



CAEN MER

Destination Normandie



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CAEN LA MER IN FIGURES

Size and population



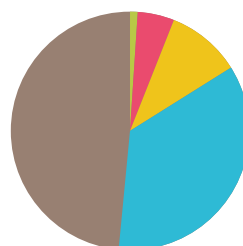
Economy

- 3 business and research clusters: secure electronic transactions (TES/SET), automobile (Movéo), horse racing and breeding industry (Hippolia)
- Centers of excellence: health (François Baclesse center for the study of cancer, neuroscience and neurology at Caen University Hospital and at the Cyceron research center...), e-banking, electronics, materials (GANIL: particle accelerator), agrifood (Valorial), water sports, aeronautics...
- International brands that originated in Caen: Hamelin (Oxford, Elba...), Groupe Bateur (Algotherm, Neutraderm...), AGRIAL (Danao, Ecusson...)

- Global businesses with operations in the local area: Volvo Trucks, Robert Bosch, Valeo, P.S.A, Orange Labs, Cyclopharma, Thales, NXP...
- Exceptional research laboratories and facilities: GANIL/SPIRAL 2, Cyceron, Archade, Labéo, 5 Equipex, 5 Labex
- The birthplace of NFC technology (Near Field Communication or contactless payment)
- 5 business incubators and accelerators
- 2 coworking spaces
- A commercial port and a fishing port

Employment

- Job distribution by sector:



- > Agriculture: **0.6 %**
- > Construction: **5.9 %**
- > Manufacturing: **10.1 %**
- > Public sector services, education, health and social action: **35 %**
- > Retail, transport and miscellaneous services: **48.4 %**

Education, training

- Caen is listed as one of the top 10 major French cities in terms of quality of education and student life
- 30,000 students, 1 university, 6 campuses, many specialist higher education establishments (ENSICAEN, ESITC, ESPE, EMN, IAE, ESAM...)
- 43 research facilities and 2,200 researchers

Environment



Transport

- 1 airport
- 2 marinas
- 1 ferry port
- 277 km of cycle paths including the Vélofrancette and Vélomaritime cycle routes
- An integrated public transport network: three tramway lines, 70 bus lines, one free electric shuttle service
- Services to facilitate cycling: Vélolib (220 self-service bikes available from 23 pick-up points), Vélococ (400 electric power-assist bikes available for long-term hire - 3 months) and Vélopark (5 secure bicycle parking facilities)



Culture and leisure

- A music, dance and drama conservatory with a high reputation within the region
- Caen Orchestra
- 10 libraries (850,000 loans/year), including the Alexis de Tocqueville library, inaugurated in 2017, two arthouse cinemas
- 2 theaters
- 1 school of art and media studies, ésam Caen/Cherbourg with 300 students on three courses (graphic design, art and communication) and a cultural program that is open to the general public
- 4 swimming pools
- One Olympic-sized ice skating rink
- 2 golf courses
- 1 casino
- 1 seawater spa center
- 1 theme park (the largest in Normandy)

Tourism

- The Caen Memorial Museum (400,000 visitors a year, on average)
- Sword Beach: one of the five Normandy D-Day landing beaches
- 801 accommodation venues offering 20,185 guest beds
- 2 top-starred chefs
- 7 coastal campsites
- 4 motorhome sites
- 2 permanent tourist information offices in Caen and Ouistreham, several information offices open during the tourist season, a tourist truck and 5 touch-screen terminals at strategic locations (airport, ferry port, Festyland, Caen Memorial Museum and Bénouville)
- In 2019, almost 169,000 people visited one of these tourist information points, boosted by two major local events - the visit to Ouistreham of the famous French frigate, Hermione, in May and the 75th Anniversary of the D-Day Landings
- 77% of tourist office users were French and 23% from outside France
- The top three countries of origin of non-French users: the United Kingdom, Belgium, the Netherlands
- Welcoming visitors with quality services : our tourist offices have been awarded the "Qualité Tourisme" (category 1), Tourism & Disability, and Cycle-friendly certification labels



CAEN LA MER AWARDS AND RECOGNITION



- No.1 **student carnival** in Europe, attended by more than 30,000 people.
- **Caen Memorial Museum**, first in the top-10 list of French museums to take your grandchildren to (2020) - Notre Temps.
- 3rd most **cycle-friendly town or city** in the 100,000 to 200,000 inhabitants category (2020).
- 3rd in the top-5 list of **large French university centers** for its student life (2020/2021) - L'Étudiant.
- 4th in the top-5 list of French towns or cities in terms of **the wealth and variety of its cultural activities** (2020) - Holidu.
- 5th in the top-5 list of most **creative and innovative medium-sized towns** (2018) - Le Point.
- 8th in the top-10 list of **best French towns or cities for studying**, according to Le Figaro Étudiant (student supplement). Several criteria were examined, such as demographics, quality of the education offered, student life, accommodation, living environment and youth unemployment.
- 8th in the top-10 list of **greenest towns or cities in France** (2020), 2nd for its established green spaces and 4th for its maintenance practices, including a ban on the use of synthetic plant protection products.
- 9th in the top-10 list of **most attractive towns or cities in terms of jobs and real estate purchasing power** (2019) - Indie "Work en live" l'Express (a news magazine).
- 9th in the top 10 list of **French towns or cities that are a good place to live in** (2020) - villes-et-villages-ou-ils-fait-bon-vivre.com. Caen is the first town or city in Normandy to feature in this top 10. This national classification is based on 182 criteria, in turn divided up into eight categories: education, retail and services, health, transport, sport and leisure, community spirit and quality of life. The data analyzed was provided by the French national institute for statistical and economic studies (INSEE) and by local authorities.
- Rated tenth **most welcoming town or city in France for AirBnB** (2017 ranking of French holiday destinations).
- Included in the top 10 **most veggie-friendly towns or cities** (2019) - likibu.
- Ranked as the 13th (out of the 100 largest conurbations in France) **best place to set up a business** (2019) - L'Express (a news magazine).
- In 2019, Caen la mer was awarded **the French Tech Community certification label**. (French Tech is an initiative set up to promote France as a business-friendly place for start-ups, from foundation through to profitability.)



CAEN LA MER, WITHIN EASY REACH OF PARIS

> ACCESSIBILITY

◆ Normandy's main airport

Destinations: 8 destinations served by direct flights (right through the year: Lyon, Marseilles, Toulouse, and during the holiday season: Corsica, Palma (Mallorca) and Nice with more than 25 destinations served from the Lyon hub).

300,000 passengers traveled through Caen airport in 2019, a 15% increase on the previous year. Passengers numbers have grown at an astonishing rate for many years (double-digit growth for the 5th consecutive year).

◆ 10th-largest commercial port in France

1,000,000 passengers/year from Ouistreham to Portsmouth in England.

Three sailings a day provided by Brittany Ferries. Caen-Ouistreham port is a gateway to England.

◆ 25 trains a day between Paris and Caen

◆ An extensive road network

A toll-free highway to Brittany (A84) with Rennes just a 90-minute drive away and the A13 highway to Paris takes you to the capital in just 2 hours.

◆ Two marinas

650 berths at Ouistreham and 92 at Caen.

> APPEAL

◆ NEW URBAN PLANNING PROJECTS WILL GIVE THE CITY A NEW LOOK

Large-scale urban planning projects currently underway will create significant new infrastructure and facilities that will strengthen the economic competitiveness, appeal and reputation of Caen la mer.

The Presqu'île project: A 300-ha waterside development near to the station. Presqu'île (*peninsula in French*) will become an exciting new focal point within the Caen city area and home to both families and businesses (7,000 dwellings and 50,000 m² for business development).

