

CAEN MER

Destination Normandie

THE MAGAZINE



GASTRONOMY
The crème de la crème

IN FRONT OF THE SEA
Our water sports hotspots !

STORYTIME
William the Conqueror

NORMANDY FROM A TO Z !

CHILLED : It's time to settle back and go with the flow: no pressure, no stress, you're in charge !

CREATIVE : Caen is a land with personality ! Soak up the cultural and artistic wealth the area is famous for.

EXCITING : You're bound to have heard of Caen... Come and explore William the Conqueror's town and be blown away by its incredible heritage !

FAMILY-FRIENDLY : This little slice of the Côte de Nacre is home to 4 human-size sea resorts that the whole family will love !

INSPIRATIONAL : Take a deep breath of fresh air and prepare you for adventure.

NATURAL : Caen la Mer brings you a whole host of landscapes with its canal, parks, gardens, coast and beaches.

WELCOMING : Caen la Mer in central Normandy greets you with open arms and mouth-watering specialities.



Where it all Happens



Where you follow your gut
p06-07



Where you take to the sea
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Where the wind of freedom blows
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Where the story begins
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Where greed is no sin
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Where you need to be
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MAP OF CAEN LA MER



Welcome to Caen la mer ! Larger-than-life landscapes fuelled by a memorable past and mindful present: everything about it, from its food and heritage to its appeal, oozes personality ! Visit Caen old town, explore the coast on a paddle, listen to the testimony of the D-Day survivors, have brunch on theD farm... The possibilities are endless here. It has everything you need to enjoy a stay between land and sea, **relax, learn and soak up** an unspoilt setting. Here **are your must-dos** to guide you throughout your stay :

□ Visit Caen Castle

William the Conqueror built Caen Castle in 1060 to rule over the town centre. Explore every last bit of the largest medieval enclosure in Europe !



□ Get to grips with our past at the Caen Memorial



This unmissable Norman museum is a memorial site presenting the history of an entire nation: from the start of World War II and D-Day to the Cold War.

□ Have fun at Festyland

Do you want to treat the family to some thrills and spills ? Visit Normandy's biggest theme park ! Dive into local history as you venture through the Viking, Pirate and Medieval areas.



□ Travel back in time at Ornavik Park



Dive into 10th and 11th century Normandy and watch a land spring to life with Carolingian villages and vikings... A larger-than-life reconstruction !

□ Relive history on Sword Beach

It's one of 5 Normandy D-Day beaches where the Allies landed on the morning of June 6th 1944. A memory that will mark the sand forever...



□ Breathe in, breathe out, at Ouistreham Lighthouse



Ouistreham Lighthouse has been an icon for Caen la mer and its sailors since its foundation in 1905. Soak up the coast's colours with 360° views of the town and English Channel.

CAEN LA MER
Destination Normandie



Where you follow your gut

Quiz : What's the right vibe for you ?

It's the moment we've all been waiting for: the holidays ! There's a whole host of things to do in Normandy. Struggling to choose ? Well, here's a special quiz to make sure you get the most out of your break in Caen la Mer.

QUESTION 1 What's in your backpack ?

- A pair of shades, a swimsuit and beach towel. 🚤
- A pack of tissues, museum tickets and a red rose. 🎩
- A camera, map of town and notebook. 📖
- The Michelin restaurant guide and the list of local specialities. 🍷
- A novel, good pair of shoes and an apple. 🍏
- Your headphones, smartphone and a copy of the Caen la mer agenda. 📅

QUESTION 2 A trip to Caen is your chance to...

- Enjoy a great cheese platter down with a cider. 🍷
- Unleash your emotions. 🎭
- Sing the French classic "Elle voulait revoir sa Normandie". 🎵
- Explore a town packed with history ! 🏰
- Get your sea legs. 🚤
- Show your true colours. 🌿

QUESTION 3 Who would you be if you were a Normandy personality ?

- Orelsan, for a bit of artistry ! 🎭
- A Viking with no fear of the North Western armies. 🚤
- William the Conqueror, the 1st Norman to go down in history. 📖
- Sébastien Blot, one of the Jardin des Plantes' designers in Caen. 🌿
- Lucien Jeannette, the brains behind the famous Jeannette madeleine. 🍪
- A Green Beret, one of the 177 French soldiers to land on Sword Beach. 🎩

More 🚤 ?

The Normans have set the bar high: there are water sports galore where you take to the sea. Whether you're after something chilled or thrilling, there's something for everyone. Check out pages 8-11.

More 🎩 ?

Good news for history buffs. Caen la mer has everything you could wish for. A D-Day audio tour, museums, memorial and more. History is yours for the taking and it's all happening where the wind of freedom blows on pages 12-15.

More 📖 ?

You won't know where to look: a castle, 3 abbeys, cobbled streets paved with secrets... Conquer Normandy where the story begins. Head to pages 18-21 !

More 🍷 ?

There's nothing wrong with indulging yourself, so Caen la mer has pulled out all the stops for your arrival! Markets, Michelin-starred restaurants, renowned artisans and more. Everything you need to rustle up a delicious break where greed is no sin. Read pages 22-25.

More 🎭 ?

Where you can express your real nature is the perfect place to switch off : you may not be a tree hugger but Caen la mer can help you turn over a new leaf. See you on pages 26-29 !

More 🌿 ?

The Normans have rolled out the red carpet for you ! Caen la mer is getting all glammed up for this new season of shows, concerts and exhibitions. See you on pages 34 and 35.



Where you take to the sea



1 LET'S GO !

Unleash your inner competitor on Ouisseham's Riva-Bella Beach. Let's start the holidays as we mean to go on with an afternoon landsailing. "Hoist the sails" to win !



Best of Caen la mer : our water sports hotspots !

