



à l'assaut DES
REMPARTS
DE SAINT-LÔ



This guide belongs to _____
I am _____ years old and I am in Year _____ at school
I am on holiday here in _____
and I am staying for _____ days.
I am here with my _____

Now that I know you a little better, our adventure
can begin !

Hello young adventurer !

I am Elliott, captain of the "Mon Saint-Lois à moi" Explorers
Club. It's a club especially for adventurers to explore and
discover more about Saint-Lô
and the surrounding areas.



Would you like to join us ?

To become a member of our
club, you need to complete at least
one of the three booklets offered by
the Tourist Office.

With the help of this booklet we will set off together to
explore the ramparts in Saint-Lô.

I will be your tour guide and I will help you throughout this
journey.

Are you ready ? Let's go !

Before we start our mission, I will introduce you to some important people that we are going to find out about on our journey.



Charlemagne

Charlemagne was a medieval emperor who ruled much of Western Europe from 768 to 814. In 771, Charlemagne became king of the Franks, a Germanic tribe in present-day Belgium, France, Luxembourg, the Netherlands and western Germany.

Napoléon Bonaparte was the first emperor of France. He was a very important person during the French Revolution.



Napoléon Bonaparte

Your road map

1 The Citadel

As you leave the Tourist Office look up and you will see the first place to discover. The remains of the Citadel.

2 The Underground

Cross the road safely and when you reach the other side you will see a tunnel in the ramparts.

3 The Milk Door

Follow the ramparts towards Rue Torteron and head for the Milk Door.

4 Notre-Dame Church

Climb the steps that will take you to the Notre-Dame church

5 The Prison Gate

Continue straight ahead and go towards the "Place du Général de Gaulle" where the City Hall is situated. Only the doorway of the prison now remains.

6 The statue of the Norman Milkmaid

Look around you ! can you see the Milkmaid.

7 The Powder Tower

Now follow the direction of the ramparts and find the Powder Tower.

