

# DESTINATION BRITTANY

EDITION 2018

BRETAGNE 



Cancale | Dinard | Saint-Cast-le Gildo | Erquy | Pléneuf Val André | Binic-Étables-sur-Mer  
Saint-Quay-Portrieux | Perros-Guirec | Trébeurden | Locquirec | Plougasnou | Carantec | Roscoff  
Plouescat | Plouguerneau | Landéda l'Aber Wrac'h | Plougonvelin-Pointe Saint-Mathieu  
Camaret-sur-Mer | Fouesnant-les Glénan | Névez-Port Manec'h  
Carnac | Arzon-Port du Crouesty-Port Navalo | Pénestin



5

## GOOD REASONS to holiday at a Sensation Bretagne resort

1

**All the delights of the seaside wrapped up in one sunny package:** clean beaches with lifeguards in summer, fishing ports, marinas and more...

2

**A walker's paradise:** well maintained and waymarked footpaths, the famous Customs Trail, detailed walking guides and endless fresh air.

3

**Hospitality to match:** accommodation to suit every preference and budget, plus a wide variety of restaurants, from crêperies to gastronomic eateries.

4

**Top-notch tourist information:** tourist offices open all year round (7 days a week in summer) offering a warm welcome, great advice and an answer to every question.

5

**Plenty to offer for an action-packed holiday in unspoilt destinations:** family activities and entertainment, water sports, picturesque sightseeing, island excursions...

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WALKING AND  
RAMBLING ALONG  
THE FOOTPATHS OF  
BRITTANY, ESPECIALLY  
THE FAMOUS GR® 34!

This walking guide published by  
Sensation Bretagne features 23  
walks that treat you to a big breath  
of fresh sea air and views to die for!

Ask for your **FREE** guide now!  
**Ask it at**  
**info@sensation-bretagne.com**



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**ALL SAILS TO THE WIND**

*With its crimson sails shining in the sun, this beautiful vintage sailing boat is quite a spectacle for ramblers on the shore. In Cancale, vintage sailing is part of the town's maritime heritage which the locals are keen to keep alive.*



# CANCALE



**Fine dining on the ocean wave**

On the traditional Breton sailing boat Ausquémé, skipper Jérôme and chef Emmanuel run gourmet boating excursions with on-board dining from Cancale, in the gorgeous setting of Mont Saint Michel Bay.



**Dolphin spotting**

No, you're not seeing things, there really are dolphins in the sea off Mont Saint Michel – bottlenose dolphins (*Tursiops truncatus*) to be precise. The Cancale-based Al-Lark association runs a scientific cetacean monitoring programme here, organising dolphin-spotting and study trips off the coast from April to October.



**Fine-sand beaches and rocky headlands**

The Customs Trail walking route runs from beach to beach over the rocky headlands in between. Both are popular with visitors here, particularly Pointe du Grouin, from where the Route du Rhum transatlantic yacht race will set off on Sunday 4 November 2018.

## [ NATURE FIRST ]

Fresh sea air

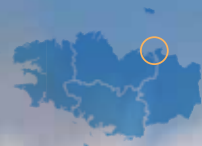
Getaway

Friendly faces



**THE BEACH, WHERE KIDS ARE KING...**

... because this vast playground lets their imagination run riot as their parents look on contentedly.



# DINARD

## [ ELEGANCE ]

Chic & arty

The Brit connection

Stately villas

**SEASIDE VILLAS CLINGING TO THE CLIFFS**

*Over 400 of these classic villas are listed buildings, ensuring the Belle Époque atmosphere that so becomes Dinard is here to stay.*



**A wellbeing Mecca**

The birthplace of seaside health treatments, Dinard continues to offer more wellbeing options. If you're into shiatsu, relaxation therapy, Pilates and the like, this is THE place to fill up on serotonin and boost your endorphins.



