

SURFING IN NORMANDY



Spot: Yport

An introduction to surfing in Normandy

Normandy offers a unique surfing experience, with scenic backdrops of white cliffs and the opportunity to surf alongside local surfers in a more off-the-beaten-path setting compared to the more famous surf destinations in southern France

The surf in Normandy often excels under southern or southwestern winds, producing the best waves. Given the relatively cool water temperatures, wearing a wetsuit is generally necessary.

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WETSUIT GUIDE



OVERVIEW OF THE SURF SPOTS IN NORMANDY

Normandy boasts a diverse array of surf spots, featuring beach breaks, point breaks, and reef breaks suitable for all levels of surfers. Key surfing locations in the area include Cap Gris Nez, Wimereux, Yport and Siouville.



SYMBOLS USED FOR THE SURFSPOTS

Each surf spot is unique in offering optimal waves for surfing. The quality of the waves depends on various factors, including wind direction, swell direction, swell height, swell period, bottom type, tide, and others. In this guide, we provide the best swell direction, wind direction, and tide for each surf spot to ensure the best rideable, clean waves. Based on this you can use surfline.com or windguru.cz to check if the surf conditions will be favourable.



Swell direction

In this case the best swell is coming from northwest to southwest



Wind direction

In this case the best wind is coming from the East



High tide

In this case the best tide is high tide



Mid tide

In this case the best tide is mid tide



Low tide

In this case the best tide is low tide



All tides

In this case the best tide is all tides



Scenery

Great area if you like beautiful scenery



Family proof

A good spot for families. Because of surroundings and activities



Campsite

At this spot campsite(s) are nearby



Favorite spot

every surf spot in this guide is good. Some are a special.



Best time

In this case the surf spot works any time of year



Surflevel

In this case the surf spot is for all levels

Great spot



Winter



Experts



Exceptional



Spring



Intermediates



Summer



Beginners



Autumn



WEATHER & SURF IN FRANCE

Impact of the weather

France's extensive coastline offers a variety of surfing experiences, heavily influenced by the diverse weather conditions across its regions.

Here's an overview on how the weather impacts surfing in France, from the temperate waters of the southwest to the powerful swells of the Bay of Biscay, Brittany and Normandy..

Understanding swells

Swells are critical to surfing, representing the energy traveling across the ocean from distant storms. They are formed by wind energy transferred to the water, creating waves that can travel thousands of miles. Swells vary in size and power, influenced by wind speed, duration, and the distance the wind travels over the water (fetch).

For Normandy, the southwest swell is paramount. Generated by Atlantic storms, these swells travel up the coast and bring the necessary energy for high-quality waves.

Wind plays a crucial role in shaping wave quality. For optimal surfing, consistent offshore winds are essential. In Normandy, offshore winds typically blow from the south, southeast to east.

Best seasons for Normandy

Autumn and winter are the prime seasons for surfing in Normandy.

Autumn Swells



Autumn

From October to December, autumn swells are common. The combination of moderate temperatures and consistent waves makes this season ideal for surfing.

Winter Swells

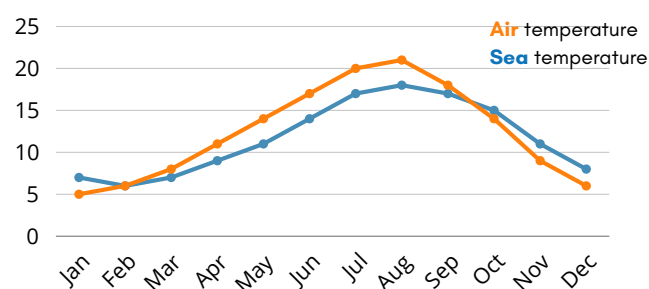


Winter

Winter, from January to March, brings even larger swells. Although the water temperature drops, dedicated surfers find the waves during this period to be worth the cold.

Weather statistics for Normandy

And to help you decide what clothes (and wetsuit) to bring, here are the average air and sea temperatures by month.



HOW TO READ THE SURF FORECAST

Interpretation of surf forecasts

Various online tools and apps are available for reading swell charts. These tools aggregate data from multiple sources to provide accurate forecasts. Sources you could choose are Windguru, Surfline, Windy, Surf-forecast.com. We prefer Windguru.

