



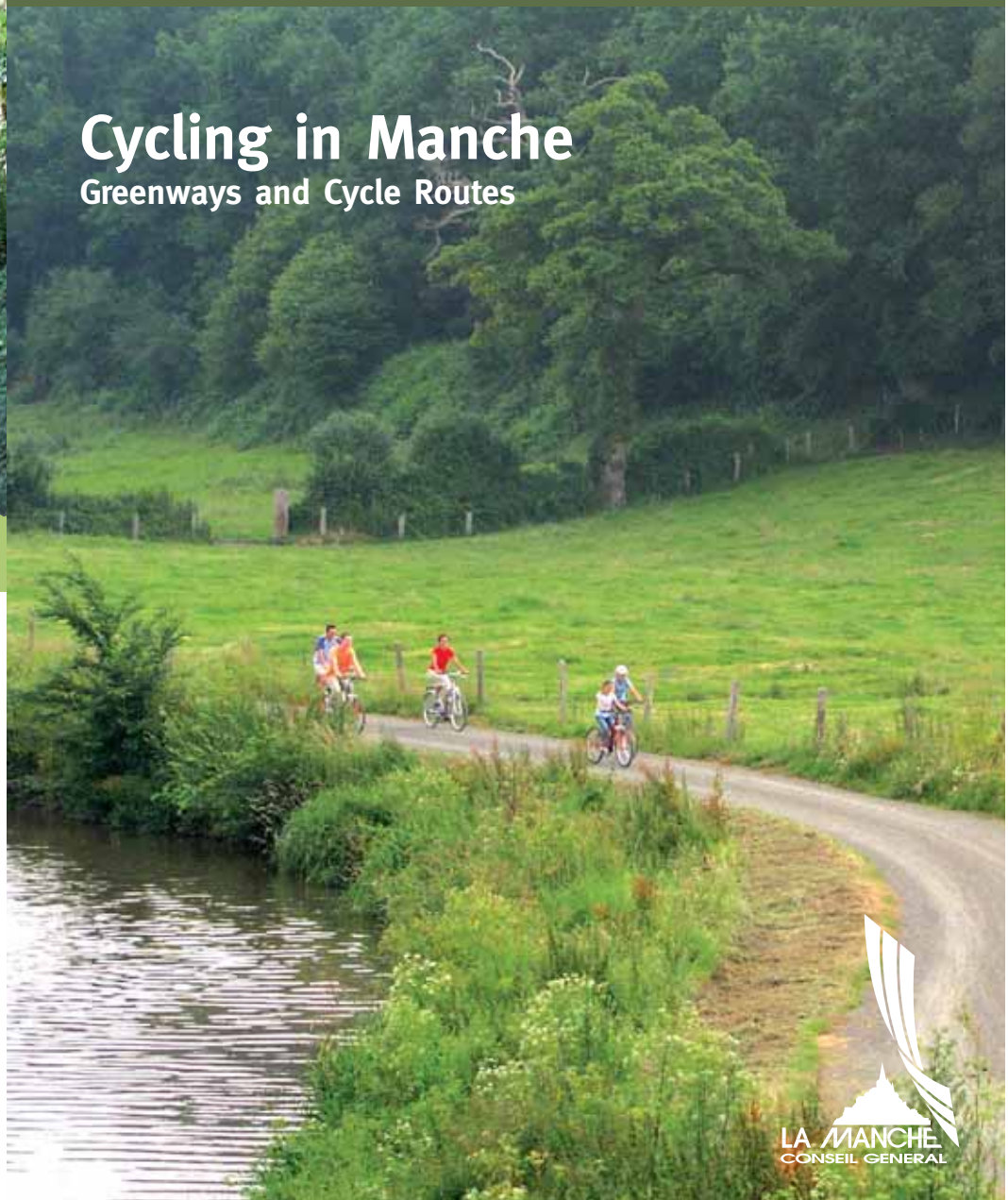
LA MANCHE  
NORMANDY PENINSULA

EDITION 2007-2008

LA MANCHE  
NORMANDY PENINSULA

# Cycling in Manche

## Greenways and Cycle Routes



### MANCHE TOURISME

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Tél. + 33 (0)233 059870 - Fax. +33 (0)233 560703  
E-mail : manchetourisme@cg50.fr

[www.manchetourisme.com](http://www.manchetourisme.com)  
[www.mancherandonnee.com](http://www.mancherandonnee.com)  
[www.manche-tourism.com](http://www.manche-tourism.com)



FREEPHONE FROM THE U.K.  
N° Vert 0 800 02 86 572



maison du  
RCS Clam B 341032305 - Crédits photos : CD750 - D.Basse - JM. Esnault - S. Faure - S. Bernart - B. Rivère - C. Gallard - X.  
Cherrier - J.M. - Tél. 02 25 71 20 20 - www.structuram.fr - Reproduction interdite - N° d'autorisation : 09-504189-03-07  
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## Manche's cycling network

With many **Greenways** and **Cycle Routes**, the department of Manche has 1,000 km of special trails for cycling with family or friends. Discover the untouched countryside, flourishing nature, outstanding architecture, the D-Day landing beaches and other historic sites...

