

Like a local

VISITING LA BARRE DE MONTS IS GREAT, BUT VISITING AS A LOCAL IS EVEN BETTER!
HERE ARE A FEW THINGS THE MONTOIS LIKE TO DO – CAN YOU SEE THEM – OR MAYBE TRY THEM OUT FOR YOURSELF.

TO DO DONE

At the beach

- Collect shells, pebbles and driftwood to make a holiday souvenir
- Spot the ferry coming back from île d' Yeu
- Try out some water sports (sand-yachting, kite surfing ...)
- Walk along the seafront promenade
- Treat yourself to a sweet snack on the Avenue de l'Estacade
- Meditate in front of the Moorish styled seaside villa «Dar Koum»

At the table

- For your apéritif, try some 'préfou à l'ail' (local garlic bread), 'boucots', 'rillettes de la mer' or 'gralaie de moquettes' (moquette beans on buttered toast)
- Try some oysters or a seafood platter from a local producer
- At any time of day, try a flan maraîchin (local dessert)
- As a snack, try a 'gâche' (local brioche) with salted butter caramel

In the forest

- Enjoy the fresh air while cycling or walking
- Have a picnic in the forest with friends or family
- Try to spot deer, a squirrel or a rabbit
- Build a den

In the marshes

- Pick some salicornes (samphire) and watch the birds
- Let yourself be amazed by, and then try and capture, the colours of the marsh
- Cycle along the winding paths of the marshes

Bonus

- Spot a 'bourrine' (typical Vendéen peasant cottage)
- Learn a word in Maraîchin, the local dialect!

Other ideas for walks and activities

- Swingolf. A 9-hole course in the forest.
- An audio-guided visit of the town with mp3 player
- Local Heritage Tour
- Le Journal de Guy Tessier (Guy Tessier's diary): a family walk to discover more about the life of this worker at the Fromentine sardine cannery

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A DAY OUT IN LA BARRE DE MONTS- FROMENTINE



WALKING

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PAYS DE
SAINT JEAN
DE MONTS
VENDÉE Océan

The sky's the limit

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1 THE LIGHTHOUSE

Installed in Fromentine in 1915, after being moved from St Nazaire, it is 10.05 metres high and can be seen as far as 13 miles away (24 km). The lighthouse is made of metal whereas most others are made of concrete or brick. Its structure is very rare in France. It was classed as an historical monument in 2012.

2 THE CHAPEL OF NOTRE-DAME-DES-FLOTS

Built in the 1950s, Masses are still celebrated here in summer. It gets its name from the vault that looks like the hull of a boat. Inside, you can see a statue of the Virgin sculpted by Maxime Real del Sarte. It was his last work before he died, and was created using only one arm as the other was injured during the war.

3 THE SEASIDE VILLAS

There are around twenty villas on the Fromentine seafront promenade, all very different from one another. The oldest ones, "La Brise" and the "Villas Souhiard" were built before World War I and were partially built with brick which is unusual for the region. The villa "Dar Koum" is also one of a kind as it is decorated in a Moorish style, inspired by the mosque of Fès in Morocco.

4 THE NOIRMOUTIER'S BRIDGE

Opened to traffic on the 7th July 1971, it allows traffic to cross over the Fromentine channel between La Barre de Monts to Barbâtre. There was a toll to cross the bridge until 1994

5 THE WRECKS OF WORLD WAR II

In August 1944, 'les Quatre As', four German minesweepers, hid themselves in the Fromentine channel. Caught by surprise at the low tide, they were then sunk by Canadian bombers. Today, at low tide, it is still possible to see two of the four wrecks.

6 THE OYSTER FARMERS PATH

Starting from the Tourist Office, this guided walk leads you from shady paths in the forest to an open view of the Baie de Bourgneuf before coming back to the heart of Fromentine. At low tide, you can see the Passage du Gois, a roadway accessible only at low tide which links the continent to the île de Noirmoutier. Estimated time: 1hr (3.6 km).

7 THE DOCK AND THE PONT NEUF HARBOUR

In the 1960s, there was no room left for new producers along the Oyster Farmers roadway and so they chose to develop their activity in the Pont Neuf area using abandoned land which had been used for salt marshes, called "gâts".



8 THE FISHERIES AND THE DOCK DU PORTEAU

The fisheries, called 'pêcheries' or 'carrelets', are little cabins where fishing nets can be attached. From there, it is possible to admire the birds and the complex network of canals draining the water. From the Porteau lock, there are incredible views and your children will love the nearby playground.

9 THE PEY DE LA BLET

Located in the heart of the national forest, the 'Pey de la Blet' is a 37-metre high viewing point. Its name comes from a shepherdess called "Blet" who used to watch her sheep grazing from this hill (called "pic" in French). From the top, the Pey de la Blet offers a unique view over the ocean, the marshes and the forest. You'll need your sports shoes to climb up the 184 steps!

J PLAYGROUNDS

