



*Press pack
2019*

The background of the lower half of the image is a nighttime photograph of a wide street in Caen, France. The street is lined with historic buildings that are illuminated with warm yellow and purple lights. A statue on a pedestal stands in the middle of the street. Several cars are parked along the right side of the road.

CAEN  MER
Destination Normandie

CAEN LA MER

IN FIGURES



366 km²



268,876 INHABITANTS



1 amusement
park

2 MARINAS,
1 FISHING PORT,
1 COMMERCIAL PORT
AND 1 CROSS-
CHANNEL FERRY PORT



The Orne
River estuary

THE CALVADOS
DEPARTMENT'S
N°1 PROTECTED
NATURAL AREA



50

MUNICIPAL
AUTHORITIES



10 km
(6 miles)

OF BEACHES



15 km (10 miles)
LONG CANAL LINKING
CAEN TO THE SEA



1 Casino

Sword Beach

ONE OF THE FIVE
NORMANDY D-DAY
LANDING BEACHES



277km

OF CYCLE PATHS INCLUDING
THE VÉLOFRANCETTE
CYCLE ROUTE



2 golf courses

COVERING 110 HECTARES
(275 ACRES), 27 HOLES

1 Seawater

SPA CENTER



1 airport
AT CAEN-CARPIQUET



25%

OF CAEN'S SURFACE AREA
IS DEDICATED TO GREEN
SPACES

HOW TO GET TO

CAEN LA MER

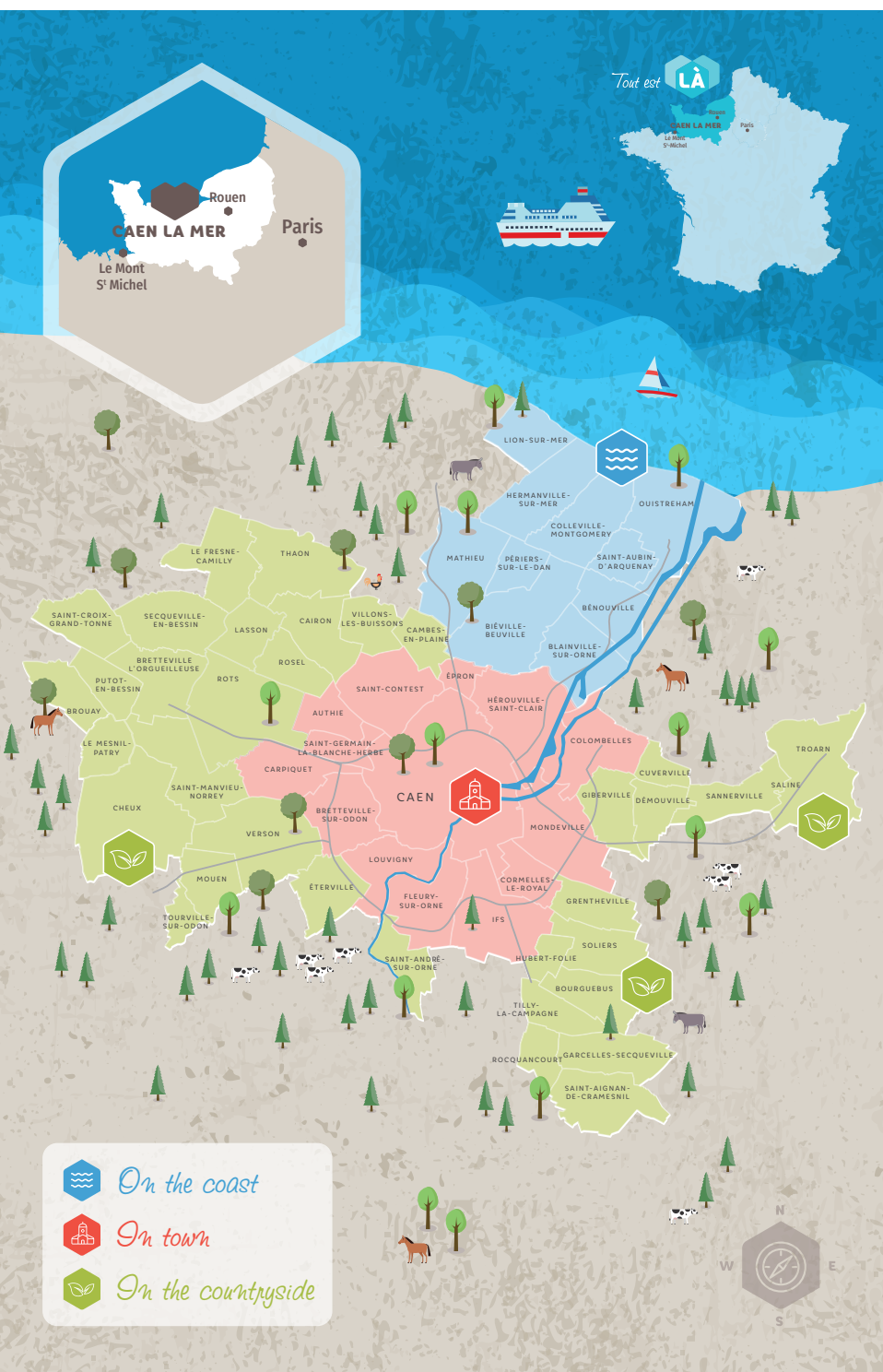
Located halfway between Rouen and the Mont Saint Michel, Caen la Mer lies at the very heart of Normandy.

