

EXPLORE THE



THE COASTAL PATH OF LA MANCHE IN NORMANDY

Hiking professionals





> HOW TO GET TO LA MANCHE...

BY CAR

La Manche is served by 2 motorways: the A13 from Paris and the A84 for the West of France.

BY TRAIN

Paris / Cherbourg from Saint Lazare
 Paris / Granville from Montparnasse
 Paris / Rennes by TGV with a bus transfer from Rennes for Mont Saint-Michel

BY FERRY

From Great Britain and Ireland:

several ferry companies serve Cherbourg: Brittany Ferries / Irish Ferries / Stena Line: departing from Poole, Portsmouth, Rosslare and Dublin.

From the Channel Islands: the "Manche Iles" company serves the ports of Granville, Carteret and Diélette.

BY PLANE

Paris Roissy CDG: 330 km
 Nantes Atlantique: 270 km
 Rennes Saint-Jacques: 160 km
 Caen-Carpique: 70 km
 Cherbourg-Maupertus (aerodrome): 80 km



Key:
 📍 Stopover town
 X Stage no.

WELCOME TO LA MANCHE

450 KM ALONG THE GR®223, THROUGH HARBOURS, DUNES AND CLIFFS

La Manche is a destination that's full of character and proud of its uniqueness. No built-up seaside resorts here, just the coastline with its steep cliffs and sandy beaches. From Mont Saint-Michel to the D-Day Beaches through the Cotentin, the 355 kilometres of coasts make it one of France's most maritime departments. The Chausey Islands archipelago and the Channel Islands (Jersey, Guernsey and Aurigny) beckon on the horizon.

The GR®223 winds its way through this appealing setting: 23 stages in an unspoilt coastal environment, with patches of Normandy countryside dotted with villages full of often unexpected heritage.

Attitude Manche can help you plan your programmes by offering advice on accommodation, places to eat and drink, sites and services in the area...

Hiking specialists, recommend La Manche!

We've divided the GR®223 into 23 stages so you can put together programmes that suit your customers' level of ability and the length of their stay.

- Stages of the GR®223 > [pages 4 & 5](#)
- "SERVICES PLUS" in La Manche on the GR®223 > [pages 6 & 7](#)
- Discover our holiday ideas > [pages 8 & 9](#)
- More things to discover in La Manche > [page 10](#)
- Contacts to help you > [page 11](#)



STAGES OF THE



STAGES 1 > 4 (66 km)

THE EAST COAST

On 6 June 1944 and during the weeks that followed, La Manche went through a decisive phase of the Second World War: the D-Day Landings and the Battle of Normandy.

From Veys Bay to Sainte-Mère-Eglise, numerous sites and museums along the GR[®]223 tell the story of this period: the D-Day Experience in Saint-Côme-du-Mont, the Utah Beach Landing Museum, the Airborne Museum in Sainte-Mère-Eglise, the Azeville and Crisbecq batteries and many more.

The first four stages of the GR[®]223 will immerse you in the atmosphere of that time. Especially if you plan to visit in June for the parades and festivities in honour of the soldiers who risked their lives for our freedom.



Utah Beach



Tatihou Island



STAGES 5 > 14 (189 km)

THE COTENTIN

The GR[®]223 will take you to discover La Hague, the north-eastern headland of the Cotentin where the Sentier des Douaniers trail seems to confront the might of the sea. But before you reach "Little Ireland", you will discover

Val de Saire (Saint-Vaast-La-Hougue, Tatihou Island with its Vauban tower, a UNESCO World Heritage Site, the Pointe de Réville, Barfleur, Gatteville Lighthouse, etc.) and Cherbourg-en-Cotentin. Protected by Europe's largest artificial harbour, the biggest city in La Manche is home to two unmissable attractions: La Cité de la Mer and the famous Parapluies de Cherbourg umbrella factory.



Nez de Jobourg



Cap de Carteret



STAGES 15 > 19 (102 km)

THE CÔTE DES HAVRES

Starting from Barneville-Carteret, you can complete the Côte des Havres hike in five days. It's named after eight natural harbours which are virtually unique in France. They are places where a coastal river meets the sea after running through the dune strips. So you will have to bypass them by crossing the mudflats and salt marshes that are typical of the area. On this route, the GR®223 will only come away from the dune strip once, to go by Lessay. This town is famous for its fair, first held in the 11th century by the monks at the Abbey.



