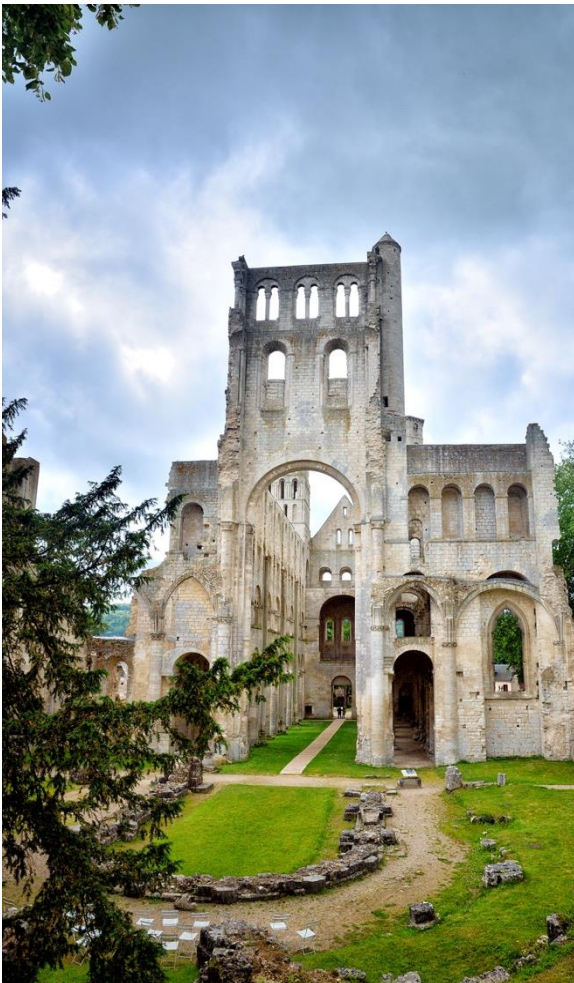




Tour Information



William the Conqueror and Medieval Normandy





Passports

You may need to renew your British Passport if you are travelling to an EU country. ***Please ensure your passport was issued less than 10 years before you enter the destination country (check the 'date of issue') and valid for at least 3 months after the day you plan to leave (check the 'expiry date').*** EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel.

For more information, please visit: [passport checker](#)

Visas

You do not need a visa for short trips to France. For all other passport holders please check the visa requirements with the appropriate embassy.

French consulate: PO Box 57, 6A Cromwell Place, London SW7 2EW;

Tel (020) 7838 2000/1. Information Service: Tel (0891) 887 733, Fax: (020) 7838 2046.

Opening hours: 0900-1130 (and 1600-1630 for visa collection only) Mon-Fri (except British and French national holidays).



Ferry

Travel will be via an overnight ferry from Portsmouth to Saint Malo, you will have a reserved cabin onboard.

On arrival at the port in Portsmouth, please park your car and proceed to the Brittany Ferries passenger departure terminal where the tour manager will meet you with your reservation number and cabin number.

Parking at Portsmouth is plentiful, secure and costs £13 per day

<https://www.apcoa.co.uk/parking-in/portsmouth/portsmouth-international-port/>

If you are travelling by train, the nearest railway station is Portsmouth Harbour, a taxi journey to the ferry terminal is approx. 5 minutes away.

Accommodation onboard is en-suite and air-conditioned with bed linen, towels and toiletries provided. There are a range of dining options and bars onboard – meals not included.

For further information, please visit:

<https://www.brittany-ferries.co.uk/ferry-routes/ferries-france/portsmouth-st-malo/onboard#tab-5>



Baggage

You will be responsible for carrying your own luggage on and off the ferry and to your cabin. Travel Editions recommends a luggage delivery service called **thebaggageman**, where your suitcase can be picked up from your home before departure and delivered straight to your hotel; therefore, removing the worry about carrying your cases onto and off the ferry.

For further information:

<http://www.thebaggageman.com>

Transfers

On arrival in Saint Malo in the morning, we will transfer to the centre for free time for breakfast at leisure and own expense before visiting Mont St Michel. We will transfer to the hotel in Bayeux at the end of the day's visits.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.

