


Where to watch our wildlife ?

DISCOVER 



sites to visit
interpretation trails
observation points



www.parc-cotentin-bessin.fr

NORMANDY

UNE AUTRE VIE S'INVENTE ICI

Environment and landscapes

-  Marshlands
-  Foreshore
-  Fields and hedgerows
-  Moor
-  Wood or forest
-  Dune or beach

Marshlands,
between two coastlines...

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Where to watch our wildlife ?

1 The Mont de Doville

GPS 49.32218, -1.56051

3 km - 1h30

The marshes between two seas

Marshes, peat bogs, heaths, rivers, estuaries, dunes, hedgerows..., there is a vast diversity of habitats within the parc.

There are large expanses of water-meadows criss-crossed by canals and ditches; from a distance these marshes appear uniform. However, once in them this false impression is soon put to rights. The soil type (peaty or mineral), topography and thus humidity, agricultural use all influence the multitude of plant formations that occur. And, in winter they take on a completely different aspect: the meadows are covered in water forming an extensive lake surrounded by hedgerows.












At its outlet, the freshwater meeting the sea gives rise to estuaries fringed by salt-marshes and dunes. Here, the daily changing of the tide is responsible for an ever changing landscape. On an important migration route, between the Scandinavian and Siberian tundra and African wetlands and bush, the Baie des Veys and the Saint-Germain-sur-Ay bay are used by thousands of migrant birds.

In the west of the region, the Lessay heaths have within extensive areas of Maritime pines a reminding remnant of the "Grande Lande" (Big heath) immortalise in the writings of Barbey d'Aurevilly.

Heather heaths dotted with peat bogs are a witness of a difficult geography both for plants and past land use.

Compared to other regions, woodland and forest are rare here, but trees are everywhere. Here is one of the bastions of the French hedgerow countryside. This manmade landscape is relatively well conserved here. The presence of two different geological formations, the massif Armoricaïn and the Parisian basin as well as past and present land use explains hedgerow diversity (tree species, field size, tree size...).

"Where to watch our wildlife ?" invites the visitor to discover this mosaic of different habitats by choosing a selection of sites open to the public.

 Sites to visit	 Observation points	 Remarkable monument
 Interpretation trails: start	 Hide	 Information
 Footpath: start	 National nature reserve	 Path
 GPS coordinates		 Protected area



Named "Escalleclif" (the bald escarpment) by Scandinavian colonists, the 127 metres summit of the Mont de Doville looks over the marshes, the Bauptois area and Jersey. Its top is covered in low heather and gorse heath, whereas its flanks are occupied by taller heath of gorse and common oak.

Look for

Typical heath flora (1 Bell heather, 4 Cross-leaved heath, Heather, 2 Dwarf gorse and Western gorse, Bristle Bent, 3 Deergrass, Marsh gentian, Small-flowered catchfly...). Dartford warbler breeds.



When to look ?

From April to July for birds.
June to August for plants.

Signposted from the D900 road between La Haye-du-Puits and Saint-Sauveur-le-Vicomte. Interpretation boards along the paths.



Saint-Germain-sur-Ay Havre (Havre are morphologically specific to the west Cotentin coast – the nearest in English is haven) is an estuary closed by a sand bar to the north constantly supplied with sand by the sea current parallel to the coast. Here is a complete spectrum of estuarine habitats: salt-marsh, colonization areas of glasswort and seablite, sand bars and mudflats.

Two sand dune formations, also very diversified, frame the “havre”: the “pointe du Banc” (Saint-Germain-sur-Ay) and the “pointe du Becquet” (Créances).



Look for

Salt-marsh flora (Glasswort, Orache, Sea wormwood, ❶ Sea aster...) and in the dunes (the maritime sub-species of Round-leaved wintergreen, ❷ Jersey pink, Meadow violet, Brookweed, Bee orchid...).

Various birds occur on migration or in winter (Brent goose, Shelduck, various waders, Osprey, terns...).

Breeding birds include: Shelduck, ❸ Oystercatcher and Sand martin. Breeding amphibians include (❹ Parsley frog, Natterjack toad, Marbled newt...).



When to look ?

From April to August for plants.

From August to March and May for wintering and migrant birds.

March to July for breeding birds.

March to May for amphibians.

Various view-points around the “havre” are worth visiting: corps de garde (guardroom), «pointe du Banc», «pointe du Becquet».

Interpretation trail in the dunes of Créances signposted from the D650 road between Lessay and Pirou.

For seeing waders, best to look during a rising tide.

Be careful there are often strong currents in the various canals which can be dangerous.