The République project: Caen's place de la République is the focus of a dynamic city center renewal project, turning it into a vibrant, attractive place for the people of Caen. The square will offer a pedestrian area, with shopping facilities (10,300 m² of retail premises), fine food outlets (the 1,400 m² Halle gourmande) and business premises (a 2,000 m² coworking space) to give a new impetus to the city's business hub.

Other projects

- Epopéa Science and Innovation Park (a 300-hectare site dedicated to innovation in the fields of health, materials & energy and digital sciences)
- La Grande Halle: a "Third Place", open to artists and the local community
- MoHo HQ: An innovative, 7,500 m² venue mixing startups, corporates, students, researchers, artists, athletes and citizens to collaborate and co-design solutions for the challenges of the 21st century



TOURISM: A KEY FACTOR IN MAINTAINING THE APPEAL OF THE LOCAL AREA

The Tourist Office truck

As part of its strategy for welcoming visitors and developing a network of services, in May 2019 the Caen la mer Tourist Office brought its Tourist Truck into operation.

This mobile tourist information point is a radical departure from how tourist offices normally work since, instead of the visitor coming to the Tourist Office, the Tourist Office goes to the visitor.

The Tourist Truck can be seen at the local area's most popular sites and at major events such as: the Liberty Marathon, the Normandy Channel Race, the Rétro Festival, the Banquet Fantastique, etc..

During the tourist season, it tours a scheduled list of tourist sites (campsites, the Caen Memorial Museum, Pegasus Bridge, etc.), offering visitors a convenient and efficient information service.

It is difficult to miss, with its bright and cheerful livery reflecting the spirit of the local area! The truck also shows that Caen la mer is a dynamic and welcoming place to visit!

Business Tourism in Caen la mer

Caen la mer is an ideal hosting venue for a wide range of events, such as conferences and seminars. With a great location just 2h from Paris, close by the sea and at the heart of a region known the world over, Caen la mer has a lot to offer event organizers. The local area is synonymous with innovation, hosts centers of excellence, business & research clusters and is the birthplace of high-tech developments in neuroscience and e-learning. Caen la mer has a range of facilities well suited to hosting successful events, such as a refurbished and diverse range of hotels and a great choice of venues ranging from the classical (Conference Center, Exhibition Park and Zénith) to the atypical (IMEC, the stadium or the Dôme with its FabLab). The Convention Office, which is part of the Tourist Office, was set up to facilitate the organization of events. It can introduce organizers to local venues and partners, offer advice about choosing the most suitable locations and provide support throughout the process.

Cruise ships

The port of Caen-Ouistreham and Caen la Mer as a destination is an attractive combination that appeals to both cruise ship operators and passengers looking for unique and high quality day trips. The Caen-Ouistreham cruise club was created at the end of 2015 to facilitate the development of this activity. Its aim is to coordinate everything necessary for a successful stopover, working with various tourism and port partners, and to promote the port and the destination internationally with the various shipping lines.

The port's location in the center of Normandy, and the well developed road network makes it easy for cruise passengers to explore the region's top attractions, such as the D-Day Landing sites or the Pays d'Auge. It is also one of the few ports to have a city-center dock that gives passengers immediate access to Caen, the home of William the Conqueror, and lively city right through the year with its historical center, interesting shops, castle and abbeys. An unrivaled port of call nestled at the heart of one of France's most beautiful areas.

Due to the size of its lock, the port can receive ships up to 168 m long, carrying up to about 450 passengers. Access is thus the privilege of a few lucky ships that can offer their passengers a unique experience as they sail up the canal linking Caen to the sea, passing monuments such as Pegasus Bridge, Château de Bénouville and the bucolic countryside of Parc de Beaugard.





10 good reasons to visit CAEN LA MER



CAEN CASTLE IS ONE OF THE LARGEST FORTIFIED STRONGHOLDS IN EUROPE

In about 1060, William, Duke of Normandy and the future conqueror of England, decided to build a palatial residence on a rocky promontory overlooking the pre-existing ducal town. This was a transformative decision for the city of Caen: its subsequent development took place under the shadow of the castle and William the Conqueror. William's successors turned the palace into one of Europe's largest fortified strongholds. The ramparts, the Porte des Champs gateway, the remains of the main keep, the Exchequer Hall and St Georges church all bear witness to a glorious past. Given pride of place when the city was rebuilt after the Second World War, the castle now houses the Caen Fine Arts (Beaux Arts) Museum and the Museum of Normandy, and is a venue for many cultural events throughout the year.



IT IS SAID THAT CAEN HAS MORE BOOKSHOPS PER INHABITANT THAN ANYWHERE ELSE IN EUROPE

Printing and bookshops are an integral part of Caen's heritage. Books have always taken pride of place in Caen, a city of publishers, famous authors and printers from the Renaissance onwards. Moreover, Caen University is one of France's oldest universities. Today, Caen still has a great many bookshops: general interest, specialist, new and second-hand. They each have their own unique character, special appeal and style. Discovering the independent bookshops of Caen is time well spent. Somewhere in one of the quirky shops or bookshop-tea rooms is the perfect book for you. For the more serious book lovers, there's a large program of literary events!



CAEN HOSTS THE LARGEST 20TH CENTURY HISTORY MUSEUM, WITH A PARTICULAR FOCUS ON THE SECOND WORLD WAR.

This is of course the Caen Memorial Museum. This museum guides you through the history of the 20th century, from the end of the First World War through to the fall of the Berlin wall. Caen Memorial Museum is a continually evolving resource and highlights the role History can play in modern societies.



YES, CAEN LA MER... IS INDEED BY THE SEA! THE LONG SANDY BEACHES ON THE OUTSKIRTS OF THE TOWN ARE WITHIN EASY REACH BY BUS, BICYCLE OR CAR.

The sea and the iodine-rich sea air is just a short trip away! The Caen la mer coastline features more than 10 km of long sandy beaches and a promenade between Ouistreham and Lion sur Mer that is perfect for a stroll, run, cycle or roller skate. Shore fishing, building sand castles, water sports such as paddleboarding or sea wading, picnicking or just taking it easy... choose what suits you! You can reach the sea by car (via the main road linking Caen and Ouistreham), by bike (along the canal-side path created specially for cyclists, joggers and walkers), or by bus (two routes run from the city center to the coast, and a ticket costs €1.50).



COLLEVILLE-MONTGOMERY/ OUISTREHAM BEACH IS THE ONLY BEACH THAT WAS LIBERATED ON D-DAY BY A FRENCH COMMANDO UNIT

The beach was part of the British-controlled Sword beaches, and has the distinction of being liberated by a commando unit made up of 177 French marines, the green berets, under the command of Captain Kieffer. These marines had trained in Scotland as members of the Free French navy and had been integrated into the British forces. Their mission was to open up a path to Ouistreham Riva-Bella. After disembarking, they attacked and breached the significant defenses at the casino and on the beach. Numerous monuments, memorial stones and sites in Ouistreham pay tribute to these men, just one of whom is still alive: Mr Léon GAUTIER.

6

TWO OF CAEN'S MOST FAMOUS BUILDINGS OWE THEIR EXISTENCE TO WILLIAM THE CONQUEROR'S LOVE FOR HIS WIFE, MATILDA OF FLANDERS.

These two imposing abbeys, jewels of Romanesque architecture, contribute to the fame of the city. In 1050, William married Matilda, despite the fact that she was a distant cousin, which made the marriage highly controversial due to them being blood relations. The church initially opposed the union, but later pardoned the couple on condition that they founded four hospitals and two abbeys by way of reparation. William founded the Abbaye aux Hommes (Men's Abbey) and Matilda arranged for the construction of the Abbaye aux Dames (Women's Abbey). Both were subsequently buried in their own abbey.



