

DISCOVER LA MANCHE

The Normandy Peninsula



TRAVEL TRADE
EDITION

 Attitude
Manche



FROM MONT SAINT-MICHEL to the tip of Cotentin...

Of the 5 Normandy departements, la Manche is the most westerly and is easily accessible for a stay combining **discovery** and **disconnection**.

Attitude Manche is at your disposal to provide you with useful information about tourist sites and attractions. We will help you find and contact tourism professionals locally.

By train

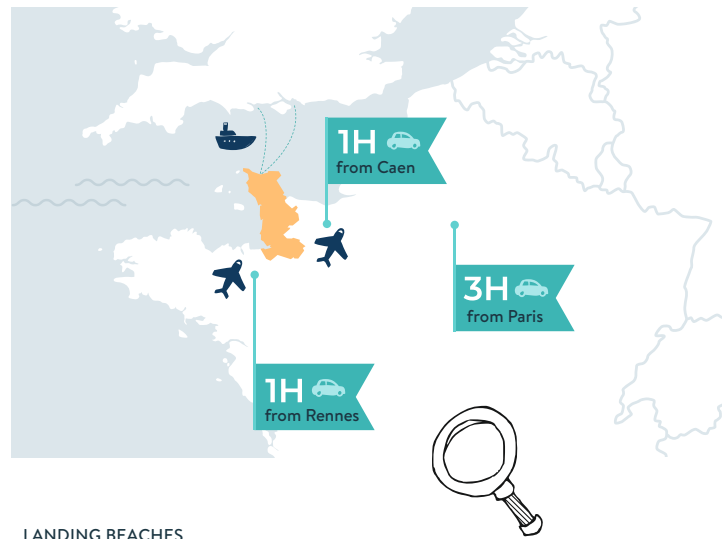
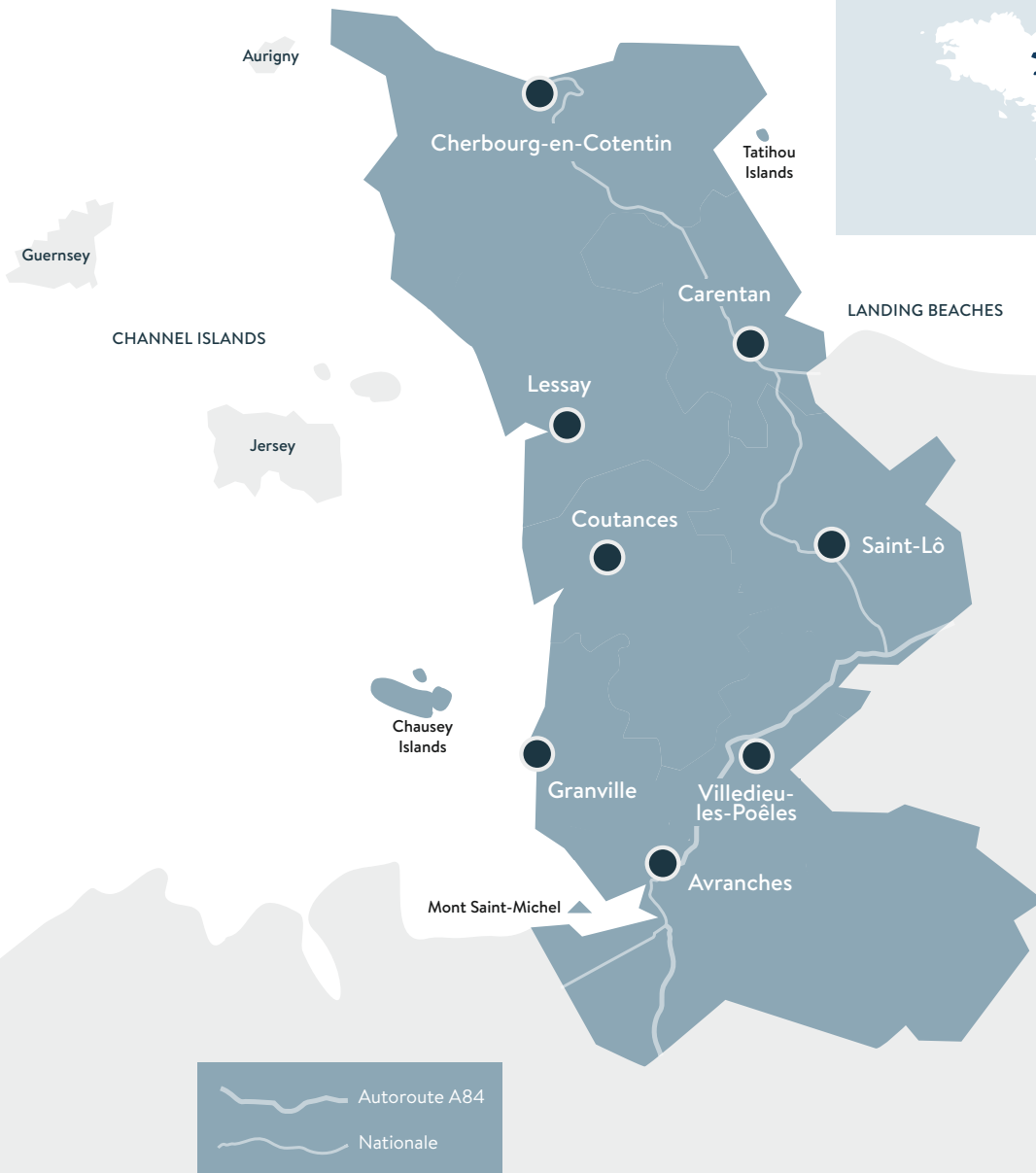
- PARIS-CHERBOURG line, Saint-Lazare station with TER - SNCF Normandie
- PARIS-GRANVILLE line, Montparnasse-Vaugirard station with TER - SNCF Normandie
- PARIS - RENNES (TGV) line, with a bus connection Rennes - Mont Saint-Michel with Keolis Emeraude