3

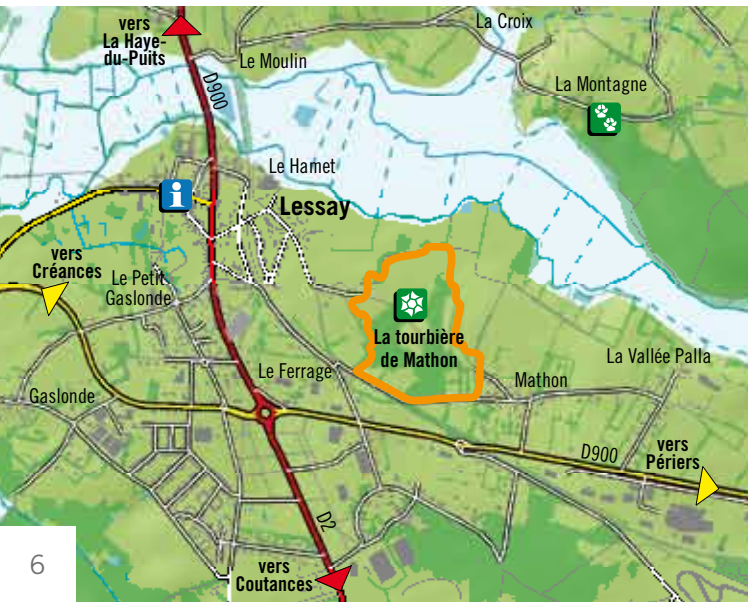
Mathon peat bog

Lessay

GPS 49.21589, -1.52453



Mathon peat bog national nature reserve covers a small peat depression between the heaths at Lessay to the south and Ay marshes to the north. Covering less than 16 hectares, created in 1973, not only is it one of the smallest national nature reserves in France but also one of the oldest. Despite its small size there is a good diversity of habitats (woodland, meadows, heath, peat bogs and marsh).



Look for

Flora typical of acid and alkaline peat bogs (Bog rosemary, ① Greater spearwort, ② Sundews, ④ Brown beak-sedge, Bog asphodel...) and of heath (Bell heather, Heather, Dwarf gorse...).

Breeding birds include: Water rail, wetland warblers (Reed, Grasshopper, Savi's and Sedge), and Nightjar. There are 25 species of Dragonfly (③ Variable damselfly, Four-spotted libellula...).



When to look ?

From May to August for plants.

From April to August for breeding birds.

From June to September for dragonflies.

Access is strictly controlled, special access on request from the "Cotentin CPIE" or during organised guided outings in summer.

Information: CPIE du Cotentin (02.33.46.37.06)

Access from the centre of Lessay.

Nearby

"La Montagne" interpretation trail.

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4

The Lande du Camp

Lessay

GPS 49.18910, -1.50231

3 km - 1h30



Historically the site belonged to the inhabitants of Lessay, and then a military zone, the Lande du Camp has since been sold to the "Conservatoire du Littoral". A mosaic of dry and wet heath and peat bogs, the site is one of the last examples of the vast heath that covered Lessay. The reinstatement of grazing (goats, sheep, cattle) in order to keep the habitat open is a new stage in the sites history.



Look for

Heathland flora (③ Cross-leaved heath, Heather, Dwarf gorse, ① Marsh gentian...) and of peat bogs (sundews, Harestail cotton-grass, Bog rosemary, Shoreweed...).

Dartford warbler and ② Nightjar nest.

There's a large Alcon blue butterfly colony.

Smooth snake occurs.



When to look ?

June to August for plants.

April to July for birds.

Car park on the D394 road between the villages of Hottot and Rendurie
Interpretation trail leaflet available at Lessay Tourist Office (02.33.45.14.34) or Cotentin CPIE (02.33.46.37.06).

Beware, the site is often flooded in winter.

Similar sites

The common heaths at Millières, Muneville-le-Bingard. Vesly-Pissot.

Nearby

Buisson interpretation trail.

5

Saint-Patrice-de-Claids heaths

GPS 49.22760, -1.43316

1,9 km - 2h



The first woodland of the ancient common heaths appeared at the end of the 19th century and was cut for use in mines during the 1914-1918 war. There as a second large-scale planting of trees during the 1950s. Nowadays the Maritime pine dominates the Saint-Patrice-de-Claids communal forest but it nevertheless has a fine diversity of habitats: dry heath, peat heath, ponds, streams, deciduous woodland...

Office National des Forêts

Look for

Peat bog and heath flora (Bell heather, 4 Heather, Dwarf gorse, 2 Oblong-leaved sundew, Brown beak-sedge, 1 White beak-sedge, Deergrass, Marsh gentian...).

3 Nightjar nests.

A small population of the Alcon blue butterfly.

