



2020 PRESS KIT



CYCLING

and more!

A maritime experience full of promise



FROM THE CHANNEL TO THE NORTH SEA FROM ROSCOFF TO DUNKIRK A 1,500 KM DISCOVERY CYCLE ROUTE



A ROUTE FILLED WITH PROMISE

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EVENTS ALL YEAR ROUND

THE VÉLOMARITIME® - RIDE THE FRENCH NORTH COAST

A MARITIME EXPERIENCE FILLED WITH PROMISE

Fresh sea air, lighthouses, beaches, cliffs... Pedalling along The Vélomaritime®, the promise of a maritime experience is kept. But there's more to it ! The 1,500 km cycle route also enables you to discover the riches of a diverse territory extending from Roscoff, in Brittany, to Dunkirk, at the Belgian border. Now, with over 90% of the route completed, the French portion of the EuroVelo 4 promises moments of wonder at the foot of the lighthouses or in front of the landscapes, as well as cultural and heritage discoveries, and convivial times around the local gastronomy.

OBJECTIVE FOR 2021

To this day, 93% of the overall itinerary is complete – including the whole section between Roscoff and Cherbourg-en-Cotentin – and the objective is to inaugurate the full Vélomaritime route in 2021. In the meantime, alternate routes are under study to facilitate as much as possible cycling on the non-completed sections. Travel agencies specialised in cycle trips are already marketing The Vélomaritime and are developing ideas around the route.

SHINING A LIGHT ON THE ROUTE

From Roscoff to the Risban lighthouse in Dunkirk, the route includes over 50 lighthouses. They are located in the sea, on islands and capes, as well as in towns or on boats like the Sandettie in Dunkirk, which has been turned into a museum. Currently, 8 lighthouses can be visited, you can stay in a former lighthouse keeper's cottage, or take a break at the foot of these maritime towers which mark the 1,500 km of The Vélomaritime.

BREATHTAKING LANDSCAPES

Capes, cliffs, dunes, beaches, and the sea as far as the eye can see. This is what France's most iodised cycling route promises. Salt and sea spray have sketched unique and spectacular landscapes, which are now recognised internationally. From Roscoff to Dunkirk, you can therefore admire 5 very different "Grands Sites de France"*: the expanse of the Somme Bay, the jagged capes of Erquy and Fréhel, the Deux-Caps Blanc-Nez and Gris-Nez, the Flandres Dunes (ongoing) and the Étretat Cliffs and Côte d'Albâtre (ongoing).

*Labelled or applying for a label

DISCOVER HERITAGE TREASURES

3 Unesco World Heritage sites, 4 National Monuments, 3 "Plus Beaux Villages de France": the list of heritage discoveries is impressive. All along the route, the natural wonders are offset by architectural prowesses. Saint-Malo, the Mont-Saint-Michel, the seaside resort of Le Touquet-Paris-Plage, as well as the charming little fishing harbours. Here again, a cycling holiday on The Vélomaritime promises visits filled with history and charming addresses to take a break and recharge at night.

SHARE MOMENTS OF FRIENDSHIP AND EXPERIENCES AROUND THE LOCAL GASTRONOMY

Admire the landscapes and heritage at leisure while pedalling on The Vélomaritime... and more! With friends, as a couple or a family, sharing and conviviality are part of the trip. The 1,500 km route promises encounters with the inhabitants and experiences around the local products. The menu is rich and diverse : the Flemish cuisine, the Cancale oysters, Normandy cheeses, etc. Taste the French culinary heritage by visiting small local addresses and Michelin-starred restaurants – on the water or at the water's edge, along with visits to local producers.

A NEW ROUTE ON THE FRENCH PORTION OF THE EUROVELO 4

The EuroVelo 4 is a European cycling route that extends from Roscoff, in Brittany, to Kiev, in Ukraine. The French municipalities involved in its development have initiated a process to structure the French sections and affirm the route's positioning in the National and European cycling offer. They are currently developing The Vélomaritime®: a route extending from the Channel to the North Sea, in the continuity of the Tour de Manche. With a fair share of hilly roads, this is the perfect route for cyclists seeking a sporting challenge and for electric bicycles.



