

## Like a local

VISITING LA BARRE DE MONTS IS GREAT, BUT VISITING AS A LOCAL IS EVEN BETTER!  
HERE ARE A FEW THINGS THE MONTOIS LIKE TO DO – CAN YOU SEE THEM – OR MAYBE TRY THEM OUT FOR YOURSELF.

☒ TO DO ☒ DONE

### At the beach

- ☐ ☐ Collect shells, pebbles and driftwood to make a holiday souvenir
- ☐ ☐ Spot the ferry coming back from île d' Yeu
- ☐ ☐ Try out some water sports (sand-yachting, kite surfing ...)
- ☐ ☐ Walk along the seafront promenade
- ☐ ☐ Treat yourself to a sweet snack on the Avenue de l'Estacade
- ☐ ☐ Meditate in front of the Moorish styled seaside villa «Dar Koum»

### At the table

- ☐ ☐ For your apéritif, try some 'préfou à l'ail' (local garlic bread), 'boucots', 'rillettes de la mer' or 'gralaie de moquettes' (moquette beans on buttered toast)
- ☐ ☐ Try some oysters or a seafood platter from a local producer
- ☐ ☐ At any time of day, try a flan maraîchin (local dessert)
- ☐ ☐ As a snack, try a 'gâche' (local brioche) with salted butter caramel

### In the forest

- ☐ ☐ Enjoy the fresh air while cycling or walking
- ☐ ☐ Have a picnic in the forest with friends or family
- ☐ ☐ Try to spot deer, a squirrel or a rabbit
- ☐ ☐ Build a den

### In the marshes

- ☐ ☐ Pick some salicornes (samphire) and watch the birds
- ☐ ☐ Let yourself be amazed by, and then try and capture, the colours of the marsh
- ☐ ☐ Cycle along the winding paths of the marshes

### Bonus

- ☐ ☐ Spot a 'bourrine' (typical Vendéen peasant cottage)
- ☐ ☐ Learn a word in Maraîchin, the local dialect!



## Other ideas for walks and activities

- ☒ Swingolf. A 9-hole course in the forest.
- ☒ An audio-guided visit of the town with mp3 player
- ☒ Local Heritage Tour
- ☒ Le Journal de Guy Tessier (Guy Tessier's diary): a family walk to discover more about the life of this worker at the Fromentine sardine cannery

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## A DAY OUT IN LA BARRE DE MONTS- FROMENTINE



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WALKING



PAYS DE  
—  
SAINT JEAN  
—  
DE MONTS  
—  
VENDÉE Océan

The sky's the limit

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