Saint-Germain-sur-Ay natural harbour



Mont Saint-Michel Bay



STAGES 20 > 23 (83 km)

MONT SAINT-MICHEL BAY

Four stages of the GR®223 run alongside the bay. As you walk from Granville, known as "the Monaco of the North", you'll gain a better and better view of your final destination: Mont Saint-Michel. Although steep at first, the path will level out and skim the coastline so you can discover the landscapes of the bay, which change with the tides and its varying height and breadth. For those looking for a shortcut, that's possible, too: accompanied by a guide, you can enjoy the experience of crossing the bay. Roll up your trousers, discover the unique fauna and flora, and sink your feet into the soft quicksand.



"SERVICES PLUS" IN LA MANCHE ON THE



STAGE INFORMATION SHEET TEMPLATES TO BUILD YOUR OWN PROGRAMME



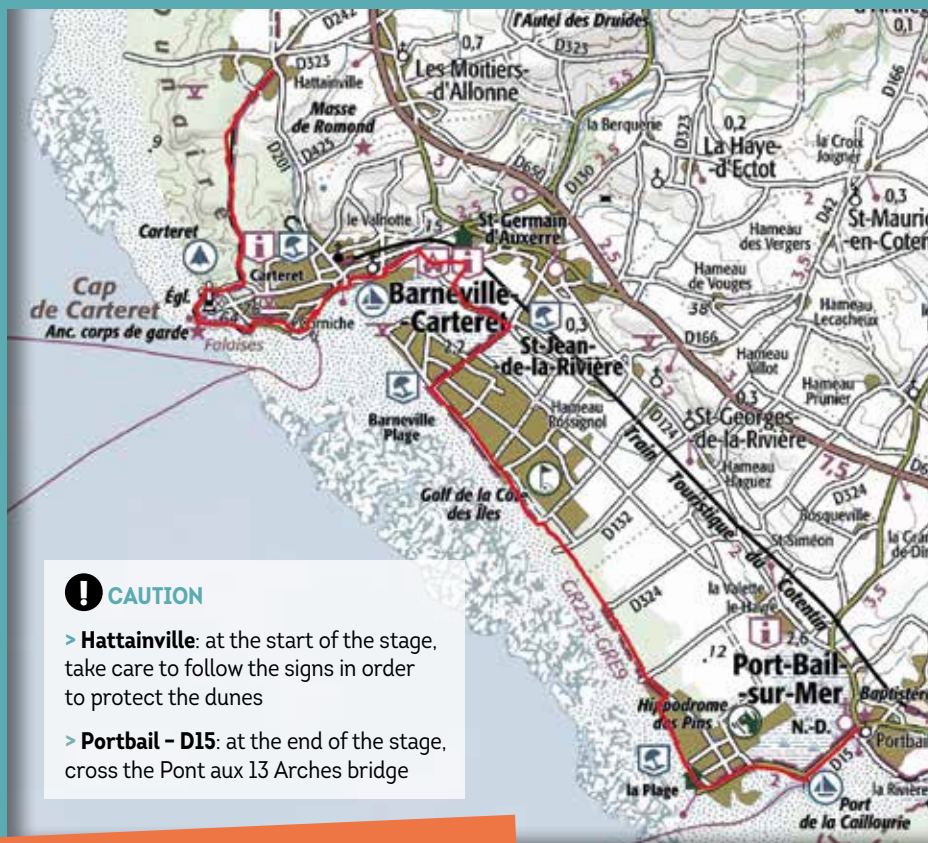
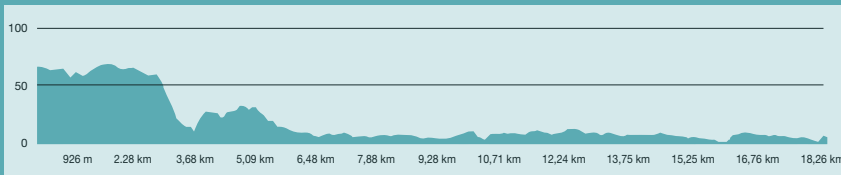
STAGE 14 > 18.3 km | 4h30 | Easy

HATTAINVILLE <-> PORT-BAIL

At the start of this stage, you can take a path that leads to a panoramic view of the Channel Islands and the dune massif you'll later be crossing. You'll pass the Cap de Carteret, which also offers breathtaking views, before going back down towards Barneville-Carteret and its marina. The stage ends in Portbail, a characterful small town.



