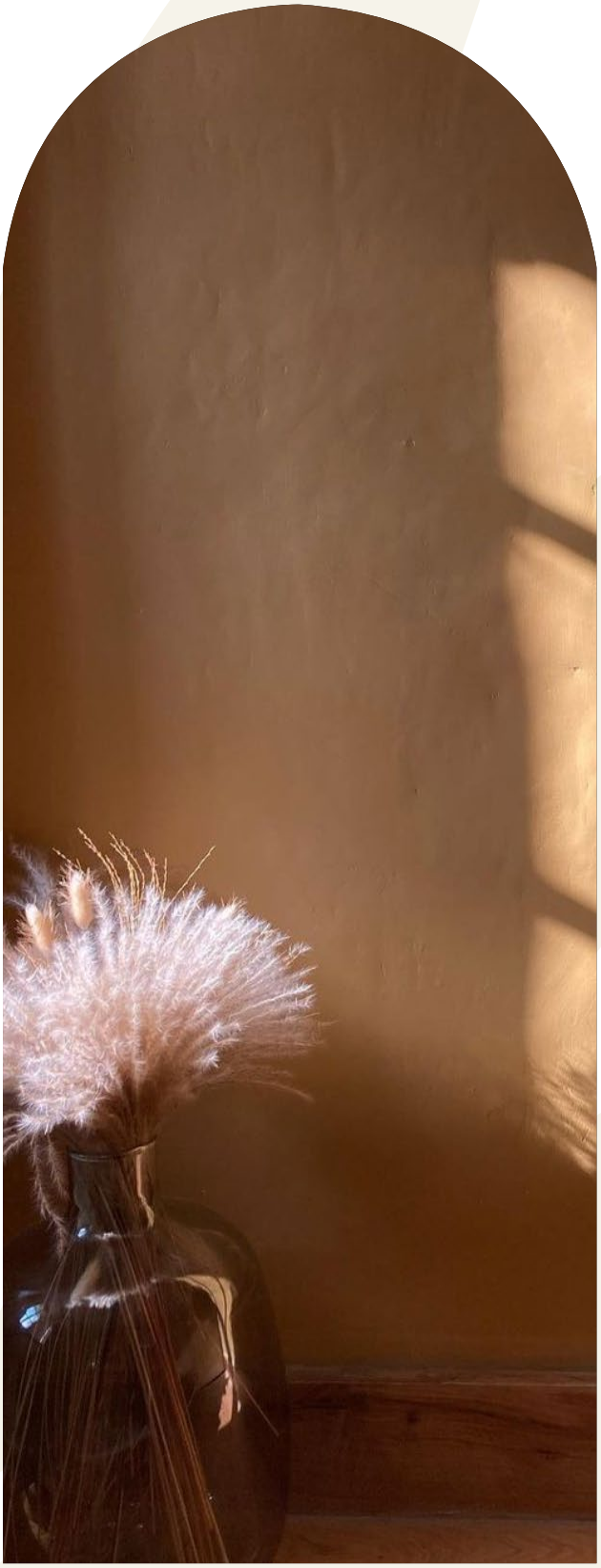


WELCOME BOOK



WELCOME

We are very happy to welcome you to the estate for your Norman stay.

We are Lise and Gilles, the happy parents of two little girls, Noé and Lou and owners of the place.

We thought of this place as a large country house where everyone would feel at home. A place that brings calm and serenity.

This is why we have put together a multitude of little things for you to allow you to fully enjoy your stay.

You will find in this guide all the useful information during your stay: meals, shops, well-being... but also links to regional tourist information.