Understanding the information on a swell chart is crucial. Surfers need to know how to interpret wave height, period, and direction to make informed decisions about when and where to surf.

When checking the forecast for a surf spot, consider these key points to determine if it's a good day for surfing:

1. Wind Speed: Look for light blue or white colors, indicating little to no wind.
2. Wind Direction: Offshore wind (from the south east) is ideal, especially on light wind days.
3. Wave Height: Aim for waves between 1 and 1.5 meters high.
4. Wave Period: Optimal periods are from 9 to 10 seconds.
5. Wave Direction: Southwest waves are perfect for Normandy (in general).
6. Tide: Mid-tide to high tide is usually best in Normandy, especially when waves are smaller.

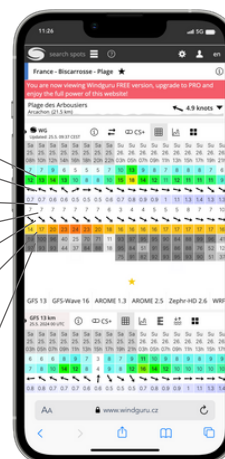
By monitoring these conditions on Windguru, you'll soon master when to catch the best waves.

Wind

Waves

Weather

- Wind speed
- Wind direction
- Wave height
- Wave period
- Wave direction
- Air temperature
- Clouds in percentage



Check the surf spots on the following pages and learn the optimal times to surf.

THE SURF SPOTS IN NORMANDY

Spot: Yport

Cap Gris Nez

According to the Stormrider Surf Guide, Cap Gris Nez is considered the top surf spot in Normandy. Featuring a rock/sand bottom, the best time to surf here is around mid-tide during a west to southwest swell. The area around La Sirene (a restaurant) is particularly good for surfing.

Cap Gris Nez is near the town of Calais, so there are accommodation and amenity options nearby for families. But Cap Gris Nez is not an ideal family location.

When to go: Cap Gris Nez is suitable for intermediate and advanced surfers, performing best with southern winds and strong southwest to west swells. Mid to high tide



Wimereux

Wimereux is located in northern Normand (0 km from the English coast). Here, you can surf on a reef with mussel beds, requiring caution to avoid cuts, or alongside the reef. The best surf conditions occur after a strong southwesterly wind or occasionally from a northern swell, with optimal wave chances in autumn and winter since summers tend to be flat.

Although the surf is not ideal for beginners or families, families will have a good time in Wimereux. The beach is good and the town has many amenities for families (cafe's, restaurants).

When to go: Wimereux is good on eastern winds and strong southwest to west swells. Mid to high tide.





Spot: Etretat

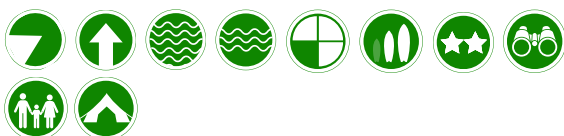
Yport

Located in the shadow of the more famous Etretat, this spot is perfect for a weekend trip. It's not ideal for beginners due to some rocky areas, but manageable for those who don't mind a few rocks. The surf here excels during a strong southwest swell that hits Brittany and rolls into the channel. Conditions are optimal when there's a bit of a southern direction in the wind, creating offshore conditions.

The beach itself is enjoyable, but it's quite rocky. During low tide, you can find mussels or catch crabs.

For families Camping Le Rivage is a highly rated (4.4/5) camping option in Yport, recommended for families

When to go: Performing best with southern winds and strong southwest to west swells. Mid to high tide.



Etretat

Etretat, a popular Normandy destination, offers a nice lefthander similar to Yport. Famous for its "Elephant's Trunk" jutting into the sea, it's perfect for a weekend surf trip. Next to the Elephant's Trunk is a reef, not ideal for beginners. It breaks well with a strong southwest swell hitting Brittany and rolling into the Channel. The best tide is mid-tide and rising.

Etretat is an authentic village with a quaint, family-friendly atmosphere. And the natural landscape around Etretat is as one of the most beautiful in France.

When to go: Performing best with southwestern swell and winds with a southern direction. Mid to high tide.





