



2017

BRETAGNE 

## Press pack UK and Ireland

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## Feel Brittany...

Sometimes you feel you need to escape from your stressful routine...

Say goodbye to the noise, pollution, hurry and anxiety, and hop across the Channel for a revitalising break in Brittany. Choose to unwind and relax, dedicate some time to yourself, enjoy nature, and discover a land steeped in the good things that will wake-up all your senses.

Preserved landscapes, picturesque towns, delightful culinary specialities and local produce, miles of coastline to explore and fresh sea air. Step onto Breton soil, feel Brittany, and you'll be reinvigorated through the experience of simply being there.

Make the most of your stay with charming addresses, unique experiences alongside locals, and a vast network of footpaths and cycle routes.

2017 is the "International Year of Sustainable Tourism". This UN decision is a real opportunity for Brittany, already deeply committed in the development and promotion of a sustainable tourism development approach, and has recently entered the Worldwide Sustainable Destinations Top 100 alongside the Grand Canyon National Park and the Volcanoes National Park in Rwanda.



## → Our 2017 official partner Armor-Lux

Founded in 1938 in the city of Quimper in Brittany, the Bonneterie d'Armor today known as Armor-Lux is a leader French textile manufacturer.

The company gained its reputation for high quality apparel with its iconic knitted Breton striped shirt. A classic worn by Breton fishermen for centuries, introduced to the fashion world in 1917 by Coco Chanel, it has ever since been part of the fashion essentials. For more than 70 years, Armor Lux designs, knits and assembles its authentic "marinière" in Quimper.



Find out more  
[www.armorlux.com](http://www.armorlux.com)



# Best of Glamping

Top places to stay for an unforgettable experience

## Family glamping in southern Brittany

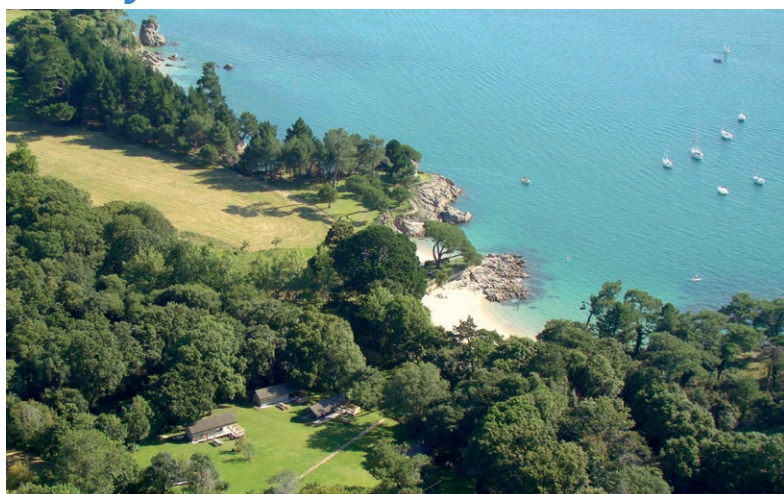
**Nestled in the « Baie de la Forêt » in La Forêt-Fouesnant, the cosy safari-tents of Bot Conan Lodge are surrounded by unspoiled countryside and pristine waters with a secluded beach just a few meters away.**

The shoreline here is as perfect for lazing around as it is for more active pastimes, with a wide range of watersports on offer, and its creeks, beaches and woodlands will fill your days with beauty.

Expect not just a holiday but a fantastic and unique experience that you will never forget.

Camping you say? No, this is GLAMPING! Beds have comfortable mattresses with duvets, linens and pillows are provided. All lodges are arranged in a field with direct view on the secluded beach of Bot-Conan. Barbecue areas and private wooden picnic tables will enhance this lovely outdoor family experience.

Children will enjoy the freedom of playing in the surrounding grounds that have all been fenced for safety, and the sea is kid-friendly (no currents or big waves, shallow depth). And when the sea goes out, the tides change the whole landscape, leaving



the foreshore exposed for the whole family to grab spades and rakes and follow the nature guides for a morning's shellfish gathering.