Border Control

You may have to show your return ticket and money. At border control, you may need to show a return or onward ticket, show you have enough money for your stay, use separate lanes from EU, EEA and Swiss citizens when queuing.



Accommodation

Hotel Le Lion d'Or, Bayeux

The three-star Le Lion d'Or Hotel is located in the heart of the lovely and historic town of Bayeux. With just 31 rooms, it is small and friendly with a bar, restaurant and cosy, well-appointed rooms with all modern facilities. Bedrooms have a private bathroom with bath/shower, TV, free wi-fi and hairdryer. Please note the hotel is laid out over three floors and does not have a lift. There are rooms located on the first floor which can be reached by approximately 20 steps.

For more information visit the hotel's website:

<http://www.liondor-bayeux.fr/en/>



Food

General de Gaulle once asked, with a certain amount of pride, how it was possible to rule a country which produced 365 different kinds of cheese; with one of France's most impressive cheese-boards, Normandy makes an important contribution to this selection, with the excellent *Neufchâtel*, *Pont-L'Evêque*, *Livarot*, and, of course, *Camembert*.

In addition to being famous for its dairy products, Normandy is also renowned for its apple orchards and seafood. Shellfish, oysters, scallops, mussels, Coquilles St Jacques and cool water fish will feature on most menus, often combined with another regional speciality, such as a *sauce à la crème* or *au Camembert*.

The main dish will generally be meat-based and rich – *Canard à la Rouennaise* (duck), veal or pork in a cream or cider sauce, *Agneau pré sale* (roasted lamb raised on salty marshlands), or another Normandy speciality, *tripe* (*Tripes à la mode de Caen* or tripe stew).

Many of Normandy's sweet dishes are based on apples – the most widely spread being *Tarte aux pommes* (apple tart). Other specialities include *Teurgoule* (milky rice pudding with cinnamon), *pavé normand* (butter biscuits), and *Crêpes à la Bénédicte*.

Calvados with apple ice cream (*trou normand*) is a traditionally taken to clear the palate between courses.

Coffee is served after the meal and will be black, in small cups, unless a *café au lait* (or *crème*) is requested.

Almost all restaurants offer two types of meals: *a la carte* (extensive choice for each course, generally more expensive) and *le menu* (a set meal at a fixed price). The bill (*l'addition*) will not be presented until it is asked for, even if clients sit and talk for half an hour after finishing their meal. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.

Generally speaking, mealtimes in France are strictly observed. Lunch is as a rule served from noon to 1330, dinner usually from 2000-2130, but the larger the city, the later the dining hour.



Drink

The abundance of apples also influences the region's beverage production, which includes cider (*brut* or *doux*), *pommeau* (sweet, light and refreshing as an *apéritif*), *Calvados* (brandy distilled from apple cider), and of course, apple juice.

Beer is also popular in the region; local favourites are *Lugus Ale*, *Loup Garou brune*, *Viking Wolf* and *Cervoise Guedelon*.

Bénédictine, with ice before a meal, or on its own as a digestive, is another popular liqueur of the region.

Meals included in the price of your holiday are:

Breakfast – daily

Dinner – with wine included at the hotel on two nights

Taking food and drink into EU countries

You are not able to take meat, milk or products containing them into EU countries.



Destination

In 2017, Medieval Normandy was our first tour abroad to be led by historian Julian Humphrys, who has led many of our UK tours over the past decade. It has proved extremely popular and garnered rave reviews over the years. This tour looks at the early life of William of Normandy and the subsequent invasion of England in 1066 and his rule as the first Norman king of England until his death in 1087. This wonderful tour visits key locations associated with his life as well as the incomparable Bayeux Tapestry that tells the story of the invasion in a unique pictorial style.

Details of places of interest included in your tour:

Caen Castle

Caen Castle is one of the largest medieval enclosures in Europe. It was built of Caen stone around 1060. It stood first and foremost as a place of power, where the Dukes of Normandy and Kings of England regularly held their major assemblies.