© T. Poriel

THE LOUËT ISLAND LIGHTHOUSE 2

The Louët island lighthouse is located on a rocky islet 350 m off the coast of Carantec. The former keeper's cottage was renovated to accommodate up to 10 people. The atmosphere is to eco-tourism with waste recycling and solar panels. This wild immersion on a Brittany islet is accessible by boat. When the sea rises and you find yourself all alone on the island, the change of scenery is complete!

baiedemorlaix.bzh



© P. Torset

THE LA CROIX LIGHTHOUSE 5

In small groups, accompanied by a guide, the sea kayaks split the waves in the Trieux estuary, opposite the Bréhat archipelago. This is one of the unique and beautiful ways to disembark at the La Croix lighthouse. At water level, the sight is all the more spectacular. To berth, the first to arrive cheerfully help the others. At the foot of the 13 m tower, the view on the estuary and the pink granite coast archipelago is exceptional.

brittanytourism.com



© E. Berthier

LA HOULE LIGHTHOUSE IN CANCALE 12

The Phare de la Jetée de la Fenêtre lighthouse, also called the Phare de la Houle, is no longer in service. It was replaced by a metal structure built on the tip of the pier. Although it can't be visited, take advantage of this excursion to stop at the Cancale oyster market, held at the foot of the historic lighthouse. Listed as part of Unesco's Intangible Cultural Heritage this year, the mollusc is the pride of the Mont-Saint-Michel Bay and many producers serve them directly in the port, in oyster bars. Time for a gourmet break!

brittanytourism.com



© B. Ghio - WorldElse - CDT50

THE GATTEVILLE LIGHTHOUSE 15

This lighthouse is located on land, 2 km away from the charming port of Barfleur, one of the "Plus Beaux Villages de France". The first lighthouse was too small to receive modern lenses and too weak to be raised by 32 m, thus a new tower was built in 1825. Raising 75 m above the ground, it is the 2nd tallest lighthouse in France and Europe. The construction of this stone candle required 11,000 granite blocs representing 7,400 tons. After climbing the 365 steps lit by 52 windows, the visitors can admire the view on the Val de Saire and Cotentin.

phare-de-gatteville.fr



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© F.Mahaut - Calvados Attractivité

THE OUISTREHAM LIGHTHOUSE

Inaugurated in 1905, the Ouistreham lighthouse is one of the highlights of the town. From the top of its 38 m, it offers an incredible panorama on the Normandy coast. Impressive, made of blue granite from the Vire, it is the “guardian of the Orne estuary”, lighting up close to 30 km around it. A key marker for sailors, it is also cherished by the inhabitants of Ouistreham.

caenlamer-tourisme.fr



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© Jean Decaux

THE AILLY LIGHTHOUSE

The square tower is located in Sainte-Marguerite-sur-Mer on the Côte d'Albâtre. Its history is rich as three lighthouses have succeeded each other in this location over the past 200 years. The current building was commissioned in 1958, it is 24.50 m tall and you need to climb 91 steps to admire the panorama: from the cliffs of Saint-Valery-en-Caux to the Somme Bay.

dieppetourisme.com



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© Comdesimages

THE BRIGHTON LIGHTHOUSE

Some call it the Cayeux lighthouse, while others call it the Brighton lighthouse as a reference to the English town located just opposite. Measuring close to 32 m high, it replaces the former tower destroyed by the Germans in August 1944. Even though it can't be visited, the trip enables you to discover the dunes where wild roses, hawthorn, blackthorn and sea-buckthorn blossom.

tourisme-baiedesomme.fr

THE CALAIS LIGHTHOUSE 32

Unique as located in land, the Calais lighthouse is surrounded by houses. After climbing the 271 steps of this brick tower, with its black sleeve, a 360° panorama is revealed from the top : Calais and its back-country, the port facilities, the Pas-de-Calais straight and on a clear day, the White Cliffs of Dover in England.

calais-cotedopale.com



© O. Leclerc

THE GRAVELINES LIGHTHOUSE 33

A few kilometres away from Dunkirk, the seaside resort of Gravelines houses a 29 m tall giant. After climbing its 116 steps, enjoy a 360° view on Gravelines and its surroundings. The last keeper of the Petit-Fort-Philippe lighthouse considered it as “his corner of paradise”. His former ground-floor dwelling can be visited.

dunkerque-tourisme.fr



© E. Berthier



The isle of Batz 1

Gentle living in Brittany

Only 15 minutes' boat-ride from Roscoff, the change of scenery is radical. The charming isle of Batz seduces with its beautiful coastal paths leading to many beaches. At the "trou du serpent", the landscape is wild with impressive granite rocks. After crossing the agricultural heart of the island, take a break at the Pors Kernoc cove, the anchorage of the fishing fleet, before visiting the Georges Delaselle garden, where the climate enabled over 2,500 exotic plants to adapt perfectly to the gentle life on the island.

