

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

2023

A MODERN JOURNEY THROUGH AN OLD LAND



NANTES



SAINT-NAZAIRE



LA BAULE



RENNES



#TRAVERSEEMODERNE

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

A MODERN JOURNEY THROUGH AN OLD LAND

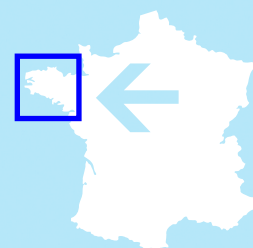
Today, Nantes, Saint-Nazaire, La Baule and Rennes welcome international visitors to the West of France by inviting them to explore this region through an itinerary to Mont-Saint-Michel by way of little-known treasures, secret beaches, artworks nestled in lush landscapes, and excellent places to eat and rest...

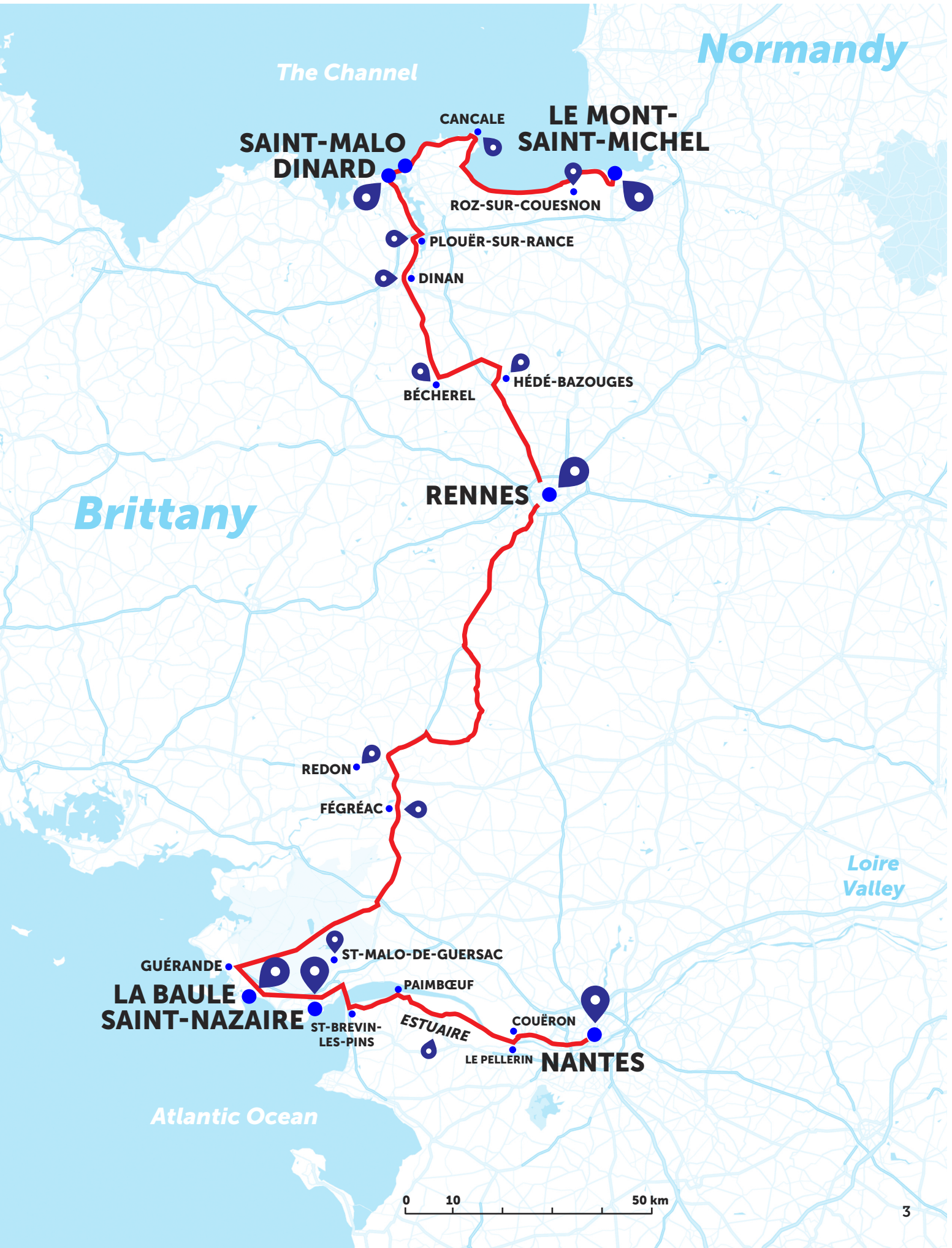
In addition to highlighting our rich architectural heritage, we hope to offer a poetic, or even sensual approach to these major heritage sites, some of which have been forgotten or have yet to be truly revealed.

When travelling, there is what one aims to discover (or rediscover), and there is the path leading there. Perhaps this path is, ultimately, the most thrilling part of all.

This modern journey through an old land hopes to introduce – or allow visitors to rediscover – a local culture, where they let themselves drift to their chosen destination, taking the time to let emotion and enjoyment be their guide.

**LENGTH OF JOURNEY:
7 DAYS, 6 NIGHTS**





Normandy

The Channel

**SAINT-MALO
DINARD**

**LE MONT-
SAINT-MICHEL**

CANCALE

ROZ-SUR-COUESNON

PLOUËR-SUR-RANCE

DINAN

BÉCHEREL

HÉDÉ-BAZOUGES

RENNES

Brittany

REDON

FÉGRÉAC

Loire Valley

GUÉRANDE

**LA BAULE
SAINT-NAZAIRE**

ST-MALO-DE-GUERSAC

PAIMBŒUF

ST-BREVIN-
LES-PINS

ESTUAIRE

COUËRON

LE PELLERIN

NANTES

Atlantic Ocean





LES ANNEAUX DANIEL BUREN – ARTISTIC TRAIL ESTUAIRE © BERNARD RENOUX/LVAN



THE MACHINES DE L'ÎLE – THE GREAT ELEPHANT © FRANCK TOMPS/LVAN



DAYS 1 & 2

NANTES

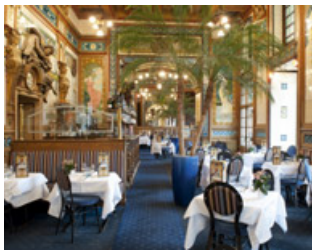
Today, Brittany's historical capital is one of France's most dynamic and creative cities.

Given its walkable size, it can easily be visited on foot in two days: **The Château des ducs de Bretagne**, and its history museum, the **Cathedral** (taller than Notre-Dame-de-Paris!), **the Machines de l'Île** workshop and its **12-metre high "Grand Éléphant"**, the countless monumental public artworks, including Daniel Buren's **Les Anneaux**. For the city of Nantes, Tadashi Kawamata created the **Belvédère de l'Hermitage**. This work, made entirely of wood, opens with a narrow footbridge measuring 2.8 m (9 ft.) wide and 36m (118 ft.) long, 10 m (33 ft.) of which hover 20 m (66 ft.) above the ground. The tour continues in the city's **Graslin neighbourhood** with its classical architecture, along with the city's **medieval neighbourhood**, not to mention its 100 parks and gardens, its open-air markets, bursting with fresh produce, and its excellent restaurants... Nantes is an inspiring way to begin your journey throughout an audacious and creative region of France!

