

# Ouistreham / Caen

## La Vélo Francette: Normandy / Atlantic by bike

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**Départ**  
Ouistreham

**Arrivée**  
Caen

**Durée**  
1 h 02 min

**Distance**  
15,70 Km

**Niveau**  
I begin / Family

**Thématique**  
Seaside

Start at Ouistreham, the Normandy ferry port north of Caen, its strand renowned as Sword Beach, its codename during the Allied liberation of France that began on D-Day, 6 June 1944. Take the towpath-turned-greenway beside the Canal de l'Orne; pay homage to the British airborne troops who took the vital crossing nicknamed Pegasus Bridge the night before D-Day. A cycle track leads on to the marina in central Caen. This city boasts splendid buildings dating back to William the Conqueror's reign, while the Mémorial de Caen is a major war museum.

### The route

This stage is easy. Start out either from the ferry terminal itself, or from the wide esplanade in front of Ouistreham's beach. Follow a cycle track to join the greenway that goes alongside the Canal de l'Orne and then continue as far as Caen's marina.

### Tourist Offices

- [Ouistreham Tourist Office](#)
- [Caen Tourist Office](#)

### SNCF Train Services

#### Caen train station

Trains on the major Intercités route linking Paris Saint-Lazare - Cherbourg

Trains on the major Intercités route linking Caen - Le Mans -Tours

Regional TER trains that allow you to carry your bike on board, serving Rennes, Rouen, Saint-Lô, Coutances, Lisieux, Alençon

[www.ter.sncf.com/basse-normandie](http://www.ter.sncf.com/basse-normandie)

### Markets

**Ouistreham:** Tuesday and Saturday mornings, Place de la Grange aux Dîmes

Fish market: mornings, practically daily throughout the year, at the port

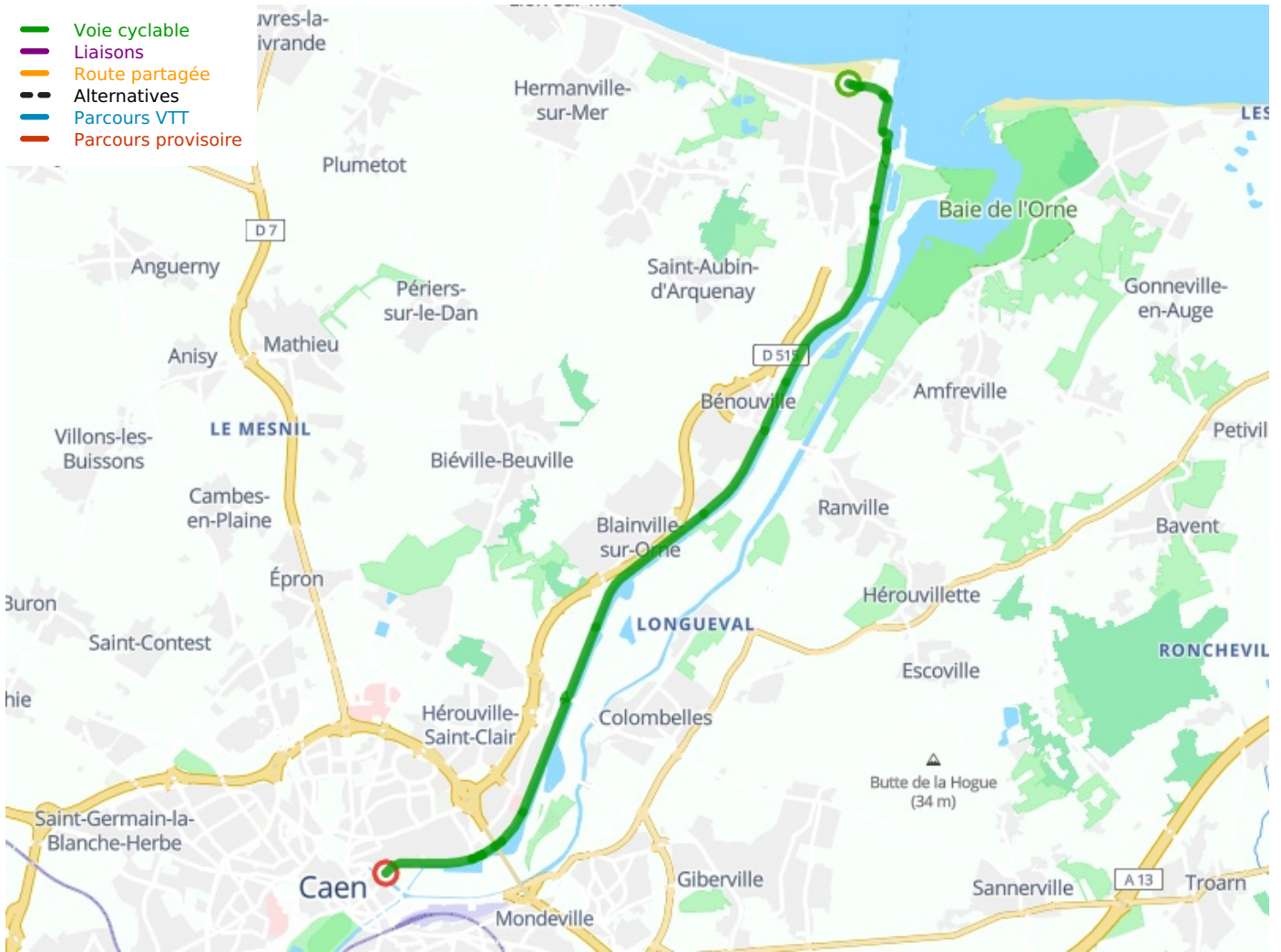
**Caen:** Sunday mornings, Place Courtonne;  
Friday mornings, Place Saint-Sauveur

### Don't miss

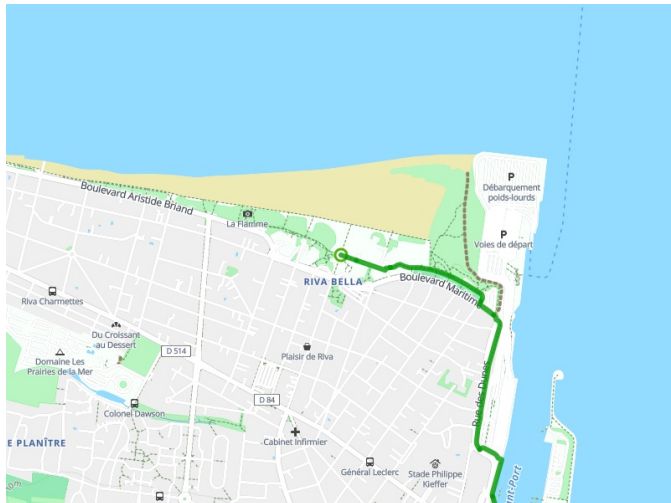
**Ouistreham:** the promenade along Riva-Bella Beach; the fish market.

**Caen:** the medieval charm of the Le Vaugeux Quarter with its timber-frame houses; the views across town from the castle with its fine regional museums; the Mémorial de Caen, a museum dedicated to both war and peace.

- Voie cyclable
- Liaisons
- Route partagée
- - - Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
Quistreham



**Arrivée**  
Caen

