

CARENTAN-LES-MARAIS

GPS 49.26208, -1.19855

Marshes, peat bogs, heaths, rivers, estuaries, dunes, hedgerows and

woodlands: a wide variety of habitats can be found within the regional

park. Where to watch birds an invitation to explore this patchwork of

LOOK FOR: During migration and in winter: Greylag Goose, Teal, Wigeon 1, Pintail,

Barnacle Goose 2, Dunlin, Red Knot, Ringed Plover, Oystercatcher... and raptors (Peregrine Falcon, Hen Harrier...). **Breeding:** waterbirds (Lapwing, Shelduck, Little Grebe,

Migratory and wintering ducks and geese
Migratory and wintering waders

HOW TO GET THERE? Interpretive trail with birdwatching hides signposted fro

PONTS D'OUVE MARSHES LOCAL

.OOK FOR: During migration and in winter: waterbirds (Teal, Shoveler, Garganey 💵,

J F M A M J J A S O N D Migratory and wintering waders

Snipe 2, Bittern...). Breeding: Marsh Harrier, wetland warblers (Sedge, Savi's and

Migratory and wintering ducks

(SAINT-CÔME-DU-MONT) GPS 49.32163, -1.26567

Several hides facilitate watching

wildlife on the water and in the

the path provides good views of the

Starts directly from the park HQ: information, exhibitions, educational

Marsh...) and Bluethroat 💷.

wet meadows.

garden and shop.

Local nature reserve

GPS GPS coordinates expressed in Latitude, Longitude in

WGS84 in decimal degrees (D.d: 49.321636, -1.265671)

habitats at a selection of sites.

SAINTE-MARIE-DU-MONT

GPS 49.39004, -1.17629

 $\mathbf{Q} \cdot \mathbf{Q} \cdot 3 \text{ km} \quad \mathbf{O} \cdot 1 \text{ hour}$

Around the Bay of Veys, the wet

meadows of the Beauguillot Estate are classified as a National

Nature Reserve, they can host

Avocet (3) and wetland passerines.

thousands of waterbirds in winter

and during migration.

Malking trail: start

Birdwatching walk

(MONTMARTIN-EN-GRAIGNES)

The old towpath starts from the Port des

Taute canal, provides good views of the

impressive peat marshes part of which

form the Marais de la Taute Regional

4 BAIE DES VEYS -

low tide. Look out for the seals.

GPS 49.36208, -1.15506

The state of the tide totally changes the

salt marshes in front of the polder dikes

whilst vast mudflats are uncovered at

LOOK FOR: During migration and in

winter: thousands of waterbirds (Brent

Goose, Shelduck, Dunlin, Ringed Plover,

GPS 49.21874, -1.60895

Particular to the west coast of the Cotentin,

this site is an estuary enclosed by a sandy

spit to the north, with sand deposited by a

sea current running parallel to the coast. This

salt marsh is formed by pioneer plant species

including Glasswort and Annual sea-blite on

newly-formed sand and mud banks.

9..9 5 km

landscape: at high tide the sea laps the

Plangues and which runs along the Vire-

The Marais du Cotentin et du Bessin de Barfleur 1 Top sites 9 Sites to see 21 Restricted access sites Habitats and landscapes Marshes Fields and hedgerows Woods or forest Manche St-Vaast-la-Hougue Heath Dunes Salt marshes Foreshore Regional park boundary Saint-Marcouf LA MANCHE Havre de **Portbail** Havre de LA MANCHE Havre de St-Germain Calvados

Birds to see by month

J F M A M J J A S O N D Black-tailed Godwit Cattle Egret LOOK FOR: Colony of White Storks (1) (about twenty pairs in 2020). Breeding: Lawping. Reed Bunting • • • • • • Zitting Cisticola



In autumn and especially in the middle of winter, the meadows are flooded by the nearby rivers. The vast expanses of water provide an attractive habitat to thousands of

wintering birds. These «white marshes» offer spectacular and changing landscapes. In the spring, the water recedes and the meadows are green again. In May, the cattle regain their vast lush pasture, and the nesting season begins. Spring is also a good

time to look over the fields and hedgerows from the waymarked footpaths, where you will find a wide range of wildlife. Whilst spring and summer are particularly good for hiking, cycling and river trips; the

hides, managed sites, walking and cycling trails can be enjoyed all year round to see Information at the regional park HQ or on www.parc-cotentin-bessin.fr





. . . .