Far from the bustle of the highways, the 250 km of **Greenways** run through the heart of the department. These disused railway tracks and towpaths are also open to walkers, horse riders and horse-drawn vehicles.

The **36 Greenway trails** will take you through the most picturesque sites in the department. All these tours are signposted, graded according to difficulty and about 20 kilometres long. Enjoy your trip!

This brochure contains maps for each area, descriptions of the routes and the places of interest, and a list of services within easy reach of the trails.

If you feel like leaving the beaten track and adding a touch of originality to your trip, Manche Tourisme has a reserve of safe unmarked routes that link to the basic network. Find all the routes and links (marked in orange) at [www.mancherandonnee.com](http://www.mancherandonnee.com).

Whatever your question, feel free to contact the local Tourist Office (page 46) prior to your stay.

## Access to the Greenways

**By train:** bicycles are allowed aboard many trains. **The train stations of Carentan, Cherbourg, Saint-Lô and Vire are the principal gateways to the cycle trails.**

For more information (in French) go to [www.velo.sncf.com](http://www.velo.sncf.com).

**By boat:** no restrictions on cycling equipment.

**By car:** There are car parks throughout the network (see map). Please do not park in front of the gateways to the **Greenways** as this will prevent the emergency services and maintenance services from carrying out their tasks.

## Access to the Cycle Routes

**By car:** Parking is available at various starting points.

**By bicycle:** the means of access described above are within easy reach of the **Cycle Routes**.

### Contents

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## Keys

### Services

- office de tourisme, syndicat d'initiative [tourist office](#)
- point information [tourist information](#)
- parking [car park area](#)
- aire de pique-nique [picnic spot](#)
- restauration [restaurant](#)
- hébergement [accommodation](#)
- location de vélos [cycle hire](#)
- ville et pays d'art et d'histoire [towns of art](#)
- ville avec commerces [shops](#)
- gare SNCF [train station](#)
- liaison maritime [ferry link](#)
- aire de service pour camping-car [service area for motor home](#)

### Places to visit

- point de vue [viewpoint](#)
- site naturel [natural spot](#)
- parc, jardin [garden](#)
- édifice religieux [cathedral, abbey, church](#)
- château [castle](#)
- musée [museum](#)
- train touristique [tourist train](#)
- produits fermier [local produce](#)
- artisanat [craftwork](#)

### Activities

- voile [sailing activities](#)
- char à voile [sand yachting](#)
- canoë-kayak [canoe-kayak](#)
- pêche [angling](#)
- randonnée (topoguide disponible) [rambling](#)
- centre équestre [horse riding centre](#)
- golf [golf](#)
- base de loisirs [leisure activities site](#)
- plage [beach](#)
- promenade en roulotte [horsedrawn caravan](#)

## Routes

### Greenways:





- Loose surface (sandy)  
Good for walking, cycling, MTBing, horse-riding, and horse-drawn carriages
- Grassy surface  
Good for walking, MTBing, and horse-riding
- Stony surface  
Good for walking, MTBing, and horse-riding
- Marked links to Cycle Routes
- Unmarked links to Cycle Routes
- Regional Nature Park boundary
- Footpaths  
(GR, GRP, Mont-Saint-Michel Way...)

### Cycle Routes

- Route
- Unmarked variant of route
- Recommended direction
- Level of route difficulty:
  - Easy route, open to all
  - Intermediate route with no particular difficulty but requiring good cycling skills
  - Difficult route requiring training and experience



**Makes your own loops...**

-  Greenway
-  Link under project for 2008
-  Veloroute loop
-  Unmarked link to Veloroute