*Tariff: Four people tent from €420 /week. Open from early May until the end of September. Minimum stay of 7 nights in high-season, changeover day Saturday.*



Find out more  
[www.botconan.com](http://www.botconan.com)

## 'Wild' glamping on Houat island

**In southern Brittany, the island of Houat is the perfect place to get away from it all. No car, beautiful sweeping sandy beaches, a network of footpaths, streets lined with flower-draped houses and lovely harbour filled with colourful fishing boats.**

Imagine five bell tents set on a privileged site of pure beauty, almost "wild". At 'La Boîte à Poissons', you can feel the happiness to wake up facing the sea, almost alone in the world, in cosy tents for two to four people, tastefully decorated and equipped with

side furnishings: Japanese beds, sheets, duvet and pillow, all is thought to offer an unusual night rocked by the island's peaceful and marine atmosphere. In the early morning, breakfast is served on site to make the pleasure last longer.

*Tariff: two people tent from €59/night. Breakfast from €8.50 per person. Open from late April until the end of September.*



Find out more  
[www.laboiteapoissons.fr](http://www.laboiteapoissons.fr)



# Nature treasures of the Mont-Saint-Michel bay



**Stretching from the Mont-Saint-Michel – often simply called ‘The 8th Wonder of the World’ – to the walled town of Saint-Malo, the Emerald Coast boasts some of the highest tides in Europe, offering visitors the chance to take some long walks in fresh sea air, on shorelines whose outstanding heritage is handed to you on a plate, garnished with oysters, mussels – and castle fortresses.**

The UNESCO World Heritage site of Mont-Saint-Michel is a gem of nature and architecture and without surprise, one of the most visited sites in France. But don't rush straight up there. First, take some time to explore its bay, on foot or on horse-back, at nightfall, when the tide is coming in, accompanied by an ornithologist or shepherd. You'll see a beautiful postcard image come to life before your eyes.

The headlands of Pointe du Grouin and Cap Fréhel, together with Mont Saint Michel Bay, are three sites of exceptional natural beauty carved into Brittany's coastline. They are wild, invigorating and full of poetry in every season. Colonies of rare birds and a variety of plants have found an ideal refuge here. Off the coast of Cancale, you might see dolphins playing. The best way to appreciate the peace of these vast open landscapes is by bike or on foot; explore via the greenways, the 'Grande Randonnée' (GR) long-distance footpaths or 'Tour de Manche' cycle route. Individually, in a couple, with the family or a group of friends, they offer both long-distance hiking and cycling holidays and fantastic family days out.

Order a platter of seafood, with Cancale oysters taking centre stage, and taste the freshness of the sea; all you need is a wedge of lemon on the side, and a drop of white wine to wash it down. Another local culinary treat is the bouchot mussel farmed in Mont Saint Michel Bay, which carries the AOP label (Appellation d'Origine Protégée). Two other local specialities are Mouton pré salé (from sheep left to graze in salt marshes) and salted caramel.



Find out more

<http://www.brittanytourism.com/discover-our-destinations/saint-malo-mont-saint-michel-bay>

## Walk the iconic GR34 trail and enjoy a new postcard at every turn

**Awaken all the senses and open your eyes to the sights with an invigorating walking holiday in Brittany; get back to nature and soak up the sounds and smells at your own pace as the trails guide you along Brittany's coast.**

The Grande Randonnée (GR) long-distance trails cross Brittany from north to south and east to west. The GR® 34 - or "customs trail" - runs on more than 1,800km all round Brittany's coastline, constantly offering stunning seaviews! Established in 1791, the footpath allowed guards to roam the coast to prevent smuggling. Fallen into disuse in the early 20th century, this trail is experiencing a second life since 1968.