More than ten species of dragonflies.



6

Sursat pond

Pirou

GPS 49.16288, -1.53809

3,5 km - 2h



Confined within Pirou communal forest, Sursat pond is one of the last peat bogs of the Lessay heaths. In a depression, it receives water from nearby springs. The stagnant, acid waters favour the growth of sphagnum, mosses typical of peat bogs that contribute to peat formation.

Office National des Forêts

Look for

Peat bog flora (1 Bog rosemary, Brown sedge-grass, Deergrass, 2 Lesser bladderwort...).

14 species of Dragonfly occur (Scarce emerald damselfly, Goblet-marked damselfly, 3 Black sympetrum...).

Nightjars occur.



When to look ?

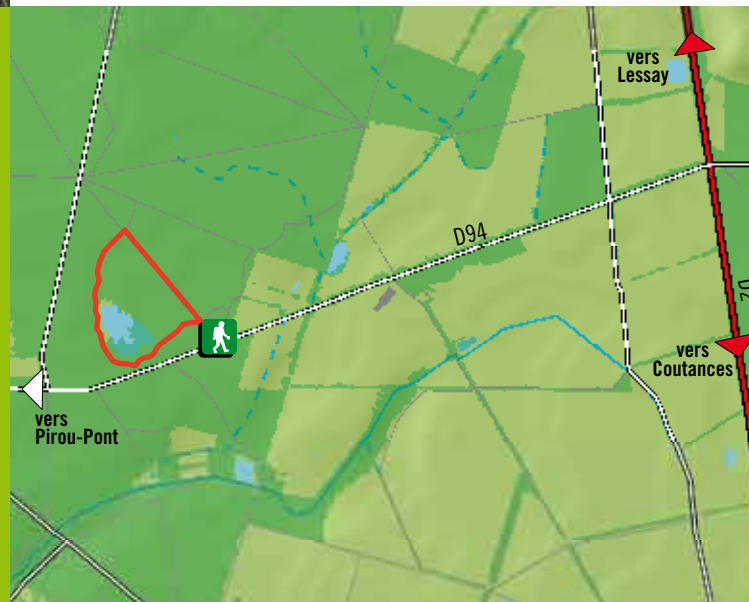
June to August for plants.

April to June for birds.

An interpretation trail is signposted from the D24 road between Périers and Saint-Jores.

Similar sites

La Feuillie and Créances communal forests (Buisson).



When to look ?

April to June for birds.

June to August for plants.

June to September for dragonflies.

Car park from the D94 road between Pirou-Pont and the D2 (Lessay – Coutances road).

A footpath accessible from the car park crosses the tree studded heath to the south of the peat bog.

Be careful, peat bogs are fragile places, please don't trample the site.

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7

Rouges-Pièces reedbed

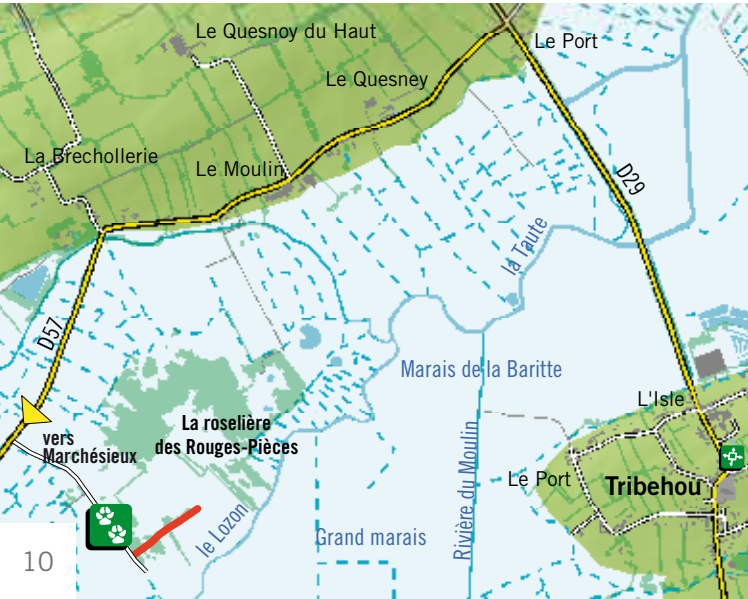
Marchésieux

GPS 49.21136, -1.27022

0,8 km - 30 min.



At the confluence of the Taute and the Lozon, the Rouge-Pièces reedbed forms an uplifted island of peat. Once used for providing “rotz”, a mixture of tough marsh grasses used for thatching, it was abandoned for a time. Today, the central meadow is surrounded by stands of willow with clearings of tall grasses.