**British Film Festival**

The town's glamour highlight! Every year, the British Film Festival rolls out the red carpet to honour the best from the UK film industry. Dinard has a strong connection with Britain, with rich Victorians coming over here to build hotels, casinos, villas and opulent seaside houses in the 19th century and changing the town forever.



**A moonlight stroll**

A stroll au clair de la lune is the ultimate romantic gesture. But what makes this experience so original is the Mediterranean vegetation, the grand villas and Brittany's answer to the Lourdes Grotto, carved out by the sea next to Prieuré brine pool!



**DINGHY SAILING**

*Throughout the summer, children can have a go at dinghy sailing for their first experience of the high seas in controlled and safe surroundings.*





# SAINT-CAST-LE GUILDO

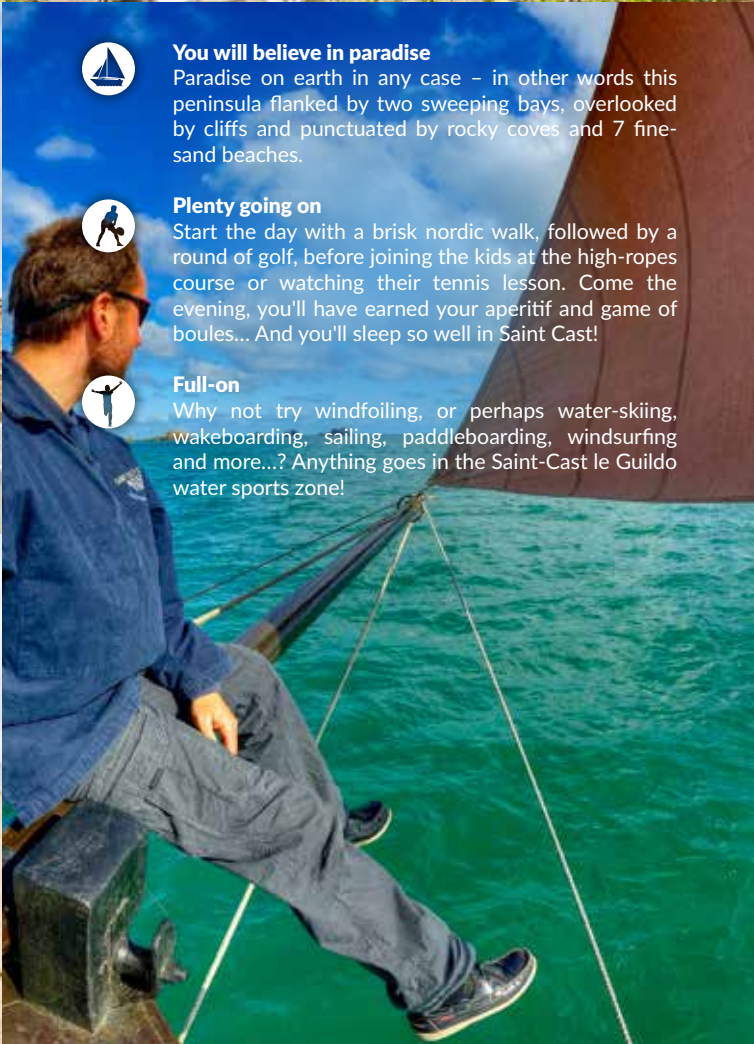





**LA GRANDE PLAGE**  
I'll just have another coffee, or maybe a nap, but first I'll finish the chapter... Any excuse to linger and gaze at the endless view!



**[ TAKE A BREAK ]**  
Fine sand  
Sea spray  
**Coast walks**

**IT'S SELFIE TIME!**  
... then straight on INSTAGRAM  
#bacheloretteparty #mydinancapfrehel #saintcast



-  **You will believe in paradise**  
Paradise on earth in any case – in other words this peninsula flanked by two sweeping bays, overlooked by cliffs and punctuated by rocky coves and 7 fine-sand beaches.
-  **Plenty going on**  
Start the day with a brisk nordic walk, followed by a round of golf, before joining the kids at the high-ropes course or watching their tennis lesson. Come the evening, you'll have earned your aperitif and game of boules... And you'll sleep so well in Saint Cast!
-  **Full-on**  
Why not try windfoiling, or perhaps water-skiing, wakeboarding, sailing, paddleboarding, windsurfing and more...? Anything goes in the Saint-Cast le Guildo water sports zone!






