

Welcome...



...to the cottage de Banoun !



THE WORD OF THE OWNER

Dear holidaymakers,

We would like to welcome you to our accomodation which will be yours during your stay.

This booklet allows us to provide you with the necessary information for you stay to take place in the best conditions.

There you will find a number of information about the cottage and the region.

However, we remain at your disposal for any further information.

We wish you a pleasant stay in La Manche.

Enjoy ! Have a good time !



How to get to the cottage "De Banoun"?

GPS coordinates 49.00450747612829, -1.414267724532384

Directions

There are many roads to reach the gîte de Banoun:

- A84 : Caen/Rennes → exit 37 Fleury or 38 Villedieu les Poêles
- D9 / D7 : Villedieu les Poêles – Gavray-sur-Sienne – Saussey
- D999 / D38 / D73 : Saint-Lô – Canisy – Cerisy-la-Salle - Montpinchon – Saussey
- D971 : Carentan – Périers – Coutances – Saussey
- N13 : Caen – Cherbourg → exit at Carentan then D971
- D650 : the tourist route from Cherbourg, to go along the West Coast and take the sights !

Transport

By train : Coutances station – TER

- By phone : 3635
- From Paris, Caen, Rennes, Granville
- By internet : www.oui.sncf.fr

By plane : Caen/Carpique airport

- Approximately 1 hour by car via the A84 motorway
- Address : Caen/Carpique airport – Route de Caumont – 14650 Carpiquet
- Telephone : 02 31 71 20 10
- On the internet : <https://www.caen.aeroport.fr>

From the train station or airport

- Contact taxis page 15
- Contact car rental page 15

You have arrived, where to park ?

Parking takes place near the cottage, in the courtyard, while making sure to leave a passage for traffic.



MODALITIES

Arrival and departure time

Check-in : from 4 p.m.
Departure : until 10 a.m.

State of entry and exit points

When you arrive :

- Visit of the rental and inventory of the accommodation,
 - Handing over the keys by us,
 - Payment of the balance of the lease.
- Recovery of the deposit check (security deposit). This will be returned to you at the end of your stay after checking the state of the premises and the state of cleanliness within a maximum period of one month.

When you leave:

Please let us know your departure time in order to make an inventory of the places of departure. The rental must be vacated no later than 10:00 a.m.

- The end-of-stay cleaning must be carried out by you,
- Empty the bins while respecting the selective sorting instructions displayed in the kitchen and in this booklet on page 6,
- Clean and store the dishes,
- Please leave the bed linen in place,
- Remember to remove your products stored in the fridge, freezer and cupboards,
- Cleaning the barbecue and other equipment,
- An inventory will be made at the handover of the keys upon your departure from the accommodation. The deposit cheque will be returned to you within a maximum period of one month, subject to verification of damage during the inventory of the premises which will then be deducted from it.

Tariffs

Weekly stays are preferred. Rates are indicated for a stay of up to 6 people. Beyond that, and up to 8 people, a rate per additional person will be applied proportionally.

Weekly stay, price for a week from Saturday 4 p.m. to the following Saturday at 10 a.m.:

High season (May, July, August, national Christmas school holidays)	720 € + tourist tax
Mid season (June, September, national school holidays except Christmas)	650 € + tourist tax
Low season (rest of the year)	570 € + tourist tax

Short stay, price for one night arrival 4 p.m. until 10 a.m. the next day (2 nights minimum) :

High season (May, July, August, national Christmas school holidays)	120 € + tourist tax
Mid season (June, September, national school holidays except Christmas)	105 € + tourist tax
Low season (rest of the year)	95 € + tourist tax

The prices include bed linen and beds made on arrival, household linen (one tablecloth and two tea towels), energy, WIFI.



Cleaning during your stay and at the end of your stay is done by you. An end-of-stay cleaning, on regularly maintained premises may be requested for the additional amount of 70€. It does not include the cleaning of the ovens, fridge and freezer which must be cleaned by the tenant.



Au prix de votre séjour dans cet établissement s'ajoute une taxe de séjour perçue par l'hébergeur pour le compte de la Communauté de communes Coutances mer et bocage et du conseil départemental de la Manche. Cette taxe est calculée en fonction de la catégorie d'hébergement et du nombre de personnes y séjournant.

Tourist tax will be added to the price of your stay. This tax will be collected by the accommodation provider you are staying at, on behalf of Communauté de communes Coutances mer et bocage and conseil départemental de la Manche. This tax is based on type of accommodation and number of people.

