



LACASCADEFRANCE.COM
62810 ESTREE-WAMIN



La Cascade

La Cascade has been carefully and extensively refurbished and extended to create a high quality Restaurant, Bar, Fly Fishery and Detox and Relaxation Retreat with 5 double B & B Bedrooms and two Gites.

Set in the beautiful and peaceful Canche Valley in Northern France, we are only 75 minutes from Calais, ideal for midweek or weekend breaks.

The small market towns of Avesnes-Le-Comte, Saint-Pol-Sur-Ternoise and Frevent are within easy reach.

The beautiful city of Arras is about 30 minutes away, Amiens about 40 minutes while Lille is about 50 minutes.

We are also close to many WWI sites.

Bar:

Our cosy and comfortable bar area is available for an aperitif prior to your meal or for a convivial drink with family and friends. In good weather, these can be taken on the large terrace next to our lake.

In the colder months, our large wood burning fire will keep you warm.

We offer a large selection of Draft and Bottled Beers (Lager, IPA, Stout...), wine and spirits as well as fresh and hot beverages and an assortment of nibbles to enjoy.



Restaurant:

Overlooking the lake and terrace, our refurbished and spacious restaurant provides a relaxing and comfortable atmosphere.

The quality of our food is at the heart of La Cascade, offering French cuisine with spices, flavor, textures and colors. Our chef sources ingredients and produce from local suppliers.

The restaurant adjoins our large terrace where meals can be eaten “Al Fresco” in good weather.

You can find an example of a Lunch and Dinner/ Weekend Menu below on our Facebook Page.



Bedrooms:

There are 4 refurbished and comfortable double bedrooms on the First Floor and all are en-suite. Twin beds can also be arranged. The Ground Floor bedroom is suitable for wheelchair users where a double or a twin bed can also be arranged. There are also two gites which can accommodate 2 adults+2 children or 3 adults each.

Kettle, coffee, tea, biscuits and TV (French and English (terrestrial and sky)) are provided in each bedroom and the gite.



Lake:

Our newly established still water fishery is for trout fishing with fly only.

The lake is approaching 1.5 acres and has crystal-clear water fed by 3 artesian wells and several springs. Its depth ranges from 1.5 to 3+ meters and it is stocked with mainly rainbows ranging from 2lbs to doubles. Some browns have also been stocked.

There is a comfortable clubroom with free tea and coffee for all anglers. There is also an outside terrace for use in good weather. A toilet and shower is adjacent to the clubroom. We intend to provide a disabled fishing platform at a later date.



Corporate Package:

With our recently renovated barn retreat that can be used for various indoor activities (yoga, arts and crafts, etc...) and being in the heart of the French countryside, surrounded by many cycling and walking paths, we also offer a wide range of on site leisure activities.

Whether you're an individual or part of a corporate group, whether you prefer a fun and active break or you prefer to rest and relax at our peaceful getaway, our packages cater for all and can be tailor-made to suit your needs under four sub heading; Activities, Tours & Trips, Well Being and Detox Retreat and Hobbies:

1) Activities:



Activities at La Cascade include:

- **Beginners introduction to fly fishing** – introductory lesson to fly fishing taught by our qualified professional
- **Fly fishing** – half or full day fly fishing on our peaceful spring-fed lake
- **Helicopter ride** – enjoy a tour of the Northern French countryside in a helicopter ride with our professional partner Greg Helico and experience the luxury of being picked up and dropped off outside La Cascade.
- **Walking** – trek around the French countryside, several routes departing from La Cascade.
- **Cycling / Mountain Biking** – Cycle or Mountain Bike around the French countryside, several routes departing from La Cascade.
- **Canoeing** – Depart from La Cascade down La Canche river that runs alongside our complex.
- **Car/Motorbike Rallies** – Depart from La Cascade, several routes departing from La Cascade.



