

ENG

Nantes, Saint-Nazaire,
La Baule, Rennes,
to the Mont-Saint-Michel

A MODERN JOURNEY THROUGH AN OLD LAND → BY BIKE



SUMMER 2023



Atlantic
Ocean

**A MODERN
JOURNEY
THROUGH
AN OLD LAND
→ BY BIKE**

The Channel

SAINT-MALO
DINARD

**LE MONT-
SAINT-MICHEL**

LE VIVIER-SUR-MER

DINAN

**HÉDÉ-
BAZOUGES**

RENNES

GUIPRY-MESSAC

REDON

**LA ROCHE-
BERNARD**

PÉNESTIN

PIRIAC-SUR-MER

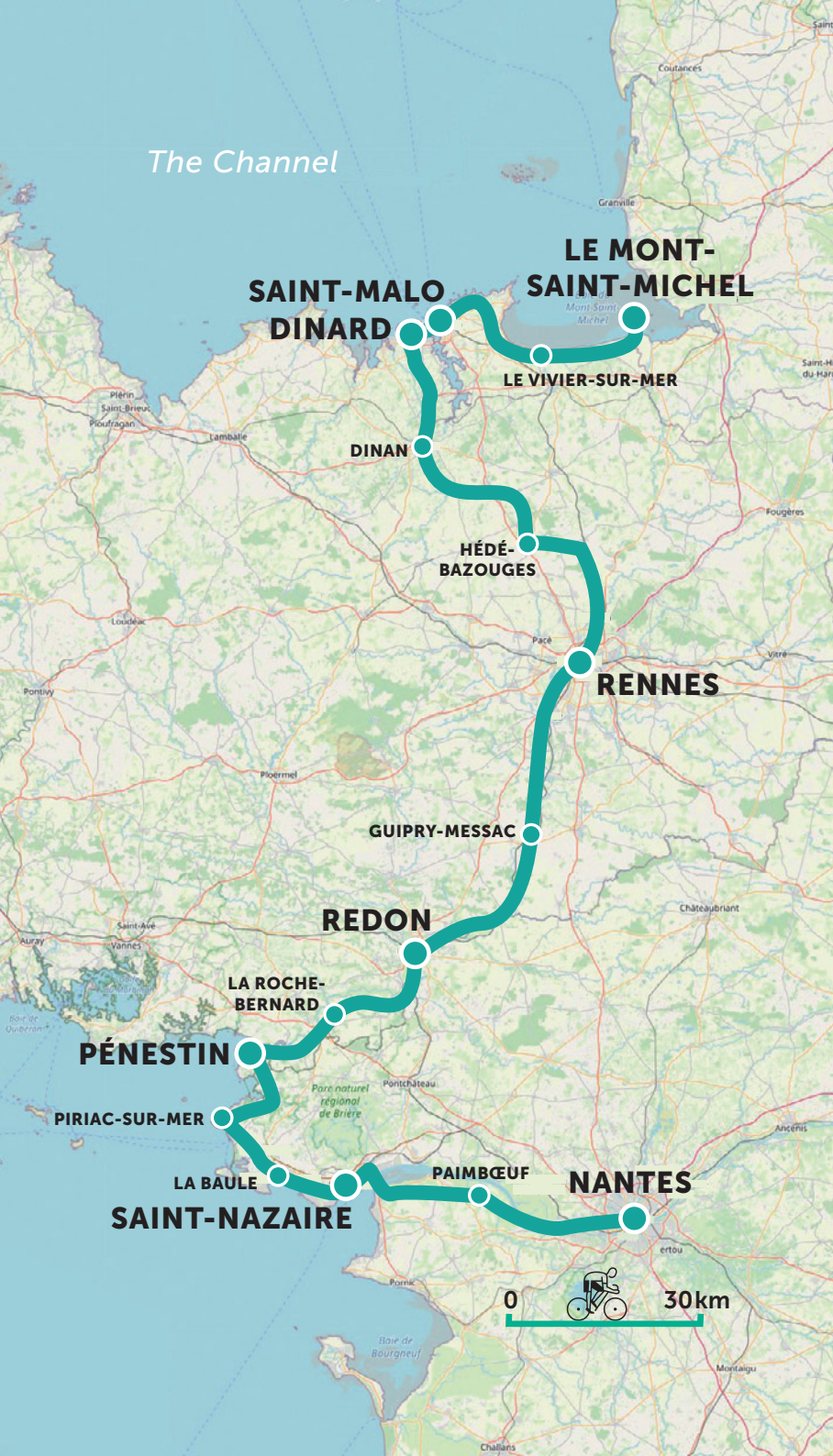
LA BAULE

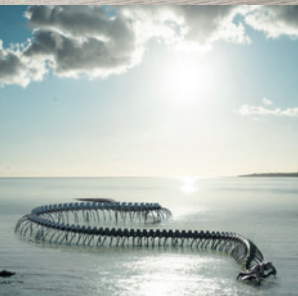
SAINT-NAZAIRE

PAIMBŒUF

NANTES

0  30km





A MODERN JOURNEY THROUGH AN OLD LAND → BY BIKE

Seven towns in the west of France – Nantes, Saint-Nazaire, La Baule, Redon, Rennes, Dinan and Dinard – come together to present their regional heritage: from art to gastronomy, architecture to natural landscapes, and the historical to the contemporary. This unprecedented collaboration traces an itinerary that is singular and truly exceptional when discovered from behind a set of handlebars: it is an ode to roaming free, to the joys of being a nomad for a brief moment, and to discovering the unexpected with each new stop, where a surprise awaits you at every turn.

From the Atlantic Ocean to the English Channel, from land to sea, this *Modern Journey through an Old Land* reveals little-known treasures, secret beaches, natural landscapes, and excellent spots to eat and rest, where you can experience the region like never before.

SUMMARY

STAGE 1

NANTES / SAINT-NAZAIRE

→ 73.90 km _____ p. 4 to 9

STAGE 2

SAINT-NAZAIRE (VIA LA BAULE) /

PÉNESTIN → 87.93 km _____ p. 10 to 15

STAGE 3

PÉNESTIN / REDON

→ 58.12 km _____ p. 16 to 21

STAGE 4

REDON / RENNES

→ 94.34 km _____ p. 22 to 27

STAGE 5

RENNES / DINARD

→ 108.20 km _____ p. 28 to 33

STAGE 6

DINARD /

LE MONT- SAINT-MICHEL

→ 69.65 km _____ p. 34 to 39



USEFUL INFORMATION

"Giddy up!"

Whether you're on an electric bike or the old-fashioned kind, *A Modern Journey through an Old Land* is an itinerary that is perfectly secured and accessible to all, where you will always find rental shops, repair stands, or fellow cyclists to help repair your bike in the event of a technical mishap (within reason, of course...).

Be it as a family, among friends, on your own, or in tandem, this cycling itinerary is divided into 6 sections, borrowing some of the greatest hits from other circuits like *La Loire à Vélo*, *La Vélocéan* and *La Vélomaritime*, and covering nearly 500 km!

Before leaving, make sure to bring along a basic repair kit (inner tubes, patches, a pump), wear a helmet, fill your water bottle to the brim, bring your trail mix, and keep in mind that the entire itinerary has been tested and secured for your cycling pleasure. So, giddy up for the new adventures awaiting you!

For all the information you could possibly need per destination (repair shops, bike-friendly spots, accommodation, etc.):

LE VOYAGE À NANTES

levoyageanantes.fr
T. +33 (0)8 92 46 40 44
+33 (0)2 72 64 04 79 (from abroad)

DESTINATION RENNES

www.tourisme-rennes.com
T. +33 (0)8 91 67 35 35

SAINT-NAZAIRE RENVERSANTE

www.saint-nazaire-tourisme.com
T. +33 (0)2 40 22 40 65

LA BAULE-PRESQU'ÎLE DE GUÉRANDE

www.labaule-guerande.com
T. +33 (0)2 40 24 34 44



**PASS NANTES: 24H,
48H, 72H AND 7 DAYS**

Nantes' must-see sights at the best prices, plus a day-long bike rental included. In this booklet, a card icon indicates that the service is included as part of your Pass Nantes.

ONE-WAY BIKE RENTAL:

Top-of-the-line traditional or electric bikes designed for the high road.

NANTES

Paulette Bike
<https://paulette.bike/fr>

LA BAULE-ESCOUBLAC

Véloc'ouest
www.velocouest.fr

RENNES

Abicyclette
www.abicyclette-voyages.com

USEFUL LINKS:

www.francevelotourisme.com
www.lestablesdenantes.fr
<https://voyage-en-bretagne.com>

AV = Accueil Vélo (Cyclists Welcome)



Share your experience
#TRAVERSEEMODERNE



STAGE 1 NANTES / SAINT-NAZAIRE → 73.90 km

“The starting line for *A Modern Journey through an Old Land* is green – just like the colour of the Le Voyage à Nantes line.”

This year-round tour of cultural sites will guide you to stunning heritage buildings, remarkable views of the city, and more than a hundred open-air works of art.

