

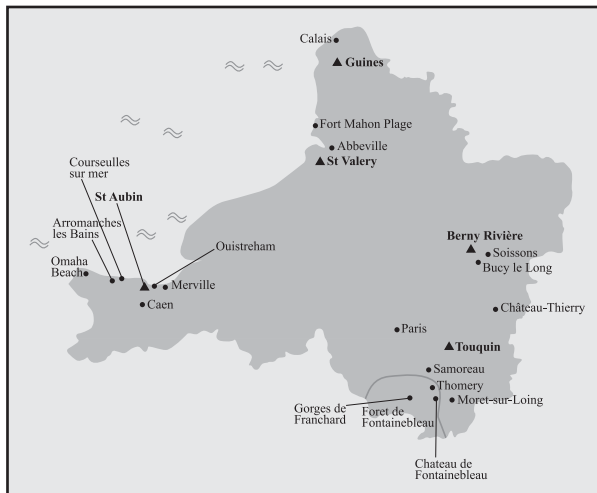
Paris, Picardy and Normandy Regional Activity Guide

This guide provides detail on various outdoor activities you can enjoy whilst on holiday with Canvas.

Our customer researched walking, cycling and fishing information will help you find some of the area's most beautiful spots.

They detail route information, what to look out for, terrain, start/finish points, where to hire bikes, where to buy bait and so on - all the information at your fingertips. The golf information details some of the areas' finest courses.

Canvas Active ... something for everyone



Contents

Cycle Routes

Cycling in France Guidelines 3

Paris

Route 1 -
Fontainebleau forest and the Tower of Denecourt 6

Normandy

Route 2 -
A scenic ride around the mouth of the River Orne 9

Route 3 -
Omaha Beach and the Hinterland 12

Route 4 -
Along the coast: Gold, Juno and Sword 14

Walking Routes

Walking in France Guidelines - 17

Paris

A gentle stroll through the Gorge de Franchard 19

Golf

Details of 15 courses in Normandy 21

Fishing

Two fishing spots - Paris and Normandy 27

Up-to-date information

28

Cycling Routes

Our thanks go to Clare and Peter Bense (routes one to five) and Roger, Helen, Catherine and David Vipond (routes six to nine) who carried out the research, and supplied us with the information for these routes. Please note that all information is correct at the time of research. We recommend you obtain a large scale map of the area to accompany the routes listed here.

Cycling in France Guidelines

What type of bike do you need?

The most common choice is between a mountain bike (referred to as VTTs in France) and a hybrid bike (VTC). The hybrid bike will suit riding on any hard surface and will probably be more comfortable. It is important that the bike fits you correctly because if not, the longer you ride it, the more uncomfortable you will be. Cycle hire is available at many tourist offices, and from around 30 French railway stations.

Guidelines on bike hire

1. Sit on the saddle and your feet should just be able to touch the ground with your toes stretched down.
2. From the same position, with a pedal at the bottom of its stroke, put the ball of your foot on the axle of the pedal and straighten your leg. Your heel should be below the level of the pedal.
3. Rest your elbow just in front of your hipbone with your hand and arm level. The tips of your fingers should just touch the handlebars.
4. Is the saddle comfortable? If not, it may be possible to get it changed for a more comfortable one.
5. Do you need to carry anything? Is a basket or luggage rack provided, or do you need to carry a child in a child seat? All these can be fitted.
6. A puncture is the most frequent bike breakdown that can occur. You need:
 - A spare inner tube.
 - A pump to re-inflate the tyre with a connection that fits the tube valve.
 - Quick release fastenings on wheels or spanner to release the wheel nuts.
 - A set of tyre levers to take off the tyre.
7. Try the brakes & make sure they work. Check the tyres are inflated hard.
8. Make sure you know how to change the gears using both the front changer for the chain wheels and the rear changer for the wheel sprockets. Do they change smoothly over the chain wheels (either 2 or 3) there should be at least 5 and up to 8 sprockets.
9. Remember the hirer just wants to hire bikes as quickly as possible so it's up to you to check these points yourself.

French Map Guidelines

Similar regulations apply to those for Great Britain except that you ride on the right side of the road. You must use cycle paths wherever available.

- Major routes are marked in red. These are best avoided as have much traffic.
- Secondary routes are marked in yellow. Most of these are suitable for cycling, but will have steady traffic.
- Minor roads are marked in white of various widths shown with two solid (not dashed) parallel lines.
- Unpaved or semi-paved roads are marked in white shown with a solid line on one side and a dotted line on the other. You rarely see traffic on these.
- Designated cycle routes are marked with a solid red line. But, many bike trails actually still show as small roads or hiking trails.
- Hiking trails are marked with a black dotted line. France has an extensive national network of hiking (Grande Randonnée) trails identified by the prefix "GR" plus a number. They're marked by red and white blazes, but not always reliably. A red and white symbol "X" means you've taken a wrong turn. Most of these trails can be used by a mountain or hybrid bike, but be considerate to the walkers.
- Scenic routes are marked by a green stripe beside a road. If a larger yellow road gets the scenic designation, the unmarked smaller roads nearby will be just as attractive, and offer quieter cycling.
- The Michelin maps tend not to be as good as the ordnance survey maps as they do not show as much detail or contour lines.
- The standard IGN maps offer twice the detail of Michelin. (Scale 1 cm = 1 km.) They show some of the smallest paved roads, which are missed by Michelin, which can be particularly fun for biking.
- IGN série bleue maps have four times the detail of the standard IGN maps. (Scale 4 cm = 1 km.) Elevations are frequently given and contour lines help you evaluate the topography.
- Transportation of cycles on a support fixed to the rear of the vehicle is permitted provided the lights and registration plates of the vehicle are not obstructed.

Don't Forget

French bike brakes are the opposite way round to British bikes i.e. back on right, front on left.