OUR RECOMMENDATIONS

SELECTION OF RESTAURANTS

www.lestablesdenantes.fr



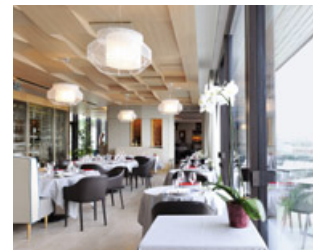
LA CIGALE
SEATING FOR 140 GUESTS
salle@lacigale.com



LA CIVELLE
SEATING FOR 150 GUESTS
contact@lacivelle.com



LE 1
SEATING FOR 50 GUESTS
contact@leun.fr

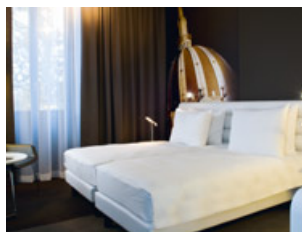


**L'ATLANTIDE 1874
MAISON GUEHO***
SEATING FOR 70 GUESTS
restaurant@atlantide1874.fr

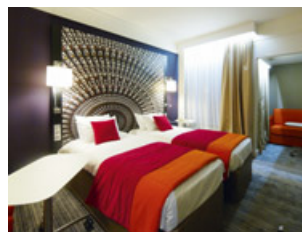
SELECTION OF ACCOMODATIONS



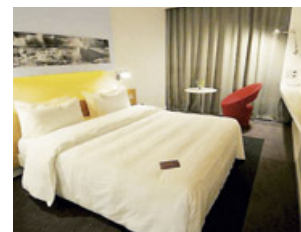
**Océania HÔTEL
DE FRANCE****** 72 ROOMS
oceania.hoteldefrance@oceaniahotels.com



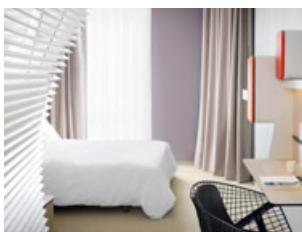
RADISSON BLU HÔTEL ****
142 ROOMS
info.nantes@radissonblu.com



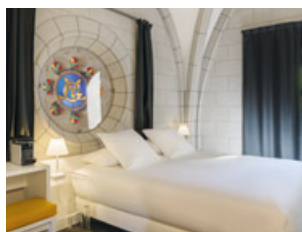
**MERCURE NANTES CENTRE
GRAND HÔTEL****** 162 ROOMS
H1985@accor.com



**MERCURE NANTES
CENTRE GARE****** 117 ROOMS
H3448@accor.com



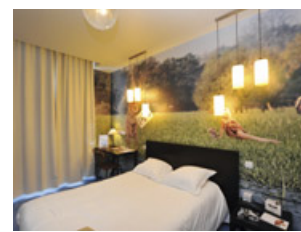
OKKO HÔTELS****
80 ROOMS
contact@okkohotels.com



SOZO HÔTEL ****
24 ROOMS AND SUITE
reception@sozohotel.fr



LA PÉROUSE****
46 ROOMS
information@hotel-laperouse.fr



**MERCURE NANTES CENTRE
PASSAGE POMMERAYE******
50 ROOMS
HB094@accor.com

MUST-SEE SIGHTS



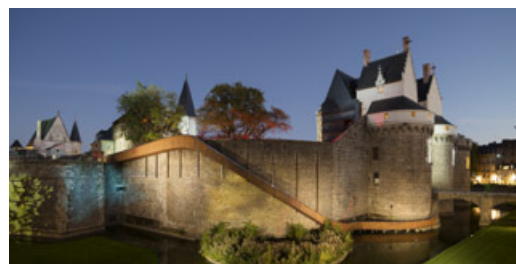
LES MACHINES DE L'ÎLE

Les Machines de l'île are made up of three attractions showcasing mechanical animals: the Grand Elephant, the Carrousel des Mondes Marins, and the Galerie des Machines.

SCHEDULES ON THE WEBSITE.

WWW.LESMACHINES-NANTES.FR/PRATIQUE/HORAIRE

GROUP RESERVATIONS: GROUPES@LEVOYAGEANANTES.FR



CHÂTEAU DES DUCS DE BRETAGNE

Nestled in the heart of historic Nantes, the Château des ducs de Bretagne is Brittany's biggest castle.

It is also home to Nantes' own history museum.

COURTYARD AND RAMPART WALK, FREE ADMISSION 7 DAYS A WEEK:

8:30 AM TO 7:00 PM (8:00 PM FROM JULY AND AUGUST).

MUSEUM AND EXHIBITIONS:

• 10:00 AM TO 6:00 PM, EXCEPT MONDAYS

• JULY AND AUGUST: 10:00 AM TO 7:00 PM, 7 DAYS/WEEK

[HTTPS://WWW.CHATEAUBRETAGNE.FR/EN/PRACTICAL-
INFORMATION/OPENING-TIMES-AND-ACCESS](https://www.chateaubretagne.fr/en/practical-information/opening-times-and-access)

GROUP RESERVATIONS: GROUPES@LEVOYAGEANANTES.FR



DESTINATION CÔTE ATLANTIQUE © FARID MAKHLOUF



QUARTIER DE LA HAVANE – SAINT-NAZAIRE © A. KLOSE



DAY 3 – MORNING

FROM NANTES TO SAINT-NAZAIRE

(66 km / 41 miles)

Once you've left Nantes, our itinerary takes you along the **estuary of the Loire River**, where you will discover major artworks unlike anywhere else in France: a *House in the Loire*, a *"Soggy Boat"*, a *Starry Garden*, an *Ocean Snake*, a *Suite of Triangles*, and even a "Foot", a "Sweater", and a "Digestive System".

Saint-Nazaire, proud of its industrial and maritime heritage, Saint-Nazaire is also a treasure trove of Belle époque architecture, beaches, and coves that are yours to discover along several kilometres between the city centre and the coastal path.

After lunch at Michelin-starred chef **Éric Guérin's La Mare aux Oiseaux**, located right in the heart of a natural reserve, you can take in the surrounding biodiversity and enjoy the infinite landscapes of the **Brière marshland**.

OUR RECOMMENDATION

SELECTION OF RESTAURANTS



LA PLAGE
SEATING FOR 200 GUESTS
lionel.ferre@orange.fr



LE BAR IODÉ
SEATING FOR 56 GUESTS
lebariode44@gmail.com



LE SKIPPER
SEATING FOR 80 GUESTS
brasserie.leskipper@free.fr



LE TRANSAT
SEATING FOR 60 GUESTS
transatsdw@gmail.com

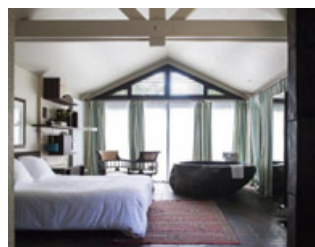


LA PLAGE DE MONSIEUR HULOT
SEATING FOR 150 GUESTS
contact@restaurant-plagehulot.com

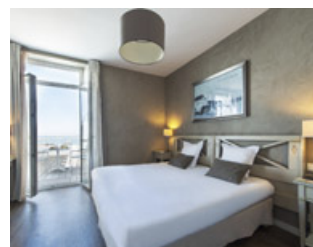


LA MARE AUX OISEAUX*
SEATING FOR 80 GUESTS
accueil@mareauxoiseaux.fr

SELECTION OF ACCOMODATIONS



LA MARE AUX OISEAUX****
15 ROOMS
accueil@mareauxoiseaux.fr



L'HÔTEL DE LA PLAGE***
31 ROOMS
reception@hotel-delaplage.fr

MUST-SEE SIGHTS



ESTUAIRE NANTES <> SAINT-NAZAIRE CRUISE

From Nantes out to the port of Saint-Nazaire and stretching over the 60 km of the Loire estuary linking them, *Estuaire* is a unique collection of contemporary artworks in France. Created *in situ*, each of the works in this permanent collection guides visitors towards a singular spot or outstanding site: a little house in the Loire (*Maison dans la Loire* – Jean-Luc Courcoult), a "soggy boat" (*Bateau mou* – Erwin Wurm), a garden of stars (*Jardin étoilé* – Kinya Maruyama), a sea snake (*Serpent d'océan* – Huang Yong Ping), or a series of triangles (*Suite de triangles* – Felice Varini).