roscoff-tourisme.com

The Rance Valley 9

Between land and sea

Select this route for a 3 hour ride between Saint-Malo and Dinard, crossing over the Pont Saint-Hubert bridge. Cycling up or down the Rance promises a succession of peaceful and bucolic landscapes. Small wooded inlets, a spectacular viewpoint at the Mont Garrot, tide mills, fisheries, the "malouinières" houses built by old Saint Malo corsairs and ship-owners, and charming little fishing villages succeed each other along the river. Take a break in one of the many little gastronomic addresses on the water's edge, or in the village of Saint-Suliac, listed "Plus Beaux Villages de France".

lavelomaritime.com



© E.Berthier

Cap d'Erquy - Cap Fréhel 8

An exceptional preserved landscape

With its succession of pink sandstone rocky outcrops, sandy coves with turquoise waters and dizzying viewpoints, the Grand Site Cap d'Erquy - Cap Fréhel is one of the most emblematic sites of Brittany. In 2019, it officially became the 19th "Grand Site de France". From the Cap d'Erquy, with its boats coming in and out of the port, up to the Cap Fréhel and its 70-metre high cliffs, discover a breathtaking natural space. Take a break to visit the Cap Fréhel lighthouse, one of the 50 lighthouses distributed along The Vélomaritime route. Listed as a Natura 2000 site, the Grand Site Cap d'Erquy - Cap Fréhel extends over 600 hectares of multicoloured landscapes: the green moorland, the pink cliffs and the emerald green sea.

grandsite-capserquyfrehel.com



© E.Berthier

The Mont-Saint-Michel Bay 13

The highest tides in Europe

The Mont-Saint-Michel and its bay is listed as a Unesco World Heritage site since 1979. Here, the natural spectacle is permanent: a magnificent maritime landscape, a patchwork of polders, mussel-growing alignments and above all, tides holding the European record with 14 m of amplitude. As soon as the coefficient exceeds 110, the Mont becomes an island once again, for a few hours. With a coef. of 117, Thursday 9 April 2020 is a date to remember! At low tide and always escorted by a guide, crossing the Bay on foot is also a memorable experience.

manchetourisme.com



Vestiges of the artificial port of Arromanches-les-Bains 18

Looking back on history

Between Longues-sur-Mer and Arromanches-les-Bains, admire the vestiges of the artificial port of Arromanches-les-Bains. Glimpse at giant concrete structures, as big as 6-storey buildings. Today, there are only some twenty blocs left, whereas in 1944 these pontoons formed an 8 km seawall. In order to protect the artificial port, the blocs were shipped by sea from the day following the 6 June 1944 D-Day landing. In the summer of '44, Arromanches was the most active site for the dispatch of both equipment and men taking part in the Battle of Normandy.

bike.calvados.fr

The Étretat Cliffs 22

The symbol and pride of the Normandy coast

The coastal landscape of Étretat, spectacular and unforgettable in any season, is famous throughout the world. To the left of the shingle beach the Aval cliff extends with its monumental arch, the "porte d'Aval". The 51 m high "Aiguille" rises a few meters further out, isolated in the sea. The chapel on top of the Amont cliff watches over this bay, which has inspired the greatest artists. The white chalk, which reveals its true colours in the sunshine, is a stunning sight and a must see.

lehavretourisme.com





The Somme Bay 28

One of the most beautiful bays in the world

Labelled “Grand Site de France”, the Somme Bay has become one of the favourite destinations of Europeans seeking 100% nature tourism. Its assets? 70 km² of magnificent lights and landscapes, pristine wilderness and a stream of authenticity. The landscapes make you feel at the world's end. The Somme Bay is also a bird-watching hotspot with the Parc du Marquenterre, located at the heart of a national nature reserve, and is visited by over 250 species of birds, 90 white spatula pairs, close to 130 grey seals and 400 harbour seals.

baiedesomme.fr

The Deux-Caps site 31

Unique colours and lights

An emblematic site of Pas-de-Calais to the north of Boulogne, the Deux-Caps site has been labelled “Grand Site de France” since 2011. A national acknowledgement for this set of landscapes extending over close to 23 km. The Gris Nez and Blanc-Nez Capes, the Slack dune, the "Pointe aux Oies"... the area stands out for the diversity of its landscapes and habitats. The beauty of these preserved landscapes is complemented by the diversity of the built heritage. The Vauban Fort of Ambleteuse, the bell tower of Audinghen, the fishermen's houses in Audresselles or the seaside villas of Wimereux: each town has its own character. The Maison du Site des Deux-Caps offers nature and discovery activities (bike rental, Nordic walking, etc.).

lesdeuxcaps.fr



The Flandre Dunes 36

Between History & Nature

The Flandre Dunes extend over 15 km of coast, from Dunkirk - Malo-les-Bains to Bray-Dunes at the Belgian border. Here, sea, sand and dunes dominate the other elements. Many animal species – such as the harbour seal, the crested newt and the herring gull, live in a preserved natural habitat. At low tide, ship wrecks – vestiges of the Dynamo Operation, resurface, and the bunkers emerging from the dunes are a reminder that History took place in this area. The site is currently undergoing a “Grand Site de France” application process, with an aim to enhance the military vestiges of the Second World War, while preserving the sensitive natural spaces of this remarkable site.

grandsite-dunesdeflandre.com



IDEAS FOR STAYS

Let's pedal!