By road

Situated in western Normandy, La Manche is served by two motorways:

- the A13 from Paris
- the A84 that serves the whole of western France

LA MANCHE





Granville



Ravenoville



Saint-Vaast-la-Hougue



Head off to explore **the many gems** to be found from the Bay of Mont Saint-Michel to the Cotentin Peninsula !

OUR VALUES

La Manche is committed to **sustainable development** in order to collectively prepare for the tourism of tomorrow.

La Manche is **bold** and **unique**, with a history affirming **a way of life**, and also inviting each visitor **to forge links** with it in their own way.

Here and nowhere else : discover our **rich and varied universes** :

Mont Saint-Michel and the Bay, History and Heritage, Seaside and Outdoors, Lifestyle and Sports...

GOOD REASONS TO COME TO "LA MANCHE"

There are plenty of must-see places in La Manche, some of which are internationally renowned, while others are more hidden away.

The historical buildings, parks, museums, islands and unspoilt natural areas of La Manche all contribute to its **unique character**.

LA MANCHE IN SHORT



138 km from north to south and **59 km** from east to west

Surface area : 5,951 km²



4,000 hectares of land listed as sensitive **nature areas**

2 regional nature parks, 6 nature reserves



Over 7,000 km of signposted **hikings trails**



15-metre tidal range (the difference in water level between high and low tides) in Mont Saint Michel Bay ; the highest tides in Europe



2 sites are listed as **UNESCO** World Heritage Sites,

1 of the « Most Beautiful Villages in France »...



FOCUS ON...

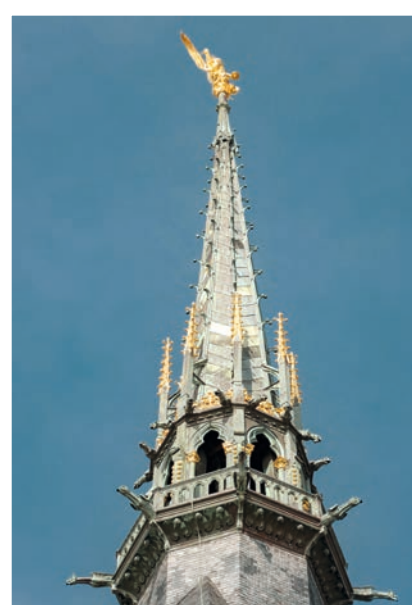
THE MONT SAINT-MICHEL AND ITS BAY



Mont Saint Michel remains an international place of pilgrimage to this day, which its Bay is included on the UNESCO list of World Cultural and Natural Heritage Sites.

This medieval architectural wonder dominates the surrounding landscape, rising out of the bay, which provides the natural show of the greatest tidal ranges in Europe.