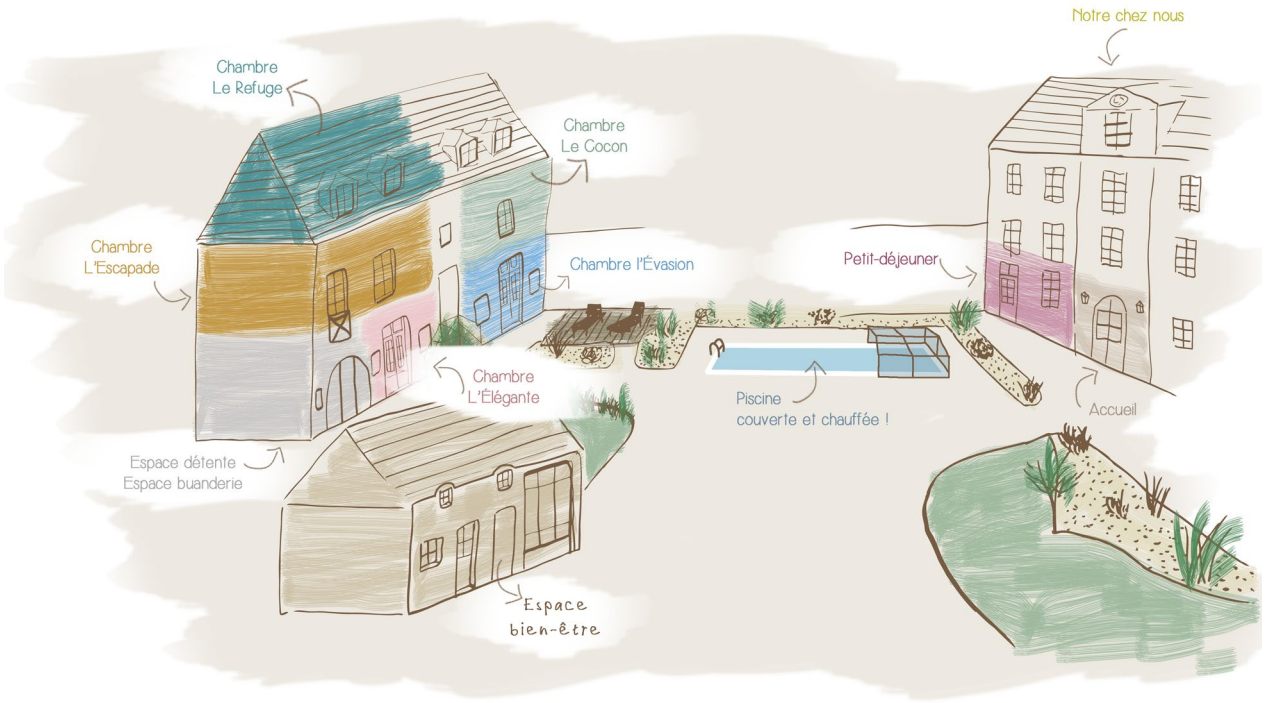
And if you have any questions to ask us, we will be happy to answer you at breakfast or throughout the day by ringing directly at the door of the main house.

We wish you a very pleasant stay at the Domaine and in Normandy.

Lise and Gilles

USEFUL INFORMATION

Plan du Domaine de l'Hostellerie



The estate includes 5 guest rooms.

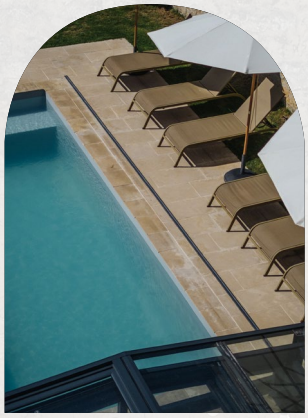
A common space is accessible to everyone at any time of the day.

There you will find something to eat (meals/drinks), something to entertain you (board games/books) but also a laundry area equipped with a washing machine and a dryer (detergent and stain remover available) .



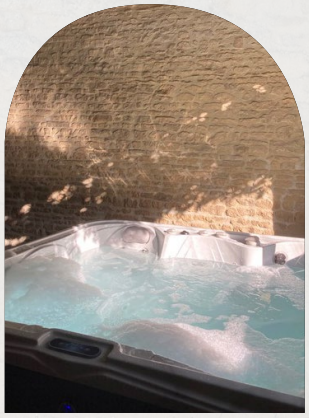
Breakfast

The breakfast area is located on the ground floor of our house. This space is accessible during breakfast hours, namely from 8:30 a.m. to 10 a.m.



