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A modern market experience

# GOURMET WALK IN PAYS DE LUMBRES

## "Autumn delicacies"

### Itinerary highlights

The Pays de Lumbres situated in the Pas de Calais, only a stone's throw from the Channel Tunnel and Channel ferries, is awash with small local producers who are a must for those looking for the unique gastronomic experience. The area boasts an exceptional natural heritage, fresh air and beautiful walks along public footpaths criss-crossing rolling rural landscapes. So why not combine these gastronomic and natural riches with a 'gourmet ride' on an eBike. On this half-day bike tour you will discover Lumbres's local market and its local shops. Discover our famous local baker, a talented young chef, a local brewer who still uses ancient beer brewing techniques and even a passionate breeder of deer.

Only on reservation at the Pays de Lumbres Tourist Office.

#### Step 1 : Market of Lumbres

The market of Lumbres which is held every Friday morning from 8 am on the Jean Jaurès square is the starting point of this gourmet stroll. This market offers its visitors a great diversity and quality of products thanks to the presence throughout the year of about twenty traders specializing in fresh products (meat, fish, cheese, fruit and vegetables) but also flowers, clothing and leather goods. (Possibility of consigning your purchases before going on a stroll).



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#### Step 2 : Léa Delights - Seninghem

Léa, a young girl with a passion for cooking, who suffers from a motor and mental handicap, concocts in her workshop delicious savoury recipes: pizza, flamingos, flammekueches (a must to try!)...and sweet recipes: muffins, crème brûlées, tiramisus... to the delight of our taste buds!



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#### Step 3 : Escoeuilles' Bakery and Brewery

Escoeuilles 'Bakery: The artisanal bread baked over a wood fire in this bakery is a true institution. Certainly worth tasting!

Funquet's Brewery : "From passion is born character!" Such is the *raison d'être* of this artisanal microbrewery where all the products are manufactured on the spot, in the respect of centuries old brewing traditions.



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#### Step 4 : The farm from the Green Montain - Alquines

In the commune of Alquines, Jean-François, a farmer and nature lover, is ready to welcome you to introduce you to his deer breeding programme. The farm specialises in meat and milk production and serves as an educational farm and a point of sale of local traditional products.



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# PAYS DE LUMBRES

## Nature Sports



### MTB / VTT

Located at the Tourist Office in Lumbres, the mountain bike base welcomes you to test the 13 marked circuits, classified by level of difficulty, ranging from 11 to more than 70 km.

### Trail Station

Cyclists of all levels will be seduced by this station that is 100% dedicated to the trail, the largest of its kind north of Paris, linking to 9 marked trails from 10 to 44 km, classified by 4 levels of difficulty.

### Nordic walking station

Discover this sport straight from Finland and accessible to all by being coached by a French Federation of Hiking certified coach.

### Mountain bike tours / Hiking and horseback riding tours

On foot, by bike or on horseback, the Pays de Lumbres, through its great diversity of landscapes, offers you a wide range of itineraries, to stroll along the river, climbing steep hillsides or valley walks...

### Orienteering race

Accessible to all, with family or friends, orienteering from La Poudrerie d'Esquerdes is a real mental challenge to be taken up in the natural environment.

### Fishing

Its fresh and oxygenated waters, flowing through exceptional natural sites, make the Pays de Lumbres a territory where coarse fishing can be successfully practiced. With its 1st and 2nd category courses, whether you are a beginner or an experienced fisherman, come and try it out!

## #RespectProtectEnjoy

Simple reflexes to enjoy your stay in complete safety.

Wearing a mask is mandatory in all public places, on markets and in some cities/streets.

Wash your hands as soon as you can.

- Respect the social distance of one meter.



## Top Local Attractions



Aa Swimming Pool



Paper House



Tourist Train



Rail ride

[www.paysdelumbres.com](http://www.paysdelumbres.com)

