opposite the fabulous Riva Bella beach underneath the iconic Casino Barrière. Family's Games Ouistreham brings you a unique gaming experience in a 250m<sup>2</sup> club filled with thirty arcade games for all ages.

Opening times: Detailed opening times on the



#### **CLIMBING GYM** CLIMB UP CAEN 👪 🕭

Avenue Pierre Mendès France Les Rives de l'Orne - 14000 CAEN Tel.: +33 (0)2 90 87 00 54 caen@climb-up.fr - caen.climb-up.fr

Climb at the region's biggest climbing centre: 1400m<sup>2</sup> of blocks, routes and fun climbing. A centre to learn, practise, train and have fun in Caen. Whether it's for fitness or fun, children or adults, beginners or seasoned climbers, the only way is up!Ope-ning times: all week, 10am-11pm Monday-Friday and 10am-9pm Saturday, Sunday and bank holidays.

Opening times: Monday to Friday from 10am to 10pm, Saturday, Sunday and public holidays from 10am to 9pm.

Rates: Dau Pass: €15. Reduced ticket: 13€. Children (under 12): €10 - 10 entry pass: €120. Reduced ticket: 100€. Children under 12: €70.

## CLIMBING GYM HAPIK

Decathlon Mondeville Les Carandes 14120 MONDEVILLE Tel.: +33 (0)2 31 83 16 29 mondeville@hapik.fr - hapik.fr

Have you got a head for heights? You're going to love Hapik! Experience this fun-filled new leisure destination that gives everyone the chance to climb in a jungle of colourful walls of all shapes and sizes (3 levels of difficulty/ wall). Ages 4 and over. No maximum age. Raise your game and achieve new heights!

#### **CLIMBING GYM ISATIX**

Décathlon Village - Les Carandes - RD 230 14120 MONDEVILLE Tel.: +33 (0)2 31 82 21 33 contact@isatix.com - isatix.com

The region's biggest bloc climbing wall has a social and sporty vibe: different profiles, constantly updated routes and a sense of challenge for any ability and age (over 4s). It has a food and drink area so you can enjoy a post-climb drink, pizza or sweet treat. Spectator area and sun-drenched terrace. Sauna.

Opening times: All uear round, 7 days a week. Monday to Friday from 11am to 10.30pm, Saturdays, Sundays and public holidays from 10am to 8pm. Open every day at 10am during school holidays. Rates: Sessions start at €9.

## TAG ARCHERY FRANCE



15 unique and fun-filled activities for you to choose from: archery tag, laser tag, racketball, bubble football, archeru, run archeru. hoverball, golf archery, gun tag, blowgun, soccer darts, poul ball, dodgeball, bumball, hockey and many more. There's something for everyone! Don't miss the escape room: The Apéro, a cool box filled with top Normandy produce awaits but first you need to solve a few musteries before you can tuck into uour nibbles.

Opening times: All uear round.





## TRAMPOLINE PARK NORMANDY JUMP

15 avenue de la Voie au Cog 14760 BRETTEVILLE-SUR-ODON Tel.: +33 (0)2 35 20 07 70 caen@normandy-jump.fr www.normandy-jump.fr/trampoline-park

700m<sup>2</sup> of acrobatics in different areas for varying abilities. A 15m runway, ninja trail etc. Join family and friends to experience "trampoline fitness" or have a go at parkour. Don't miss the "Cardio Wall", a unique activity in Caen for challenging your friends or for athletes who want to train hard and set new records.

Opening times: School holidays: Mondays, Tuesdays and Thursdays from 4pm to 9pm, Wednesdays from 10am to 9pm, Fridays from 4pm to 10pm, Saturdays from 10am to 10pm and Sundays from 10am to 8pm.

School holidays: daily from 10am to 8pm. Rates: Price for 1 hour: €12 + €8 per additional hour. Prices available on the website for subscriptions. Pair of non-slip socks required: €2.



# Mini-Golf

## 

Esplanade Lofi - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 05 23 laccostage.ouistreham@orange.fr www.restaurant-laccostage-ouistreham.fr

Keep the chill-out and good-time vibes of your beach day alive with a round of golf to wind down and have fun! The mini golf course has turf fairwaus and parents will be pleased to hear it's totally secure. Golf clubs and balls available from reception. Ideal for families to have a drink at the bar with sea views or enjoy a meal at the restaurant as the kids let off steam in the bouncy castle.

Opening times: daily, 9am to 7pm (9am to 10pm in July and August).

Rates: €6 per game. 50 for 10 games.

# Recreational park

## **BEAUREGARD AVENTURE ACCROBRANCHE**

Domaine de Beauregard 568 route de Ouistreham 14200 HEROUVILLE-SAINT-CLAIR Tel.: +33 (0)2 31 44 14 79 beauregardaventure@gmail.com www.beauregard-aventure.com

Venture 5 minutes from Caen and Ouistreham to experience a whole host of over 160 funfilled attractions on 10 treetop adventure trails suitable for all ages (zip-lines, tree climbing and 10m leaps of faith). 9 trails of increasing difficulty. Don't miss our new facility: the paintballing area with 4 pitches covering over 10,000m2.

Opening times: 30/03 to 03/11 inclusive. Detailed opening times available on the website.

Rates: From €8 to €24. Detailed prices on the website.

#### **FAMILY PASS**

baby course for ages 3.



## BEAUREGARD PAINTBALL CAEN 👪

Domaine de Beauregard - 568 route de Ouistreham 14200 HEROUVILLE-SAINT-CLAIR Tel.: +33 (0)2 31 44 14 79

beauregardpaintball@gmail.com beauregard-paintball.com

10,000m<sup>2</sup> split between 4 player scenarios with their own atmospheres and the very latest equipment so you can have fun with your team, enjoy quality time together and let off steam! A war simulation team game: 2 teams take each other on in a range of scenarios (battle to the death, capture the flag, defend the fortress). The aim: to hit as many opponents as possible!

Opening times: 30/03 to 03/11 inclusive. Detailed opening times available on the website. Rates: Adults (+12 uears): from €20 to €34. Children (aged 8-12): from €16 to €20 Detailed prices on the website.

#### CAEN CIRCUIT I



Parc du Clos Neuf - 14840 DEMOUVILLE Tel.: +33 (0)2 31 72 20 00

contact@circuit-caen.fr - circuit-caen.fr

Experience the joys of driving on one of Normandy's biggest tracks at the Circuit de Caen. A passionate and professional team welcome families and friends to the track all uear round.

Opening times: daily from 10am to 7pm (except 25/12). Depending on the number of visitors, the weather and the time of year, opening hours may be reduced or extended. From September to July, certain Wednesdays are reserved exclusively for the flying school.