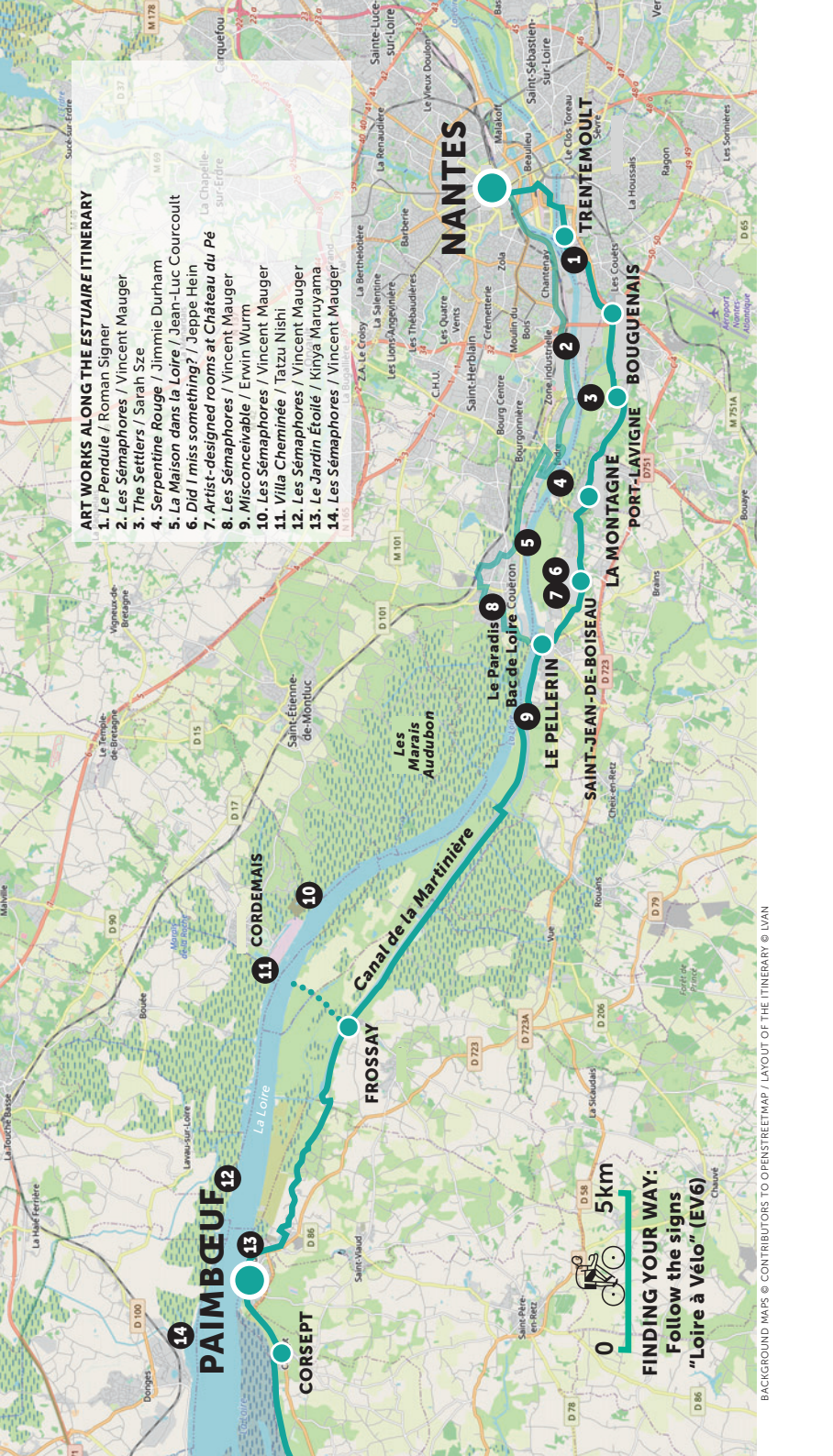
After strolling through this iconic 22-kilometre circuit, you will leave the hubbub of the city behind to reach the Ocean. Slowly, the landscape changes and the horizon widens.

The Loire is a trusty travel companion whose face changes along the way. Simultaneously pristine, industrial, and close to nature, the river points the way to the Ocean and the calm of the sea.

We're racing to the finish line of this stunning leg of your journey: Saint-Nazaire, the city with a thousand faces, both urban and maritime, XXL and cozy, historic and innovative, industrial and bucolic.

ART WORKS ALONG THE ESTUAIRE ITINERARY

1. Le Pendule / Roman Signer
2. Les Sémaphores / Vincent Mauger
3. The Settlers / Sarah Sze
4. Serpentine Rouge / Jimmie Durham
5. La Maison dans la Loire / Jean-Luc Courcoult
6. Did I miss something? / Jeppe Hein
7. Artist-designed rooms at Château du Pé
8. Les Sémaphores / Vincent Mauger
9. Miscoconceivable / Erwin Wurm
10. Les Sémaphores / Vincent Mauger
11. Villa Cheminée / Tatzu Nishi
12. Les Sémaphores / Vincent Mauger
13. Le Jardin Étoilé / Kinya Maruyama
14. Les Sémaphores / Vincent Mauger



FINDING YOUR WAY:
Follow the signs
"Loire à Vélo" (EV6)

NANTES / PAIMBŒUF → 51.90 km

STAGE 1
NANTES /
SAINT-NAZAIRE
→ 73.90 km

“The landscapes are so diverse, you’ll have a hard time keeping your eyes on the road.”

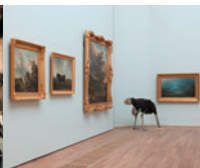
Leave Nantes behind as you straddle the Loire over the Pont des Trois-Continents bridge. Take a hard right to Trentemoult, where you’ll happily get lost in its labyrinth of colourful alleyways. Then high-tail it to Saint-Brevin and ride off to Bouguenais along the impressive Nantes-Saint-Nazaire port. This bike route winds its way through a prairie – protected as a Natura 2000 site – to the little-known village of Port-Lavigne. At Canal de la Martinière, escape to Quai Vert à Frossay for a gorgeous view of Tatzu Nishi’s *Villa Cheminée*.



CHÂTEAU DES DUCS DE BRETAGNE
© PATRICK MESSINA / LVAN



LES MACHINES DE L'ÎLE
© FRANCK TOMPS / LVAN



MUSÉE D'ARTS DE NANTES © C. CLOS



LE PENDULE, ROMAN SIGNER, REZÉ
(TRENTEMOULT) © JEAN-DOMINIQUE
BILLAUD – NAUTILUS / LVAN

ALONG THE CIRCUIT



Free with the Pass Nantes:

NANTES

Le Château des ducs de Bretagne

Located in the city centre's medieval district, it is home to the Musée d'histoire de Nantes and temporary exhibitions.

Les Machines de l'île

A world at the crossroads of Jules Verne and Leonardo da Vinci.

Le Musée d'arts

The outstanding collection, from Tintoretto and Rubens to Monet, Rodin, Kandinsky and Chagall.

BOUGUENAIS – Port Lavigne

The Settlers (*Les Colons*)

Artwork by Sarah Sze. (3)

A bear cub climbs a tree, a jaguar lazes about, and monkeys occupy the 3rd tree.

LE PELLERIN

Misconceivable – Artwork by Erwin Wurm. (9)

This sailboat appears to be limp and looking for freedom in the Loire.

SLEEPING

NANTES

Hôtel Voltaire Nantes Centre Opéra (AV)

www.hotelvoltaireoperanantes.com

SAINT-JEAN-DE-BOISEAU

Artist-designed rooms at Château du Pé (7)

This permanent collection have been designed by 12 artists to make your nights creative.
www.levoyageanantes.fr

FROSSAY

Le migron

A campsite in the heart of a natural, pristine setting.

<https://campingdumigron.wixsite.com/campingdumigron>

PAIMBŒUF

Camping de l'Estuaire (AV)

www.campinglestuaire.fr

HAVE A DRINK / EATING

NANTES

The best restaurants in the

Tables de Nantes 2022-2023 guide.

www.lestablesdenantes.fr



**With the Pass Nantes:
a free drink.**

Le Café de la branche

Across from the *Grand Elephant*.

www.lesmachines-nantes.fr

La Cantine du Voyage

A lively, must-see stop.

www.levoyageanantes.fr

Little Atlantique Brewery

Artisanal brasserie in Bas-Chantenay.

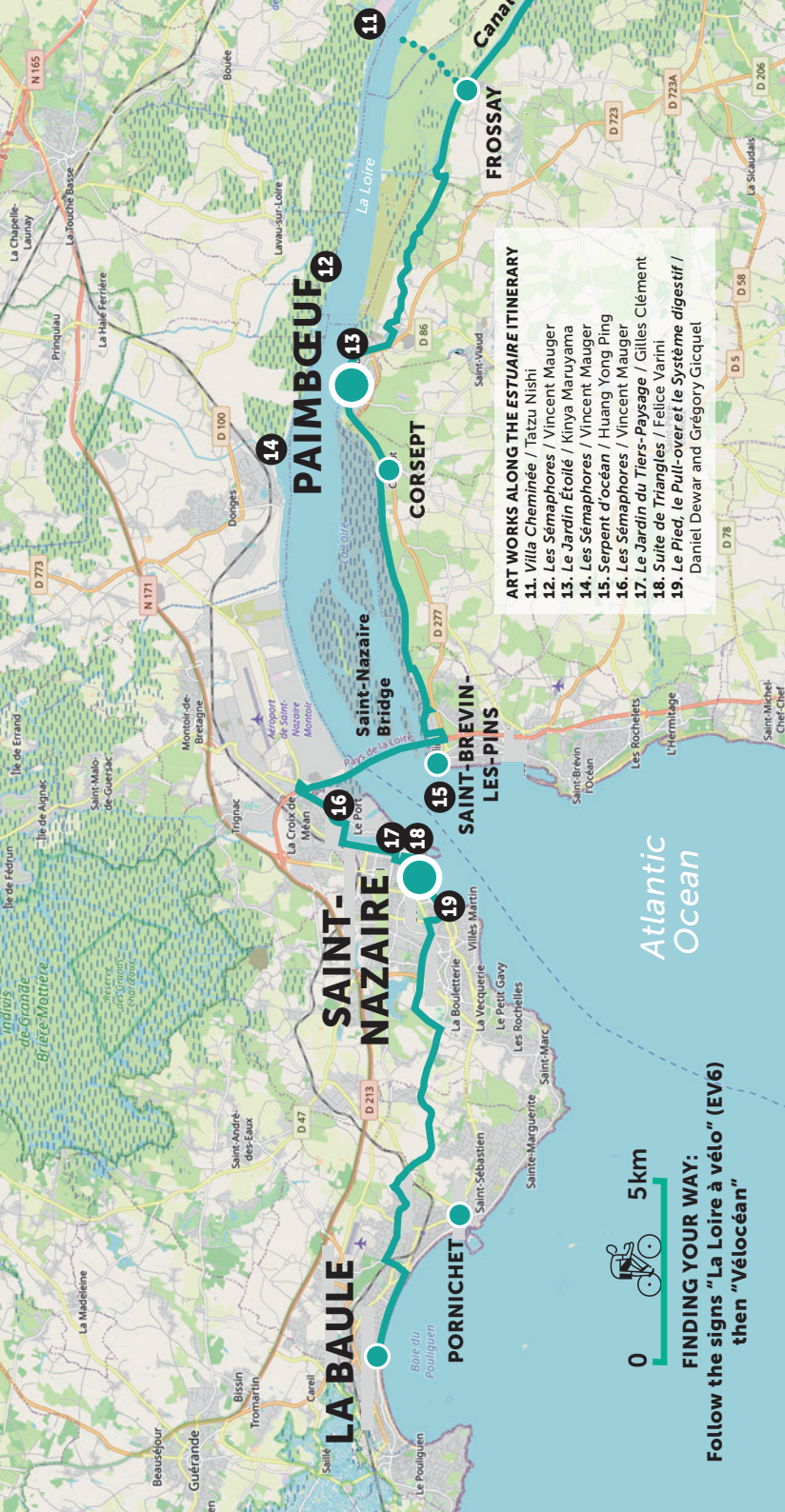
<https://little-atlantique-brewery.fr>

PAIMBŒUF

Le Café de la Loire

A welcoming stop for cyclists and visitors alike.