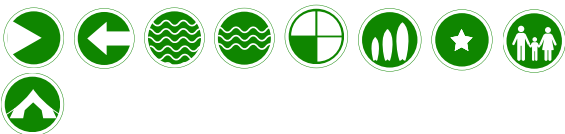
Spot: Siouville

Siouville

Siouville-Hague features a broad beach with plentiful surfing options. It quite looks like Les Landes. If it's too crowded, take a scenic walk around the harbor's rocky areas. The location is family-friendly, offering rock pools, minimal traffic, and charming markets. The beach has separate areas for surfing and swimming, family-oriented amenities in the village like cafe's and there is also an artisan ice cream parlor nearby to enjoy treats after surfing

The south side has a rocky seabed suited for experienced surfers due to excellent waves, while the north side's expansive sandy beach caters to both beginners and advanced surfers with its varying break points.

When to go: Siouville is good for all surfers and works on any swell from the west. Needs eatsern winds. Mid and High tide.



Scan me



and go to the webpage about Normandy

WHERE TO STAY IN NORMANDY?

Camping Le Rivage, Yport

Perched on terraced slopes, this camping site offers breathtaking views of the Channel and the dramatic chalk cliffs. Although the narrow spots cater better to caravans and campers, and privacy can be scant, the allure of the landscape compensates for the basic amenities. A steep climb leads adventurers to the quaint village of Yport, where a pebbly beach and inviting hikes await. And of course the surf, if there are waves.

Check <https://www.camping-lerivage.com/>

Dormy House, Etretat

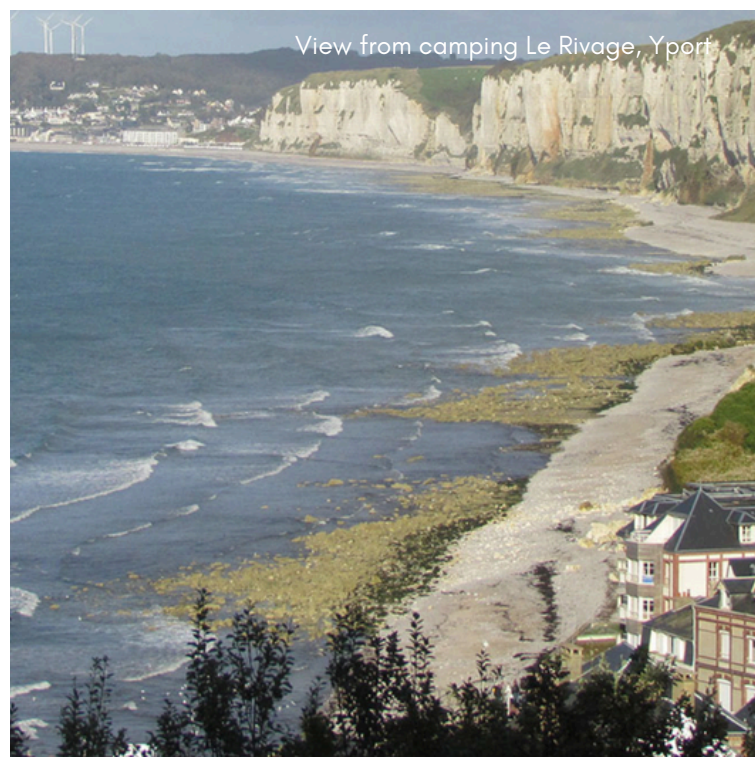
If you want to spoil yourself, check Dormy House in Etretat. It's a charming, intimate accommodation in an ideal location. You'll have unparalleled views of the iconic Etretat cliffs and coastline. And from their stunning terrace you can watch the beach and the surf. They have 58 rooms. It's not cheap, but value for money.