Book hiking holidays in Brittany  
[www.sentiersmaritimes.com](http://www.sentiersmaritimes.com)



# A luxury retreat in Cancale | digital detox and gourmet sailing trip

## La Ferme du Vent

**Olivier Roellinger's family – the French Rick Stein – embarks on a new adventure with a unique concept. From the top of a meadow green overlooking the Mont Saint-Michel bay, the 'Ferme du Vent' (Farm of Wind) unveils 5 "kleds" (wind shelter in Breton) for a stay in complete disconnection.**

A stone's throw away from the famous 'Château Richeux' (housing Olivier Roellinger's restaurant named Le Coquillage), these exquisite gîtes have taken shape in old farmhouses rebuilt stone by stone, with a unique local expertise. Raw materials such as wood, granite, limestone, associated with beautiful fabrics give the place a character of rare beauty, both sober and authentic.

Here, no wifi or TV, but the permanent show of nature evolving at the rhythm of tides. Celtic baths carved in granite have been installed on the ground floor of the main building for a relaxing moment of delicate marine and spicy scents, with a beautiful unobstructed view over the horizon. In the courtyard stands an amazing lunar tide clock, and a Viking well lights at dusk. The final touch is the possibility to enjoy an intimate private dinner prepared by the chef of the Michelin-star Chateau Richeux restaurant at your 'kled'.

*Tariff: 'Kled' from €275 / night*



Find out more  
[www.maisons-de-bricourt.com](http://www.maisons-de-bricourt.com)



## → 'Corsair cuisine' in the Bay of Cancale

**Embark for a journey to flavours from faraway places, with Jérôme and Emmanuel. Jérôme is a food-loving sailor and Emmanuel an ocean-going chef working the spice routes, who used to work as Sous-Chef for three Michelin star holder Olivier Roellinger. So it's no wonder that this meeting of minds led to a great idea: to combine gastronomy and traditional sailing aboard the Ausquémé.**

What better way to spend the lazy days of summer than to sail the enchanting seas of Cancale Bay, and sample the gourmet treasures of buccaneering days? The combination of flavours from faraway places with those from the Bay of Cancale characterises everything you sample in about 12 ports of call. Emmanuel is passionate about his food and fascinating to listen to, as he explains the whys and wherefores of these delicately balanced dishes. Chance just does not come into it. Hints of spice bring out the fabulous flavours of all sorts of local delights. This is a true summit – albeit on the waves – between the world of 'corsair' chef Olivier Roellinger, Brittany's maritime history, and the traditional foods of Cancale bay.

*Tariff: Brittany Experience from €139 per person for a 4-hour sailing trip aboard the Ausquémé in the Bay of Cancale, including a selection of delicious dishes from 3 Michelin star chef Olivier Roellinger, prepared by Emmanuel Tessier, Director of the 'Ecole Cuisine Corsaire'.*



Find out more  
[www.brittanytourism.com/ideas/brittany-experiences](http://www.brittanytourism.com/ideas/brittany-experiences)



# Tastes of Brittany

Fresh local produce, creative chefs and passionate farmers!

## One for the address book - TROP MAD in Lorient

**Nathalie and Arnaud Beauvais - the first winners of the environmental label - confirm their commitment to a better life, smiling and respectful of the earth and those who inhabit it. Using only local produce that have grown just a few kilometers from their home, they maintain strong relationships with the farmers, fishermen and breeders to offer the best of Brittany on your plate!**

Nathalie and Arnaud fell immediately for this old Lorient house 25 years ago and its charming little garden. While keeping its original architecture, they transformed it into a cosy place dedicated to good food. Discover or rediscover the gourmet recipes of Nathalie whether you go for the "Gourmet Ideas of the Day", resulting from her inspiration of the moment and the daily market, or "The Highlights", a selection of the most acclaimed dishes since the opening of the restaurant.

In addition to the Jardin Gourmand restaurant, Nathalie and Arnaud Beauvais run cooking classes within the 'Akademi', not to mention the extensive collection of cookbooks by Nathalie. There are many ways to step in Nathalie's world of delicacies!