- If you're travelling off the beaten track, remember to take plenty of food and water with you.
- Wearing a helmet is compulsory.
- Wear plenty of sunscreen.
- Remember to take picnic and swimming things with you.
- It is advisable to carry a pump, inner tube patches/spare tube and tyre levers.
- It is advisable to take a bike lock with you.
- It is advisable to secure a map carrier on the front of your bike to avoid having to stop so often.
- The X sign for crossroads seems to be used for any minor junction.
- Water bottles can be filled up in churchyards. The water there is from the town/village supply and is potable (drinkable).
- In hot weather you should drink plenty water on a regular basis before you get thirsty.
- Even on hot days, cycling is cooling as you create your own breeze as you ride along, especially on still days.
- Most shops close for lunch from 12.00 or 12.30 until 14.00 at the earliest.
- Most signposts are at the actual junction, not 50 yards from the junction.

Useful Cyclists' Phrases

Je voudrais louer un vélo	I'd like to hire a bike
Chaussée Déformée	Rough Surface
Chaussée Glissante	Slippery Surface
Col Fermé	Road/Pass closed
Priorité à Droite	Give way to right
Route Barrée	Road closed
Sens Interdit	One Way
Sauf Riverains	Motor vehicles prohibited, access for residents, cyclists and walkers.
Sauf cyclistes	Prohibited except for cyclists

For more Useful Phrases see your Canvas Holiday Guide.

Paris

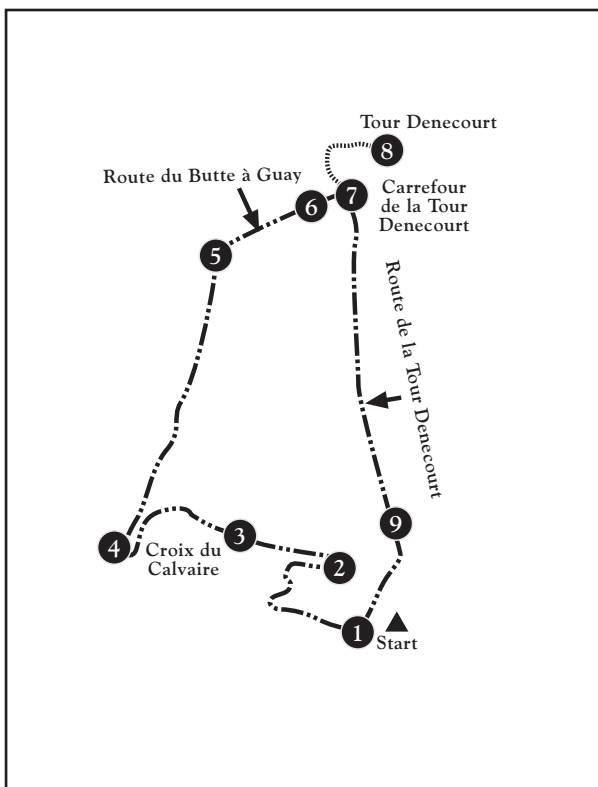
Route One 4.5mils/7km (45 mins excl. stops)

Fontainebleau forest and the Tower of Denecourt

This route leaves from Bar de Terminus on the corner of the carpark on the main road outside Avon/ Fontainebleau railway station. It is a simple to follow introduction to the forest by bicycle/or on foot, which is mostly on tarmac roads - closed to traffic.

"The route goes steeply up to a viewpoint overlooking Fontainebleau at the Cross of the Calvary. It then follows an easy forest road before tracking through the forest a little to the Tower of Denecourt offering even more views, this time over the forest and Seine valley. A gentle downhill through lovely beech woods completes the circuit."

Clare Bense, Peterborough.



Route Description

Route leaves from Bar de Terminus on the corner of the car park on the main road outside Fontainebleau/Avon railway station. SP = Signposted

1 From the car park on the main road take the little road at the back of the Bar de Terminus marked no through road after 700 metres.

2 Follow the road as it winds up through the woods; there is a picnic spot off to the right.

3 After 700 metres there is a small car park and the road then levels off and is closed to traffic.

4 Keep to the left and on the tarmac, this will take you out to the viewpoint at the Croix du Calvaire. There are seats and large boulders where you can do as the locals and have a picnic whilst looking down over the town and Château of Fontainebleau.

5 Continue along the tarmac road through lovely beech woods until you reach the Carrefour de la Butte a Guay. This is where a public road comes into the forest and is stopped at the barrier.

6 Take the first right track (signed) the Route de la Butte a Guay. This forest path is easy at first but then goes downhill and the less confident/young children may prefer to dismount for the last 100 metres.

7 Follow the main track down until it reaches another tarmac road, closed to traffic, at the Carrefour de la Tour Denecourt.

8 Take the second left. This bends away to the right and then goes uphill to the Tower of Denecourt.

At the tower, built in 1851, you can go up onto the parapet (no charge) where there are orientation tables/plaques. There are extensive views out over the forest and Seine valley.

9 Retrace your way back down to the Carrefour de la Tour Denecourt and carry straight ahead along the tarmac Route de la Tour Denecourt gently downhill through the forest to the barrier where the public road starts. (The free car park area).

To return to the start point at the Bar de Terminus continue along and bear right which brings you to the corner of the car park on the main road opposite the railway station.

Cycle Notes

Distance	4.5miles/7 km
Grade	Moderate, 2 steep hills 110 metre climb
Terrain	Mostly tarmac, c.500m forest path
Suitable	Family/older children
Time	45 mins excluding stops
Start/Finish	Bar/car park opposite Fontainebleau/Avon railway station
Map	IGN TOP 25 1:25 000, Foret de Fontainebleau 2417OT
Facilities	Numerous bars, cafes etc in Fontainebleau. WC's, telephones and Tourist Information Office at railway station. Picnic with view at the Croix de le Calvaire
Bike Hire	Fontainebleau/Avon railway station: Good selection of well used bikes, accessories available. La Petit Reine, 32 Rue de Sablons Fontainebleau: Well equipped bike shop. Tourist Info, Place du Chateau, Fontainebleau: A few basic adult bikes only, no child seats or accessories.

Important note:

Most, but not all the rides/forest paths are named somewhere, and the forest compartments are numbered, but not always where you want them. Do take a good local map of the area, as there are many routes in the forest and a local map will provide greater detail on areas mentioned in the guide.

