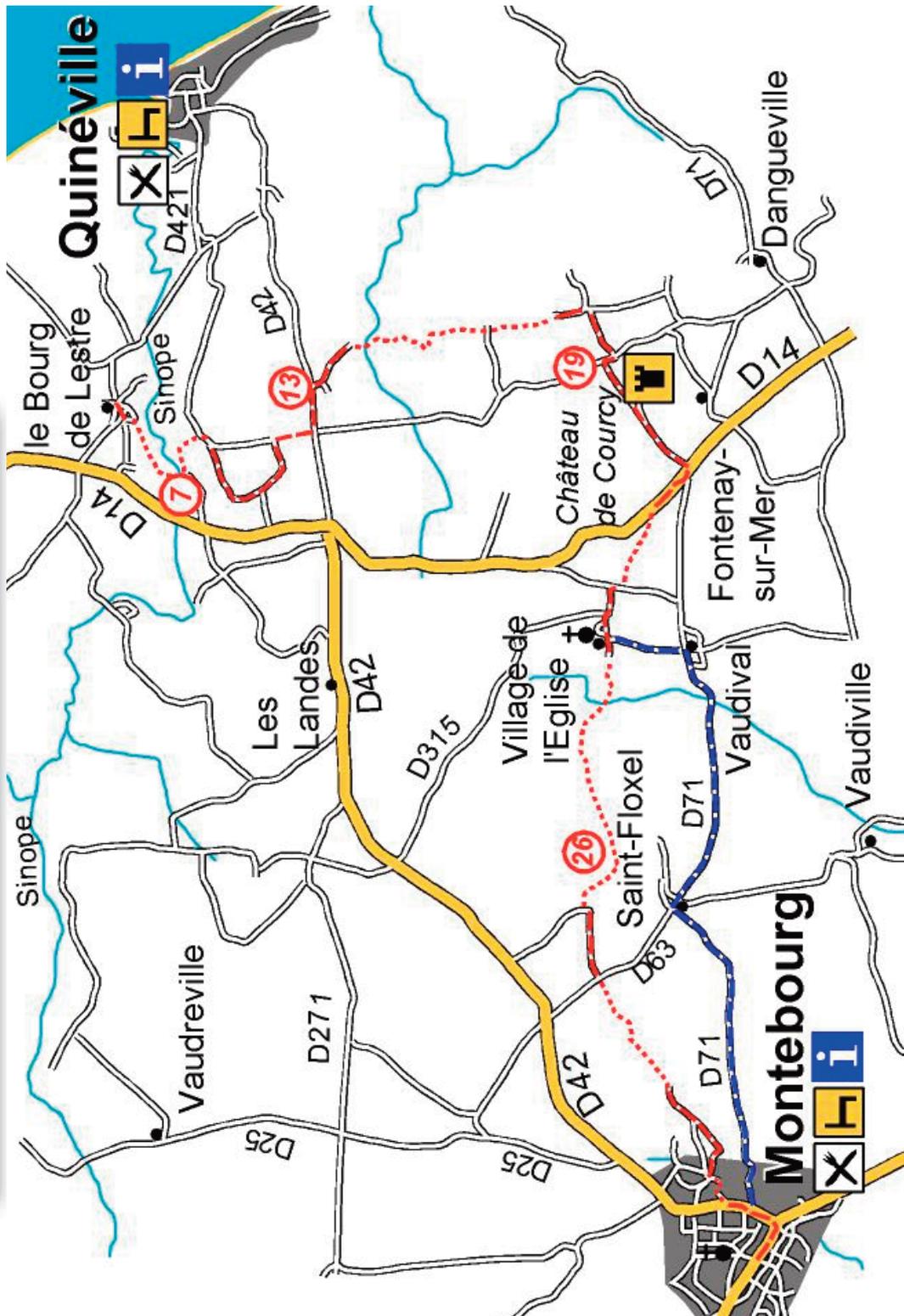


le Bourg de Lestre to Montebourg 10.8km



Route Summary: another gentle section with only limited climbing. The section generally follows pathways and very minor roads. Some of the paths can be muddy or have deep grass, cyclists may wish to avoid these parts.