Find out more  
[www.tropmad.com](http://www.tropmad.com)



## → Slow food tour at Rennes farmers market

**Following the spirit of the Slow Food association "Rennes top Gallo" that promotes good, clean and balanced eating, the chefs from Rennes invite visitors to join them for a gourmet walk of Rennes 'Marché des Lices' farmers market.**

The 'Marché des Lices' is one of France's finest farmers market and the second largest in France. Every Saturdays, more than 300 producers from all over the region display their wares on their colourful stalls on the picturesque square of the same name.

Wander the market, and taste Breton specialties. Local producers love to share their passion for their work and they'll introduce you to their specialty (cider, cheese, veggies...).

Before leaving the market, make sure you bow to local tradition and enjoy a galette-saucisse (sausage wrapped in a buckwheat pancake) or a galette complète (buckwheat pancake filled with ham, cheese, and egg).

*Tariff: €10/person including the galette.*



Find out more  
[www.tourisme-rennes.com](http://www.tourisme-rennes.com)



# Treat yourself with a green feel-good holiday

## in Brittany

### 100% organic “Zen escape” at La Grée des Landes

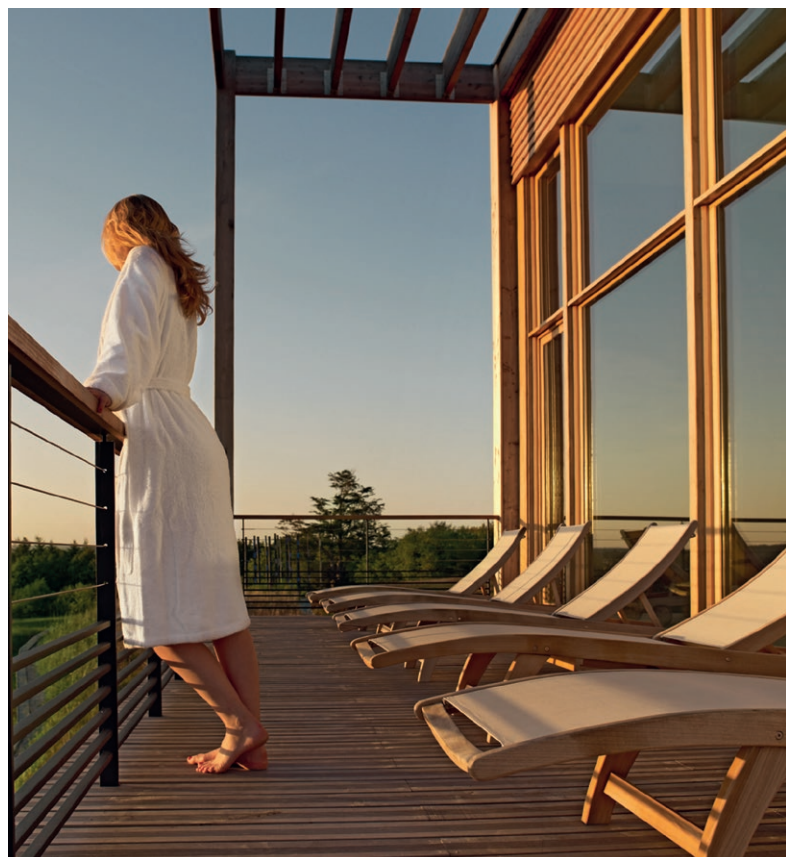
**Nestled in a lovely relaxed setting designed to enhance well-being, this spa-hotel is in a preservation area close to the picturesque town of La Gacilly.**

The Yves Rocher eco-spa hotel is inspired by nature, just like the cosmetics company. Everything here is 100% natural including the green roofs, solar panels, wood-based interior decor, organic bedding, and natural paint in stone-coloured shades. The 29 single-storey rooms with private terraces have sweeping views across the green Aff valley, and guests are immersed in an ambiance of comfort, quality, nature and well-being. The piano-bar has a welcoming log fire, and the views from the infinity pool are magnificent! The 'l'heure végétale' spa is a great opportunity to enjoy expertly applied plant-based treatments, and the gourmet-style cuisine is made from local organic produce prepared by Michelin-starred Chef Gilles Le Gallès, served in the hotel restaurant, Les Jardins Sauvages.