BY CAR:

>from Paris: A13 motorway
>from Rennes: A84 motorway

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BY TRAIN:

>Paris Saint Lazare-Caen: 18 trains daily from Paris to Caen

BY BUS:

>Ouibus and Flixbus

BY PLANE:

>Caen-Carpiquet Airport

BY BOAT:

>Ouistreham Ferry port (from Portsmouth)

YOU CAN REACH OUISTREHAM FROM CAEN BY BUS, WITH THE TWISTO URBAN TRANSPORT NETWORK. ROUTE 61

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TOP TEN TIPS FOR A STAY IN CAEN LA MER

Revisit

THE 20TH CENTURY AT THE CAEN MEMORIAL MUSEUM

«Grief broke me, brotherhood raised me up, from my wound has sprung a river of liberty»: the words of the poet emblazoned on the front of the Caen Memorial Museum. From the Second World War to the Cold War, with the Battle of Normandy as its center-piece, the Caen Memorial Museum takes visitors on a trip through history, revisiting some of the most tragic events of the 20th century.



Discover

CAEN'S BOOKSHOP TREASURE TROVE

Caen has the highest number of bookshops in France, for its population. They all have their own unique character, focusing on different areas and styles. Books have always taken pride of place in Caen, a city of publishers, famous authors and printers from the Renaissance onwards. Not forgetting Caen University, one of France's oldest universities. Discover the city through its books!



Wander

THROUGH THE CITY'S MANY PARKS

Caen is France's fifth greenest city (according to the French Landscape Gardeners Association in a survey of 50 major French cities in 2017). It has 500 hectares (over 1,200 acres) of green spaces spread throughout the city, representing 25% of the total city area. Parks, gardens and natural areas where you can relax, wander or play a sport, right in the heart of the city!



Explore

CAEN'S «DORMANT» CEMETERIES

Caen has another unique feature: its «dormant» cemeteries. These are six cemeteries that have not seen any new burials for many, many years. They have been listed among the city's heritage sites since 1939. These are romantic places, deliberately left in a state of «respectful neglect», where you can have a quiet wander and discover celebrity graves, like that of Monsieur Loyal, the original French circus ringmaster.



Follow

IN WILLIAM THE CONQUEROR'S FOOTSTEPS

Under William the Conqueror, the Duchy of Normandy rose to prominence. He changed the destiny of Caen by turning it into one of the most powerful Norman strongholds of the 11th century. The castle was built around 1060: it became one of the favorite seats of the Dukes of Normandy and Kings of England and one of Europe's largest fortified strongholds, covering over 5 hectares (12.5 acres). William then went on to build two abbeys, which encapsulate the love he felt for Matilda (his distant cousin) and remain as jewels of Norman Romanesque architecture.





Navigate

THE NAMESAKES

One of the puzzling things about Caen is that it boasts several landmark buildings with the same name, so be careful when arranging to meet someone!

The two most famous are the two Saint Etienne (Saint Stephen's) Churches, which face each other across the street. There are also two Saint Sauveur churches and two Saint Gilles churches for good measure...



Cycle

TO THE COAST ALONG THE CANAL

You can cycle, walk or roller-skate all the way to the sea along Caen's 15km (10 miles) canal. Starting from the marina right in the heart of the city, the canal path takes you past «Little Lourdes» (a chapel built on the same model as the real Lourdes sanctuary), Benouville Castle (a French neoclassical masterpiece built in the 18th century by Claude Nicola Ledoux) and the famous Pegasus Bridge (the first bridge taken by British commandos during the D-Day landings on June 5-6 1944). This short stretch along the canal is actually the initial stage of the «Vélofrancette» cycle route that runs from Ouistreham Riva-Bella, on the Normandy coast, all the way to La Rochelle, on the Atlantic coast - voted France's best cycle route in 2017.