The Erquy and Fréhel Capes

Cycle along the fine sandy beaches on an electric bicycle (e-bike), crossing an incredible mosaic of natural habitats before reaching the Erquy and Fréhel cliffs. The pink sandstone cliffs, the emerald green sea and the moorland covered in heather and gorse make up the picture. After effort comes comfort! Florence knows how to welcome her guests at the Bruyères d'Erquy and advises them on the places they must see in the area. Complete the cycling ride with a spa session and delicious meals prepared with natural local products such as scallops when in season (from October to April). In the evenings, encounters, discussions and games are improvised in the comfortable lounge.

*brittanytourism.com
From €188 - 3-day stay*



Omaha, Utah, Gold, Juno, Sword

From Bayeux, cycle to the main D-Day Landing Beaches and discover an area forever marked by the events which took place on 6 June 1944. Their names are Omaha Beach, Juno Beach, Gold Beach, Sword Beach and Utah Beach. They all saw the landing of thousands of young soldiers from the allied forces : American, British, Canadian, etc.

A stop in one of the many museums will enable you to better understand the stakes of this military operation and the means deployed. The military cemeteries – whether they be American, Canadian or German – are a testimony to the extent and violence of the battles. Don't forget to visit Sainte-Mère-Église and its famous steeple. This 6-day ride between land and sea is laden with history, from the conquest of England in 1066 to the Liberation of 1945.

abicyclette-voyages.com - From €795



The Somme Bay

A 3-day stay in a small castle to discover the wonders of the Somme Bay through 3 circuits. Departure from Noyelles-sur-Mer, towards Saint-Valery-sur-Somme to start with on the first day! Continue to cycle towards Cayeux and Le Hourdel, on the other side of the Bay, and prepare to be amazed if the seals show up. On the second day, the bicycles are loaded onto the Bay train to go to Le Crotoy. A few pedal strokes along La Bassée marsh before arriving at the Parc du Marquenterre, a privileged location for bird-watching. The third circuit enables you to explore the Crécy forest and its amazing trees. And every evening, a good rest at the castle! Exchanges and conviviality describe the family atmosphere of this accommodation located in the middle of a wooded park.

*levoyageur.com
From €349*



The Château du Taureau 3

Conquer the fort!

The sentinel of the Morlaix Bay and fort at sea, the Château du Taureau is a must see along La Vélomaritime. Accompanied by a guide, leave the continent by boat from Carantec or Plougasnou to conquer the fort. The fort was initially defensive to protect Morlaix from the English, then its use changed over time. Disarmed, requisitioned in times of war, a party and leisure place, the commented visit enables you to discover its whole history. Just a little more effort, and reach the terrace which offers a view on the whole bay: Carantec, the river entrance, the ornithological reserve islets, the Cairn of Barnenez and Plougasnou... the panorama is spectacular!

baiedemorlaix.bzh

The Fort La Latte 7

A majestic vessel

Dominating the sea, the 14th century Château de La Roche Goyon overlooks the sea majestically. This castle was built at the tip of a rocky islet, separated by 2 crevasses and can only be reached through two drawbridges. Remarkable by its situation, similar to a pink sandstone vessel, the site was used as the backdrop to many films, including “The Vikings”, in which Tony Curtis and Kirk Douglas fought each other fiercely. Climb to the top of the dungeon to discover a 360° panorama, all the way to Saint-Malo.

