

# PRACTICAL INFORMATION



## PLACES TO EAT/DRINK

- **Quai 42**, Oyster & Wine Bar, 42 blvd Leon Gambetta, Boulogne-sur-Mer [www.facebook.com/Quai42](http://www.facebook.com/Quai42)
- **Brasserie Les Sports**, 22 Rue Saint-Jean, Le Touquet Paris-Plage [www.brasserielessports.fr](http://www.brasserielessports.fr)
- **Hotel Westminster**, Avenue du Verger, Le Touquet Paris-Plage [www.hotelsbarriere.com/en/le-touquet/le-westminster.html](http://www.hotelsbarriere.com/en/le-touquet/le-westminster.html)
- **Hotel, Restaurant and Brasserie Les Tourelles**, 2-4 Rue Pierre Guerlain, Le Crotoy [www.lestourelles.com/views/EN/tourelles/hotel.php](http://www.lestourelles.com/views/EN/tourelles/hotel.php)
- **Bistrot les Pilotes**, 62, rue de la Ferté, Saint-Valery-Sur-Somme [www.lespilotes.fr/en/restaurant-saint-valery-sur-somme/](http://www.lespilotes.fr/en/restaurant-saint-valery-sur-somme/)

## Michelin starred Chef Alexandre Gauthier's restaurants:

- **La Grenouillère**, 19 Rue de la Grenouillère, La Madeleine-sous-Montreuil [www.lagrenouillere.fr/en/](http://www.lagrenouillere.fr/en/)
- **Froggy's Tavern**, 51 Bis Place du Général de Gaulle, Montreuil [www.froggystavern.fr/](http://www.froggystavern.fr/)
- **L'Anecdote**, 1 Rue des Juifs, Montreuil [www.anecdote-restaurant.com](http://www.anecdote-restaurant.com)



## PLACES TO VISIT

- **Montreuil-sur-Mer**: The 16th citadel on its ramparts, the Chateau de Montreuil and the Museum de France Roger Rodière
- **Ferme de Montéchor**: Strawberry farm at Montcavrel [www.facebook.com/fraisedemontechor/](http://www.facebook.com/fraisedemontechor/)
- **Baie de la Somme**: see the Tourism website for details [www.visit-somme.com](http://www.visit-somme.com)
- **Le Crotoy**: Steam Train trip around the Baie de Somme [www.chemindefer-baiedesomme.fr/en/welcome](http://www.chemindefer-baiedesomme.fr/en/welcome)



## MARKETS

- **Boulogne sur Mer**: Sunday am, Quai Gambetta and Place Vignon, Wednesday & Saturday am: Place Dalton. Daily fish market: Quai Gambetta
- **Montreuil sur Mer**: Saturday am in the Place du Général de Gaulle
- **Le Touquet**: Thursdays and Saturdays, Place du Marché Couvert, rue Jean Monnet



## PLACES TO SHOP

- **Quai 42**: Le Caviste du Port, 42 blvd Leon Gambetta, Boulogne-sur-Mer [www.facebook.com/Quai42/](http://www.facebook.com/Quai42/)
- **Philippe Olivier - Fromagerie**: 12 rue Adolphe Thiers, Boulogne-sur-Mer [philippeolivier.fr](http://philippeolivier.fr)
- **Au Gré des Blés Bakery**: 12 rue St Gengoult, Montreuil [www.facebook.com/augredesbles](http://www.facebook.com/augredesbles)
- **Fromagerie Caseus**: 14 place du général de Gaulle, Montreuil. [www.facebook.com/fromageriecouseusmontreuil](http://www.facebook.com/fromageriecouseusmontreuil)
- **Vinophile**: 2, rue du Grand Sermon, Montreuil [www.vinophilie.fr](http://www.vinophilie.fr)
- **La Cave de Montreuil**: 2 rue Pierre Ledent, Montreuil [lacavedemontreuil.com/gb](http://lacavedemontreuil.com/gb)
- **Chocolaterie Trogneux**: 38 Rue Saint-Jean, Le Touquet Paris-Plage [www.trogneux.fr/](http://www.trogneux.fr/)