*Tariff: 'Escapade zen' from €704 / person, including: a two-night stay in double bedroom, one lunch and one dinner at the gastro organic restaurant « Les Jardins Sauvages », organic buffet breakfast, a 50 min and a 25 min spa treatments at the Spa Yves Rocher, one or two "sieste Zen" (nap) on air cushion, access to the swimming pool, the relaxation pool, and the hamman. Extra activities are available on demand - Yoga Wellness, Pilates, Happy Yoga, Yoga Walk, Sophrology, Aquasculpt, Aquabike, Aquarelaxation, etc.*



Find out more  
[www.lagreedeslandes.com](http://www.lagreedeslandes.com)



### Solo travel idea: relax and keep in shape at Carnac Thalasso & Spa Resort

**At Carnac Thalasso & Spa Resort, guests can choose from a wide range of packages, from long stay for fitness, slimming, active beauty, post-natal care, to mid-week relaxing or revigorating cures. Sports fans? You'll love the themed cures, based around Nordic Walking, marathon running or surfing.**

And it's all eco-conscious! Carnac Thalasso & Spa Resort is the first marine spa in the world to receive the label Ecocert with its 100% organic BioCarnac® cosmetic range, spa programs and care. Being green has always been a focus for Carnac Thalasso. Attached to offer the best of Brittany while preserving the environment, the wellness centre seeks to minimize the impact of its activities on the environment through good practices.

*Tariff: a 30% discount for solo travellers is available all year round for a 4-day spa stay (subject to conditions and availability).*



Find out more  
[www.thalasso-carnac.com](http://www.thalasso-carnac.com)



## Insider tips

explore Brittany's regional parks with local nature enthusiasts

Brittany regional parks - Grand Site of France, Conservatoire du Littoral, Natura 2000, nature reserves, etc. Brittany is the first region of France for its number of preserved areas. In its 4 regional

parks, visitors can enjoy a number of activities including some 'Brittany Experiences' guided by local enthusiasts.

### Explore the beauties of Molène archipelago

**During an extraordinary journey with Christel and Lucky, both nature and sea lovers, discover the wild beauty of the island of Molène and the many treasures that surround it.**

On board their motorboat you'll leave Le Conquet for a day of unforgettable encounters with bottle-nose dolphins and grey seals. Breathtaking panoramas framed with impressive offshore lighthouses contrast with colourful flowered houses and the authentic streets of Molène's village.

The Iroise Marine Park is the first marine park created off the French coast, and has been designated a 'Réserve de la Biosphère' by UNESCO, indicating its importance and uniqueness on a global scale. The Mer d'Iroise in fact conceals the largest algae 'fields' in Europe under its waters, and a large proportion of France's sea creatures thrive in the 3500 km<sup>2</sup> protected area with more than 120 fish species, and colonies of seals and dolphins.

*Tariff: Brittany Experience from €60 /adult including: a day discovering the archipelago of Molène and the Iroise Marine Park with Christel and Lucky, and a 3-hour stopover on Molène island*



Find out more

[www.brittanytourism.com/ideas/brittany-experiences](http://www.brittanytourism.com/ideas/brittany-experiences)

### Bird-watching 'aperitif' at the heart of the Brière marshes

**Spread over 54,000 hectares, the Briere Regional Park is the second richest swamp in Europe after the Camargue. The best way to discover the hidden network of little canals is to take a 'Brittany Experience' and follow locals, who'll introduce you to the wildlife.**

A few minutes from Guérande and La Baule beaches, the peat hosts an important wildlife. Starting from the small village of Bréca the heart of the Brière marshes, we embark on a 'chaland' - a traditional flat bottom barge - accompanied by a passionate Brieron. At sunset, we appreciate the tranquility of the place, listening to tales about the flora and fauna of the marsh, and tasting local products as an appetizer.