2 KITESURFING GIVES YOU WINGS...

Hermanville-sur-mer Beach is looking for its new water sports star. So grab the bull by the horns (or just grab the bar) and get kitesurfing. Got your sea legs ?



3 RAISE THE ANCHOR !

Join your crew on an amazing boat trip. Nothing's holding you back on your catamaran. The swells on Lion-sur-mer Beach are waiting for you at the bottom of the cliffs. An experience to share with as many people as possible.



4 READY TO TAKE TO THE WATER ?

Everyone's up for a paddle session on Colleville-Montgomery Beach. Venture out to sea and drink in the staggering views. Nature lovers won't know where to look first: it's the perfect balance of sport and adventure.



Aye, aye, Captain !

It's time for family time ! Our children's booklets put you on track to unearth Caen la mer's treasures. You just have to pick which one you fancy :

FAMILY BOOKLET

« À la découverte de Ouisseham »

Venture out of your comfort zone to uncover Ouisseham's secrets. There's a whole host of trails to choose from : the town, World War II and port. Children and adults will love this trip back in time ! Ready for dry land ?

FAMILY BOOKLET

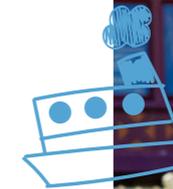
« En villégiature à Lion-sur-mer »

The seafront villas in Lion-sur-mer contain many mysteries. Explore the coast on a trail that's full of surprises. Our budding detectives just have to hold on tight and enjoy the ride between land and sea !

Booklets available to buy from Ouisseham Tourist Information (all year round) and Lion-sur-mer Tourist Information (in season) for 2.50 Euros. Only available in French.



« It doesn't take much to be happy ! »





Where you take to the sea

Weekend suggestion

« Do not disturb ! »

The Thalasso spa in Ouistreham is the best place for some R&R (we speak from experience !). Your weekend is all about pampering ! Start off your wellness break at Thalazur spa with its salt water experience, sauna, hammam... What better way to switch off and chill out ? Gaze out at the sea and dunes in Ouistreham and let your worries melt away. Take a big gulp of fresh air on a seaside stroll and say «ahh» !

« It's the weekend, we're here to relax and enjoy ourselves ! »

It's a well-known fact that time flies when you're on holiday. How about pressing pause ? Hit reset and join your family, friends or enjoy some me-time ! Professional massages, steamy saunas, hot tubs and relaxing classes... Pamper yourself. Your wish is our command !



SEASIDE VILLA experience

This is how the story goes : the Côte de Nacre seaside villas appeared in the 19th century, a time when society was changing and architecture, urban planning and artworks captured the coast. Away from the polluted cities, sea resorts were a source of inspiration for wealthy families and architects. The spectacular scenery by the beach is a feast for the eyes: early morning on the embankment, sunlight awakens elegant silhouettes that illuminate the landscape. Let us introduce you to the villas in all shapes and sizes (everything from Neo-Normand to Neo-Gothic) that draw us to them to drink in all their architectural glory. Our heart beats faster at the sight of La Bluette, its soft and smooth curves bringing to mind the wind blowing on the dunes. It looks sweet and wise from a distance. When you get up close, there's always some new detail to spot on the exterior...

Want to know what happens next ? Come and visit the colourful villas and uncover their secrets. Historical landmark, bolthole for writers, foster home for the Emperor's nephew : the villas from Lion-sur-mer to Ouistreham have many a tale to tell.

Delve into this magical history in our area !





Where the wind of freedom blows



Follow in the footsteps of soldiers for the weekend...

DAY 1 : Caen Memorial

With or without a guide, a trip to Caen Memorial is an absolute must: there's the 360° visual projection, awesome testimonial by the reporter Patrick Chauvel, a display about 20th century battles including the infamous Battle of Normandy and more. The museum brings together fascinating yet heart-breaking information and sources to visit (and revisit) the history of an entire nation. An experience for the heart and soul.

DAY 2 : D-Day Beach tour

Open a chapter of history on a guided tour starting in Caen: from Pointe du Hoc to Omaha Beach and its cemetery then onto Gold Beach. Normandy's landscapes say more than words and images ever could. Shell holes, shipwrecks, mulberry harbour and more. This is a place that bears the scars of what our forebears experienced.

« When we got back to Caen, our minds were filled with images, and we felt like we knew a lot more than before about the Normandy Landings. »

1 CAEN MEMORIAL

Travel back in time : the Caen Memorial is your ticket to history. This is one educational and emotional experience you don't want to miss.



3 PEGASUS BRIDGE

June 6th 1944 was a big day for Pegasus Bridge : the Bénouville bridge was liberated overnight to become the Pegasus Memorial bridge in tribute to the British paratroopers and their winged horse insignia.



2 GRAND BUNKER

The Grand Bunker is alive with history : six floors stage a faithful reconstruction of the former German command post dating back to June 6th 1944. Explore original equipment essential to the fortification system built by the Germans during World War II at the Atlantic Wall Museum in Ouistreham.



4 HERMANVILLE-SUR-MER MILITARY CEMETERY

Take time out to visit Hermanville-sur-mer military cemetery where a thousand soldiers (British, Canadian, Australian and French) have been laid to rest near Sword Beach.

5 HILLMAN FORTIFIED SITE

Hillman fortified site was built between 1942 and 1944 and is a 24ha open-air museum in the great outdoors. Over a dozen bunkers built by the Germans have been restored to take you back to this milestone moment.





Where the wind of freedom blows



Experience

Our memories step by step

Set off from Ouistreham Tourist Information with your GPS parasol and listen to the voices of past and present share their memories of the D-Day beaches.

From Riva-Bella Beach to Colleville-Montgomery Beach, testimonials from every generation and the people who lived through the Occupation and D-Day are your guides on your 90 minute trip back in time. Experience a one-of-a-kind outing with La Délicate audio tour !