<https://restaurant-lestuaire.com>



PAIMBŒUF

- ART WORKS ALONG THE ESTUAIRE ITINERARY**
- 11. Villa Cheminée / Tatzu Nishi
 - 12. Les Sémaphores / Vincent Mauger
 - 13. Le Jardin Étoilé / Kinya Maruyama
 - 14. Les Sémaphores / Vincent Mauger
 - 15. Serpent d'océan / Huang Yong Ping
 - 16. Les Sémaphores / Vincent Mauger
 - 17. Le Jardin du Tiers-Paysage / Gilles Clément
 - 18. Suite de Triangles / Felice Varini
 - 19. Le Pied, le Pull-over et le Système digestif / Daniel Dewar and Grégory Gicquel

Atlantic Ocean



0 5km

FINDING YOUR WAY:
 Follow the signs "La Loire à vélo" (EV6)
 then "Vélocéan"

PAIMBŒUF / SAINT-NAZAIRE

STAGE 1
NANTES /
SAINT-NAZAIRE
→ 73.90 km

→ 22 km (16 km/10 mi. if crossing bridge
by shuttle bus: recommended)

“In Corsept, once you’ve passed the cemetery, immediately turn right. There are signs, but you never know...”

Upon leaving Paimbœuf, you will reach Corsept and its fisheries, where it is important not to wander about too much. Once you pass the cemetery, immediately take the first right. The rest of the path slowly zooms in on Saint-Nazaire’s XXL bridge. To cross it, several options are available. In July and August, the Loire-Atlantique département provides a free shuttle bus departing from Saint-Brévin (Place Bougainville, near *Le Serpent d’Océan*) that requires no reservation (tandems and cargobikes are not accepted). During low season, bus no. 317 takes you from the Saint-Brevin bus station to the Saint-Nazaire station (reservations at +33 (0)9 69 39 14 14). From this city of great shipyards, head to La Baule. Follow the signs to Pornichet or Boucle 14.



LE JARDIN ÉTOILÉ, KINYA MARUYAMA.
© GINO MACCARINELLI / LVAN



SUITE DE TRIANGLES, FELICE VARINI. BASE-SOUS-MARINE,
MATIN, SAINT-NAZAIRE © ANDREA KLOSE



LE PIED, LE PULL-OVER ET LE SYSTÈME
DIGESTIF, D. DEWAR & G. GICQUEL.
SAINT-NAZAIRE © M. ARGYROGLO / LVAN

ALONG THE CIRCUIT

PAIMBŒUF

Le Jardin étoilé

Artwork by Kinya Maruyama. (13)

SAINT-BREVIN-LES-PINS

Serpent d’Océan

Artwork by Huang Yong Ping. (15)

SAINT-NAZAIRE

Suite de Triangles – Artwork by Felice Varini, which is superimposed onto the city from the submarine base’s rooftop terrace. (18)

Le Pied, le Pull-over et le Système digestif

Artwork by D. Dewar and G. Gicquel. (19)

The shipyards. Visit the heart of a rare industrial adventure where exceptional craftsmanship reigns supreme.



Free with the Pass Nantes:

Escal’Atlantic. A one-of-a-kind experience in Europe, where you can learn about legendary Transatlantic ocean liners.

The Espadon submarine. Travel alongside submarine sailors.

SLEEPING

CORSEPT

La Pêcherie perchée –

Manoir de l’espérance (AV)

www.saint-brevin.com/la-pecherie-perchee-manoir-de-l-espérance.html

GUÉRANDE

Le Pavillon (AV)

<https://lepavillon-guerande.fr>

EATING

SAINT-NAZAIRE

La plage

www.restaurantlaplage.fr

Le bar iodé

More info on our Facebook page

Panem

<https://panem.eatbu.com>

PORNICHET

Le Récif

With your tires in the sand and your feet virtually in the water, take a moment to enjoy this slightly crazy spot on *La Bonne Source* beach.



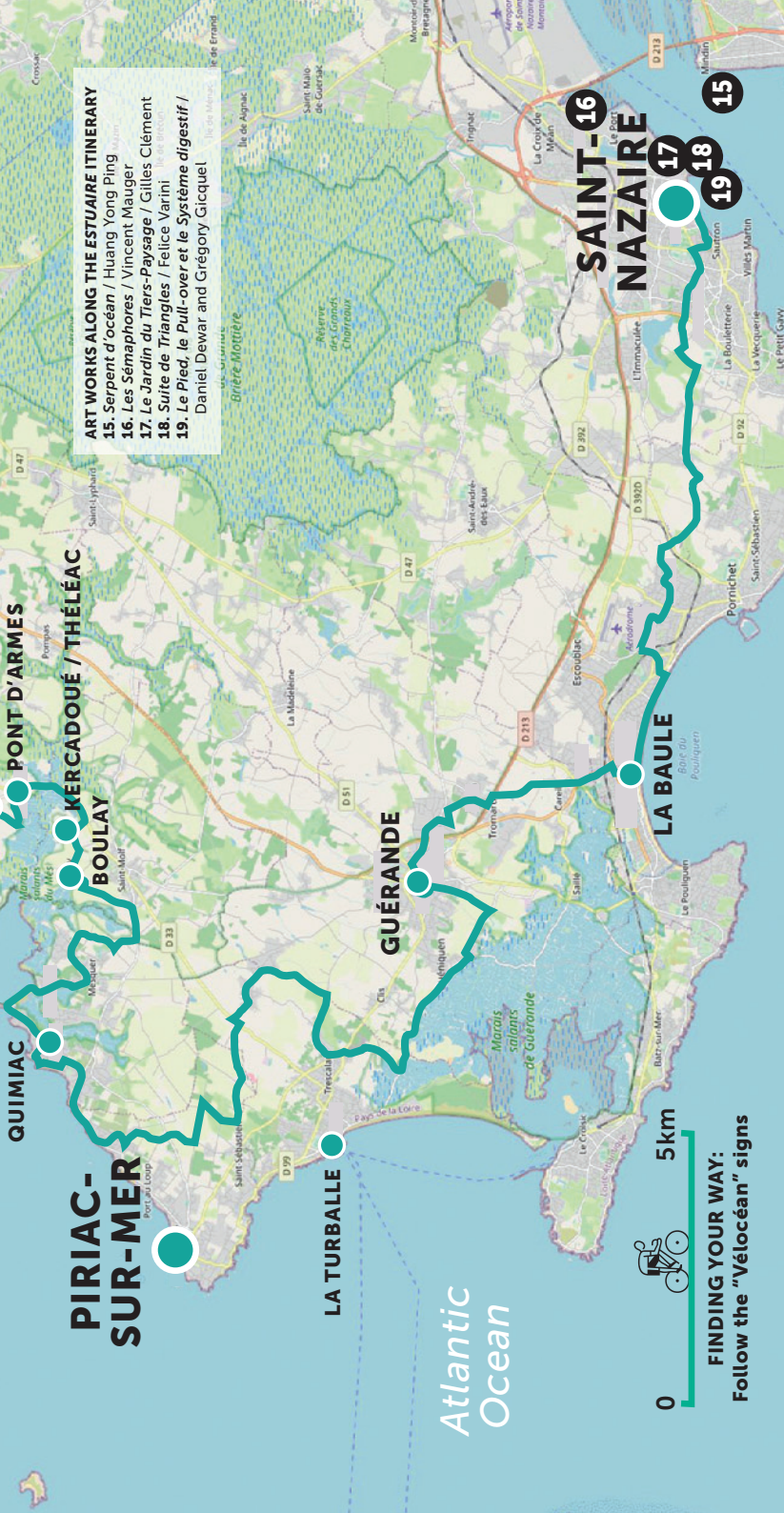
STAGE 2 SAINT-NAZAIRE (VIA LA BAULE) / PÉNESTIN → 87.93 km

“La Baule, the ideal backdrop to gently start this new itinerary, with your pedals practically in the water.”

La Baule is a member of the elite club of the most beautiful bays in the world. Its hidden villas, sheltered from the seafront, offer you the ideal backdrop to gently start this new itinerary, with your pedals practically in the water. Once this charming detour is behind you, an even more pristine horizon awaits with the region's flora and salt marshes.

Even though the *Modern Journey* doesn't always flirt with the Atlantic Ocean, its aura is never very far away.

The sea bobs in an out of sight as you calmly zig-zag your way towards Pénestin, with its protected beach La Mine d'or and its golden cliffs.