Way Point	Distance	Directions	Verification Point	Compass
1		From the crossroads in the centre of le Bourg de Lestre take the D421 in the direction of Lestre		SW
2	70	On the edge of the village bear left	Sign la Devise and the Salle Communale	W
3	50	Left turn in the direction of the Salle Communale		SW
4	150	After the road bends into a yard, keep straight ahead on the grassy track		SW
5	300	At the end of the track turn left onto a minor road		S
6	90	Turn left and cross the river by the footbridge. Note:- horses can ford the river if the conditions allow	La Sinope	SE
7	60	On the far side of the river take the track to the left		SE
8	300	At the top of the hill turn right onto a minor road	Briefly rejoin GR223	SW
9	60	At the next road junction take the right fork and climb the hill.		SW
10	550	After the road bends to the left go straight ahead passing a large house	Sign "Chemin des Landes"	E
11	350	At the T-junction turn right	GR223	S
12	200	At the crossroads turn left on the main road	D42	E
13	200	Take a right along a small road, rue de Bas Launay	Sign for the Chemin du Mont St Michel.	SE
14	500	The road becomes a track, bear left	Sign for the Village de Launay	S
15	190	Bear right on the track		S
16	1000	Keep straight on towards the farm	le Bas de Fontenay	S
17	150	At the T-Junction turn right on a minor road	Farm straight ahead	SW
18	300	At the T-junction turn right		NW

le Bourg de Lestre to Montebourg 10.8km

le Bourg de Lestre to Montebourg 10.8km

Way Point	Distance	Directions	Verification Point	Compass
19	60	Turn left into l'Avenue de Courcy	Château de Courcy and church on the left	SW
20	800	At T-junction turn right	Rue de Fontenay (D14)	NW
21	300	After the sign for the exit from Fontenay sur Mer, bear left on a grassy track		NW
22	500	The grass track comes out onto a very minor road turn right and immediately left		NW
23	160	At the junction in the Village d'Eglise, take the left fork heading for Vaudival on the D315	In the centre of the village pass the Church of St Basile	W
24	170	On the crown of the bend, turn right off the road and onto a grassy track, beside la Saussaie. Note:- to avoid potentially muddy ground, cyclists are advised to remain on the D315, turn right in Vaudival and follow the D71 into Montebourg	Leaving the GR223	W
25	300	Turn right over a footbridge and keep along the track		W
26	1200	At a T-junction in the track turn right		W
27	700	At crossroads, D63, take the track straight ahead	Farmhouse – le Decloncherie – to the left	SW
28	400	Keep to the track as it curves sharply around a double bend		SW
29	800	Bear right down the hill on the main track		W
30	180	Turn sharp left between a derelict house and a wall	Entering Montebourg	SW
31	180	At the T-junction with the main road turn left	D42	S
32	300	Turn right on rue Paul Lecacheux		NW
33	200	Arrive in the centre of Montebourg at the tourist office, adjacent to the Mairie	Rue du 11 Novembre.	

Accommodation	Price	Opening	Animals
Hôtel du Midi, 6 pl Albert Pelerin 50310 MONTEBOURG Tel: 0033 (0)2 33 41 22 16	B2	All Year	

Equestrian Centre,

Les Ecuries de la Gare, La Cavée 50310 SAINT MARTIN D'AUDOUVILLE
Tel: 0033 (0)2 33 41 11 21 **Note:** 3.08 km from Montebourg

Useful Contacts

Tourist Offices

MONTEBOURG TOURIST OFFICE, 20, rue du Général Leclerc 50310 MONTEBOURG
Tel: 0033 (0)2 33 41 15 73
office.intercommunal-tourisme@wanadoo.fr www.montebourg-tourisme-office.new.fr