7

GREEN SPACES ACCOUNT FOR 25% OF THE LAND AREA OF CAEN

This means that Caen ranks as the 8th greenest town or city in France. It has 500 hectares (over 1,200 acres) of green spaces spread throughout the city. Parks, gardens, squares and natural spaces where you can relax, wander or play sports, right in the heart of the city! And if this is still not enough, the countryside immediately around the city is well worth a visit, with impressive natural environments such as Grimboisq Forest, Caprice Woods or Pointe du Siège.



8

THERE'S A STRIKING BLOND THAT YOU CAN'T FAIL TO NOTICE IN CAEN.

This blond is none other than Caen stone and is highly visible since this noble and local material has been used to construct so many buildings in the city. It is a very malleable limestone which is very attractive to builders, despite being 150 million years old! The people of Caen are rightfully proud of their stone, which has been exported around the world. In addition to the Tower of London and Tower Bridge, in England, it was also used to build St Patrick's Cathedral in New York, the Royal Palace in Brussels and prestigious buildings in Bermuda.



9

HIGH-QUALITY MARKETS, LOCAL PRODUCE AND GREAT PLACES TO EAT ... THE PERFECT RECIPE

Normandy is a fantastic destination for food lovers. Even though tripe, Caen's local delicacy, is not to everyone's taste, there is a vast array of local produce whose names alone are enough to make your mouth water: madeleines Jeannette, apple-based products, scallops, just to mention a few. The various daily markets provide an atmospheric setting for the sale of all these local specialities. Finally, a multitude of experienced chefs, some of them top-starred, are on hand to transform these great products into delicious food.



10

ON A BIKE OR IN A BOAT... ALTERNATIVE WAYS TO SEE CAEN LA MER

The Vélofrancette and Vélo-maritime cycle routes both pass through Caen la mer, and offer a great way to discover the area at your own pace. The network of cycle paths within the city is also quite well developed. Cycling is a great way to see the city; you can follow one of the designated routes or why not try a guided tour? Alternatively, admire the scenery from a different angle by taking out a boat on the Orne River or on the canal.



What's new
in 2021?

NEW THINGS TO SEE AND PLACES TO VISIT

On the coast

> LA VOILE BLANCHE: A NEW GOURMET RESTAURANT WITH SEA VIEWS

Located above the l'Accostage brasserie, the building recalls a cruise ship with a terrace at the bow, and two large white ship's sails above. The decor is immaculate, very chic and very French!

The restaurant prides itself on its warm and friendly welcome. The Master chef offers a range of sophisticated, gourmet dishes, and even a special lobster menu with all sorts of culinary delights. A new place to eat - not to be missed by foodies of all description!



> A BRAND NEW B&B HOTEL

Ideally located on the outskirts of Ouistreham and by the side of the canal, near to the cycle and footpath, this hotel has 66 contemporary-styled, air-conditioned rooms with all the mod cons, secure private parking with a charging point for electric vehicles and a large and secure bike store for cycle tourists visiting the region and following the Vélofrancette or Vélomaritime routes.



In town

> A "PETITS MYSTÈRES DANS CAEN" PACK

For a number of years, a company famous for its murder parties, "Petits Meurtres entre amis", has organized tours unlike any others through the city to discover its darker side, hear chilling tales of haunted houses and learn about various urban legends and other tragic events peculiar to Caen. They are always a big success, and are regularly booked up. However, in light of the events of 2020, Anne, the specialist in treasure hunts, murder party mysteries and other investigative soirées, decided to rework the "**Petits mystères dans Caen**" concept and present it as a standalone, self-guided pack to enable visitors to follow the tour at a time and with a group of friends of their choosing. The lockdowns provided Anne with the ideal opportunity to make the tours more individual and better suited to the current context and restrictions.

The pack contains:

- A booklet to accompany the tour, with original photos and QR codes that provide access to the interactive content
- Access to a web app via the QR Codes available (no downloading required) with exclusive content, audioguides, videos, archive photos, etc.
- A branded tote bag to take with you
- Original souvenirs

Cost of the pack: € 19.90



For couples

> AN UNEXPECTED AND UNUSUAL BED & BREAKFAST VENUE...

“**Votre expérience insolite**” (your out-of-the-ordinary experience) is a B&B... with a difference! The aim is for couples to experience an unforgettable night in an unusual environment and to use the new sensations to develop their relationship. There are three themed rooms: the Viking room evokes the love of the city and its Norman history; the Shaman room lets you reconnect with your intuitive self and with nature and finally the 50 Shades room introduces a bit of zest and lets you explore the limits of your love as a couple. A night that promises to be unlike any other!



Family fun

> CAEN YOU ESCAPE “KIDS’ VERSION”, AN ESCAPE GAME SPECIALLY FOR KIDS...

The escape game format is well-known and much appreciated by adults, so why not let the kids have a go! **Caen You Escape** has developed a fun and educational escape game for children (7 and over) and youngish teenagers. The original activities are designed to arouse their curiosity by setting them puzzles to solve and tasks to complete in a limited time. A fantastic way to spend time as a family!

With friends...

> “CAEN YOU ESCAPE”; A D-DAY THEMED ESCAPE GAME

Escape games have been around for a while and the concept is always the same: solve the puzzles and accomplish tasks in an enclosed space within the allotted time so that you can exit the room. It is the theme for this escape game which makes it interesting, since the clues and puzzles are all based on a key historical event: the D-Day Landings. An original way to immerse yourself in this period in history which had such an impact on Caen and the region.



Highlights of the year ahead

EVENTS

In Caen la Mer, there's no shortage of events. Here is a (short) selection!

CIDREXPO (APRIL)

An international trade fair for the cider industry.

PALMA FESTIVAL (APRIL)

Urban music and visual media (concerts, street art...).

STUDENT CARNIVAL (APRIL)

Europe's largest student carnival!

FESTIVAL DES PLANCHES ET DES VACHES (APRIL)

A festival celebrating comic books and graphic novels.

INTERSTICE FESTIVAL (APRIL - MAY)

A festival dedicated to contemporary and technological artistic creation.

EPOQUE (MAY)

The Caen Book Fair.

NORMANDY CHANNEL RACE (MAY)

A yacht race charting the Channel, the Irish Sea and the Celtic Sea.

D-DAY FESTIVAL (MAY-JUNE)

A program of events celebrating the anniversary of the D-Day landings.

OUISTREHAM KITE FESTIVAL (JUNE)

MARATHON DE LA LIBERTÉ (JUNE)

A marathon-length run.

RÉTRO FESTIVAL IN CAEN (JULY)

Vintage and classic car convention.

BEAUREGARD FESTIVAL (JULY)

A pop and rock music festival.

FANTASTIC BANQUET (JULY)

A medieval event in Caen castle.

ECLATS DE RUE (JULY-AUGUST-SEPTEMBER)

Free street entertainers and street art events.

LES SABLES ANIMÉS (JULY-AUGUST)

Beach events and entertainment along the Caen la mer seafront.

FÊTE DE LA COQUILLE SAINT-JACQUES (SCALLOP FESTIVAL) IN OUISTREHAM (OCTOBER)

A chance to buy the area's signature seafood product, straight off the fishing boats.

LES BORÉALES (NOVEMBER)

The largest festival dedicated to Nordic culture in Europe.

NOVEMBRE GOURMAND

A whole month dedicated to fine food and enjoying tasty local produce (food-tasting, events, exhibitions, etc.).

CHRISTMAS IN CAEN (DECEMBER)

Christmas market, big wheel and Christmas-themed events.



Plus all the temporary exhibitions in various sites throughout the city: Museum of Normandy, Fine Arts Museum, Caen Memorial Museum, Men's Abbey,...

For more details, check the dates in the events schedule on our website!



Local celebrities

> WILLIAM THE CONQUEROR

Although originally from Falaise, a village in Calvados, he is without doubt Caen's most famous figure. He transformed the city into his ducal residence by building a castle and two imposing abbeys, both gems of Romanesque art and symbols of the love between William and his wife, Matilda of Flanders.