PIRIAC-SUR-MER

QUIMIAIC

PONT D'ARMES

KERCADOUÉ / THÉLÉAC

BOULAY

GUÉRENDE

LA TURBALLE

LA BAULE

SAINT-16
NAZAIRE

15

17

18

19

Atlantic Ocean



0 5km

FINDING YOUR WAY:
Follow the "Vélocéan" signs

- ART WORKS ALONG THE ESTUAIRE ITINERARY**
- 15. Serpent d'océan / Huang Yong Ping
 - 16. Les Sémaphores / Vincent Mauger
 - 17. Le Jardin du Tiers-Paysage / Gilles Clément
 - 18. Suite de Triangles / Felice Varini
 - 19. Le Pied, le Pull-over et le Système digestif / Daniel Dewar and Grégory Gicquel

SAINT-NAZAIRE (VIA LA BAULE) / PIRIAC-SUR-MER → 47.20 km

STAGE 2
SAINT-NAZAIRE
(VIA LA BAULE) /
PÉNESTIN
→ 87.93 km

“In Guérande, the City of Art and History, travel back in time to discover the medieval city and stop to fill your water bottle.”

A unique quality of this stretch of your journey is that it reveals a little-known side of La Baule. After Avenue Lajarrige and its charming boutiques, turn right and follow the Vélocéan bike path. In the shortest of bike rides, head in the direction of Guérande and discover the inland areas near La Baule, with its winding, shaded pathways. In Guérande, the “City of Art and History”, travel back in time to discover the medieval city and stop to fill your water bottle. Once you’re topped up, glide down at full tilt toward the salt marshes.

To reach Piriac-sur-Mer, don’t dilly-dally: follow the Vélocéan signs in order to leave the very popular coastal road, and head inland – which is just as breathtaking.



VILLA IN LA BAULE © ALEXANDRE LAMOUREUX



SALT MARSHES OF GUÉRANDE © ALEXANDRE LAMOUREUX

ALONG THE CIRCUIT

LA BAULE

The villas of La Baule

Seaside villas in an array of architectural styles, from Art Deco to Belle Époque.

Wellness resort

Since the 19th century, La Baule has been a famed seaside resort, reputed for its spa therapies.

GUÉRANDE

Guérande open-air market


Wednesday and Saturday mornings. The fortification walls and Saint-Aubin Church offer this market a one-of-a-kind backdrop.

SLEEPING

PIRIAC-SUR-MER

“Les amis de la nature” camping ground 150m from Port-au-Loup beach, enjoy this lively camping ground that has received the Refuge LPO label for its efforts in preserving nature and improving local biodiversity. <https://campinglesamisdelanaturepiriac.fr>

ARRIVING / LEAVING

 The nearest train station to Piriac-sur-Mer is in Pouliguen, 18 km away.

PIRIAC- SUR-MER / PÉNESTIN → 40.73 km

STAGE 2
SAINT-NAZAIRE
(VIA LA BAULE) /
PÉNESTIN
→ 87.93 km

“Quimiac, Kercabellec, Mesquer: the Holy Trinity for this for the start of this itinerary, which oscillates between shade and sunlight.”

Quimiac, Kercabellec, Mesquer: the Holy Trinity for this for the start of this itinerary, which oscillates between shade and sunlight.

After Saint-Molf, ride through the Bassin du Mès salt marshes between the Loire and the Vilaine rivers. This territory is also home to 180 different species of birds.

Up and down, right and left... no matter where you look, this route will dazzle you. Make sure to follow the signs to Pont-Mahé, and let them guide you to Pénestin and the finish line, which hugs the colourful contours of Mine d'Or beach, with its ochre and golden cliffs.



QUIMIAC © ARNAUD BÉNEUREAU / LVAN



PÉNESTIN © ARNAUD BÉNEUREAU / LVAN

ALONG THE CIRCUIT

PÉNESTIN

La Mine d'Or beach

PONT-MAHÉ

Pont-Mahé beach

aka, the “Mediterranean of the West”... at the edge of a pine forest, where all is calm and natural. An ideal spot for kite and windsurfers.

HAVE A DRINK / EATING

PÉNESTIN

L'Escale

This must-see spot at the top of Rue du Calvaire offers a relaxing pause. Here, learn all about local life and test the waters of this seaside resort.

La plage dorée

Along the water's edge, the chef here serves up a variety of dishes daily.
www.restaurantlaplagedoree.fr

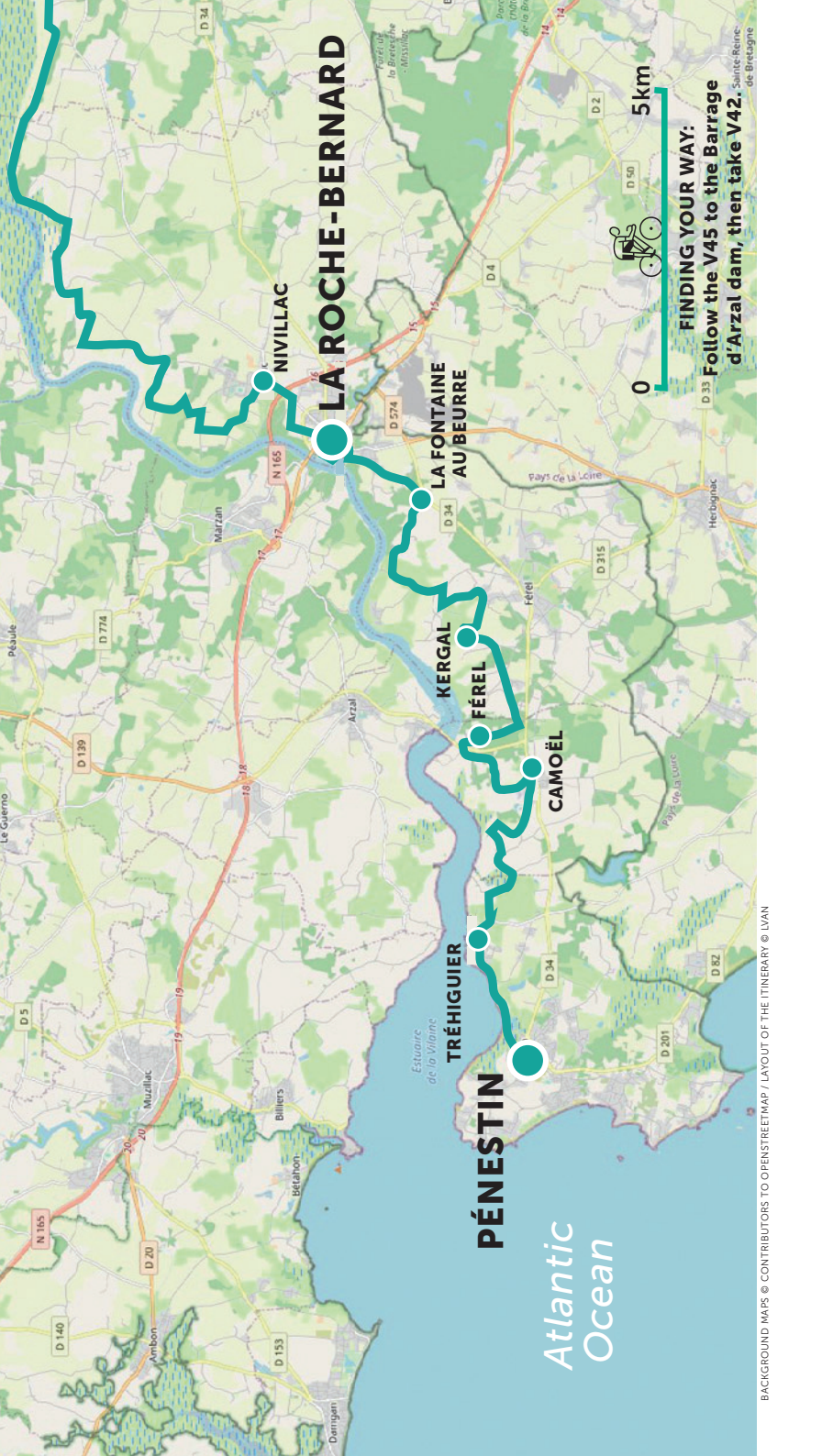


STAGE 3 PÉNESTIN / REDON → 58.12 km

“This circuit can almost be done handsfree – but always with an eye on this guide, the road, and the stunning Breton countryside...”

We won't lie to you: for now, the third stage of *A Modern Journey* is the least clearly marked out one on the itinerary. However, it would be a shame to cross it off your list since you'd miss out on a few natural gems that can only be appreciated by bike.

With the seaport of Redon in your sights, this circuit can almost be done handsfree – but always with an eye on this guide, the road, and the stunning Breton countryside...



LA ROCHE-BERNARD

PÉNESTIN

Atlantic
Ocean

NIVILLAC

**LA FONTAINE
AU BEURRE**

KERGAL

FÉREL

CAMOËL

TRÉHIGUIER

FINDING YOUR WAY:
Follow the V42 to the Barrage
d'Arzal dam, then take V42.

5km

0



PÉNESTIN / LA ROCHE-BERNARD → 22.10 km

STAGE 3
PÉNESTIN /
REDON
→ 58.12 km

“And what if happiness for a cyclist was slaloming down bends in the road...?”

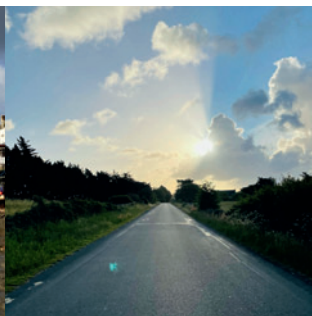
As Pénestin shrinks in the distance behind you, take the “Voie 5 Bretagne”, Le Tréhiguier. You’ll arrive at your destination after riding a gentle slope – one that reveals a perfectly picture-postcard port.

Once here, you’ll have no choice but to get off your bicycle and take in the view. Then, when you’re good and ready, get back on the path and turn left then right through the curvy routes of the Breton countryside. And what if happiness for a cyclist was slaloming down bends in the road...?