A royal fortress in the Middle Ages, an English stronghold during the Hundred Years' War, it was later to become the barracks of a major infantry regiment. Today this cradle of Caen's heritage is home to the Normandy Museum and the Fine Arts Museum.

The castle has kept the traces of each of the periods of its history, like a trail of clues left by the passing of time. The wall which dominates the city was drawn as early as William's time; the towers, which have yet to reveal all of their secrets, have existed since William's son, Henri Beauclerc's time, although they also have traces of the Plantagenet sovereigns in the 12th Century and of the King of France's engineers after 1204.

Abbaye aux Dames

Built between 1060 and 1080, the abbey church is a masterpiece of Norman Romanesque art. In the chancel, the body of Queen Matilda rests under a Tournai black marble slab bearing an epitaph which praises her lineage and her immense piety.

Admire the richness of the sculptures in the half-domed apse (early 12th century) where the column capitals are adorned with fantastic animals taken from the bestiary and treasures brought back from the first crusade. The painting on the half-dome arch represents the Virgin Mary's Assumption (early 18th century).

The crypt, probably added in the late 11th century in order to support the apse and compensate for the

unevenness of the soil surface, presents a "forest of columns". At the entrance, a scenic relief capital represents the Last Judgment, with Saint Michael the Archangel welcoming the dead coming out of their tombs. In the 13th century, two absidioles in the south transept were replaced by a magnificent Gothic chapel. Greatly restored in the 19th century, the church was cleaned in the early 1990s.

Abbaye aux Hommes

It was in an act of redemption for the irregularity of his marriage to Matilda of Flanders, his distant cousin, that William, Duke of Normandy and future Conqueror of England, founded the Men's Abbey in 1063. Work began on the building in 1066, under the direction of Lanfranc de Pavie, who was to become the first abbot of this prestigious Benedictine abbey dedicated to St. Stephen.

The abbey church, a chef d'oeuvre of Norman Romanesque architecture, influenced the construction of abbeys in England, in particular with its three levels of elevation and its harmonic façade. The chancel, altered during the 13th Century in a Gothic style, which is in perfect harmony with the nave, has, since 1087, sheltered William's tomb.

The convent buildings, in which the monks lived and part of which were reserved to hosting guests, were rebuilt in the 18th Century. Spared during the French Revolution and the Allied bombings of June and July 1944, they today still boast remarkable woodwork, paintings and ironwork as well as a magnificent Tuscan style cloister.

Bayeux Cathedral

Gem of the Norman architecture, situated in the heart of the conservation area, the Bayeux Cathedral was consecrated on 14th July 1077, by Bishop Odo of Conteville, in the presence of his illustrious brother, William the Conqueror, Duke of Normandy and king of England. It is believed that Odo commissioned the Bayeux Tapestry. The masterpiece from the Middle Ages was probably intended to be hung in the cathedral nave.

Bayeux Tapestry

The Bayeux Tapestry gives information of a historical nature that no other source has provided. It begins with the description of Harold's eventful journey to Normandy (landing in Ponthieu, meeting with the Duke William, expedition in Brittany and oath on the sacred relics of Bayeux). It then depicts Harold's return to England and his coronation after the death

of King Edward the Confessor. Finally, it describes the preparation for William's expedition, the crossing of the Channel, and the Battle of Hastings. The story, as described in the Bayeux Tapestry is broadly in keeping with the account made by authors of the 11th century: William of Jumièges, William of Poitiers and Orderic Vitalis. William Caillou, a monk at the abbey of Jumièges, wrote in 1060-1070 a history of the Dukes of Normandy, which ends with an account of the conquest of England. William of Poitiers, one of the duke's knights, who then became his chaplain, wrote around 1070-1075 a biography of William, which ends just after the conquest. As for Orderic Vitalis, he was born in England in 1075, of an English mother and a French father who fought in Hastings. He arrived in Normandy in 1085, became a monk at the monastery of Saint-Evroult (Orne) and spent much of his life compiling a voluminous History of the Normans, an important part of which is devoted to William the Conqueror. One should also mention the poem written by Guy of Amiens, chaplain of Queen Mathilda, which is an epic account of the different phases of the Battle of Hastings. Compared to these written sources, the Bayeux Tapestry offers original information, found nowhere else, particularly with regards to civil and military architecture, weapons, navigation and elements of everyday life.