Normandy

Route Two

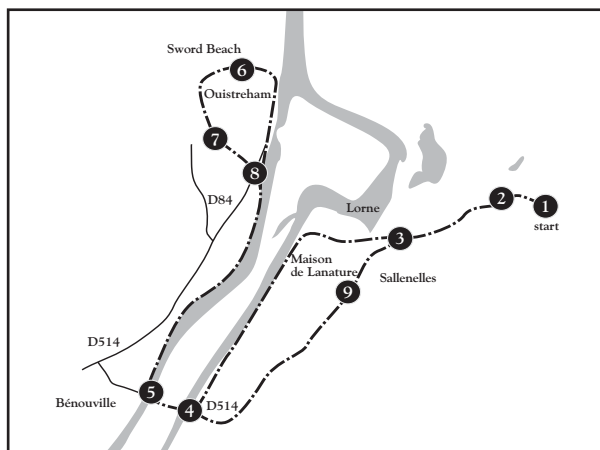
18mils/ 29km (3hrs cycle)

A scenic ride around the mouth of the River Orne

This route leaves from Merville and is a circular trip around the river Orne. The route passes a wide sandy beach, a lively seaside town, and offers the chance to see some local wildlife.

"The estuary of the River Orne is a sanctuary for wildlife, providing views of sweeping vistas and tranquil cycling. The seaside town of Ouistreham was one of the focal points of the British landings on D Day, and there are no less than four museums along the route. For adults and older children, the museums give an important insight into some of the heroic British actions that day."

Roger Vipond, London.



Drive to Merville

To reach the start point in Merville, take the RN13 to the Caen ring road. Follow the ring road clockwise to the D515 exit, SP Ouistreham. Along the D515, turn right on to the D514, SP "Pegasus Bridge". Cross the bridge over the canal, and then a second bridge over the River Orne. Continue along the D514 across the roundabout, past the Nature Reserve on the left, through the pretty village of Sallenelles. On entering Franceville, turn right at the traffic lights in front of the Post Office. Turn left after 500m, before continuing for a further 100m, turn right onto SP "Batterie de Merville".

There is a circular car parking area in front of a wooden hut at the entrance to the Battery. The museum itself is housed inside one of the casemates. Although small, the museum houses many artefacts and personal documents contributed by the men of the Parachute Battalion who assaulted the battery in the early hours of D-Day.

Route description

The cycle route starts from the Battery car park.

1 Turn left out of the car park and continue for 50 metres, until you reach a farmhouse on the right with a stone archway.

2 Turn left onto the bridleway opposite the farm entrance, Chemin des Banques, and continue for 1.5km downhill, with the Orne estuary coming into view.

3 At the junction with the D514, turn left then cross over to the cycle path opposite. You pass a war memorial to the residents of Belgium and Luxembourg. Take the lane forking off to the right, following the cycle path on the edge of the road. Reach the riverbank just past the Bar Restaurant de l'Abbaye, turn left to follow the GR223 along the river. After the Nature Reserve Information Centre, follow the red shale cycle path for another 2.5km until you reach the bridge ("Horsa Bridge").

4 Turn right to cross the bridge and reach the Pegasus Bridge and museum.

5 Cross the bridge and turn right in front of the tank (a British "Centaur") opposite the Café Gondrée, to follow another well-maintained cycle path along the canal bank. 4km of pleasant cycling brings you to the port of Ouistreham, passing a pretty little church on the left, bear right along the cycle path heading towards the lighthouse. After another kilometre you will reach the canal lock with a shopping precinct on the left and various bars and cafés. Head towards the ferry terminal, through the shellfish market, then follow the main road round to the left rather than into the ferry terminal.

6 Going past the modern houses and flats on the left, turn right at the car park which brings you on to the seafront, and the marked cycle path. A classic seaside view awaits, complete with Victorian style bathing huts.

7 Continuing along the seafront, there are yet more museums dedicated to the D Day landings – Musée du Mur d'Atlantique, followed by Musée No 4 Commando facing the Tourist Office. The beach is large and pleasant and the town offers an abundance of small shops and cafés. For a shortcut to Merville you will need to go through the centre of the town. From the Tourist Office, follow the Avenue de la Mer, and then turn down Avenue Marechal Foch.

8 Turn right at the end then first left down Rue du Bief. Turn right on to Avenue Du Grand Large, first left down Rue Du Canal, then right on to the canal road and towpath; 3 km back along the towpath returns to Pegasus Bridge.

9 From the bridge follow the D514 for 5km, through Sallenelles, until the Chemin des Banques turns off to the right. The D514 is a fairly busy road; an alternative would be to retrace the outbound route along the riverbank. Follow the Chemin des Banques for 3km. As the road bends to the left, continue straight along an unmetalled section for 150m, when you will see the Merville Battery on your right. Turn right in front of a white painted house into the car park.

Cycle Notes

Distance 18 miles/29 km

Grade Easy

Terrain Well-surfaced cycle paths (outbound), main road (return)

Suitable Families (older children only for return leg)

Time 40min drive to Start Point, 3 hours cycling

Map IGN 1612 OT 1:25,000 Caen

Facilities Numerous cafés and picnic spots en route, Nature Reserve, Tourist Office and shops in Ouistreham, with four D-Day Museums.

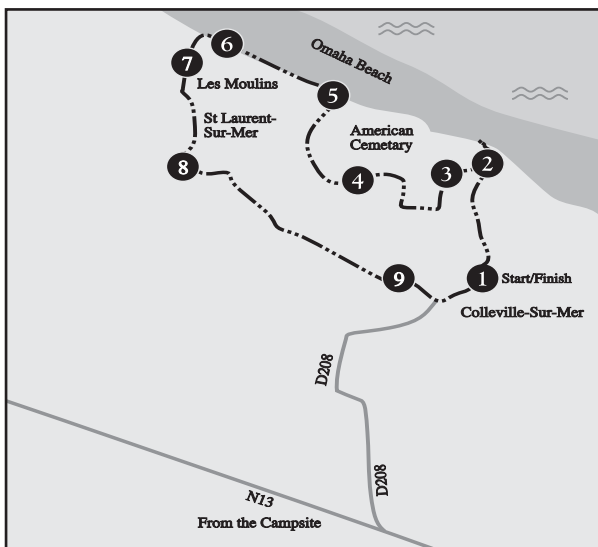
Route Three 9mils/14km (1.5hrs)

Omaha Beach and the Hinterland

Circular route from Colleville-sur-Mer around the back of Omaha beach. A short but scenic route, perfect to accompany a day at the beach and a visit to the American cemetery at Colleville.