TARIFS DE LA TAXE DE SÉJOUR

Par personne et par nuit en vigueur au 01/01/2023

TAX PRICE

Per person and per night in effect at 01/01/2023

DÉLIBÉRATION DU 19-05-2021

Pour les hébergements classés en étoiles ainsi que pour les palaces, chambres d'hôtes, auberges collectives, aires de camping-cars, terrains de camping et de caravanage et ports de plaisance, les tarifs sont fixés en euros, par nuit et par personne assujettie, selon la nature et la catégorie de l'hébergement.

The rates for ranked accommodations in stars, palaces, bed and breakfast, group hostels, camper van's areas, campsites and caravan pitches and yacht harbours are fixed in euros, per night and per taxable person, according to the nature and category of the accommodation.

Hôtels, meublés et résidences de tourisme / Hotels, furnished flats of tourism and holiday residences

Classement touristique / Tourist ranking	Tarif */Rate *
Palaces	2,60 €
★★★★★	1,50 €
★★★★	1,00 €
★★★	0,70 €
★★	0,50 €
★	0,50 €

Villages de vacances / Vacation Villages

Classement touristique / Tourist ranking	Tarif */ Rate *
★★★★★	0,50 €
★★★★	0,50 €
★★★	0,50 €
★★	0,50 €
★	0,50 €

(*) Taxe additionnelle départementale de 10% incluse
10% departmental additional tax included.

Campings / Campsites

Classement touristique / Tourist ranking	Tarif */ Rate *
★★★★★	0,40 €
★★★★	0,40 €
★★★	0,40 €
★★	0,22 €
★	0,22 €
Non classés	0,22 €

Hébergements hors classement / Accommodations without ranking

Nature / Type	Tarif */ Rate *
Auberges collectives / Group hostels	0,50 €
Chambres d'hôtes / Bed & Breakfast	0,50 €
Aires de camping-cars et des parcs de stationnement touristique par tranche de 24h / Camper van's areas and tourist car parks for a duration of 24 hours	0,40 €
Ports de plaisance / Yacht Harbour	0,22 €

CONDITIONS D'EXONÉRATION

Sont exemptés de la taxe, selon l'article L. 2333-31 du CGCT :

- Les personnes mineures
- Les titulaires d'un contrat de travail saisonnier employés sur le territoire de la collectivité
- Les personnes bénéficiant d'un hébergement d'urgence ou d'un relogement temporaire

Are exempt from tax according to article L. 2333-31 of CGCT :

- Minors / People under 18
- Seasonal contractors employed on the Territory
- People benefiting from an emergency housing or a temporary rehousing

Service Taxe de séjour de Coutances mer et bocage

6 Rue Milon - 50200 Coutances

02 33 19 08 10 | coutancesmeretbocage@taxesejour.fr | <https://coutancesmeretbocage.taxesejour.fr>

Edition : janvier 2023

WASTE SORTING

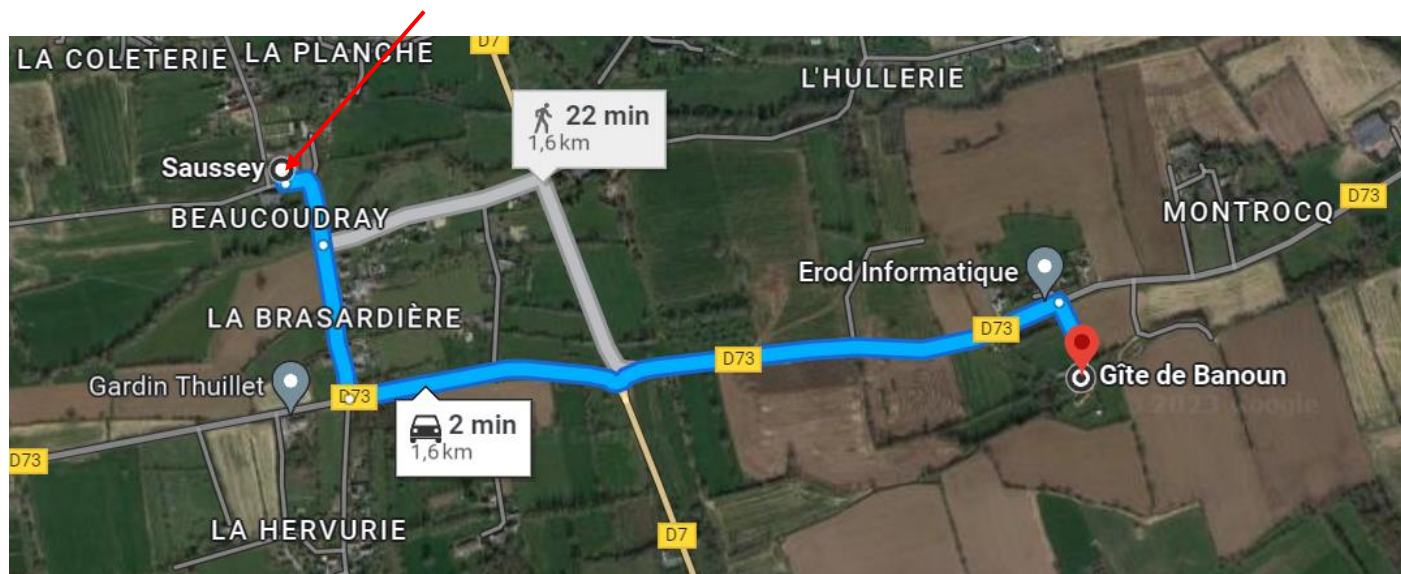
We provide you with two bags for waste sorting. One grey transparent bag for household waste and another yellow for recyclable waste, be careful we do not provide a bag for glass. For recyclable waste, a larger bin is at your disposal at the entrance of the house. For the glass, a tray is also available.