Rates: Children's go-kart +7 years and 1.30 m: €18 / session on the Monaco track. Kart 270 cc +14 years: 22 € / session on the Monaco track. Kart 390 cc +16 years: 30 € / session on the Monza track. Passion package +16 years, i.e. one session in 270 cc + one session in 390 cc: 45 € / session

#### **FAMILY PASS**



ries for children (over 7) and adults to enjoy. Take the fun times into top gear with driving lessons for children during half term.

## 



14150 OUISTREHAM Tel.: +33 (0)2 31 96 65 62 info@circuit-ouistreham.com

loisirs.teamactive.fr/circuit-de-ouistreham

Get a rush at the 550m go-kart track on the beach! Join family and friends at our leisure centre, explore Ouistreham sea resort on a quadracycle or unleash your inner F1 driver



at a Grand Prix session whilst little adventurers ride electric buggies on their own

Opening times: April to early November: weekends, bank holidays and school holidays.

Julu and August: dailu.

Rates: Karting Children (+7 years and 1.25m): €16. Karting Adults (+12 years and 1.55m): €18. Grand Prix Karting: €50 (min 8 people).

Electric buggy: €3. 4-seater Rosalies: €14 for 30 minutes / €22 for 1 hour.

#### LE DOMAINE DE OUEZY



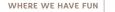
22 rue Auguste Lemonnier 14270 OUEZY Tel.: +33 (0)2 31 40 68 19 contact@domainedeouezy.fr www.domainedeouezy.fr

The 20ha leafy park brings you a wide range of things to do in Pays d'Auge, 20 minutes from Caen. Meet the farm animals for a cuddle! Explore the path through the pens, orchards and by the river. Children can have fun with the animals, hit the adventure trail and zip-line whilst parents sample the farm's organic produce.

#### **FAMILY PASS**

Children (and grown-ups!) can even bottle-feed the lambs at the end of the day!





## LE MONDE MINIATURE (i) (2) (5)







25 rue d'Ermington 14570 CLECY Tel.: +33 (0)2 31 69 07 13 contact@lemondeminiature.com lemondeminiature.com

Take your family on a unique adventure in Normandy. Explore one of the most fabulous miniature worlds every built in Europe (310m<sup>2</sup>) with its interactive scenes that bring to life a mini world that's constantly moving.

Geopend: From Easter weekend to 31/10.

Rates: Adults: €10 30

Children (aged 3 to 11): €7.90



#### **FAMILY PASS**

A wonderland... After your trip, take the family on a ride on the little train and let your children run wild in the huge play area and its bouncy castles.

## LOTEROT LEISURE PARK 👪 🕸



Ferme du Loterot 387 route de la liberté -14240 CAHAGNES Tel.: +33 (0)2 31 77 57 27

contact@loterot.com - www.loterot.com

Golf in all its forms on a 12-hole course with 4 exciting activities: swin, disc, foot and archery golf; William's hurdles (exhibition, castle, longship, garden, outdoor wooden games); History 44 (exhibition and escape game); orienteering course, themed trails, orchard mystery. Suitable for ages 6 and over. 2-4 hours of activities. Take your pick or tru them all!

Opening times: 06/04 to 29/09 daily, 10am to

Rates: Leisure pass: €12/adult, €10/child.

## POP CORN LABYRINTH CAEN 🕮 🥸



D225A, between La Tourelle and La Hogue 14630 FRENOUVILLE Tel.: +33 (0)6 22 45 87 51 caen@popcornlabyrinthe.fr www.popcornlabyrinthe.fr/caen

Welcome to the world of the Pop Corn Laburinthe! Experience a unique seasonal outdoor concept over the summer holidaus: a sprawling playground for children and adults with a 40.000m<sup>2</sup> maze surrounded by nature. Put your thinking caps on, get competitive or soak up the mystery with 90 minutes of adventure. Have an evening to remember at the theme nights.

Opening times: From early July to late September. Check our opening times on the website.

Rates: details on the website.

# Zoological park

# CHAMPRÉPUS ZOO 🚯 👶







493 rue Saint-Gaud 50800 CHAMPREPUS Tel.: +33 (0)2 33 61 30 74 contact@zoo-champrepus.com www.zoo-champrepus.com

Venture into the heart of the Normandy countruside (1 hr from Caen) and dive into the life of a zoo to soak up the animal world in a peaceful setting. 300 animals from 60 species in a 10ha landscaped setting... Explore our habitats and wildlife, visit the mini farm (especially for little ones), scale the enchanted cabin with its giant slides and indoor fun for all ages as well as plau areas throughout!

Opening times: February to November (opening times vary according to season).





## **EXCURSIONS**

## ACSM TOURS



contact@acsm-tours.com - acsm-tours.com

Made-to-measure excursions in French, English, Spanish and Russian. In Normandy (Mont-St-Michel, D-Day landings beaches, Dieppe, Honfleur, Rouen, Etretat, Giverny, Pays d'Auge), in Brittany (Saint-Malo, Cancale), in Hauts-de-France (Battle of the Somme and in Flanders - Vimy Ridge and Ypres). Themes: WWI and WWII, the Impres-sionists, on the tracks of the Vikings, William the Conqueror, gastronomy and arts & crafts visits, family visits.

Rates: on request only.

#### **LABEL WEST**

10 rue des Métiers - 14123 CORMELLES-LE-ROYAL Tel.: +33 (0)2 31 34 63 53

contact@label-west.com - www.label-west.com

A top-quality service in a Mercedes car! Guides in the language of your choice: English, Spanish, Portuguese, German. Private tours of the main Normandy sites (Mont-St-Michel, Landing beaches, Pays d'Auge, Caen, Bayeux, etc.). Airport shuttle service and customised visits. Tours adapted to children are available (treasure hunt).

Opening times: All year round, 7 days a week. Rates: on request only.

#### **NORESTA**

contact@noresta-experience.fr www.noresta-experience.com

Specialising in must-see tours of Normandy, Noresta offers guided tours of the US/ANGLO/ CANADIAN D-Day landing beaches, Mont Saint Michel & Saint-Malo, Pays d'auge & Honfleur, Etretat, and the Châteaux of the Loire. Tours depart from Caen & Bayeux, for total immersion with local guides, new air-conditioned minibuses. free time, fresh water. Tours available in English, German and French for 2 to 8 people (book online), up to 80 people on request.

Opening times: All uear round, 7 days a week.

