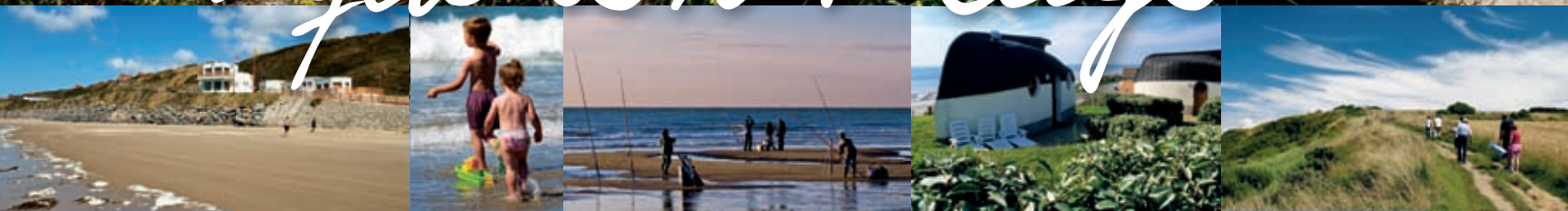




Equihen-Plage





Equihen-Plage, *nature in the wild*

Equihen-Plage numbers just 2957 inhabitants and lives to the rhythm of nature. A seaside resort famed for its unspoiled setting, it has taken care to preserve its environment, offering sporting activities to keep young and old alike busy all year long. One comes to this old fishing village for the beauty of the scenery, and for the simplicity and conviviality that are an innate part of its heritage.

In the steps of the fishermen

In bygone days, Equihen-Plage was a fishing village whose inhabitants set out to sea aboard “flobarts”, small boats that were beached on the sands. Some of the less well-off sailors recycled no longer seaworthy craft into houses, and these overturned skiffs, nicknamed “quilles en l’air” (bottoms up!), were a common enough sight in the village in the early 20th century. Destroyed during the War, these odd dwellings were rebuilt in the early 1990s and there are now eight of them at the Falaise campsite, one of which is accessible to people of reduced mobility.

Beach and cliffs as far as the eye can see

Fine sandy beach and rugged cliffs – that’s Equihen-Plage, a resort that has taken care to keep its seafront free of construction. There’s not an iota of concrete to be seen. Only the access to the beach has been paved. Miniature creeks make their way into the hollows of the rocks. One of them, the “Crevasse”, is famed for its natural mussel deposits. You’re free to gather them, but no more than 5 kg per person, please! There’s no better place to enjoy a ramble and a good breath of fresh air, and there’s inspiration a-plenty to be had here too: the famous 19th-century actor Benoît Constant Coquelin came here to rehearse “Cyrano de Bergerac”, and many are the artists – painters, singers and actors alike – who have been inspired by the natural plays of light that flood the little resort.

An unspoilt family resort

The beach is supervised by lifeguards in July and August, and has been awarded its Blue Flag, a guarantee of

exemplary environmental quality. The resort lives to the rhythm of local festivities – mussel festival and cavalcade in July, kipper festival in August, and Saint Nicholas parade and Guénels (jack o’ lantern festival) in December... The beach library is a participant in the “Une Plage à la Page” operation and organises a range of events focusing on a new theme every year. Sports lovers can take full advantage of the water sports club, which has sand-yachting, kitesurfing and kayaking on offer, while fishing fans can test their surfcasting skills or try their luck on the lake in the Parc des Hures, where you’ll also find children’s games, a football ground, a boules pitch, a sports circuit and a mountain-bike track – while paragliding runways and motocross tracks are ready and waiting for those in search of more extreme sensations.

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