Swimming pool

The swimming pool is open 9 a.m. to 9 p.m. Please read the regulations in this guide before using it.



Jacuzzi

The wellness area is open from 7:30 a.m. to 11 p.m. Access by reservation (1 hour slot). Please read the regulations in this guide before using it.

Arrival and departure times

Arrival between 5pm et 7pm
Departure no later than 11am.

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Times Breakfast

The breakfast room opens at 8:30 a.m. and closes at 10 a.m.



Code Wifi

Box room : **Netis** Password : **password**

Box wellness : **JOOWIN-A70955** Free access

Emergency numbers

SAMU	15
Pompiers	18
Police Secours	17
SOS Médecin	3624 Code département 14
Urgence - Hopital	CHU, Avenue de la Côte de Nacre 14000 CAEN

How to contact us

We are available for any questions.

You can reach us by phone on

02 31 95 54 91 or 06 87 11 23 52

or directly on site.

We remind you that apart from breakfast times, our home is a private space. We thank you for ringing the bell at the front door to be able to reach us.

OUR ++ SERVICES...

to eat



Appetizer.....14€/person

This meal consists of a wide choice of cold meats and Normand cheeses. A french “baguette tradition” is included.



French speciality with melted cheese and delicatessen.....24€/person

You can taste 3 Normands cheeses namely: camembert, pont l’evêque, livarot. These 3 cheeses will be accompanied by different types of ham, “rosette” as well as potato and salad.
This raclette ends on a sweet note with a fruit salad.



Seafood platter

The traditional : ½ crab, 2 beautiful langoustines, 4 oysters, 8 prawns, 80 g of gray shrimps, 250 g of whelks, 80 g of periwinkles **38€/person**

The royal : ½ French lobster, 2 beautiful langoustines, 4 oysters, 6 prawns, 80 gr of gray shrimps, 250 gr of whelks, 80 gr of periwinkles : **52€/person**

Subject to availability at our fishmonger.



Catering meal (self-service in the common area) :

Main course.....10€/person
Dessert.....2,50€ / person

Vegetarian option possible.

OUR ++ SERVICES...

to eat



Salads
(from April 1 to September 30):

– Salad n°1: Cherry tomatoes, Raw ham, melon, Cheese, garlic and fine herbs, Dried tomatoes, Salad

– Salad n°2: Tomatoes, Cucumbers, Feta, Croutons

– Salad n°3: Potatoes, Tuna, Hard-boiled egg, Green beans, cherry tomatoes, Red onions

Price 14€



Snack

And if you let yourself be tempted by a sweet treat at snack time… or throughout the day… you can taste our ice creams made by a Norman ice cream parlor or our madeleines and financiers from the famous Jeannette house, made in Normandy of course!

Ice cream: 5€
Madeleines and Financiers: 1€ each

The drinks

menu

Still water 1l ..... 2€
Sparkling water 75cl ..... 2€
Apple juice, Vergers de Ducy 25cl ..... 4€
Sparkling apple juice 33cl ..... 5€
Cider, Vergers De Ducy 25cl ..... 4€
Cider (Demi-sec, Fraucheur, Brut, Rosé) 75cl ..... 8€
Beer Wendy Belle, La Fort Mignonne Brasserie. 33cl ..... 6€
Beer 380ème anniversaire du D.Day, La Fort Mignonne Brasserie 33cl ..... 6€
Beer Pretty Dolly, La Fort Mignonne Brasserie 33cl ..... 6€
Meuh Cola 33cl ..... 5€

NATURAL RED WINES (75CL) :

Trinch, Domaine Breton ..... 32€
53, La Grange aux Belles ..... 32€
Terroirs, Domaine Lucas Salmon ..... 22€

NATURAL WHITE WINES (75CL) :

Le Petit Indigène, Axel Chambert ..... 32€
Stella Maris, Noëlla Morantin ..... 22€

Champagne Pertois-Moriset ..... 50€

Meals (except self-service jars and desserts) are available from 7pm in the common area on the ground floor of your building.
You can enjoy them at a time that suits you best.
A wide choice of drinks is also available. Prices are indicated on site.