## NORMANDY PRIVATE TOURS @



26 rue de la Fontaine - 14000 CAFN Tel.: +33 (0)2 31 85 31 70 normandyprivatetours@gmail.com www.hotelfontaine-caen.com

Visit the D-Day beaches, leaving from your hotel in Caen and/or with your host at the Fontaine Hotel in Caen during a private tour. 9am to 3pm - D-Day Tour, Omaha Beach: Pointe du Hoc, Omaha, US military cemetery, German gun battery in Longues-sur-Mer, Arromanches. 9am to 6pm: D-Day Tour, Omaha and Utah Beach. We can adapt our tours to your needs (museum, Juno Beach, Sword Beach etc.).

Opening times: Closed from 15/12 to 15/01.

Rates: Private D-Day Tour Omaha Beach (9am-3pm): 450€. Private D-Day Tour Omaha and Utah Beach (9am-6pm): 550€. Private shuttle to Mont-Saint-Michel - 4 hours on site (9am-4pm): 450€.

Rates for 1 to 6 people. Quote on request for Juno, Sword, Gold Beach, Museum entrance and lunch not included.

#### **SEE MY NORMANDY**

51 avenue Harold Pickersgill 14880 HERMANVILLE-SUR-MER Tel.: +33 (0)6 18 63 17 35 karine.poullard@seemynormandy.fr fr.seemynormandy.fr

Your tour guide Karine Poullard, Tour Guide, takes you back in time on a solo, family or group experience with or without transport. Always looking for fresh ideas and new en-counters even after 25 years in the business, she'll find the best private tour (2 hrs), half-day or full day for you. In French or English, for any type of client, with energy and a smile! Please contact her for tour requests and prices.





# Vue mer & Jackpots!

150 MACHINES À SOUS JEUX ÉLECTRONIQUES - JEUX DE TABLE BRASSERIE VUE MER - BAR



## WWW.CASINO-OUISTREHAM.COM

L'accès est strictement réservé aux personnes majeures non interdites de jeu munies d'une pièce d'identité en cours de validité.

+18 | LES JEUX D'ARGENT ET DE HASARD PEUVENT ÊTRE DANGEREUX : PERTE D'ARGENT, CONFLITS FAMILIAUX, ADDICTION...
RETROUVEZ NOS CONSEILS SUR JOUEURS-INFO-SERVICE.FR (09 74 75 13 13-APPEL NON SURTAXÉ)



## **GOING OUT**

# Have a drink

## ÂMBAR 🕭

41 boulevard Maréchal Leclerc 14000 CAEN Tel.: +33 (0)6 29 80 65 25

ambarcaen@gmail.com - ambarcaen.com

Sun-drenched bar to eat, dance and make friends in central Caen! It has three sunny spots: the first orange room brings the sunset to mind, the second room brings the Medi-terranean to life whilst the a huge banquette can seat thirty guests behind the bar. With tailor-made tapas and cocktails, this place definitely does its own thing!

Opening times: Tuesday to Saturday, 6pm to 1am.



## ANDRY - 1867 - LOUNGE BAR 🖳

51 avenue Andry - 14150 OUISTREHAM Tel.: +33 (0)2 31 97 18 79

contact@villa-andry.fr - www.villa-andry.fr

Settle into a unique lounge setting with a cosy vibe and views of the sea... for Normandy nibbles. Local produce, Pagny Ouistreham cured meat, Manche oysters, surf & turf rillettes toasts from Ouistreham and the Manche, special and classic cocktails, wine, apple juice, cider and calvados from Les Vergers de Ducy, Ranville craft beer...



## GINI'S BAR

36 avenue de la Libération - 14000 CAEN Tel.: +33 (0)2 31 93 46 65 gilnick@ginisbar.fr - ginisbar.fr

Whether you're alone or with friends, before or after your meal, al fresco or at the bar, ready for a stiff drink or a soft drink, the team at GINI's Bar can't wait to see you! Soak up the sunshine on the terrace and gaze at our unobstructed views of Château de Caen! Casual bar with non-stop service: cocktails, soft drinks, meat platters, mixed platters, homemade tapas etc.

Opening times: Tuesday to Saturday from 3pm to 1am, Sunday from 11am to 8pm. Closed on Mondays.

Rates: Tapas: €2.40 to €3.50. Plates from €16 to €18.

#### LES OUILLES

12 rue du Vaugueux - 14000 CAEN Tel.: +33 (0)2 31 93 20 30 les.guilles.caen@gmail.com

New interior and new experience in this famous foodie district: Les Quilles is a bar with a buzzing atmosphere that's all about getting together for good times, pure and simple! Extensive wine and cocktail menu, countless sharing plates (platters and tapas). Groups welcome on request.

**Opening times:** Tuesday to Saturday, 6pm to 1am from September to May. Open 7 days a week in June, July and August.

**Rates:** Wines by the glass: from  $\in$ 4.50 to  $\in$ 8. Bottles of wine: from  $\in$ 20. Cocktails:  $\in$ 8.50. Tapas: from  $\in$ 5 to  $\in$ 15.

## TAVERNE LE VALHALLA

See page 85

Welcome to Valhalla, the 1st Tavern in France with axe throwing! It's high time for you to change your mind about bars. Come to Valhalla, throw axes at a target and enjoy a drink or a spot of feasting. After a lesson with one of our axe-throwers, it will be your turn to aim an axe at the bullseye.

Opening times: Wednesdays and Thursdays from 5pm to midnight, Fridays from 5pm to 1am, Saturdays from 11am to 1am.

Closed on Mondaus. Tuesdaus and Sundaus. Rates: Axe throwing: from €5 per person for 30 minutes of axe throwing with 5 people, €5 supplements for a 6th person. From €7 per person for 1 hour of 5-person throwing, €7 extra for a 6th

# Casino

## CASINO BARRIÈRE OUISTREHAM



Tel.: +33 (0)2 31 36 30 00

casinoouistreham@groupebarriere.com www.casinosbarriere.com/fr/ouistreham.html

The Barrière Ouistreham Casino is open every day in a warm, friendly atmosphere... 150 slot machines, 22 electronic roulette screens, 1 electronic Black Jack table, a table games room, a restaurant with a sea view and a concert venue!

Opening times: from 9.30am every day. Closes at 2am from Sunday to Thursday, Closes at 2,30am on Fridays and 3am on Saturdays.

Rates: Free admission, but only for adults who have not been banned from gambling, on presentation of a valid form of ID.





# Linema

## CINEMA CAFÉ DES IMAGES 🕮 🔠



Café des Images is a game-changing cinema, sustainable restaurant and community third place, reinventing itself with exciting projects that reflect the world and societu. Step into a warm and friendly setting to use their Wi-Fi, watch films in French or with subtitles, grab a drink, have a freshly prepared meal, take part in events, play games or keep the kids busy with films, classes and play areas.