Open from April to October, and during school holidays and weekends in the low season.

castlelalatte.com



© G. Lecuiller

Saint-Malo 10

The corsair city

A place of history and legend, the birthplace of many famous characters, Saint-Malo owes its fame to its extraordinary maritime past and its unique heritage. Many are those who storm its ramparts to discover their bastions, doors, towers and watch towers. Beyond the Plage de l'Éventail, the castle built by the Dukes of Brittany seems to be challenging the sea. This is the ideal starting point for a tour of the ramparts. This tour first offers a view on the port, then the bay and its fortified islets, between the Cap Fréhel and the Pointe de la Varde. This is also one of the best spots to watch the grandiose spectacle offered by the spring tides. At low tide, walk to the Fort National and the Petit-Bé fort as well as the Ile du Grand-Bé to pay respects to the greatest Romantics, Chateaubriand, whose tomb lays there as an overhang over the ocean.

saint-malo-tourisme.com



© E. Berthier

The Cité de la Mer 14

Transatlantic Ferry Terminal

Inaugurated on 30 July 1933 in Cherbourg, this Art Déco masterpiece became the largest Transatlantic Ferry Terminal in the world and the largest construction in France after the Château de Versailles. Built to accommodate the largest liners of the time, "Notre Dame des Queens" houses a 280 m long and 42 m wide Transatlantic Hall. Installed since 2002 in a part of this monument, the Cité de la Mer is now a vast tourism complex enabling the public to wonder about the oceans and their future, with the new space "l'Océan du futur".

citedelamer.com



The Bayeux Tapestry 17

70 m of embroidered history

Despite its name, the Bayeux Tapestry is an embroidery! This work of art is the first manuscript among the collections kept at the municipal library of the town of Bayeux. In the manner of a history book, it tells the story of the conquest of England by William, Duke of Normandy, in 1066, on close to 70 m of cloth.

This document is a fundamental source of information to know the ways of life in the Middle Ages and the 11th century. Listed in the Unesco World Memory register, discovering the Bayeux Tapestry is a must on the cycle route.

bayeuxmuseum.com

Le Havre 21

A surprising city turned to the sea

Rebuilt by the architect Auguste Perret and listed as a Unesco World Heritage site in 2005, Le Havre embodies the successful post-war reconstruction. The city centre was rebuilt by the poet of concrete, giving unique character to the city. A true place of inspiration, Le Havre saw the birth of the impressionist movement with the painting "Impression, soleil levant" by Claude Monet and continues to seduce the world of cinema. Airy, bright and dynamic, the "Cité Océane" never fails to surprise by the atmosphere it exudes.

lehavretourisme.com





The Belle Époque villas 25

A testimony to the charm of Mers-les-Bains

Proudly implanted on the seafront, the superb "sea bathing" houses of Mers-les-Bains are testimonies to the elegance of the 19th and early 20th centuries. Mers-les-Bains, of which the seafront along with the adjacent streets and the town centre are classified as a protected area since 1986, counts over 300 charming buildings. At the foot of the cliffs, the first Neo-Classical constructions date back to 1874. They then prosper on the seafront with an Art Nouveau style, with an emphasis on oriel window structures and the decor. Double and triple villas, with inlaid flooring, bow-windows, and loggias flourish in the seaside resort.

destination-letreport-mers.fr

Le Touquet-Paris-Plage 29

The seaside resort architecture

Located at the mouth of the Canche river, the elegant seaside resort owes its creation and development to two men: the Frenchman Jean-Baptiste Daloz and the British John Whitley. Neo-Classical, Art Deco, Neo-Medieval or Anglo-Norman, architects have let their imagination run wild since 1912. During a trip on La Vélo maritime, cycle around Le Touquet and discover the city's sumptuous villas and remarkable monuments, including 16 listed as Historic Monuments. The tourist office offers guided visits to enrich the discovery with historic markers and anecdotes. During your stay, don't forget to visit the La Canche lighthouse, one of the emblematic buildings of the cycle route.

letouquet.com



© AS. Flament

The Gravelines Citadel 34

A fortified star by Vauban

Located at the mouth of the Aa river, in an exceptional natural setting, Gravelines is a unique site between fresh water and salt water. The historic city centre is surrounded by Vauban fortifications and ramparts built in the shape of a star. The surrounding moat is fully navigable: canoes, row boats, pedal boats and electric punts pass each other in a quiet and convivial atmosphere. The Gravelines star has kept intact its fortified enclosure where vegetation and old stones mix. The fortification, the beautiful Porte aux Boule area which is listed as a Historic Monument, is being patiently restored since the 1980's. Don't forget to visit the Gravelines lighthouse (page 7) located a few pedal strokes away from the town centre.

dunkerque-tourisme.fr



© Villade-Gravelines

IDEAS FOR STAYS

Let's pedal!