« Grab History by the horns »



Mini adventurers : we want you !

Caen Memorial provides special guided tours tailored to children aged 8 and over. Sate their thirst for knowledge over half term with World War II, the Resistance and Liberation. A family-friendly experience takes your children through the 1 hr 45 memorial trail. **Have fun learning !** Items, testimonials and archives galore: our staff answer all your questions about the D-Day Landing.

History is for little ones too !



WANT TO UNLOCK HISTORY IN A FLASH ?

You can with the City Pass !

BECOME CAEN LA MER'S NUMBER 1 VIP TOURIST WITH A UNIQUE PASS THAT PROVIDES ACCESS TO THE MAIN REMEMBRANCE SITES. TAKE THE STRESS OUT OF BOOKING : VISIT WITH PEACE OF MIND.



Where it all Happens



Where the story begins

Psss ! This is where it's all happening...

Keep your eyes and ears open : the history of Caen is preparing to conquer you. You're about to experience Heritage with a capital H! We can safely say that you'll never get bored on your trip.



1 AN HISTORICAL CASTLE !

Caen Castle is known as the white wolf and has one of the largest medieval enclosures in Europe. Follow in the footsteps of William the Conqueror on an experience that brings the past and present together. Step inside and visit permanent collections and exhibitions at the Normandy Museum and Fine Arts Museum... That's all we're telling you, **the rest is a surprise !**

2 HISTORY IN CENTRAL CAEN

Where there's a will, there's a way ! Head off on your own adventure and explore the town's nooks and crannies. On the agenda :

- > Stroll by the half-timbered houses on Rue Saint-Pierre
- > Soak up the delicious aromas in the Vaugueux district
- > Take a breath of sea air on the marina
- > Scour the little lanes the length and breadth of Rue Froide
- > Gaze at the manors on Place Saint Sauveur, the town's oldest square

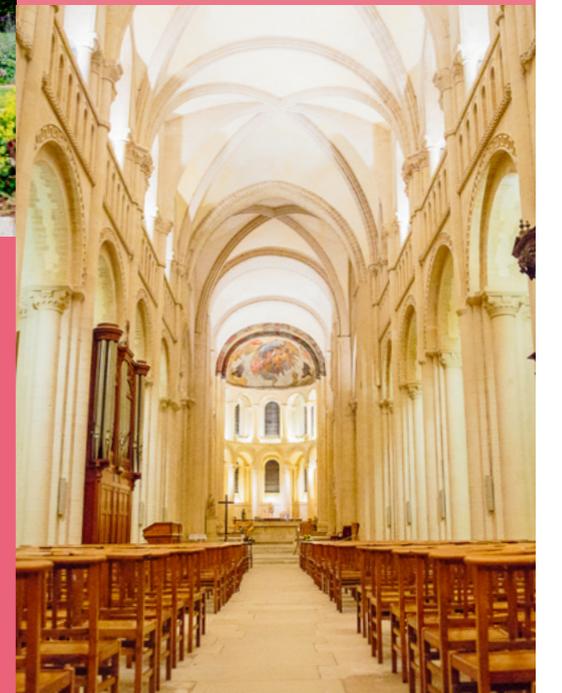
The town is bursting with treasures !



4 ABBAYE AUX DAMES, A UNIQUE TREAT

Behind every great man there's a great woman, and what a woman! This abbey is over *950 years* old and was founded by Matilda of Flanders, Duchess of Normandy and Queen of England (no less!). Inside is an 11th century crypt and 18th century convent.

Prepare for a sight for sore eyes : Abbaye aux Dames towers over town !



3 ABBAYE AUX HOMMES : THANK YOU WILLIAM !

Welcome to Caen Town Hall! As you can see, **you can't judge a book by its cover.** But it's a fabulous cover: this fine example of medieval architecture is still home to Saint-Étienne Church where William the Conqueror rests in peace... **Unmissable !**



5 STREETS ALIVE WITH ART

Our streets are the kind that get a reaction: they're home to street art ! Colours, illustrations, artists... **There are 40-odd temporary artworks to explore** all over Caen la mer. It's an open-air museum !



Where the story begins

Fancy a weekend in Caen ?

The next 48 hours are all about getting in some culture and enjoying yourself: let's explore, wander around and make the most of it! What's the plan ? Cover all the must-dos without scratching each other's eyes out !

DAY 1 :

10.11am : Treasure trail at Caen Castle : from the city walls to the bell towers, it's love at first sight !

2.09pm : Old town tour : from the half-timbered houses to Caen stone on countless monuments, the streets are paved with treasures. Our area is famous for its beautiful historical landmarks like Abbaye aux Hommes and Abbaye aux Dames. We take great pride in them! Guess what ? Our Tourist Office provides free trails lasting 2-3 hours so you don't miss a bit of our rich heritage !

4.27 pm : Shopping in central Caen : bookshop, record shop, craft shops, bag shop, jewellery, milliner... You won't know where to look next.

6.59 pm : Happy hour on the marina : oh we do like to be beside the seaside !

DAY 2 :

10.03am : It's market day : everyone knows that Saint-Pierre market is the place to be on Sunday morning. It's the last day of the weekend so grab your bag and stock up for the week. There's something for everyone on the market stalls: fresh and tasty !

12.48pm : Foodie break in the Vaugueux district : sample the best of our local produce ! Get a warm welcome from our restaurants : cider, cheese, tripe, seafood, desserts in all their glory. Our chefs know how to make your mouth water.

4.34pm : Bye, Bye Normandy : Already leaving ? But you've not even said goodbye to the sea, sand and fish... There's no way you can go without having one last dip ! Go on... Just a toe... Plus the beach is only 15 minutes away. It would be a shame to miss out !