"The finest and most tranquil set of soft sand in Calvados - the 6km of beach known as Omaha is ideal for families. The fortifications and American cemetery on the cliffs above are very moving and should not be missed.

Roger Vipond, London



Drive to the start point in Colleville

From Port-en-Bessin, take the D514 to Colleville. Opposite the town hall, there is parking for 30 cars.

Route description

1 Head back from the parking area towards the church. After a few metres, take the lane to the right, SP La Fontaine. After 20m, follow the SP Sentier Pietons, forking to the right at the picnic area. Continue down the track through the woodland for just under 1km, until the path comes back to the road at the bottom.

2 Climb up the road for 300m, then take a left fork along a track down to the beach as the road bends right to a large

car park and sailing club. Go through the wooden barrier at the far end and then across the dunes to get onto the beach. It is possible to reach the extensive fortifications and viewing platforms by following the zigzag path.

3 To leave, retrace your route from the carpark. After 100m, take the right fork up a very steep section, following a one-way system. At the top, follow the road straight on, past the tourist info office on the left and opposite the exit to the American cemetery.

4 Follow the track to the left of the main gate, going through the 'No Entry' sign onto the GR223. Follow this track along the boundary fence for 1km, until the fence turns sharp right.

5 At this point, go straight ahead, through the wooden barrier which is marked with red/white and yellow flashes and into the woodland. After 600m, the track bends right and descends steeply to narrow streams at the bottom. Cross over the streams and go uphill, following the fluorescent orange flashes.

6 After 300m, the track emerges onto a farm track. Continue along for another 500m, when the track turns into a proper road. Follow this round for about 1km until you reach a car park.

7 After the car park, you should turn left. Continue up this road, away from the beach. At the roundabout, go straight over, and you will see the Omaha museum on the right.

8 From the museum, continue up the hill until you reach a triangular intersection, where you should bear right, going uphill along the D517, until you reach the crossroads.

9 Turn left on the D514, continuing uphill, past the village of St Laurent on the left. Ferme de la Sapinière to the right is a cider producer. As you leave St Laurent, the road evens out for 2km up to a roundabout. Go straight over and after 1km, you will find yourself back in the car park at Colleville.

Cycle Notes

Distance 9 miles/14 km

Grade Moderate with a few steep sections.

Terrain Some rough tracks & main road with light traffic.

Suitable Families

Time One and a half hours cycling.

Map IGN 1412 OT 1:25,000 Pointe du Hoc/Omaha Beach

Facilities Numerous cafés en route.

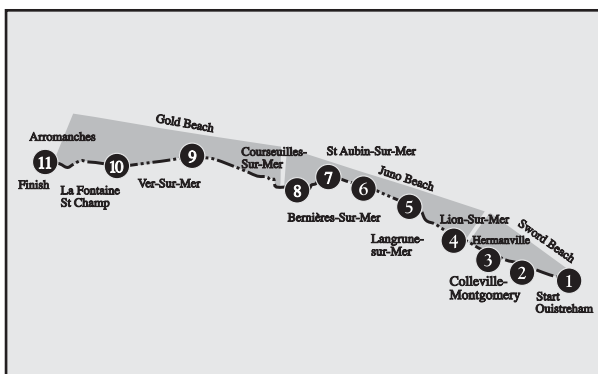
Route Four 21m/34km (3hrs excl. stops)

Along the coast: Gold, Juno and Sword

A one-way ride to explore the variety of coastal towns and beaches from Ouistreham to Arromanches. For history enthusiasts, the route covers the full extent of the D-Day landings of the British First Army, passing by Gold, Juno and Sword beaches.

"Monuments, memorials and museums galore compete with more conventional seaside attractions along the coastline."

Roger Vipond, London



Directions to the start point in Ouistreham.

From Port-en-Bessin, follow the RN13 to the Caen ring road, and go clockwise to the D515 exit, SP Ouistreham. At the roundabout on the edge of Ouistreham, take the D84, SP 'Ferry Terminal'. Just in front of the terminal, follow the road round to the left. There is free parking on the right hand side of the road, by the Go-Kart track.

Route description

1 Leave the parking area along the main road, towards the casino and the Tourist Office. Turn onto the cycle path running between the Casino and the beach, where you will pass a monument to 45 RM Commando, surrounded by an attractive flower garden.

2 The cycle path ends after 1km in Colleville-Montgomery. Continue along the road, passing a memorial to Philippe Kieffer who led the French Commandos on D-Day. At the end of Colleville, there is a barrier to traffic across the road but cyclists are allowed to continue straight along towards the seafront.

3 Continue along the seafront to Hermanville, where you will find a tourist office and a small D-Day museum. The seafront is lined with large, pre-war houses, a contrast to the others along the coast.

4 Stay on this road into Lion-sur-Mer, where it ends at the headland, and swings inland to a roundabout. Turn right onto the D514, where you will pass a British Churchill tank with a modern, sculptured, stone memorial. Continue along the D514 for another kilometre, into Luc-sur-Mer. Tracks lead off the road and down to the beach at intervals.

5 Continue along the seafront, through the built up area, which continues, unbroken, into Langrunes-sur-Mer. The beach here is a popular area for fishing.

6 Follow the coast road into St Aubin. Once through the centre, the road leaves the coast at the headland for 500m, you should then take a right turn to return to the seafront in Bernières-sur-Mer. Here, you will find a pleasant, sandy beach and an impressive monument on the front.