VISITORS CAN ACCESS ALL SITES FREELY.
FROM MAY TO OCTOBER, A RIVER CRUISE DEPARTING FROM EITHER NANTES OR SAINT-NAZAIRE ALSO ALLOWS GUESTS TO DISCOVER THE RIVER AND ITS BANKS.
WWW.ESTUAIRE.INFO.EN
GROUP RESERVATIONS:
CONTACT@MARINEETLOIRE.FR



ESCAL'ATLANTIC

Enter the Saint-Nazaire submarine base and travel back in time. Walk along the gangway and watch the door to the main hall open... Welcome aboard! Escal'Atlantic is one of a kind in Europe, inviting visitors to explore the fascinating history of transatlantic ocean liners. With its collection of rare objects, the atmosphere of life "on board", and its many multimedia displays, prepare for a journey unlike any other.
SCHEDULES ON THE WEBSITE.
VISITES@SAINT-NAZAIRE-TOURISME.COM
GROUP RESERVATIONS:
RESAGROUPES@SAINT-NAZAIRE-TOURISME.COM



ESPADON SUBMARINE

1964: Operation Arctic Ice Sheets! *The Espadon* ("Swordfish") was the first submarine in the French Navy to explore the sea underneath the northern ice floes, with 65 men aboard who braved extreme polar conditions. With its machines, a chart table, officers' quarters, the torpedo room, crew members at their stations... take your own tour of the steel giant for a journey in sound, and feel like you're one of the sailors. *The Espadon* is the only docked submarine you can visit in France.
SCHEDULES ON THE WEBSITE.
WWW.SAINT-NAZAIRE-TOURISME.COM
VISITES@SAINT-NAZAIRE-TOURISME.COM
FOR GROUP RESERVATIONS:
RESAGROUPES@SAINT-NAZAIRETOURISME.COM



CITY OF GUÉRANDE © ALEXANDRE LAMOUREUX



ESCLARMONDE © OTI LA BAULE — PRESQU'ÎLE DE GUÉRANDE



JOUR 3 — AFTERNOON

FROM SAINT-NAZAIRE TO LA BAULE (16 km / 9 miles)

La Baule is located in one of the most beautiful bays in the world. It owes its renown to its beach – one of the longest in Europe (9 km) – and shines with its magnificent villas and gems of seaside architecture. Located between Pornichet and le Pouliguen, the city is also known for its prestigious hotels and boutiques, making it one of the most reputed resort towns on the coast!

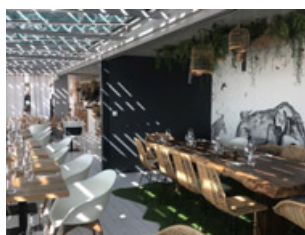
A stone's throw from there, **Guérande** and its **famous salt marshes** are not to be missed! A mosaic of colours and a grandiose landscape that has been shaped by human hands for centuries, Guérande is also a true medieval city. Behind its 1.3 km of fortification walls, the typical houses show Celtic influences in this city of art and history.

OUR RECOMMENDATION

SELECTION OF RESTAURANTS



LE M
SEATING FOR 100 GUESTS
commercial@mlabaule.com



LES ALBATROS
SEATING FOR 60 GUESTS
les12alba@gmail.com



LA TÊTE DE L'ART
SEATING FOR 60 GUESTS
restauranttetedelart@gmail.com



**RELAIS & CHÂTEAUX
LE CASTEL MARIE-LOUISE***
SEATING FOR 65 GUESTS
marielouise@relaischateaux.com

SELECTION OF ACCOMODATIONS



**CASTEL MARIE LOUISE
LA BAULE *******
31 ROOMS
erenouleaud@groupebarriere.com



**ROYAL THALASSO
BARRIÈRE *******
87 ROOMS
erenouleaud@groupebarriere.com



**HERMITAGE BARRIÈRE
LA BAULE *******
200 ROOMS
erenouleaud@groupebarriere.com



**MERCURE LA BAULE
MAJESTIC ******
83 ROOMS
h5692-gm@accor.com



WESTOTEL LE POULIGUEN ****
124 ROOMS
helene.lerosier@westotel.com



LA CLOSERIE LA BAULE ****
15 ROOMS
info@hotel-la-closerie.com



**LE SAINT CHRISTOPHE
LA BAULE ******
39 ROOMS
anne.jourdanneau@st-christophe.com



HÔTEL LES DUNES ***
32 ROOMS
info@hotel-des-dunes.com

MUST-SEE SIGHTS



SPA HOTEL BARRIÈRE LE ROYAL – LA BAULE
An oasis of calm for an experience as luxurious as it is authentic. *Savoir-faire* unlike anywhere else in France.
WWW.HOTELSBARRIERE.COM
GROUP RESERVATIONS:
THALASSOLAUBAULE@GROUPEBARRIERE.COM



TERRE DE SEL – VISITING THE SALT MARSHES
Discovering the salt marshes means discovering an approach to nature and an encounter with human ingenuity. It offers an opportunity for each of us to develop a global vision of a living and working environment.
OPEN 7 DAYS/WEEK, ALL YEAR LONG
WWW.TERREDESEL.COM
GROUP RESERVATIONS: A.PAJOLEC@SELDEGUERANDE.COM



HOUSES IN RENNES © DR



THE THABOR GARDENS — RENNES © ÉLIE LAHOUD-PINOT



DAY 4

FROM LA BAULE TO RENNES (127 km / 78 miles)

Starting in La Baule, part of this itinerary follows the current of the Vilaine River, which you can admire in Fégréac from the wooden belvedere by Russian artist Nicolas Polissky. You will then arrive in Rennes, the capital of Brittany, with its infinite charm and character.

Don't miss: the heart of the city, with its medieval architecture (Rennes has the largest number of **timber-framed houses** in Brittany), the **Parliament of Brittany**, the Parc du Thabor, and **La Criée** (a lovely covered market open every day). After stopping by one of the many *crêperies* for an afternoon snack, discover contemporary structures by important architects, like Jean Nouvel and de Portzamparc (among others), and new contemporary art spaces, like the **FRAC** ("Regional Fund for Contemporary Art"). A path running along the **Vilaine River** allows guests to enjoy the surrounding nature while never leaving the city, and ends at the impressively designed **Le Mabilay** building!