WE TOLD YOU :

we hate getting worked up here !

That's why we've come up with your BFF for your city break... The **City Pass** : 24/48/72 hours, with or without transport, visit Caen la mer's main tourist attractions and cultural sites (Caen Memorial, Abbaye aux Hommes, Museums etc.). It even gives you **unique discounts** at our eateries and craft shops! Pick up the City Pass at Caen la Mer Tourist Information or book online..



Do you know what "sæl og blessuð" means ?

We don't either... but they do :

Welcome to Ornavik !

Take the family on a trip back in time... This is no museum, this is your ticket to experience life among the Vikings in the 10th century a stone's throw from Caen. Escape game, guided tours, life-size reconstruction: they don't do things by halves in Hérouville Saint-Clair !



STORYTIME

The day I became William the Conqueror.

« When I was born, I wasn't "legitimate" which earned me a nasty nickname... I still became the Duke of Normandy when I was 8 but again, it wasn't plain sailing. I'll spare you the details and cut to the chase.

First of all, I was the first to spot Caen's potential and I'm pretty pleased with myself about that : I moved here. What more do you want ? I may have demonstrated my power but some of my decisions got me a lot of haters. The first was when I married Matilda of Flanders in 1050... The Pope wasn't too happy. But we sorted it out and built Abbaye aux Hommes and Abbaye aux Dames. I actually built Caen Castle too and that was a knockout !

You know, I know potential when I see it. And one day I saw myself and was crowned the King of England in 1066. It wasn't easy but you can never give up. I beat Harold fair and square with my team, on his home turf too. Then pow ! I became the myth, the legend: William the Conqueror !

That's all from me. I hope you enjoyed that. If you have, feel free to visit Caen Castle and the town's abbeys...Always a pleasure to welcome you ! »



*Where greed
is no sin*

Caen la mer's food for thought

**ON THE MENU AT LA VOILE
BLANCHE IN OUISTREHAM,
CHEF IS SERVING...**

Cod loin in chorizo sauce !

Step 1 : Good cod !

- > Vacuum pack a 150g portion of seasoned cod loin
- > Steam in a steam oven (50°C) for 15 minutes

Step 2 : Asparagus time

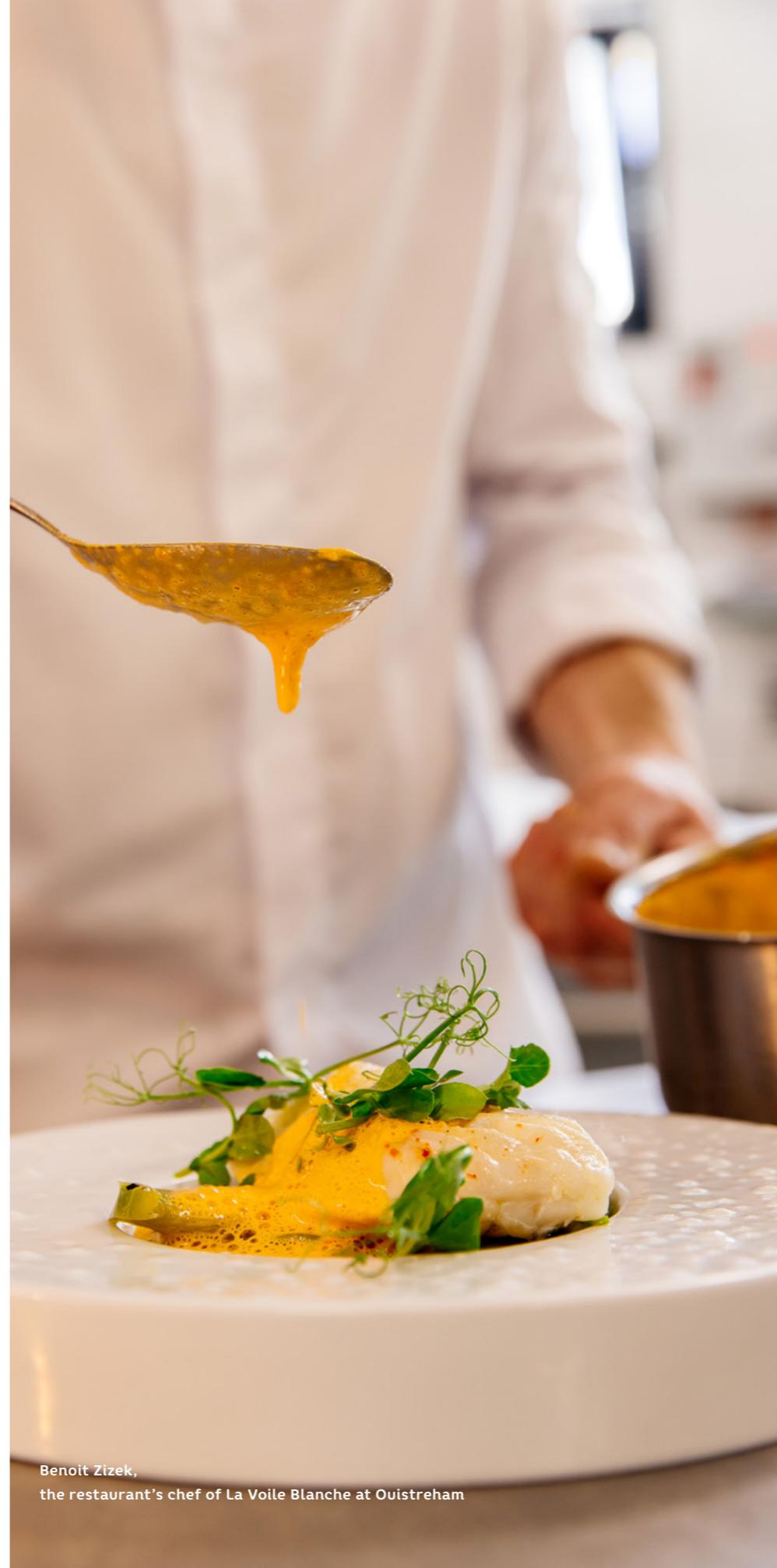
- > Cook asparagus tips in very little water
- > Put the lid on to lock in their crunch
- > Use your choice of seasonal vegetables