8 Dollée's Door

Take the pedestrian path which leads you to the Dollée's Door

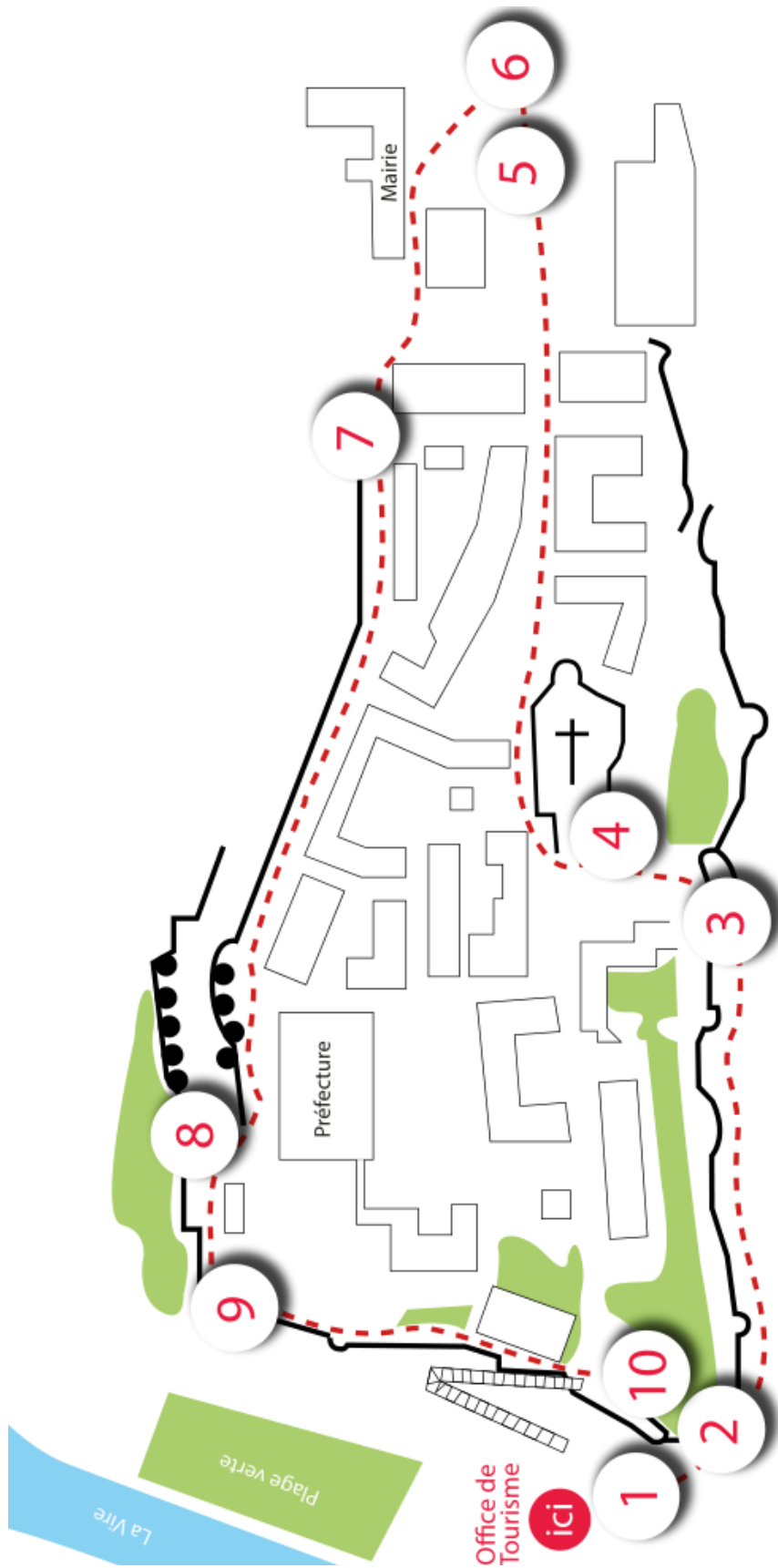
9 The Vire River

As you follow the sign "Promenade des remparts" you can admire the Vire River that runs through Saint-lô

10 The Beaux-Regards Tower

Continue along the pathway and you will arrive at the tower

A map of the ramparts

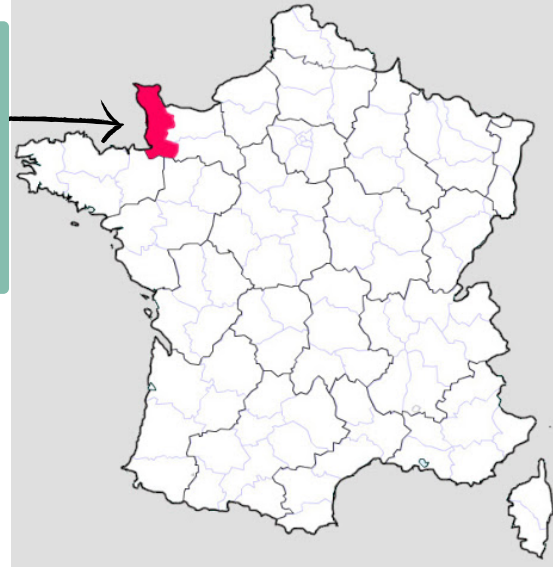


Before we continue, Let's find out a little more about the town of Saint-lô

Saint-Lô is situated in the Manche Department



The Manche can be found here in red!



Where do you think Saint-Lô is on the map of The Manche? Draw a line around the correct circle

Do you think you have found it? Let me tell you more about the city...

Complete the paragraph with the words found in the box below

Originally _____, the town of Saint-Lô was named « _____ » which means "Bridge over the Vire River". Today there are around _____ inhabitants. The town takes its name from the Bishop of Coutances and Briovère : Saint-Laud. The story goes that _____ healed a blind woman. Thanks to this _____ the city took the name of Saint-Lô in the 6th century. During the _____ of the 6 June 1944, the town of Saint-Lô was largely destroyed. Thus, it has the _____ « The Capital of Ruins » in France.

20 000 - miracle - nickname- Gallic
Saint-Laud - bombings - Briovère

Now that you know a little more about the origins of the town, we can go on an adventure !

Firstly, we are going back in time to the great era of knights and castles : the Middle Ages

1 The Citadel

Our first stop is to be found just here.

From the Middle Ages, Saint-Lô is heavily protected by walls which protect it from attacks. The Citadel was built in the 15th century. A citadel is a fortress that rules the city.



Did you know ?

It was Charlemagne that built the first walls in the year 800. He decided to have them built to protect the town from bandits and viking raids.

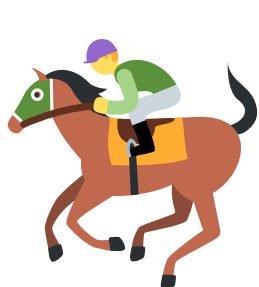
In your opinion, what ere viking raids ?