7 As you leave Bernières, the road swings inland for a gentle, 2km, downhill run into Courselles-sur-Mer.

8 Just before the traffic lights, take a slip road off to the right, heading towards the seafront. Follow the road round, going through the No Entry sign, and follow the beach into the centre of town.

9 Upon leaving the town, cross the bridges over the mouth of the Seullles to continue west along the D514. Follow the road for another 4km, which will bring you into Vers-sur-Mer. From here, continue for another 5km, into Asnelles.

10 Continue along the D514, which becomes a steady climb as you pass Fontaine St-Côme and approach Arromanches.

At the highest point on the road, you will pass 'Arromanches 360', a unique cinema that shows original film footage of the D-Day landings.

11 From here, it is a steep, downhill run into Arromanches, which brings you straight into the seafront and the museum at Mulberry Harbour, constructed soon after the landings.

Cycle Notes

Distance 21 miles/34 km
Grade Easy, with a few steep sections.
Terrain Cycle path and main road.
Suitable Families
Time Three hours, excluding stops.
Map IGN 1512 OT 1:25,000 Bayeux, IGN 1612 OT 1:25,000 Caen
Facilities Cafés, restaurants, shops, memorials and museums all along the route.

Other Information

The 360° Museum at Arromanches is open daily, May/September, 10.10am-5.40pm and June. July and August, 9.40am-6.40pm (Times are for last showings)
Admission is €4 for adults and €3.50 for children. Under 10's go free. See www.arromanches360.com for more information. The museum at Mulberry Harbour is open daily 9am-7pm. Admission is €6 for adults and €4 for children.

Walking Routes

Our thanks go to Clare and Peter Bense who carried out the research and supplied us with the information for this route. Please note that all information is correct at the time of research. We recommend that you obtain a large scale map of the area to accompany the route detailed here.

Walking trails in France

France has an extensive network of trails throughout the country and more than 36,041 miles/58,000 km of long distance footpaths and 74,568 miles/120,000 km of local footpaths have been created. The organisation that established, and which maintains, the trail system is called the Fédération Française de la Randonnée Pédestre (FFRP) or French Long Distance Walking Association. The FFRP also publishes over 200 walking guidebooks called Topo guides.

National long distance paths

Sentier de Grande Randonnée (GR: national long distance path). These are numbered—GR 3, GR 76 etc. There is 38,000-miles/61,153 km of GR trails in France, which are laid out to connect one point with another. They are fully signposted and way marked with white over red blazes.

Regional paths

Sentier GR de Pays (GRP: regional long distance path). There are 25,000 miles/ 40,225 km of GRP trails in France and each covers one region thoroughly, often in a circular layout. Individual GRP trails can be well over 100 miles/ 160 km long. They are marked with yellow over red blazes.

Local paths

Sentier de Petite Randonnée (PR: local path). These trails radiate out from many towns and villages in France, offering the visitor the opportunity for an hour to a day's walk to a local beauty spot or to a place of historical interest. These paths are marked with a single yellow blaze or, if there are many paths that intersect as is usually the case, a single blaze of any colour.

A useful website is www.franceonfoot.com which has an index, updates and current information about walking in France.

Maps

The best maps to use if you plan to walk or cycle are the French IGN maps. The green IGN maps (1:100 000) provide the smallest scale available (which have the contours marked), and is essential for the cyclist who may cycle off the 1:25 000 map in a few hours.

Walkers will use the more detailed blue (1:25 000) map where an entire map covers roughly 16-20 km (less than 12 miles). These maps show land contours, trails, cattle tracks, rail lines and more. IGN maps are available from most major supermarkets, and the local tourist office will usually have copies of those relevant to the local area. Alternatively, visit www.ign.fr, for details on all of the maps and ordering.

Don't Forget

- o Wear good strong shoes or walking boots.
- o Take plenty of food and drink with you.
- o Do not wander off the paths.
- o Do not trample on, or pick any of the plants.
- o Lighting fires is prohibited.
- o Throw your rubbish in the dustbins provided along the way.
- o Beware of sunstroke and take plenty of sunscreen and a sunhat.
- o Always close barriers behind you.
- o When going on a walk, always tell someone where you are going.

Useful Walkers Phrases

- Sauf Riverains – Access only for residents, cyclists and walkers
 - Sauf Pieton – Pedestrians only
 - Défense d'Entrer – No Entry
 - Propriété Privé – Private Property
 - Sentier – Footpath
 - Sentier Côtier – Coastal footpath
 - Itinéraire de Délastage – Alternative Route
 - Quartier – District
 - Coteau – Hill/hillside
 - Centre Ville – town centre
- For more useful phrases, please see your Canvas Holiday Guide

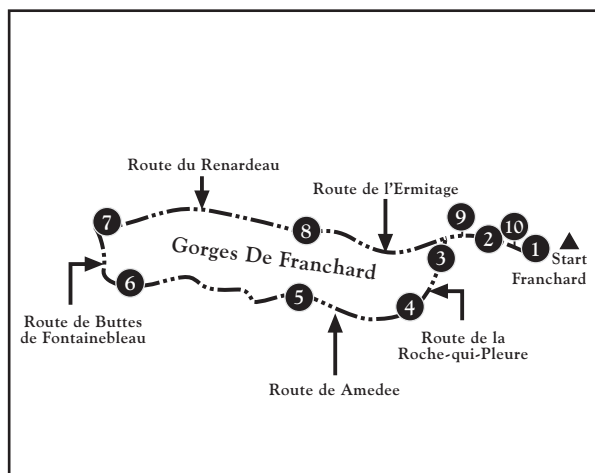
Route One 3m/5km (1hr excl. stops)

A gentle stroll through the Gorge de Franchard

This is a pleasant easy walk that quickly takes you away from the busy car park area. There are a number of points of interest near the old hermitage. The woods are varied and delightful.

"A pleasant walk in a delightful part of the woods. The rocks can be fun to scramble over for children. During the week you are more likely to see and hear squirrels more than people on the walk through the gorge. There are a variety of trees within the forest - pine, beech, silver birch and oaks."

Clare Bense, Peterborough.



