

### **Abbaye de Hambeye**

A relaxing days ride taking in two attractions. Heading south to Sartilly, you can pick up the picnic at Sartilly before heading for the ruined Abbaye de Hambeye. Further north is a cider farm and they are expecting us for a guided tour and tasting. After that back to the site for a swim in the pool

**Distance**      33km / 21 miles

#### **Places of Interest**

##### **1) Abbaye de Hambeye**

<http://patrimoine.manche.fr/reseau-sites-musees-manche.asp>

<http://patrimoine.manche.fr/abbaye-hambye-N.asp>

<http://tripideas.org/abbaye-de-hambye-france/>

Situated in the Normandy region of France, the Abbaye de Hambye is a Benedictine monastery founded in the mid-12th century, whose ancient buildings and picturesque ruins are open to visitors. The monastery's golden age lasted from its inception into the 14th century when its decline began until it fell into disuse in the 18th century. It has changed hands numerous times since then. Most of the original furnishings were sold at auction. The buildings themselves have even served as source of construction materials for their stones in the 19th century, but since 1900, the Abbaye de Hambye has been the beneficiary of active restoration efforts on the part of private donors and of the French government.

Today, a number of buildings remain from the original complex. The sanctuary itself has lost its roof, but most of the structure remains and displays its magnificent mixture of Romanesque and Gothic architecture. On the first floor of the novices' building, a permanent exhibit, "From Prayer to Fields, the Economic Life of a Medieval Abbey" illustrates the daily existence of the Benedictine monks.

Additional buildings have survived, such as the Scriptorium (where manuscripts were copied), the Chapter House (where the brethren gathered daily), the Sacristy, as well as some remarkable frescoes. Altogether, the historical complex at the Abbaye de Hambye is the largest and most complete monastic monument in France, second only to the famous Mont Saint Michel, which is still an active religious community.

##### **2) Ferme de l'Hermitiere**

<http://www.ferme-hermitiere.com/index.htm><http://www.normandie-tourisme.fr/Hermitiere-Cider-Farm---Ferme-Cidricole-de-l-Hermitiere/PCU/SAINT-JEAN-DES-CHAMPS/fiche-PCUNOR050FS000TU-2.html>

Meet the people who make the wealth of our Norman´s sail. Jean-Luc Coulombier, producer and owner of the farm invites you to share his passion of the cider. In a verdant setting, surrounded of apple trees, “la Ferme de l´Hermitière” is an invitation to discover the cider and calvados making. A video film and a guided tour will permit you to understand what is necessary to produce a high quality cider. In front of a century old still, you will understand the distillation of cider into calvados and it improvement in our barrels

This visit has been arranged .and they are expecting us

### **Places to eat**

**1) 9.8km Sartilly** Several Places

**2) 20km St-Jean-des-Camps.** Several places

**Route Description**

<b>Abbaye d'Hambye –SHORT RIDE- Monday 4th. June 2012</b>			
	<b>Miles</b>		
<b>Inst</b>	<b>Total</b>	<b>Stage</b>	<b>Notes</b>
0	0.0	0.0	0.00km Out of the campsite by the back entrance
1	0.2	0.2	250metres Having born left out of the campsite. At the road by the cross TL at TJ, no SP towards Angomesnil
2	0.7	0.4	1.1km. Having just passed through the small hamlet of Angomesnil and taken a left hand bend. TR on the edge of the hamlet, no SP, along Route de Guigeois. Follow this keeping right (eff SO) when a road comes in from the left
3	1.4	0.8	2.3km At the D109, TL at TJ, then very shortly afterwards TR to pass large quarry RHS (you should be heading south now) Later, bear 90 degress right, then 90 degrees left
4	2.9	1.5	4.7km TL at XR, towards Sartilly along D261 (there are actually 6 roads from this junction, the other 2 are tracks) - the other direction is towards St Michel-des-Loups
5	4.1	1.2	6.6km TR at TJ, SP Angey 2, Sartilly 3.5 along D143, then very shortly afterwards TL, SP Sartilly along D261
6	6.1	2.0	9.8km In Sartilly, SO at staggered XR (staggered to left) SP Centre Ville, along Route de Bocage
7	6.2	0.1	10.1km In the centre, TL at TJ, opposite Charcutier, then at the main D973 (take care) SO at XR, SP La Rochelle, La Haye-Pesnel (maybe stock up with croissants for the abbey here?)
8	6.5	0.3	10.5km TL, SP St Jean des Champs 9, along D335, opposite cemetary
9	8.4	1.9	13.6km SO at XR, SP St Jean des Champs 6, along D105
10	9.3	0.8	14.9km Abbey de Lucerne RHS
11	9.7	0.5	15.7km Bear right at the fork, SP St Jean de Champs 4.5 along D105
12	10.5	0.8	16.9km SO at XR, SP St Jean des Champs 3, along D105
13	12.4	1.9	20km In St-Jean-des-Champs, TL at TJ, opposite church, SP Ferme Cidricole de l'Hermitiere, then shortly afterwards TR, SP Ferme Cidricole de l'Hermitiere, along Rue de Val D-illiez. (There is a cafe in this village)
14	12.9	0.4	207km TL, SP Ferme Cidricole de l'Hermitiere
15	13.1	0.2	21km Cider farm. When finished return to St-Jean-des-Champs
16	13.6	0.6	21.9km In St-Jean-des-Champs TR at TJ, SP St Planchers 5 , opposite Boulangerie, along D151
17	14.1	0.5	22.7km TL, SP St Planchers 4.5, along D151, keeping railway RHS
18	15.2	1.1	24.4km TL at TJ, SP St Planchers, along D143, then shortly afterwards TR (Eff SO) SP St Planchers 2.5, along D151
19	16.8	1.6	27km In St-Planchers TL at TJ, SP St Pair sur Mer, along D154, then bear left by the church, heading south towards St-Aubin-des-Preaux, along D154
20	18.5	1.8	29.9km In St-Aubin-des-Preaux carry straight through the village, keeping the church to the left
21	19.4	0.9	31.3km SO at XR (CARE) crossing D9, SP Kairon-Plage 3.5, along D154
22	20.3	0.9	32.7km having passed through Angomesnil, TR and back to the campsite
23	20.5	0.2	33km FINISH