A horse race ?

Overnight camping near streams and rivers ?

An attack on the least defended town or village where the vikings stole everything they could ?

A family fun run ?



2

The Underground

Now follow me to the underground.

The Saint-Lô tunnel was built in 1943 on the order of the Germans.

I wondered for a long time what the underground was for ?

There are several reasons as to why the tunnel was dug out :They installed a Military Hospital in the tunnel and also used them to store munitions.

Did you know ?

Approximately 700 people took refuge in the tunnel during the bombings in June 1944.



In the 1950's the tunnel was used by "Elle et Vire", a company located a few kilometers from Saint-lô, to store something. Solve the puzzle to find out what it was ?

C



ZZZZ

Your answer : _____

3

The Milk Gate

Did you solve the puzzle ? Continue your quest in front of The Milk Gate !

The Milk Gate is one of the entrances to the Citadel.

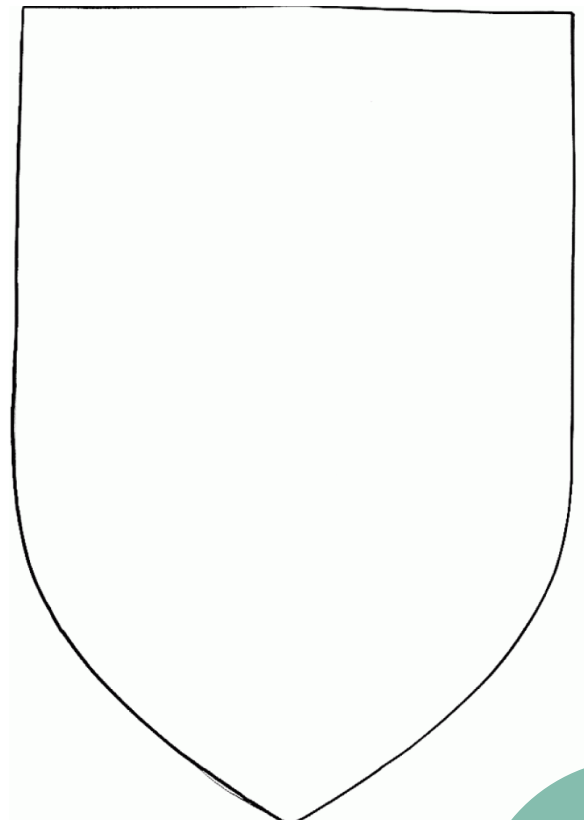
At the time, peasant women used to go there to the square in front of the Notre-Dame Church to sell their milk. Dairy production has always been very important in the area around Saint-Lô.

Look up and you can see the Coat of Arms of the town which is just above the Milk Gate. This imaginary animal is the symbol of the town.

What is this animal ?

Your answer : _____

Now its your turn to design your own Coat of Arms !



4

The Notre-Dame Church

Have you finished your Coat of Arms? I would love to see it !

The Notre-Dame Church was built in stages from the 13th century onwards. It was so majestic by the 17th century that many people mistook it for a cathedral. Sadly, the building suffered from damage during the bombings in June 1944 and it has required 30 years of construction work.

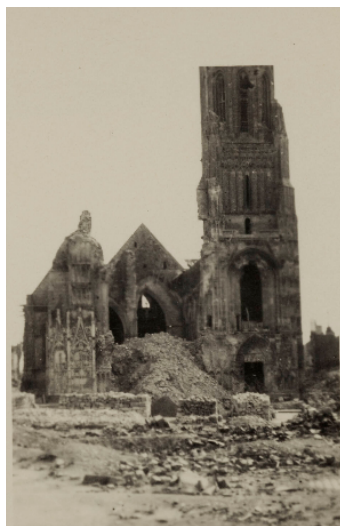
There are two possibilities for reconstruction

- 1 Rebuild something new.
- 2 Keep what remains and build around it.

The inhabitants of Saint-Lô wanted to keep their church as a testimony to the destruction of their town.



The Notre-Dame Church before 1944



The church after bombings of 1944



the church nowadays

Did you know ?

A shell dating from World War II is visible in the side of the church. It has remained there since 1944.



Do you know what a shell is?
It is a projectile filled with explosive material. We use these in times of war.

Please don't hesitate to take a walk inside of the church, but please be aware you are in a place of worship.

Therefore we ask you to be quiet and respectful.