#### **CINEMA LUX**

6 avenue Sainte-Thérèse 14000 CAEN Tel.: +33 (0)2 31 82 29 87

cinemalux@cinemalux.org - www.cinemalux.org

This is an "art house" cinema near the city centre, screening films for all the public and with plenty of new films (sub-titled or dubbed films, festivals, talks and debates). The recently renovated cinema has 3 giant screens with 2D and 3D digital projectors, plus a cafeteria. Accessible by tram on lines T1 and T3. Get off at the "Lux-Victor Lépine" stop.

### CINEMA PATHÉ CAEN LES RIVES DE L'ORNE &

14 esplanade Léopold Senghor - 14000 CAEN Tel.: +33 (0)8 92 69 66 96 www.cinemasgaumontpathe.com

Pathé Caen is revolutionising the cinema experience: 10 screening rooms, perfect vision,

10-18m screens, the latest technology (2K, 4K, 7.1 sound and Dolby Atmos sound), space (1.2m between rows), innova-tions (dynamic and duo seats, online tickets to skip the line), exciting film schedule (in French, with subtitles, dubbed, 2D and 3D). 2 hr free parking with your ticket + 2 hr with the Les Rives de l'Orne VIP card (free from the help desk at the shopping centre).

Opening times: All year round, 7 days a week.

# Sports competitions

## CAEN RACECOURSE & & @

Boulevard Yves Guillou 14000 CAEN Tel.: +33 (0)2 31 27 50 80

www.hippodrome-caen.com

Central Caen brings you Sport and Spectacle with a capital S: watch over thirty horse racing events on the impressive sand track between March and November. The Caen hippodrome is a fantastic training ground and hosts over 45 annual qualification events where 2-5 year old horses put their all into earning the seal that proves they can

Opening times: All year round, depending on the race and qualifying calendar.

Rates: Full price: €3. Free rates: -18 years, student card, senior card, disability card.

#### AT THE HEART OF THE RACE IN A TRACKER BUS (4) (0)

**BEHIND THE SCENES** 

RACECOURSE & &

Dive into the history of the Caen race

track, experience its events and go

behind the scenes. Your guide will explain

how one of the oldest hippodromes in

France works and take your through the

horse races that fill its calendar with 28

Opening times: 27/04, 05/05, 11/05, 18/05,

AT THE CAEN

booking.caenlamer-tourisme.fr

events a year. Only in French.

09/09, 21/09, 12/10 and 20/10.

Rates: Full: €6. Free for under-18s.

booking.caenlamer-tourisme.fr

ViFeel the thrill of the chase on board a minibus racing behind the horses to the finishing post!

Opening times: 27/04, 05/05, 11/05, 18/05, , 09/09, 21/09, 12/10 and 20/10. Rates: Full: €8. Free for under-18s.



2 rue Michelle Guillais 14000 CAEN

Tel.: +33 (0)2 31 39 40 00 caenlamer.fr/palais-des-sports

The new elite sports facility has opened near the Zénith in Caen. Inviting on the outside,





# Shows and concepts

## LE CARGÖ 🔞 👶

9 cours Caffarelli - 14000 CAEN Tel.: +33 (0)2 31 86 79 31 contact@lecargo.fr lecargo.fr

Le Cargö, Caen's current music venue with a "Club" (420 seats) and "Grande Salle" (938Å seats), has been hosting up-and-co-ming, independent and exciting artists from the local and international scene alongside famous names since 2007. Along with the concert venues, Le Cargö has artist resi-dences with six rehearsal, production and recording studios for amateurs.

Opening times: The reception and ticket office is open all day on Mondays, Tuesdays and Thursdays from 1pm to 6pm, and on Fridays from 1pm to 5pm.

Rates: details on the website.

## CAEN THEATRE

135 boulevard Maréchal Leclerc 14000 CAEN Tel.: +33 (0)2 31 30 48 00

billetterie@theatre.caen.fr - theatre.caen.fr

The main entertainment venue in Normandy attracts 120,000 spectators each season. The venue hosts all the genres: opera - this is the main opera house of the area - theatre, dance, concerts, musicals, new circus, jazz and world music. Around one hundred shows each season, including many with free admission.

Rates: details on the website.





## CHAMP EXQUIS THEATRE

8 rue Roger Salengro - 14550 BLAINVILLE-SUR-ORNE Tel.: +33 (0)2 31 44 08 31 communication@champexquis.com www.champexquis.com

Théâtre du Champ Exquis is an art, children and youth theatre supported by the French government. The theatre in Blainville-sur-Orne puts on a diverse schedule for youngsters and families between October and July. Babies and children aged up to 12 love its annual Ribambelle festival in March. Other highlights include Café Biberon Litté-

Opening times: The theatre's cultural season runs from October to July. The ticket office is open on Tuesdays from 3pm to 6pm, Wednesdays from 10am to 12.30pm and from 2pm to 6.30pm, Thursdays from 3pm to 6pm and Fridays from 3pm to 5.30pm.

Rates: details on the website.

raire and Before Éclat(s) de rue.

#### **FAMILY PASS**

The theatre also runs workshops and classes (theatre music etc.) for

(theatre, music etc.) for over 7s, teenagers and adults!

#### LE ZÉNITH DE CAEN

6 rue Joseph Phillippon - 14000 CAEN Tel.: +33 (0)8 91 67 00 17 contact@zenith-caen.fr - zenith-caen.fr

The Caen Zénith is a large capacity enter-tainment venue with modular features. It has a full capacity for 6,990 people (seated and standing). Since 1993, it has seen plenty of major names from France and abroad, and a wide variety of music events. From usual points of sale: City Live, Premier Rang, Fnac, Leclerc, Carrefour, Cultura, Cora, etc.

**Opening times:** All year round, according to schedule.

Rates: details on the website

## **SHOPPING**

# Ants & cnafts

# VISUAL ARTIST AND ENGRAVER VÉRONIQUE FOUCHER (1) (2)

11 rue de la Grève - 14150 OUISTREHAM Tel.: +33 (0)6 95 95 42 13 vfoucherthomas@gmail.com vfoucher-plasticienne.jimdo.com

The plastic artist and engraver Véronique Fouher gives courses and lessons for the general public in her wood engraving and linocut workshop. Children can explore the world of the plastic arts during workshops in engraving, clay modelling and mixed techniques. Artistic workshops, specific projects and events organised.

Geopend: All year round. Open house, children's and family workshops, exhibitions in the studio: by appointment.

#### **FAMILY PASS**

During the school holidays, the Ouistreham Tourist Information Office organises *creative workshops* for children aged 5 to 12. The workshop themes change with the seasons and include modelling, engraving... Only in French.