Climb

TO THE TOP OF THE OUISTREHAM RIVA-BELLA LIGHTHOUSE

Breathtaking views over the coast and surrounding countryside. The lighthouse has overlooked the Orne River estuary since 1903: it has 171 steps and rises to a height of 38 meters (127 ft). From the top, you have a 360° view over the city, the Pointe du Siège headland in the middle of the Orne River estuary and the seaside resort with its long sandy beach. 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.



Tantalize

YOUR TASTE BUDS WITH DELICIOUS SEAFOOD PRODUCTS

The fish market on Ouistreham Riva-Bella harbour is a must if you love sea food: shellfish, scallops, oysters, crabs, mussels, bass and many other kinds of fresh fish are available every morning, all year round. A feast for the eyes...and your taste buds. You can also try your hand at shoreline fishing to catch your own delicious cockles and mussels, alive alive-o!



Admire

THE TYPICAL CÔTE DE NACRE SEASIDE ARCHITECTURE

Normandy would not be Normandy without its typical seaside resort architecture. The Côte de Nacre (Mother of Pearl Coast), and more particularly, the embankment between Lion sur Mer and Hermanville sur Mer, boasts a number of superb Art Nouveau seaside villas, and others in a range of architectural styles, from English and Scottish, to Norman and Gothic! Enjoy the sea breezes and take in the sights at the same time!



WHAT'S NEW IN 2019

>A NEW PERMANENT EXHIBITION AREA AT THE MEN'S ABBEY

The "Summer'44: life goes on" exhibition was already open to visitors in 2014 for the 70th anniversary of the D-Day Landings and the Battle of Normandy. It is now permanently accessible in the Abbey of Saint-Étienne (Abbaye aux Hommes). The exhibition pays homage to the citizens of Caen who unwillingly found themselves at the heart of one of the major battles of the 20th century. The municipality is strongly attached to maintaining and transmitting the city's history and memory to younger generations, highlighting the value of the city and its heritage by reinforcing the range of services on offer to visitors.

>A NEW IMMERSIVE ROOM AT THE CAEN MEMORIAL (INAUGURATION SCHEDULED FOR 6 JUNE 2019)

The building aim is to link the two wings of the museum (Second World War and Cold War). It will be a 300m² semi-basement building, mainly dedicated to a film (17 mins) projected at 360° from 11 projectors. The film will be an immersive experience based on archive pictures and focusing on the construction of Europe.

>A WATER-SPORTS CENTRE AT THE HEART OF THE CITY

A water-sports centre is opened each year in front of the Rives de l'Orne shopping centre, with activities for exploring Caen and the Orne and Odon nature park on the water: in a kayak, in a canoe, on a paddleboard, in a pedalo or an electric boat. On the way, visitors can see the beautiful houses and little-known heritage, while enjoying the nature and fauna characteristic of a river environment. A restful break with your family or friends...



>FRANCE'S BIGGEST VIRTUAL REALITY PARK IS IN CAEN-LA-MER

The games available in the CAHEM park are made in a development studio in Normandy, and are original creations that are not found elsewhere. Several different worlds are on offer: mediaeval, the roaring twenties, the Second World War and post-apocalyptic. CAHEM is a theme park where reality is not only virtual. Each game in the park has a different costumed guide. Along with the game areas, other spaces are open to visitors: a shop and a mediaeval tavern.



Events

>HERMIONE STOPS AT OUISTREHAM RIVABELLA

The boat Hermione, replica of the frigate that took La Fayette to the United States, will stop at Ouistreham from 14 to 17 May 2019 as part of Normandy Liberty, a journey in parallel with the 75th anniversary of the D-Day landing beaches of Normandy, whose great moment will be the Armada of Rouen from 7 to 16 June 2019.

>75TH ANNIVERSARY OF THE D-DAY LANDINGS

A major exhibition of paintings by Norman Rockwell at the Caen Memorial

From June to the end of September 2019, for the 75th anniversary of the Battle of Normandy, the Caen Memorial will be hosting an exceptional exhibition dedicated to Norman Rockwell, one of America's greatest press illustrators and its most popular painter, and whose work is among the most expensive in the world. The museum will be displaying over 70 paintings, including the famous Four Freedoms, which have never previously left the United States.

Visits & discoveries

>LAUNCH OF THE GREETERS NETWORK IN CAEN-LA-MER: THE FIRST IN THE CALVADOS REGION

Greeters or how to enjoy sightseeing with local residents: a new way to encounter the urban community, based on free cultural exchanges and sharing. Visitors or new residents can see the city differently, soak up the atmosphere, the way of life and local history in the company of local people. This is the first network of greeters in the Calvados region.