OUR RECOMMENDATION

SELECTION OF RESTAURANTS



LE PARIS-BREST
BY CHRISTIAN LE SQUER
SEATING FOR 150 GUESTS
contact@le-parisbrest.com



LES PÊCHEURS
SEATING FOR 100 GUESTS
resa.lespecheurs@gmail.com

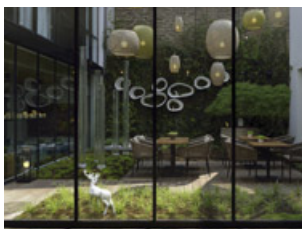


LE SAINT-SAUVEUR
SEATING FOR 80 GUESTS
saintsauveur35@orange.fr

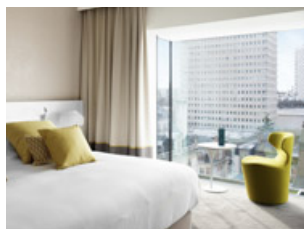


SARRASIN
SEATING FOR 100 GUESTS

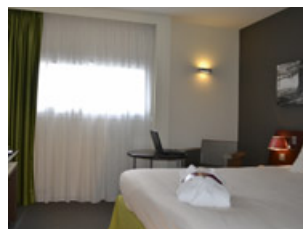
SELECTION OF ACCOMODATIONS



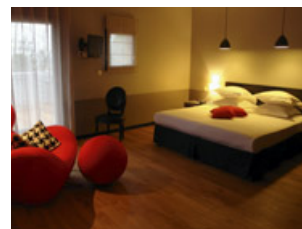
LE BALTHAZAR*****
56 ROOMS AND SUITES
H9170@accor.com



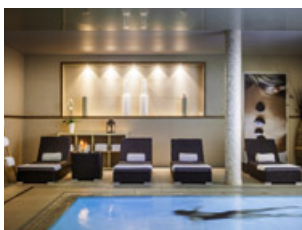
LE SAINT-ANTOINE****
61 ROOMS AND SUITES
contact@saint-antoine-hotel.fr



HÔTEL MERCURE RENNES CENTRE GARE**** 142 ROOMS
H1249@accor.com



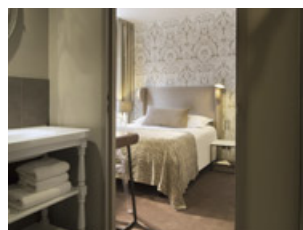
LE COQ GADBY****
24 ROOMS
reception@lecoq-gadby.com



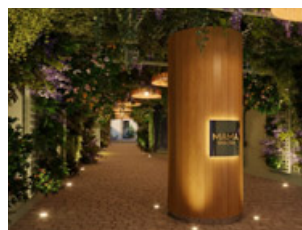
NOVOTEL SPA RENNES CENTRE GARE ****
103 ROOMS
H7383@accor.com



LE MAGIC HALL***
19 ROOMS AND SUITES
contact@lemagichall.com



HÔTEL DE NEMOURS***
41 ROOMS
resa@hotelnemours.com



HÔTEL MAMA SHELTER ****
119 ROOMS

MUST-SEE SIGHT



LE PARLEMENT DE BRETAGNE

Brittany's Parliament is the emblem of Rennes' heritage and history as the Breton capital. Inside, the prestige is tangible in its French ceilings, gold-leaf wainscoting, and paintings. "La Grand'Chambre" is the highpoint of this exceptional setting.

BOOKING RECOMMENDED

WWW.TOURISME-RENNES.COM/FR/RESERVER-EN-LIGNE/INCONTOURNABLES/VISITE-DU-PARLEMENT-DE-BRETAGNE
GROUP RESERVATIONS:

TOURISME.LOISIRS@DESTINATIONRENNES.COM



BÉCHEREL © FRANCK TOMPS / LVAN

DAY 5

FROM RENNES TO SAINT-MALO

(100 km / 62 miles)



Leave Rennes and head towards **Hédé-Bazouges**, where you'll find a spectacular series of 11 canal locks in the heart of a natural reserve, with a magnificent view. A little further down the road, **Béchereil** and its old houses, once belonging to merchants and noblemen, is the ideal spot to walk among the artisanal boutiques, bookstores and tiny antique shops.

A few kilometres away lies the medieval city of **Dinan**, where you'll find a wide variety of restaurants. You can discover the city on foot, while walking along its impressive ramparts, picturesque side-streets, and countless boutiques.

In the afternoon, continue your stroll along the Rance River, an itinerary mixing stunning views, heritage sites, and art installations. End your day by the sea, in Saint-Malo: the "Corsair City", or Dinard.



DINAN © YANNICK LEGALL



DINAN © FRANCK TOMPS / LVAN



DINARD © ALEXANDRE LAMOUREUX



SAINT-MALO © MARTIN ARGYROGLO



DAY 6

DINARD SAINT-MALO

Dinard, Saint-Malo and the coast, where you can stroll outside, among the elements and get away from it all.

After savouring the day's catch and other fresh seafood, take a shuttle boat (10-minute trip) to **Dinard**, where the coastal road reveals one of the most beautiful views of Saint-Malo. Late afternoon, return to Saint-Malo, where the neighbourhood of Paramé offers you its splendid Villas du Sillon.

Filled with tales, adventures and famous characters like **Robert Surcouf**, **Jacques Cartier** or **Chateaubriand**, the "Corsair City" has preserved much of its prestigious past. From the **ramparts**, 1,754 metres (over 1 mile) long, you can admire the horizon, as well as the many **walled islands and islets** surrounding the city.

OUR RECOMMENDATION

SELECTION OF RESTAURANTS



CRÊPERIE DU CORPS DE GARDE
SEATING FOR 70 GUESTS
corpsdegarde@orange.fr



AUTOUR DU BEURRE
SEATING FOR 40 GUESTS
contact@lebeurrebordier.com



CRÊPERIE BREIZH CAFÉ
SEATING FOR 20 GUESTS
creperie.stmalo@breizhcafe.com



LES 7 MERS
SEATING FOR 150 GUESTS
lenouveaumonde@st-malo.com

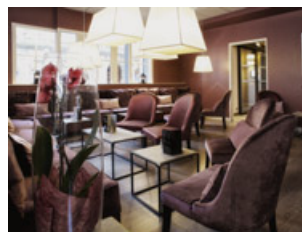
SELECTION OF ACCOMODATIONS



GRAND HÔTEL DES THERMES *****
174 ROOMS
resa@thalassotherapie.com



HÔTEL OcéANIA SAINT-MALO*****
78 ROOMS
oceania.saintmalo@oceaniahotels.com



LA MAISON DES ARMATEURS****
45 ROOMS
contact@maisondesarmateurs.com



LE NOUVEAU MONDE****
83 ROOMS
lenouveaumonde@st-malo.com



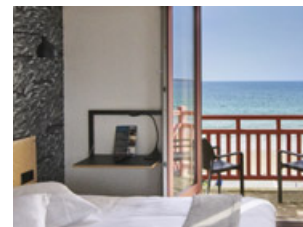
LE GRAND BÉ****
56 ROOMS
reception@goldentulipsaintmalo.com



CHÂTEAU RICHEUX****
11 ROOMS + 2 APARTMENTS
info@maisons-de-bricourt.com



AR INIZ***
22 ROOMS
contact@ariniz.com



LES CHARMETTES***
16 ROOMS
info@hotel-les-charmettes.com

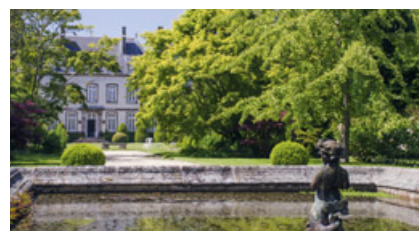
MUST-SEE SIGHTS



ATELIER DE LA CRÊPE ("CRÊPE WORKSHOP")

This is a place where people meet, eat, and share, where they express their love of Breton heritage over a sweet or savoury crêpe. In this friendly setting, the introductory workshops represent a food-lover's detour into the profession of *crêpier*. Sharing and a love of food could be the atelier's motto.