ACTUAL

0

20km

## Useful contacts

### Cycle hire

#### ■ AGON-COUTAINVILLE 50230

Garage du Passous

☎ 0233 470268

#### ■ ANCTEVILLE 50200

Manoir de la Foulerie

☎ 0233 452764

manoir.foulerie@libertysurf.fr

www.manoirdelafoulerie.com

#### ■ BOUCEY 50170

Atouts Baie - Société VMPS

☎ 0233 606800

info@mont-saint-michel-voyages.com

www.mont-saint-michel-voyages.com

#### ■ CARENTAN 50500

Nancy Fourault

☎ 0233 710043

chambres.carentan@bnb-normandie.com

www.bnb-normandie.com

#### ■ CARTERET 50270

Vélosport - ☎ 0233 932073

#### ■ CHERBOURG-OCTEVILLE 50100

Station Nautique Cherbourg Hague

☎ 0233 781929

station-voile-cherbourg-hague@wanadoo.fr

www.cherbourg-hague-nautisme.com

#### ■ CONDÉ-SUR-VIRE 50890

A.S.E.V. Centre d'Accueil

☎ 0233 573366

blckcv@free.fr - www.blckcv.free.fr

#### ■ COUTANCES 50200

8 boulevard Alsace Lorraine

☎ 0233 451852

#### ■ GATTEVILLE-LE-PHARE 50760

Camping "La ferme du Bord de Mer"

☎ 0233 540177

fdbm@caramail.com

www.lafermeduborddemer.com

#### ■ GRANVILLE 50400

37 avenue du maréchal Leclerc

☎ 0233 615362

#### ■ HAUTEVILLE-SUR-MER 50590

Loc'Vélo Rosalie - ☎ 0233 458878

#### ■ JULLOUVILLE 50610

Coté Mer - ☎ 0233 511590

#### ■ LE MONT SAINT-MICHEL 50170

Hôtel Moto Vert

☎ 0233 600933

stmichel@le-mont-saint-michel.com

www.le-mont-saint-michel.com

#### ■ LE NEUFBOURG 50140

Bouticycle Michel PRIEUR

☎ 0233 590014

michelprieur.gge@orange.fr

www.bouticycle.com

#### ■ LE PLESSIS-LASTELLE 50250

M. Noel LEFEBVRE

☎ 0233 719542

laroyaute@wanadoo.fr

#### ■ LE VAL SAINT-PÈRE 50300

Sport Evasion - ☎ 0233 681000

courrier@sport-evasion-fr.com

www.sport-evasion-fr.com

#### ■ MARCHESIEUX 50190

Base Touristique du Centre Manche

☎ 0233 071520 - 0233 457941

adame.des.marais@libertysurf.fr

#### ■ MARNIGNY 50570

M. Hurtel Jean-Marc

☎ 0233 551292

#### ■ PÉRIERS 50190

ETS Gadbled - ☎ 0233 467657

#### ■ PORTBAIL 50580

Euréka - ☎ 0233 048125

#### ■ SAINTE-MÈRE-ÉGLISE 50480

Camping municipal

☎ 0233 413522

#### ■ TESSY-SUR-VIRE 50420

Tessy Motoculture

☎ 0233 563114

#### ■ VILLEDIEU-LES-POÊLES 50800

Cycloport - ☎ 0233 610247

## Useful information

For all the information on cycling and tourism in Manche, please contact:

### COMITÉ DÉPARTEMENTAL DE CYCLOTOURISME

Hôtel de ville 50190 Périers

☎ 0233 479351

fax : 0233 211179

cyclomanche@wanadoo.fr

### WEATHER FORECAST:

0892 680250

### EMERGENCY SERVICES:

Fire brigade: 18

Ambulance service: 15

Police: 17

From a mobile 'phone: 112

### Don't forget

■ Cycle Routes are open to all and not just for cyclists. Drivers and cyclists are invited to share the road and be courteous at all times.

■ Please respect other users, the sites, the signs, the environment and private property to ensure the safety and comfort of all.

■ Please respect the highway code.

■ Please watch your speed.

■ Please be very careful at junctions.

■ Please do not block emergency access to the Greenways (do not park in front of the gates).

■ The trails may be modified for any number of reasons. Please contact the local Tourist Office before setting out.