A voir

Flora of alkaline peat bogs (1 orchids, Marsh pea, Pale butterwort, Marsh fern...).

Wetland warblers breed (Grasshopper, 3 Sedge, Fan-tailed) as does Willow warbler.

The area's good for crickets and grasshoppers (Water-meadow grasshopper, Short-winged conehead, 2 Large marsh grasshopper, Mole-cricket).



When to look ?

May to July for plants and birds.

An interpretation trail is signposted from the D57 road between Saint-André-de-Bohon and Marchésieux. Be careful, the site is often flooded in winter.

Nearby

The “abri gabare” discovery site at Tribéhou.

8

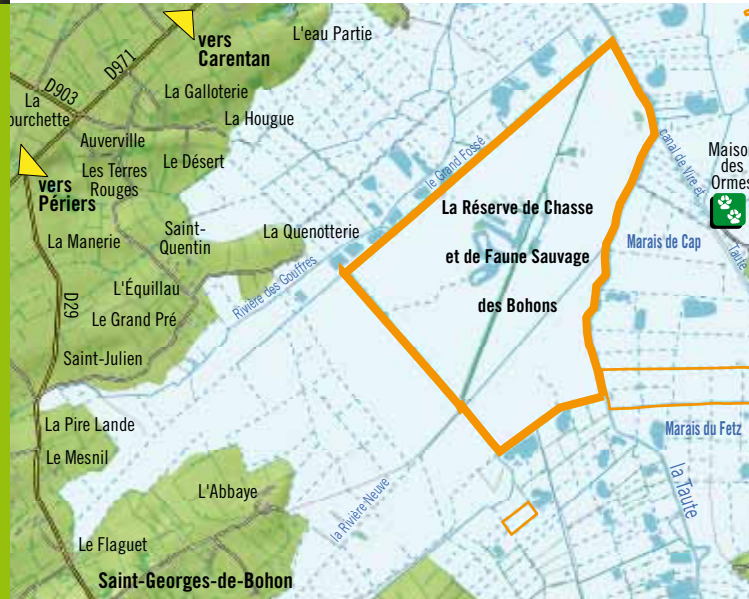
Bohons reserve

Saint-Georges-de-Bohon

GPS 49.26348, -1.24026



The Bohons no-hunting reserve is situated in the widest part of the Taute valley. It's a vast area of peat meadows criss-crossed by channels and ditches; the sections of open water were dugged in the 70s specifically for waterfowl. This ancient communal marsh is rented and managed by the “Manche Departmental Hunters Federation”.

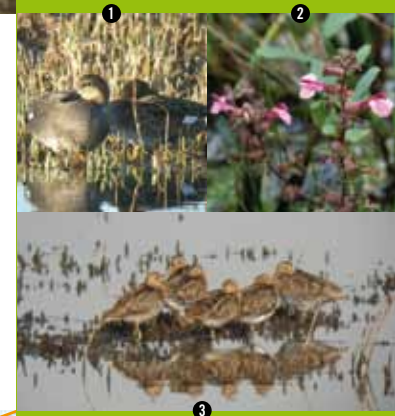


Look for

Flora of both alkaline and acid bogs, (orchids, Marsh pea, sundews, 2 Marsh lousewort...) and ditches (Water violet, Greater bladderwort...).

Breeding Lapwing and flood meadow passerines (Blue-headed wagtail, Sedge warbler...).

Resting and wintering site for waterfowl (Teal, Shoveler, 1 Gadwall, 3 Snipe...).



When to look ?

May to July for plants.

April to August for breeding birds.

October to February for wintering birds.

Reserve visits only with a guide. Information: Fédération Départementale des Chasseurs de la Manche (02.33.72.63.63).

Access from Saint-Georges-de-Bohon village.

Nearby

The “Maison des Ormes” interpretation trail.

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9

The Port des Planques

Montmartin-en-Graignes

GPS 49.26208, -1.19855

4 km - 2h



The trail that leaves from Port des Planques follows the Vire-Taute canal. Built during the industrial revolution, the canal allowed “gabares” traditional flat-bottomed boats, to go between Saint-Lô and Carentan without going on the sea. Other than that, the trail allows extensive views over peat marshes including the Marais de la Taute regional nature reserve, owned by the “Groupe Ornithologique Normand” – the local bird group.



Look for

Flora of both alkaline and acid bogs (orchids, Marsh pea...) and of ditches (Water violets, 1 Bog-bean...).

Nesting Bittern, 3 Marsh and Montagu’s harriers, Curlew and Lapwing, and flood meadow passerines (2 Whinchat, Blue-headed wag-tail...).

Several White stork nests in the surrounding countryside. Harrier roost in winter. Resting and wintering wetland birds (Great egret, Snipe...).