> CHARLOTTE CORDAY

This French radical was involved in the French Revolution but was not, in fact, a native of Caen. She was born in the Pays d'Auge, but came to Caen to be schooled at the Women's Abbey convent before living in the city with her aunt. It was also from Caen that she set off in 1793 to Paris to meet Jean-Paul Marat, who she stabbed to death in his bath. She consequently became an emblematic figure of the French Revolution.

> FRANÇOIS DE MALHERBE

Born in Caen in 1555, he became poet in residence at the court of the king of France, Henry IV, and kept this title until his death.



> DUMONT D'URVILLE

During his three maritime circumnavigations of the globe, Jules Dumont d'Urville (1790-1842) sailed through the many archipelagos of Oceania and explored Antarctica. He is arguably France's greatest explorer. Although he was not born in Caen, he studied in the city.

> EUGÈNE-RENÉ POUBELLE

Born in Caen in 1831, he was a lawyer, administrator and French diplomat. His name was adopted as the French word for a waste container as a result of the initiatives he took, from 1883 onwards, as the Préfet (regional administrator) of the Seine département to improve hygiene levels in Paris.

> ORELSAN

This artist, who is both a rapper and composer, grew up in Caen and considers it to be his home. He returns regularly and is an enthusiastic ambassador for the city.

> EMMANUEL CHAUNU

Caricaturist and cartoonist for French news media, his sketches lampoon contemporary politics and current affairs. He has a regular slot as a political commentator on Michel Drucker's red sofa on the "Vivement Dimanche" program. Chaunu is also a comedian and humorist. He frequently appears on stage in a show which combines live drawing with current affairs.



Where the unexpected lurks

QUIRKY PLACES TO VISIT

The Caen la mer area is known for its history and famous monuments – but some of its attractions are quite unexpected and unique. Here are some unusual things to visit, just off the beaten track.

> A SCALE MODEL OF ANCIENT ROME

This large plaster model covers an area of almost 70 sqm (700 sqft) and shows Ancient Rome as it was under Emperor Constantine (4th century AD.). The model is listed as an historic monument and was constructed by Paul Bigot, a Normandy architect (1870- 1942). Two copies have been made of this original work, one is now in Brussels and the other in Italy. The plaster model inspired a multidisciplinary 3D virtual model project, using digital imaging techniques. This 3D model lets you wander through the streets of Ancient Rome and view its monuments as they were in their prime.

> THE IMEC

IMEC (the Contemporary Publishing Preservation Institute) was founded in 1988 by academics and publishing industry professionals. Its aim is to collect, preserve and showcase archive and research collections devoted to the

main publishing houses, journals and all the stakeholders involved in book publishing and the creative arts (publishers, authors, artists, academics, critics, graphic artists, bookshops, printers, reviewers, translators, journalists, etc.).

> VIEUX LA ROMAINE

“Vieux la Romaine”, called Aregenua in Roman times, is now an archaeological site comprising a museum, a Roman-style garden, two restored ancient dwellings and a forum which is currently being excavated and is open to visitors.

> LA POINTE DU SIÈGE

This protected natural area in the Orne estuary is where the River Orne meets the salty sea water from the Channel to create a unique natural landscape. This incredibly diverse habitat is home to over 280 species of migrating birds, and one of the most popular sites in Europe for ornithologists.

> LA FALAISE DES CONFESIONNAUX

These cliffs, at Lion-sur-Mer, provide the perfect backdrop to a unique and wild natural environment. The onslaught of waves and tides has hollowed out a spectacular set of caves. The cliffs are also an internationally renowned geological and paleontology benchmark site for the Upper Bathonian period (165 million years ago).



> THROW AN AXE AT LE VALHALLA BAR

This unusual sport has come straight from Canada and the bar is the first of its kind in France! Le Valhalla is primarily a bar, but also has enclosed individual lanes for throwing axes! Each lane is about 3 to 4 m long and, reassuringly, has special walls designed to stop any rebounds. Le Valhalla is also a great place to eat and drink with friends, and offers a range of local produce.

Note: There is an axe- and knife-throwing club, **Les Lames Normandes**, in Ouistreham, and one of its members is the sport's world champion, Lou Guilbert. The club organizes national and international competitions every year.

> UNEXPECTED MADE IN NORMANDY DRINKS

Gin: The C'est Nous distillery was set up in 2016 by an Englishman, Dave (from the land of gin), and a French sommelier, Julie. They set up their craft gin distillery in Caen. Every step in the process takes place in the distillery (preparing the ingredients, distilling, bottling and marketing). Their gin has an apple flavor. It was voted best French gin in 2019.

Beer: In Caen, beer is made in a microbrewery that was ranked as one of the best in France by L'Express magazine. La Mouette is an organic, urban, craft microbrewery that opened in December 2017 right in the center of the city. It brews wheat beers, lagers, amber ales and stouts, all with characteristic seagull-themed names.

Each of these craft, organic beers, takes a month to brew since there are many stages from grain to glass. The beers are all brewed traditionally by hand. La Mouette has already brought out seven different beers. The brewery has a production capacity of 4,000 liters a month, enough to fill 10,000 bottles. This capacity has not so far been reached.

Their beers are on sale in their shop, in Biocoop shops in and around Caen, at La Maison du Vrac, in several of the city's restaurants and in some local corner shops and wine merchants from Caen to Cherbourg and Bayeux.

> CAEN, THE LADYBIRD CAPITAL

Ladybirds with seven spots and two spots are bred to fight aphids in the city's greenhouses and green spaces. Some of them are handed out to residents of Caen and the region to clean up their own gardens.

Caen, as a green, environmentally friendly city, is the first in France and Europe to try out this approach, born from a desire to demonstrate that there are valid alternatives to chemicals.

> LE PETIT LOURDES

This is a 2/3rd scale faithful reconstruction of the Sanctuary of Lourdes with the chapel that was consecrated in 1882 and the Lacets gate opened in 1885, the cave and its spring. This reconstruction, devoted to the Virgin Mary, is unique. It is currently preserved and managed by the Petit Lourdes d'Hérouville-Saint-Clair heritage preservation association. The model is exactly the same now as it was in 1879 and takes visitors 140 years back in time.

> OLD CEMETERIES

There are six cemeteries in the city which have received no new burials for many years. They have been listed as city heritage sites since 1939. These cemeteries are lovely places for a leisurely stroll or to find a haven of tranquility, or to admire the graves that range from the simple to the imposing. They encourage visitors to meditate on life as they discover the graves of renowned figures such as Monsieur Loyal, a famous ringmaster. The most bucolic among them, the Quatre Nations cemetery, was a location in François Truffaut's film "la Chambre verte" (the Green Room).

> A HAUNT FOR WIZARDS IN THE HEART OF THE CITY

Welcome to Moon & Sons, a pub entirely dedicated to the famous wizard, Harry Potter, and his world! The signage on the emerald front of the pub states: "Public house for mages and muggles since 1633". Inside, candles float in the air, the ceiling is starry and the sign on the large bench-seat table is "Platform 9¾"... And the magic in the air also inspires the potions menu! One of the specialties of this wizarding haunt (which also caters for muggles) is the famous butter beer. Don't leave without trying the delicious leaping chocolate frogs!