For your household waste (non-recyclable), we have organized ourselves as follows:

- We invite you to use the composter in the vegetable garden to dispose of your organic waste. The two ceramic pots with lids installed in the kitchen allow you to store your waste and, when full, to empty it into the composter (composting tips on page 8).
 - The rest of your organic and non-compostable waste will be integrated into the transparent trash bag installed in the kitchen bin. As the collection takes place in the middle of the week in Saussey, we will take care of its evacuation at the end of your stay.
- ➔ 30% less waste in your household waste bin.
 - ➔ Reduction of CO2 emissions from waste collection and incineration or storage.
 - ➔ On-site recovery of garden waste.
 - ➔ Generation of quality compost for plantations and the vegetable garden.

As for recyclable waste previously sorted (yellow transparent bag for various paper, cardboard and plastic packaging, see instructions next page – container at your disposal for the glass) the collection is done on a voluntary basis in Saussey. Packages must be emptied and not overlaid. They do not need to be cleaned.

To deposit recyclable waste, it's here:



The nearest garbage disposal facilities are located at :

- Gratot, Lieu-Dit la Belle Croix, 50200 GRATOT (<https://www.horaire-dechetterie.fr/dechetterie-de-gratot.html>)
- Hyenville, RD 76 Château d'eau, 50660 HYENVILLE (<https://horairedechetterie.fr/dechetterie-de-hyenville.html>)

**MÉMO
TRI**

+ SIMPLE

TOUS LES EMBALLAGES ET LES PAPIERS SE TRIENT

ON TRIE DÉJÀ



Flacons, bidons,
bouteilles plastiques



Papiers, cartonnets,
briques alimentaires



Emballages en métal



Emballages en verre
dans les colonnes à verre

**NOUVEAU !
MAINTENANT ON TRIE AUSSI**



Pots, boîtes et barquettes en plastique



Films, sacs et sachets en plastique



Petits emballages en métal

ATTENTION



Textiles, masques, jouets

(ne doivent pas être mis dans les sacs/colonnes jaunes
mais dans les sacs à ordures ménagères ou en réemploi)

**PAS DE CHICHI,
TOUS AU TRI !**
BIEN VIDÉS # NON LAVÉS # EN VRAC # NON IMBRIQUÉS

Plus d'informations sur
www.coutancesmeretbocage.fr

CITEO
Donnant ensemble une
nouvelle vie à nos produits.



APPLI GUIDE DU TRI

COUTANCES
MER ET SOCAGE



COMPOSTABLE WASTE

Organic vegetable waste from the kitchen and garden.



Recommended waste :

FROM THE KITCHEN :

- ✓ Damaged fruit and vegetables
- ✓ Peeling
- ✓ Tea bag or tea without a bag !
- ✓ Coffee markers and filters
- ✓ Bread
- ✓ Pasta / Rice
- ✓ Crushed egg shells

FROM THE HOUSE :

- ✓ Faded flowers
- ✓ Indoor plants
- ✓ Hair / Feathers
- ✓ Land of pots

FROM THE GARDEN :

- ✓ Ungrained weeds
- ✓ Fanes of vegetables
- ✓ Sizes of crushed hedges
- ✓ Bark
- ✓ Dead leaves / Straw / Hay
- ✓ Faded flowers and plants



Waste in small quantities :

FROM THE KITCHEN :

- ✓ Cheese crusts
- ✓ Citrus fruit cut into pieces
- ✓ Shells of crushed nut
- ✓ Crushed shellfish

FROM THE HOUSE :

- ✓ Paper towels
- ✓ Brown cartons in pieces
- ✓ Newspapers in pieces

FROM THE GARDEN :

- ✓ Lawn mowing
- ✓ Tree sizes / small branches
- ✓ Sawdust and wood chips
- ✓ Faded potatoes
- ✓ Softwoods (thuyas, cypresses...)