# ERQUY

**PICTURESQUE LANDSCAPE**  
The plant life growing at Cap d'Erquy creates a rich tableau of colour.  
Don't forget your camera!



**[ INSPIRATION ]**  
Moor and Heathland  
Wild beaches  
**Fresh air**

-  **On and in the water**  
Whether you prefer to ride the waves or explore the briny depths, there's a water sport for you! At Erquy you can have a go at more than twenty water sports: dinghy or catamaran sailing, sea kayaking, sea fishing, jet ski, flyboarding, donut rides, boat trips, traditional sailing ships, diving, land yachting and plenty more besides...
-  **Exploring the countryside**  
Walks, cycle rides, sea kayaking or paddleboarding, whatever takes your fancy... From the Customs Trail you get a gorgeous view of the pink sandstone cliffs and wild beaches nestling between heath-covered headlands.
-  **Fishing for scallops**  
Scallops are Erquy Bay's hidden treasure. Scallop fishing here is carefully regulated to ensure stocks remain healthy, but from October to April the port is busy with scallop boats. You can enjoy the delicate flavour of Erquy scallops in season, along with the other fresh seafood landed here throughout the year.



**LAND YACHTING**  
How about trying your hand at sailing without leaving dry land?





**VALANDRÉ BEACH**  
Meet Jean and Ana! Like all the children of Pléneuf, Val André beach is right on their doorstep, overlooked by the seaside villas behind. Not bad, eh?

# PLÉNEUF VALANDRÉ



## One resort, three destinations

Some head straight for the main beach at Val André, others prefer bustling Pléneuf centre, and others still like the tranquil surroundings of Dahouët port... Each district has its own unique charm and hidden treasures just waiting to be discovered.



## Verdelet Isle

This little islet is like the full stop at the end of Val André Beach, but it's more than just a lump of rock: flocks of migrating and seabirds call it home. The locals even compare it to Mont Saint Michel because it looks like a mini version of its famous counterpart to the east!



## Hoist the mainsail on board Pauline

Pauline is part of Pléneuf's maritime history. All summer long, this traditional Breton boat plies the waves off Val André Beach, unfurling her large crimson sail to steal the limelight from all the other boats.



# [ CHILLED ] A Breton fjord Seaside delights Golfing destination

**POINTE DE PLÉNEUF**  
This photo was taken without a filter, just the talent and patience of the photographer. Alexandre Lamoureux waited for that special moment when the headland is bathed in the rosy light of the setting sun.



# [ A SPORTIVE HOLIDAY ] On the quay festive Nature

## A FINE PORT OF CALL

Corps de Garde Cove. Sheltered from the worst of the wind, this bay is the perfect place for messing about in a boat, whether you're a novice or a more experienced sailor.

# BINIC ETABLES-SUR-MER



## Catamaran trip

There's nothing more indulgent than sunbathing alone out in the middle of Saint Brieuc Bay, or the delicious sensation of diving into the emerald waters. Tempted? Jump on board the magnificent 14-person catamaran Maestro Croisières with skipper Olivier, who is passionate about the marine flora and fauna.



## Let off steam!

Nature safaris, guided walks, mountain biking and running trails: explore at your own pace. Whether you head for the woods and valleys inland or stick by the sea for the stunning colours of Saint Brieuc Bay, you'll feel invincible. Running and exercising on the beach is also a great way of lifting your mood, working on your aerobic fitness and building up your legs! Just get out there and do it – it's amazing how good it will make you feel!



## Picnic in Port es Leu Nature Park

Located right on the GR® 34 long-distance footpath, this nature park has three things going for it. It overlooks the bay, offering a magnificent panorama. There are lots of shady spots perfect for a picnic. Lastly, the little beach tucked away beneath is a haven of peace and quiet.