Look at the three images... which one is missing from the photograph?



A



B



C



5

The prison Door

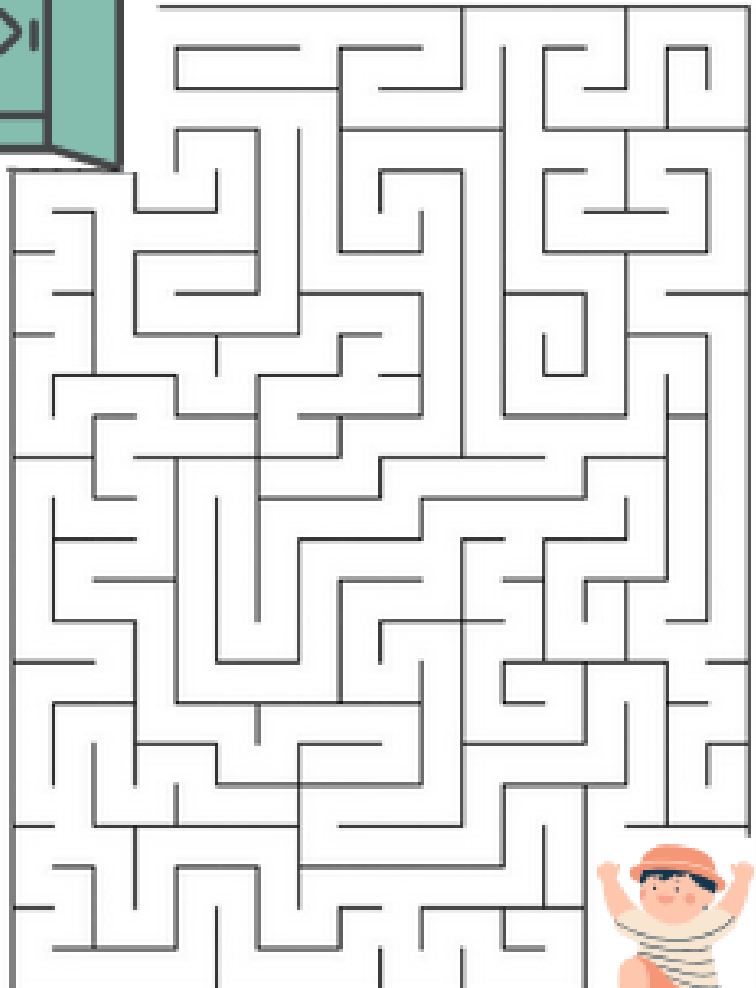
Now, off we go to the old prison, or at least what remains of it...

The prison of Saint-Lô was built in 1824 at the request of Napoléon Bonaparte. During the bombings of 6 June 1944, the prison was completely destroyed except for the door.

Today the Prison Door is a monument dedicated to the victims of war.



Help ! I got lost whilst out walking, can you help me to escape from prison, please?



6 The statue of the Norman milkmaid

Created in 1887 and exhibited in front of the Notre-Dame Church, this bronze statue represents a Norman woman. This peasant woman carries a 15 kg milk churn on her shoulder. In 1944, it was melted down by the German army to make cannons. In 1984 it was recreated at the request of the inhabitants of Saint-Lô.

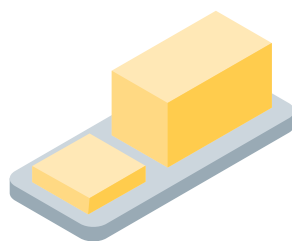
Searching through my belongings, I found these two photos of the statue. But there are 7 differences ... can you find them?



In Normandy, we love eating dairy products. Here is a recipe for you...

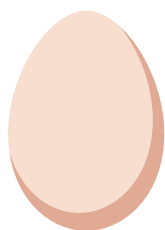
Gâteau fouetté de Saint-Lô

- 100 g butter (lightly salted)
- 125 g flour
- 125 g Brown sugar
- 7 g bakers yeast
- 4 eggs yolks
- 1 soup spoon of fresh cream
- 1 little bag of vanilla sugar
- 2 soup spoons of milk



Make a note in your diary to come along Saturday morning in Saint-Lô for the big market !

You can buy everything you need for the recipe there !