Elevation profile (cumulative elevation gain: + 330 m)



! CAUTION

- > **Hattainville:** at the start of the stage, take care to follow the signs in order to protect the dunes
- > **Portbail - D15:** at the end of the stage, cross the Pont aux 13 Arches bridge

ACCOMMODATION ON ARRIVAL

> **Groups**
Centre Elie Mombosse



> **Holiday let**
Gîte les Lavandes



> **Hotel**
Hôtel aux 13 Arches



> **Campsite**
Les Carolins



Find this stage information sheet and all the others at:
manche-tourism.com/gr223-coastal-path



LUGGAGE SERVICE



On a short break or longer trip, you can avail yourself of the service provided by La Malle Postale, which carries hikers' luggage for them and covers multiple trails in La Manche. To travel light, hikers book their overnight stays with partner accommodation providers and then get a quote online on the company's website. You can use this service for a few circuits or for your entire route if you like.

Find all the info here:

manche-tourism.com/accommodation-gr223



A NETWORK OF LOCAL ACCOMMODATION PROVIDERS

Labels Manche: an association resulting from the merger of the Relais Départemental Gîtes de France and the Antenne Départementale Clévacances for the promotion and marketing of star-rated furnished tourist accommodation, as well as Gîtes de France and Clévacances Manche certified accommodation.

Labels Manche is also, first and foremost, the central booking office for tourist accommodation in La Manche.

Find all accommodation providers here:

manche.clevacances.com/en/#

and gites-de-france-manche.com/

Find all the itineraries, services and topoguides at:
manche-tourism.com/hiking

DISCOVER OUR HOLIDAY IDEAS



IN THE FOOTSTEPS OF D-DAY



3 STAGES > 2 DAYS / 1 NIGHT

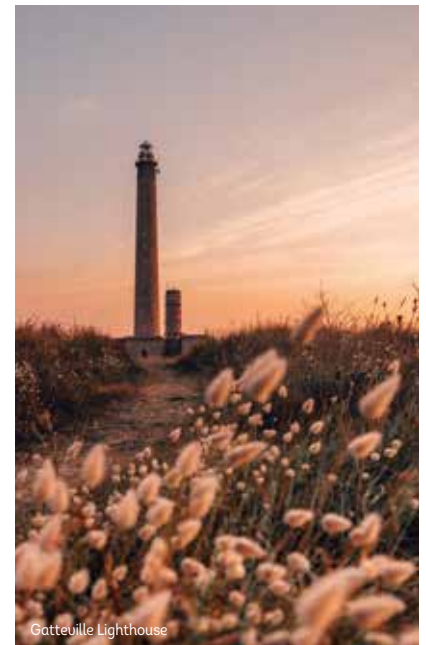
CARENTAN-LES-MARAIS <> SAINTE-MÈRE-ÉGLISE

DAY 1: Carentan-les-Marais > Utah Beach (19 km)

As you leave Carentan, discover the Cotentin and Bessin marshlands before setting off for the D-Day sites, the D-Day Experience in Saint-Côme-du-Mont or the Utah Beach Landing Museum, where this stage ends.

DAY 2: Utah Beach > Sainte-Mère-Église (15 km)

The next part of your trip will take you on a little hike to Sainte-Mère-Église, the first town to be liberated by the Allied troops, and home to the Airborne Museum.



THE WILD COAST OF THE COTENTIN



3 STAGES > 3 DAYS / 2 NIGHTS

SAINT-VAAST-LA-HOUGUE <> CHERBOURG-EN-COTENTIN

DAY 1:

St-Vaast-la-Hougue > Gatteville Lighthouse (17 km)

Voted "the French people's favourite village" in 2019, Saint-Vaast-la-Hougue is the starting point for your hike. On this first day, you'll also discover Barfleur, a picturesque little fishing port, then Gatteville. For a great way to round off your day, climb up its 365 steps!

DAY 2:

Gatteville Lighthouse > Cap Lévi (19 km)

Throughout this stage, you'll be walking alongside the sea to reach the Napoleonic fort of Cap Lévi, where comfortable guest rooms await you for a well-deserved rest. More adventurous visitors can also hire bikes there.