Where local
craftsmanship
reigns

MADE IN NORMANDY

> MESNIL DE BAVENT POTTERY, CERTIFIED AS A "LIVING HERITAGE BUSINESS"

This company was founded in 1842 and specializes in making rooftop finials, which are common roof ornaments in Normandy. They are completely hand-made using traditional techniques: stamping and throwing (formed on a wheel). The workshops are in their original condition and are open for visits, as is the small living museum which demonstrates all the stages involved in finial production, which uses skills that have been passed down for centuries at Bavent potteries. The museum charts the site's history and couldn't be in a more atmospheric setting - inside the kilns in which Bavent tiles used to be fired. The museum presents the various workstations as they would have been a century and a half ago. It also displays an exceptional collection of rooftop finials, the oldest of which date back to the 15th century. The old kilns, ancient objects and archive documents (period photos and postcards) illustrate what a potter's life would have been like in the 19th century. The Bavent pottery buildings are a group of structures built in a very traditional Norman style, dating back to 1842. Visitors can admire a beautiful 19th-century manor whose architectural style is unique. In addition to the workshops and museum, there is a display of skills associated with other trades and crafts in the artisans' village.

> LA MADELEINE JEANNETTE CERTIFIED AS A "LIVING HERITAGE BUSINESS"

The Biscuiterie Jeannette (biscuit factory) was founded in Caen in 1850. It almost disappeared in 2013 when the company went into liquidation. Employees joined together to save the production facilities and preserve the age-old skills dating back over 150 years. Thanks to a crowdfunding initiative, the business started up again in 2015 and Jeannettes were back on sale in September 2015. In September 2017, a new production site came into operation to meet demand and bring pleasure to foodies around the world. The new site meant production levels could be increased from 1 tonne of madeleines per day to 5 tonnes. However, craft production methods are still used as Jeannette remains true to its values: high quality ingredients, local production and motivated employees.

> FILT - THE NET SHOPPING BAG MADE IN CAEN

Filt has manufactured and sold braids and nets and stayed true to its values since 1860. Its products are used in many different sectors, such as mussel farming, the automotive industry, sports & leisure, the packaging industry and childcare. Filt is committed to preserving the know-how and experience acquired by the French textile industry.

Note that the shopping bag, formerly associated with everyone's grandma, and that has become popular in France over the last few years... is made in Caen!

> FLAX, NORMANDY'S GREEN GOLD

Flax, and the linen textile made from it is a sector in which Norman excellence has managed to attain the highest level internationally and the plains around Caen are a renowned growing area with beautiful pastel blue fields of flowers every June.

Some farms, such as the Saint Vaast farm, offer tours that show how flax is grown and transformed into linen, and presents the textile and its technical applications.

LINportant, a company based in Evrecy in Calvados, has created and now manufactures an organic, linen t-shirt. It handles the whole process, from the flax in the field to the shirt on your back! A textile industry in Calvados!





Where to indulge yourself

SHOPPING

No visit to Caen la mer is complete without a shopping trip! In addition to the chain stores in the center of the city, Caen is full of smaller shops run by local designers and creators, as well as beautiful home decor shops or Ali Baba's caves in which you're bound to find the perfect gift!

> BOOKSHOPS

As mentioned earlier, Caen is the undisputed capital of France for independent bookshops. The first book to be printed in Caen was in the 15th century. In Rue Froide and the neighboring streets, there is a plethora of bookshops, each with its own characteristic style and specialism: graphic novels, comics, crime thrillers, science fiction, fantasy, espionage, religion, rare books, children's books, second-hand books, detective fiction, books written by non-French authors...

> ANTIQUE DEALERS

They are concentrated in Rue Ecuylère, also known rue de la Soif (Thirst St.) since it's also home to a number of bars! Two complementary businesses that make sure the street stays busy all day and then well into the evening.

> RUE FROIDE

This is one of the oldest streets in Caen and one that has always been home to shops as well as craftsmen and women. Today, you will find independent clothes and home decor shops as well as bookshops.

> RUE SAINT LAURENT

This is where you will find concept stores and decor and design boutiques, such as Gloriette's, a shop which combines three different genres - clothes, furniture & home decor and a restaurant. Unique boutiques that are well worth a visit!





Where to chill out

A CITY BREAK

Caen is just two hours from Paris and an ideal destination for a short break, with plenty of things to discover in this city full of surprises. Suggestions for a two-day stay:

Day 1

> LUNCH AT THE TABLE DES MATIÈRES

>This restaurant at the marina is now part of the new Caen la Mer library building. Although the meals are served simply on a tray (a tongue-in-cheek reference to the studious atmosphere of the library), the menu is full of delicious surprises suggested by the chef, Benoit Guillaumin.

> AN ORIGINAL WAY TO EXPLORE THE CITY

William may have conquered England, but he never traveled across his city on a Com'on Gyro segway! Glide effortlessly through the streets and save your energy for enjoying the views!

> POP INTO MÉMORANDA, EVEN IF IT'S JUST TO GAZE IN AWE

An Ali Baba's cave whose shelves groan under the weight of thousands of second-hand books. This shop is located in the heart of Caen's bookshop quarter.

> TRY THE CHEESEBOARD AT THE FROMAGERIE CONQUÉRANT CHEESE SHOP

Not far from William's tomb, you can enjoy local and not-so-local cheeses washed down with a Norman aperitif and cider in a warm and friendly setting.

> DINNER IN THE VAUGUEUX

A picturesque quarter between the marina and the castle.

> ENJOY A DRINK IN TOWN

Caen is full of fantastic bars where you can enjoy a drink before dinner or after dinner, or both! Rue Ecuillère, le Vaugueux or the quai Vendeuvre are home to some of the most appealing. The hardest job is choosing!

> OVERNIGHT STAY

There's a place to stay that suits every preference and every budget - a small independent hotel in the city center, one of the many B&Bs, a private townhouse or listed building, somewhere at the marina, in the city or on the outskirts.... the choice is yours!

Day 2

> A QUICK LOOK AROUND THE MARKET AT CAEN MARINA

This is the region's largest market. It's a must if you're interested in local produce and want to mingle with local people. (Sundays only.)

> BRUNCH AT LA FERME DE BILLY

Billy's Farm is a family-run cider-making farm set in verdant and rustic countryside. Slip out of the city for a breath of country air! (Weekends only.)

> A STROLL THROUGH CAEN WITH A GREETER

Walking through the city with a local person is a great way to discover their favorite places, hear their anecdotes and gain an insight into their everyday life and culture.





Where the sea
beckons

ADVENTURES BY THE SEA

Yes, Caen la mer... is indeed by the sea! Ouistreham Riva-Bella, the local seaside resort, is just 15 km (10 miles) from the city center, on the Côte de Nacre (Mother of Pearl Coast). It is busy right through the year and has plenty of things to do and see!

Day 1

> WALK OVER PEGASUS BRIDGE

The first bridge taken by a British force flown in by glider on the night of June 5/morning of June 6, 1944. This assault marked the start of the operations known as the D-Day landings.

> GOURMET LUNCH AT MANOIR HASTINGS

Located in Bénouville, between Caen and Ouistreham, only a stone's throw from Pegasus Bridge. Chef Gilles Poudras is a master of refined and generous cuisine.

> SEASIDE LEISURE ACTIVITIES

On Ouistreham Riva-Bella's long sandy beach: land sailing, catamaran, paddleboarding, kite surfing, sea wading and much more.

> AN APERITIF BY THE SEA

At Coquillages and Co, a new restaurant by the sea, you can enjoy sharing dishes, tapas or some local oysters with friends or as a couple.

> EAT AT LA FABRIQUE ON THE SEA FRONT

La Fabrique, an attractive restaurant on the sea front, is a great place to eat overlooking the beach! Pots of mussels, salads, burgers. There is something for everyone and the decor is cosy and comfortable.

> TRY YOUR LUCK AT CASINO BARRIÈRE IN OUISTREHAM

With its 150 slot machines, gaming tables and a bar with a view over the dunes and sea. The ideal place for an entertaining evening!

> A NIGHT ON THE COAST

In a B&B or hotel, somewhere quiet or looking out over the sea.

Day 2

> A RELAXING MORNING OF SEAWATER SPA THERAPY AT THE THALAZUR CENTER IN OUISTREHAM-RIVA-BELLA

Massage, warm water bath therapy, sauna, steam room, seawater swimming pool... everything you need to totally relax!