The Recipe :

Step 1 Melt the butter in the microwave

Step 2 Mix the flour and sugar in a bowl

Step 3 Dissolve the yeast into the milk

Step 4 Separate the whites from the egg yolks and pour the beaten yolks into the bowl

Step 5 Add the butter, cream and vanilla sugar

Step 6 Whisk for around 15 minutes to achieve a smooth mixture

Step 7 Pour the mixture in to a cake mould

Step 8 Put the cake in a warm place for two hours

Step 9 Cook the cake at 200°C for 25 to 30 minutes. Allow to cool down

And now it's ready
enjoy your cake!

7

The Powder Tower

Here we are now in front of the Powder Tower.

This tower is the only memory of Middle Ages times. There used to be two towers here, the powder Tower and Dame Jeanne Tower. It was the main entrance to the Citadel.

Did you know ?

It was called the Powder Tower because it was here that we stored the gunpowder.



8

Dollée's Door

Three more stops and we will have finished our quest.

Dollée's Door was one of the entrances in to the town. It was a very popular place as there were many houses and businesses on each side of this road.

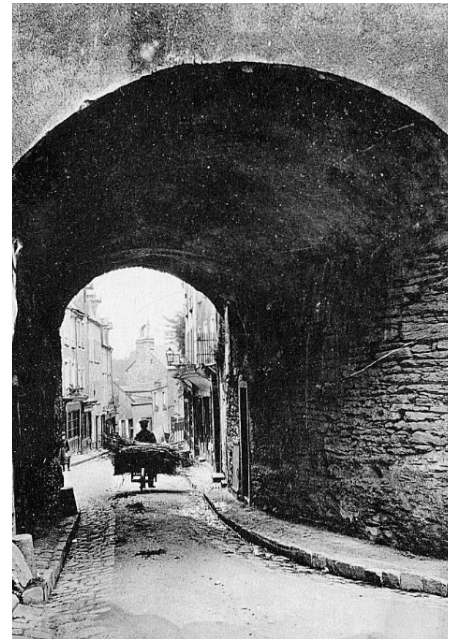
I found some different photos of Dollée's Door... Can you put them in order from the oldest to the most recent ?



A



B



C



9

The River

Now we will go and admire the Vire River...

The Vire is the river that flows through Saint-Lô. It is 128 km long.

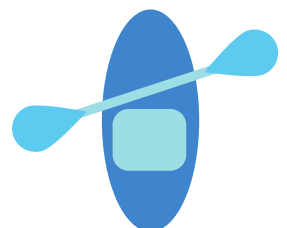
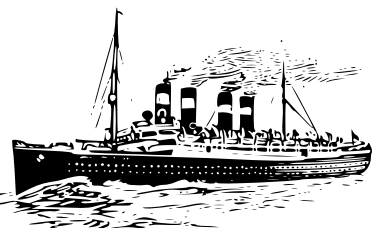


It has welcomed boats, called "gabares" since 1835.

A lot of trade was made by boat. The inhabitants of Saint-Lô would sell their dairy produce and buy produce such as Lime, bricks, tiles, sand but above all "tangué".

Tangué : a muddy soil extracted from the Baie des Veys (near Carentan)

Look at the images below ? Which boat do you think is a "Gabare"?



Did you know ?

