

What's Included?



We will travel in as few cars as we can; probably three people to a car, sharing fuel costs. Ferry from Portsmouth to Le Havre by LD Lines is included in the cost.

Catering

This is a self-catering break. Crossing the river Seine by the amazing Pont de Normandie, we will make a bee-line to the Friday market in Deauville to stock up on everything we need for the weekend, so bring your euros!



Pont de Normandie

Accommodation

We will be staying in the farmhouse at Coeur de Combray. Restored in 1994, the Farmhouse sleeps up to 8 people in four



The Farmhouse, Coeur de Combray

bedrooms. This property has a private decked garden with garden furniture and a barbecue.

The ground floor comprises a kitchen with a dining area and a separate living room with a wood-burning stove. The spacious kitchen is equipped with a range gas cooker, a fridge-freezer, a microwave and a cafetière.

The first floor has two double bedrooms, two twins and two bathrooms. One bathroom has a shower and a WC; the second bathroom has a bath, a shower and a WC.

Cost

£150 pp, including accommodation and cross-channel ferry.

There are very few places left: grab yours now on
www.Normandy.WfHBooking.co.uk

or send a cheque for £150 pp made out to The Learning Centre
157 Leigh Road, Eastleigh, SO50 9DW

For more information, contact info@WalkingForHappiness.co.uk
or call 023 8062 0151.



www.WalkingForHappiness.co.uk



Spring in Normandy

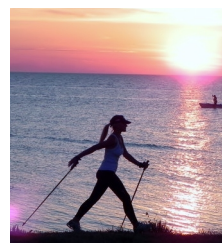


Wish the Royal couple well, but don't need to be caught up in the fuss? Need a quiet and relaxing four-day weekend? April 29 is the Royal Wedding national holiday and 2nd May is the May Day bank holiday.

Join Walking for Happiness on our gentle four-day spring break, just across the channel in beautiful Normandy.

28 April – 2 May 2011

- Peace and quiet,
- La Marche Nordique dans les pays Normande!
- Health, happiness, and well-being, through **Nordic Walking** the **Walking for Happiness** way.
- Good company and good food
- ... and that news that is always good: No News!



Itinerary



Well, there is no itinerary as such; relaxation is the order of the day!

We do have to eat, however, so as soon as we leave the ferry, we'll take advantage of it being market day in the elegant seaside town of Deauville.

Normandy is famous for cider (le Cidre bouché), apple brandy (Calvados), and my favourite, pommeau (a sort of "apple sherry"). And then there's Tarte



Tatin, Tergoule, Fruits de Mers ... and every sort of cheese, from the mildest, to those guaranteed to clear a room in 30 seconds!

Once we have stocked up, we'll head to the sleepy village of Ernes, where, tucked behind the church, lies the domaine of Coeur de Combray, a former château and fromagerie built in the 18th century. Combray offers five beautiful, traditional French holiday homes.

Situated in the peaceful countryside of Basse Normandy and surrounded by fields, the River Laizon winds through the property's delightful gardens and grounds, which boast a well-stocked lake and a swimming pool.



Deauville market



Tarte Tatin (apple flan)



The lake at Combray



Combray offers a wide variety of walks, from the flat open farmland up on the high plains, to the tumbling river at La brèche au diable. James has been walking in this area for over 16 years, and knows it well.

You aren't obliged to come Nordic Walking, but we will have our full teaching set of Nordic Walking poles with us, and will be happy to give free lessons to anyone who hasn't done it before.

Our normal "expeditions" tend to stretch people a little, to develop health and fitness. If that's what you want, there are plenty of strenuous walking possibilities in the region.

However, if you just need to relax, and get a little gentle exercise, that's available, too.

For those that enjoy sight-seeing, there's the Château de Vendevre, with its tulip festival, the local 13th century market hall in St Pierre sur Dives, the stunning gardens in Cambremer, and the impossibly pretty town of Beuvron-en-Auge.



La brèche au diable



Château de Vendevre