CULINARY TRAINING RESTAURANT WITH SEATING FOR 300.
WWW.ATELIERCREPE.COM
RESERVATIONS ARE ONLY AVAILABLE FOR GROUPS.



MALOUINIÈRE DE LA VILLE BAGUE IN SAINT-COULOMB

"Malouinière" is the term for the beautiful residences in the countryside around Saint-Malo that once served as vacation homes for local shipowners. Built between the late 17th century and early 18th, they represent the wealth of shipbuilders, corsairs or merchants. The interior design bears witness to past travels – like porcelain from the East India Company, Italian marble for the fireplaces, and more. La Malouinière de la Ville Bague is located in Saint-Coulomb, 12 km from the ramparts of the Corsair City.

OPEN TO GROUPS THROUGHOUT THE YEAR BY APPOINTMENT.
WWW.LA-VILLE-BAGUE.COM
GROUP RESERVATIONS: LA-VILLE-BAGUE@NETCOURRIER.COM



LE MONT-SAINT-MICHEL © MARTIN ARGYROGLO



OYSTER BEDS IN CANCALE © ALEXANDRE LAMOUREUX



DAY 7

FROM DINARD / SAINT-MALO TO MONT-SAINT-MICHEL

(75 km / 46 miles)

Depart from Saint-Malo in the direction of Mont-Saint-Michel, following the coastline until **Cancale** – famous for its oysters, which are protected as part of Unesco’s Immaterial Cultural Heritage of France for the methods used to farm them – where you can explore the variety of rugged and natural landscapes.

A few kilometres away, enjoy lunch at the **Château Richeux**, the magnificent estate belonging of the Roellinger family. Take advantage of the superb park, vegetable patch, and gardens, as well as the stunning view of Mont-Saint-Michel on the horizon.

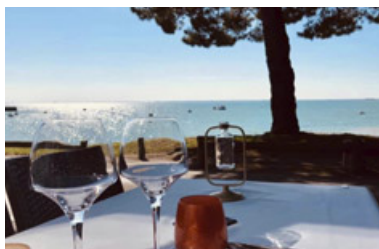
In the afternoon, you will reach **the polders** – patches of farmland reclaimed from the sea – at the foot of Mont-Saint-Michel. By approaching it from the Bay – a UNESCO World Heritage Site – you will discover the monument in all its splendour and majesty. This unforgettable experience can be stretched out by walking to Mont-Saint-Michel (roughly 45 minutes), where you can savour this privileged moment in absolute calm.

OUR RECOMMENDATION

SELECTION OF RESTAURANTS



LE COQUILLAGE**
MONT-SAINT-MICHEL BAY
SEATING FOR 50 GUESTS
info@maisons-de-bricourt.com



LE BOUT DU QUAI
CANCALE
SEATING FOR 40 GUESTS
contact@leboutduquai.fr



L'ATELIER DE L'HUÎTRE
CANCALE
SEATING FOR 30 GUESTS

SELECTION OF ACCOMMODATIONS

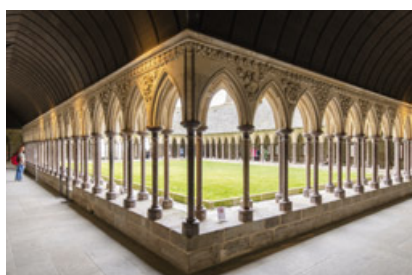


LA MÈRE POULARD***
27 ROOMS
servicecommercial@merepoulard.fr



LES TERRASSES POULARD***
29 ROOMS
servicecommercial@merepoulard.fr

MUST-SEE SIGHT



ABBAYE DU MONT-SAINT-MICHEL

Atop Mont-Saint-Michel sits the abbey: an architectural masterwork, one of the greatest centres of medieval pilgrimage, and a challenge to attacks made by man, weather, and the elements.

OPEN EVERY DAY FROM 9:00 AM TO 7:00 PM

WWW.ABBAYE-MONT-SAINT-MICHEL.FR

TOUR SERVICE - GROUP AND CONFERENCE

SERVICE: WILLIAM.ROUSSEL@MONUMENTS-NATIONAUX.FR



OSTREIKA

Discover the secrets of Cancale's oysters while strolling through the Bay of Mont-Saint-Michel's oyster beds with Inga as your guide – an expert on all things related to the beloved mollusc. The 90-minute tour ends with a visit to the Marché aux Huîtres (oyster market), where farmers sell the fruit of their labour directly to you and offer tastings every day of the year.

RESERVATIONS / INFORMATION:

+33 (6) 33 61 04 82

RESERVATION REQUIRED

OSTREIKA@OUTLOOK.FR



FROM SAINT-MALO TO MONT-SAINT-MICHEL

Enjoy the beauty of the coastline stretching from Saint-Malo to Mont-Saint-Michel in a vintage Jaguar, next to a passionate driver who will take you to its most beautiful viewpoints along the way. Continue this timeless journey with a private tour of the Abbey of Mont-Saint-Michel after it closes its doors, with access to its secret places. Then, end the day with a breathtaking view while savouring a gourmet aperitif.

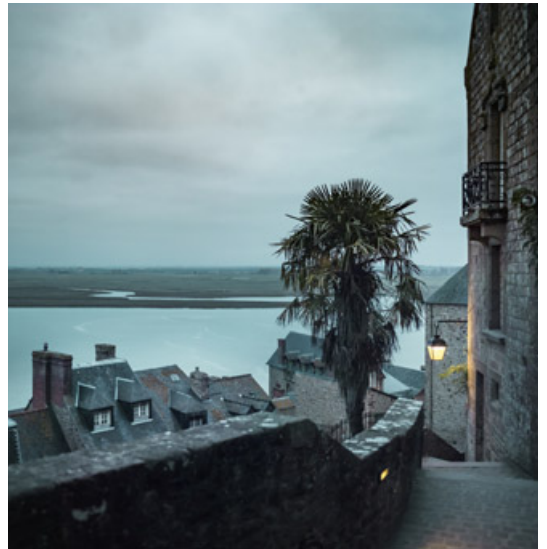
ALL YEAR LONG (EXCEPT JULY AND AUGUST)

WWW.BREIZBRIDGES.COM

RESERVATION: CONTACT@BREIZBRIDGES.COM



LE MONT-SAINT-MICHEL © MARTIN ARGYROGLO



LE MONT-SAINT-MICHEL © MARTIN ARGYROGLO



DAY 7

MONT-SAINT-MICHEL

You should finally arrive at Mont-Saint-Michel in the late afternoon, where you can visit the abbey – a monument that has defied time and the elements for centuries, offering a range of architectural forms to behold.

This special tour occurs at the end of the day, when everything is once again calm (in July and August from 7:30 PM to 11:00 PM), allowing visitors to admire how the monument is lit.