You’ll answer with a resounding “Yes!” as you reach La Roche-Bernard, with its tiny streets, worn smooth over time.



PORT OF LE TRÉHIGUIER © ARNAUD BÉNUREAU / LVAN



PÉNESTIN © ARNAUD BÉNUREAU / LVAN

ALONG THE CIRCUIT

BETWEEN ARZAL AND CAMOËL Barrage d'Arzal dam

Built in 1970, it is the largest estuary dam in Europe. Its canal lock allows boats to travel from river to ocean, and back.

HAVE A DRINK

TRÉHIGUIER

L'Annexe du port, with its view overlooking the panorama.
www.cafelannexe.fr

LA ROCHE-BERNARD

Le Pisse Mémé.

A community café-workshop.
<https://lepissememe.com/>

EATING

LA ROCHE-BERNARD

Auberge des Deux Magots (AV)
You can also eat here.
www.aubergedesdeuxmagots.fr

SLEEPING


LA ROCHE-BERNARD

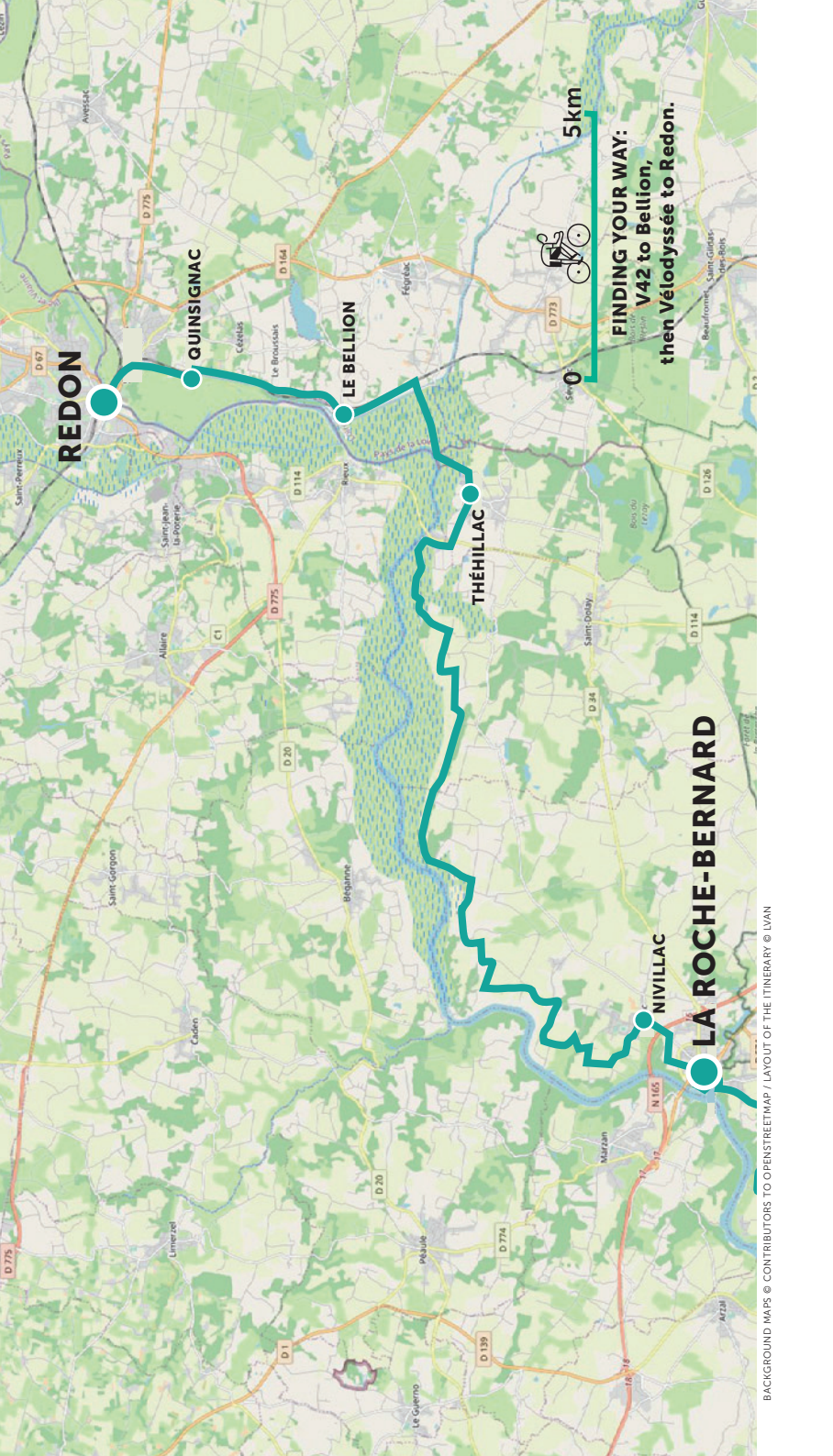
Le Pâtis camping
www.laroche-bernard.com/camping-le-patis

FÉREL

Les Rives de Vilaine camping (AV)
Cabins for cyclists.
www.campinglestrivesdevilaine.com

ARRIVING / LEAVING

 The closest train station to Nivillac is in Malansac, 16 km away.



REDON

QUINSIGNAC

LE BELLION

THÉHILLAC

NIVILLAC

LA ROCHE-BERNARD

**FINDING YOUR WAY:
V42 to Bellion,
then Vélolysée to Redon.**



5 km

LA ROCHE- BERNARD / REDON → 36.02 km

STAGE 3
PÉNESTIN /
REDON
→ 58.12 km

“With its old port, stunning view of the Vilaine River, and maze of tiny streets, La Roche-Bernard is a paradise of both zigs and zags.”

It's enough to make you dizzy – but you won't lose your head on the way to Nivillac, via Voie 42! Up and down you go, using only your legs, following the lovely Vilaine River, which is sometimes near, sometimes far, and always through a countryside that's so bucolic, you might suddenly find yourself whistling.

Arriving at the pint-sized Port du Bellion, lock your bike and climb (on foot this time) to Le Belvédère: a work by Nicolas Polissky that was built by volunteers from the La Carrière collective. After that, head back to Vélodyssée and ride to the Nantes-Brest Canal. From here, it's smooth sailing all the way to Redon, a little town with all the makings of a big city, at the crossroads of the western waterways, where the Nantes-Brest Canal meets the Manche-Océan liaison, connecting the ocean to the English Channel.



PORT OF REDON © ARNAUD BÉNUREAU / LVAN



FÉGÉREAC LOOKOUT POINT © FRANCK TOMPS / LVAN

SLEEPING

REDON

La Madeleine

4 guest rooms in a house dating back to the late 19th century. You'll appreciate the calm of the garden where grapevines, as well as apple and pear trees grow side by side.
<https://mlmadeleine.com>

HAVE A DRINK / EATING

REDON

La Sonnette

Bicycle café – Repair shop.
www.lasonnette.org
+33 (0)7 57 18 82 40



STAGE 4 REDON / RENNES → 94.34 km

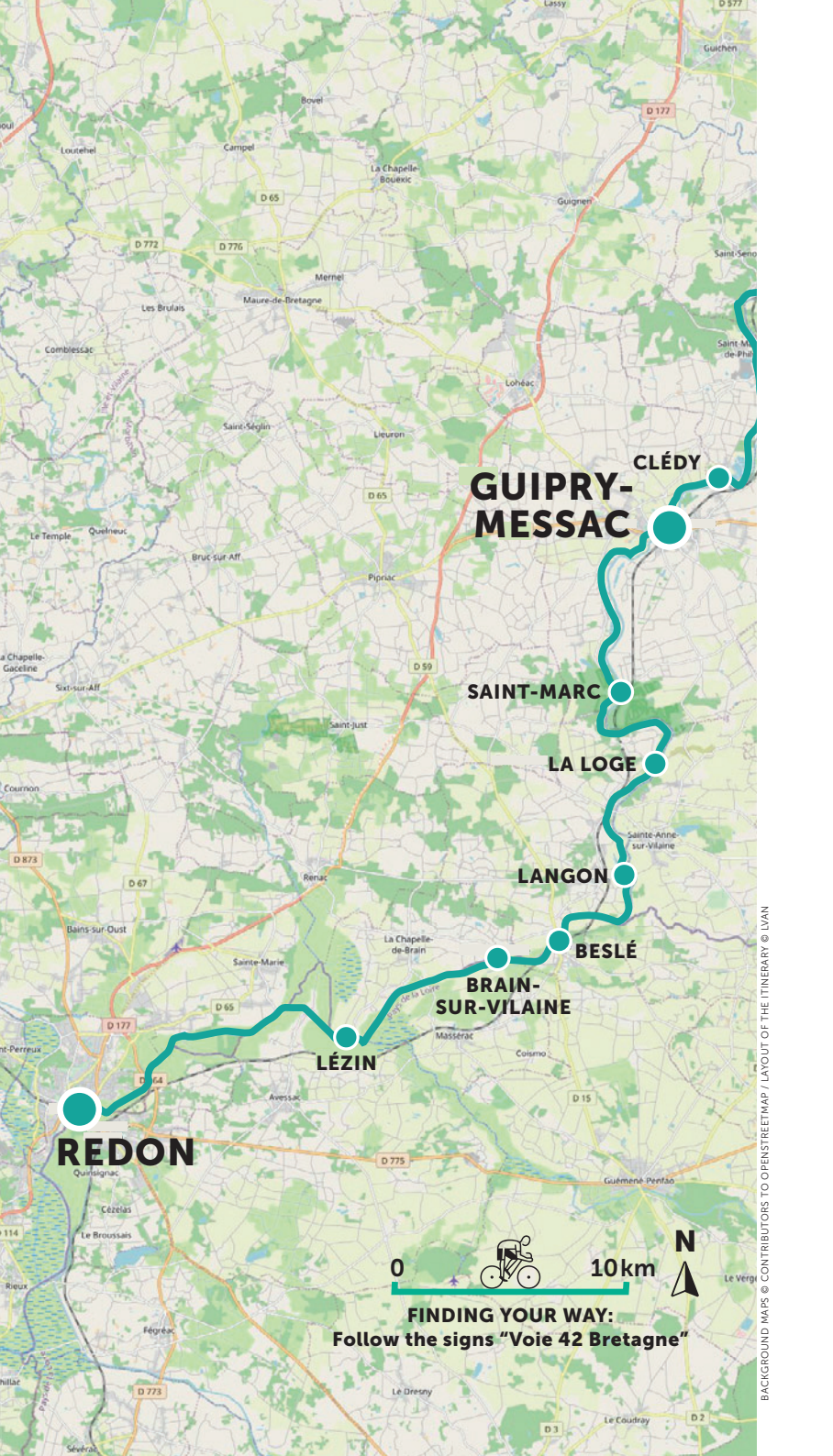
“It’s hard to miss the finish line, which stands there like a totem: Roazhon Park, the green rectangular pitch and home to *les rouges et noirs* of Stade Rennais FC.”