At high tide, the Mont-Saint-Michel becomes an island once more.



THE SPRING TIDES AT MONT SAINT-MICHEL

The setting for the highest tides in Europe, with an impressive range of 15 metres during spring tides, the Bay of Mont Saint-Michel is an ecosystem in constant motion.

Subtle colours, contrasting landscapes, and views that change with the tide all make for a spectacular panorama!



The Scriptorial - Avranches

With very high tidal coefficients, the sea goes out 15 km and comes back in very quickly, racing across the sands.

This is when you can admire the “mascaret”, a tidal bore that forms with the incoming tide. It’s also naturally possible to visit the village and the abbey; walking around the ramparts protecting the village to enjoy a spectacular view across the surrounding bay. You’ll pass seven towers as you follow the walls to the Abbey, the “Merveille” (marvel) of the Western world. A stay in the bay also means a chance to take the time to see it differently, on cycling or hiking trails, or by crossing the edge of the shingle beaches with a guide!

A whole host of other experiences await you nearby: a trip to see Avranches and the Scriptorial, a taste of salt-marsh lamb, a visit to the bay’s ecological museum or a shopping trip to buy some SAINT-JAMES pullovers.

And a wide range of accommodation and restaurants are on offer!

Find out more on: www.manche-tourism.com/travel-to-la-manche/mont-saint-michel



FOCUS ON...

HISTORICAL HERITAGE AND D-DAY LANDING BEACHES



Utah Beach

LA MANCHE HAS AN EXCEPTIONAL CULTURAL HERITAGE

Discover the « Towns and Regions of Art and History » of Coutances and Valognes.

These towns and regions have a rich history and the heritage which has witnessed this is everywhere; Coutances Cathedral, the abbeys of Hambye and Lessay, the private mansion houses of Valognes, the chateaux of Pirou, Saint-Sauveur le Vicomte and Bricquebec.

Don't miss as well Villedieu-les-Poêles, a town labelled « City and the Applied Arts » for its great tradition of copper craftsmanship which dates back to the Middle Ages, and Saint-Lô, capital of horses.

Facing out to the sea, Cherbourg-En-Cotentin and Granville are unmissable towns.

Protected by the biggest harbour in the world, Cherbourg today is an international marina. A maritime town, Cherbourg is home to the Cite de la Mer, which offers the chance to discover great underwater worlds.

Granville, a privateer city, retains traces of an eventful past. The image of the fashion designer Christian Dior holds an important place in the heart of this town, where he was born.

Find out more on:

www.manche-tourism.com/travel-to-la-manche/heritage

LA MANCHE, LAND OF FREEDOM

On June 6th 1944, La Manche became world-famous for the part it played in D-Day when Allied troops broke through Nazi defences to liberate occupied France in WWII.

Today, La Manche has many sites, museums, monuments and events which commemorate and celebrate this key period in modern history.

Landing beaches, sites and places of remembrance in La Manche : powerful stories, they are a tribute to the soldiers who liberated Normandy ;

- **Visit Sainte-Mère-Eglise**, the first French town to be liberated by the American paratroopers of the 82nd and 101st Airborne Divisions.
- **Walk on Utah Beach**, one of the five landing beaches, along with Omaha, Gold, Juno and Sword.
- **Follow the Voie de la Liberté** (Liberty Road), the 1 145 km route travelled by the liberators from Normandy to Bastogne in Belgium.
- **Explore the Azeville and Crisbecq batteries**, which were key parts of the Atlantic Wall, the defence system built during the German occupation.

In 2024, La Manche celebrate the **80th Anniversary of D-Day** and the **Battle of Normandy**.

Find out more on:

www.manche-tourism.com/travel-to-la-manche/dday-normandy



MANCHE EXPERIENCES

The last few years have seen major changes in our consumption patterns, our leisure time and the way we travel. More and more people are rethinking their holidays, looking for authenticity and ways to reconnect with nature. With its wide open spaces, La Manche is perfectly suited to this demand.

LA MANCHE

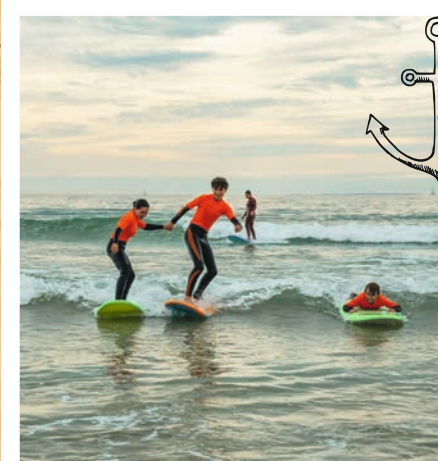
Between sea and islands!