>“LA DÉLICATE” AN AUDIO AND POETIC WALK TO (RE)VISIT THE CAEN-LA-MER COAST AND VILLAS

Visitors can immerse themselves in the seaside atmosphere, from Lion-sur-Mer to Hermanville-sur-Mer. This is a chance to learn about the history of the numerous villas, which are all different and all unique, with each having a tale to tell. Visitors can also immerse themselves in the emotions and memories of local inhabitants. “La Délicate” is a visit using a geo-localisation guide fitted into the handle of a parasol and transmitting a unique soundtrack to your headphones. An immersive sound experience that is unique in its kind in Normandy.



WHERE YOU CAN ENJOY A SHORT BREAK

A CITY BREAK IN CAEN

Caen is only two hours from Paris and is therefore the 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

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

>AN ORIGINAL WAY TO EXPLORE THE CITY

Go one better on William the Conqueror by criss-crossing the city on a Com'on Gyro segway! Glide effortlessly through the streets on segways.

>A TASTY SNACK AT MÉMORANDA

A real Ali baba's cave where thousands of new and second-hand books line the shelves of this



bookshop-cafe located right in the heart of the booksellers' quarter of Caen.

>HAPPY HOUR AT LE CASIER

The sea-salty taste of fresh oysters washed down with a crisp white wine, in the heart of the city.

>DINNER IN THE PICTURESQUE VAUGUEUX QUARTER

Between the marina and the castle.

>AN AFTER-DINNER DRINK AT LA MÔME

A trendy bar in the Vaugueux area, where they serve unusual cocktails and original and deliciously tasty tapas. It is named after Edith Piaf («The Waif») who is said to have lived here for a time, with her family.



>OVERNIGHT STAY

At the Hôtel de la Fontaine (a 2-star entirely renovated hotel decorated in trendy colors and with a contemporary design) or at the Hôtel Le Dauphin (a 4-star hotel full of history and old world charm, with its oak beams and half-timbered walls) according to your budget and taste. Further suggestion: Stay in a chic «appartement d'hôte» (Chez Laurence Du Tilly) located in a town house right in the city center: feel completely at home in an «Ideal Home» decor.

Day 2

>STROLL ROUND THE MARKET ON CAEN MARINA

The region's largest market. A must if you're interested in local produce and want to mingle with local people. (Sunday morning)

>BRUNCH AT THE FERME DU BILLY

In this family-owned cider farm, in an authentic country setting. Slip out of the city for a breath of country air! (Thursdays to Sundays)

>WALK ROUND CAEN CASTLE

Where you can overlook the city from the castle walls, then explore the historic center on an unusual treasure hunt.

Useful tips

EATING OUT

>La table des Matières

15 quai François Mitterrand in Caen
+33 (0)2 31 99 76 25 – www.la-table-des-matieres.fr

>Le Casier

22 rue Ecuyère in Caen – +33 (0)9 81 43 14 35

>Le Ptit B

15 rue du Vagueux in Caen – +33 (0)2 31 93 50 76
www.leptitb.fr

>Billy and Co

29 bis, rue de l'église in Rots – +33 (0)2 31 97 32 04
www.ferme-de-billy.com

WHERE TO STAY

>Hôtel La Fontaine

26, rue de la Fontaine in Caen – +33 (0)2 31 85 31 70
www.hotelfontaine-caen.com

>Hôtel Best Western Le Dauphin

29, rue Gémare in Caen – +33 (0)2 31 86 22 26
www.le-dauphin-normandie.com

>Chez Laurence Du Tilly

9 b, rue Pémagnie in Caen – +33 (0)7 86 23 28 28
www.chez-laurence.dutilly.fr

DISCOVERING THE CITY

>Com'on gyro

+33 (0)6 82 25 19 38 – www.comongyro.fr

>Memoranda

19 rue des Croisiers in Caen – +33 (0)2 31 86 51 28

WHERE TO ENJOY A DRINK

>La Môme

5-7 rue du Vagueux in Caen – +33 (0)9 81 72 90 91

>L'Hydropathe

4, rue Saint Laurent in Caen – +33 (0)2 31 47 84 60

SHOPPING

>Antique dealers in Rue Ecuyère

>Home decoration and fashion in Rue Froide

>Fine chocolates in Rue Saint Pierre and elsewhere

>The Les Rives de l'Orne shopping center



WHERE THE CITY MEETS THE SEA

A CITY BREAK IN OUISTREHAM RIVA-BELLA

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

Day 1

>WALK OVER PEGASUS BRIDGE

The very first bridge taken by the British troops flown in by glider on the night of June 5 to 6 1944. This assault marked the beginning of the D-Day landings.

>GOURMET LUNCH AT MANOIR HASTING IN BÉNOUVILLE

Between Caen and Ouistreham, only a stone's throw from Pegasus Bridge. Chef Gilles Poudras is a master of refined, tasty cuisine.