## THE MARINA

The marina is sheltered by the 350-metre-long Penthièvre Breakwater. That's why it is called locally the "Great Wall"!





# [ HIDDEN TREASURES ]

Diving  
Islands

Art and heritage

## WATER SPORTS

*Saint-Quay pulls out all the stops for youngsters, making it a big hit with teenagers and popular with parents, who can lie back and relax!*



# SAINT-QUAY- PORTRIEUX



## Guided tour on the artists' trail

Our guide Florence took us back to the 19th century among the hustle and bustle, the old port, the navies building the breakwater, mariners preparing to sail to the New World, elegant ladies walking their toy dogs and shipping magnates surveying the world from the veranda of their villa. Saint-Quay's charm and character through the eyes of the artists Eugène Boudin, Berthe Morisot and Paul Signac.



## Head out to the Saint Quay Islands

By yourself or on an organised tour, in a catamaran or by sea kayak, with or without a sunset picnic? With, of course! Which way will you head out to the Saint-Quay Islands to soak up the atmosphere of the "breton" lagoons?



## Coastal trail running for fitness freaks

With 7 to 10 hours' training a week and a healthy diet, you should be ready to run the arduous Glazik or Goëlix trail run. Not quite up to it? We have a great way for you to warm up and cool down: just run down the steep slope and steps to the Plage du Châtelet for a dip in the sea. Easy-peasy! Glazik Trail Run: 10 and 11 February 2018



## THE BRINE POOL

*Located between the Plage du Châtelet and Plage du Casino, Saint-Quay's quaintly old-fashioned brine pool and diving board are a key part of this seaside resort's appeal.*



## The way to understand the secret of pink granite

The Maison du Littoral near the Mean Ruz's Lighthouse offers you fun workshops, exhibits, walks and interactive guides. It's a must if you want to know how this 300-million-year-old jumble of pink rocks came to be.



## Bird-watching excursion to the Sept Îles Nature Reserve

Fancy a boat trip? Hop on board the vintage sailing boat or schooner that run trips out to these islands to find out about the fascinating bird life there. In a few hours you will learn all there is to know about the marine birds in France's largest nature reserve, just off the coast here.



## Holiday atmosphere at the Plage de Trestraou

With 1km of embankment and the same in fine sand, this beach with beach club, water sports centre, mini-golf, ice cream stall, evening market, restaurants, surfing school and cinema is very popular with holidaymakers. What more could you want? A casino? It's got one!



## GEOMORPHOLOGY

*The incredible shapes of this jumble of granite rocks is thought to have been caused by the crystallisation of sea salt.*

# [ IN THE PINK! ]

The Great Outdoors  
An unforgettable experience  
**Augmented reality**

# PERROS-GUIREC



## LA GRANDE PLAGES

*Backed by beautiful seaside villas flanked with colourful hydrangeas, Trestraou Beach forms the heart of Perros-Guirec.*





### Architecture old and new

You'll love the architectural diversity on show around Trébeurden! From the sumptuous early 20th century villas to the controversial 50s Tour Helios and 'Anthénea', a flying saucer from another world... A host of architectural styles that were ground-breaking in their day.



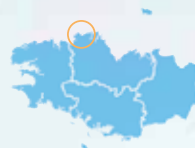
### Sailing trip around the islands

This hands-on sailing experience on board the Bag an Holl is a must for families and groups of friends. You sail around the off-shore islands of Milliau, Molène, Fougères and more, and everyone gets a turn at the tiller or sitting in the 'wings' until the sunset comes along to immortalise the moment. Unforgettable!



### Escape to a deserted island

Milliau is a beautiful island accessible at low tide if you're prepared to get wet crawling, jumping, climbing, getting out of breath and generally having a whale of a time. Big and small alike enjoy the climb to the top too. If you're lucky you'll get to stay the night. And if you're clever you'll go there by paddleboard or canoe!