*Tariff: Brittany Experience from €36 / person, including a 90min tour with Breton aperitif made of local pâtés, cheeses, samphire, etc, van transfer to Bréca from La Baule, le Pouliguen, le Croisic, Pornichet.*



Find out more

[www.brittanytourism.com/ideas/brittany-experiences](http://www.brittanytourism.com/ideas/brittany-experiences)



# Great ideas for an active holiday | off the beaten tracks

## Paddle with Yoann to an ocean paradise

**Only accessible in summer, the Glénans archipelago is made up of nine main islands and many islets 10 miles off the south coast of western Brittany, in the middle of which is a lagoon renowned for the clarity of its water and the whiteness of its sands; in fact, the area has been described as 'the Breton Tahiti'.**

By late afternoon, all the tourists have left the island on the last boat, and that's when the Sainte-Marine nautical Centre runs its trips to discover the beautiful archipelago of Les Glénans, with its clear blue waters, its flora and fauna, and its wealth of history... And to fully appreciate the peace and quiet that reigns at this nature reserve, a sea kayak is the best choice. Ready, steady, paddle!



Find out more  
[www.brittanytourism.com/ideas/brittany-experiences](http://www.brittanytourism.com/ideas/brittany-experiences)



*Tariff: 3-hour sea kayak excursion into the heart of the Glénan archipelago, accompanied by Yoann from €60 per person. Advance booking only.*

## A beautiful bike ride between the sea and marshland with Isabelle

**The two headlands of Cap Fréhel and Cap d'Erquy will blow you away. Classified as 'Grands Sites de France', both are covered with heath, which can be yellow with gorse or purple with heather, with pink sandstone cliffs towering high above vast beaches of white sand and spectacular sea views.**

The ups and downs of the Penthièvre coast are within everybody's reach when you have an electrically assisted bicycle! The only time your breath will be taken away is when you see the stunning landscape from the tops of the steep cliffs. For a truly immersive experience among the clifftop colours, wildlife and history, the ideal guide is Isabelle – who adores this outstanding natural site.

*Tariff: 2h30min cycle tour from €24 for adults – €12 for children under 12 years old*



Find out more  
[www.brittanytourism.com/ideas/brittany-experiences](http://www.brittanytourism.com/ideas/brittany-experiences)



## A 6-day kayak trip to discover secret Brittany

**This fantastic 6-day kayak adventure begins with Saint-Malo forts, towards the bird sanctuary of l'Île Agot, and the Ebihens island, then it takes a few paddles to explore the archipelago of Bréhat and ends with the Sillon de Talbert...**

From the Emerald coast to the Pink granite coast, this accompanied group trip takes you to a secret Brittany, accessible only by kayak. A unique way to discover or re-discover Brittany's coastline, and the chance to explore some hidden gems, from the Emerald coast to Bréhat archipelago.

*Tariff: from €760 /person including 4-night accommodation at hotels and 1 bivouac night, full board, transfers, equipment for kayaking and supervision by a professional guide.*



Find out more  
[www.visit-ouest.com](http://www.visit-ouest.com)





# Getting to Brittany

Easy access by plane or ferry  
from the UK



## By car

As soon as they arrive in the region, tourists have the benefit of Brittany's entirely toll-free dual carriage way network.



## By train

From London, visitors from the UK can get to the Gare du Nord in Paris in 2 hours 20 minutes by Eurostar. Then, to continue their journey, Brittany has an excellent rail service from Paris aboard the TGV Atlantique high speed train. From July 2017, it will only take one hour and a half to get to Brittany from Paris!