>SEASIDE LEISURE ACTIVITIES

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

>STOP OFF AT THE MAISON SIMARD

Where those with a sweet tooth will delight in all kinds of toffee, marshmallows, waffles and home-made ice-cream made by this family business founded almost a century ago, in 1923.



>A NIGHT AT THE SEASIDE

In a guest-house in Lion-sur-Mer (Le Vivier, a 19th century manor house) or at the Riva Bella Hotel in the Thalassotherapy Centre in Ouistreham Riva-Bella.

Day 2

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

Massages, warm water bath therapy, sauna, hammam, seawater swimming pool... fitness and well-being at its best!

>BRUNCH AT THE VILLA ANDRY

A brunch mainly featuring seafood in a beautiful residence dating from 1868, with a panoramic view over the beach (Sundays only).

>A WALK ALONG THE PROMENADE BETWEEN LION SUR MER AND HERMANVILLE-SUR-MER.

To see the attractive Anglo-Norman villas and explore their history, as well as the life of their owners during "La Délicate", a geo-localised visit in the shade of a parasol.



Useful tips

EATING OUT

>Manoir Hastings

18 avenue de la Côte de Nacre in Bénouville
+33 (0)2 31 44 32 43 – www.manoirdhastings.fr

>Simard

85, avenue de la mer in Ouistreham
+33 (0)2 31 96 71 19

>La Villa Andry

51, avenue Andry à Ouistreham
+33 2 31 97 18 79

ACCOMMODATION

>Le Vivier

27, rue Bertin à Lion sur Mer
+33 2 31 23 98 66

>Hôtel Riva Bella

Avenue du Commandant Kieffer in Ouistreham
+33 (0)2 31 96 40 40 – www.ouistreham.thalazur.fr

ENTERTAINMENT

>Casino Barrière

51, place Alfred Thomas in Ouistreham
+33 (0)2 31 36 30 00 – www.casino-ouistreham.com

>Ocean sailing school

La pointe du siège in Ouistreham
+33 (0)2 31 97 00 25 – www.ocean-normandie.com

>Thalazur Ouistreham

Avenue du Commandant Kieffer in Ouistreham
+33 (0)2 31 96 40 40 – www.ouistreham.thalazur.fr

SHOPPING

>Avenue de la mer

A pedestrian shopping street (clothes, souvenirs, and local delicacies)



WHERE HISTORY BEGINS

MEDIAEVAL NORMANDY

Caen became a major strategic site in the Middle Ages, when William the Conqueror made it the seat of his Duchy and his main residence. He is in fact buried here, along with his wife Matilda. Thanks to its narrow streets and monuments, the medieval city has preserved its old world charm.

>CAEN CASTLE

The castle, right in the heart of the city, is one of Europe's largest fortified strongholds. From the castle, you can see right across the city center. The remaining walls and its interpretation center in Saint George's Church, bring it to life as it stood through centuries past.

Visit: The Exchequer Room, a rare example of civilian Romanesque architecture in Normandy at the time of Henry I Beauclerc.

>L'ABBAYE AUX HOMMES

An architectural gem illustrating medieval and 18th century art. The Abbey was consecrated in 1077. The monastery was built in the 11th century, and rebuilt in the 18th century after having been destroyed during the wars of religion. It survived unscathed through the French Revolution and the Allied bombing in 1944 and displays a remarkable



collection of wooden paneling, paintings and ironwork, as well as a superb cloister in Tuscany style.

>L'ABBAYE AUX DAMES

The church was consecrated in 1066, the same year as William set out to conquer England, and is a masterpiece of Norman Romanesque architecture. Its crypt houses a «forest of columns». Like the Abbaye aux Hommes, the convent buildings were rebuilt in the 18th century. All that remains of the original abbey is the entrance hall, the refectory, the stairs and the cloister (lacking its fourth wing).

>THE DUCAL PALACE

The Palace was built in the 14th century to house special guests visiting the Abbaye-aux-Hommes. This beautiful building, with its spectacular architecture, had been neglected for many years. It has now been entirely renovated to house the art library collections.



>HALF-TIMBERED HOUSES

The two houses on the Rue Saint Pierre date back to the 15th century. These are the most remarkable half-timbered structures in the city, along with the Quatrans house in the Rue de Geôle. Unlike the houses in other Normandy towns, the main walls of the houses in Caen are made of stone, and the half-timbered corbeled structures were added at the front.

>THE VAUGUEUX QUARTER

The name probably comes from a contracted form of «Val des gueux» («Beggar's Vale»). Since the Middle Ages, the name has been used for the valley stretching between the Duke's Castle and the hill where Saint-Sépulcre Abbey is located. This trendy historic area has kept its medieval character, with its narrow cobbled streets and half-timbered houses. Edith Piaf is said to have stayed there at one point...