> LUNCH WITH A SEA VIEW

Refined, gourmet cuisine with plenty of character in a unique setting with an unbeatable view over the sea.

> A WALK ALONG THE PROMENADE FROM LION-SUR-MER TO HERMANVILLE-SUR-MER.

As you admire the attractive Anglo-Norman style villas, you can listen, via your geo-located parasol to an audio guide to their history and to the life of their owners, accompanied by a specially arranged soundtrack - "La Délicate".

> NATURE WALK AT POINTE DU SIÈGE

This bird reserve is a protected site with a unique landscape: dunes, flocks of birds, wetlands, sandy tidal flats, mudflats, salt marsh sheep and woods. The site is the largest wild area in Calvados and the pointe du Siège (Siège point), with its 1,500 meters of fine sand, is a Natura 2000 listed site.



Where History begins

MEDIEVAL NORMANDY

Where history meets
the modern city...

Over the last 1,000 years, the city has acquired an incredible architectural heritage. From William the Conqueror's time through to the Battle of Normandy, via the Renaissance and the Belle Epoque, Caen's architectural gems stand out for all to see. Today, modern buildings blend in with the city's architectural heritage.



In the Middle Ages, Caen became an important strategic site when William the Conqueror made it the seat of his Duchy and his main residence. The castle and the two abbeys are witnesses to that period of Caen's history.

During the Renaissance, the city prospered and the wealthy merchants and aristocracy built sumptuous townhouses and palaces. These buildings are richly decorated and were strongly influenced by the Italian and French Renaissance style. A few of these beautiful city-center townhouses survived the WWII bombardments, such as hôtel d'Escoville and hôtel de Than.

New neighborhoods spread outwards from the city center towards the end of the 19th century. The wealthy built beautiful villas on the high ground overlooking the city to the north of the fossés Saint-Julien (moats). These villas had vast gardens and were located near to St Martin station, which at the time served the Côte de Nacre and its popular bathing spots. Many of these private residences were built in Caen at the turn of the 20th century and some of them escaped the destruction of the Second World War.

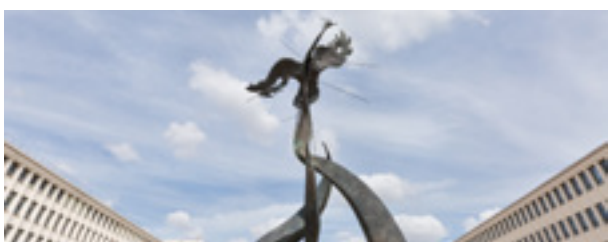
On the coast, scattered amongst the beautiful seaside villas between Lion-sur-mer and Hermanville-sur-mer are some unusual architectural gems. Some of these are masterpieces of the Art Nouveau era, designed by celebrated architects such as Hector Guimard, known for the famous entrances to the Paris metro.



The World War II bombing raids left Caen badly scarred, but the city can now look back with satisfaction on a successful and harmonious period of reconstruction. The work was entrusted to the architect Marc Brillaud de Laujardière, lasted almost twenty years and was completed in 1963.

The city was rebuilt using Caen limestone, with clusters of houses reminiscent of Haussmann's grand Parisian buildings and others inspired by Le Corbusier, but all the while showcasing the heritage sites. The Quatrans quarter and avenue du 6 juin, with its "Tours Marines" tower blocks made of Caen stone bear witness to these principles. Caen's emblem, the phoenix, stands proudly in front of one of the symbols of the city's rebirth, the university. It rises from its ashes, just like the city did after the wartime bombing raids.

The city is now blessed with an exceptionally rich architectural heritage, the product of 1,000 years of history. It continues to develop and enhance its heritage with elegant architectural projects that blend in harmoniously with the city's urban landscape, as, for example, the Alexis de Tocqueville library, now part of the Presqu'île development.



Different ways to discover the city and its history

> GUIDED TOURS

Caen la mer Normandy Tourist and Convention Office regularly organizes guided tours of the historic center, the castle and the city. Each tour has a specific theme, such as street art, Caen through the ages, famous Caen personalities, etc.

> WALKING TOURS

Two walking tours through the city let visitors take in the must-see sights and locations and the monuments and buildings that are revealed as you wander along cobblestone streets. The route also covers some of the modern architecture that bears witness to a booming city. You can choose a 2-hour or a 3.5-hour tour (not including time spent visiting the sights and museums). A map of the route is available from the Caen la mer Tourist Office, from the Caen or Ouistreham Information Office or can be downloaded from our website www.caenlamer-tourisme.fr.

> TREASURE HUNTS

The city becomes a playground... Use the treasure map to explore various areas of the old city. To progress, you have to be observant, decipher the codes, find the clues and solve the riddles. The history of the city and interesting facts will be gradually revealed.

> THE ISTORYPATH APP

Using a smartphone or the touch-screen table at St Georges church within the castle walls, you can follow one of a number of suggested routes or create your own itinerary by selecting the subjects and attractions that interest you.

> GREETERS

A different way to discover the city! Greeters are enthusiastic and curious local people who love their region and happily volunteer to share with you their favorite places and activities and pass on some top tips, and the occasional anecdote. The experience is all about sharing and talking.



*Where the wind
of freedom blows*

D-DAY SITES

The Caen area sits in the center of Normandy and was profoundly affected by the Second World War. Visiting the Caen Memorial Museum, walking along the beaches, looking for remains and reliving events through the moving accounts on La Délicate all help you understand how the city and its residents' lives changed on 6 June 1944 and how the world's future was decided on the Normandy beaches over 75 years ago.

> CAEN MEMORIAL MUSEUM

This is a must-see for any visitor interested in WWII history. It revisits 20th century history from the end of the First World War to the fall of the Berlin Wall, with the Second World War and the Battle of Normandy the focus of the narrative.

The museum celebrated its 30th anniversary in 2018 and has become one of Europe's main memorial centers. Its curating know-how and its cultural, educational and scientific excellence are now recognized the world over.



> LA DÉLICATE OUISTREHAM

Its combination of firsthand accounts punctuated by poetic comments stirs your imagination and truly conveys the spirit of a place that, like so many others, retains a vivid memory of a period that deeply affected the world. The walks' authors, helped by those who took part, manage to convey a bright picture which is full of hope. This walk takes you to the heart of people's feelings and is a unique, unmissable experience which lets you discover Ouistreham Riva-Bella seen through the memories and emotions of several generations. Digital Samovar and Akken offer unique ways to experience places and manage to convey the humanity behind all the places and events.

> SWORD BEACH

An immersive video that you can view on the terrace of Ouistreham Riva-Bella Tourist Office takes visitors through the experience of the storming of the casino, a key stronghold in the German defenses, in the company of Léon Gautier. This app uses a 360° panorama technique



to superimpose the images and sounds of the battle onto present-day Riva-Bella. The app is available on tablets loaned by the Tourist Office or can be downloaded free of charge from www.soldatleon.fr

Many remains of the German occupation are still visible:

> THE HILLMAN SITE

This was a command center for the coastal defense system including 20 concrete bunkers and gun emplacements at Colleville-Montgomery.

> THE GREAT BUNKER IN OUISTREHAM

This bunker housed the German headquarters and has been fully restored. Its five floors contain: an infirmary, machine room, pharmacy, armory, radio transmission room, telephone exchange, observation post, etc.

Discovering

> THE SECOND WORLD WAR

The Caen Memorial and private partners organize guided tours of the main sites of the Battle of Normandy.

On a number of days through the year, the Caen la Mer Normandy Tourist Office offers visits to the city's quarries which served as a shelter for hundreds of inhabitants during the bombardments of 1944.

