

Normandy

Normandy (French: *Normandie*) is a region of northern France, bordering the English Channel. Normandy is famed for the D-Day Allied invasion on June 4, 1944.

Regions

Normandy consists of two regions: Basse-Normandie, the lower part, comprising the departments of Calvados, Orne and Manche, and Haute-Normandie, the upper part, comprising Eure and Seine Maritime.

Cities

- **Caen**
- **Cherbourg**
- **Dieppe**
- **Honfleur** - little 17th-century harbor; stay a few days or see at least the impressive wooden church
- **Le Havre**
- **Rouen**

Other destinations

- **Mont St Michel**
- **D-Day beaches**
- **Etretat**
- **Fécamp**
- **Le Tréport**
- **Veules les Roses**

Get in

From Paris

By car: Take the A14 north out of Paris towards Rouen for around 20km, then take the A13 towards Le Havre and Caen. The A13 will take you to the Caen ring road (periphérique). Caen can be a useful base to explore the region.

Get around

A (mostly) coastal footpath (the 'GR223') goes all the way from Honfleur on the east to Avranches and then to Mont Saint Michel, on the Brittany border on the west. You can choose to go the whole way if you can walk for a month ! Otherwise select day trips or 2-3 days trips in the most interesting parts: History fans will choose the D-Day beaches, while lovers of spectacular nature (cliffs and coves) will walk around la Cap de la Hague, west of Cherbourg, or choose to walk to Mont Saint Michel. For more info, see France on Foot, <http://www.franceonfoot.com/up-specific-normandy.htm#ADRIAN>

Discover the Alabaster Coast: Lined up along the Normandy steep coast with its spectacular chalk cliffs, a number of scenic villages invites visitors to explore, discover and enjoy their surroundings: the beaches of Pourville (treat yourself to a serving of excellent oysters!) and Quiberville, Varengeville with its old church perched high up on a rock and its enchanting park «Bois de Moutier», in Veules les Roses the ancient water mills on France's tiniest river, the Benedictine monastery of Fécamp — or take a walk across the beach to admire the famous chalky pinnacles and arches of Etretat. And don't forget to visit some of the numerous antiquities shops that are known to have surprised many browsers with unexpected finds! In the hinterland there are a lot of beautiful places to discover, for instance the Sâne valley with its moated castle of Imberville, or the Château de Miromesnil, birthplace of novelist Guy de Maupassant. For more info, see this French blog about Normandy, <http://maisonbeaurevoir.blogspot.com/>

See

Le Tréport near Dieppe

Do

- Get centered at **Tapovan Normandy**: Yoga & Ayurvedic Massage Centre. Hameau de Anneville, 76540 Sassetot le Mauconduit. +33 1 45 77 90 59. Closed in winter(?) Between Fecamp (13 km) et Dieppe (43 km). 60 km from Le Havre and Rouen. This ayurvedic centre is set in a peaceful natural setting. Weeklong treatments and training in hatha & nada yoga, reiki, and ayurvedic/oil massage, Shirodhara (oil treatments), vegetarian cooking, pre/post-natal massage, etc. International colloquium in May.

Eat

Norman cuisine is based around the three main products of the region: seafood, apples and dairy products.

Specialties from the sea include Dieppe sole and Normandy oysters.

Normandy is the home of several world-famous cheeses: Neufchâtel, Pont-L'Evêque, Livarot (also known as the "Colonel"), and the round Camembert of Marie Harel.

Normandy is renowned for its variety of meats, from the delicate flavor of salt marsh lamb to creamy chicken "à la Vallée d'Auge" and duck "à la Rouennaise".

The creamy omelettes of the Mont Saint Michel, the Vire andouille sausages, tripes cooked "à la mode de Caen", the "Boudin" sausages of Mortagne, and the recent introduction to the region of *foie gras*, are also guaranteed to satisfy the most demanding gastronome.

Local desserts include "Bourdelots" or "Teurgoule", or such sweets as Isigny toffees or apple sugars from Rouen.

Drink

Apples being a major item of produce in the orchards of Normandy, it is not surprising that **cider** - still or sparkling, dry or sweet, or perry - is a favorite regional tippie. Also derived from Norman apples is the famous calvados apple brandy (the *trou normand*).

Produced and originating in the region (from the abbey at Fécamp on the coast) is the famous Bénédictine liqueur.

Sleep

- **Short-term apartments** Rent vacation rental apartments and farmhouses sprinkled throughout the countryside, most ideal for touring the World War II beaches and monuments \$337/week, per apartment and up. The American agency listing this apartment has been in business since 1975, gives its profits away to charity, and looks particularly for apartments of good value.
<http://www.therightvacationrental.com/>

Stay safe

Weather in Normandy can be unpredictable but is often very nice. One of the best seasons to visit Normandy is September.

For more info see: www.wikipedia.org

Based on work by Jim Nicholson, Philippe Malarme, Evan Prodromou, Ryan Holliday, Marilee Taussig, Andrew Haggard and Antoine, Wikitravel user(s) Fletel, Oztraveller, Jonboy and Nzpcmad, Anonymous user(s) of Wikitravel and others.

Content is available under Creative Commons Attribution-ShareAlike 1.0.