Dotted with long dune strips, a string of eight harbours and some impressive cliffs, the 674 km of coastline are home to a number of charming, family-friendly seaside resorts.

With their elegant villas, Saint-Pair-sur-Mer, Granville, Agon-Coutainville and Barneville-Carteret prospered thanks to the sea bathing trend that began in the late 19th century.

Saint-Vaast-la-Hougue was voted “the French people’s favourite village” in 2019 and is known for its Vauban towers, part of UNESCO’s World Heritage.

Whether the tide is high or low, you’re guaranteed a break from the routine with a wide range of activities to choose from : Surfing, Sand Yachting, Paddleboarding, kayaking, sailing, canoeing, windfoiling, coastering, birdwaching, shellfish gathering...: lots of experiences for you to try!



Chausey Islands

**FOCUS ON...
THE BEAUTIFUL ISLANDS IN THE SEA**

Not far from Mont Saint-Michel, Chausey can boast of a superb postcard frame with 52 islands at high tide and 365 at low tide. In the northeast; the unexpected island of Tatihou! You may experience an unusual crossing on board an amphibious boat that can both sail and drive on sand at low tide. In addition to being a sanctuary for birds and a air museum, it has fortifications and a tower designed by Vauban. And for a very British atmosphere: you can start from several different ports of the Channel for Jersey, Guernsey, Sark and Alderney...

Find out more on: www.manche-tourism.com/seaside-holidays



Picauville

THE MARAIS DU COTENTIN ET DU BESSIN: REGIONAL NATURE PARK

These marshes change with the seasons and the tides, providing unique experiences for anyone that loves nature, flora and fauna. Cycling, boat trips, horse-riding, bird and seal watching, hiking, and much more. Different activities are on offer to help visitors to understand this unspoilt natural area and the need to protect it. The Regional Nature Park is increasingly turning towards responsible tourism and informing its visitors about the importance of environmental conservation.

Find out more on: www.manche-tourism.com/travel-to-la-manche/natural-site/cotentin-bessin-marshes/

Goury Lighthouse

LA MANCHE

On foot, on bike, to taste!

With its wild and unspoilt landscapes, and its unique coastline, La Manche is the ideal place to go hiking.

It's bursting with breathtaking scenery, varied landscapes and has light that changes with the seasons : everything you need for the perfect hike.



FOCUS ON... THE "COASTAL PATH"

With the sea as its infinity Horizon, it runs all along the coast of the Channel for a total of 446 kilometres.

From the Cotentin from marshes to the bay of Mont Saint-Michel, he has a lot of surprises in store with a change of scenery guaranteed!

Whether you are a seasoned hiker or just for a walk, you are sure to enjoy a breath of sea air along the way, while admiring nature and preserved natural environment!

Find out more on:

www.manche-tourism.com/outdoor/hiking/gr223-coastal-path/

CYCLING IN LA MANCHE

La Manche has more than 1 200 km of cycle routes and 230 km of greenways for you to discover the territory differently.

With a road bike, a mountain bike or a gravel bike, you'll find this the perfect place for a ride as you head off the beaten track and pedal the roads and paths of la Manche.

Along the coast or in the bocage countryside, the landscapes are never the same, with lots of opportunities to take your time exploring new places. Major cycle routes, Espace Cycloport, mountain bike routes and ideas for family bike rides.