Prohibited waste :

FROM THE KITCHEN :

- ✓ Meat / Fish
- ✓ Bones
- ✓ Dairies
- ✓ Oil
- ✓ Sauce



FROM THE HOUSE :

- ✓ Cigarette butts
- ✓ Feces / Bedding
- ✓ Plastics / Metals / Glass
- ✓ Printed or glazed paper
- ✓ Dressings / Tissues
- ✓ Contents of vacuum bags
- ✓ Coal ash

FROM THE GARDEN :

- ✓ Stones / Rubble
- ✓ Crawling plants
- ✓ Diseased or treated plants
- ✓ Liseron
- ✓ Large branches
- ✓ Rhubarb leaves in large quantities
- ✓ Treated wood





ON HOLIDAY, I ADOPT ECO-RESPONSIBLE DRIVING...



IN MY RESIDENCE :

- ✎ I sort the waste according to the owner's instructions,
- ✎ I turn off the light when I leave the room,
- ✎ I close the shutters and curtains at night to keep the heat,
- ✎ I turn off my computer and unplug my charger after use,
- ✎ I don't leave electrical appliances in standby mode,
- ✎ I use the eco program for the washing machine and prefer the drying of the clothes outside,
- ✎ I turn down the heat,
- ✎ I take a shower instead of a bath,
- ✎ When I cook, I cover the pans while cooking,
- ✎ I drink tap water.

DURING MY ACTIVITIES :



- ✎ I respect the flora and fauna,
- ✎ During a hike, I follow the trail markings to prevent trampling and erosion of protected and fragile areas,
- ✎ I respect private property and the work of farmers,
- ✎ At sea or river, I avoid degrading sensitive areas,
- ✎ I pick up my garbage,
- ✎ On the beach, I don't bury my garbage in the sand,
- ✎ I use a flask,
- ✎ I prefer to travel by bike, on foot or by public transport whenever possible.

WHEN I DO MY SHOPPING :

- ✎ I contribute to the development of local economies and know-how,
- ✎ I buy local seasonal fruits and vegetables,
- ✎ I prefer to buy eco-labelled products, with little packaging,
- ✎ I use a reusable basket or bag.

6 rue Milon | 50200 Coutances | 02 33 19 08 18
classement-meuble@tourisme-coutances.fr

Immatriculé IM050150001 - L-R-21-003683 cat. 2 / L-R-21-003684 cat. 3

Suivez-nous : www.tourisme-coutances.fr  

& partagez vos expériences : #coutancesnormandie



EQUIPMENT

In terms of furniture and equipment, we provide the everyday accessories listed below. If a tool is missing, please let us know (see contact information page 2).

List of accomodation facilities

<p><u>Entry :</u></p> <ul style="list-style-type: none"> 1 coat holder 1 large cupboard 1 vacuum cleaner 1 bucket 1 broom with mop 1 broom 1 scoop 1 shovel 1 livebox 1 ethernet cable <p><i>Walls and ceilings white and clean</i></p>	<p><u>Sanitary Room of water and WC on the ground floor :</u></p> <ul style="list-style-type: none"> 1 walk-in shower 1 single washbasin 1 mirror 1 electric towel dryer 1 bin 1 toilet room 1 toilet paper dispenser 1 brush 1 bin <p><i>Clean earthenware, walls and ceilings white and clean</i></p>
<p><u>Living room and lounge :</u></p> <ul style="list-style-type: none"> 1 table in solid oak, 8 chairs including two Norman chairs, 1 Norman wardrobe 1 pull-out sofa bed 2 places 1 sofa 3 places 1 sofa 2 places 3 armchairs including a Norman 1 coffee table 1 connected speaker / radio 1 pendulum library Books 1 wood stove 1 wooden basket <p><i>Walls and ceilings white and clean</i></p>	<p><u>Kitchen :</u></p> <ul style="list-style-type: none"> 1 wshing machine 7 kg 1 combined refrigerator/freezer 1 gas hob 5 burners 1 extractor hood 1 built-in oven with grill and lèche-frites 1 dishwasher 12 cutlery 1 microwave oven 1 electric coffee maker 1 toaster 1 kettle 1 tray 1 dish-water drainer 1 sorting bin <p><i>Walls and ceilings white and clean</i></p>
<p><u>Rooms :</u></p> <p>Bedroom 1 : 1 double bed 140, headboard, 2 bedside tables, 2 bedside lamps, 1 chair, 1 large wardrobe, 1 duvet, 4 pillows, bed linen and alèses</p> <p>Bedroom 2 : 1 double bed 140, headboard, 1 bedside table, 1 wooden shelf, 2 bedside lamps, 1 wooden valet, 1 cupboard, 1 duvet, 4 pillows, bed linen and alèses</p> <p>Bedroom 3 : 2 single bed 90, 2 bedside tables, 2 bedside lamps, 1 chair, 1 cupboard, 2 duvets, 4 pillows, bed linen and alèses</p> <p><i>Walls and ceilings clean.</i></p>	<p><u>Sanitary Room of water and WC on the floor :</u></p> <ul style="list-style-type: none"> 1 shower cabin 2 single washbin + furniture under sinks 2 mirrors 1 electric towel dryer 1 large cupboard 1 chair 1 clothes rack 1 ironing table 1 iron 1 hair dryer 1 bin 1 toilet room 1 toilet paper dispenser 1 brush 1 bin <p><i>Clean earthware, walls and ceilings white and clean</i></p>
<p><u>Palier :</u></p> <ul style="list-style-type: none"> 1 présentoir tourniquet pour brochures locales 1 miroir <p><i>Walls and ceilings clean.</i></p>	
<p><u>Other :</u></p> <p>Terrace : 2 picnic tables, 2 folding aluminium deckchairs, 1 barbecue, 1 parasol</p> <p>Garage : 1 set of darts, 1 table football</p> <p>Baby equipment and board games on request</p>	