This walk in the Aure marshes provides

views of a colony of White Storks (N.B. private property, view from a distance) but also a walk through a vast area of wet meadows surrounded by ditches.

LOOK FOR: White Storks , Cattle Egret , wet meadow birds, (Whinchat, Yellow Wagtail, Reed Bunting, Blue-headed Wagtail...)

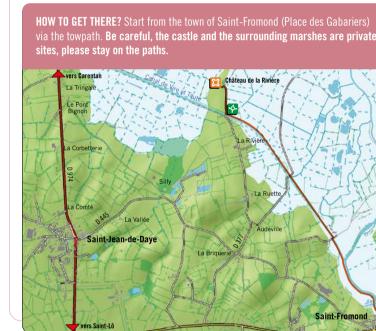








Built on the edge of the sea in the 11th Century, the Rivière castle is now about 10 km from the shore. A colony of White Storks has taken up residence on its ruins. Other nests are visible along the canal.









casional low dunes running along its

landward side. Heading north towards

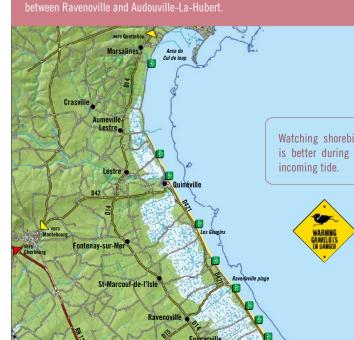
salt marsh has developed between Lestre

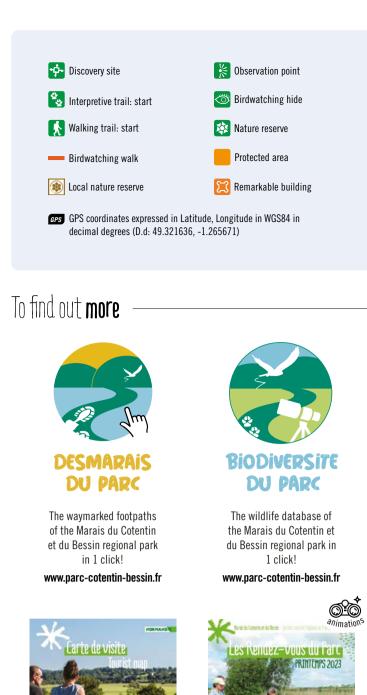
and Crasville.

the Cul de Loup cove, the submerged areas become more muddy and a small

I F M A M I A S O N D Migratory and wintering waders











These Regional park publications are available at the Maison du Parc (+33 (0)2 33 71 65 30), at the Tourist information offices

or on www.parc-cotentin-bessin.fr

LES RENDEZ-VOUS DU PARC

Activities organised by

the Regional Park and its

partners.





Please do not disturb the animals and their habitats. Watch from a sufficient distance to avoid causing the birds and seals to depart.



Avoid walking along the top of the beach in order not

to crush the eggs or chicks of the Kentish Plover.

traffic with your own vehicle.

or outdoor work.

Stay on the roads, paths and trails. Avoid obstructing



Respect the rights of others, their activities, property



Comply with national and regional legislation on the



protection of sites, plants and animals.

Please log your sightings on an app such **To contact us about such matters:** as Naturalist (available in English) to share the collection of data; sensitive data can be hidden if necessary.

the data with regional wildlife societies: the 🔀 accueil@parc-cotentin-bessin.fr protection of species and sites depends on @marais.cotentin.bessin



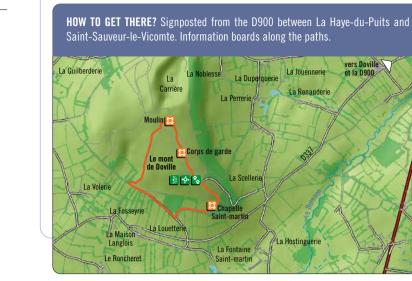
an old windmill and an old church.





LOOK FOR: **Breeding:** Dartford Warbler 1, Meadow Pipit 2 and Nightjar.