10

The “Château de la Rivière”

Saint-Fromond

GPS 49.24447, -1.11468



Look for

Ditch flora.

1 2 3 White stork colony (about twenty pairs).

The “Château de la Rivière” was built in the 11th century by Odon de Carteville, half-brother of William the Conqueror. When built it was on the side of the sea, on the Vire estuary. Today its ruins are in the heart of the Saint-Fromond marsh, some 10 km from the sea. The chateau was badly destroyed in 1944, in the battle following the Normandy landings. There’s a colony of White storks on the walls that remain.



When to look ?

May and July for plants.
April to August for nesting birds.
October to February for wintering birds.

Access from the D89 road between the old RN174 road and Graignes-Mesnil Angot.
Be careful, during winter the footpath is often flooded. The regional nature reserve is closed to the public.

Similar sites

The “Maison des Ormes” at Mont-Martin-en-Graignes, the “Marais du Rivage” at Auvers.



When to look ?

March to August for the White Storks.

At the end of the D377 road accessible form the D445 road between Saint-Fromond and Saint-Jean-de-Daye.
Be careful, the chateau and surrounding marshes are private, please stay on the tracks.

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11

The Claies de Vire

La Meauffe

GPS 49.17826, -1.11480



Fishpond, lock, mill and small electricity dam have all succeeded each other over the centuries at Claies de Vire. Today the site has been converted to a fish watch point. Populations of Allis shad and Atlantic salmon pass the site on their way to their spawning grounds and are presently increasing.



Look for

- 2 Migratory fish (Allis shad, Atlantic salmon, Sea trout...).
- Breeding Grey wagtail and
- 1 Kingfisher.



When to look ?

April-May for Shad.
October-November for Salmon and Sea trout.

Discovery site signposted from the centre of La Meauffe.
A guide is present at the fish watch point Monday and Wednesday afternoons from April to early June.
Information : Fédération Départementale de Pêche de la Manche (02.33.46.96.50)

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12

The Aure marshes

Saint-Germain-du-Pert

GPS 49.33067, -1.03933 5 km - 2h30



As with the similar Cotentin area, the Aure marshes in the Bessin are an extensive area of water meadows interlaced with many canals and ditches. Here, trees (essentially willows) are rare and horizons distant. In winter, water overflowing from the rivers associated with the lands flatness means for extensive flooding so that for a few weeks the marshes are under water: locally termed "la blanchie". In summer, water is found only in ponds and ditches, even though the water table is just under the soil surface.



Quand voir ?

May to August for plants.
April to August for breeding birds.
October to February for wintering birds.

Interpretation trail signposted from the D124 road between Osmanville and Canchy.
Be careful, the trail is often flooded in winter.

Similar sites

The "Marais de l'Elle" trail at Neuilly-la-Forêt and "Marais Saint-Clair" trail at Marchésieux. The "Landscape through the ages" at Picauville.



13

The Colombières countryside

GPS 49.29699, -0.98032

10,5 km - 3h



The walk through the Colombières countryside allows the visitor to discover another part of the Aure marshes and especially the hedgerow countryside of higher land.

The marshes are a transition zone between the limestone and marls of the Parisian basin to the north and the schists and sandstones of the Armorican massif to the south. The countryside here is dominated by oaks and sweet chestnuts, whereas to the north the disappearance of Elms has given way to Ash and Field maple. Meadows, crops, hedgerows, ponds and orchards allow the visitor to see wildlife typical of the countryside of western France.



Look for

Hedgerow flora (1 Early purple orchid, Lesser celandine, 4 Hartstongue, Male fern), ancient oaks.

Breeding hedgerow passerines (warblers, thrushes, Redstart, tits...).

Breeding marshland birds, hunting Hobby, and Little and Cattle egrets.

Wintering hedgerow birds (2 Fieldfare, finches...).

Several 3 White stork nests in the surrounding countryside.



When to look ?

April to August for plants.
April to June for breeding birds.

Start of the hiking trail from the church car park in the centre of Colombières.
Be careful, in winter, that part of the trail that crosses the marshes is often flooded.

14

The Ponts d'Ouve "Espace Naturel Sensible"

Saint-Côme-du-Mont

GPS 49.32163, -1.26567

5,5 km - 2h30



In the heart of the Douve marshes, the Ponts d'Ouve "Espace Naturel Sensible"* has been set up for visitors to discover marshes. Several hides allow the visitor to see the lakes and its reedbeds wildlife whilst the trail winds through the water meadows.

* a form of local nature reserve



The "Maison du Parc" – parc visitor centre, starting point for visiting the reserve, proposes various services that complement a reserve visit: information, films, exhibitions, informative garden and shop.