From Redon to Rennes, the paths of the Vilaine Valley will speed beneath your tires – which should be safe from harm since the regional government had the good sense to set up repair stations all along the way!

Even if it’s impossible to get lost here, you must follow Voie 42 Bretagne – and make sure to enjoy the landscapes... Here too, it’s hard to miss the finish line, which stands there like a totem: Roazhon Park, the green rectangular pitch and home to *les rouges et noirs* of Stade Rennais FC.

Then, without a moment to lose, head straight into the heart of Brittany’s capital, with its traditional timber-framed houses, the Parliament of Brittany and the Thabor gardens – all of which combine perfectly with contemporary architecture by Jean Nouvel and Christian de Portzamparc.

Both dynamic and cultural, you can enjoy Rennes by bike at whatever speed you wish.



REDON

LÉZIN

BRAIN-SUR-VILAINE

BESLÉ

LANGON

LA LOGE

SAINT-MARC

GUIPRY-MESSAC

CLÉDY



**FINDING YOUR WAY:
Follow the signs "Voie 42 Bretagne"**

REDON / GUIPRY-MESSAC → 43.18 km

STAGE 4
REDON /
RENNES
→ 94.34 km

“If you want to leave Redon, whatever you do, do not return to the Nantes-Brest Canal! Do it, and you may never reach the high point of this *Modern Journey through an Old Land: Le Mont-Saint-Michel.*”

If you want to leave Redon, whatever you do, do not return to the Nantes-Brest Canal! Do it, and you may never reach the high point of this *Modern Journey through an old Land: Le Mont-Saint-Michel.*

Instead, follow the clearly indicated path along the Vilaine River and drift along to Brain-sur-Vilaine, a must-visit stop, where bicycles are always welcome at Roul’Vilaine: a bike rental shop in Pays de Redon. This route is flat and varied enough to never fall into the monotony that can be typical with this kind of circuit.



LANGON © ARNAUD BÉNUREAU / LVAN



ALONG THE VILAINE (35) © ARNAUD BÉNUREAU / LVAN

SLEEPING

GUIPRY-MESSAC

Camping les Salorges

At the village gates, a family campsite with 2- and 4-berth cabins that are specially designed for cyclists.

www.guipry-messac.fr/camping-municipal-les-salorges

BESLÉ

Port de Beslé-sur-Vilaine camping

EATING

GUIPRY-MESSAC

La Minoterie

www.minoterie-guipry.fr

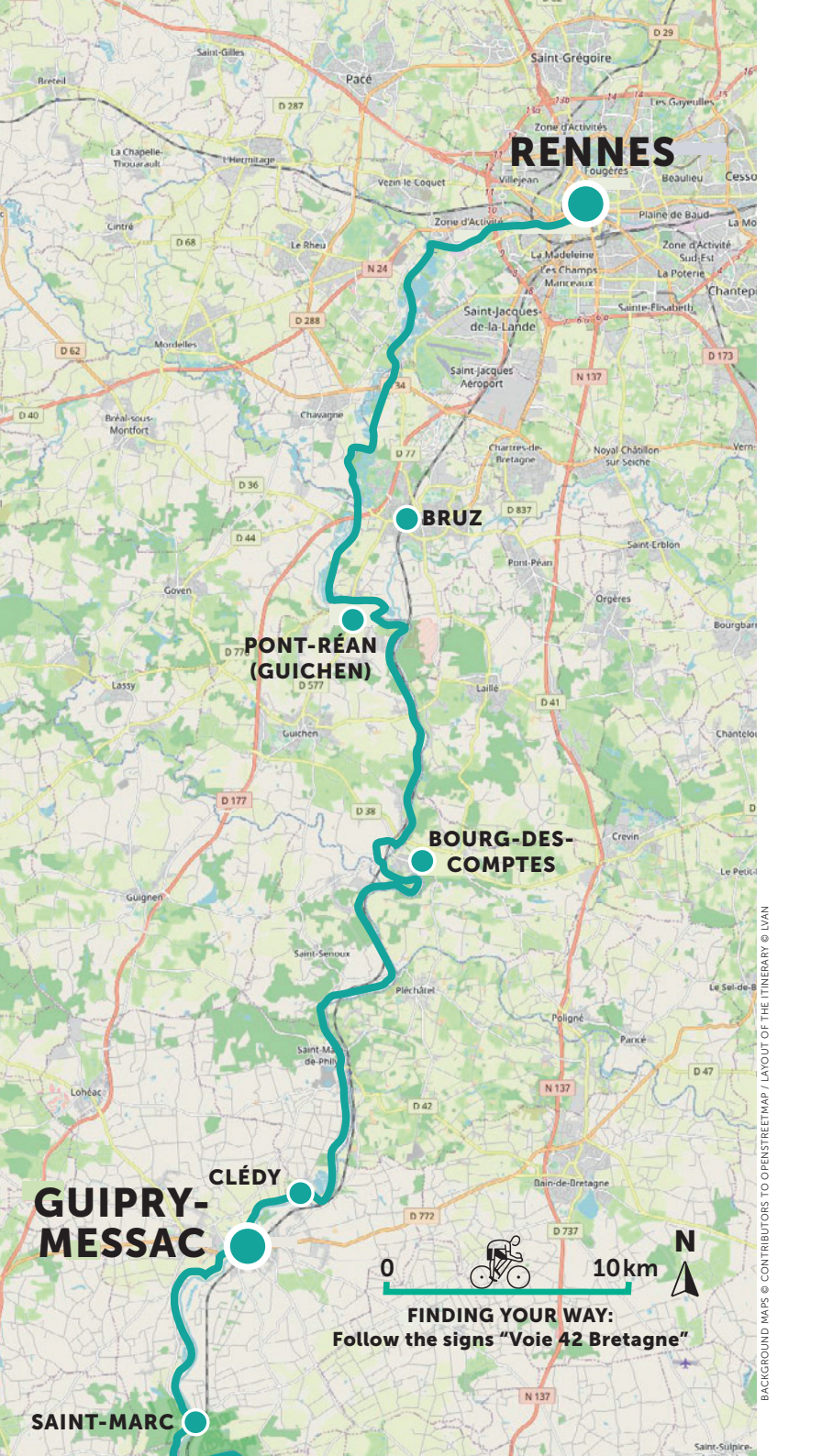
Crêperie du port

You can't go wrong here – plus, you can buy second-hand books!

LANGON

Au Menu Fretin

Guinguette riverside café. Big portions!



RENNES

BRUZ

PONT-RÉAN (GUICHEN)

BOURG-DES-COMPTES

CLÉDY

GUIPRY-MESSAC

SAINT-MARC



FINDING YOUR WAY:
Follow the signs "Voie 42 Bretagne"

GUIPRY-MESSAC / RENNES → 51.16 km

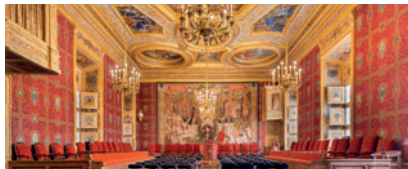
STAGE 4
REDON /
RENNES
→ 94.34 km

“Don't forget to turn left at Pont-Réan bridge in the towns of Bruz and Guichen in order to cross the river.”

For the next leg of your journey, you'll want to keep the same (calm) pace to match the same (calm) landscapes. Keep heading straight. Along the way, you might be surprised to see an abundance of miniature houses.

Along the Vilaine River, you'll find countless tiny homes made either from a mishmash of materials, or meticulously built. Their lucky inhabitants appear to embody the perfect image of a happy life along the water. Don't forget to turn left at Pont-Réan bridge in the towns of Bruz and Guichen in order to cross the river.

And now, Rennes is all yours. The calm of the countryside suddenly gives way to the energy of the city.



THE PARLIAMENT OF BRITTANY © MARTIN ARGYROGLO / LVAN



RENNES © MARTIN ARGYROGLO / LVAN

ALONG THE CIRCUIT

RENNES

Le Marché des Lices

France's second largest market. Any visit to its unique atmosphere has to end with a bite of the local street food: the famous galette-saucisse.

The Parliament of Brittany

Come visit this 17th century emblem of Breton heritage and admire the gilded ornaments and sculpted ceiling of the Grand'Chambre.

Le jardin du Thabor

This former monastic garden was renovated in the 19th century, and combines a French-style garden, an English-style park, and a rose garden with more than 2,000 varieties.