# Learn More

## ■ AGON-COUTAINVILLE 50230

### Tourist Office

☎ 0233 766730  
www.coutainville.com

## ■ AVRANCHES 50302

### Tourist Office

☎ 0233 580022  
www.ot-avranches.com

## ■ BARNEVILLE-CARTERET 50270

### Tourist Office

☎ 0233 049058  
www.barneville-carteret.fr

## ■ BLAINVILLE-SUR-MER 50560

### Tourist Office

☎ 0233 079089  
www.ot-blainvillesurmer.com

## ■ BRECEY 50370

### Tourist Office

☎ 0233 892113  
www.tourisme-brecey.com

## ■ BREHAL 50290

### Tourist Office

☎ 0233 900795  
www.otcb.fr

## ■ BRICQUEBEC 50260

### Tourist Office

☎ 0233 522165  
www.ville-bricquebec.fr

## ■ CARENTAN 50500

### Tourist Office

☎ 0233 712350  
www.ot-carentan.fr

## ■ CERENCES 50510

### Tourist Office

☎ 0233 519547

## ■ CERISY-LA-SALLE 50210

### Tourist Office

☎ 0233 766330  
www.cerisylasalle.fr

## ■ CHERBOURG-OCTEVILLE 50100

### Tourist Office

☎ 0233 935202  
www.ot-cherbourg-cotentin.fr

## ■ COUTANCES 50200

### Tourist Office

☎ 0233 190810 - www.coutances.fr

## ■ DENNEVILLE 50580

### Tourist Office

☎ 0233 075858  
si.accueil@denneville.com

## ■ DOMFRONT 61700

### Tourist Office

☎ 0233 385397  
www.domfront.com

## ■ DONVILLE-LES-BAINS 50350

### Tourist Office

☎ 0233 501291

## ■ DUCEY 50220

### Tourist Office

☎ 0233 602153  
www.ducey-tourisme.com

## ■ GOUVILLE-SUR-MER 50560

### Tourist Office

☎ 0233 478433  
ot.gouvillesurmer.free.fr

## ■ GRANVILLE 50406

### Tourist Office

☎ 0233 913003  
www.ville-granville.fr

## ■ LA HAYE-DU-PUITS 50250

### Tourist Office

☎ 0233 460142  
www.lahayedupuits.com  
o.t.lahayedupuits@wanadoo.fr

## ■ LA HAYE-PESNEL 50320

### Tourist Office

☎ 0233 907502  
sicant.haye-pesnel@wanadoo.fr

## ■ LE MONT SAINT-MICHEL 50170

### Tourist Office

☎ 0233 601430  
www.ot-montsaintmichel.com  
OT.Mont.Saint.Michel@wanadoo.fr

## ■ LESSAY 50430

### Tourist Office

☎ 0233 451434  
www.canton-lessay.com  
info@canton-lessay.com

## ■ MARGINY 50570

### Tourist Office

☎ 0233 550813  
www.si-marigny.fr  
contact@si-marigny.fr

## ■ MONTEBOURG 50310

### Tourist Office

☎ 0233 411573  
ot.montebourg.free.fr

## ■ MORTAIN 50140

### Tourist Office

☎ 0233 591974  
www.ville-mortain.fr

## ■ PERCY 50410

### Tourist Office

☎ 0233 612961  
cdc-percy50@wanadoo.fr

## ■ PONT-FARCY 14380

### Tourist Office

☎ 0231 683206

## ■ PONTORSON 50170

### Tourist Office

☎ 0233 602065  
www.mont-saint-michel-baie.com

## ■ PORTBAIL 50580

### Tourist Office

☎ 0233 040307  
www.portbail.org

## ■ QUINEVILLE 50310

### Syndicat d'Initiative

☎ 0233 213692

## ■ REGNEVILLE-SUR-MER 50590

### Tourist Office

☎ 0233 458871

## ■ SAINT-LO 50010

### Tourist Office

☎ 0233 776035  
www.saint-lo.fr

## ■ SOURDEVAL 50150

### Tourist Office

☎ 0233 793561  
www.sourdeval.org  
otsourdeval@wanadoo.fr

## ■ ST HILAIRE-DU-HARCOUET 50600

### Tourist Office

☎ 0233 793888 - www.st-hilaire.fr  
office.tourisme@st-hilaire.fr

## ■ ST SAUVEUR-LE-VICOMTE 50390

### Tourist Office

☎ 0233 215044  
www.saintsauveurlevicomte.fr.st  
ot.ssv@wanadoo.fr

## ■ ST SAUVEUR-LENDELIN 50490

### Tourist Office

☎ 0233 191924

## ■ STE MERE-EGLISE 50480

### Tourist Office

☎ 0233 210033  
www.sainte-mere-eglise.info

## ■ TORIGNI-SUR-VIRE 50160

### Tourist Office

☎ 0233 774222 - www.ot-torigni.fr

## ■ VALOGNES 50700

### Tourist Office

☎ 0233 400860  
www.mairie-valognes.fr

## ■ VILLEDIEU-LES-POELES 50800

### Tourist Office

☎ 0233 610569 - www.ot-villedieu.fr  
contact@ot-villedieu.fr

## ■ VIRE 14500

### Tourist Office

☎ 0231 662850  
www.vire-tourisme.com

# Notes

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