Enjoy dinner whenever is most convenient (the specialty on Mont-Saint-Michel is an omelette made from an age-old recipe). And, don't forget to walk along **the alleys and ramparts** of Mont-Saint-Michel overlooking the bay. Depending on the tide, you'll be reminded that the site returns to its natural state of an island surrounded by water, twice a day.

Must-do: **stay sleep in Mont-Saint-Michel.** This timeless experience will be one of the highlights of the trip.

Make the return trip home the next morning, with a transfer to Rennes or Saint-Malo.



LE PASSAGE POMMERAYE © FRANCK TOMPS / LVAN



LES MACHINES DE L'ÎLE © R. PENEAU / LVAN



CHÂTEAU DES DUCS DE BRETAGNE © PHILIPPE PIRON / LVAN



ESTUAIRE – MISCONCEIVABLE – ERWIN WURM © P. PIRON



SERPENT D'OCEAN – HUANG YONG PING © M. ARGYROGLO / LVAN



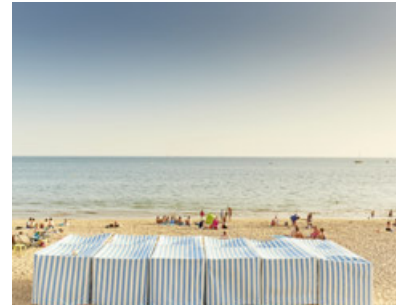
SUITE DE TRIANGLES DE FELICE VARINI © MARTIN LAUNAY



LES PÊCHERIES DE SAINT-NAZAIRE © ARNAUD DRÉAN



PARC NATUREL RÉGIONAL DE BRIÈRE © ARNAUD DRÉAN



PLAGE DE LA BAULE © ALEXANDRE LAMOUREUX



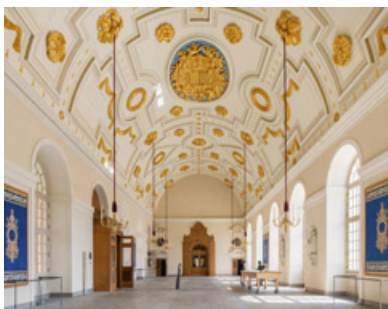
MARAIS SALANTS DE GUÉRENDE © ALEXANDRE LAMOUREUX



FREGÉAC © FRANCK TOMPS / LVAN



LE MABILAY © FRANCK TOMPS / LVAN



RENNES PARLEMENT DE BRETAGNE © M. ARGYROGLO / LVAN



PLOËR-SUR-RANCE © FRANCK TOMPS / LVAN



DINAN © FRANCK TOMPS / LVAN



DINARD © ALEXANDRE LAMOUREUX



SAINT-MALO © ALEXANDRE LAMOUREUX



MONT-SAINT-MICHEL © FRANCK TOMPS / LVAN

PROGRAMME 2023



LES JEUX DE BRETAGNE © DR

30 JUNE – 9 JULY LES JEUX DE BRETAGNE NANTES

The second edition of the “Breton Olympics” – devoted to the region’s traditional sports and culture, and a must for lovers of all things Breton – will be held in Nantes. Roughly twenty Breton games and competitions will be held over a period of ten days. Events will include street art, concerts and huge meals.

JEUXDEBRETAGNE.BZH



PHILIPPE RAMETTE: ÉLOGE DE LA TRANSCSSION.
© MARTIN ARGYROGLO / LVAN

1 JULY – 3 SEPTEMBER LE VOYAGE À NANTES, THE SUMMER’S MAIN EVENT

Every summer, Le Voyage à Nantes allows artists, designers, and architects (among others) to express themselves in public spaces. Ephemeral installations, artworks, major exhibitions, and social spaces allow one and all to discover the city.

WWW.LEVOYAGEANANTES.FR



TRANSAT EN VILLE – RENNES © JULIEN MIGNOT

SUMMER “DOWNTOWN DECKCHAIRS” RENNES

Every summer in Rennes, people get out their deckchairs to attend free concerts, discover shows for all ages, enjoy the city’s events, or simply have a picnic on the magnificent Place de la Mairie. This is the concept of *Transat en Ville* (i.e., deckchairs in the city): offering both visitors and residents a place to relax throughout the summer in the city’s most beautiful square.

WWW.TOURISME-RENNES.COM



FESTIVAL LES ESCALES © F. BERTRAND

28 – 30 JULY FESTIVAL LES ESCALES SAINT-NAZAIRE

Le Festival Les Escales is an urban party taking place both downtown and on the port of Saint-Nazaire. It offers an eclectic programme of today’s music: pop, rock, soul, world, and electro, with headliners, new musical scenes and bands to be discovered.

WWW.FESTIVAL-LES-ESCALES.COM



SAINT-NAZAIRE © DR

SUMMER SAINT-NAZAIRE CÔTÉ PLAGES

Saint-Nazaire Coté Plages invites you to spend the summer in style by participating in playful, sporty, and cultural activities, or attending festive events and street performances on Saint-Nazaire’s beach and in the city’s Saint-Marc neighbourhood.

WWW.SAINTNAZAIRE.FR



LA GACILLY © JEAN-MICHEL NIRON POUR LE FESTIVAL PHOTO LA GACILLY 2022

1 JUNE – 1 OCTOBER
LA GACILLY FESTIVAL

In this small village in the Breton countryside, a festival of contemporary artistic photography takes place every year.
WWW.FESTIVALPHOTO-LAGACILLY.COM



© OTILIA BAULE

8 – 11 JUNE
JUMPING
LA BAULE

4 days of show jumping competitions, from Thursday to Sunday: the best horseriders in the world meet to compete on the pitch of Stade François André.



JEREMY DELLER: UNE NOUVELLE AUBE, 2021 © JEREMY DELLER, COURTESY DE L'ARTISTE

10 JUNE – 10 SEPTEMBER
PINAULT EXHIBITION
RENNES

The Couvent des Jacobins is hosting an exhibition from the Pinault collection entitled "Forever Sixties". The exhibition sheds light on a turning point in the history of contemporary art: the "visual revolution" of the 1960s and its artistic influence on subsequent decades.



© FESTIVAL DU FILM ET MUSIQUE DE FILM DE LA BAULE

28 JUNE – 2 JULY
FESTIVAL DU FILM
ET MUSIQUE DE FILM
LA BAULE

La Baule's annual festival celebrates the marriage between film and music, presenting a selection of features and shorts – premieres, films that have never been released, or simply great classics – and the artists behind them (directors, composers...) through events, screenings, concerts, masterclasses, and more!



