

Welcome to l'Hôtel au Moigne: we hope you enjoy your stay

Any queries/problems to: **John and Jenny Hall**

(Home landline) **0033 2 33 45 91 47** (from UK phone) **02 33 45 91 47** (from French phone)
(bilingual message for answerphone) email: hallj@wanadoo.fr

Useful local numbers

Emergencies: **Accident (Pompiers) 18**
Call **first** for **all emergencies**. They respond and also pass calls on if necessary otherwise:
fire 18
urgent medical 15
police 17

For minor casualties, better to go to the hospital in Coutances: always less busy.

Doctor: Denis **Peters**, Roncey (02-33-46-95-67: speaks reasonably good English and has late afternoon/early evening surgery (**by appointment only**) in Cerisy-la-Salle)

Dentist (For nearest, check yellow pages directory under Cérences, Coutances, Gavray, Marigny or St-Lô: long waiting lists, but they will give you an emergency number)

Local shops: Most local shops are closed on Mondays, some on Wednesdays: butchers, grocers and bakers open through lunchtimes and on Sundays until about 13h00. Baker and grocer in N D de Cenilly closed Monday: corner shop *épicerie* (grocer) in **N D de Cenilly** does meat and fresh veg and also has a **cave** with a good selection of wines in bottles and boxes, all from small producers. Also open 6-8pm on Sunday. **Proxi** mini-market in Cerisy-la-Salle (open Mon, closed Wed) stocks fresh milk. Hardware shop and two bakers in Cerisy-la-Salle: the one on the square closes Mon, the other Wed (try their *tradition* and *tresse*).

Hypermarkets: The nicest one, **Leclerc** in **Coutances** (just off roundabout on D971/D972 junction) is undergoing major expansion: the **Leclerc** in **Agneaux** has boutiques, a restaurant, brasserie and a pizza house (just off the D974 St-Lô bypass on exit 6 or at the roundabout at the end of the D972 Coutances – St-Lô road (easiest to go via D38 to Canisy, then on D89 to St Gilles, then D971 to Agneaux.)

Cheap supermarkets **Lidl** in Coutances (on D972 towards town from Leclerc); **Aldi** in St-Lô on old Bayeux road after the *Haras*.

Markets: Amazing to experience huge market at **St-Lô** on Saturday mornings, smaller market Tuesday and Friday. **Villedieu-les-Poêles** also worth a visit on Tuesday mornings and **Hauteville-sur-Mer** on Sunday mornings. Good small market in **Marigny** on Wednesday. (Very) small markets in N D de Cenilly (Tuesday) and Cerisy-la-Salle (Saturday): not particularly wonderful, but perhaps handy.

Butcher: Best sausages in France at **Belval-Gare**, (with onion, buy 10 get 2 free or buy 5kg bag: can be vacuum-sealed if pre-ordered) Also very good meat. Others at markets, especially **St-Lô** on Saturday mornings: also **Marigny** on Wed morning. Butcher in **Cerisy-la-Salle** is expensive, better to go to above or one in **Canisy**.

[last updated 19 March 2014]