Crockery and utensils

Crockery and utensils in the Norma wardrobe	Crockery and utensils in the kitchen	
12 mugs 12 coffee cups and 12 bowls 1 teapot 3 coasters 4 cups 12 bowls 12 flat plates 12 hollow plates 12 dessert plates 12 glasses of water 12 wine glasses 8 aperitif glasses 8 shots of champagne 8 coquettes 2 stainless steel serving plates 1 ashtray 2 small salad bowls 1 large salad bowl 1 flat salad bowl 1 puree press 1 service with raclette 8 people 1 piston coffee maker 1 electric drum 1 foot of soup 11 bulot picks	1 charlotte/crown mould 1 round dish pyrex 1 fruit basket 1 pitcher 1 drainer 1 salad wipper 2 funnels 1 measuring glass 2 pairs of scissors 1 pair aromatic scissors 1 nutcracker 2 savings 1 oyster knife 1 can opener 1 decapsulator 1 corkscrew 1 teaspoon 1 small sieve 1 grater 1 basin 1 dishwashing brush 1 soap dish 2 earthen pot with lid (compost buffer)	2 salad cutlery 1 serving spoon 1 spoon of pasta 1 ladle 1 skimmer 1 whip 1 spatula 1 maryse 1 bread knife 1 meat knife 20 ranges 20 steak knives 20 tablespoons 20 small spoons 1 butter knife 1 cake shovel 2 dishes to gratin 1 cutting board 2 dishes stainless steel oven 1 dish Teflon oven 1 tart dish 2 plates of pizza 1 mould to be missed 1 crêpière 1 large factout 3 small kittens 5 pans 1 stainless steel stove 1 stainless steel jumper
	1 washable sponge 1 batch of manikins 2 tea towels 1 household cloth	Ecocert dishware product Solid soap ecocert Soap black ecocert Ecocert household vinegar

Please report any malfunction or breakage.

Board games in French available on loan, to « order » before your arrival if you wish :

Bazar Bizarre BEST of MUSIC Blanc Manger Coco Blokus Boite de jeux (dada, oie, dames...) Carcassonne Catan Color Addict Cluedo Harry Potter Komojo La Bonne Paye	Dés Dingues Jeu de 54 cartes Jungle Speed Esquissé Jeu de tarot Labyrinthe bille Le jeu du potager Le Mother Phoquer Les aventuriers du rail Europe Mille Bornes Minotaurus Monopoly	Othello Pictureka Quarto Qwirkle Risk Rolit Super Mastermind Shit Happens Triomino Unlock ! UNO Deluxe
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Use of equipment

We remind you to be extremely careful with children.

The cottage works with a wood stove, its operation is simple, a wood basket (+ depending on the season !) will be at your disposal.

Appliances are easy to use, but if you need us, we'll listen to you.

The hot water comes from a boiler located in the water room of the ground floor. Be economical for the planet and also if you are used to continuous heating.

The barbecue must be kept away from walls and cloisters when used, alcohol-free and children kept away.