Route Description

This route leaves from the car park at Franchard.

1 From the car park head towards the old hermitage. On the ground to your right you will see the eye of nations.

2 Take the broad path, Route de L'Ermitage past the Tour de Guet, keep left with the rocky outcrop on your left.

3 Take the left fork; the Route de la Roche-qui-Pleure and follow this sandy track down between the huge boulders. There are steps up to the top of the rocks on the left side of the path. The "pin de la Roche-qui-Pleure" is a few steps on, down the path.

4 The path has steps down into the Gorge de Franchard. At the bottom turn right along the valley floor on the Route Amedee.

5 This delightful sandy track winds along the valley with a mixture of trees along the way. The rocky crags rise up through the trees on either side and, during the week when it is quiet, you cannot hear any people or traffic in this area. There are signs off to the left to the druid's rocks, rock formations up in the crags for the energetic to explore. This whole area is well known locally for rock climbing.

6 At the end of the gorge the path rises and divides. Take the right branch clearly signed Route des Buttes de Fontainebleau.

7 At the large path junction turn right along the Route du Renardeau. Keep straight along this main path with the outcrops of the Gorge de Franchard to your right.

8 The path becomes the Route de L'Ermitage and climbs up between steep banks overhung by large pine trees.

9 This path takes you back to the start of the walk at the hermitage. Where the forest opens out into the large clearing around the hermitage, there is a large oak tree to the right and just behind the tree is a war memorial to the four foresters killed in the war, carved into one of the large boulders. The European red squirrels (bigger than our reds and with a white tummy) here are quite tame. They can be seen chasing each other in the trees.

10 Across the clearing to the right is a small square wall enclosing an old well still in working order.

Trail Notes

Distance 3mils/5km

Grade Easy/Family

Terrain Good forest tracks, most are slightly sandy, some have tree roots. A small section has steps and cuts through rocks and is a little more difficult.

Suitable Families, couples. Not suitable for buggies or very small children

Time 1 hour with no stops

Map IGN TOP 25 1:25 000 Foret de Fontainebleau.(Gorges de Franchard is grid ref. F2)

Facilities None. There are a number of forest information boards in French.

Golf Guide

The area stretching from Pas de Calais and south into Normandy is one of the premier places to golf in France. Pas de Calais and the Côte d'Opal are now famous for their great courses maintained in excellent condition - particularly Le Touquet and Hardelot, which are both owned by the Open Golf Company. In Normandy the courses are quieter, with some of the best to be found around Deauville.

Normandy Golf Courses

This area offers you the chance to play links, parkland and forest, all within half an hour's drive of each other. In this guide we have listed fifteen of the best courses, offering a variety to suit all golfing requirements. Handicap certificates are required by many courses however, as the minimum advised level is usually 35 for men and women, this should rarely present a problem. We would advise you to book tee times in advance, particularly in high season and at weekends.

Calvados Advantage Card

The Calvados area offers 12 golf courses situated within close proximity. Five of these clubs offer a Golf Advantage Card, allowing a 20% discount off green fees, with unlimited use. (Restrictions may apply). The card costs €20 and is available to use at the following courses: Bayeux Omaha Beach, Caen, Clecy, Houlgate, Saint Gatien. More information from: www.calvados-tourisme.com/sport.

Useful Website Addresses

Golf Chains

Blue Green: 16 golf clubs; www.bluegreen.com

Formule Golf: 15 golf clubs; www.formule-golf.com

Nouveaux Golf de France: 11 clubs; www.ngffr

Open Golf Club: 6 golf clubs; www.opengolfclub.com

Other useful addresses

French golf on-line: www.backspin.com

Yahoo golf listings: www.fr.sports.yahoo.com/golf/france

St Omer

18 Holes, Par 73; 9 Holes, Par 31

Length: 6557yds, 6294m
2300yds, 2038m

Handicap Requirement: Max. 35 or less preferred.

Green Fees: Between €25-63.

Address: Chemin des Bois, Acquin-Westbecourt, 62380 Lumbres.
Tel: 03 21 38 59 90

www.aa-st-omer-golfclub.com Email: aa-st-omer@najeti.com

Location: 1ml from Lumbres, 30mls east of Hardelot.

Distance from Sites: Guînes 22, St Valery 69, St Aubin 212mls.

Course Description: Kept in great condition, manicured fairways and greens, water hazards. A championship course set within a conservation area. Need accuracy rather than length to score well on this layout.

Facilities: Buggy hire, restaurant, bar, pro-shop, trolley and club hire.

Hardelot Old - Les Pins

18 Holes, Par 72

Length: 6421yds, 5871m

Handicap Requirement: Handicap card req; Max: men-24, women-28.

Green Fees: Between €47-79

Address: Avenue du Golf, 62152 Hardelot. Tel: 03 21 83 73 10
www.opengolfclub.com Email: hardelot@opengolfclub.com

Location: 1ml from Hardelot; 35mls south of Calais.

Distance from Sites: Guînes 33, St Valery 43, St Aubin 195mls.

Course Description: Championship course set in the Hardelot forest. Fairways bounded by pine trees, which provide a serious challenge. Twinned with Wentworth West.

Facilities: Buggy, trolley and club hire, restaurant, bar, pro-shop, putting green.

Hardelot New - Les Dunes

18 Holes, Par 73

Length: 6259yds, 5723m

Handicap Requirement: Handicap Card required. Max. 35.

Green Fees: Between €47-79.

Address: Avenue du Golf, 62152 Hardelot. Tel: 03 21 83 73 10
www.opengolfclub.com Email: hardelot@opengolfclub.com

Location: 1ml from Hardelot; 35mls south of Calais.

Distance from Sites: Guînes 33, St Valery 43, St Aubin 195mls.

Course Description: Newer than Les Pins, equally as testing. Meanders through a pine forest. Long & hilly, set among sand dunes. Very scenic.

Facilities: Buggy, trolley and club hire, restaurant, bar, pro shop.

Le Touquet - La Forêt

18 Holes, Par 71

Length: 6503yds, 5821m

Handicap Requirement: Handicap card required, Max. 35.