© DR / LVAN

16 SEPTEMBER – 8 OCTOBER
RUGBY WORLD CUP
NANTES

4 matches will take place in Nantes, including a match with Ireland, the 6th best nation in the world (IRB ranking as of 14 February) and quarter-finalists in 2019:

- 16 September: Ireland vs Tonga
- 30 September: Argentina vs Chile
- 7 October: Wales vs Georgia
- 8 October: Japan vs Argentina

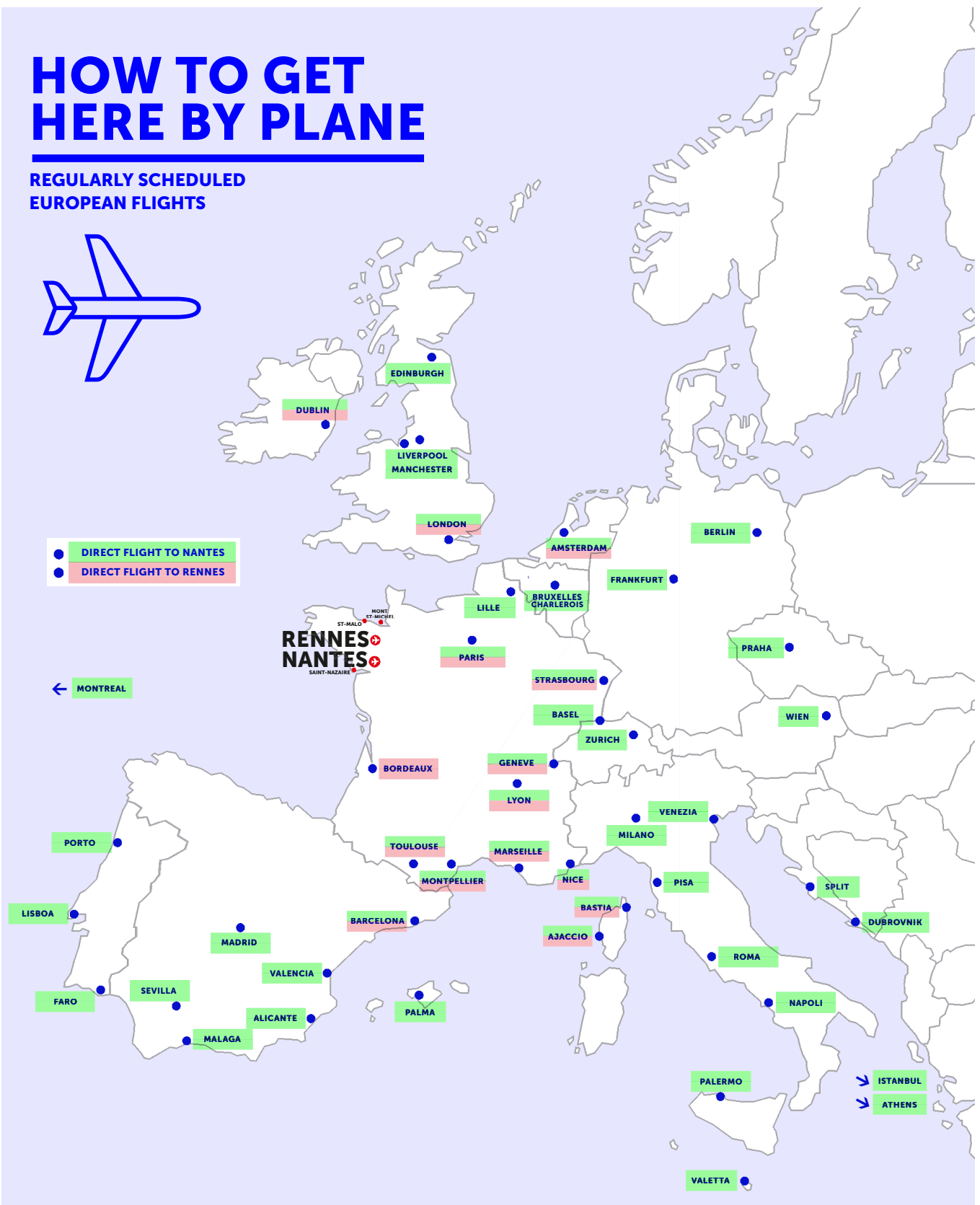
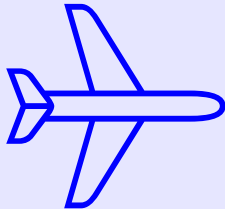
ALL YEAR LONG
HIGH TIDES
SAINT-MALO

In Saint-Malo Bay, the tidal range during the spring tides is exceptional – sometimes reaching up to 13 metres! This makes Saint-Malo – and the Bay of Mont-Saint-Michel in particular – a real theatre for the biggest tides in Europe.

21 AND 22 FEBRUARY – 22 AND 23 MARCH – 20 AND 21 APRIL
3 AND 4 AUGUST – 1 AND 2 SEPTEMBER – 29 AND 30 SEPTEMBER
29 OCTOBER

HOW TO GET HERE BY PLANE

REGULARLY SCHEDULED EUROPEAN FLIGHTS



AIRPORT SHUTTLE SERVICE

NANTES

This shuttle takes visitors from Nantes-Atlantique airport to the city centre (and vice-versa) in 20 minutes.
AVAILABLE ALL YEAR LONG, EXCEPT MAY 1ST
FARE: €9 / TICKET

RENNES

The C6 bus line takes visitors from Rennes airport to the city centre (and vice-versa) in 20 minutes.
AVAILABLE ALL YEAR LONG, EXCEPT MAY 1ST
FARE: €1.50 / TICKET



COMING BY TRAIN

..... BUS
 ——— TRAINS

PARIS <> NANTES

TGV Paris Roissy-Charles-de-Gaulle
 3 return trips per day
 3 hours 1 minute

TGV Paris Montparnasse
 18 return trips per day
 1 hour 58 minutes

PARIS <> RENNES

TGV Paris Roissy-Charles-de-Gaulle
 3 return trips per day
 2 hours 33 minutes

TGV Paris Montparnasse
 19 return trips per day
 1 hour 25 minutes

NANTES <> SAINT-NAZAIRE

TER: 28 return trips per day
 45 mins

NANTES <> RENNES

TER: 17 return trips per day
 1 hour 15 minutes

SAINT-NAZAIRE <> RENNES

TER: 16 return trips per day
 1 hour 40 with two stops
 in Savenay & Redon
 2 hours 15 minutes via Nantes

LA BAULE <> SAINT-NAZAIRE

TGV: 2 return trips per day
 13 mins

LA BAULE <> NANTES

TER: 7 return trips per day
 15 mins

LA BAULE <> NANTES

TGV: 2 return trips per day
 53 mins

TER: 5 return trips per day

56 mins

PARIS <> SAINT-MALO

TGV: direct train
 2 hours 16 mins

SAINT-MALO <> DINAN

TER: 8 return trips per day
 1 hour 17 mins

RENNES <> DINAN

TER or TGV-TER: 9 return trips per day
 1 hour 30 mins

RENNES <> MONT-SAINT-MICHEL

BUS: 4 return trips per day
 1 hour 10 minutes

RENNES <> SAINT-MALO

TER and TGV: 20 return trips per day
 56 minutes

TER: REGIONAL TRAIN

FOR MORE INFO
 (TIMES AND TICKET PURCHASES):
WWW.OUI.SNCF



SEE THE ITINERARY BY BIKE



The cyclist's guide to Modern Journey through an old Land can be found at: www.voyage-en-bretagne.com



FOND DE CARTOGRAPHIE © LES CONTRIBUTEURS D'OPENSTREETMAP® / TRACÉ DU PARCOURS © LVAN



READY TO RIDE AWAY ON A GENTLE ADVENTURE BETWEEN NANTES AND MONT-SAINT-MICHEL BY BIKE?

You are invited to experience the joys of nomadic cycling, from the Atlantic to the Channel, through the old lands of Brittany, with their thousands of treasures you'll discover along the way: fantastic works of art, XXL or XXS ports, an iconic bay, wild marshes, bucolic waterways hemmed in by stunning canal locks, and singular cities with their unforgettable atmospheres. And all this before reaching the fabulous Emerald Coast and the treasure of the itinerary: the Abbey of Mont-Saint-Michel, which stands timelessly above a vast bay swept by the highest tides in Europe.

