

Like a local

VISITING NOTRE DAME 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 going between île d'Yeu and Fromentine
- Try out some water sports (sand-yachting, longe côte (sea walking), catamaran ...)
- Stroll along the shore with your feet in the water, jump in the waves or just relax in the sun
- Treat yourself to a sweet snack on Avenue de la Mer and try out a hot lollipop
- Fish for shrimps and clams at low tide

At the table

- For your apéritif, try some 'préfou à l'ail' (local garlic bread), 'boucots', 'rillettes de la mer' or 'gralaie de mogettes' (mogette beans on buttered toast)
- For lunch, try cooking some of the fresh clams you caught that morning, with garlic and cream
- At any time, try a flan maraichin (local dessert)
- For a snack, try 'gâche' (local brioche) with salted caramel

In the forest

- Try out Nordic walking
- Run down the slopes
- Have a picnic in the forest
- 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 Maraichin, the local dialect!

Other ideas for walks and activities

- Mistinguette la chevrette – a fun discovery walk for little ones (0-6 year old)
- Monts Histoire – an audio-guided visit of the town with mp3 player and free goodie bag
- Les Sirènes de Notre Dame – (re)discover the town by following the clues – a great activity to do with family or friends.

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A DAY OUT IN NOTRE DAME DE MONTS



WALKING

© Michel Delhayé



PAYS DE
SAINT JEAN
DE MONTS
VENDÉE Océan

The sky's the limit

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1 TOURIST OFFICE

The Tourist office is at the main bus stop and was the train station from 1925 to 1950. The trains used to carry both passengers and merchandise from Bourgneuf-en-Retz to Les Sables d'Olonne, including building materials for the construction of the Atlantic Wall during World War II.

2 THE CHURCH

The first written records of the church date back to 1105 by the monks at Noirmoutier's Abbey. Given the name 'Beatam Maria de Montibus' in 1343, over time the church's name became used for the town. In 1741, a huge sandstorm struck and the church tower collapsed, devastating the building. The removal of all the sand from the church created the small hill where the Place de l'Europe is today. Following another storm in 1972, the weathercock at the top of the tower was in danger of falling down. Whilst it was being replaced, it was found that it had been pierced by two bullets. These were as a result of the German soldiers who, during World War II, for their target practice, used to shoot at the weathercock! Today you can see it displayed at the Jardin du Vent.

3 JARDIN DU VENT

This is one of the emblems of Notre Dame de Monts where you will find an extraordinary garden. There's an invitation to awaken your senses: you can feel, listen, see and even touch the wind. The garden is full of treasures with little sheds and cabins for you to enjoy. There is also a library which is open all year. Estimated length of visit: 1 hour - Entrance free of charge

For more information: +33 (0)2 28 11 26 43

4 BIOTOPIA

Have you ever wondered about what is hiding under your feet, behind your back, under the water or in the sky...? Come to Biotopia and explore the world of the seashore and the forest!

You can listen, look, feel and touch the biodiversity surrounding you. You can also have fun outdoors with the 'Nagomi trail'.

Estimated length of visit: 1hr30 - Entrance with an admission fee

For more information: +33 (0)2 28 11 20 93



5 BIOTOPIA'S ARBORETUM

Opposite Biotopia is a beautiful 600-metre pathway where you can learn how to recognise the various trees and plants of the forest. Maples, oaks, pines ... try out this educational, fun and unique arboretum! Estimated length of visit: 45 mins

6 LA CLAIRIÈRE

This is a lovely amphitheatre in the heart of the forest for atmospheric concerts, plays or recitals in the summer. It is also a great place for a picnic.

7 THE PONT D'YEU

At low tide, when there is a high tidal coefficient (at least 100) you can find a long strip of pebbles and rocks stretching out to sea for about 4 km. This is formed by two opposing currents coming together.

The Pont d'Yeu got his name from the legend about a deal made between the bishop, St Martin, who wanted to spread the word of the gospel, and the devil. In one night, before the cockerel crowed, the devil had to build a bridge joining île d'Yeu to the mainland. To gain more time, Satan got the cockerel drunk. But this trick in fact had the opposite effect, and instead the cockerel awoke in the middle of night. Caught out by his own trick, the devil didn't honour the deal and so the bridge was left unfinished.

Today, it is a great place for clam fishing where, if you look carefully, you can spot the wreck of the Martha, a Norwegian boat which sank in 1905.

8 KULMINO

Enjoy a breath-taking view from the viewing platform, 70 metres above the ground. Much more than just a spectacular view, it is also a way to see the differing landscape over the whole territory. This fully functioning water tower also offers an interactive exhibition on the theme of water. Estimated length of visit: between 30 mins and 1 hour - Entrance with an admission fee



For more information: +33 (0)2 51 58 86 09

J PLAYGROUNDS

Whether it's by the sea or in the forest, your kids will love them!

