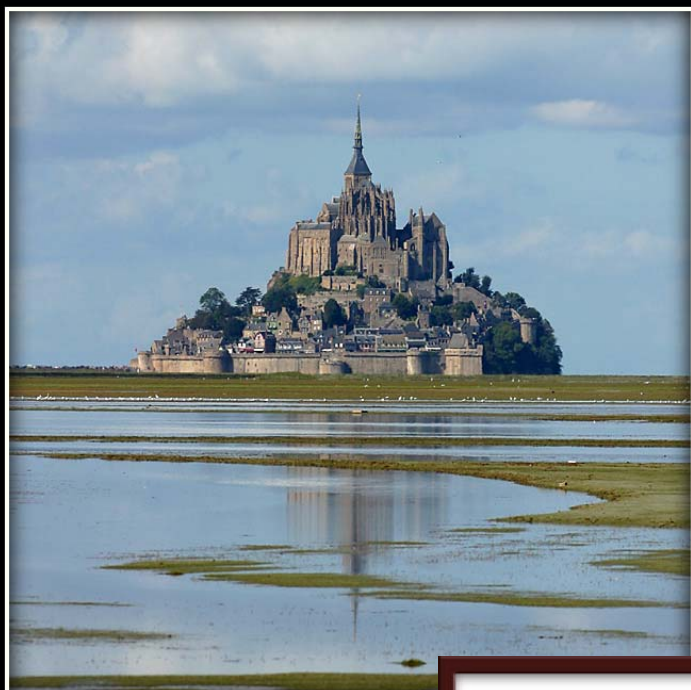


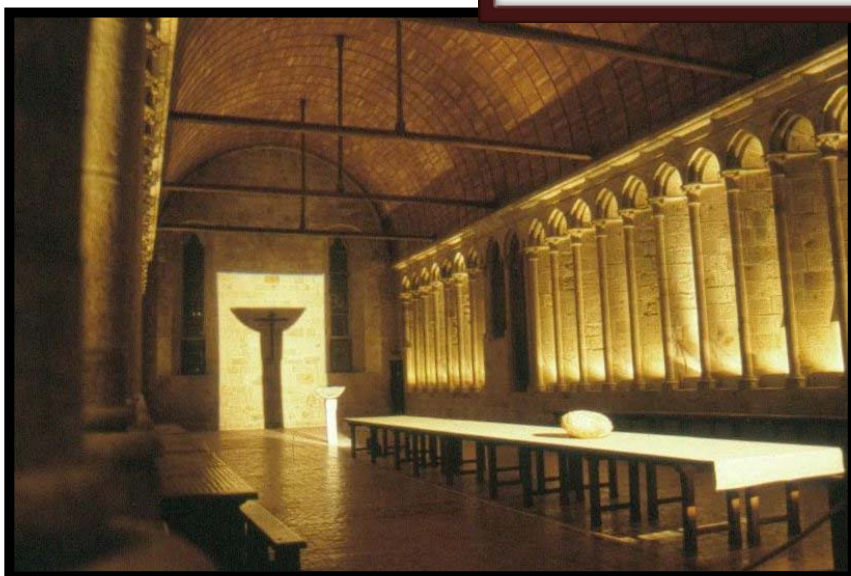
## SEAFOODplus and HSIS Gala Dinner at Mont-Saint-Michel on 5 October 2005



Mont-Saint-Michel is a small, rocky island in the shallow tidal bay off Granville, exposed to the powerful tides between Normandy and Brittany.

The Abbey of Mont-Saint-Michel is a true marvel, it is the most splendid of all the abbeys in France, and is listed as a world heritage site by Unesco. It is a Gothic-style Benedictine abbey dedicated to the archangel St Michael, and the village that grew up in the shadow of its great walls. It was built between the 11<sup>th</sup> and 16<sup>th</sup> centuries.

We will visit the abbey and be welcomed with a cocktail in the dining rooms of the monks where a local guide will tell the history of the place (in both French and English). The dinner will take place at a restaurant in front of Mont-Saint-Michel, which will be lit, so we have a splendid view of the Abbey. There are only 150 seats at the restaurant, so booking is on a first-come-first-served basis.



The gala dinner is jointly for the participants at the SEAFOODplus Conference and the Health Sea International Symposium.

We will be transported to Mont-Saint-Michel by bus. We will walk up the hill to the abbey, so people should wear good walking shoes.