### MOTHER NATURE

*Half of the land here is completely untouched! Wild shore, marshland, woods... all are carefully preserved and looked after. And nature responds in kind.*

# TRÉBEURDEN

## [ FRAGILE BY NATURE ]

Sea legs

Deserted island

Architecture

### THE BEST PLACE TO SPEND THE DAY

*Trébeurden's sandy main beach at Tresmeur with its promenade is the most popular and lively. It's where youngsters, families and groups of friends hang out and come to eat and dance until the small hours.*



## [ OXYGEN ]

Bracing

A blast of sea air

Slow tourism



### Spa treatments at the Grand Hôtel des Bains

Relax and unwind as time ticks by in the tranquillity of this former luxury guest house with a decidedly English charm. Lie back in the marine spa, slip into the glass-canopied swimming pool overlooking the sea and indulge in the atmosphere dedicated entirely to your wellbeing.



### A walk with a 360° view to the bookshop café

Follow the footpath along the shale coast to Crow Point, where the 360° view of the peninsula is absolutely incredible! Then continue to the gorgeous 50s-style bookshop café a few kilometres further on.



### Can you swim across the bay?

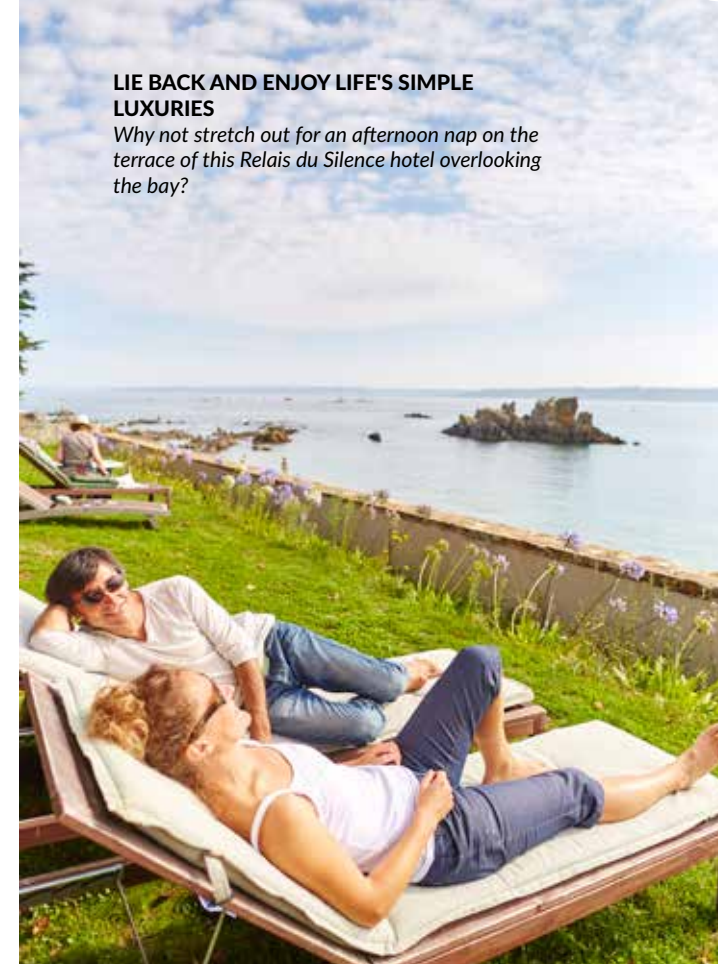
Every year for the last 40 years, a band of hardy swimmers has taken part in the traditional Bay Swim, from Port de Locquirec (in Finistère) to the Plage des Curés (in Côtes d'Armor). At 1.5 km it's not too competitive, but it's still a challenge since the fastest complete it in less than 18 minutes. Swimming with his grandchildren, octogenarian Roland likes to set off last, "So that no-one can overtake me!" he quips.