Step 3 : Chorizo-a-go-go

- > Finely dice ¼ of extra spicy chorizot
- > Soften chorizo in a pan
- > Add one quartered tomato
- > Add 200ml of cream
- > Season and bring to the boil
- > Blend and strain
- > Add half a spoon of soya lecithin

Step 4 : Dress to impress

Step 5 : Forks at the ready !



Benoit Zizek,
the restaurant's chef of La Voile Blanche at Ouistreham

»»»» GOURMET Experience ««««

A 100% LOCAL EXPERIENCE : BRUNCH AT BILLY & CO

If you struggle to get up in the morning, we have the answer ! Billy & Co brings you a meal fit for kings in the countryside a few miles from Caen : the warm and relaxing eatery serves a whole host of flavours every weekend from 11.30am.

SETTLE IN AND GET COMFORTABLE !

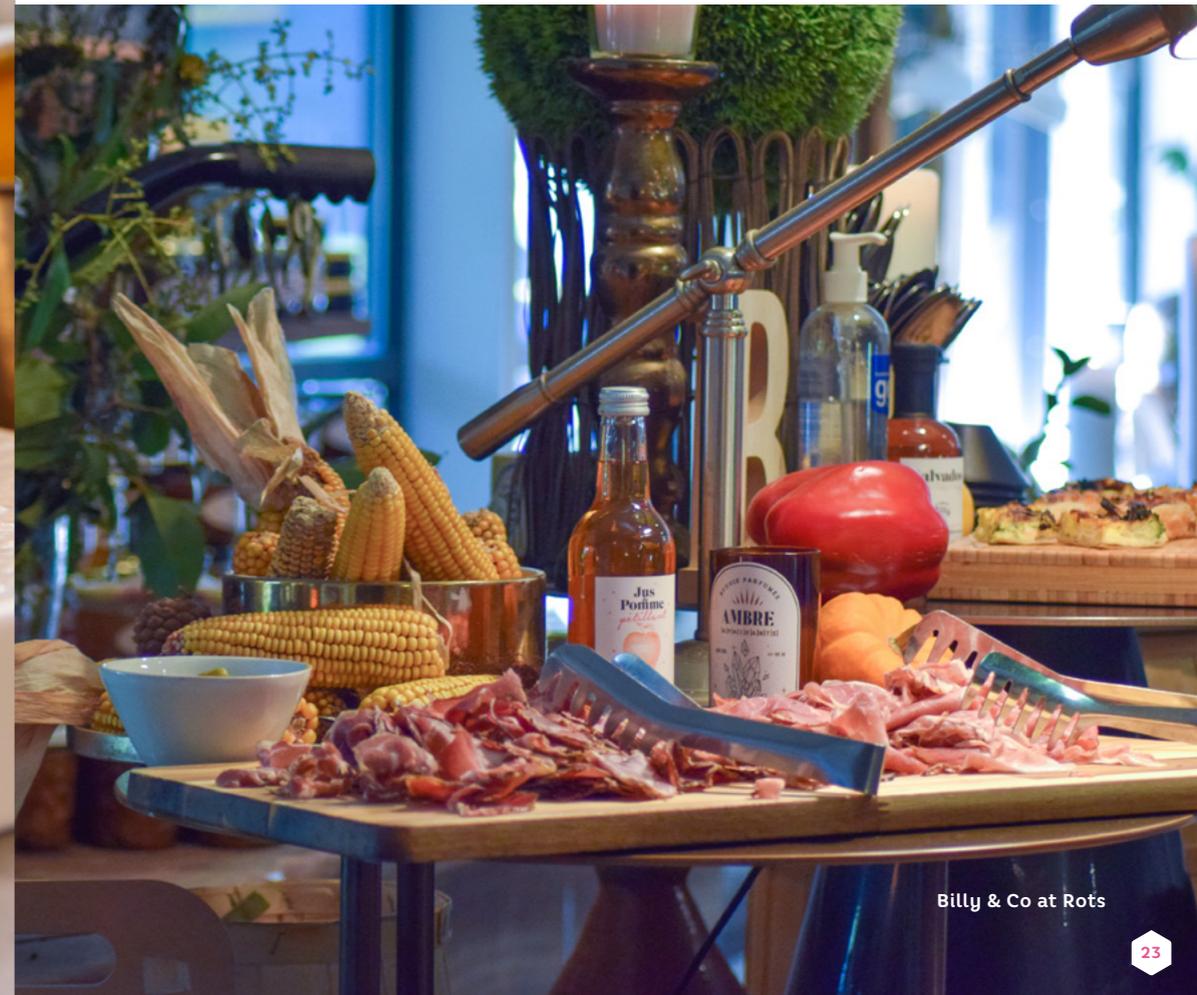
This family farm in the heart of Rots has been making cider and apple juice in the village for 5 generations. Take a bite out of their legacy in a welcoming and homely eatery.

*« The future belongs
to those who eat
pancakes ! »*

A MASTER CHEF !

Billy & Co know how to get your day off on the right foot, whether you're into sweet or savoury ! Their USP is home-cooked dishes like melt-in-the-mouth bœuf bourguignon... All made with love and passion. A buffet laden with local, seasonal and top quality produce !