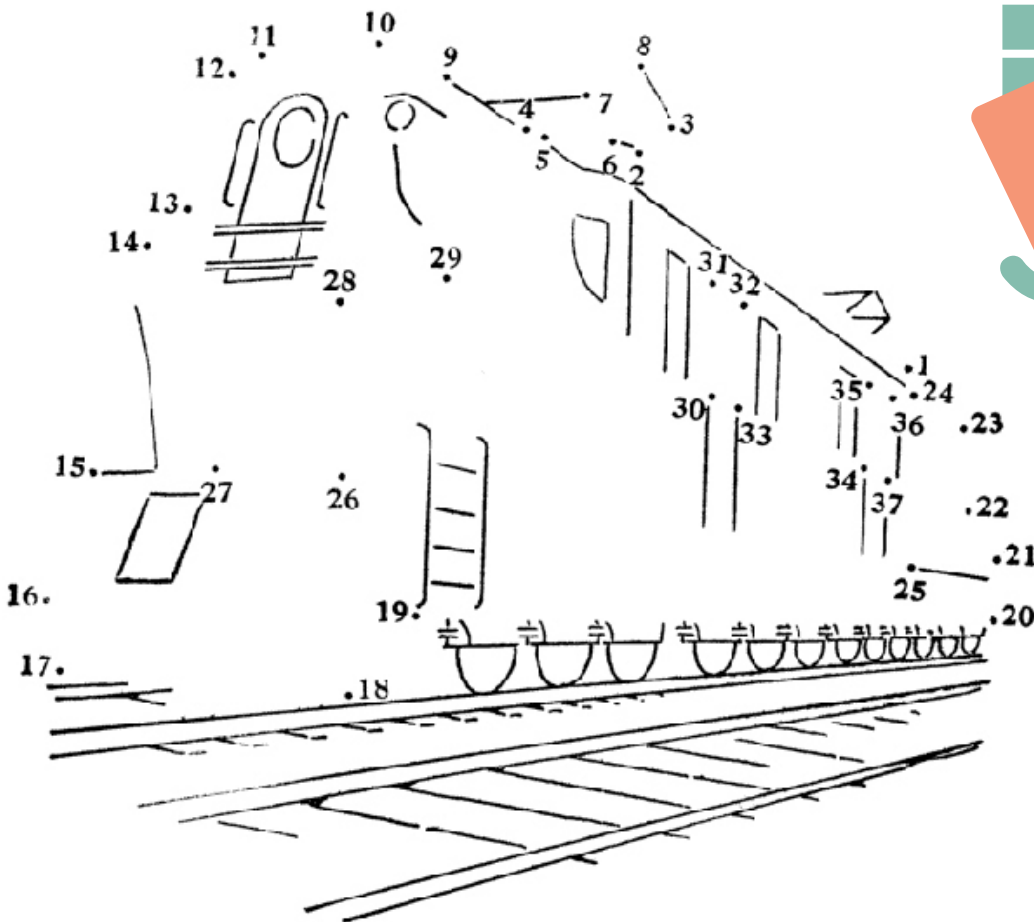
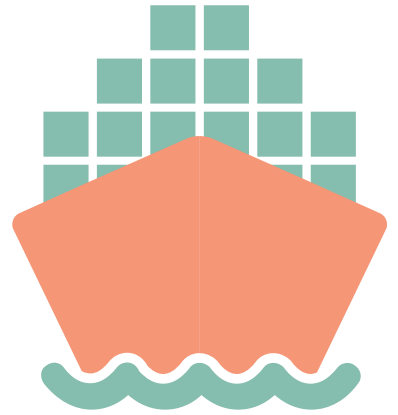
In 1911, 1478 boats sailed along la Vire and there were nearly 27 000 tons of goods, that's roughly the same weight as 615 large trucks ! That's a lot !



another means of transport arrived at Saint-Lô which meant la Vire wasn't as popular for trade.

Connect the dots to find out what it is !

Did you find it?
What's your answer :



10 The Beaux-Regards Tower

The Beaux-Regards Tower is the highest part of the ramparts at more than 30 meters high.

It offers a magnificent view of La Vire and the north of the town.

This made it possible to monitor all the surrounding area and to be on alert for bandits.

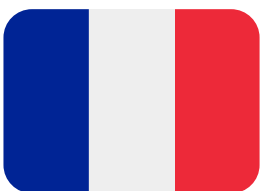
When you look at La Vire, turn your head to the left and you will see a big white building.

What do you think this building is?

- A school ?
- A big shop ?
- A cinema ?
- A hospital ?

It is indeed the French/United States Memorial Hospital. It was built in 1956 helped, manually and financially, by America.

At the time, it was the most modern hospital in Europe thanks to its equipment which came straight from The United States.



Your adventure is coming to an end !!

To find out if you can join our Explorer's Club, let's see if you've answered the questions correctly....

Page 6 :



Page 7 : Gallic ; Briovère ; 20 000 ; Saint-Laud ; miracle ; bombings ; nickname

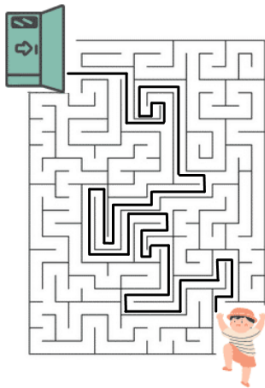
Page 8 : An attack on the least defended town or village where the vikings stole everything they could

Page 9 : Cheese (C HE ZZZZ).

Page 10 : It's a Unicorn

Page 12 : A

Page 13:



Page 19:



Page 18 : A- C - B

Page 20 : A train

Page 21 : It's a hospital

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Congratulations ! You've succeeded !

You are now officially an explorer with "Mon Saint Lois à moi"

**Bye bye and have
fun on holiday**



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