D-DAY EVENTS

> The D-Day-Festival (end of May - beginning of June)

> Marathon de la Liberté, Normandy Running Festival (June)



Where the sea beckons

THE COAST

Caen la mer not only includes the beautiful city of Caen and the surrounding green and pleasant countryside: it also extends all the way to the coast, less than 15 km (10 miles) away, with its long sandy beaches and four charming resorts where you can enjoy the seaside and its leisure activities.

> SEASIDE LEISURE ACTIVITIES

Land sailing in Ouistreham, paddleboarding at Colleville-Montgomery, sea wading and kite surfing at Lion-sur-mer and Hermanville-sur-mer, sea kayaking at la Pointe du Siège... There are so many water sport activities to choose from.



> RELAX AND BE PAMPERED AT OUISTREHAM SEAWATER SPA THERAPY CENTER

Two seawater swimming pools, sauna, steam room, jacuzzi, cardio and fitness suite... all just a stone's throw from the beach in a soothing and revitalising setting.

> CONNECT WITH LOCAL HISTORY AND ADMIRE THE VIEWS BY IMMERSING YOURSELF IN THE STORIES AND ACCOUNTS TOLD BY LOCAL PEOPLE, VIA LA DÉLICATE.

A poetic and geo-located self-guided stroll, available at Ouistreham and Lion-sur-mer/Hermanville-sur-mer. A unique experience and an unusual way to discover the local history of these seaside resorts and relive the past.



> SEASIDE VILLAS

From Ouistreham to Lion-sur-mer, admire the very attractive villas built in the Normandy coastal resort architectural style. The styles are very varied, ranging from masterpieces of Neo-norman or Art Nouveau architecture, to Flemish-style villas. They were left relatively unscathed by the D-Day Landings and now form an integral part of the seaside heritage.

> SHORE FISHING

Since the beaches at Caen la mer primarily consist of fine sand, there are many “burrowing” species. The best way to catch them is to look for the two small holes left in the sand by their siphons. The beach is also home to sandworms,



crabs, shrimps and small fish (and a few sand eels in autumn). Fishing is regulated by size and quantities of the species caught, with in some cases restrictions on when and where you can fish. However, it's very satisfying to set off to fish on foot at low tide!

> OUISTREHAM LIGHTHOUSE

Ascending the 171 steps is certainly hard work, but is quickly rewarded by an incredible 360° view over the city, the port, the canal, the Pointe du Siège extending into the Orne River estuary and the seaside resort with its long sandy beach. A unique experience which will, literally and figuratively, take your breath away! The lighthouse has looked out over the Orne River estuary since 1903 and is 38 meters (127 ft) high. You can also take a closer look at the Fresnel lens (invented by Augustin Fresnel, a Normandy physicist), the amazing device that projects the lighthouse beam.





*Where you can
express your real
nature*

NATURE

Caen la mer is also known for its variety of natural habitats. Numerous parks and gardens, protected natural sites, forests, wetlands... all places that invite you to leave your cares behind and discover a different side to Caen la mer. Engage serenity mode and press the chill button!

> CAEN BOTANICAL GARDENS

Located in the heart of the city, this museum of plants contains several thousand species, including some rare varieties. It's a miniature paradise of flowers and plants, with many exotic examples (nurtured in greenhouses). It is also home to collections such as the flora of the region, useful plants, Norman habitat plants, etc. It is officially listed as a "Jardin Botanique de France" and has been awarded the "Jardin Remarquable" certification label.

> LE JARDIN DES SIMPLES

Within the walls of Caen Castle, the Jardin des Simples garden was rearranged and replanted in 2016. It draws its inspiration from the gardens popular in the early Middle Ages, which contained "Herbularius" (simple plants: medicinal, aromatic and condiment plants), "Viridarium" (fruit trees)



and "Hortus" (vegetable garden type plants, not present here). The garden has 90 types of plants, with an indication for each of its main uses. For many though, it's simply a little haven of peace!

> LA COLLINE AUX OISEAUX

Inaugurated in 1994 and renovated in 2019, "Bird Hill" is a rehabilitated landfill site that is a great example of how to create a landscaped park. Its 17 hectares (42 acres) contain a rose garden, a French town garden, a garden of perennial plants, a wildlife park, a play area and picnic tables. It is much loved by families, people who come to exercise and by plant enthusiasts.

> LA PRAIRIE AND THE RACE COURSE

La Prairie is a 90-hectare green space that is the lungs of the city, just a short distance from its center. It contains a race course which hosts more than thirty horse races a year, and a bird reserve. This green space in the city is a great place to go for a jog, a quick break or just to chill.



> LA FORÊT DE GRIMBOSQ

This exceptional, 475-hectare forest is a great place to explore or walk through. Cycling and horse riding is permitted through the forest. There are many different trails that cater for a range of activities such as physical exercise, family days out and discovering nature. The forest also contains two arboretums, a wildlife park, the Olivet feudal motte (earth mound) and a pet cemetery.



> LA POINTE DU SIÈGE

La Pointe du Siège is a protected site that extends into the Orne River estuary. Its belt of dunes provides a sheltered habitat for a remarkable range of flora and fauna, including 271 recorded species. This diverse habitat features mudflats, dunes, salt marsh sheep and woods. An observation tower overlooking the bird reserve gives you a great view of the many birds in the lagoons.

> LE BOIS DU CAPRICE

This large wood covers 70 hectares (170 acres). This relatively recently planted wood contains a mosaic of landscapes and habitats, with significant remnants still visible of a rich heritage of human activities (livestock pastures, forestry activities, orchards, etc.). Wet woodlands dominate the area, with species that thrive in the moist conditions.

One to note

> THE SUMMER GARDEN AT PLACE SAINT SAUVEUR

This large pedestrianized square was developed a few years ago in the city center, not far from Men's Abbey. Every year, the local authority plants a summer garden here, usually with a topical theme (30 years of twinning with Portsmouth, 75th anniversary of D-Day, etc.). The lush vegetation provides the perfect setting for some time out.



Where to titillate your taste buds

GOURMET FOOD

Normandy is well-known for its fine food, in particular its cheeses, apples, Calvados spirits, cider, crème fraîche, scallops, oysters, etc. Just hearing their names is enough to make your mouth water. Caen la Mer has its fair share of fine food products and restaurants, with several markets offering quality products and a number of fine food events.



GASTRONOMICAL EVENTS

- > Novembre gourmand: food and local produce festival
- > Scallop Festival in Ouistreham Riva-Bella (October or November)

Local delicacies

> TRIPE, CAEN-STYLE

The city is so proud of its traditional dish that its quality is safeguarded by the “Tripière d’Or” Association of Norman Gastronomy, founded in 1952. In order to defend and promote the recipe, every year the “Tripière d’Or” organizes a competition for professionals to showcase their culinary skills in preparing the famous Caen-style tripe. For anyone who is not familiar with the recipe, tripe is made from four different sections of cow stomach, boiled with ox foot and seasoned with onions, garlic and herbs.

> MADELEINES JEANNETTE

Since 1850, Jeannette has been making cottage-style pure butter madeleines with no artificial preservatives. There are plain or flavored madeleines to suit every taste and every occasion.

> APPLE-BASED PRODUCTS

Cider, Calvados, apple juice and pommeau (a mixture of apple juice and Calvados) are Normandy’s signature beverages and Ferme de Billy sets the standard in this field, having won several national awards.

> L’EMBUSCADE: A PERFECT BLEND OF FLAVORS, MADE IN CAEN

L’Embusscade (which translates as “the ambush”...) is THE must-try cocktail in Caen, and is very popular with students. This local beverage is a daring blend of unexpected flavors. Developed in the 90s, it is based on beer, with a shot of Calvados, a drop of white wine and a dash of crème de cassis. Almost every bar in Caen serves this cocktail.