FIRST AID FOR YOUR BIKE

La Petite Rennes

A volunteer-based association for DIY bike repair. By appointment only.
www.lapetiterennes.org

SLEEPING

Garden Hôtel

Stay in a hotel or apartment. This establishment has been awarded the EU Ecolabel, it's located near the train station – and it's "bike friendly"!
www.hotel-garden.fr

HAVE A DRINK / EATING

Citron

Have a drink and a bite to eat while your bike is being repaired.
www.velocitron.fr

Le MeM

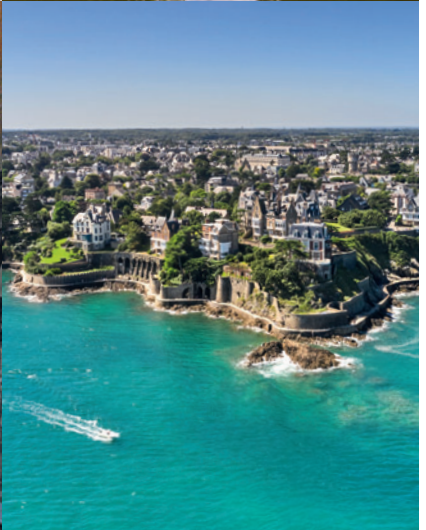
Located on the banks of the Vilaine River, this guinguette offers refreshments – and it has its very own bike parking lot!
www.lemem.fr

Coquille

Generous, flavourful cuisine that respects seasonal agriculture.
www.coquille-rennes.fr

Origines

A bistro, microbrewery and bar, all rolled into the former Hôtel-Dieu hospital in the city centre.
<https://origines-rennes.fr>



STAGE 5 RENNES / DINARD → 108.20 km

“And what if the Far West was actually Voie 42 Bretagne...?”

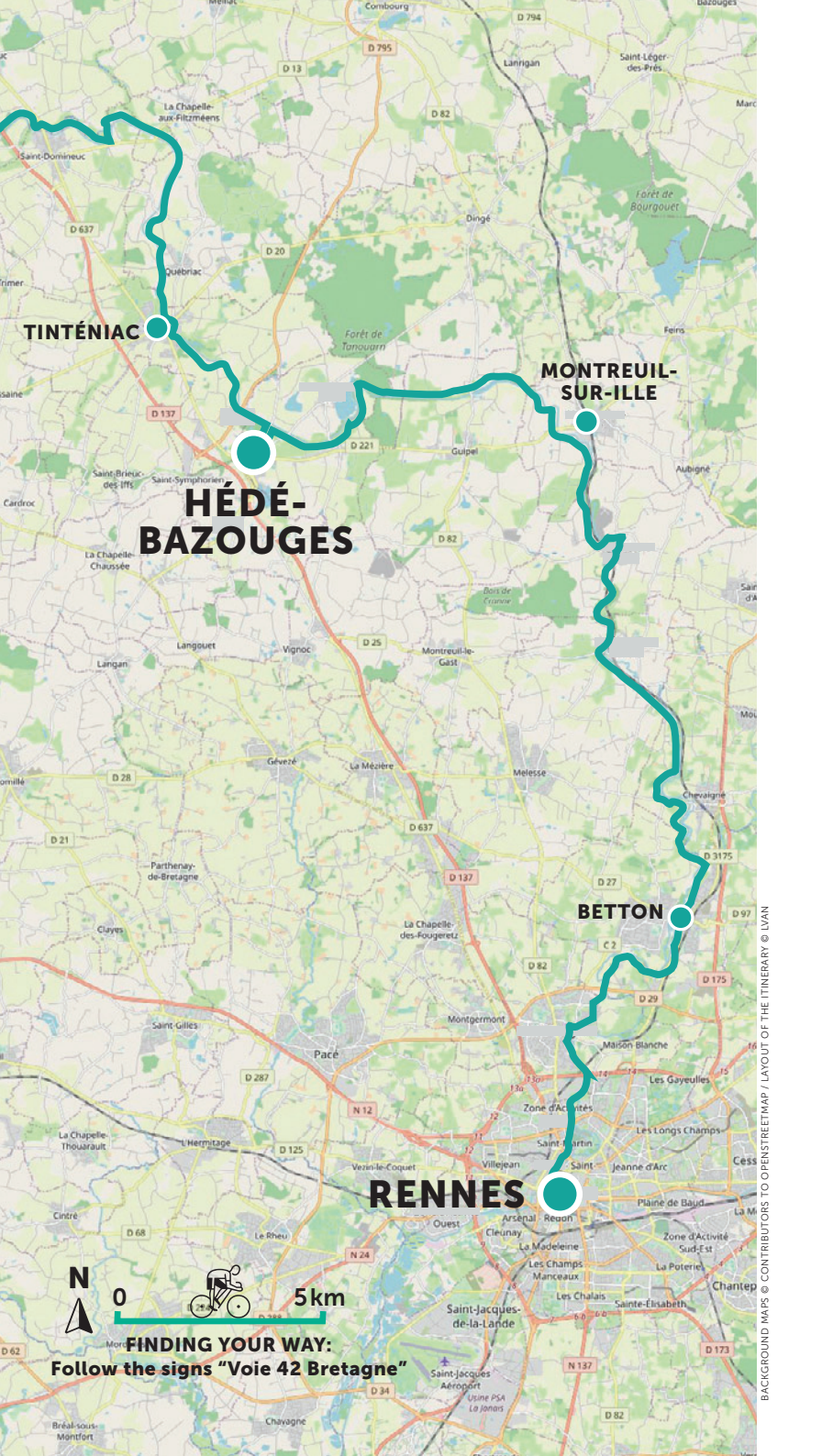
This new chapter in the Modern Journey could be called “How the West Was Won” – with an equally breathtaking script.

From Rennes to Saint-Malo, the main actor of this open-air road movie is the Canal d’Ille-et-Rance.

And even if it’s visible from the opening shot to the end credits, its profile changes so often that this voyage is more than a stroll in the park – it’s an ode to freedom.

And what if the Far West was actually Voie 42 Bretagne...? Action, and full speed ahead to Saint-Malo: a finale of stone buildings and fortifications, where tales of adventure and conquest abound.

Robert Surcouf, Jacques Cartier or Chateaubriand will be your illustrious seafaring companions.



TINTÉNIAC

MONTREUIL-SUR-ILLE

HÉDÉ-BAZOUGES

BETTON

RENNES



0



5km

FINDING YOUR WAY:

Follow the signs "Voie 42 Bretagne"

RENNES / HÉDÉ-BAZOUGES → 44.40 km

STAGE 5
RENNES /
DINARD
→ 108.20 km

“All along the way, there will be fishing, walking, running, chatting... In a word: life!”

To leave Rennes, nothing could be simpler: follow the Vilaine River and high-tail it down the towpaths alongside Canal d’Ille-et-Rance.

As you ride, and the chirping birds cheer you on, you’ll most likely find yourself indulging in the (necessarily subjective) act of classifying the canal locks in order of beauty. (In Hédé-Bazouges, we’ve counted eleven of them.)

All along the way, there will be fishing, walking, running, chatting... In a word: life! And the best part of this itinerary is that you can switch from one bank to the other to your heart’s content.



HÉDÉ-BAZOUGES © MARTIN ARGYROGLO / LVAN



BETTON © ARNAUD BÉNUREAU / LVAN

SLEEPING

HÉDÉ-BAZOUGES Ille Flottante



Find one-of-a-kind accommodation along Canal d’Ille-et-Rance... along the water, in former horse stables, or in an old ship that has run aground in the middle of a prairie.
www.illeflottante.com

EATING

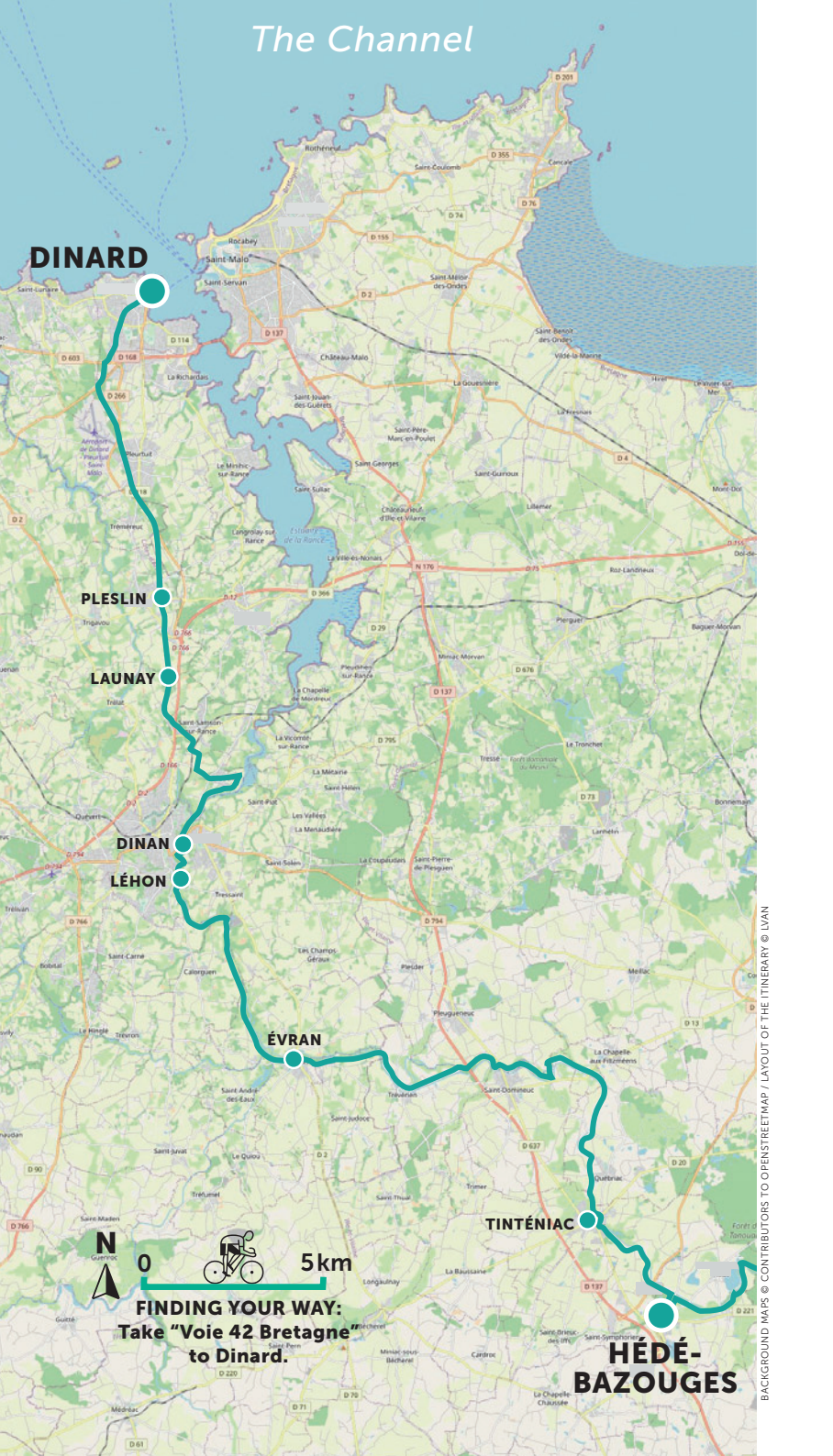
Betton’s market

Created in 1972, Betton’s market is home to over 110 stands every Sunday morning. Your shopping bags will runneth over...