☐ F M A M ☐ ☐ A S ☐ N ☐ Breeding birds



10 LANDE DU CAMP

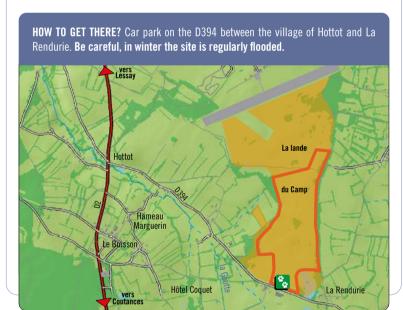
GPS 49.18910, -1.50231

Historically owned by the inhabitants of Lessay, then a military ground, the site is now managed by the Coastal conservation agency. It includes a patchwork of dry and wet heathland and peat bogs.

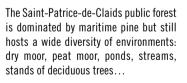


LOOK FOR: Breeding: Nightjar, Tree Pipit 1, Willow Warbler 2...

DEFINITION A M D D A S D N D Breeding birds

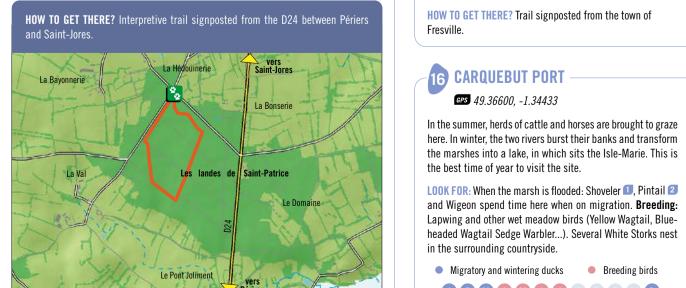


HEATHLAND GPS 49.22760, -1.43316



LOOK FOR: Breeding: Nightjar, Black Woodpecker 1, Coal Tit 2, Crested Tit.





SIMILAR SITES: interpretive trails in Feuillie public forest, La Montagne (Lessay) et Le Buisson (Créances).



mosses, which contribute to the formation

onments, please avoid trampling the site.

This old sand quarry has been converted into an area for

walking. Between the valley of the Ay and its meadows

and the Millières heaths, the walk allows the visitor to

LOOK FOR: Breeding: Nightjar II, Tree Pipit, Willow

Breeding birds

HOW TO GET THERE? Path signposted from the D900

3 BRUYÈRES LAKE

discover a wide range of habitats.

between Périers and Lessay.

4 ROUGES-PIÈCES

GPS 49.21136, -1.27022

Near the confluence of the Taute and the

Lozon rivers, the Rouges-Pièces wetlands

form an island of surface peat. Today, a

of Willow and tall grass glades.

central meadow is surrounded by tracts

LOOK FOR: Breeding: wetland warblers

5 FRESVILLE GEOSITE

A former industrial quarry, this site is in essence a body of

water surrounded by cliffs, limestone grasslands and young

woodlands. Quarrying has revealed Jurassic limestone and

LOOK FOR: During a cold spell: Scaup and Tufted Duck 💵 . . .

Wintering birdsBreeding birds

HOW TO GET THERE? On the D270 between Carquebut and Liesville-sur-Douve.

Please stay out of the marshes due to the presence of grazing animals.

marls, and Cretaceous clays and green sands.

Breeding: Little Ringed Plover 2.

6 CARQUEBUT PORT

GPS 49.36600, -1.34433

(Zitting Cisticola 1, Sedge and Grasshopper Warblers 2...) and Willow Warbler.

J F M A M J J A S O N D Breeding birds

HOW TO GET THERE? Interpretive trail signposted from the D57 between Marché

d Saint-André-de-Bohon. **Be careful, in winter the site is regularly flooded.**

WETLANDS

MARCHÉSIEUX

MILLIÈRES

J F M A M J J A S O N D

HOW TO GET THERE? Car park off the D94 between Pirou-Pont and the D2 (Lessa

Coutances). Walking trail accessible directly from the car park, crossing the woode neathland to the south of the peat bog. **Be careful, bogs are fragile and spongy env**i

Breeding birds

The Marais du Lotentin et du Dessin

LA HAYE



Havre de Carteret

LA MANCHE

Km

Havre de

Portbail

Havre de

Surville

Havre de St-Germain

1 Top sites 9 Sites to see

de Barfleur

Ile Tatihou

St-Vaast-la-Hougue

CARENTAN
-LES-MARAIS
-LES-MARAIS
-LES-MARAIS

Saint-Marcouf

DE-DAYE

21 Restricted access sites

Habitats and landscapes

Marshes

Fields and hedgerows

Woods or forest

Heath

Dunes

Salt marshes

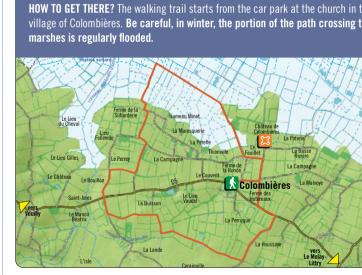
Foreshore

LA MANCHE

Regional park boundary

Calvados

HOW TO GET THERE? The walking trail starts from the car park at the church in the village of Colombières. **Be careful, in winter, the portion of the path crossing the** marshes is regularly flooded.