A voir

Resting and over-wintering wetland birds (3 Teal, 3 Shoveler, Garganey, Snipe, 1 Bittern...).

Breeding wetland warblers (Sedge, Savi's and Marsh) Bluethroat, Marsh harrier and Bittern.

27 species of dragonfly (Hairy dragonfly, 2 Emperor dragonfly...).



When to look ?

November to March for migrant and over-wintering duck.
July to March for migrant and over-wintering waders.
April to July for nesting birds and plants.

On the D913 road between Saint-Côme-du-Mont and Carentan.
Paying entrance. Unaccompanied or guided visits. Opening times and conditions on the back of this leaflet.



The sea outlet for the Cotentin and Bessin marshes, the bay receives water of the four rivers (Aure, Vire, Taute and Douve).

The mix of fresh and sea water and large amount of sediments are the reason for a very productive ecosystem, particularly a rich food source for wildlife. A fringe of salt-marsh, only flooded during the highest tides, has developed in front of the polder dykes. Beyond it, 4000 hectares of mudflats are uncovered at low tide.



Look for

Salt-marsh plants (Glasswort, Sea purslane, Sea aster...).

Thousands of wintering and resting wetland birds (③ Brent goose, Shelduck, Dunlin, ② Ringed plover, Oystercatcher...) and birds of prey (Osprey, Short-eared owl...).

A group of ① Common seals (some 100 animals).



When to look ?

April to August for plants.

August to March and May for waders.

October for geese.

August to October for seals.

Various other viewpoints around the bay: the port at Brévands and the Pont de Reux.

Observation site at the Pointe de Brévands.

For seeing waders, best to look during a rising tide ; for seals it's best to look at low tide.

Stay on tracks, don't walk onto the polders.

Be careful there are often strong currents in the various canals around the bay which can be dangerous.

The East coast seashore

from Utah-Beach to Morsalines

GPS 49.45053, -1.21653



From Utah-Beach to Morsalines is a long beach sometimes backed by low dunes (Utah-Beach, Fontenay-sur-Mer). Towards the north near the Cul de Loup spit the substrate becomes muddier allowing the development of a small salt-marsh between Lestre and Crasville. The streams that drain the east side of the marshes flow onto the beach via sluices constructed on the dunes or dykes whereas the Sinope estuary has a more natural configuration.

Look for

High beach flora (2 Sea rocket, Sea kale...), sand dune flora (4 Marsh hebeborine, Adders-tongue, Creeping willow...). Breeding Shelduck and 3 Kentish plover. Thousands of resting and over-wintering birds (Brent goose, 1 Dunlin, 1 Sanderling, Turnstone, Ringed plover, Mediterranean gull, terns...).



When to look ?

April to June for plants.
 April to August for Kentish plover.
 August to March and May for migrant and wintering waders.

Various sites to visit

Islets and top of the boulder beach at Lestre, shell beach at Saint-Marcouf, top of the beach between Ravenoville and Audouville-la-Hubert.
 An incoming tide is best for watching waders.

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17

The Domaine de Beauguillot

and the Sainte-Marie-du-Mont polders

GPS 49.39004, -1.17629

2 km - 1h30



On the side of the Veys bay, the Domaine de Beauguillot and Sainte-Marie-du-Mont polders were once a salt marsh successive claimed from the sea by four embankments constructed between 1824 and 1972. The polders and their maritime fringe are classed as a National Nature Reserve except for the southern polder classed as a no hunting reserve. The flooded meadows are a refuge for thousands of migrant or wintering wetland birds. The management of water levels enables birds to nest in spring. On the sea side of the embankments, waders and seals occur on the salt marsh and mudflats.



Look for

Salt marsh flora (Glasswort, Sea purslane, Sea aster...). Thousands of birds make a stop-over or pass the winter (Teal, 2 Wigeon, 3 Pintail, 1 Greylag goose, Brent goose, Dunlin, Ringed plover, Oystercatcher...) as do birds of prey (Peregrine, Hen harrier...). Wetland birds nest (Lapwing, Shelduck, Little grebe, passerines...). A Common seal colony.



18

Fresville géosite

GPS 49.44029, -1.38538

2 km - 2h



Fresville géosite includes a lake surrounded by cliffs, calcareous grassland and young woodland. From the early 20th century until 1984 the site was a quarry where men and machines extracted limestone. This extraction brought to evidence the geological history of Normandy (Jurassic limestone and marl and Cetacean green clay and sand).



Look for

Numerous Jussic fossils. Calcareous grassland plants (1 Bee orchid, Slender wild oat, Purging flax...). Passage and wintering of waterfowl (Pochard and 2 Tufted duck...).