Green Fees: Between €47-79.

Address: Avenue du Golf, 62520 Le Touquet. Tel: 03 21 06 28 00
www.golfinfrance.f9.co.uk Email: letouquet@opengolfclub.com

Location: 38mls south of Calais; 12mls to Boulogne; 2mls to Le Touquet.

Distance from Sites: St Valery 35, Guînes 41, St Aubin 120mls.

Course Description: Laid out in Le Touquet's superb pine grove, the clubs friendly atmosphere offers players of all levels a pleasurable experience. Flat, easy walking and ideal for the higher handicapper.

Facilities: Buggy, trolley & club hire; pro-shop, restaurant, bar, practice range, putting green.

Le Touquet- La Mer

18 Holes, Par 72

Length: 6925yds, 6275m

Handicap Requirement: Handicap card req; Max. Men-24; ladies-28.

Green Fees: Between €47-79.

Address: Avenue du Golf BP41, Le Touquet Tel: 03 21 06 28 00
www.golfinfrance.f9.co.uk Email: letouquet@opengolfclub.com

Location: 38mls south of Calais; 12mls to Boulogne; 2mls to Le Touquet.

Distance from Sites: St Valery 35, Guînes 41, St Aubin 120mls.

Course Description: Venue for the French Open on several occasions. Sculpted from the rugged and windswept dunes of this dramatic coastline. You will be reminded of similar British link courses.

Facilities: As above.

Golf de Dieppe - Pourville

18 Holes, Par 70

Length: 6305yds, 5780m

Handicap Requirement: Handicap required.

Green Fees: Between €40-53.

Address: 51 Route de Pourville, 76200 Dieppe. Tel: 02 35 84 25 05
www.golf-dieppe.com Email: golf-de-dieppe@wanadoo.fr

Location: Dieppe 1/2ml.

Distance to Site: St Valery 35, St Aubin 78, Guines 104mls.

Course Description: On the cliffs of Dieppe with splendid views over the channel and the valley of Pourville. This course will prove a challenge to most golfers.

Facilities: Buggy and trolley hire, restaurant, bar, pro-shop, club hire, lessons.

Golf de Saint Saëns

18 Holes, Par 71

Length: 6609yds, 5951m

Handicap Requirement: Max. 35

Green Fees: Weekdays - €36; Weekend €40.

Address: Domaine du Vaudichon, Saint Saëns; Tel: 02 35 34 25 24
www.golfinfrance.f9.co.uk Email: golf@golfdesaintsaens.com

Location: 15mls from Dieppe & Rouen; Neufchâtel-en-Bray 12mls.

Distance from Sites: St Valery 52, St Aubins 88mls.

Course Description: One of the prettiest courses in Normandy. Very varied, windy on plateau, narrow fairways in forest region and 5 holes are played in Varenne river valley. Highly recommended.

Facilities: Buggy and trolley hire, bar, restaurant, pro-shop.

Le Champ de Bataille (Nouveaux Golfs de France Group)

18 Holes, Par 72

Length: 6547yds, 5987m

Handicap Requirement: Recommended max handicap 35.

Green Fees: Between €40-60; under 25's €25

Address: Champ de Bataille, 27110 Le Neubourg; Tel: 02 32 35 03 72
www.champdebataille.com Email: golf.champ.batile@free.fr

Location: 18 miles NW of Evreux; 21 miles SW of Rouen.

Distance to site: St Valery 88, St Aubin 78mls.

Course Description: Championship course, similar to Wentworth. In the top 25 most beautiful golf courses in France. Château background, wooded, valleys and lakes. Rarely busy, a tranquil and testing course.

Facilities: Buggy, trolley and club hire, clubhouse, bar, restaurant, pro-shop, putting green, practice area.

Golf d'Étretat

18 Holes, Par 72

Length: 6700yds, 6073m

Handicap Requirement: Handicap certificate required. Max 35.

Green Fees: €50-65

Address: Route du Havre, 76790 Étretat. Tel: 02 35 27 04 89
www.golfetretat.com Email: golf.d.etretat@wanadoo.fr

Location: 1/2ml from Étretat; 12mls from Le Havre.

Distance from Sites: St Aubin 87, St Valery 110mls

Course Description: On a clifftop overlooking the Channel with incredible views, this course is considered to be in the top 50 French courses. Can be windy, requires accuracy from the tee & to the green.

Facilities: Buggy and trolley hire, restaurant, pro-shop, practice area, bar.

Golf de Deauville St Gatien

18 Holes, Par 72; 9 Holes, Par 36

Length: 6781yds, 6200m; 3322yds, 3037m

Handicap Requirement: Handicap not required.

Green Fees: 18 holes: €45-57, 9 holes: €29-35.

Address: Le Mont St Jean, Saint-Gatien des Bois; Tel: 02 31 65 19 99
www.golfdeauvillesaintgatien.com

Email: deauville-st-gatien@wanadoo.fr/contact@golfdeauville.com

Location: Between Honfleur and Deauville (6mls).

Distance from Sites: St Aubin 44, St Valery 119mls.

Course Description: Very friendly golf club. Young parkland course surrounded by forests with superb open views over the Seine estuary. Demanding course, half in a valley and half on higher ground. Clubhouse is an 18th century cider brewery.

Facilities: Buggy, trolley and club hire, restaurant, bar, pro-shop, putting green, pitch & putt, practice area, lessons.

Golf Barrière de Saint-Julien

18 Holes, Par 72; 9 Holes, Par 33

Length: 6600yds, 6035m; 2488yds, 2275m

Handicap Requirement: No handicap required.

Green Fees: 18 hole - €42-52. 9 hole - €27-32.

Address: Saint-Julien-sur-Calonne, Pont l'Évêque; Tel: 02 31 64 30 30
www.lucienbarriere.com Email: golfsaintjulien@lucienbarriere.com

Location: Deauville 6mls; Pont l'Évêque 6mls; Lettaure 12mls.

Distance from Sites: St Aubin 163, St Valery 122mls.