Find out more  
[www.eurostar.com](http://www.eurostar.com)



Find out more  
[www.voyages-sncf.com](http://www.voyages-sncf.com)



## Direct routes from the UK to Brittany



## By ferry

From	To	Ferry operator	Find out more
Plymouth	Roscoff	Brittany Ferries	<a href="http://www.brittanyferries.com">www.brittanyferries.com</a>
Poole	St-Malo	Condor Ferries	<a href="http://www.condorferries.co.uk">www.condorferries.co.uk</a>
Portsmouth	St-Malo	Brittany Ferries	<a href="http://www.brittanyferries.com">www.brittanyferries.com</a>
Portsmouth	St-Malo	Condor Ferries	<a href="http://www.condorferries.co.uk">www.condorferries.co.uk</a>
Cork	Roscoff	Brittany Ferries	<a href="http://www.brittanyferries.com">www.brittanyferries.com</a>
Rosslare	Roscoff	Irish Ferries	<a href="http://www.irishferries.com">www.irishferries.com</a>



## By plane

From	To	Airline	Find out more
Birmingham	Brest, Rennes	Flybe	<a href="http://www.flybe.com">www.flybe.com</a>
Bristol	Nantes	Easyjet	<a href="http://www.easyjet.com">www.easyjet.com</a>
East Midlands	Dinard	Ryanair	<a href="http://www.ryanair.com">www.ryanair.com</a>
Exeter	Rennes	Flybe	<a href="http://www.flybe.com">www.flybe.com</a>
Guernsey	Dinard	Aurigny	<a href="http://www.aurigny.com">www.aurigny.com</a>
Leeds Bradford	Dinard	Ryanair	<a href="http://www.ryanair.com">www.ryanair.com</a>
Liverpool	Nantes	Easyjet	<a href="http://www.easyjet.com">www.easyjet.com</a>
London City	Nantes, Quimper, Rennes	Cityjet, British Airways, Flybe	<a href="http://www.cityjet.com">www.cityjet.com</a> , <a href="http://www.ba.com">www.ba.com</a> , <a href="http://www.flybe.com">www.flybe.com</a>
London Gatwick	Brest, Nantes, Rennes	Easyjet, Vueling	<a href="http://www.easyjet.com">www.easyjet.com</a> , <a href="http://www.vueling.com">www.vueling.com</a>
London Southend	Rennes	Flybe	<a href="http://www.flybe.com">www.flybe.com</a>
London Stansted	Dinard	Ryanair	<a href="http://www.ryanair.com">www.ryanair.com</a>
London Luton	Brest	Flykiss	<a href="http://www.fly-kiss.com">www.fly-kiss.com</a>
Manchester	Nantes, Rennes	Flybe	<a href="http://www.flybe.com">www.flybe.com</a>
Southampton	Brest, Nantes, Rennes	Flybe	<a href="http://www.flybe.com">www.flybe.com</a>
Cork	Rennes	Aer Lingus	<a href="http://www.aerlingus.com">www.aerlingus.com</a>
Dublin	Nantes, Rennes	Aerlingus, Ryanair	<a href="http://www.aerlingus.com">www.aerlingus.com</a> , <a href="http://www.ryanair.com">www.ryanair.com</a>





Iles d'Ouessant

Ile Molène

BREST

Plougonvelin

Landerneau

MORLAIX

Ile de Batz

Roseoff

Saint-Pol-de-Léon

Carantec

Plouescat

Plouguerneau

Plouzané

Plouguerneau

Plouguerneau

Plouguerneau

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Legend

- Roads and access**

  - Rail network
  - Main road
  - Minor road
  - Sua link
  - Canal
  - Lighthouse
  - Airport
  - TGV station
  - Ferry station
- Heritage towns**

  - Small Town of Character
  - Town of Art and History or Historic Town
  - Britany's Rural Heritage Village
  - Most Beautiful Villages of France
- Places to visit / Activities**

  - Cathedral / Basilica / Abbey / Chapel
  - Culinary / Parish close
  - Chateau open to visitors / Fortification
  - Megalithic site
  - Stud
  - Forge
  - Museum of France
  - Sailing Boats of Brittany

0 20 km

Rout de bret - 80°C4807-16.6 - 100005005-14.8 - 80°C4808



## Information

### Brittany tourism

#### Comité régional du tourisme de Bretagne

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[tourismebretagne.com](http://tourismebretagne.com)



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