The cottage is equipped with WIFI :

Please make sure to store umbrellas, sunbeds and barbecue in the garage in case of rain.

Rules of life

For the smooth running of your stay, and that of the people who will succeed you, we thank you in advance **not to smoke** inside and to respect the few points below.

For their safety, **never let your young children wander unattended.**

For reasons of hygiene, pets are not allowed.

It is imperative never to throw towels and sanitary pads in the toilet, the pipes are absolutely not intended for this purpose, please use the trash can.

In all cases, the immediate surroundings are put in order, do not leave cigarette butts, various papers... We are aware that it is not pleasant to be told what seems obvious in the proper maintenance of a living place, unfortunately, from experience, we know that it is sometimes useful to remind you.

Please close the windows and doors when you are away from the cottage.

Please make sure that the neighbor's cat does not enter the house and, if it does, to let it out.

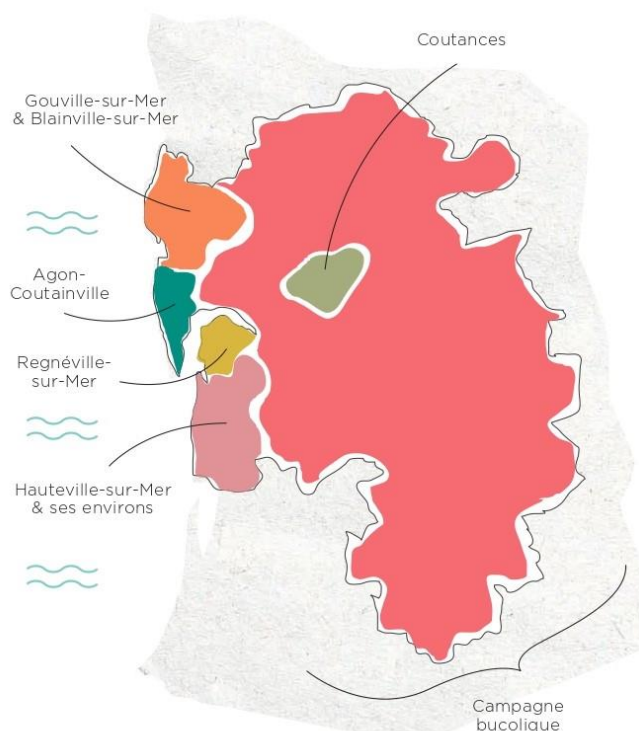
During your stay, in order to respect the peace of all and the calm of the environment, we remind you that this gite is not intended for the organization of parties.

Please let us know, at the end of your stay or during your stay, any comments or suggestions regarding your stay and our prospects for improvement.



LE TERRITOIRE

L'essentiel grandeur nature



Regular bus line to reach Granville or Saint-Lô (305)

A Nomad Bus line Granville – Lison passes through Coutances and allows to reach several cities on the sea and land side such Saint-Lô, Donville-les-Bains, Bréhal, etc.

Regular bus line to reach Valognes (303)






From Coutances go to the north Cotentin. This regular line passes through Periers, Lessay, La Haye or Saint-Sauveur Le Vicomte

During the summer shuttles are set up to link Coutances to the coast

- Ligne 53 : Coutances to the beaches
To Gouville-sur-Mer, Tourville sur Sienne or Agon-Coutainville
- Ligne 54 :
Regnéville-sur-Mer, Montmartin-sur-Mer, Lingreville, Annoville, etc up to Granville.

All the information about these annual summer line sis available on the [Normandie.fr](https://www.normandie.fr) website in the Transport section.

○ **Taxis**

Taxi Agon-Coutainville 70 avenue du Passous – Agon-Coutainville 02 33 47 16 17	Taxi Vivier – Gavray  3 Quai du Bief – Gavray-sur-Sienne 02 33 61 79 00
Taxi La Croix Bleue  10 rue du Clos Fontaine – Coutances 02 33 19 42 42	Taxis Gouvillais  67 rue de Montsurvent – Gouville-sur-Mer 02 33 47 86 29
Taxi Lemonnier  9 route de Montsurvent - Monthuchon 02 33 07 11 11	Taxi 50 16 rue du Mont-Saint-Michel - Quettreville/Sienne 07 77 38 37 99
Taxi des Havres  50 rue du Docteur André Pigaux – Montmartin/Mer 02 33 47 62 96	