## PLACES TO STAY

- **Pieux**, Boutique Hotel, 1 rue des Etuves, Montreuil-sur-Mer [www.pieux-chambresdecirconstances.fr](http://www.pieux-chambresdecirconstances.fr)
- **Montreuil-sur-Mer Gîtes**: Labedelo, 6 rue du Petit Coquempot and La Tour, 8 rue du Petit Coquempot [labedelo.com](http://labedelo.com)
- **Maison 76**, B&B, 76 rue Pierre Ledent, Monreuil-sur-Mer [maison76.com](http://maison76.com)
- **Hotel Westminster**: Avenue du Verger, Le Touquet [www.hotelsbarriere.com/en/le-touquet/le-westminster](http://www.hotelsbarriere.com/en/le-touquet/le-westminster)
- **Château de Romeral**, 15 quai du Romerel, Saint Valery sur Somme. [chateauduromerel.com](http://chateauduromerel.com)
- **Hotel Restaurant Les Pilotes**, 62, rue de la Ferté, Saint-Valery-Sur-Somme [www.lespilotes.fr/en/saint-valery-sur-somme-hotel](http://www.lespilotes.fr/en/saint-valery-sur-somme-hotel)



## TOURISM OFFICES

- **Calais / Côte d'Opale**: [www.calais-cotedopale.co.uk](http://www.calais-cotedopale.co.uk)
- **Boulogne sur Mer**: [www.boulonnaisautop.com/en](http://www.boulonnaisautop.com/en)
- **Montreuil-sur-Mer**: [destinationmontreuilloisencotedopale.com](http://destinationmontreuilloisencotedopale.com)
- **Le Touquet Paris-Plage**: [en.letouquet.com](http://en.letouquet.com)
- **Somme Bay**: [www.visit-somme.com](http://www.visit-somme.com)



# Gastro Guide

by *Trish Deseine*

# SUGGESTED ITINERARY

## Day 1:

### Calais / Montreuil-sur-Mer (via Boulogne-sur-Mer)

Calais Port → Wissant  
36 mins/32km

Wissant → Boulogne-sur-Mer  
24 mins/24km

Boulogne-sur-Mer → Montreuil-sur-Mer  
35 mins/40km

## Day 2:

### Exploring Montreuil-sur-Mer

## Day 3:

### Montreuil-sur-Mer / Le Touquet

Montreuil-sur-Mer → Ferme de Montéchor, Montcavrel 6 mins/5km

Montcavrel → Le Touquet  
24 mins/17km

## Day 4:

### Le Touquet / Saint Valery sur Somme (via Le Crotoy)

Le Touquet → Le Crotoy  
45 mins/41kms

Le Crotoy → Saint-Valery-sur-Somme  
19 mins/17km

## Day 5:

### Calais Port

Saint-Valery-sur-Somme → Calais port  
1 hour 20 mins/119km



IRISH FERRIES

Sea travel differently



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by *Trish Deseine*



*Côte d'Opale*

When it comes to unspoiled beaches, natural parks and fresh, clean air, **La Côte d'Opale** - running from the Belgian border to **Berck** and the **Bay of Somme** - easily outclasses the overheated, overcrowded and overpriced Cote d'Azur. The region inland from this stretch of coast can also be spectacular in places, but most of all, the oceanic climate and ever-changing landscapes - from sea cliffs to rolling hills, green pastures, dunes and salt marshes - offer up a fabulous terroir, the bedrock of the region's rich gastronomy. Here are my suggestions for a freewheeling, chic and utterly delicious few days.

## Day 1:

Heading south from Calais, you could take the coastal route and stop for a walk beneath the cliffs on romantic **Wissant** beach. If you fancy a picnic

afterwards, pop into the busy fishing port of **Boulogne sur Mer** to choose some interesting natural or organic wine at oysters and wine bar/shop **Quai 42**, expertly advised by owner and buyer Philippe Molitor.



*Wissant Beach*

(He speaks English, and it is handily just across the quay from the Sunday fish market).



*Fish Market*



*Montreuil sur Mer*

You could also click and collect one of cheesemonger **Philippe Olivier's** amazing cheese boards. Choose online from a large selection specially paired with champagne, beer or the wines they also stock, and pick up some saucisson and some sweet, tangy fruit confits to complete the experience. You can also browse, linger and taste in store and with poetic names like Sablé de Wissant, Fleur de Fruges and Écume de Wimereux, you'll be spoilt for choice amongst the local cheeses.

Then make a beeline to the star of your food-loving trip, **Montreuil-sur-Mer** south of **Boulogne-sur-Mer** and prepare your appetite and palate for French foodlovers' paradise.