You can enjoy your meals in the common area
or outside on the chairs and deckchairs provided for this purpose.

OUR ++ SERVICES...

to relax



Yoga Class : 85€ for 1 person
(+20€ per additional person)
Yin Yoga and Hatha Yoga Sivananda:
Yin yoga relies on long stretching, combining slow and deep breathing. Characterized by postures held for several minutes, Yin Yoga allows you to work your whole body and mind.
Sivananda yoga focuses on breathing and relaxation, positive thinking and meditation.

Duration: 1 hour

Parent/child duo yoga classes (from 3 years old):
85€ (+20€ per additional person)

Ayurvedic Massage: from 105€/person

Abhyanga massage is an integral part of Ayurvedic medicine.
«Abhyanga» means oil massage of the whole body.
Relaxing and finalizing, it is a sometimes rhythmic and invigorating massage. It is very effective in reducing nervous tension, improving digestion and boosting blood circulation.

1h: 105€
1h30: 135€

Yoga + Ayurvedic massage package: 180€/person
Duration: 2h15

Introduction to meditation: €85 per person
(+20€ per additional person)

The french tax (TVA) is 10% (included).

Regarding yoga and massage services, these are provided by Valérie, a graduate teacher of Yoga and Ayurvedic massage. You can consult his website anathayurveda.com.
Please make your reservation at least 24 hours in advance, **subject to availability of the service provider.**
The yoga session takes place on the 2nd floor of our house.
Regarding massage sessions, they are practiced at your convenience in your room or in the yoga room.
Valérie being alone, she cannot practice massages in duet.
It is possible to perform consecutive massages up to a maximum of 3.

THE ESTATE SHOP

To have fun





Les savons d'Orely

In the common area, you will find the soaps and shampoos that we offer as welcome products.

These are organic solid soaps and shampoos produced in Normandy.

Rates are available in the common area.

Embrin

The sheets you sleep in every night are linen sheets grown and made in Normandy.

This is the Embrin brand.
You can find their products on their web-site: www.embrin.fr

Embrin's motto:
"to try it is to adopt it", which is why a 10% reduction is dedicated to you with the code:
domainedelhostellerie



THE SWIMMING POOL

The swimming pool is accessible from **9 a.m. to 9 p.m.**

For the protection of children a shelter is placed on the basin.

You have two options for accessing the pool, open the enclosure completely or leave it closed and access the pool via a side opening.
This allows use of the pool during bad weather.

Concerning the use of the swimming pool with shelter, you have a side opening accessible with the red key present on your keychain

Regarding the use of the swimming pool without an enclosure, you must remove the code padlock (code 0000) and **carefully and gently** open the enclosure until you are comfortable.

We draw your attention to the use of the shelter which must be cautious.
The opening must be smooth and without blows.

I also particularly draw your attention to the presence of children in the area and to the need to **comply with the safety** rules regarding the installation of the shelter after each departure from the swimming pool.

The pool should never be left unattended and unprotected.



JACUZZI AND SAUNA

The wellness area is open from 7:30 a.m. to 11 p.m.

This space is open to anyone staying at the estate.

The presence of an adult is mandatory.
Anyone under 18 must be accompanied by an adult.

I draw your attention to the fact that the jacuzzi does not have a safety device.
In addition, the staircase in the wellness area does not have a safety barrier.

The parent or referring adult is therefore responsible for the minor(s) present in this space.

In order to guarantee optimal use of this space we require you to respect the following hygiene rules:

- Take off your shoes when entering the wellness area and use the slippers provided for this purpose
- Take a shower before each use of the jacuzzi

INFO TOURISTIQUE

Liens utiles

Guides et brochures touristiques

Normandie Tourisme

Calvados Tourisme

Manche Tourisme

Orne Tourisme

Seine Maritime Tourisme

Eure Tourisme

Programme 80éme anniversaire du D-Day

Château de Fontaine Henry

Office de tourisme de Bayeux

Tapisserie de Bayeux

Office de tourisme de Caen

Ornavik, village viking

Festyland, parc d'attraction

Zoo de Jurques

Zoo de Cerza

La tartine, agenda des sorties 0-12 ans



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