Check www.dormy-house.com

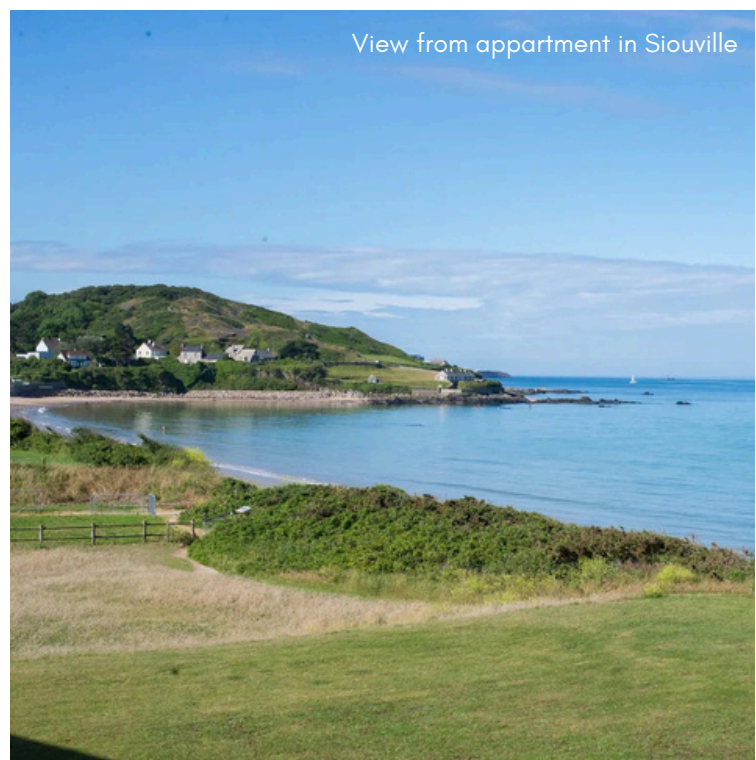
Appartment in Siouville

Located just across from the beach in the tranquil Cotentin region, this charming sea view apartment is a stone's throw from local shops and watersports schools. Perfect for outdoor lovers, it sits on the renowned GR hiking trail. Newly renovated, it offers a fully equipped kitchen/living room with modern amenities, an open bedroom, a comfortable sofa bed, and a separate toilet. This cozy retreat is ideal for those looking to explore the natural beauty of the area while enjoying home comforts.

Check this [this link on AirBnB](#).



View from camping Le Rivage, Yport



View from apartment in Siouville



Dormy House, Etretat

Scan me



And see
this online

boardshorizon



Surfschools in Normandy

In France There are numerous places where you can take surf lessons and start your journey towards becoming a (better) surfer.

Whether you're a beginner or an experienced surfer, France is an excellent place to learn.

The best place to start is with an instructor from a surf school. The prices range from €30 per hour for beginner lessons to €200 for more advanced sessions.

Our top pick for surf schools in Normandy:

Wissant

École de Surf du Nord (4.2 rating from 5)

Website: <https://www.ecolesurfnord.fr/>

Wimereux

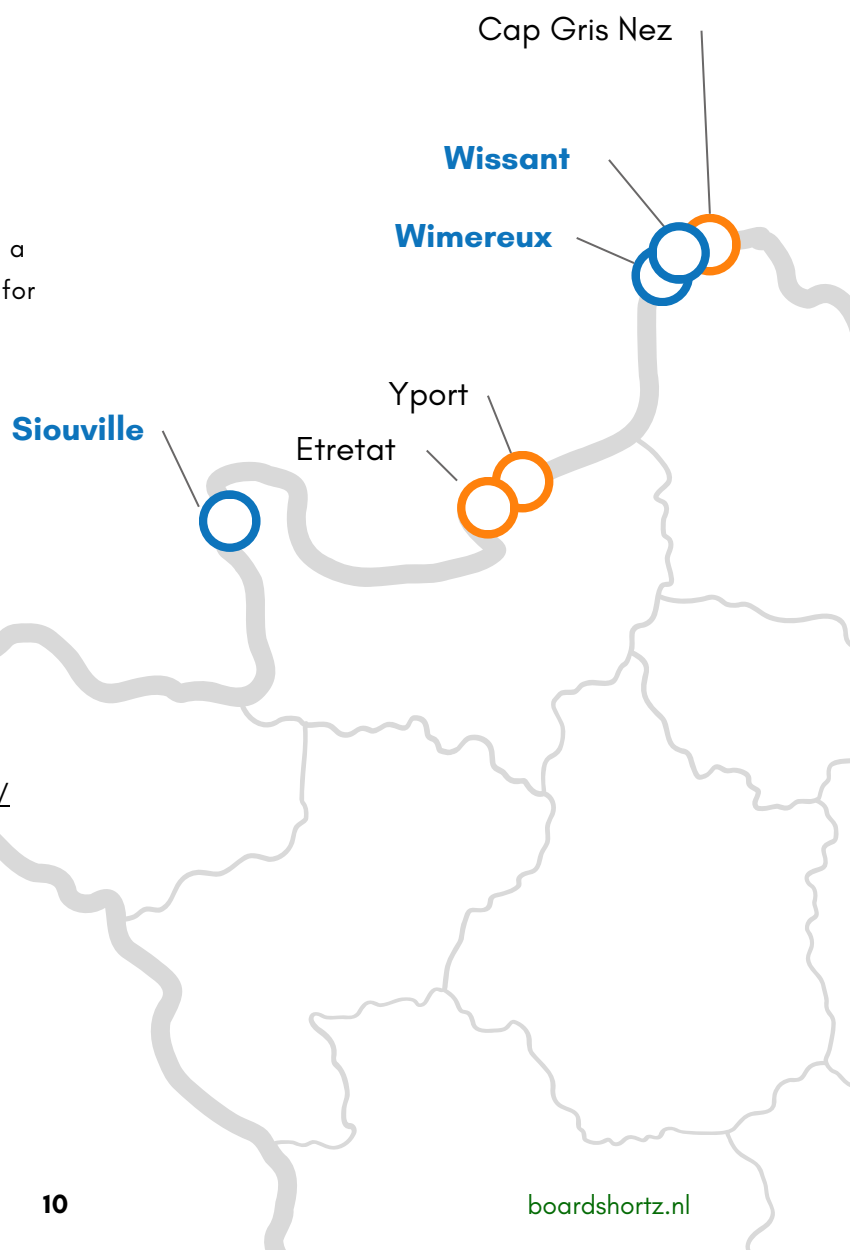
Wimereux Surf School (5.0 rating from 5)