>RUE FROIDE

This is one of Caen's oldest streets and still has all the atmosphere of bygone days. Lying close to the university, it was a favorite location for the town's printers, as early as the 15th century, and books still play a big part in the character of the neighborhood. The buildings belong to different periods, but the area is known more particularly for its inner courtyards, where you can find architectural jewels such as the 15th century manor house at n°41 or the half-timbered house at n°51.

EVENTS MEDIAEVAL NORMANDY

>Fantastic banquet at the caen castle (July)

>Viking festival in Ornavik (3rd week-end of July)

Places to visit nearby

>THE ABBAYE D'ARDENNES IN SAINT GERMAIN LA BLANCHE HERBE

It is the third major abbey in the Caen area, along with the Abbaye aux Hommes and the Abbaye aux Dames. The layout of the Abbey and its architecture are typical of the many «Abbeys in the Fields» built by the Prémontré Order.

>GRANGE AUX DÎMES (TITHE BARN) IN OUISTREHAM RIVA-BELLA

This belongs to a fine array of recently-restored country buildings. Before the French Revolution, this area belonged to the Abbaye-aux-Dames and the Abbess collected the tithes, which were stored in a specially built barn.

The tithe-barn is similar in style to many of those erected in England at that time, showing the extent of the Anglo-Norman influence on the area.

>SAINT-PIERRE DE THAON CHURCH

This ancient church, nestling in the Mue River valley, was built in the 11th and 12th centuries, and is an architectural gem. It has preserved its Romanesque style with its «modillons», its chequered decorations on the south and west sides and its capitals, with sculptures that call to mind the major sites of Bayeux and of «La Trinité» in Caen.



Did you know?

Although Caen is the city of William the Conqueror, it has no statue of its famous founder! Another instance of the well-known modesty of the Normans! William is very unobtrusive and so is his wife Matilda.

DISCOVER MEDIEVAL CAEN

An original treasure hunt, to discover various city neighborhoods from a different perspective. Each route takes you through a neighborhood, revealing its hidden secrets. Riddles have to be solved through observation, logic and reasoning and will test your problem-solving, cryptology and crossword puzzle skills.

Guided tours in the city's two abbeys.

Guided tours of the castle and historic city center in July and August.

The fantastic Banquet is organized every July as the centerpiece of a splendid medieval celebration in the castle courtyard.

Main features

NORMAN ROMANESQUE ARCHITECTURE

Romanesque style is known for the regular, simple, unobtrusive, pure lines of its churches and secular buildings.

- >balanced facades (a central part with towers on either side)
- >lantern towers
- >triforium galleries built within the thickness of the wall below the upper windows.



CAEN STONE

The qualities of Caen limestone have been recognized ever since Roman times. This fine-grained, homogeneous, easy to carve stone glows with a rich creamy-yellow color. Duke William himself was its best ambassador, exporting it to England, where it was used to build many monuments like Canterbury Cathedral, the Palace of Westminster and the Tower of London. It has also been used in Cologne Cathedral, in New York, the Royal Palace in Brussels and the Bermudas, to mention but a few.

The finest monuments in the city and the surrounding area were built with locally-quarried Caen Stone. Quarrying of the precious limestone had practically ceased by the beginning of the 20th century, but it has been revived recently to provide stone for the restoration of the city's historic monuments, like Saint Pierre Church (Saint Peter's) or the castle walls.

ORNAVIK

An experimental archaeological project where visitors can learn what techniques and materials were used to build, forge, weave and cultivate the land in the 10th and 11th centuries. The aim is to introduce people to Norman history in a fun way.

Like Guédelon, in Burgundy, its aim is to show how our ancestors went about organizing building projects, starting from scratch.

Faithful models are built, using the techniques and materials that were used in the Middle Ages, under the guidance of archaeologists and historians. Over a period of ten years, and particularly since 2012, this kind of «reverse archaeology» has recreated a replica of a Norman village as it would have been sometime between the 10th and the 11th centuries.

Ornavik gives visitors the opportunity to immerse themselves in early medieval Normandy, to experience the life of the Vikings and to take part in the adventure, on a protected natural site near Caen.

To find out more, visit: www.ornavik.fr





WHERE THE WINDS OF FREEDOM BLOW

D-DAY SITES

Located in the heart of Normandy, the whole area bore the brunt of the Second World War. You only need to visit the Caen Memorial, to walk along the D-Day Beaches or explore the city along the Caen 44 route to understand how deeply the city and its inhabitants were affected by the events of June 6 1944 and how the fate of the world was determined on the Normandy beaches some 75 years ago.

>LE MÉMORIAL DE CAEN

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 at the heart of the narrative. The Museum celebrates its thirtieth in 2018, and is now recognized as one of Europe's finest memorial museums. Its exhibition know-how, and its cultural, pedagogical or scientific excellence are now recognized the world over.