# LOCQUIREC

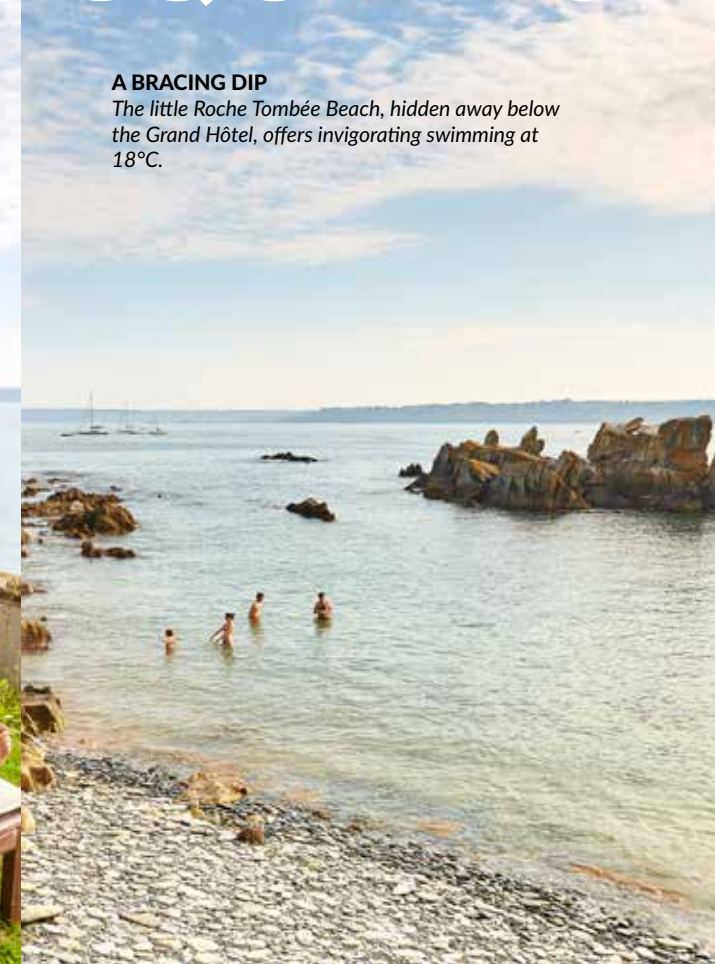
### LIE BACK AND ENJOY LIFE'S SIMPLE LUXURIES

*Why not stretch out for an afternoon nap on the terrace of this Relais du Silence hotel overlooking the bay?*



### A BRACING DIP

*The little Roche Tombée Beach, hidden away below the Grand Hôtel, offers invigorating swimming at 18°C.*





# [ WILD ]

Climb  
Attack  
Get away



**DO YOU CANOE?**  
Explore the rugged coastline from the water in a canoe – giddy heights and big smiles guaranteed!

**FINE SAND AND WIDE-OPEN SPACES**  
Soft white sand stretching as far as the eye can see, with just enough pebbles to build a little mound if you want to.



# PLOUGASNOU



## A good fisherman is a wily fisherman

During the spring tides, the foreshore is the perfect place to head for with all the family, seeking out cockles, clams and the elusive razor shell in a hunting expedition the kids will love. But you'll have to have your wits about you to catch them out! The weird limpets hiding in rocky hollows are just as much fun to collect as they are to eat. Those with more patience can treat themselves to a day's sea fishing for sea bass off the rocky coast. Reeling one in is a big thrill, and certainly a challenge!



## Country walks and rock climbing

The Customs Trail footpath running along the rugged coast is the way to explore the area's unspoilt coastline, the highlight of which is the Pointe de Primel. This dramatic rocky headland is a protected Natura 2000 site with the feel of a sanctuary, where the heathland is dotted with striking natural fortifications and amazing rock faces popular with climbers.

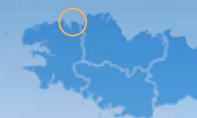


## A picturesque 'pirate' trip to the Château du Taureau

On this exciting trip, actors act out the incredible story of this imposing sea fortress constructed by the great military architect Vauban on an islet in Morlaix Bay. Originally built to defend the locals from English pirates, it has in turn been a feared prison, a holiday home and a sailing school and is today an exhilarating attraction for little adventurers.



