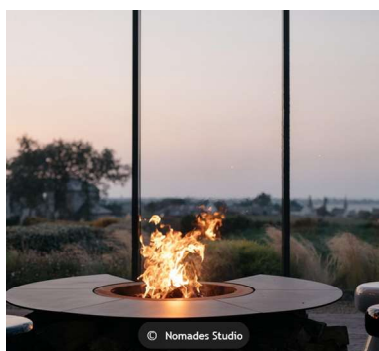




Four Breaks to Cheer You Up As The Temperature Drops.



Autumn is in full swing, we're now two months into the school year... Needless to say that some 'me' time is much needed. Hop across the Channel to Brittany, and recharge your batteries. Set off for a seaside walk, or savour the enjoyments of an urban escapade. Unwind in a spa, or next to a cosy fireplace. Party in Brittany's capital city, or treat yourself to a gastronomic interlude. We've hand picked four breaks that do some good and lift the mood.



Best for a wellness break - La Butte in Plouider

Let's surround yourself with positive energy and connect with the invigorating elements, for a gentle reboot. Fill your lungs with the refreshing salty sea breeze, soak up the beneficial trace elements and treat yourself to some blissfully indulgent pampering in Brittany. A mindful care experience, in a setting that champions excellence and sustainability? This is what guests are promised at La Butte, north of Finistère, with the perfect recipe for a revitalising pick-me-up. Comfortable, elegant guest rooms, Yin yoga sessions and meditation workshops, amidst pastel shades and materials that chime with the elements of this corner of Brittany. Beside the pool or looking out to sea, here you really can enjoy the luxury of time. So why not extend your stay with the Hatha yoga session on Sunday morning!

Things to do /see

- Stay at [La Butte Hotel Restaurant & Spa](#) in Plouider
- Explore the [Hamlet of Ménéham](#)
- [Follow the lighthouse route](#)
- Visit [Roscoff](#)

How to get there?

[Brittany Ferries](#) sail to Roscoff from Cork in Ireland, and Plymouth in the UK.





Best for party - TransMusicales festival in Rennes From 6th to 10th December 2023

Explore Rennes this winter for a city break to the sound of music festival! Vibrant culture and architecture, trendy venues, bars and restaurants, teeming with an irresistible mix of like-minded travellers, and to top it off, the sea is never far away! Fill your days with urban walks, and trips to the seaside, and party at night with locals in Rennes. For four days in early December, vibrate to the sound of the Trans Musicales in Rennes. In concert halls and bars, discover tomorrow's headliners and experience the vibe of a city that cultivates its uniqueness! The Breton capital mixes half-timbered houses and a glass building by Jean Nouvel, Odorico Art Deco frescoes and walls full of street art, lively terraces and little hidden courtyards. Devour a sausage crepe at Lices market, or enjoy a brunch made with local products in Mail François Mitterrand, the new trendy neighbourhood. And for a breath of refreshing sea air, head to Saint-Malo, 45 minutes by train!

Things to do /see

- Stay at [Les Chouettes Hostel](#) or [Le Magic'Hall hotel](#)
- Eat at [Origines](#) and Crêperie [Bretone](#)
- Have a drink: [les bars en trans](#)
- Brunch in the Mail district: [Les grands gamins](#) / [Bibiche club](#)
- Visit the cultural centre [Les Champs Libres](#)

How to get there?

Travel by train. Hop on the [Eurostar](#) from London St-Pancras to Paris, then board a high-speed train to Rennes.

Best to cosy up by the fireplace - Domaine du Kelenn in Caden

How about a cosy weekend away? We've found the perfect little Breton cocoon for the off-season period. A cosy guest house to snuggle up under the duvet, dine in great local restaurants. Enjoy an enchanted interlude at Domaine du Kelenn in south Brittany. Set the world to rights together by the fireplace. It's the perfect place for reading, recharging after a walk on the beach, in the forest or in one of the most beautiful villages of France, Rochefort-en-Terre, just eight minutes away. And the cherry on the cake: a professional massage... The ideal relaxing weekend when the weather gets chilly! Special mention for the restaurant, which uses well-sourced local produce. When exploring Rochefort-en-Terre, plan a gourmet stop at Maison Cachée. With a redesigned setting and star-level cuisine, you really don't want to miss it.

Things to see / do

- Stay at [Domaine du Kelenn](#)
- Visit [Rochefort-en-Terre](#)
- Eat at [Maison Cachée](#)

How to get there?

Fly direct to Rennes and Nantes, from London Gatwick with [EasyJet](#).



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Best for a foodie break - Maison Tiegezh in Guer

For a unique moment, treat yourself to a gastronomic meal by Breton Chef Baptiste Denieul on the edge of magical Brocéliande forest. A young talented Chef emblematic of a joyful cuisine, more respectful of the environment and of people. And to prolong this delicious interlude, why not sleep there to fully appreciate the spirit of the house? *Tiegezh* means family in Breton, and the name fits Baptiste Denieul's Inn like a glove! Surrounded by his wife and parents, this gifted Breton, who received his first Michelin star at the age of 26, finds the inspiration for his talented cuisine in Guer, with the focus on a short supply chain. From meat to mushrooms, 80% of the produce comes from within a 20-kilometre radius. Three-quarters of the vegetables come from his own garden. His emblematic dishes include seaweed steamed foie gras, lobster grilled in buckwheat and the famous peach-apricot-chocolate that earned him his star. The family suites and a well-being space, ideal for relaxing before setting off to discover Brocéliande and the small town of Josselin nearby.

Things to see / do

- Stay and dine at [Maison Tiegezh](#)
- Visit [Josselin](#)
- Explore [Brocéliande Forest](#)

How to get there?

Fly direct from London Gatwick to Rennes with [EasyJet](#). Maison Tiegezh is only 30-min away from Rennes airport. Or sail with [Brittany Ferries](#) from Portsmouth to St-Malo, then drive south for 1 hour and 20mins to Maison Tiegezh.