DAY 3:

Cap Lévi > Cherbourg-en-Cotentin (19 km)

The path comes away from the coastline for a while to connect with the town of Cherbourg, where you'll be rewarded with a stunning view of the harbour. Once you reach Cherbourg, you can see the old transatlantic terminal and the submarine Le Redoutable at La Cité de la Mer.



Crossing towards Mont Saint-Michel

WALK TO THE WONDER

 > **Station-to-station hike**

 **6 STAGES** > **7 DAYS / 6 NIGHTS**

COUTANCES <> MONT SAINT-MICHEL



Granville upper town

DAY 1

Tour of Coutances

The first day of your week is spent exploring Coutances. There's one place you really need to visit: its cathedral, a jewel of Normandy Gothic architecture. You can access its upper areas if you book in advance with Coutances Tourisme.

DAY 2

Coutances > Regnéville-sur-Mer

(16 km)

This first stage is located on a variant of the GR®223 that connects with the coast at Regnéville-sur-Mer. You'll travel through the Normandy countryside before reaching the estuary formed by the mouth of the Sienne and Soules rivers.

DAY 3

Regnéville-sur-Mer > St-Martin-de-Bréhal

(18 km)

After Regnéville's natural harbour, it's time to visit Vanlée's. Take care during the spring tide period: the road to Saint-Martin-de-Bréhal is submersible!

DAY 4

St-Martin-de-Bréhal > Bouillon

(22 km)

After an initial half-stage, you'll arrive in Granville, which marks your entrance into the Bay of Mont Saint-Michel. Fishing harbour, Christian Dior Museum, walled upper town: there's no shortage of places to visit before you reach your last stop in the south of the town.

DAY 5

Bouillon > Genêts

(19 km)

This stage across undulating terrain offers direct views of the Wonder that is the Mont Saint-Michel. Before Carolles Plage, on the Pignon-Butor platform, you can enjoy a panoramic view stretching from Granville to Cancale. Next, you'll cross the Lude Valley. At the cliff edge, you'll see the Cabane Vauban, located on the site of an old guardhouse. This was a lookout post that was used to relay optical signals between Mont Saint-Michel and Granville.

DAY 6

Bay crossing

Rather than spending 3 days walking around the bay, take a shortcut and let a professional guide accompany you across it. In winter, the bay is deserted and looks sublime in the beautiful eastern light that shines on the Mont. In summer, it will be teeming with fish and small mammals.

DAY 7

Visit to the Mont

After braving the quicksand like the pilgrims in the 13th century, your voyage ends at the Mont with a visit to the abbey. The SNCF station is directly to the south, in Pontorson, for a train to take you back to reality.



Cabane Vauban in Carolles



Coutances Cathedral

MORE THINGS TO DISCOVER IN LA MANCHE

FOR CYCLISTS

Our area is full of places to enjoy a bike ride: we have over 1,200 km of marked cycle paths, a cycle route from Cherbourg to Mont Saint-Michel, 230 km of greenways and long-distance itineraries:



> The Vélomarine from the D-Day beaches to Mont Saint-Michel



> The Véloscénie from Paris to Mont Saint-Michel



> The Vélomarine (EuroVélo 4) between Roscoff and Dunkirk

Find all the info here:

manche-tourism.com/on-a-bicycle



Carolles



WATER SPORTS TO SUIT EVERY TASTE!

Sea kayaking, surfing, diving, rowing, wakeboarding, windsurfing, sailing, sea wading, kitesurfing, sand yachting... Boat licences, courses, sailing schools... Fishing, sea bathing... All along the coast, you'll find surfing spots, special facilities and most importantly, instructors for lessons at all levels.

Enjoy the activity of your choice, on your own or with a professional, at one of the many water sports clubs along La Manche's 360 km of coastline:

manche-tourism.com/nautical-activities-normandy



FLAVOURS ON YOUR PLATE KNOW-HOW IS JUST A STEP AWAY!

In La Manche, our artisans are particularly aware of the need to keep traditions alive. The talents of the market gardeners, livestock farmers, fishermen and other suppliers combine with those of our chefs to transform local produce into sublime dishes. To make your holiday even more enjoyable, find all these delights along your route by visiting the local producers, markets and restaurants.

manche-tourism.com/normandy-lifestyle

At our online shop, discover our topoguides, local products and even an Attitude Manche cycling jersey!

boutique-manche.fr





CONTACTS TO HELP YOU CREATE YOUR TOURS

For group package holidays, you can contact **Réceptif Ouest** and for individuals or families, **Visit Ouest**.