What are our favourites ? We love their aubergine caviar and silky smooth cheesecake... The heaving cheese platters are hard to resist too !



Billy & Co at Rots



Where greed is non sin

Caen la mer's best eats :

I love the smell of food in the morning. It smells like quality! We only bring you the best, so here are our favourite local shops to take a bit of your holiday home with you.



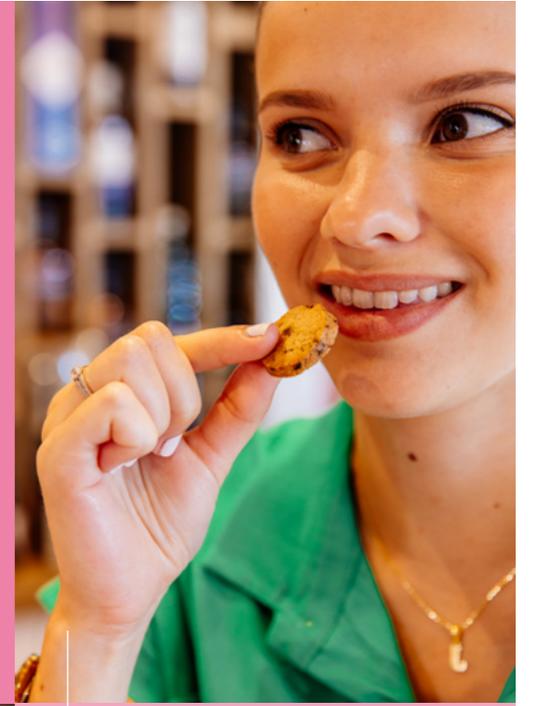
3 CATCH OF THE DAY !

Ouistreham port market

Fish doesn't get fresher than this ! Every morning there are scallops, Normandy oysters, prawns, sea bass, crab, mussels and more. They sell like hot cakes. So grab your cool box and kids and hit the fish market !

Take a deep dive into Normandy and visit Caen's other markets heaving with fish and local produce:

- 📍 *Saint-Sauveur Market*, on Place Saint-Sauveur in Caen, every Friday
- 📍 *Boulevard Lepoy Market*, every Saturday
- 📍 *Saint-Pierre Market*, on the marina in Caen every Sunday



1 THE CRÈME DE LA CRÈME

We know it isn't always easy to find the perfect cheese. Melt-in-the-mouth, silky soft, creamy with personality... Everyone has their own tastes, you're allowed to be picky! As luck would have it, our cheesemongers are here to help :

La Crèmerie des Barotneurs :

Get a warm welcome from Baptiste and Justine in their cheese shop. Whether you eat in, take away or use their catering services, there's only one thing to do with their hearty platters: dive in! We're wild about the camembert crammed full of truffle, pear or walnuts... **Cheese the day !**

- 📍 43 Rue de Geôle in Caen

Aux Fromages de France

This shop has been famous for over 50 years and has won the hearts of locals. Sylvie and Fabrice's passion for **honest local produce** is infectious! The perfect place to stock up on Normandy cheese...

- 📍 116 Rue Saint-Jean in Caen

Fromagerie Conquéant

The name «Conqueror Cheesemonger» says it all with over 150 different cheeses to sample! Boris the boss even rustles up sandwiches to elevate your lunch break... Our favourite : the raclette box. It tastes even better when you share it with people you love !

- 📍 12 Rue Guillaume le Conquéant in Caen



2 IT'S TIME FOR A BREAK !

If you fancy a bit of fizz,

make a beeline for **Les Cidrologues !** This is more than just a shop : it also provides introductions and tastings of liqueurs (bottoms up), cider (makes sense), spirits (that's the spirit) and perry (be merry).

- 📍 27 Rue Guillaume le Conquéant in Caen

If you fancy something sweet,

you can always count on Jeannette's madeleine cakes ! Jeannette has been serving a selection of plain and flavoured madeleines since 1850. We can never say no !

- 📍 23 Avenue du Pays de Caen in Colombelles



4 THE CHERRY ON THE CAKE

L'Échoppe by Chef Poudras

We love the taste of home cooking in Ouistreham. We follow our heart (and stomach) to the deli run by Gilles Poudras and his wife Sandrine. **Local produce**, tableware, a great wine cellar and more. Our chef serves up the best of the area to eat in or take away. You know it's going to be good !

You're spoilt for choice, Tuesday-Saturday, 10am-7pm, eat in or take away. Their speciality : **good, honest food**. We won't make a big song and dance about it... We'll let you try it yourself !

- 📍 Route de Caen in Ouistreham



« After stocking up on a trip to the market, head to the beach for a family picnic ! Our favourite spot : Pointe du Siège in Ouistreham. Get everything ready whilst the kids play on the sand : whip out the picnic blanket and moreish market morsels. On the menu : fresh prawns and oysters to start the ball rolling, salmon and cream cheese sandwiches and seasonal fruit for dessert! Simple and delicious ! »





Where you can express your real nature

The best places to switch off

Pining for ...

1 ... NATURE ?

We know only too well that the hustle and bustle of town can make your head spin! When you're in it every day, it can make you want to get away from it all. Which works out because hectares of nature await just outside Caen to give you a break. Ready for a breath of fresh air ?

📍 *Explore Gimbosq Forest*
on foot, by bike or on horseback !

📍 *Bois du Caprice*
meadows, wetlands, woods... You're in for a big surprise.

📍 *Pointe du Siège Ouistreham*
a unique spot to gain a little ground and gaze at the Orne Estuary...

2 ... SILENCE ?

Peace, relaxation, calm... Are we speaking your language ? Seeped in thriving nature, the **Dormant Cemeteries in Caen** are the perfect place for a romantic stroll. A **magical setting** among 100 year old trees to give you a bit of peace away from the hustle and bustle !