○ **Car rental**

U EXPRESS Rue du Goulot – Agon-Coutainville 02 33 46 26 13	LOCA + 72 rue Gambetta - Coutances 02 33 07 52 52
CARREFOUR LOCATION ZAC des Landelles – Chemin de l'Amour Blainville-sur-mer 02 33 46 25 25	CENTRE E. LECLERC 9027 avenue Division Leclerc - Coutances 02 33 76 63 67
DESHAYES SA 14 rue Bellevue – Cerisy-la-Salle 02 33 46 55 30	CARREFOUR LOCATION Rue Planche Maurice – Coutances 02 33 19 16 16
U EXPRESS 7 rue Hôtel Denis – Gavray-sur-Sienne 02 33 61 08 77	GARAGE SYLVAIN CHERBONNEL 21 rue Clos – Montmartin-sur-Mer 02 33 45 06 31

○ **Rental of bicycles and electric bicycles**

<p>Tous à vélos 15 Bd Louis Lebel Jehenn 50230 Agon-Coutainville</p> <p>Place des Robans 50590 Hauteville-sur-Mer</p> <p>Avenue du casino 50610 Julouville</p> <p>06 38 52 89 41</p> <p>https://tous-a-velo.fr/louer-un-velo/</p>	<p>Vélo Emeraude Côté Manche 28 rue des Salines 50660 Lingreville</p> <p>06 73 62 59 37</p> <p>https://www.velo-emeraude-manche.fr/contact/</p>
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Shops :

You will find many shops in Coutances, we indicate below the closet to the house.

Supermarket :

6 km : Carrefour Drive Coutances, Rue de la Planche Maurice, 50200 Coutances

9km : Cababio, 88 avenue Division Leclers, 50200 Coutances

- ➔ So it is not the closet but probably the most local and organic
- ➔ And then, for more convenience, you can order online and have it delivered !

Bakeries / pastry shops :

6 km : Boulangerie Pâtisserie "Briand Michel" 56 Rue du Pont de Soules, 50200 Coutances

Boulangerie Pâtisserie Snacking "La Gourmandise"
5 Av. de Verdun, 50200 Coutances

Butchers :

7 km : Boucherie Saint-Pierre, 3 Rue du Lycée, 50200 Coutances

Tobacco / Press :

6 km : Tabac/Presse/Bar du Pont de Soules, 98 Rue du Pont de Soules, 50200 Coutances

Hairdresser :

50 mètres : Holly'Air, 5 chemin de la Moinerie, 50200 Saussey. This hairdressing salon is located opposite the cottage, on the other side of the courtyard.

Gas station :

6km : Access – Total Energies, 2 Avenue de Verdun, 50200 Coutances

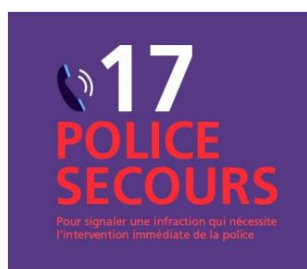
Banks :

about 7 km According to the bank chosen, in downtown Coutances.



Medical Services :

Emergency numbers



Emergency Centre – 6 place du Vaudon – Coutances	02 33 19 14 50
Hospital – rue de la gare - Coutances	02 33 47 40 00
Health center – rue Ambroise Paré - Coutances	02 61 43 03 70
Nurse's office - 3 bis Rue Georges Clemenceau - Coutances	09 83 28 53 78
Laboratory for medical analysis - 33 Rue du Lycée - Coutances	02 33 45 04 33
Pharmacy du Pont de Souilles - 50 Rue du Pont de Souilles -Coutances	02 33 19 15 50
To find a pharmacy on duty	3237

Cinemas :

Agon-Coutainville – **L'espace**
Espace culturel, avenue Roosevelt
02 33 07 77 80
<https://www.cinesplages.fr/>

Hauteville-sur-mer – **Cinéma de la plage**
34, avenue de l'Aumesle
02 33 47 52 22
<https://www.cinesplages.fr/>

Coutances – **Le Long Court**
24, rue Saint-Maur
02 33 07 57 09
<https://www.lelongcourt.fr/>

Swimming pool :

Pool of Coutances, rue Gérard Gaunelle, 50200 Coutances

Bowling :

Le Yéti, 2 carrières Saint-Michel, route de Granville, 50200 Coutances



DISCOVERY OF THE REGION

Do not hesitate to contact Coutances Tourisme to organise your stay :

02 33 19 08 10

6 information offices

Information Tourist Office
of **Coutances**
6, rue Milon
50200 Coutances

Information Tourist Office
of **Agon-Coutainville**
6, place du 28 juillet
50230 Agon-Coutainville

Information Tourist Office
of **Blainville-sur-Mer**
12 bis, route de la mer
50560 Blainville-sur-mer

Information Tourist Office
of **Gouville-sur-Mer**
1, rue du Nord
50560 Gouville-sur-mer

Information Tourist Office
of **Gavray-sur-Sienne**
12, place de l'église
50450 Gavray

Information Tourist Office of
Hauteville-sur-Mer
30, avenue de l'Aumesle
50560 Hauteville-sur-mer

www.tourisme-coutances.fr



So, what have you decided ?