The heritage of the Pink Granite Coast

From Lannion, cycle to the Pink Granite Coast through the village of Perros-Guirec. Once arrived at the foot of the Ploumanac'h lighthouse, the spectacle of the pink granite blocs can begin! Continuing Eastwards, the pink diminishes bit by bit to give way to the gorse coast before reaching Tréguier, labelled "Petite Cité de Caractère" (small town of character). Next, succumb to the charm of Brittany's historic fishing harbours. Finally, this heritage-rich circuit comes to an end with the Paimpol harbour, surrounded by beautiful stone houses. This stay is customisable from 3 to 7 days, with the option to add excursions to the Sept-Îles or a day on the isle of Bréhat!

abicyclette-voyages.com
From €385



The painters' route

Painters do not grow fond of a region by accident. It was not only a few painters who fell in love with Normandy, but a whole movement! Between the blue-grey nuances of the Channel as clouds come and go, the white chalk cliffs of Étretat, the ochre cob of house façades and the many flowers decorating them, the Côte d'Albâtre is a lot more colourful than neophytes imagine. Impressionists found here an endless source of inspiration. Cycling though Normandy, between the Côte d'Albâtre and the Caux country, is a succession of small isolated roads on the seaside, lovely fishing harbours and villages full of charm. On the agenda: Étretat of course, along with Fécamp and Veulettes-sur-Mer.

velorizons.com
From €195



The Dynamo Operation

From 26 May to 4 June 1940, Dunkirk was the theatre of the largest military evacuation operation of all times: 338,000 allied soldiers managed to escape from the "entrenched camp of Dunkirk", onboard a fleet of over 800 boats. A place of remembrance for the Second World War, the Fort des Dunes is a good example of fortifications built in the heart of the Flandre Dunes. Over the course of a cycling getaway, discover the sites that recall the Battle of Dunkirk and the Dynamo Operation: the port (the East jetty and the guiding wall), the city centre of Dunkirk, the beaches, the little ship "Princess Elizabeth", the Dunkirk 1940 Museum and the military cemeteries.

dunkerque-tourisme.fr



Cooking with algae 4

Gathering algae in the Morlaix Bay

Let yourself be guided by Régine Quéva, author and expert on the subject, and learn to recognise, gather and savour the famous sea vegetables. Meet up in Carantec, Locquirec or Trévou-Tréguignec, for a seaside outing to discover the algae on the foreshore. Once you have filled your basket, the culinary workshop can begin. Prepare balanced, simple and convivial recipes that are easy to replicate every day, to stock up on vitamins and oligo-elements.

Culinary experience from April to September. €10 for the 2h algae outing alone, and €30 with the cooking workshop.
reginequeva.fr

Spinning the crepes 6

Who is going to make the best?

Head for the “Crêperie du Port” in Saint-Quay-Portrieux, where Géraldine offers a little lesson on the traditional billig. She teaches the special technique that makes it possible to spin out the batter on the cast iron plate. After a few tries, we promise everyone will be proud of their own successfully made "galette". After effort comes comfort: the crepe maker celebrates the union of the buckwheat galette with the crepe. What a talent! All the delicacy of a lace galette! And for the crepes, the same technique applies, simply swap out the buckwheat batter for a good slightly sweetened crepe batter.

brittanytourism.com
 On reservation from €21



Sea outings 11

In the Mont-Saint-Michel Bay

Leave your bicycles in Port-Mer, in Cancale, and board the Ausquémé, a traditional Breton sail boat. Jérôme, the skipper, enjoys sharing his passions for sailing and cooking by offering 3 gourmet outings. Barbecue, pic-nic or aperitif, there is an option for everyone. He takes his passengers out to discover the local products, such as the Cancale oysters – recently listed as Unesco Intangible World Heritage – and sublimates his tastings with the spice mixes concocted by the Cancale-based chef Olivier Roellinger. The experience also enables you to help manoeuvre the boat in the heart of the Mont-Saint-Michel bay.

On reservation - From €65
baladesiodees.com



The Normandy oysters 16

A subtle nutty taste

The Manche department ranks 1st among the French shellfish farming departments with 32,000 tons of oysters and mussels harvested per year. The iodised and fleshy oysters of Saint-Vaast-la-Hougue (elected French people's favourite village in 2019) come from the oldest oyster-growing basin in the region. An oyster festival is held on the week-end of the 14th July. It is organised by the "Saint-Vaast" association, which aims to promote the oyster production of the basin of Saint-Vaast-la-Hougue.

The restaurant Le Panoramique located in Pernelle offers a cooking class around oysters for €50 per person.

normandiefraicheurmer.fr

le-panoramique.fr



© E. Hertault - CDT50



© V. Rustuel - Calvados Attractivité

Spirit tourism at the Manoir d'Apréval* 20

Transformation of Calvados apples

Overlooking the Seine estuary, the Manoir d'Apréval extends on a gentle slope between land and sea. The family production was purchased at the beginning of the 20th century. Transformed into a cider production, the distillery is now headed by the granddaughter of the first owner, Agathe Letellier. From 17 varieties of organically-grown apples, she produces pure apples juices, cider, Calvados du Pays d'Auge, Pommeau de Normandie and cider vinegar onsite.

apreval.com

* Alcohol abuse is dangerous for your health. Drink in moderation.