3 ... GREENERY ?

You may think you've fallen down the rabbit hole, but **the flowers in this Wonderland don't talk**. That's why the gardens are the **perfect place** to switch off from the daily hubbub. There's only one thing to do here : **fill your lungs** with the sweet scents wafting off the plants in our gardens :

📍 *Jardin des Plantes in Caen*
and its 8000 plant species...

📍 *Colline aux Oiseaux*
and its stunning rose garden.

📍 *Vallée des Jardins*
the perfect place to run and let off steam.

« A peaceful setting where the flora and fauna set the tone. »



4 ... ESCAPE ?

How does a **bike ride sound** ? Let's go for two wheels today. There's nothing better to **blow away the cobwebs** and detox. There's a surprise when you get there: a complimentary foot bath! This is a great way for nature lovers to **explore our land**, plus it's **100% green**. Ready, steady, go !

📍 *The Vélo Francette*
a pure joy, 15.5km green from Caen to Ouistreham.

📍 *The Vélo maritime*
to travel back to 1944 along the coast !



5 ... SUNSHINE ?

Farniente, is the art of doing nothing ! **Clear your head** with a beach walk: there's nothing better to get rid of any little niggles. The sun's shining, the waves are lapping the shore... What was that about problems ?

📍 *Ouistreham Riva Bella Beach*
and its beach huts that turn the landscape into a work of art.

📍 *Hermonville-sur-mer to Lion-sur-mer seafront*
a stunning setting for a walk with the seaside villas to one side and the English Channel to the other.





Where you can express your real nature

Weekend suggestion Caen la mer without your car



Weekends are all about feeling free, which is great because a sense of freedom is what Caen la mer is all about !

So here's an idea that will suit you: press pause on your daily routine for 48 hours and go green to explore Caen la mer! No, we don't mean with envy, we're talking sustainable tourism.

Here are 3 things to do in our area that don't need a car !

DO YOU PREFER TO GO IT ALONE OR GO ON A GUIDED TOUR ?

Get off on the right foot with our trails in town ! These 100% walking tours in Caen old town are your chance to take a stroll, gaze at the beautiful architecture and soak up the colourful little lanes. Whether you do your own thing or follow our experts' kind voices, see history through fresh eyes on this walk !

HAPPINESS IS ALL ABOUT BALANCE !

Are you ready to see life from a different angle ? Pitching forward with both hands on the handlebars... A segway tour of town is more fun ! From Quai Vendevre and the marina to the Presqu'île district and La Prairie bird reserve : **take a walk on the wild side.**

PUT PEDAL TO THE METAL !

You need some gas in the tank to ride along the canal : **it's 15,5km of breath-taking scenery.** No worries, there's enough left to enjoy the surprises this path has in store. Pegasus Bridge, Ornavik viking park, Château Beaugard and Château Bénouville cheer you on with Ouistreham Lighthouse marking the finish line !

Psss ! Do you fancy a shortcut to the sea ? **If you're not feeling sporty : take bus number 12** from Caen to get to your destination in under half an hour !



Unleash your inner water baby !



Dive into Au Fil de l'Orne water sports centre !

The whole family can enjoy sports in the great outdoors : **paddle** for fitness fans, **pedalo** for big crews, **canoes and kayaks** for adventure-seekers and **electric boats** for lounge lizards. Chilling on the water for hours (up to 5 hours) is a dream come true between April and September ! Get away from it all with the family and switch from the buzzing town of Caen to the peaceful meadows and great outdoors in minutes.

It's a golden opportunity for **budding sailors** to captain their own boat : the **mini-port** provides trips on the Orne on board a fireboat, trawler or ferry. **Ready to set sail like the grown-ups ?**

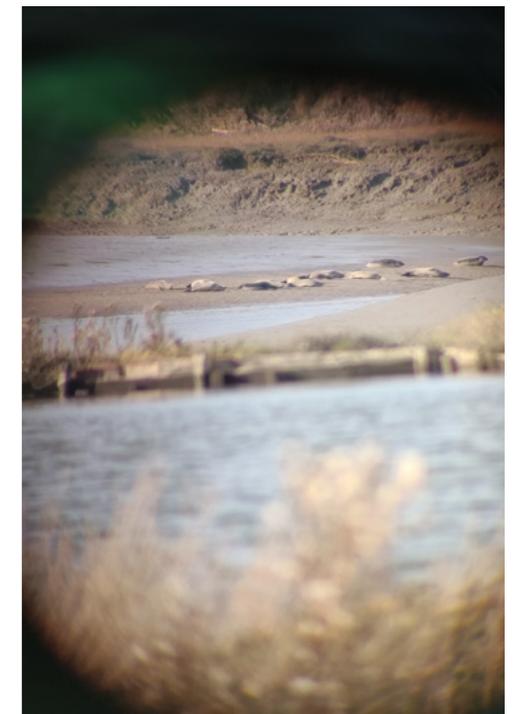


Experience SEAL THE DEAL !

Have you seen a seal before ? Your trip to Caen la mer is the perfect opportunity to spot one ! A bevy of harbour seals laze about on the banks **of the Orne Estuary.** These ones don't faff about with a ball on their noses though ; they've got better things to do like **ensuring the survival of the species !** We're so proud that an endangered colony has found a safe haven in our land! The Groupe Mammalogique Normand takes care of **protecting** them and **raising awareness** among visitors.

BONUS :

It's a great experience and a good thing to do for these little creatures !



*And we're off !
Our cycling and hiking routes
are over here*





Where the heart beats faster

1 team, 5 favourites !

Culture, adventure or nature, there's something for everyone here. And even more at the Tourist Office of Caen la mer. Everyone in our team has their own ideas about the best things to do in Normandy. Here are our 5 favourites !