>CAEN IN 1944

This bilingual French-English digital experience takes visitors through the historic heart of the city. It uses eye-witness accounts of everyday life from June 6 to July 19 1944 to convey an understanding of what people went through at the time. The walk takes about 1h30, in 12 stages, each fitted with a QR code or a NFC tag, readable by smartphone. The itinerary includes GPS-positioned information, a map of the route, comments and spoken word recordings, archive documents, photos and videos and a 3D replica (University, City Hall, etc.). This media presentation is easily accessible, easy to use, free and regularly updated. The twelve stages are directly relevant to specific topics and focus on the lives of Caen's citizens during the battle, not on local buildings and monuments.

>SWORD BEACH

An immersive video on the terrace of the Tourist Office takes visitors through the experience of the storming of the Casino, a key stronghold in the German defenses, along with Léon Gautier. The



application superimposes the images and sounds of the battle onto present-day Riva-Bella, in a 360° panorama. The app is available on tablets loaned by the Tourist Office or can be downloaded. 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

Housed the German headquarters. It has been entirely restored, with its five floors: infirmary, machine room, pharmacy, armory, radio transmissions, telephone exchange, observation post, etc.

Discovering

THE SECOND WORLD WAR

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

The Caen la Mer Normandy Tourist Office organizes several visits to the Caen stone quarries every year.

EVENTS D-DAY

- >DDay-Festival (end of May-beginning of June)
- >75th anniversary of DDay (6th June)
- >Les Courants de la Liberté (running festival)



WHERE YOU CAN INDULGE YOUR LOVE OF FINE FOOD

GOURMET FOOD

Normandy is well known for its fine food, in particular its cheeses, apples, Calvados spirits, cider, crème fraîche, scallops and oysters. The very names are 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.

EVENTS GASTRONOMY

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





Organic, vegan and alternative

RESTAURANTS IN CAEN

This is more than just a passing fad: it's a well-established and growing trend in France. Caen is now a reference for natural foods, with a range of restaurants to suit every kind of diet and taste.

>Chataigne et sarrasin: the first organic food restaurant in Normandy to guarantee 100% gluten-free menus

>Triple V: a vegan fastfood outlet

>Vegetarian, vegan and vegetarian restaurants: Pancake Night Fever, Greedy Guts, Dolly's, Ô Chatô...



Local delicacies

>TRIPE CAEN-STYLE

The city's traditional dish, the quality of which is safeguarded by the «Tripière d'Or» Norman Brotherhood, founded in 1952. In order to defend and promote this typical recipe, the «Tripière d'Or» organizes an annual competition for professionals, who can demonstrate their culinary skills in preparing the delicious «Tripes à la mode de Caen».

For those who may not be familiar with the recipe, tripe consists of different sections of cow stomach, boiled with ox foot mixed with onions, garlic and herbs.

>MADELEINES JEANNETTE

The Jeannette Biscuit Factory was founded in Caen in 1850. A proud tradition that almost came to an end in 2013 when the company went into liquidation. The employees then got together to save their factory and preserve its long-standing expertise going back over 150 years. With employee participation, the company found a new lease of life and Jeannette «madeleines» (buttery sponge cakes) were once again in the shops in September 2015. Even with a second production plant due to open soon, production methods are still very much those of a cottage industry, because Jeannette stands for traditional values: quality ingredients, locally-based production and a committed workforce.

Recognized culinary expertise

Caen boasts four top starred restaurants (A Contresens, Ivan Vautier, Stephane Carbone and Initial), 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 and la Table d'Hôtes...

Where to go for brunch

Having brunch on Sunday is increasingly popular in France. At Caen la Mer, you can have brunch in a number of different places, each with their own particular atmosphere and special delicacies to suit your taste. Dolly's (with its cosy «English» atmosphere), Keys and Co (New-Zealand Coffee shop), Les Fils à maman (the food you used to love as a kid - ideal after a tour round the market on a Sunday morning), and la Ferme de Billy in Rots (a country setting just outside Caen).

Local celebrity chefs

>PIERRE LEFEBVRE

A MUSICIAN TURNED MASTER CHEF



As a music teacher, Pierre Lefebvre learned to enjoy life's simple harmonies and bursts of melody to the full. He tuned his taste buds and his pallet by exploring the local markets, bistros and gourmet restaurants. Gradually honing his tastes and his culinary skills, he developed a definite talent for cooking. That was when he decided to make it his new profession and set his sights on Masterchef, no less! He passed his professional qualification as a cook and went on to win the Masterchef competition in May 2013. Pierre's musical background comes into its own in his culinary compositions, based on contrasts, tensions and harmony. He always tries to strike the right note while titillating the senses.