The cheese route 24

Protected Designation of Origin

Normandy is famous for its cheeses. A cheese route has just been created and enables you to discover the secrets of 4 star cheeses of the region (the Camembert, the Livarot, the Neufchâtel and the Pont-L'Évêque). All along the Normandy portion of La Vélomaritime, discover the producers' know-how through visits and product tastings, in restaurants or directly on the cheese makers' premises.

routedesfromagesdenormandie.fr



© SMA - H. Zanji



Discover the "Bouchots" 27

The black gold of the Bay

With Norwoé-découvertes, you won't discover the Somme Bay portrayed in tourist guides and TV documentaries! This is an immersion in the Bay, with the people who live and work there. In Bassieu, Odile, who is in love with her region, offers a captivating outing at the heart of a shellfish farming concession to discover a traditional activity: mussel farming, and an emblem of the Somme Bay: the Bouchot mussel. This outing is organised at low tide and reveals all the secrets to farm this shellfish.

norwoe-decouvertes.com

As the catch of the day comes in 30

You can't get any fresher!

Each day, the fishermen of the Côte d'Opale are there, in their "aubettes" (fish stalls) in the ports of Calais and Boulogne-sur-Mer to offer their freshly landed fish. In Étaples-sur-Mer, the "Cité des Pêcheurs" (fishermen's town), fish is king! At the restaurant Aux Pêcheurs in Étaples, on the stalls, in the many fish markets and on the quay of the port, fish is everywhere. To complement the experience, the sea fishing discovery centre Maréis offers an original discovery of the sea fishing trade as well as cooking lessons using the products of the local catch.

mareis.fr



Flemish-style cuisine and atmosphere 35

A culinary tour in Dunkirk

Between land and sea, sample the tasty and comforting cuisine offered by the restaurants of the Corsair City. In the unique atmosphere of the "estaminets" (small cafés), Flemish specialities such as carbonade, potjevleesch or waterzoi warm the heart. In La Cambuse, in the Citadel district, tables are often pushed aside for a dance!

And to savour the products from the sea – fresh shrimp (as is or in croquettes) or mussels and chips with a beer of the North of France, of course – head for the Malo-les-Bains seawall, where you can enjoy the open sea as far as the eye can see in one of the many restaurants!

la-cambuse-dunkerque.fr

bistrot-plage-dunkerque.fr



IDEAS FOR STAYS

Let's pedal!



Gourmet Brittany

From Plougasnou to Roscoff, a 3-day getaway to discover many Brittany specialities. The stay starts with a iodised appetizer in Térénez, typical of La Vélomaritime: visit of an oyster farm and oyster tasting. After recharging your batteries, climb back on your bike and head west. With many gourmet breaks along the way. All along the route, you can taste whole grain "galettes" with Tome des Monts d'Arrée cheese at the Crêperie Ty Bihan, bring back some kig ha farz from La Chikolodenn canning factory, discover the production of Légumes Project and attend the onion festival in Roscoff (22 & 23 August)! The getaway ends with a last iodised break with algae at Algoplus in Roscoff which gathers and transforms the sea vegetables onsite.

brittanytourism.com



Custom outing in Normandy

Depending on your moods and the seasonal products available, La Petite Reine prepares custom outings for two-wheeled food enthusiasts. The only aim being to enjoy good food during a cycling day trip and discover the gastronomic riches of Normandy. Enjoy a wide variety of flavours by shifting from the seaside to the countryside for land-sea pairings. Savoury, sweet, soft drinks, pedal from visit to visit and tasting to tasting during 6 hours. This gastronomic outing suited to everyone's taste leaves from Bayeux.

Price: €149 per person including the e-bike, the visits and tastings, and a guide.

petitereinenormandie.fr



The gastronomic Côte d'Opale

Opt for a high-end stay with the programme offered by the 4-star hotel Atlantic in Wimereux. After burning calories during the day while discovering the landscapes of the Côte d'Opale, enjoy the comfortable rooms with large picture windows giving onto the sea. To enjoy the coast even more, some of the rooms include a balcony or terrace.

This gastronomic stay includes one night and a gourmet menu at the gastronomic restaurant "La Liégeoise". You won't lose sight of the sea from the restaurant room, where you will enjoy sea products sublimed by subtle associations of flavours and perfectly mastered preparation and cooking.

