

Stroll in the Bay of Mont Saint-Michel

Like the pilgrims in the old days, you cross the Bay - a vast expanse of sand - and discover the Mount majestically dominating its Bay bathed in ever-changing lights. During a tide, let yourself be told the magic and the quintessence of this natural setting, its legends, its history and get amazed by nature, emotions and a change of scenery...



Itinerary :

Meet at the entrance of the village at 5:30 p.m. for a walk in the Bay (with a guide approved by the state services, French-speaking and English-speaking).

The route, adapted according to the tide times, the water level and the appearance of the Bay on D-Day, is a loop (up to 7 km in distance and 2 hours in duration) which bypasses the tide with a departure and a return from the seagrass beds.

Recommended outfit:

The walk in the Bay is done **barefoot** and in **shorts or cropped trousers** (avoid jeans), due to the crossing of streams (the water reaches mid-thigh) and the exploration of quicksand.

Bring **warm clothing** (fleece, hat, raincoat and hooded windbreaker), but also a hat, glasses and sunscreen against the strong reverberation in the Bay.

Also plan a **backpack** with a water bottle, a change of clothes, a bath towel, a first plastic bag to put your shoes in and a second plastic bag to put your cell phone, camera and/or binoculars in.

Avoid bracelets, chains, rings and metal jewelry that can attract lightning. The bay is a natural environment, an unpredictable storm can happen.

Safety reminder:

Walking in this sandy area is more difficult and access to rescue is more complicated.

The activity therefore requires to be in good physical condition.



Crossing the Bay of Mont Saint-Michel is a magical moment! to do safely!

Book the outing when you register.