L'Accolade, 18 rue porte au Berger in Caen – +33 (0)2 31 80 30 44 – www.laccolade.fr

>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 very best ingredients.

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

>PATRICK ROUGEREAU

FOOD PHOTOGRAPHY AS AN ART FORM



Patrick first started out taking press pictures. Today, he is one of the best-known food photographers, recognized for his talent by chefs and food brands alike. This highly creative photographer has always been passionately interested both in photography and in gourmet food. He loves accurate, straight-to-the-point photography, playing on the contours and materials to highlight the product and stimulate the taste buds. He believes that a successful picture is one that generates emotion and desire.



Local beverages

APPLE-BASED PRODUCTS

Cider, calvados, apple juice, pommeau are Normandy's hallmark beverages and the Ferme de Billy is a benchmark producer in this area, with several distinctions won at the National Agricultural Exhibition.

NORMANDY BEER

May not be as well known as its cider; however, «Kékette» (with roasted coriander aromas, neither too bitter nor too sweet), and «Ambuscade» (beer with a touch of calvados spirit) are already popular in many bars in Caen and elsewhere. Caen also has la Bieregerie in Caen, Old Hop in Saint André sur Orne, or Normandy Beer Factory in Bretteville sur Odon.

AND WHAT ABOUT NORMANDY GIN?

No kidding, there is such a thing! It's apple-flavored and goes by the name «C'est nous» («Here we are»). From the recipe and distilling to bottling and marketing, this gin is produced from A to Z by Julie and Dave Bretteville in Odon, near Caen. Their gin won the Bronze medal at the International Spirits Competition in March 2017.



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 taking in stops to sample local food and drink.

>LUNCH AT THE CITY ART GALLERY

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

>LA COMPAGNIE DES TERROIRS

Theme-based circuits (Cheese-circuit, Cider-circuit, Pear-circuit) where you meet local producers, passionate about their produce and keen to showcase Normandy's gourmet food traditions.





WHERE YOU'RE IN FOR A SURPRISE

UNUSUAL

Caen la Mer is well known for its history and its historic monuments... but it also holds a number of unique and interesting surprises for visitors.

>A SCALED-DOWN OF ANCIENT ROME

This is a large plaster model covering nearly 70 sqm (700 sqft) and representing Ancient Rome as it was under Emperor Constantine (4th c. A.C.). The model is listed as an historic monument and was built by Paul Bigot, a Normandy architect (1870-1942). There are two copies of this original work, one in Brussels and the other in Italy. The plaster model has been the inspiration for a multi-disciplinary 3D virtual model project, using digital imaging techniques. The 3D model allows you to wander the streets of Ancient Rome and see its monuments as they were in Roman times.

>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 is located in the Orne estuary where the meeting of the River Orne and the salt water from the Channel give rise to a unique kind of landscape. This incredibly diverse habitat is home to over 280 species of migrating birds, making it one of Europe's ornithological focal points.

>LA FALAISE DES CONFESIONNAUX

These cliffs, in Lion sur Mer, make it a unique, unspoilt natural area. The caves, hollowed out by the sea, are one of the area's most spectacular sights. The cliffs are also an internationally known geological and paleontology benchmark site for the Upper Bathonian period (165 million years ago).



WHERE IT'S ALL GO

EVENTS

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

>CAEN MEMORIAL MUSEUM MOOT COURT COMPETITION (JANUARY)

>PALMA FESTIVAL (APRIL)

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

>STUDENT CARNIVAL (APRIL)

Europe's largest student carnival!

>INTERSTICE FESTIVAL (MAY)

Festival dedicated to contemporary and technological creation.

>EPOQUE (MAY)

The Caen Book Fair.

>NORMANDY CHANNEL RACE (MAY-JUNE)

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

>D-DAY FESTIVAL (JUNE)

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

>RÉTRO FESTIVAL IN CAEN (JULY)

Vintage cars convention.

>RARE FESTIVAL (JULY)

Vintage car convention - Riva Auto Rétro Estival.



>BEAUREGARD FESTIVAL (1ST WEEKEND IN JULY)

Music festival.

>FANTASTIC BANQUET (IN JULY)

In Caen Castle.

>ECLATS DE RUE (JULY-AUGUST)

Free street art event.

>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 hallmark seafood product, straight off the fishing boats.

>LES BORÉALES (NOVEMBER)

The largest Nordic culture festival in Europe.

>NOVEMBRE GOURMAND

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

>CHRISTMAS IN CAEN (DECEMBER)

Christmas market, big wheel and events in festive Christmas mood.

Not forgetting all the temporary exhibitions in various sites around the city: Musée de Normandie, Musée des Beaux Arts, Mémorial de Caen, Abbaye aux Hommes,...

Just check the dates in the events schedule on our website!

CAEN MER

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