# CARANTEC



## Head for the magical Île Callot with your shrimping net

At low tide the causeway opens up to this wild plateau covered in hydrangeas and umbrella pines. Exploring the island's little creeks and 5th century chapel makes a fun little expedition! Winkles, cockles, clams, shrimps... There's just time to seek out the treasures hidden under the seaweed, in the sand and behind the rocks before the sea returns to cover everything.



## 9 holes and a pitch and putt

Carantec's lush green 9-hole golf course next to the Château de Keromnès boasts incredible views of Morlaix Bay while being sheltered from the wind by the wooded hillsides beyond. Open to players of all abilities, it also features a pitch and putt course great for all the family, whether you're a beginner or a seasoned golfer.



## Walk on water

In Carantec you can, thanks to this fun new invention: a stand-up board with paddles and handlebars! The local water sports centre (which has a great reputation all around Morlaix Bay) has all the latest equipment including paddleboards, sea kayaks, catamarans and schooners.

## WATER BIKING

*This cross between a bike, pedalo and paddleboard is terrific fun!*



# [ INDOMITABLE ]

9-hole golf course  
Beachcombing  
Walk on water

## TAKE ADVANTAGE OF THE LOW TIDE

*Make the most of the few hours of low tide to simply walk over to Île Callot. But keep an eye on the time and don't forget to get back to terra firma before the tide comes back in!*





## HERITAGE

Founded by rich merchants and ship owners in the 16th century, the Church of Notre Dame de Croas-Batz with its Renaissance spire dominates for miles around.



### Follow the trail round the great pirate city

On this visitors' trail comprising 31 info stations you'll learn the town's secrets: originally a trading port, Roscoff is full of historical buildings and is even reputed to have harboured Mary Queen of Scots one stormy night... And don't forget to check out the innovative New Port too!



### Roscoff onions and seaweed are good for you

Grown here for more than 300 years and featured in all sorts of dishes, the pink onion is thought to boost the blood circulation and be good for your liver and kidneys. It is also claimed to help prevent cancer, diabetes and high cholesterol. And Roscoff seaweed, particularly rich in iodine, is a great source of energy. Available in flakes, sheets and a powder, it's easily added to your everyday diet. There are seaweed cookery workshops in town, and the local spa does a creamed seaweed body wrap and jelly bath which are something to be experienced!



### A-la-carte thalassotherapy treatments

Roscoff's temperate climate, coupled with its marine hydrotherapy tradition, make the town popular with locals and holidaymakers for thalassotherapy treatments. The icing on the cake? An outdoor hot tub, aqua-relaxation area, heated brine pools, gym, spa and more... All you have to do is lie back and relax!



# ROSCOFF

## [ THE CORSAIR CITY ]

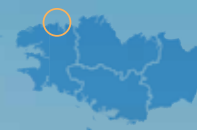
Market stalls

Heritage

Iodine-rich

## PANORAMIC VIEW

Just off the coast, beyond the legendary 'estacade' landing stage, the Île de Batz is just a stone's throw from the corsair city.



# PLOUESCAT

## A STRING OF LAGOON BEACHES

The long strips of dunes, busy beaches and wild creeks here all have something in common: crystal-clear turquoise water flanked by oh-so-soft fine white sand.

## [ LET'S RELAX ]

Migrating birds

Wide-open spaces

Dunes



### Explore the wild coastline and remains of the past on foot

This is without doubt the best way to discover the wild coastline, seeking out fascinating ruins here and there. Among the unkempt meadows you'll find strange jumbles of granite, megaliths, calvaries, and a unique 7-metre-high menhir!



### Jostling for space at the Saturday market

Plouescat's Saturday morning market around the magnificent 16th century market hall is THE place to buy fresh local vegetables and a must. This is your opportunity to step back from the frenetic pace of life the rest of the year and get back to a healthy, balanced diet.



