



## EQUESTRIAN LOOP Guenrouët - Sévérac - Saint-Gildas-des-Bois



31 km 5 hours



2 hours 30



8 hours



Quai Saint-Clair car park, near the Tourist Office - Guenrouët

### Access

between Guenrouët and Plessé on the D2, parking alongside the Nantes-Brest canal



**Pays de Pont-Château/ Saint-Gildas-des-Bois Tourist Office**

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### THE STORKS

The first rays of the March sun are the sign that spring is coming and with it the return of the stork couples. This bird of the wader family, which shows an extraordinary sense of balance by choosing the ridge of a roof or the tip of an electricity pole as the ideal nesting place, has made Sévérac its home for several years now. Standing on its long orange-red legs, the stork, with its evenly white plumage (except for the black tail feathers), watches for its prey in wet meadows where the vegetation is short. When exploring the area, keep your eyes and ears open, as storks communicate with each other by making a clapping noise. These sounds, combined with particular postures, allow birds to communicate in different situations, such as defending their nests, calling for their partners and recognising each other.

Between the canal and the wooded countryside, whether on foot, horseback or bicycle, you will enjoy the diversity and quality of the areas you pass through, and the unusual species you see on the way. Enjoy a getaway alongside the Nantes-Brest canal, once a place of hard work, now a haven of relaxation, and then venture into the wild and unspoilt countryside, home to legendary birds and fairy tales.



### TO SEE ON THE WAY...

#### • The Kerisac Cider House

Tractors, lorries, and trailers can be seen in the village of Guenrouët, this is a sign it is autumn, the time of apple deliveries to the Kerisac cider factory. They come from the surrounding orchards and from Morbihan, and will produce, as they have every year since 1920, one of the best ciders in France. The company was founded by Edmond Guillet, a miller and cider maker who passed on his knowledge to his sons in the 1920s. Three generations have followed him in his passion, and Kérisac cider now travels beyond the French borders. Whether dry or sweet, it adds a certain sparkle to the table in Brittany. (Alcohol abuse is dangerous for your health)

#### • The chapel of Sainte-Anne du Cougou

Take time to observe the beautiful rose window above the entrance door of this chapel, built by Guillaume Legrand in the 18th century. In the past, the nuns of Saint-Gildas-des-Bois sent a priest there every Sunday to celebrate mass. During the Revolution, the building remained intact at the request of the Le Gué Republicans. Only the statue of Saint Anne was knocked down and mutilated by the Bleus de Bretagne.

#### • Le Rocher à la Vache (Cow Rock) dolmen

This dolmen is made up of a top stone, balanced by two quartz fragments resting on the bedrock. The whole construction is slightly reminiscent of a cow's head and under what the locals call the 'cow's nose' is a henge of half-buried rocks arranged symmetrically. In the past, the inhabitants of the neighbouring villages used to come here to cut the heathland to make bedding.

#### • Chestnut

Few trees have such a strong history with man like the chestnut tree. Both a fruit tree and a forest tree, the chestnut tree has been a faithful companion to man over the years, providing a particularly nutritious staple food, often replacing, for the poorest populations, the bread eaten on exceptional occasions. Naturally, the chestnut tree became known as the 'breadfruit'. Today, we always look forward to the return of autumn to rediscover the wonders of the chestnuts. The sound of the chestnut bursting, the smell that tickles your taste buds, the blackness on your fingers as you peel it, and above all, the fire around which you gather to shake the chestnut pan.



### AND ALSO...

#### • The Pine Trees Trail (Circuit des Pins) - 3.5 km / 1 hour

Departure: Bernugat Calvary, opposite the natural camping area.