One thing's for sure : there's a Caen for everyone...

JEAN ARDENNE ABBEY

History comes to life

This is the story of a 12th century abbey with its head in the clouds and its feet in the field. It set the scene for tragedy when France was liberated in 1944 and its Canadian garden will forever bear its mark. This is more than a memorial site; it's also a research and knowledge centre as the abbey now houses the Institute for Contemporary Publishing Archives and its collections.

Want to find out more? Be part of the legend and join guided tours of the building and its idyllic grounds.



GAËLLE CAP CANAL MER

Soul of a skipper

Women take the helm ! Just look at Odile, a local skipper whose experience matches her passion. An inspiring encounter with two activities: set sail on Caen la mer canal from the famous Pegasus Bridge or head out to sea from Ouistreham Lighthouse. Settle in, get your bearings and listen closely as Odile shares her background and sailing expertise. Happy sailing !

FLORENCE LA DÉLICATE IN OUISTREHAM

Don't miss this ride back in time

Strange visitors have been spotted on the streets of Ouistreham Riva-Bella for some time now. With a headset clamped over their ears and a GPS parasol in their hand, they seem absorbed by an odd tale... Back to the future ? Better ! A trip back in time on the La Délicate audio tour of Ouistreham. It's a break outside of time that will allow you to better understand Ouistreham, not only its history, its past, but also its present. You'll laugh, you'll cry, it's a real time to remember.

Exclusive to Caen la mer !



EMMANUELLE LA PRAIRIE

Go green

Central Park ? Old hat ! Stay in France and get your dose of nature all year round in Caen at La Prairie. There's no red carpet here but we roll out 90 hectares of greenery outside the town centre. It's a breath of fresh air for nature lovers and keen walkers. And let's not forget the park's stars! They include 180 species of bird, the powerful horses at the nearby race track and our four-legged friends who call this place home.



NELLY LA FERME SAINT-VAAST

Ain't that linen !

Did you know? Normandy is the biggest producer of linen fibre in the world. Another good reason to join Mathilde and Benoît on the farm and uncover the blue flower's biggest secrets. Children and adults are soon caught up in the magic of linen on a family-friendly tour exploring how it's grown, processed and used. Quality time in the countryside on a 100% made in France experience.





Top of the spots

Top Instagrammable spots !

Caen la mer is full of photogenic places to capture your good times. It's been hard to choose but we've put together a selection of great spots to set your feed on fire. Want to follow us ?

Get your cameras ready !



Caen Castle

2 ACHINGLY COOL

Perched 7m above the Orne Estuary, the Pointe du Siège Observatory Tower is the best for green backdrops ! A landscape between the sea and coast with at least 271 species of plant and wildlife... That means a #100%*Nature* shot.



Pointe du Siège

1 CONQUER THE NET...

Caen Castle enclosure is a high-ranking setting (at least as high-ranking as a duke) : drink in views of the town from the belvedere. The ramparts slowly light up as night falls.



Ouistreham Lighthouse

4 IN THE OUISTREHAM RIVA-BELLA SUNSHINE

Ouistreham's seaside is better than Miami Beach when it comes to souvenirs: what with the beach and its huts, the big wheel, Promenade de la Paix and so much more, there are more photo opportunities than there are shells !



Ouistreham Riva-Bella

5 WITH A VIP GUEST...

Have you met Caen-Normandy's totem ? You don't have to complete a challenge to get here, just head for Abbaye aux Hommes esplanade. The sculpture takes pride of place and captures Caen's bond with Normandy opposite the Town Hall near the French gardens.



Abbaye aux Hommes

3 LIGHT IT UP !

Venture up 171 steps and drink in 360° views of the town and English Channel from the top of the **Ouistreham Lighthouse** ! The sky's the limit... even when it comes to new followers !

ALL TOGETHER NOW ?

Cheeeese !



Where you need to be

Always an excuse to get together !

The holidays are never long enough! We bring you golden opportunities to have fun in Caen la mer all year round. We know you want to let loose, enjoy yourself, reminisce... Which is good because we've drawn up the ultimate to-do list to soak up our events. We've already got your excuse ready :

« Do not disturb, I'm in Caen la mer ! »

OUTDOOR CONCERTS
People flock to the annual **Beauregard Festival** in July in Hérouville Saint-Clair. **Get your gladrags on and boogie on down !** Celebrate every festival with an international line-up !



CULTURE LIGHTS UP THE STREETS
Caen puts on a show on Thursday and Friday nights in July and August ! The **Éclats de Rue** festival bursts with theatre, entertainment, music and **performing arts** to experience with unique shows all over town !



IT'S TIME TO COME OUT OF YOUR SHELL...
But not just any shell ! October is **scallop** season in Caen la mer. Seafood is the only thing on the menu in **Ouistreham**: celebrate scallops in all their forms from cooking to tasting !



CELEBRATE D-DAY
The D-Day Festival Normandy takes place from May to June ! There's lots on to **commemorate the day** and pay tribute to the soldiers: events, tours, air drops in period costume, historical reconstructions, parades, concerts and more. It's not to be missed ! Especially in **2024** for **D-Day's 80th anniversary**.



NORDIC AND PROUD !
Scandi culture is the toast of town in **November**: literature, dance, debate, live music, cinema, food and drink. **Les Boréales** is a unique festival in France and Europe that has marked the start of the festive season in Caen for over 30 years.



The Caen la mer Tourist Office and Convention Bureau has received the QUALITÉ TOURISME™ label in compliance with the quality guidelines published by Office de Tourisme de France®.

Always listening to you, we are committed to offering you a warm welcome, comfortable spaces and our knowledge of the region.



*Our subscribers' favorite picture
Published on May 31st, 2022.*



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Where it all Happens

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