#### L'ATELIER DE LA SOURIS

27 avenue de la Mer 14150 OUISTREHAM Tel.: +33 (0)9 83 20 13 64 atelierdelasouris@gmail.com www.latelierdelasouris.com

In her workshop, La Souris provides fabric for patchwork and arts and crafts, organic or OekoTex 100 certified fabric, and materials for sewing and embroidery. You will also find unique and customisable fabric items, articles made in Caen and hand-sewn creations for all ages. Sewing workshops are organised to learn the basics or to share a creative experience in a friendly atmosphere.

**Opening times:** Tuesday to Saturday, 10am to 12.30pm and 2.30pm to 7pm.

## HATS CAEN ELLE N'EN FÉE QU'À SA TÊTE 🍪 👶

18 rue Arcisse de Caumont 14000 CAEN Tel: +33 (0)2 31 73 85 24

Tel.: +33 (0)2 31 /3 85 24

sylvie-orcier@hotmail.fr - www.chapeauxcaen.com

Hats, caps, headwear for occasions, sunshine and rain. Elle n'en fée qu'à sa Tête is brimming with hats made in Caen alongside luxury French brands... but that's not all. You can pick up fashion accessories, French socks, scarves, belts, braces and bow ties. If you want something bespoke, the designer is on hand to create the hat of your dreams!

Opening times: Mondays from 2pm to 7pm, Tuesdays and Wednesdays from 10am to 1pm and from 2pm to 7pm and Thursdays to Saturdays from 10am to 7pm.







## FILT 1860 🕭

2 rue Ada Lovelace - 14120 MONDEVILLE Tel.: +33 (0)2 31 74 72 53 filt@filt.fr - www.filt1860.fr

Filt 1860 is a Normandy factory celebrating tradition, expertise, skill and innovation! We want to showcase and introduce people to local and global textile craftsmanship with the strings and bags we've been making in Normandy for over 160 years! Find out how Filt 1860 has stood the test of time on a guided factory tour and see how the iconic string bag is made! Book online.

Opening times: Guided tours onlu.



#### **GUIDED TOUR OF** THE FILT 1860 FACTORY @



booking.caenlamer-tourisme.fr

Experience traditional craftsmanship on a trip to Filt 1860. The business is approved as a "Living Heritage Company" and famous for its string bags. Our brand and products are exported to over 50 countries including Korea, Japan, America and Russia!

Opening times: 10/01, 26/01, 28/02, 22/03, 10/04, 15/05, 10/06, 21/06 at 2pm. Other visiting times will be available to book at a

Rates: Adults: €8, €7 on presentation of the Trip Normand card. 3€ discount offered in the shop for all visits.



## MR CHAPEAU (2)

21 rue Arcisse de Caumont - 14000 CAEN Tel.: +33 (0)2 31 50 86 58 mr-chapeau@orange.fr - mrchapeau.fr

Michel Rousseau's speciality is the bowler hat. He is a milliner with a special taste for tradition and craftmanship. Whether you are looking for a hat for a special occasion or for everyday wear, "Mr Chapeau" can make recommendations to help you choose or create a customised item. He is also a distributor for a few chosen brands and has a range of panamas, caps and felt hats.

Opening times: Tuesday to Saturday, 11am to 7pm non-stop. By appointment on Mondays.

#### LES SAVONS D'ORÉLY **HANDMADE SOAP**

Chemin des abattoirs ZA CADRAN 14170 SAINT-PIERRE-EN-AUGE Tel.: +33 (0)6 78 34 14 73

contact@savons-orely.net - www.savons-orely.net

We have been making organic soap and solid toiletries at our Orély artisan soap factory since 2004. Orély is approved as a Master Artisan and carefully selects its ingredients to take care of the environment: natural and local vegetable oils, clays, spices and essential oils. Visit the shop to stock up on everything you need for your zero waste grooming routine. Watch the soap being made every Thursday at 2pm.

Opening times: Shop Monday to Friday, 9am to 12.30pm and 2pm to 5pm (7pm on Tuesdaus). Guided tours by appointment on Thursdays at 2pm (from February to November).

Rates: Free access to the shop.

Guided tour: Children (6-12 years): €3. Adults (+12 uears): €6.

# Shoppings centres and Department stores

#### CARREFOUR MARKET OUISTREHAM



Route de Caen - 14150 OUISTREHAM Tel.: +33 (0)2 31 96 88 89 ouistreham@franchise.cmarket.fr www.carrefour.fr/magasin/market-ouistreham

On the outskirts of Ouistreham, the Carrefour Market is a friendly supermarket with helpful staff and a wide range of services: a shopping centre, Carrefour Drive, vehicle rentals, gift cards, photo printing, identity photos, tickets for concerts and shows, a launderette, etc.

Opening times: Monday to Saturday, 8,30am to 8pm and Sunday, 9am to 12.45pm. Sundays from 9am to 7.30pm in July and August.

## **CARREFOUR HÉROUVILLE** SHOPPING CENTRE 🖾 💪

103 Le Val - 14200 HEROUVILLE-SAINT-CLAIR Tel.: +33 (0)2 31 44 57 14 www.centre-commercial.fr/carrefour-herouville

The shopping centre is just outside Caen, close by Ouistreham beach. Easily accessible by public transport, the centre has a wide range of shops, including Carrefour, H&M, Mango, Sephora, Pimkie, Promod, Celio, Brice... The shopping centre has activities for children in the play areas. An ultra-connected wifi area is available with applica-tions and a wifi++ connection.

Opening times: 9.30am to 7.30pm Monday to Saturday.

Carrefour hypermarket from 8.30am to 9pm Monday to Saturday and from 9am to 12.30pm on

Restaurants are open from Monday to Sunday.

#### **MONDEVILLAGE** SHOPPING CENTRE (\*\*)

30 rue Joseph Jacquard - 14120 MONDEVILLE Tel.: +33 (0)2 31 78 62 37 mondevillage.fr/

Mondevillage has over 34 shops and restaurants just waiting to welcome you! Shoes, beauty, jewellery, culture and leisure,



home and decoration, clothes for children, women and men, restaurants and banks. At Monde-village, you are sure to find the shop that you want! A big car park, a play area for children and free wifi are also available in the

Opening times: Shops open Monday to Thursday from 9.30am to 7pm, Friday and Saturday from 9.30am to 8pm.

#### MONDEVILLE 2 SHOPPING CENTRE



Z.A de l'Etoile - 14120 MONDEVILLE Tel.: +33 (0)2 31 35 61 61

cc.mondeville2@gmail.com - www.mondeville2.fr

Each year the Mondeville 2 shopping centre attracts over 5 million visitors. With 5,000 free parking places, the centre provides visitors with all-round services, featuring the Carrefour supermarket, 100 shops for fashion, beauty, sport, household equipment... and a wide range of restau-rants. With a cinema and regular special events, Mondeville 2 is a shopping and leisure destination not to be missed!