When to look ?

November to April for duck and geese.

August to March and May for waders.

April to July for breeding birds.

Interpretation trail with hides is signposted from Utah-Beach. Stay on the tracks, please don't enter the polders.



When to look ?

April to June for plants.

April to August for breeding birds.

October to February for wintering birds.

Interpretation trail signposted from the centre of Fresville.

19

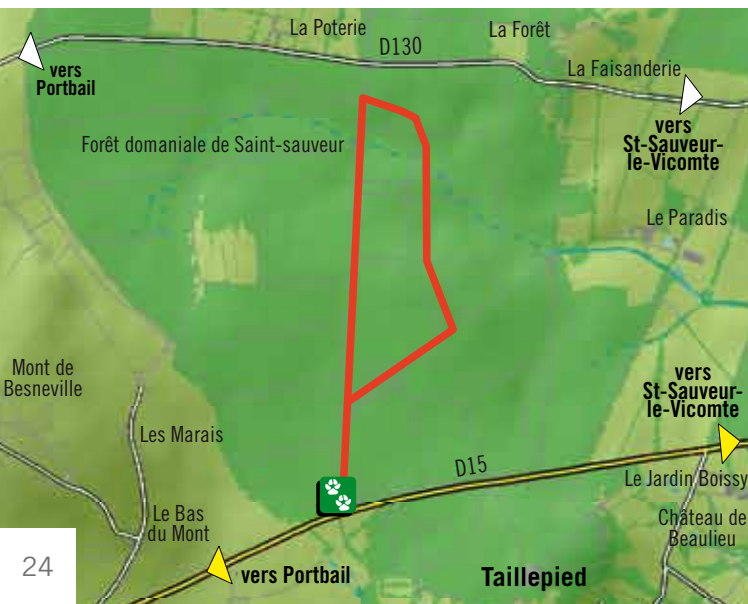
Saint-Sauveur-le-Vicomte public forest

GPS 49.37589, -1.59314

🚶 2 km - 1h30



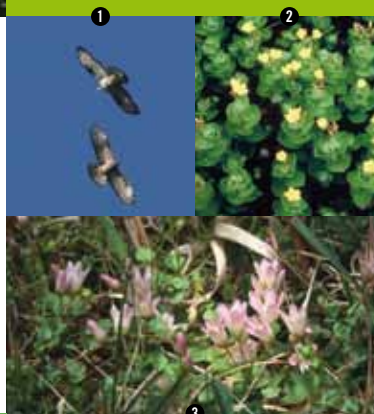
The 234 hectares of the Saint-Sauveur-le-Vicomte forest are all that remains of an ancient Royal estate thought to have covered 2000 hectares. It's composed mainly of coppice under fine Oak or Beech with a few Pines here and there. There are a few majestic, ancient Beeches in the forest. An arboretum brings an exotic touch to the area. Nearby, at the top of the "Mont de Besneville", heath completes the scene.



Look for

Forest and heath flora (Bell heather, Heather, ② Marsh St.-John's wort, ③ Bog pimpernel...).

Breeding birds include Middle spotted woodpecker, ① Honey buzzard, Wood and Dartford warblers and Nightjar...).



20

Sangsurière and Adriennerie Nature Reserve *Doville*

GPS 49.33318, -1.59100



Situated upstream of the Cotentin marshes, the Sangsurière and Adriennerie National Nature Reserve is one of the best preserved peat marshes of the area. Common land belonging to the inhabitants of the four surrounding parishes, the marsh has two main parts: a central zone of peat heath dominated by high grasses, and an outer zone consisting of peat meadows still used by farmers.



Look for

Flora of alkaline and acid bogs (orchids, ④ sundews, ① Hares-tail cotton-grass, Brown beak-sedge, ③ Bog asphodel...).

Breeding Lapwing and ② Curlew, Bluethroat and various wetland warblers (Grasshopper, Sedge...).