Course Description: Set in an area of conservation, a long American style course with water hazards. Rolling parkland, somewhat hilly in places.

Facilities: Buggy, trolley & club hire, pro-shop, restaurant, bar, pitch & putt, practice area, putting green, lessons.

Golf Barrière de Deauville

18 Holes, Par 71; 9 Holes, Par 36

Length: 6508yds, 5951m; 3322yds, 3038m

Handicap Requirement: Recommended ability: men 24; women 32.

Green Fees: 18 holes €50-80. 9 holes €34-42.

Address: Mont Canisy, St-Arnault, 14803 Deauville. Tel: 02 31 14 24 24
www.lucienbarriere.com Email: golfdeauville@lucienbarriere.com

Location: 2mls from Deauville.

Distance from Sites: St Valery 123, St Aubin 35mls.

Course Description: The most highly respected course in the region. Sea on one side and valley of La Touquet on the other. Doglegs and tight fairways make it a challenge.

Facilities: Buggy/trolley/club hire; restaurant/bar, pro-shop, practice area, putting green, lessons.

Golf de l'Amirauté

18 Holes, Par 73; 7 Holes, Par 24 (+7 hole course, floodlit at night)

Length: 6650yds, 6081m; 1569yds, 1434m

Handicap Requirement: Handicap required: men 28; women 45.

Green Fees: Weekdays €48-62; Weekends €67-76.

Address: CD 278, 14800 Tourgéville, Deauville. Tel: 02 31 14 42 00
www.amiraute.com Email: golf@amiraute-resort.com

Location: 4mls from Deauville.

Distance from Sites: St Aubin 38mls.

Course Description: A championship course surrounded by forests with views over the Seine estuary. Fairly flat with generous fairways, well protected greens & a significant number of water hazards.

Facilities: Buggy, trolley & club hire, restaurant/bar, pro-shop, putting green.

Blue Green Golf d'Houlgate

18 Holes, Par 71

Length: 6116yds, 5479m

Handicap Requirement: Handicap card required.

Green Fees: €38-45.

Address: 14510 Gonneville-sur-Mer. Tel: 02 31 24 80 49
www.bluegreen.com/houlgate Email: hougate@bluegreen.com

Location: 6mls from Deauville.

Distance from Sites: St Aubin 101mls.

Course Description: An undulating course overlooking lakes and the Norman countryside, hilly, wooded with tight greens. Next to the imposing Château de Beuzeval.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, putting green, practice bunker, lessons.

Golf d'Omaha Beach

18 Holes, Par 72; 9 Holes, Par 35

Length: 6902yds, 6311m; 3349yds, 3062m

Handicap Requirement: Handicap certificate required. Advised max. Handicap 35 on 18 hole.

Green Fees: €50- 60; 9 holes €35-40.

Address: Ferme Saint Sauveur, Port-en-Bessin. Tel: 02 31 22 12 12
www.omahabeachgolfclub.com Email: omaha.beach@wanadoo.fr

Location: In Port-en-Bessin; 6mls from Bayeux.

Distance from Sites: St Aubin 18mls.

Course Description: Situated on the cliffs above the D-day landing beaches. The course is reminiscent of a Scottish links, hilly and windy.

Facilities: Buggy, trolley and club hire, restaurant, pro-shop, putting green, practice area, lessons

Fishing Guide

Our thanks go to Gareth and Maureen Rees Griffiths who carried out the research and supplied us with the information. Please note that all information is correct at the time of research.

Fontainebleau Château

"Even a novice or very young angler will manage to catch a good number of fish here - some of the carp weigh up to 20 lb."

Gareth Griffiths, Glasgow.

Fontainebleau Château Summary

Fontainebleau has a fishing lake where you can spend a wonderful day. This lake lies in the magnificent outer gardens of the renaissance Fontainebleau Château, surrounded by the grand Fôret de Fontainebleau. Used by the Kings of France from the 12th century, this hunting residence of Fontainebleau was transformed and enlarged in the 16th century by Francois I. The lake measures roughly 1000m long by 40m wide and looks more like a canal which has been blocked off at both ends. Many large fountains surrounded this lake during the 17th century, and today trees stand where the large water features once were.

Directions to fishing site: Take the N6 road into Fontainebleau, follow the signs to the Château. The lake is set in parkland across the road from the château, there is plenty of shady parking available.

Species

- Mirror, common and koi carp.
- Roach, rudd, bream and poisson chat.
- Other species may be present.

Size of fish: The carp grow to at least 20 lb in this water, with a few larger ones present. The average carp weight is however between 8 and 15 lb. The roach, rudd and bream are also of good size.

Suitability: This water has something for everyone. There are large carp to test the skills of the large fish angler and also plenty of silver fish to keep the coarse angler busy. Access is easy as cars can be parked under the shade of the trees immediately behind the fishing area and no more than 50m from the water. The edge of the lake is paved with large flagstones, which ensures safe footing and the rest of the grassy bank is an ideal picnic spot.

Bait

- For carp, a strong flavoured boillie works best.
- For silver fish, use maggots, pinkies, or sweetcorn.

Permit: A permit is required to fish this water. They may be purchased on the bank from the Garde de Pêche, or in advance

from the tackle shop in Avon. It costs approximately 10 euros per day or 30 euros for 2 weeks and only one rod is permitted. Do not fish within 100m of the château on the main roadside. There are orange marks on the flagstones, which denote the start of the fishing area.

Tackle/Bait shops: There is a tackle shop near the Avon railway station, which will supply permits and bait. Supermarkets in the area also stock bait and items of tackle.

Top Tips

- To fish for carp, try a boillie with a good scent; monster crab flavour is ideal. Use an inline feeder loaded with ground bait and this will attract the carp to you. I landed nine carp in seven hours using this method.
- For the silver fish use a pole or waggler, and fish near the lily beds, which are dotted along the length of this lake. Use ground bait to attract fish to you.

Up to date information.

The information contained in this guide has been compiled from reports written by Canvas customers. The walking and cycling information was last updated in 2002 and the golf and fishing information was last updated in 2006. We have not verified the information herein and cannot attest to its accuracy.

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