From €404 for 2 people

atlantic-delpierre.secretbox.fr



Art Rock Festival Saint-Brieuc 29 - 31 May

The Art Rock Festival opens the festival season in Brittany every year and rocks Saint-Brieuc during 3 days and 3 nights. This event is also gastronomic with the Rock'n Toques festival organised at the heart of the musical event: discover bold dishes made with local and seasonal products cooked onsite.

artrock.org

Étonnants Voyageurs Festival Saint-Malo 30 May - 1 June

Head for Brittany, and more specifically Saint-Malo, on the occasion of one of the great cultural events of the spring : Étonnants Voyageurs Festival. An international festival that gathers authors and artists from all around the world. Through their books and around encounters, book signings and conferences, they share with the public their passion for words, stories, languages and encounters.

Over the past 30 years, the "grand-children of Stevenson and Conrad" have adopted the custom of meeting up at the foot of the ramparts. Flying to vagabond whims and soles of wind, Étonnants Voyageurs Festival offers each year a great literary adventure during the Pentecost.

brittanytourism.com

2020 EVENTS ALONG THE ROUTE



© B. Almodovar - Office de Tourisme du Cotentin

Les Traversées Tatihou Saint-Vaast-la-Hougue 12 - 23 August

At low tide, cross over to the isle of Tatihou on foot for a unique musical event mixing traditional and world music, held in an exceptional site.

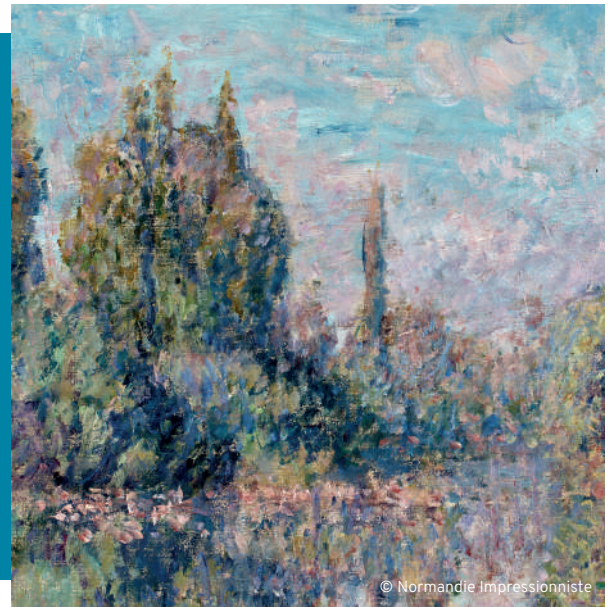
During the exceptionally high tides of August, fill up on sea air, sea spray, and rambling music with your toes in the sand and ears wide open.

tatihou.manche.fr

Normandie Impressionniste 3 April - 6 September

“Colour day by day” is the theme of the Festival which evokes the transformations of society linked to the great industrial revolutions of the 19th century, profoundly changing the daily lives and expression of impressionist painters. The 2020 agenda mixes Impressionism and Contemporary Art with some fifty exhibitions, conference and shows.

normandie-impressionniste.fr



Les Voiles de Légende Dunkirk 6 - 9 August

From 6 to 9 August 2020, Dunkirk will be the last stage of the Tall Ships Race. The 2020 edition will leave from Lisbon (Portugal), and make two stopovers in Spain – first in Cadiz then La Corogne, before heading for the North Sea. Several dozen among the largest sail boats in the world and some 2,000 sailors from the four corners of the Earth will meet up in Dunkirk. On this occasion, the city and its port will celebrate the sea and maritime world. On the agenda of these four exceptional days, visits of large sail boats and traditional ships, sea excursions, themed villages, concerts, fireworks and musical events on the quays, exhibitions and many more activities for all.

lesvoilesdelegende2020.fr

International Kite Festival Berck-sur-Mer 11 - 19 April

During a whole week, butterflies, giant octopuses, airborne puppets, and multi-coloured birds will invade the sky above Berck-sur-Mer! The International Kite Festival also offers many free events: kite building workshops, initiation by the flying school, etc. 500,000 visitors attend it each year!

cerf-volant-berck.com



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The Vélomaritime press area - lavelomaritime.com

A collective project

The Vélomaritime® is a project borne by 15 local authorities and their tourist institutions. Together, they established a route committee at the end of 2018, which they support both financially and technically, and which is headed by Calvados Attractivité (Calvados Tourist Board). They work together to implement an ambitious action plan over the next 5 years (2019-2023). The route is supported by Vélo & Territoires, Coordinator of the national cycle network.



LAVELOMARITIME.COM



CYCLING
and more!