Activities in the area include:

<u>No:</u>	<u>Activity:</u>	<u>Where:</u>	<u>Distance to:</u>	<u>About:</u>	<u>Duration</u>
1	Racing Track day	St Pol	15 km	Tailor-made Packages available with our partners at La Croix en Ternois race circuit - suitable for both Motorcars and Motorbikes	1/2 or Full Day
2	Clay Pigeon Shooting	Orville	17 km	Our nearest course has hosted European and World Championships (standdetir.fr)	1/2 or Full Day
3	Paragliding	La Comté	20 km	Experience paragliding from the hills of La Comté	1/2 or Full Day
4	Golf	Arras	25 km	A 18 hole round on the renowned Golf d'Arras	1/2 Day
5	4x4, SSV and Quad Biking	St Georges	25 km	Discover off road driving on a 50 hectare course with our partners at circuit du ravin	1/2 or Full Day
6	Parc d'Ohlain	Parc d'Ohlain	25 km	Team Building activities including an all season luge run, disc golf, mountain biking, archery, fencing, climbing, orienteering courses, a go-ape trail, zip wire and the largest network of suspended nets in the world	1/2 or Full Day
7	Go-Karting (electronic)	Bruay la Buissiere	30 km	Experience Go Karting in state of the art electronic go karts with our partners at Kart'Innov	1/2 or Full Day
8	Hot Air Ballooning	Beaurains	35 km	A Hot Air Balloon flight over Arras and its surrounding area with our partners at Air Montgolfière	1/2 or Full Day
9	Light Aircraft flight	Vimy	40 km	Experience a flight over the beautiful Pas de Calais landscape with our partners at Aeroclub Lens	1/2 or Full Day
10	Horse Riding / Trekking	Several Equestrian Centres	min 2 km	Horse Trek around the French Countryside led by an experienced professional	1/2 or Full Day
11	Parachuting	Perrone	65 km	Experience a parachute jump with our partners at Parachute Perrone	Full Day
12	Sand Yachting	St Valery	70 km	A Sand Yachting lesson on the beaches of St Valery	Full Day
13	Kite Surfing	Le Touquet	75 km	A lesson in kite surfing on the beaches of Le Touquet with our partners at kitezone	Full Day



2) Tours and Trips:



<u>No:</u>	<u>Tours & Trips:</u>	<u>Where:</u>	<u>Distance to:</u>	<u>About:</u>	<u>Duration</u>
1	Arras / Louvre Lens Daytrip	Arras	30 km	Visit the beautiful and famous squares in the city of Arras. The renowned Louvre Lens museum is located a further 15 minutes away	Half or Full Day
2	Vimy Ridge War Memorial by Plane	Vimy	40 km	Experience a 15 minute flight over the Vimy Ridge Memorial with our partners Aeroclub Lens	Half of Full Day
3	St Valery Daytrip	Saint Valery sur Somme	70 km	Visit the medieval village of St Valery set in the picturesque Baie de Somme	Full Day
4	Le Touquet Daytrip	Le Touquet	75 km	Visit the town of Le Touquet, popular with Parisiens for its seafront location, impressive architecture, stylish boutiques, choice of restaurants and its famous casino	Full Day
5	Lille Daytrip	Lille	80 km	One of France's largest cities, Lille has a lot to offer - we recommend a trip to the old town	Full Day
6	Paris Daytrip	Paris	1.5 hrs	A day trip to Paris can be easily organised: La Cascade to Arras takes 40 minutes; Arras to Paris via TGV takes 50 minutes	Full Day
7	Battlefields Tour	Hauts de France	various	Several options available hosted by one of our Guild of Battlefield Guides	Full Day

3) Well Being & Detox Retreat:

Relaxation retreat at La Cascade include:

- **Well Being and Detox lesson** – Christian Cabaret & PranaHvital
- **Yoga lesson** – Christian Cabaret & PranaHvital
- **Relaxation Therapy** – L'instant Présent St Pol
- **Reflexology** – L'instant Présent St Pol
- **Aromatherapy** – L'instant Présent St Pol
- **Jacuzzi** – In-house
- **Manicure/Pedicure session** – Audré Tatou

4) Workshop:

Workshop options at La Cascade include:

- **Wine Tasting**
- **Cheese Tasting**
- **Cooking Lessons**
- **French Lessons**
- **Painting & Crafts Workshop**
- **Photo Club**
- **Bird and Wildlife Watching**
- **Fly Tying**

As many workshop options may be added to the package in accordance with the time you spend with us. All our lessons are run by experienced professionals.

Transit costs are incurred for dropping off and collecting from an activity based on a maximum group of eight, otherwise please call for any larger groups.

Maximum capacity for a overnight stay at La Cascade is 16 people, however we work with many hotels and chalets in the area that are able to accommodate if the need for larger groups is necessary.

For Further Information:

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"La Cascade France"

À Bientôt!...