Find out more on: www.manche-tourism.com/outdoor/bike

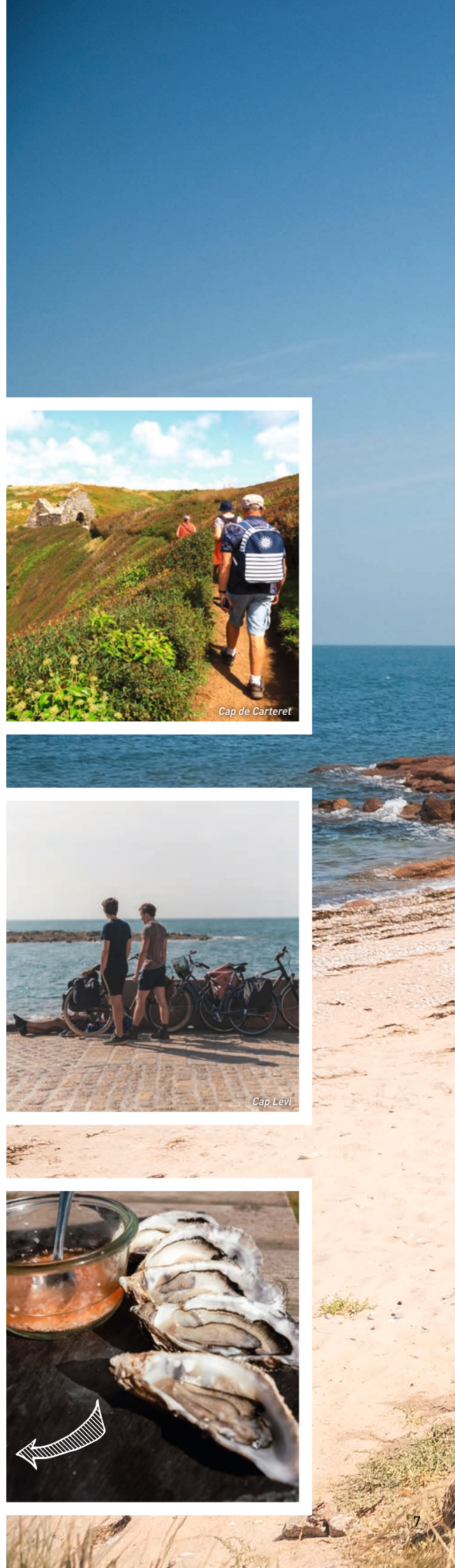
And finally, one cannot leave La Manche without tasting ALL ITS EXCELLENT LOCAL PRODUCTS !

With oysters, mussels, scallops, dairy products, cider, knitwear, kitchenware, and much more, there are plenty of specialities to choose from in the Manche.

Combining authenticity, age-old practices and innovation, the producers of the Manche reveal the treasures of the territory. They transmit their passion and their unique know-how from generation to generation.

Find out more on:

www.manche-tourism.com/lifestyle/products-made-in-normandy



Cap de Carteret

Cap Lévi

HOW TO PLAN YOUR STAY?

La Manche is composed of 8 communities of partner municipalities, some of which have Central booking services within their tourist offices (Cotentin and Mont Saint Michel-Normandie):



Tourism offices

Cotentin Unique By Nature

Christelle POTIN > c.potin@ot-cotentin.fr
visitcotentin.com

The Bay of Cotentin, Land of Historical & Natural Wealth

Aurélié RENOU > a.renou@ccbdc.fr
ot-baieducotentin.fr/en

West Coast Center Manche Tourism

Charlène BODIN > cbodin@cocm.fr
tourisme-cocm.fr

Coutances, Mer et Bocage, Life Size Essentials

Elise DIROU > e.dirou@tourisme-coutances.fr
tourisme-coutances.fr

Saint-Lô Destination

Nathalie HATEAU > nathalie.hateau@saint-lo-agglo.fr
saintlo-tourisme.fr

Granville Destination

Christelle DUDOUIT > c.dudouit@otgtm.fr
tourisme-granville-terre-mer.com/en

Villedieu, Town of Art Professions

Sandrine MARTINE > sandrine.martine@villedieuintercm.fr
ot-villedieu.fr/index.htm?lang=en

Mont Saint-Michel and its bay

Mélanie MESNIL > melanie.mesnil@msm-normandie.fr
ot-montsaintmichel.com/en/plan-your-stay/

ATTITUDE MANCHE About us

Attitude Manche, Place Marketing Agency, is in charge of marketing La Manche area as well as promoting tourism.

The agency works to raise awareness of the tourism offers of La Manche by informing you of all the accommodation, places to visit and monuments, technical visits...

We put our knowledge of the area at your disposal and help you tailor the itineraries you prepare for trips to la Manche.

Incoming Agency > routesplurielles.fr



Attitude
Manche

LA MANCHE
LE DÉPARTEMENT

ATOUT
FRANCE
Agence de développement
touristique de la France
Partenaire

ATTITUDE MANCHE

Paméla GARNIER

In charge of promoting tourism
for the Travel Trade Industry
pamela.garnier@manche.fr