ARRIVING / LEAVING

 The closest train station to  Hédé-Bazouges is in Dingé, 7 km away.

The Channel



DINARD

PLESLIN

LAUNAY

DINAN

LÉHON

ÉVRANS

TINTÉNIAC

HÉDÉ-BAZOUGES



0 5 km

**FINDING YOUR WAY:
Take "Voie 42 Bretagne"
to Dinard.**

HÉDÉ-BAZOUGES / DINARD

→ 63.80 km

STAGE 5
RENNES /
DINARD
→ 108.20 km

“From here on in, you will see a series of life-sized postcards.”

Here, your *Modern Journey* will continue to along the same lines: flat, gently paced, and relaxed. But, despite the clear delight of riding alongside the canal, you'll find final stretch of this leg to be full of surprises. Like when, after a long straight line, the town of Léhon proudly puffs out its chest. (And, deservedly so!).

Léhon has been awarded the label “Petite Cité de Caractère de Bretagne®” and merits a stopover. Its Abbaye Saint-Magloire sits on the crossroads where Jean-Jacques Annaud's *The Name of the Rose* meets *Harry Potter*. You will feel like you're in another era, guaranteed. From here on in, this leg of your trip is one picture-perfect spot after another: the Port de Dinan, Dinard and its countless historical villas, and Saint-Malo, the historical home of pirates *par excellence*. After Dinan, give your legs a rest with a gentle stroll to Dinard on a greenway built over a former railroad.



DINAN © ALEXANDRE LAMOUREUX



DINARD © ALEXANDRE LAMOUREUX

ALONG THE CIRCUIT

DINAN

Villa Les Roches Brunes

The perfect spot for vacationing and art exhibitions.

SLEEPING

DINAN

Hôtel de la Porte Saint-Malo (AV)

Modern comfort and old-world charm.
<https://hotelportemalo.com>

DINARD

Le Printania

A breathtaking view of the sea and Saint-Malo.
www.printaniahotel.com

SAINT-MALO

Les Charmettes (AV)

Charming hotel, sea view.
www.hotel-les-charmettes.com

HAVE A DRINK / EATING

LÉHON

Côté cour

In the former presbytery of Abbaye Saint-Magloire, there's nowhere else you'd rather be... And in the cool shade of old stone courtyard, no less!

DINARD

La cabane à manger (open in summer)

An eatery that promotes sustainability, well-being – and good eating! All of it just inches from the shore. Breath, sip, contemplate.

Ritournelle Dinard

Fantastic wines, local and seasonal produce.



STAGE 6 DINARD / LE MONT- SAINT-MICHEL → 69.65 km

“It isn’t only arriving at Mont-Saint-Michel that counts... but the path taken to reach this World Heritage site.”

The end of the *Modern Journey through an Old Land* is now in sight. Mont-Saint-Michel is almost within reach.

In spite of nearing the finish line (a finish line unlike any other!), take the time to appreciate these last kilometres to really make this trip unforgettable.

Once more, you can count on a perfectly delineated and secured bike route (protected from the endless line of cars...) to truly admit that it isn’t only arriving at Mont-Saint-Michel that counts... but the path taken to reach this World Heritage site.

At the top of the mount, the abbey is a masterpiece of architecture that is yours to discover... on foot!

The Channel

Mont-Saint-Michel Bay

SAINT-MALO

DINARD



0

5km

FINDING YOUR WAY:

Follow the signs "Vélo maritime" (EV4)

SAINT-COULOMB

CANCALE

**SAINT-MÉLOIR-
DES-ONDES**

**SAINT-BENOÎT-
DES-ONDES**

**LE VIVIER-
SUR-MER**

**VILDÉ-
LA-MARINE**

**LE BEC
A L'ÂNE**

DINARD / LE VIVIER- SUR-MER → 40.30 km

STAGE 6
DINARD /
**LE MONT-
SAINT-MICHEL**
→ 69.65 km

**“If it rains a lot at night,
the day will be lovely.”**

Le Bus de mer (“sea bus”) between Dinard and Saint-Malo is the fastest (10 minutes) and most pleasant way to cross from one bank to the other, while avoiding the perilous passage over the Rance dam. In Saint-Malo, tales of adventure and conquest are all around. Robert Surcouf, Jacques Cartier, and Chateaubriand were among its illustrious travellers.

According to a local saying we heard at the foot of Saint-Malo’s fortifications, “If it rains a lot at night, the day will be lovely.” But this is quickly revealed to be untrue... Whatever the weather conditions, the second part of this circuit moves quietly towards Cancale, famous since the dawn of time for its oysters and shellfish that can be enjoyed without even getting off your bike.

Here, two-wheeled travellers no longer surprise anyone. You’ll need to use your calves to get out of the port, where you’ll be rewarded with flatter ground and the English Channel.



SAINT-MALO © ALEXANDRE LAMOUREUX



CANCALE © ARNAUD BÉNEUREAU / LVAN

ALONG THE CIRCUIT

SAINT-MALO

Grande Plage du Sillon

A 3-kilometre-long beach of white sand, and a magnificent promenade alongside the dyke, with its seaside villas.

DÉTOUR: CANCALE

Ostreika

Discover the secrets of the Cancale’s oysters in the bay’s oyster beds. The guided tour (90 mins) ends at the foot of the oyster market – one-of-a-kind in France.

www.ostreika.com

HAVE A DRINK / EATING

SAINT-MALO

Comptoir BREIZH Café

A genius idea: mixing Breton tradition and Japanese decor. The 6 rue l’Orme address is better adapted to bikes.

<https://breizhcafe.com/fr>

Point zéro

Open-air bar, concerts, entertainment, relaxation, and one of the loveliest views of Saint-Malo.

CANCALE

Oyster market

Throughout the year, oyster farmers sell the fruit of their labour for you to take home or eat on the spot. For the less adventurous and less equipped, they’ll even open them for you. Enjoy them with a view of Mont-Saint-Michel.

www.marcheauxhuitres-cancale.com

ARRIVING / LEAVING



The nearest station for Vivier-sur-Mer is in La Fresnais, 5 km away.



LE MONT-SAINT-MICHEL

Mont-Saint-Michel Bay

CANCALE

SAINST-BENOÎT-DES-ONDES

VILDÉ-LA-MARINE

LE VIVIER-SUR-MER

LE BEC A L'ÂNE

LA SALINE

ROZ-SUR-COUESNON

LA RUE

LES CRICHES

LA CASERNE

PONTORSON

FINDING YOUR WAY:

Follow the signs "Véломartime" (EV4)

5km



0

LE VIVIER- SUR-MER / LE MONT- SAINT-MICHEL → 29.35 km

STAGE 6
DINARD /
LE MONT-
SAINT-MICHEL
→ 69.65 km

“Then it’s time to return to normal life, with your bike bags spilling over with memories and images.”

Mont-Saint-Michel is there. It’s always there. Somewhere. It appears, it disappears. Moving ever closer, its presence suddenly energizes you for these final kilometres between land and bay.

Cats, dogs, sheep, and even cows will watch you from the sidelines, wondering why you’re interrupting the calm of their day by taking their photo.

At the end of this journey stands the Abbaye du Mont-Saint-Michel, offering a breathtaking view of the vast bay below. And then it’s time to return to normal life, with your bike bags spilling over with memories and images.



LE MONT-SAINT-MICHEL © MARTIN ARGYROGLO / LVAN



MONT-SAINT-MICHEL ABBEY © MARTIN ARGYROGLO / LVAN

ALONG THE CIRCUIT

ROZ-SUR-COUESNON

The belvedere here offers a magnificent view of the polders and the Bay of Cancale, all the way up to the isle of Mont-Saint-Michel.

LE MONT-SAINT-MICHEL

Mont-Saint-Michel Abbey

One of the most outstanding examples of religious and military architecture from the medieval period.

SLEEPING

LE MONT-SAINT-MICHEL

L’hôtel vert (AV)

At the gates of Mont-Saint-Michel.
<https://hotels.le-mont-saint-michel.com/hotel-vert/>


EATING

LE VIVIER-SUR-MER

La Dégustation Tonneau

Enjoy oysters and mussels (depending on the season) direct from the farmers themselves.
58 Bis Rue de la Grève

GO BACK

 Pontorson is the nearest train station to Mont-Saint-Michel. This adds little more than 10 kilometres to the initial itinerary. But what’s 10 more kilometres to *A modern Journey’s* 500?



PRODUCTION: ANIMA PRODUCTIONS / LE VOYAGE À NANTES
EDITING: LE VOYAGE À NANTES / ARNAUD BÉNUREAU
ABOVE PHOTO © LA BANLE / ALEXANDRE LAMOUREUX

Nantes, Saint-Nazaire,
La Baule, Rennes,
to the Mont-Saint-Michel

A MODERN JOURNEY THROUGH AN OLD LAND



FIND ALL THE INFORMATION YOU'LL NEED ON:
WWW.VOYAGE-EN-BRETAGNE.COM



saint-nazaire
RENVERSANTE®



**DESTINATION
RENNES**
OFFICE DE TOURISME