Farrier

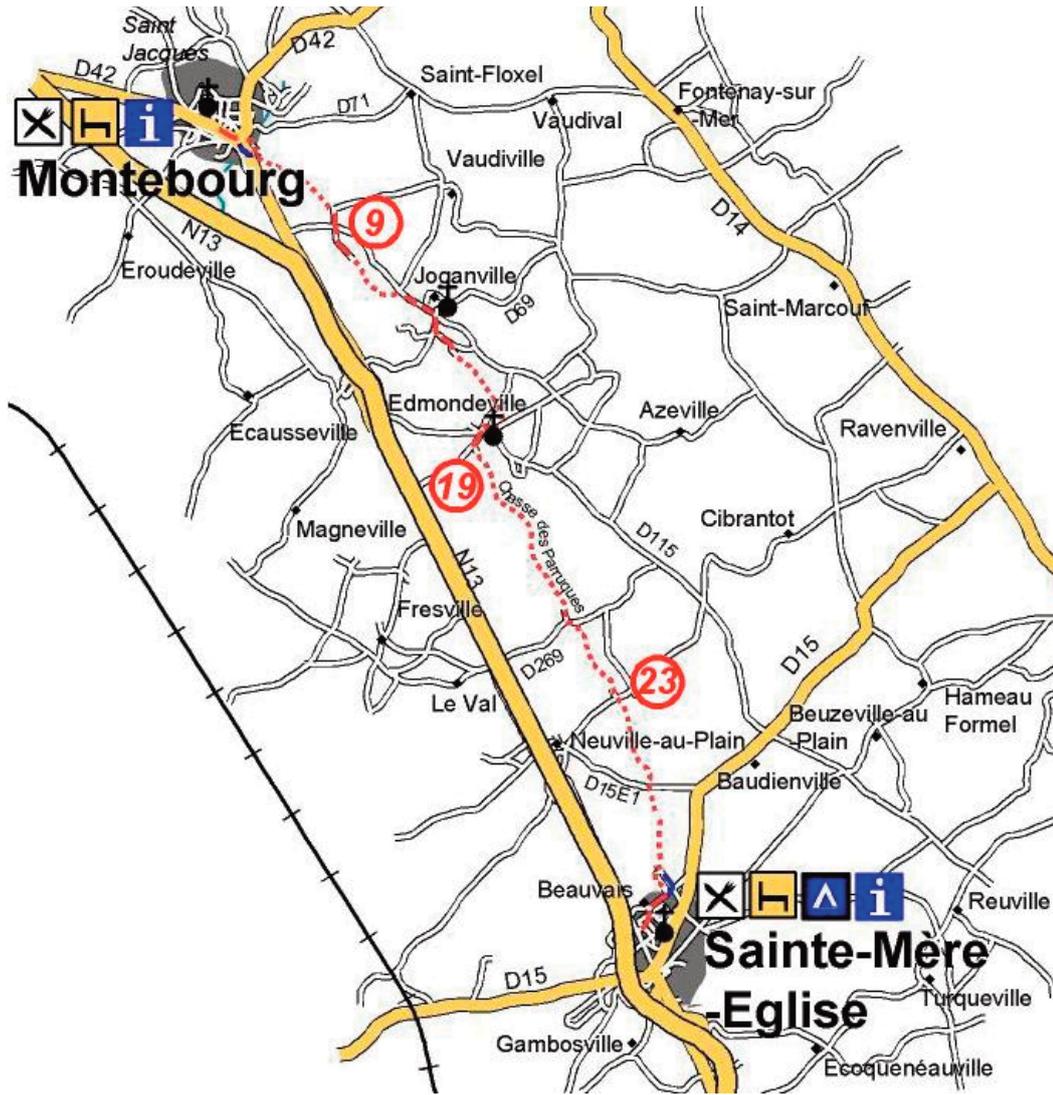
Valognes Michel, 1 rte Chêne 50360 BONNEVILLE (LA) Tel: 0033 (0)2 33 40 22 71

Montebourg was founded by William of Normandy in 1082, completely destroyed in 1792 and rebuilt on same site in 1892. Montebourg is the most significant St James site on the Cotentin peninsula. The Benedictine abbey had a chapel of St James and from the 12th to 17th century monks offered hospitality to travellers, including pilgrims from England. A Confrerie of St James has existed in Montebourg since at least 1690 and the crowning ceremony of St James has been enacted since 1281. Originally celebrated on the eve of the Feast of St James, though now usually on the nearest Saturday, a boy (a first communicant, named James) climbs a ladder to the statue of St James on the west front of the church, crowns it with a circlet of red flowers and places a bunch of red flowers in its hand. The church has two statues of St James, one on the west front and the other, an English alabaster depiction of St James as a pilgrim inside. Stained glass, installed in the 1960s, includes scenes from life of St James.



le Bourg de Lestre to Montebourg 10.8km

Montebourg to Sainte-Mère-Eglise 11.4km



Route Summary: an easy section for all groups on good tracks well separated from traffic.

Way Point	Distance	Directions	Verification Point	Compass
1		Leaving the entrance to the tourist office, turn left to descend the hill on rue Paul Lecacheux		SE
2	200	At the crossroads with the D42, turn left. Note:- horse riders should remain on the rue Paul Lecacheux for 200 metres and shortly after crossing river turn left to rejoin the GR223 at Way Point #5		NE
3	40	Turn right into narrow alley-way	Le Chemin de St Michel sign	SE
4	110	Straight ahead beside the traditional laverie		S