Accompanied by the smell of pine trees, come and explore the highlands of Saint-Gildas-des-Bois. This short trail, through the moors and woods of the Bernugat hills, is an invitation to observe nature. Once past the quarry, now filled with water, and after enjoying the atmosphere of the forest, the view opens up and you'll catch a glimpse of the bell tower of St-Gildas abbey church, as well as the bridge of St-Nazaire in the distance, on a clear day



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LA BAULE  
PRESQU'ÎLE DE  
GUÉRENDE

TOURISME

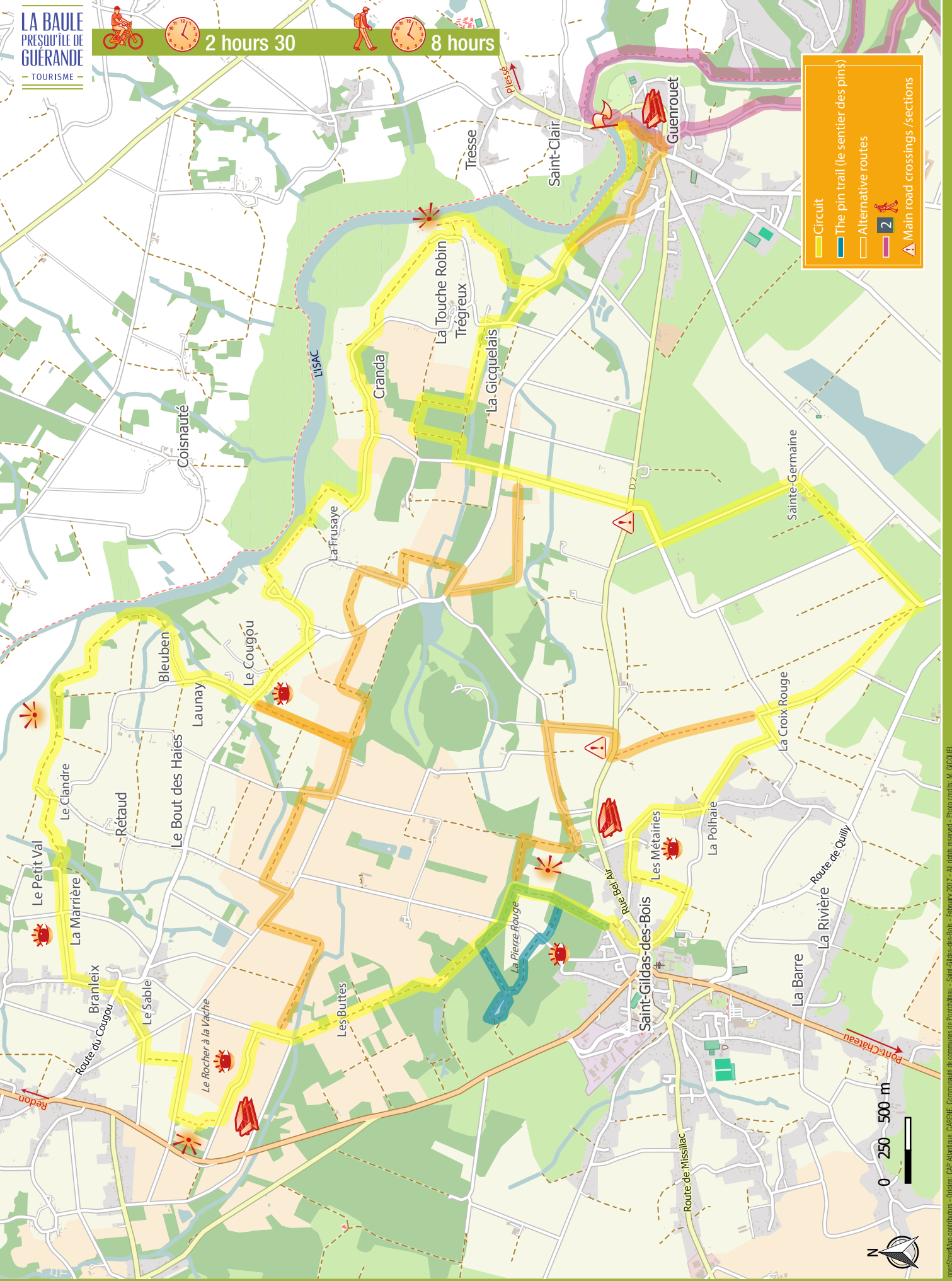


2 hours 30



8 hours

- Circuit
- The pin trail (le sentier des pins)
- Alternative routes
- 2
- Main road crossings / sections



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