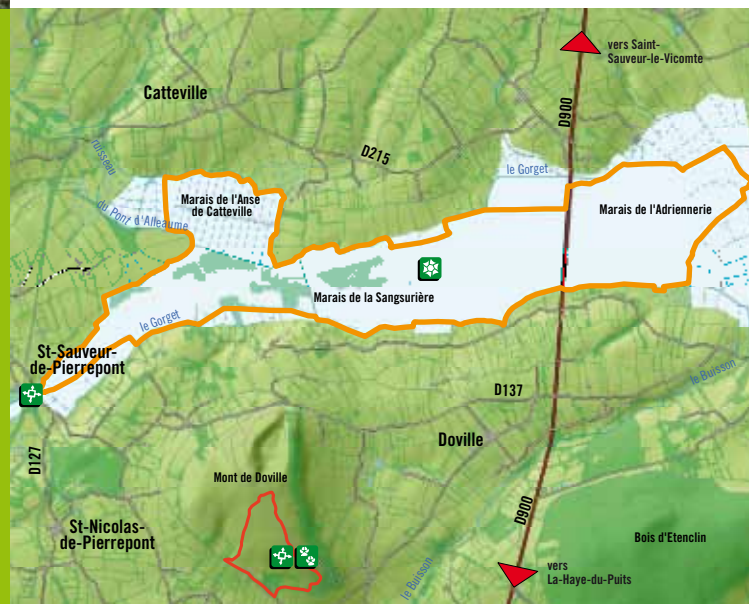
Winter roost of Marsh and Hen harriers.

Passage and wintering aquatic birds (Snipe, Lapwing...).

When to look ?

March to July for plants.
February to July for breeding birds.

Interpretation trail signposted from the D15 road between Saint-Sauveur-le-Vicomte and Portbail.



When to look ?

May to July for plants.
April to August for breeding birds.

Interpretation site on the D137 road between Saint-Nicolas-de-Pierrepont and Saint-Sauveur-de-Pierrepont. Guided visits in spring and summer. Information : Maison du Parc (02.33.71.65.30).

Other sites to watch wildlife



Baie du Mont St-Michel

Aquatic birds.
Salt-marsh flora.
A Common seal colony.



Falaises de Carolles

Migrant passerines
(cabane Vauban).



Réserve de chasse Geffosses

Presence of Waterfowl.



Pointe de la Hague

Nesting seabirds, Peregrine... Heathland flora (cliffs and islands).
Presence of waterfowl, dune flora, amphibians (Mare de Vauville reserve).
Migration (at Goury lighthouse).



Phare de Gatteville

Migrant seabirds.



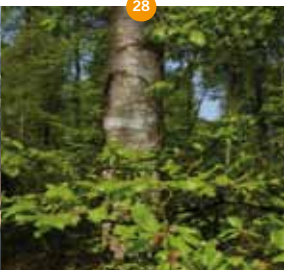
Anse du cul de loup Saint-Vaast-la-Hougue

Presence of waterfowl.



Pointe du Hoc Cricqueville-en-Bessin

Breeding Kittiwake, Fulmar, Peregrine...
Migration (Cricqueville mill).



Forêt de Cerisy Cerisy-la-Forêt

Breeding Black and middle spotted woodpeckers, Redstart...
Red deer present.



Our partners, natural site managers



**Association Claude Hettier
de Boislambert**
02.33.71.56.99
rnbeauguillot@wanadoo.fr



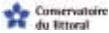
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02.33.46.96.50
www.peche-manche.com



**Centre Permanent d'Initiatives
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www.conservatoire-du-littoral.fr



Office National des Forêts
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**Fédération Départementale
des Chasseurs de la Manche**
02.33.72.63.63
www.fdc50.com



**Syndicat Mixte des Espaces
Littoraux de la Manche**
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www.symel.fr

Code of good practice

Whilst watching and studying natural history the welfare of species and their habitats must come first.

Disturbance caused to animals or their habitat should be kept to a minimum, especially by keeping a reasonable distance from them in order to avoid birds taking flight or other animals (seals...) leaving their site. Avoid using the top of the beach so as not to crush Kentish plover eggs or chicks (April to August).

Respect the rights of local owners, by staying on roads, tracks and paths and avoiding blocking access when parking your vehicle.

Respect the rights of others, their activities and work in the countryside and opting for compromise and dialogue.

At all times, respect national and regional laws concerning nature conservation (particularly on nature reserves).

Please leave your observations with local naturalists groups: nature conservation (the protection of species and sites) can be optimised by the use of more information, if necessary your observations will be kept private.

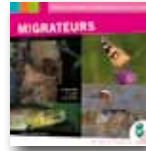
To find out more



**Flore et végétation
des marais**



**Les oiseaux nicheurs des
prairies humides**



**MIGRATEURS
à plumes, à poils, à écailles...**



Des marais entre deux mers...
Marshlands, between two coastlines...

The Parc naturel regional in pictures, throughout the season
French/English



Carte touristique
Tourist map

Hikes, natural history and water-based activities
French/English



Les rendez-vous du Parc

The Parc organizes guided events, at the Maison du Parc or in one of the 150 parishes that make up the Parc

These publications are produced by the Parc naturel régional and available at the Maison du Parc (tel. 00 33 (0)2 33 71 65 30), at tourist offices or at www.parc-cotentin-bessin.fr



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