Website: <https://www.wimereuxsurfschool.com/>

Siouville

Cotentin Surf Club (4.6 rating from 5)

Website: <https://www.cotentinsurfclub.com/>



WETSUIT GUIDE

by SRFACE

Wetsuit for France?

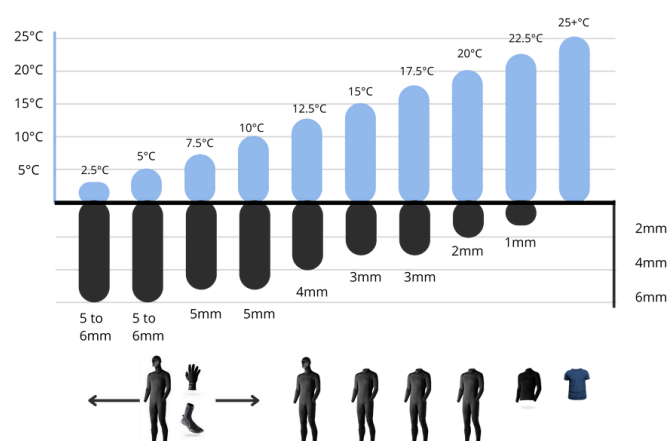
To maximize your time in the water, it's crucial to know the water temperatures you'll encounter, and what wetsuit to wear allowing you to make the most of your surfing sessions.

Southwest and western France (Basque Country and Les Landes) enjoy beautifully warm summers, with water temperatures reaching up to 22°C and occasionally even more. Wetsuits are then only needed in the mornings. But in winter, the temperature of the waters can drop to 12°C, therefore you'll need a thick wetsuit and boots and gloves.

Water temperatures in **Brittany and Normandy** are colder than in the south. Summer water temperatures only reach 16°C to 18°C, so a 3/2mm wetsuit is ideal. Winter is cold, with water temperatures dropping to 10°C in January and average air temperatures around 8°C. To maximize your time in the water, a 5/ mm wetsuit with gloves, boots, and a hood is essential.

Another advantage of wetsuits: wetsuits make lying on a surfboard more comfortable and may even guard against bumps and bruises.

Wetsuit vs watertemperature



Wetsuit Discount

SRFACE creates one of the best and affordable wetsuits in the market. Check the [website](#) and the discount by using the QR- and discount code.

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SCAN ME

THIRSTY FOR SURFSPOTS IN BRITTANY?

The mini surf guide for
Brittany is almost finished.

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soon as it's published.

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M E R C I