SIMILAR SITES: The *Bocage* Trail (**Méautis**)

AURE MARSHES

SAINT-GERMAIN-DU-PERT

GPS 49.33067, -1.03933

These marshes form a vast expanse of wet

meadows interspersed with canals and

ditches. There are few trees and winter

transforms the marshes for a few weeks

into a vast body of water: known as the

«blanchie» (or whitened). In summer, only

the ponds and ditches have water in them.

in the surrounding countryside.

COUNTRYSIDE

GPS 49.29699, -0.98032

The trail through the Colombières country-

side allows the visitor to see a different

area of the Aure marshes, especially the

fields and hedgerows on higher ground.

Meadows, crops, hedges, ponds and or-

chards provide for a good sample of the fauna and flora of this hedgerowed lands-

cape, typical of western France.

LOOK FOR: Breeding: Garganey, Marsh Harrier 🗊, Lapwing and wet meadow birds

(Whinchat, Yellow Wagtail 2, Sedge Warbler, Reed Bunting...). Several White Storks nest

J F M A M J J A S O N D Wintering and migratory birds Breeding birds

SIMILAR SITES: Marais de l'Elle Trails (Neuilly-la-Forêt), St. Clair Marsh (Marchésieux),

Landscapes through the ages (Picauville) and the Ay River (Lessay).

nd Canchy. **Be careful, in winter, the trail is regularly flooded**.

ST-SAUVEUR-LE-VICOM

GPS 49.37589, -1.59314 **Q..♀** 2 km

This national forest is composed mainly of thickets of coppiced oak and beech, some of which are old and impressive, with the odd pine mixed in. An arboretum adds an exotic touch. Nearby, at the top of Mont de Besneville, an area of moorland completes the walk.



LOOK FOR: Breeding: Middle Spotted Woodpecker 1, Honey Buzzard 2, Nightjar, Redstart, Dartford Warbler...

J F M A M J J A S D N D • Breeding birds



Restricted access si

This National nature reserve, created

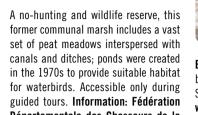
guided tours. Information: Cotentin CPIE

20 MATHON PEAT BOG GPS 49.21589, -1.52453



and the Ay marshes to the north. Covering only 16 hectares, there is however a large wetland warblers (Reed 🔼 Grasshopper diversity of habitats here: woodland, and Sedge Warblers...). meadow, heath, peat bog and marsh. Access on request or during summer







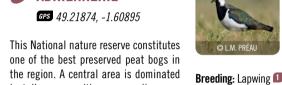
Breeding: Lapwing, Curlew and wet meadow for waterbirds. Accessible only during Sedge Warbler...). Migratory stopover and birds (Yellow Wagtail, Blue-headed Wagtail, guided tours. Information: Fédération wintering of waterbirds (Teal 1), Shoveler, Départementale des Chasseurs de la Gadwall 2, Snipe...)



Manche. (+33 (0)2.33.72.63.63).

Information: Regional park HQ

(+33 (02).33.71.65.30).



the region. A central area is dominated **Breeding:** Lapwing • Curlew, Bluethroat by tall grasses with a surrounding area and wetland warblers (Grasshopper and of cultivated peat meadows. Guided tours Sedge Warblers...). Winter roost of Marsh and Hen Harriers. **During migration and in** winter: waterbirds (Snipe, Lapwing...).

er **birdwatching sites**







Migratory stopover for waterbirds. Common seal colony.



LIGHTHOUSE

Seabird migration

NO-HUNTING AND

WILDLIFE RESERVE

Migratory stopover for

GEFFOSSES



CUL DE LOUP COVE SAINT-VAAST-LA-HOUGUE Migratory stopover for

CERISY FOREST CERISY-LA-FORÊT Black and Middle Spotted Woodpeckers, Redstart...

Breeding: seabirds,