Opening times: Monday to Saturday, 9.30am to 8pm. Carrefour hypermarket: Monday to Saturday, 8.30am to 9pm.

## 

www.galerieslafayette.com



108-114 boulevard Maréchal Leclerc 14000 CAEN Tel.: +33 (0)2 31 39 31 00 caen@galerieslafauette.com

Les Galeries Lafayette in central Caen bring you the latest trends in its wo-menswear. menswear and children-swear, beautu. lingerie, jewellery, watch, eyewear, footwear, bags and household depart-ments. The store also provides a range of services so you can shop 'til you drop: tax-free, alterations, gift vouchers etc.

Opening times: Monday to Friday, 10am to 7.30pm, Saturday 10am to 8pm.

# THE FRENCH DEPARTMENT

STORE(1) TAX REFUND

**GALERIES LAFAYETTE CAEN** 108 BOULEVARD MARÉCHAL LECLERC **MONDAY TO FRIDAY 10AM-7.30PM** AND SATURDAY 10AM-8PM(4)

ENJOY(5) ON GALERIESLAFAYETTE.COM

(5) À DÉCOUVRIR

(1) LE GRAND MAGASIN À LA FRANCAISE. (2) Special tourist offer to benefit from this 10%\* discount, present this flyer and your foreign passport before payment at any cash register. This discount is not refundable once payment is made and cannot be cumulated with other discounts or advantages. \*Except on services, food & beverages, books and items/areas marked with red dot. Pour bénéficier des 10% de réduction, présentez ce coupon accompagné de votre passeport étranger avant le paiement aux caisses, cette réduction n'est pas remboursable une fois le paiement effectué et ne peut se cumuler avec d'autres réductions ou avantages.\* Hors services, alimentation, livres ainsi que les articles et zones marqués d'un point rouge. (3) Tourist tax refund for non european union residents. 12%\*\* tax refund on total purchase over 100€ (after discounts are deducted) made on the same day, in the same store, export limit outside the EU: 3 months. The 12%\*\* tourist tax refund can be added to the 10% discount. To benefit from your discount, please go to the customer service. \*\* Except on services, food and subject to government regulations. Détaxe de -12%\*\* pour tout résident hors Union Européenne. Offre valable pour tout achat supérieur à 100€ réalisé (une fois les remises déduites) le même jour dans le même magasin. Date limite de l'exportation des achats hors UE : 3 mois. L'offre -12% détaxe est cumulable avec l'offre -10%. Pour bénéficier de votre réduction rendez-vous à l'espace service. \*\* Hors services, alimentation et autres produits concernés par la réglementation gouvernementale. (4) Du lundi au vendredi de 10H à 19H30 et le samedi de 10H à 20H. 552 116 329 RCS PARIS

## LES RIVES DE L'ORNE

Quai Amiral Hamelin 14000 CAEN Tel.: +33 (0)2 31 78 59 72 www.rivesdelorne.com

Give yourself a treat and set off to Les Rives with 65 shops (fashion, beauty, leisure, decoration), restaurants, cinema sports hall and climbing gym. The open-air esplanade and children's play area regularly host events for all ages. All the acti-vities are free of charge. one hour and a half free parking with the Privilege card available from the reception desk (plus 2 more hours if you see a film at the cinema).

Opening times: Shops: Monday to Saturday, 10am to 8pm. Restaurants: 11am to 11pm. Columbus and Paul: 7am to 8pm.

# Shops and Souvenips

## CARAVELLE SOUVENIR SHOP



Caravelle is a souvenir shop bursting with gifts to treat yourself or someone special: sea-themed pieces (lighthouses, rubber rings, mugs, beach towels, bags etc.), D-Day Landings items, Ouistreham souvenirs, clothing (sailor tops. D-Dau t-shirts). bracelets and more.

Opening times: Tuesday to Sunday, 10am to 12.30pm and 2pm to 7pm.

### **LES CAENCAENS** LA BOUTIQUE OUEST CÔTE 🔤

23 rue Arcisse de Caumont 14000 CAEN Tel.: +33 (0)6 22 12 71 75 contact@lescaencaens.com lescaencaens.com

Les CaenCaens is 100% Caen! It's the brand for you if you're on holiday here, have made a home here or come from here. Les CaenCaens sells products made with a fondness and

love for Caen, Normandy and people too! Les CaenCaens products are designed for fighters by a fighter and have a real positive community vibe.

Opening times: Tuesday to Saturday, 10.30am to

#### **CUTLERY AND SILVERWARE** FROM CAEN HELLO

37 rue Saint-Pierre 14000 CAEN Tel.: +33 (0)2 31 86 06 91 coutelleriehello@wanadoo.fr

sascoutellorfevreriecaennaisehello.site-solocal.com

Coutellerie Hello is the oldest shop in Caen and has been here since 1936. It oozes a sense of tradition with a modern twist and is the place to find a wide variety of items (designed with legendary expertise for keen cooks and professional chefs), regional knives, a fantastic selection of Japanese kitchen knives plus a variety of kitchen utensils and tableware.

Opening times: Monday, 2pm to 7pm, Tuesday to Saturday, 10am to 12.30pm and 2pm to 7pm.

## DES VAGUES ET DES MOTS BOOKSHOP



86 avenue de la Mer - 14150 OUISTREHAM Tel.: +33 (0)9 50 86 95 48 librairie2riva@yahoo.fr

The Des Vagues et des Mots bookshop is in Rue de la Mer, close by the beach. It has a warm and friendly atmosphere. Emilie, Rodolphe. Laetitia and Coralie welcome customers and share their favourite books. Come and browse in a family-friendly shop where everyone can find the novel, comic book or thriller they might never have dreamed of! You'll also find a wide selection of postcards and stationery.

Opening times: Monday, 2pm to 7pm, Tuesday to Saturday, 10am to 12.30pm and 2pm to 7pm.





## MILO - THE PLANT CONCEPT STORE

Tel.: +33 (0)6 31 29 85 35 lacartesienne.log@gmail.com

Private sales and workshops all year round bu appointment in Luc-sur-Mer and other dedicated rooms depending on the event. MILO's activity is dedicated to plants in all their forms. MILO offers products from artists, craftspeople, designers and producers: frames and decor made from stabilised plants, cosmetics, plant-based crockery, plant care, gourmet herbal teas, jewellery, clothing for yourself or as a gift. Creative activity classes open to all.

Opening times: By appointment only Rates: Children's workshops: €15. Adult workshops: from €15.