- stay here and rest, read, meditate, walk in the garden or the village, sunbathe ...
- go hiking, the region is rich in itineraries (see page 20)
- use this gite as a base camp to other destinations. Let us remember that we are in the center of Department of Manche, 10 km from the first beach (Montmartin/Mer), 67 km from Mont Saint-Michel and 100 km from La Hague.
For all these walks to discover the authentic Manche Department, you will surely be equipped with guides, brochures or just a smartphone.
Nevertheless, we plan to provide you with regularly updated documentation to find out what may be happening around you. Our website (Boutcamp.fr) offers suggestions of places to visit. Do not hesitate to consult it.
Documentation provided by the Tourist Office of Coutances are also at your disposal in the gite.

Or essentials :

- **The sites to visit that we particularly like** (we leave most to go as far as possible) :

For the sake of it, the Saussey Manor, this one, you can go there on foot. You will discover its collections open to the public.

Coutances and especially its Jazz Festival under the apple trees : Jazz sous les pommiers, its Cathedral and its Public Garden. In summer, visits to the upper parts of the cathedral are organised and the Public Garden hosts every Wednesday afternoon a show for children and a little later a concert by local musicians.

The dune massif of Annoville. The Chauffer dans la Noirceur festival in Montmartin/Mer.

The pointe d'Agon et the Havre de Regnéville to discover by taking the GR (the long-distance hiking trail) ! The heaps of cabins in Gouvville-sur-Mer. Pirou, for its castle that can be visited. Their beaches, and more generally all the beaches of the West Coast.

The submersible road of the Vanlée, on the commune of Bricqueville/Mer, a road which, at its name indicates, finds itself under water at high tide with a high coefficient. You have to see it at low tide, it's more prudent and beautiful !

Granville also called « The Monaco of the North », its high town and its port but also beach and its surroundings.

The Channel Islands, which we can see in fine weather from our beaches. From Granville, it is easy to get to Chausey and its archipelago.

The Roches de Ham with its unmissable view on the bocage and the Vire.

The Mont Saint-Michel, its abbey but also its bay that it is pleasant and satisfying to cross accompanied by a qualified guide ! Beware of quicksands and rising tide !

Barfleur and Saint-Vaast-la-Hougue, beautiful fishing villages. If you are going to Saint-Vaast, be sure to visit Tatihou Island, accessible on foot or by boat ! And then, if you've made it this far, then head to the Gatteville lighthouse, a masterpiece, which you can also visit !

The Nez-de-Jobourg, the Racine port, the Biville Dunes with its incredible landscapes, a hike on the customs trail... The entire Cap de la Hague !!! Probably one of the most beautiful parts of the world !

For the tourism of memory : Utah Beach, the museums of the landing but also, on the same theme, Sainte-Mère-Eglise with its church and its American parachute and also the airship hangar of Ecausseville and the battery of Azeville.

- **The restaurants we recommend :**

Auberge de Brothelande, 3 Rue du Bourg, 50200 Nicorps

La Baratte, Le Bourg, 50210 Saint-Denis-le-Vêtu

L'auberge des bonnes gens, Le Bourg, 50490 Le Mesnilbus

Les Pipelettes, 1 Rue Quesnel Canveaux, 50200 Coutances

La Cale, La Plage, 50560 Blainville-sur-Mer

Le Bistrot de la plage, 50350 Donville-les-Bains (only in summer)

- **The markets, only our favorites, but we don't know them all :**

Tuesday 4 ½ pm – 7 pm : the organic small market in Coutances

Thursday morning : Coutances

Thursday 4 pm – 7 pm : the organic market of Quibou

Friday 6 pm – 9 pm : Courcy

Saturday morning : Gavray - Granville – Saint-Lô

Sunday morning in summer : Hauteville/Mer





Hiking in the territory :

Download the hiking and cycling maps for free on the website www.tourisme-coutances.fr.

These factsheets are also on sale at all information offices.



The animations :

Please consult the calendar of events and activities available at all tourist information offices or on the website www.tourisme-coutances.fr

The ticket office :

Coutances Tourisme also offers a full ticketing service to facilitate your discoveries during your holidays ! Do not hesitate to ask the staff of the tourist information offices for advice.

The Tourist Office of Coutances is less than 10 minutes by car from the house, at 6 rue Milon, 50200 Coutances.

We wish you a very pleasant stay !