Places to eat

> ORGANIC, VEGAN AND ALTERNATIVE RESTAURANTS IN CAEN

- More than just a passing fad, these dietary preferences have prompted a new way of eating and are increasingly popular in France. Caen has a reputation in this field, with a range of quality restaurants catering for the converted and the interested.
- > Chataigne et sarrasin: the first organic and 100% gluten-free restaurant in Normandy
 - > Triple V: a vegan fastfood outlet
 - > Vegetarian and vegan restaurants: Pancake Night Fever, Greedy Guts, Ô Chatô...



Fine food and City tours

Discover the city and its fine food traditions all in one go.

> COM'ON GYRO

A Segway tour of the city, stopping off to sample local food and drink.

> LUNCH AT THE BEAUX-ART GALLERY

A short visit to view a painting or find out about an artist or period of art, before enjoying lunch in the company of the guide.

> A STROLL WITH A GREETER

To discover the markets of Caen and Ouistreham, local producers, regional specialties, recipe ideas and recommendations for places to shop.

Recognized culinary expertise

Caen boasts two top-starred restaurants (A Contre sens and Ivan Vautier), but also offers a host of other fine eating places where the chefs pull out all the stops to titillate your taste buds: le Dauphin, Gibus Café, l'île Enchantée, l'Insolite, le Pressoir, le P'tit B, le Relais d'Alsace, la Trattoria, le Riva Bella, le Manoir Hastings (also Bib Gourmand), la Table d'Hôtes, Le Channel...

Best places for brunch in Caen

Brunching is another trend that is becoming popular more or less everywhere. At Caen la mer, you can brunch in various places, each with a unique atmosphere and offering suggestions tailored to your tastes: Keys and Co (a New Zealand coffee shop), Les Fils à maman (taking you back to your childhood – perfect after a Sunday morning outing to Caen market), La Ferme de Billy in Rots (a rural setting on the outskirts of Caen), La Table des Matières.

Local food celebs

> ISABELLE

CULINARY BLOGGER AND GREETER



She is motivated by a passion for great produce, through which she found the Love of her life. At this point in her life, she also acquired her famous red basket (her "panier rouge", the name of her blog). The ten years she spent in charge of a top-starred restaurant forged her fine food philosophy, based on authentic home-made food created from fresh, local and in-season produce. She continues to support the "local produce first" principle by selecting local produce whenever possible, mainly bought on the market, straight from the growers, farmers and fishermen with whom she shares her passion: the pleasure that comes from choosing produce, cooking with them and sharing the result with friends or family. She also shares this passion on her blog and on the tours she offers as a greeter with Caen la mer Tourist Office.

> ALBAN GUILMET

PASTRY AS A FINE ART



After working for Fauchon then for Pierre Hermé, Alban Guilmet opened his own shop in Caen. His aim is to make tasty, creative, original and visually attractive cakes and pastries with only the finest of ingredients. He is a member of Relais Desserts, an association of elite French pastry chefs from around the world.

**Alban Guilmet, 6 rue Saint Jean à Caen
+33 (0)2 31 45 36 06 – www.albanguilmet.fr**

> PATRICK ROUGEREAU

FOOD PHOTOGRAPHER



Patrick started out taking pictures for news stories. Today, he is one of the best-known food photographers, whose talents are recognized by chefs and food manufacturers alike. The two loves of his life have always driven his audacious photographic style. He has found the ultimate creative way to express his love for photography and gastronomy. His precise, straight-to-the-point photographic style plays with the contours of the food and with the textures to enhance the product and stimulate the taste buds. He believes that a successful picture is one that generates emotion and desire.



Caen la mer
Normandy
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Visite libre des collections permanentes et des expositions temporaires sur plus de 6 000 m² dédiés à l'Art, de la Renaissance italienne, flamande et française jusqu'à l'art contemporain du 21^e siècle.

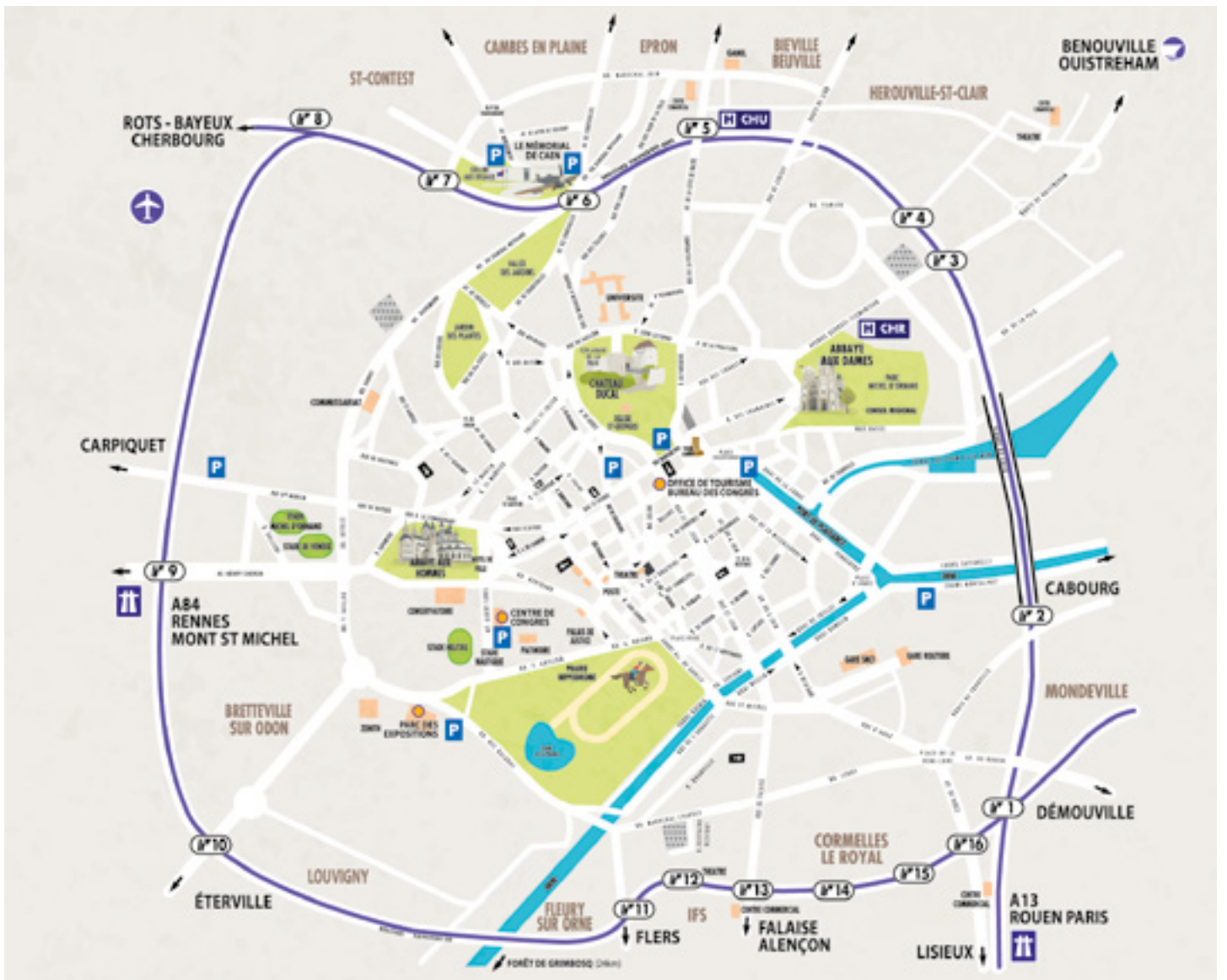
+ ABBAYE-AUX-HOMMES - 4€

Visite découverte des bâtiments monastiques du 18^e siècle.

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CAEN
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OFFICE DE TOURISME & DES CONGRÈS -
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Destination Normandie

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