#### **MOHAIR DU MARAIS -**SHOP FOR MOHAIR WOOL. **CLOTHING AND ACCESSORIES**

12 rue du Marais - 14740 ROTS Tel.: +33 (0)2 31 80 33 75 mohairdumarais@orange.fr www.mohairdumarais.fr

Sink your eyes and hands into a world of softness at Mohair du Marais! Mohair is a premium and comfortable fibre that's soft. light, warm, dirt and odour-repellent. Our wool is dued, knitted and woven in France and blended with silk. Our shop sells mohair and silk yarn, beanies, berets, scarves, gloves, jumpers, ponchos, socks, slippers, blankets and so much more.

Opening times: Shop: 2/01 to 29/02: Thursdays, Fridays and Saturdays, 2.30pm to 6.30pm. From 01/03 to 31/07: Friday and Saturday from 14h30

From 01/08 to 31/12: Thursday, Friday and Saturday, 2.30pm to 6.30pm (closed 25/12).





## HARLEY DAVIDSON CAEN &

941 houlevard Charles Cros ZAC Object'Ifs Sud - 14123 IFS Tel.: +33 (0)2 31 35 50 20 harley.davidson.caen@wanadoo.fr www.harley-davidson-caen.com

Harley-Davidson Caen is the official dealership in Normandy. Harley-Davidson Caen services, repairs and sells new and secondhand bikes. We also buy all motor bike brands. Our motor-clothes, spare-parts and accessories area is ideal if you want to equip, customise and/or find accesso-ries for your motor bike. Come and visit the dealership where innova-tion and customer service are guaranteed!

# Pashion and accessories

#### PAPA PIOUE ET MAMAN COUD

104 rue Saint-Pierre - 14000 CAEN Tel.: +33 (0)2 31 86 75 53

www.papapiqueetmamancoud.fr/boutique-ppmc/caen

Feast your eyes on our pretty prints adorning our clothes, hair accessories, fabric pieces and bags. New collections dazzle children and adults every month with a range of items: hair accessories (scrunchies, clips etc.), waterproof fabric bags and clutches, babies and children's accessories (bibs, changing bags



# Music

#### **ESPACE DISC**

7 rue Arcisse de Caumont 14000 CAEN Tel.: +33 (0)2 31 50 38 32 espace.disc@free.fr

The shop has over 10.000 articles (CD/DVD/ Blu-Ray/Vinyl). Espace Disc has 34 years of experience in music and films. We stock cutprice, essential or rare articles, collec-tors' items, as well as plastic CD cases and sleeves for vinul singles and albums. We buu and sell CDs/DVDs/Blu-Ray/Vinyl.

Opening times: Mondaus 2pm to 7pm, Wednesdaus to Saturdays 10.30am to 7pm.

# Flea Market

## HÔMA - HOME | FASHION | **DECORATION | CHILDREN**

2 avenue d'Harcourt 14123 FLEURY-SUR-ORNE Tel.: +33 (0)9 50 04 12 54 magasin@homa-maison.fr www.homa-caen.fr

Hôma is an 800m<sup>2</sup> second-hand shop. We rent out booths for people to sell their pre-loved items: house move, new baby, retirement and building work are just a few of the many reasons for having clear out! Our team are here to help you. We work in partnership with several local associations with the environment and our community in

Opening times: Monday, 2pm to 7pm, Tuesday to Saturday, 10am to 7pm.

Rates: 2 weeks: €28. 3 weeks: €39. 4 weeks: €48.

#### **SERVICES**

# Currency exchange

#### **CAEN BUREAU DE CHANGE**

115 rue Saint Jean 14000 CAEN Tel.: +33 (0)2 31 30 18 87 contact@caen-change.fr www.caen-change.fr

32 currencies immediately available: Dollar, Sterling, Yen, Yuan... Other currencies to order. All gold and silver transactions.

Opening times: Monday to Friday, 9.15am to 12.30pm and 2.15pm to 6.30pm; Saturday, 9.15am to 12.30pm and 2.15pm to 5pm. Closed on Sundays and public holidays.



#### **GODOT & FILS**

18 rue Saint-Jean 14000 CAEN Tel.: +33 (0)2 61 53 06 66 caen@godotetfils.com godot-caen.fr

Are you planning a trip abroad? Visit your local Godot for the latest exchange rates. You can pick up cash to spend at popular destinations and more exotic countries alike. We recommend you visit us to make sure we have the currency you need. We buy and sell precious metals: gold and silver. Coin collection expertise.

Opening times: Monday to Friday, 9.30am to 6pm.





# lourism and Hospitality College

### TUNON INTERNATIONAL SCHOOL &



Tunon International College specialises in Tourism/Hospitality, PR/Events and Luxury with Bachelor and MBA courses. The courses are tailor-made so everyone can unlock their potential. The classes are taught by professionals and the apprenticeships enable students to get real work experience in the industry.

# Residence Services

## LES JARDINS D'ARCADIE DE OUISTREHAM 🕸 🕭

93 avenue de la Mer - 14150 OUISTREHAM Tel.: +33 (0)2 31 25 21 78 ouistreham@iardins-arcadie.fr jardins-arcadie.fr/residence/residence-de-ouistreham

The Jardins d'Arcadie develops residen-tial services for independent seniors all over France. Our residence in Ouistreham provides practical and adapted accom-mo-dation (from studio flats to 3-room flats), a range of services on option and access to group areas to promote well-being. This innovative housing solution helps seniors enjoy a friendly atmosphere in total freedom.

Geopend: All year round.

#### **TRANSPORTATION**

# Car rental

## AVIS BUDGET 🕸 🕭



44 place de la Gare Gare SNCF 14000 CAEN Tel.: +33 (0)8 21 23 07 60 caen.xh5@abg.com www.avis.fr

Renting a car with Avis isn't just the best way to get from A to B; it's your ticket to adventure and an experience to remember with your own car that ticks all the boxes. From city cars to people carriers, Avis will help you find the right hire car for your needs and holiday plans.

Opening times: Monday to Friday 8am to 6pm, Saturday 9am to 1pm and 2pm to 5pm. Return service available 24 hours a day.

#### **EUROPCAR FRANCE**

36 place de la Gare 14000 CAEN Tel.: +33 (0)9 77 40 32 74 frstcfrl02@europcar.com www.europcar.fr

Europear provides cars and utility vehicles for rent. Friendly service, new cars at low prices on offer every day. Whether you are renting a car for business or pleasure, if you need a car or a van, Europear has the rental vehicle you need at our Caen train station agency.

Opening times: Mondays 8am to 12.15pm and 2pm to 6pm, Tuesdays, Wednesdays and Thursdays 8.30am to 12.15pm and 2pm to 6pm, Fridays 8.30am to 12.15pm and 2pm to 6.30pm, Saturdays 8.30am to 12.15pm and 2pm to 5.30pm.