## Day 2:

It's been a few centuries since beautiful, fortified, medieval town of **Montreuil** has been "sur mer" as the estuary silted up long ago. But it still sits snug behind its ramparts. Some say that from above, encircled in its stone walls, Montreuil looks like a cooking pot, and its cobbled streets were the inspiration for Victor Hugo's "Les Misérables".

But there is certainly nothing miserable about this town or its 2,800 inhabitants. Montreuil is a gastronomic gem, buzzing with great wine and food shops (**Au Gré des Blés** for bread, **Fromagerie Caseus** for cheese, **Vinophilie** and la **Cave de Montreuil** for wine, lively café terrasses and a terrific Saturday morning market. It's also home to Alexandre Gauthier, one of France's most innovative young chefs, and his string of restaurants. After taking over his father's Michelin starred **La Grenouillère**, four kilometres from Montreuil's centre, Gauthier went on to gain two Michelin stars there and open three further addresses. **Froggy's Tavern**, a fun, modern rustic grill-house, **L'Anecdote**, an elegant high ceilinged, brasserie, beautifully designed by architect Patrick Bouchain and **Pieux**, his beautiful townhouse, offering super-chic B&B.

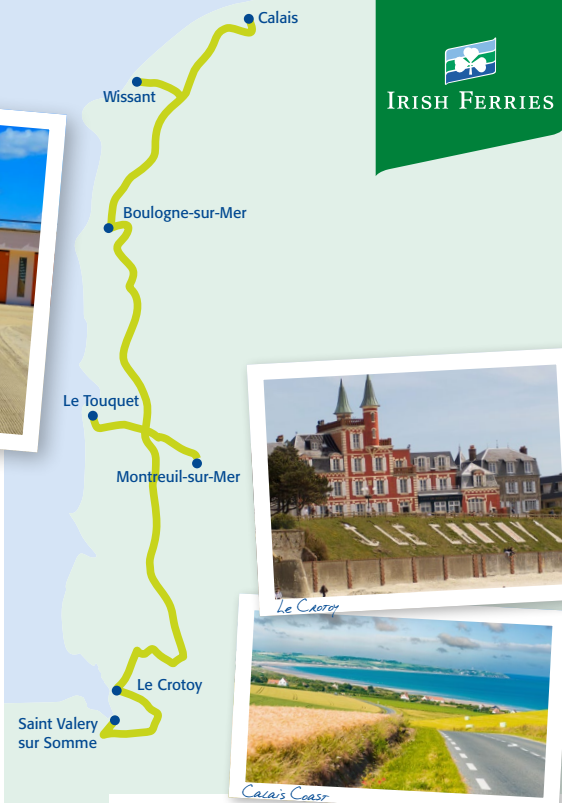
## Day 4:

50 minutes along the coast lies the stunning **Baie de La Somme Nature Reserve** and beach at **Le Crotoy**, where you can walk or cycle for miles amongst dunes and marshes, spotting birds and working up an appetite. Sate that appetite in **Les Tourelles**, where the brasserie terrace also offers a panoramic view of the bay.

## Day 3:

Just twenty-five minutes west of Montreuil, the rather grand seaside holiday town of le Touquet "Paris Plage", (second) home to Emmanuel and Brigitte Macron, is definitely worth a trip. Brigitte Macron née Trogneux's nephew now owns the **Chocolaterie Trogneux** in Le Touquet, a branch of the family business established in Amiens in the late 1800s. Fish and seafood restaurants abound with **La Brasserie Les Sports** said to be the Macrons' favourite. Take a people-watching stroll along the seafront boardwalk before dinner, and for a little luxury afterwards, have a cocktail on the terrasse of 5 star **Westminster Hotel**, known affectionately as "Le West".

There's nothing like having your own space and freedom to taste and cook all your foodie finds, and Geneviève Nicholl's charming gites **Labedelo** and **La Tour** are perfect to unpack fresh strawberries and raspberries you can pick yourself (from April to October) at nearby **Ferme de Montéchor**. But if you prefer to have your bed and breakfast made for you, Tim Matthew's increasingly famous and most gorgeous B&B, **Maison 76**, will oblige.



## Day 5:

Don't go home without tasting salt marsh lamb, "Ratte" potatoes, fish soup, samphire and the deliciously eggy, buttery, brioche-like "Gâteau Battu". Round off your gastronomic tour with a last meal in **Bistro Pilotes** on the docks in **Saint-Valery**, where the Chef proudly declares that the menu depends on the daily catch!



*St Valery*