For all other enquiries about our areas, the tourist offices will be happy to help and provide you with topoguides.

INCOMING AGENCIES

> RÉCEPTIF-OUEST

Tel. 02 33 45 93 47
contact@receptif-ouest.fr
www.receptif-ouest.fr

> VISIT OUEST

Tel. 02 99 14 95 47
info@visit-ouest.com
www.visit-ouest.com/theme/
randonnees-a-pied#sousthemas



TOURIST OFFICES

1 > INCOMING DEPARTMENT, COTENTIN TOURIST OFFICE

Tel. 06 23 65 85 16
f.leprieur@encotentin.fr
www.encotentin.fr

2 > BAIE DU COTENTIN TOURIST OFFICE CARENTAN TOURIST INFORMATION BUREAU

Tel. 02 33 71 23 50
a.renou@ccbdc.fr
www.ot-baieducotentin.fr/en/

3 > CÔTE OUEST-CENTRE MANCHE TOURISME TOURIST OFFICE

Tel. 02 33 45 14 34
tourisme@cocm.fr
www.tourisme-cocm.fr/

4 > COUTANCES TOURISME

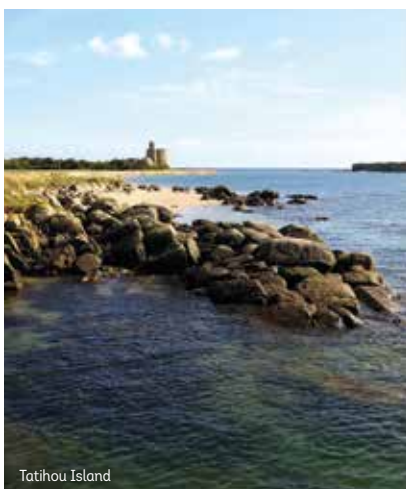
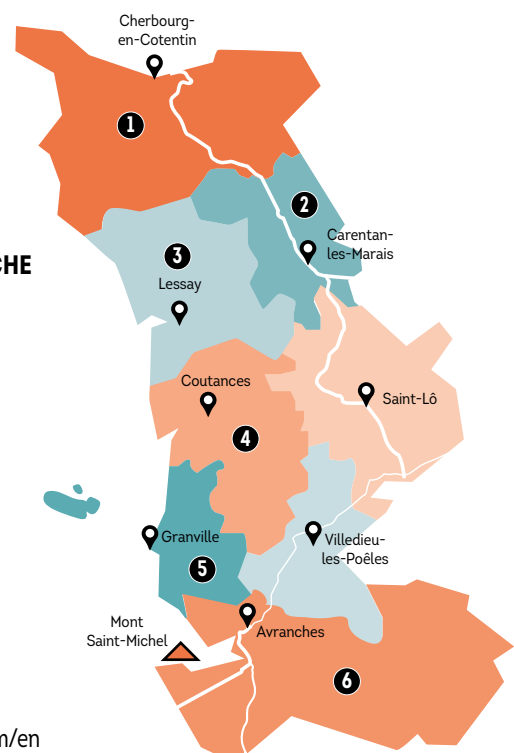
Tel. 02 33 19 08 10
accueil@tourisme-coutances.fr
www.tourisme-coutances.com/

5 > INCOMING DEPARTMENT OF GRANVILLE, TERRE ET MER TOURIST OFFICE

Tel. 02 33 91 83 72
commercialisation@otgtm.fr
www.tourisme-granville-terre-mer.com/en

6 > DESTINATION MONT SAINT-MICHEL - NORMANDIE

Tel. 02 33 79 38 67
melanie.mesnil@msm-normandie.fr
www.ot-montsaintmichel.com/en/



Tatihou Island



WHO ARE WE?

Attitude Manche, Agence d'Attractivité de la Manche, is in charge of maximising the attractiveness of the local area, which includes promoting tourism. We work hard to publicise La Manche's advantages by informing you about all our outdoor activities, accommodation, restaurants, sites and monuments, craft and industry-themed visitor attractions and more.

We can also share our expert knowledge of the area with you and help you put together your programme for the La Manche destination.

manche-tourism.com

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**Attitude
Manche**

#agence d'attractivité

NORMANDY

**A
TOUT
FRANCE**

France

**LA MANCHE
LE DÉPARTEMENT**