Open on certain public holidays with special opening times, please ask at the branch.

#### **NORMANDY BIKE** MOTORBIKE AND SCOOTER HIRE ©



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Normandy Bike is a small Normandy business specialising in short-term rentals for motorbikes, scooters and accessories. We provide safety equipment (helmets, gloves etc.) and insurance to keep you safe and sound.



Online booking makes eve-rything quick and easy so what are you waiting for? Book and enjou!

Opening times: Monday to Saturday (except Wednesday and Monday mornings) from 10am to 12pm and from 2pm to 6pm. Wednesday and Monday mornings; by appointment only. Syndays. from June to September: from 9am to 10am and from 6pm to 7pm by appointment only.

Rates: Electric bike: From €39/day. Exercise bike: From €17/day. Motorbikes 700cc and over: From €99/day. Scooter 50cc and over: From €35/day.

#### SIXT

24 place de la Gare 14000 CAEN Tel.: +33 (0)1 70 97 61 11 res-fr@sixt.com www.sixt.fr/location-voiture/france/caen

See another side to Caen in a Sixt rental. Whether for business or pleasure in the medieval city, Sixt provides luxury rental

cars (saloons & estates, coupés & cabriolets, 4x4s & SUVs) so you can travel your way. Don't hesitate to contact the agency. Our friendly staff are on hand to answer all your

Opening times: All year round, Monday to Friday, 8am to 12.30pm and 2pm to 6.30pm, Saturday 8.30am to 12.30pm and 1.30pm to 5.30pm.

#### **VOYAGEZ LIBRE**

22 allée Vincent van Gogh 14790 VERSON Tel.: +33 (0)6 64 83 20 43

voyagezlibre@gmail.com - www.voyagezlibre.fr Voyagez Libre specialise in a high standard for our 10 years of experience, professional, polite and prompt service. We promise to provide you with a service to suit your requirements, quick and easy booking at the right price, premium vehicles, a tour route designed with you and a guide... Settle back and enjoy the ride!

and secure transport service. We stand out

Opening times: All year round, 7 days a week, by prior arrangement, except on public holidays. Rates: on request.

## Taxis

## ABBEILLES TAXI CAEN 🕸 👶



The Abbeilles Taxi Caen group is made up of 70 independent taxis and available 24/7 all year round. Whether you need to travel a few hundred metres or a few hundred miles, we'll get you to your destination! We also provide tours so you can visit iconic sites in and around Caen such as the D-Day beaches, Mont-St-Michel, Honfleur, Beuvron-en-Auge or anywhere else you fancy.

Opening times: All year round, 7 days a week, 24 hours a day, by prior arrangement. Rates: Pick-up: 2.90 €. Minimum fare: 7.80 €. Day fare - one way: 1.92 €. Day fare - return trip: 0.96 €.

Night fare - one way: 2.88 €. Night fare - return trip: €1.44.







## TAXIS DE LA CÔTE 🕸

Tel.: +33 (0)2 31 97 39 41 taxisdelacote14@gmail.com taxisdeouistreham.fr

Taxis de la Côte provide a professional and expert service with the ultimate in discretion for all kinds of transport. Available 7 days a week for any distance. Whether you book in advance or last-minute, day or night, you can count on Taxis de la Côte! Taxis de la Côte have two 8-seaters (Mercedes Class V). Vehicles available bu the hour/half-dau.

Opening times: All year round, 7 days a week, 24 hours a day.

Rates: Day: €1.92/km . Night: €2.88/km.

## SY DRIVE

Tel.: +33 (0)6 68 92 20 19 sudrivevtc@gmail.com chauffeur-caen.fr

Su Drive specialise in taxi services and take care of your travels in Calvados and Normandy's neighbouring regions. We also provide transfers to a range of airports and stations (Deauville, Carpiquet, Beauvais, Orly, Roissy Charles de Gaulle). We work with experienced drivers to provide peace of mind and a service tailored to every client's needs.

Opening times: All year round, 7 days a week, 24 hours a dau.

Rates: on request.

#### **VOYAGEZ LIBRE**

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Voyagez Libre specialise in a high standard and secure transport service. We stand out for our 10 years of experience, professional. polite and prompt service. We promise to provide you with a service to suit your requi-rements, quick and easy booking at the right price, premium vehicles, a tour route designed with you and a guide... Settle back and eniou the ride!

Opening times: All year round, 7 days a week, by prior arrangement, except on public holidays. Rates: on request.

# Car with driver

#### **BOREL ROYAL TRANSFERT**

Tel.: +33 (0)6 11 18 23 07 borelroyalvtc@gmail.com www.borelroyalevtc.com

Borel Royal Transfert provides transport with your own driver and exceptional service on board our hybrid vehicles that make all your journeys a unique carefree experience. A tailored solution and quality alternative for all your journeys, no matter the distance and in line with safety guide-lines. Say goodbye to worries about who will be picking you up or dropping you off!

Opening times: All year round, 24 hours a day, 7 days a week by prior arrangement.

Rates: Minimum courses from €15 (1 to 6 places). Contact us for all your distances and travel requirements.





**USEFUL NUMBERS** SAMU (medical emergencies): 15 Police: 17 Fire brigade: 18 European emergency number: 112 Poison control centre: Tel.: +33 (0)2 99 59 22 22 Hospital: CHU de Caen Avenue de la Côte de Nacre Tel.: +33 (0)2 31 06 31 06 SOS Médecins Calvados (emergency doctors): 3624 Out-of-hours pharmacy: 3237 Car pound: Tel.: +33 (0)2 31 29 22 28 Caen la mer Urban Community: www.caenlamer.fr Calvados Attractivité: www.calvados-tourisme.com



The Caen la mer - Normandy Tourist Office and Convention Bureau has received the QUALITÉ TOURISME™ label in compliance with the quality guidelines published by Offices de Tourisme de France®.

Always ready to listen to you, we are committed to offering you a warm welcome, comfortable spaces and our knowledge of the region.





Our subscribers' favourite photo Published on 08/08/2023



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#### Caen Ia mer - NORMANDY TOURIST OFFICE AND CONVENTION BUREAU



#### Caen Information Office

12 place Saint-Pierre 14000 Caen Tel.: +33 (0)2 31 27 14 14 info@caenlamer-tourisme.fr



#### Ouistreham Riva-Bella Information Office

Esplanade Lofi 14150 Ouistreham Tel.:+33(0)2 31 97 18 63 Ouistreham@caeplamer-tourisme f











NORMANDIE



Please return this guide to the Tourist Office so that it can be

RECYCLED or REUSED