This cycling itinerary is divided into 5 sections, allowing you to create your own route, with each leg departing from a city with excellent transport links. So, giddy up for *A Modern Journey through an old Land*, which you can enjoy in one go, or savour in small bits, many of which can be handled by every pair of legs, great and small!

NANTES <> SAINT-NAZAIRE (BY LA BAULE), FROM THE LOIRE TO THE OCEAN

Following a hair-raising adventure through Nantes (with its island of strange Machines), the former ports of the estuary and the bucolic Canal de la Martinière await you. Here, the sunlight adds a magical touch to the endless natural spaces, and to the collection of artworks that make up the *Estuaire* itinerary.

SAINT-NAZAIRE (BY LA BAULE) <> PÉNESTIN, FROM THE OCEAN TO GOLDEN CLIFFS

From the stunning XXL-sized port city of Saint-Nazaire, *The Modern Journey through an old Land* has decided to join the elite club of one of the most beautiful bays in the world: La Baule. Once this charming detour is behind you, an even more pristine horizon awaits with the region's flora and endless salt marshes until Guérande, "City of Art and History". 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.

PÉNESTIN <> REDON, FROM PORT TO PORT

With the seaport of Redon in your sights, this stop is a feast of nature for the eyes, featuring breathtaking viewpoints, tiny picturesque ports, and the surrounding Breton countryside. Once in Le Bellion, you'll reach the Nantes-Brest Canal, which is synonymous with a calm arrival in Redon – a small town that has all the makings of a big one, which sits at the crossroads of the Western waterways and the Nantes-Brest Canal where the Channel meets the Atlantic Ocean.

REDON <> RENNES, THE HISTORIC LAND OF BRITTANY ALONG THE VILAINE RIVER

The port of Redon sets the tone for this two-wheeled adventure, which runs against the current of the Vilaine River, with its long maritime and fluvial history. As you approach Rennes, you will make your way through schist cliffs surrounded by steep forests. En route, there are countless opportunities to stop and enjoy the authentic atmospheres, where partaking in the local gastronomy is the order of the day.

RENNES <> DINARD / SAINT-MALO BY WAY OF CANAL D'ILLE-ET-RANCE

From the capital of Brittany to the Emerald Coast, a bucolic path twists and turns as it runs the length of Canal d'Ille-et-Rance, then along the magnificent Rance estuary. At its summit, you will find the eleven locks of Hédé-Bazouges and an incredible hydraulic machine that pumps water into the canal.

DINARD / SAINT-MALO <> MONT-SAINT-MICHEL, FROM THE EMERALD COAST TO "LA MERVEILLE"

From the "Corsair City" of Saint-Malo, or Dinard this seaside journey first takes you to Cancale. Following this, amidst the polders of Mont-Saint-Michel Bay, you will find the highlight of the itinerary: immutable, the abbey and its Merveille stand almost 150 metres above a bay swept by the highest tides in Europe.

YOUR CUSTOMIZED TRIP

STARTING AT €1150*/PERSON

POSSIBLE 7-DAY / 6-NIGHT ITINERARY, COMPLETELY ADAPTABLE TO YOUR TASTES

INCLUDES: TRANSPORTATION | GUIDE | HALF-BOARD | TOURS

DAY 1 AND 2: NANTES

- The Château des ducs de Bretagne and the centre of Nantes
- Lunch at a brasserie
- The Machines de l'île
- Overnight in Nantes

DAY 3: FROM NANTES TO LA BAULE, BY WAY OF SAINT-NAZAIRE

- The sites of Estuaire Nantes <> Saint-Nazaire
- Lunch in Saint-Nazaire
- Tour of Escal'Atlantic and the Brière marshland
- Arrival in La Baule, settling in at the hotel
- Spending the night in La Baule

DAY 4: FROM LA BAULE TO RENNES

- Tour of Guérande's salt marshes
- Tour of Guérande and lunch
- Arrival in Rennes, settling in at the hotel
- Nocturnal visit and staying overnight there

DAY 5: FROM RENNES TO DINARD / SAINT-MALO

- Brittany's Parliament house
- Lunch in a bistro
- The 11 canal locks in Hédé-Bazouges
- Bécherel
- Lunch and tour of Dinan
- Arrival at the end of the day and overnight in Saint-Malo

DAY 6: FROM DINARD / SAINT-MALO TO MONT-SAINT-MICHEL

- Dinard / Saint-Malo
- Discover the wild coastline and Cancale
- Lunch by Mont-Saint-Michel Bay
- Arrival in Mont-Saint-Michel
- Settling in at the hotel, visit and nighttime visit of Rennes and overnight stay

DAY 7: MONT-SAINT-MICHEL, THEN HEAD BACK

- Morning in Mont-Saint-Michel and guided tour of the abbey
- Breakfast on the road in Dol-de-Bretagne or Rennes on the way back

For a 20-person group: Starting at €1150 per person, all taxes included (during the week, outside of public or school holidays), shuttle transportation provided with driver.

CUSTOM OPTIONS WITH ADDITIONAL FEE:

Gastronomical lunch at La Mare aux Oiseaux, Marais de Brière – Gastronomical lunch at Le Coquillage in Château Richeux, Mont-Saint-Michel Bay – Tour of an oyster farm with lunch in Mont-Saint-Michel Bay – Luggage transport by hotel staff in Mont-Saint-Michel

PRODUCTS AVAILABLE FROM THE AGENCIES LISTED BELOW

VOYAGES BELLIER

+ 33 (0)2 99 73 00 14
michel.bellier@bellier-
voyages.com
www.voyages-bellier.com

FUNBREIZH

+ 33 (0)2 97 42 10 50
eliska.soudkova@funbreizh.com
www.funbreizh.com

BLB

+ 33 (0)2 97 56 60 86
france.dmc@blb-
tourisme.com
www.blb-tourisme.bzh

VISIT OUEST

+ 33 (0)2 99 14 95 47
info@visit-ouest.com
www.visit-ouest.com

WESTCAPADES

+ 33 (0)2 23 23 01 96
geraldine@westcapades.com
www.westcapades.com

KALEID'OUEST

+ 33 (0)2 99 13 84 14
contact@kaleidouest.com
www.kaleidouest.com

BREIZ BRIDGES

+ 33 (0)6 52 59 56 62
marie.oisel@hotmail.fr
www.breizbridges.com

À LA CARTE SERVICES

For any specific requests (guided tours, admission to certain sites, museum visits, cruises, Machines de l'île...) contact: estelle.vandenbroucq@lvan.fr

NOTES



A series of horizontal dotted lines for writing notes, organized into two columns.



SALT MARSHES, GUÉRENDE © A. LAMOUREUX

SAINT-NAZAIRE © A. LAMOUREUX



HUANG YONG PING, SERPENT D'OcéAN, SAINT-BREVIN-LES-PINS © FRANCK TOMPS/LVAN

MONT-SAINT-MICHEL © FRANCK TOMPS / LVAN

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

A MODERN JOURNEY THROUGH AN OLD LAND

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Development and Tourism Officer
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estelle.vandenbroucque@lvan.fr

WWW.VOYAGE-EN-BRETAGNE.COM

 #TRAVERSEEMODERNE



saint-nazaire
RENVERSANTE®



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RENNES**
OFFICE DE TOURISME