



Off-Season Travel - Experiences by the Sea in Brittany



Travelling around Brittany means getting close to nature, playing with the winds, the tides, the lights. Brittany's incredible coastline, beautifully rugged and peaceful at the same time, the longest in France, opens the door to an infinite variety of experiences and discoveries. Listen to the sounds... Open your eyes and your heart... Feel the elements... Outside the summer, between much loved places and hidden gems: welcome to the most intimate Brittany!



© Dallas Morgan

Wild Swimming in Plouha

From spring to late autumn, at the foot of the highest cliffs in Brittany, you can try your hand at open sea swimming. After having trudged along the cliffs, you experience new sensations in the open sea in this magical spot. For 2 hours, 2 swimming instructors-rescuers take you on a discovery swim, or an advanced swimming techniques outing in the open sea. Learn about the swells, reading the currents and swimming techniques, as well as the local fauna and flora and the history of Plouha cliffs.

>>>> www.falaisesdarmor.com



© Tourisme Bretagne - Nicolas Dequin

The Breton Art of Seashore Foraging

Put your wellies on, grab a basket and a claw, let's look out for cockles, clams or razor clams. In Brittany, every high tide promises a fruitful loot. Accompanied by a nature guide, tickle the clams in the Gulf of Morbihan, track the oysters in the Bay of Quiberon, catch the shrimps around the ephemeral Callot island, and hunt for mussels in the Bay of Mont Saint-Michel. Score tasty seafood, breathe in the fresh salty air, and interact with the natural environment. A much loved tradition in Brittany!

Respecting the local rules for sizes and quantities when foraging is essential to preserve the ecosystem. Remember to always put the rocks you raised back in their original place!

>>>> www.pecheapied-responsable.fr



Tourisme
BRETAGNE

PRESS RELEASE

PRESS CONTACT UK & IRE | 27th July 2023

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High tides - When Nature Puts on a Show

In Brittany, the sea recedes every day, and then comes back six hours later. It's the changing of the tides... Depending on the coefficients, they can be small or big; near or above 100, it's known as a high tide. Saint-Malo and its bay are home of the highest tides in Europe. During high tides, the spectacle is impressive. The best spot to fully enjoy the show is on the town walls at Fort à la Reine opposite the Fort National. At low tide, take advantage of the nature walks organised by the local tourist board to discover the seashore and its ecosystems.

>>> [Les Grandes Marées de Saint Malo \(st-malo.com\)](https://www.st-malo.com)

>>> High tides in 2023: 30th August to 4th September, 28th September to 2nd October, 27th to 30th October.



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Sunset sailing to a secret cove in Crozon peninsula

Turquoise waters, bronze rocks, cliffs carpeted in maritime pines... No need to take yourself off to a far-flung destination to enjoy a slice of paradise. On board his catamaran boat, Erwan will share the beauty of the Crozon Peninsula from the sea with you, amidst the warm glow of the setting sun. After admiring Douarnenez bay, cast your gaze in contemplation towards the cliffs of Guern, a protected area of outstanding natural beauty. The ideal spot for sampling a seafood platter!

>>> <https://www.brittanytourism.com/plan-my-holiday/brittany-experiences/take-a-catamaran-to-one-of-the-most-beautiful-beaches-in-europe/>



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Explore The Iroise Marine Park - lighthouses, dolphins and seals

Fancy a boat trip with friends to see the abundant wildlife in Iroise Marine Nature Park? Christel, Lucky and their crew have a fantastic day out planned for you between extraordinary encounters and rugged scenery. Set sail to Molène and its archipelago from Le Conquet: in your rigid inflatable boat (Rib), wend your way between the lighthouses... If you're lucky, you might even be greeted with sightings of the bottlenose dolphins that live along the coast, or glimpse the grey seals lounging on an outcrop! Once you've reached the shores of Molène island, you're free to explore the island before returning to the mainland in the late afternoon.

>>> <https://www.brittanytourism.com/plan-my-holiday/brittany-experiences/explore-the-many-beautiful-sites-of-the-molene-archipelago/>



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