Chateau de Falaise

Born in Falaise in 1027, William accomplished his very first feat of arms within this castle. He was fifteen years old. His victory was the first act to seal his power over Normandy. His epic adventure was to guide his path as far as England, where he was crowned king. The keeps of Falaise Castle bear witness to his conquest that was to profoundly modify the course of European history. These palace-keeps, which served equally as defensive refuges and seigniorial residencies, left a lasting mark on this new territory. The model was developed until the year 1204, later to be replaced by a new form of architecture that symbolised the power asserted by the King of France, the territory's new and unquestionable master.

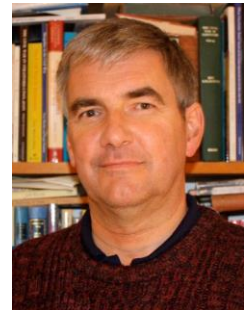
Mont Saint-Michel

Set on an island now linked to the mainland by a causeway, Mont St Michel has been the seat of a monastery since the 8th century though it was at its most influential in the 12th and 13th centuries, when pilgrims travelled from afar to honour Saint Michael. The *abbey*, protected by high walls and unchanged for centuries, crowns the island, the village at its foot

full of shops and restaurants serving the 850,000 visitors annually. Highlights within include the *Église* and a group of buildings known as *La Merveille*, which include the Guests' Hall, Cloisters, Knights' Hall and Refectory.

Your lecturer / guide

Julian, read history at Emmanuel College, Cambridge, and has worked at historical sites both in Britain and overseas and is now a trustee of the Battlefields Trust and a Fellow of the Royal Society of Arts. He has a very infectious enthusiasm for history and has published numerous books on castles and battles.



Enjoy two lectures during your tour:

'Rise of the Conqueror: The early life of William of Normandy'

'Triumph of the Conqueror. William of Normandy and the invasion of England'

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.

Grading

This tour has been graded as **Demanding**: On your feet all day, uneven terrain (e.g. cobbles).

The Basics

Climate – The weather in Normandy at this time of year is likely to be similar to the UK in spring – unpredictable and the chance of the odd shower. Our best advice is to come prepared.

Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – French.

Religion – Roman Catholic.

National holidays – New Year's day (01 Jan); Easter Monday; Labour day (01 May); Victory in Europe day (08 May); Ascension day; Whit Sunday; Whit Monday; National day (14 Jul); Assumption of Mary (15 Aug); All Saints' day (01 Nov); Armistice day (11 Nov); Christmas day (25 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shops and museums – Department stores are open 0900-1830 Monday to Saturday. Most shops are closed between 1200-1430. Some food shops (particularly bakers) are open Sunday mornings, in which case they will probably close Monday. Many shops close all day or half-day Monday. Please note that most museums are closed on Mondays.

Clothes & shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract. The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges you might get from 1 January 2021. A new law means that you're protected from getting mobile data charges above £45 without you knowing. Once you reach £45, you need to opt in to spend more so that you can continue using the internet while you're abroad. Your phone operator will tell how you can do this.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

Global Health Insurance Card (GHIC)

Before you travel, make sure you've got a valid UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you're travelling to an EU country.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For further information about the GHIC please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045 (Mon-Fri 0900-1700)

Outside office hours please, telephone our emergency staff on:

00 44 7841 023807 or 00 44 7831 133079

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

Consular services Paris

16 rue d'Anjou

75008 Paris

France

Tel: +33 (0)1 44 51 31 00

Fax: +33 (0)1 44 51 31 27

Open Mon-Fri 0930-1230. Outside these hours a consular Emergency Service is in operation and can be contacted on +33 (0)1 44 51 31 00.

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Email: tours@traveleditions.co.uk www.traveleditions.co.uk

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