### Horse races along the foreshore

Every August at low tide (on 19 and 20 August in 2018), the foreshore around Kernic Bay becomes one vast race course. These horse races in such a stunning and unusual setting are a spectacle not to be missed - it's hard not to get caught up in all the excitement!

## PLAIN SAILING

Kernic Bay is the perfect place for catamaran sailing.





LAND OF LEGENDS  
Île Vierge Lighthouse



**Taste the truffles of the sea**  
Ormers, often called the 'truffles of the sea', were once very scarce but have now made a comeback thanks to a farming method unique worldwide. Ormers are highly prized delicacies, on the menu at Michelin-starred restaurants and the prestigious George V Hotel in Paris.



**Ecomuseum of seaweed and seaweed gathering**  
People have been gathering seaweed for centuries in North Finistère, where it is found in abundance. This ecomuseum tells the story of the 'goémoniers' (seaweed gatherers) and their boats and the many ways in which seaweed is used today (in foods, cosmetics, pharmaceuticals and more).



**See the Île Vierge Lighthouse**  
Built entirely of dressed stone, the Île Vierge Lighthouse is a landmark much valued by sailors negotiating the area's treacherous reef-filled waters.

# PLOUGUERNEAU

[ LAND OF LEGENDS ]  
Breton culture  
End of the world  
Île Vierge



LEISURE MARINA  
The port of L'Aber Wrac'h



[ NATURE UNTAMED ]  
Estuaries  
Baie des Anges  
Windsurfing

# LANDÉDA L'ABER WRAC'H



**A rocky coastline hewn by the sea**  
Flanked by the Wrac'h Estuary (l'Aber Wrac'h) to the north and the Benoît Estuary (l'Aber Benoît) to the south, this peninsula on Finistère's north coast is crammed with stunning scenery where untamed landscapes plunge into the turquoise Iroise Sea.



**Island and islets**  
A long line of islands and islets strung out just off the coast, the Aber Wrac'h Archipelago, is a popular spot for sailing, surfing, diving, sea kayaking, paddleboarding, aquatic walking, sea fishing and more...



**The port of L'Aber Wrac'h**  
This former fishing port now includes a leisure marina offering 350 berths along with a sailing school, diving club, yacht club and a handful of bars and restaurants.







# PLOUGONVELIN POINTE SAINT-MATHIEU

## [ AT WORLD'S END ]

Seaside adventure

Trail running

All-out

### EVERYONE'S FAVOURITE BEACH

*On your own, with your mates or your family, whether you're chilling out or working out, there's a beach for everyone at Plougonvelin.*



### The giddy heights of the fortress of Bertheaume

Overlooking the sheltered Brest Bay, this wild island once stood in a strategic position used by the dukes of Brittany, military architect Vauban and the Germans in WWII. Now a museum, the fortress is also a fun attraction with treasure hunts for the kids and a zip wire running 40 metres above the ocean for adrenaline junkies!



### Coastal trail run to the End of the World

The 'Marin trail vers le Bout du Monde' consists of 3 distances between 15 to 57 km, through forest and along the coast. Every year, 2,000 trail runners compete in this tough event across wild heathland to the steep hills along Pointe Saint-Mathieu.



### Start at Pointe Saint-Mathieu

Everything starts here, where the wind lashes against the vertical cliffs at Brittany's westernmost tip. At the foot of the ruined abbey and chapel, this is a starting point of St James's Way to Santiago de Compostela, next to the imposing Saint Mathieu Lighthouse with its 163 steps and 360° view of the Iroise Sea.



### LET OFF STEAM ON THE WATER

*Trez Hir, the main family beach in the heart of Plougonvelin, you can enjoy all the very latest water sports!*



### A CLIMBERS' MECCA

*The dizzy heights of Pointe de Pen-Hir are a well-known rock climbing site with an incredible view of the 'Tas de Pois' islets.*



### Art gallery circuit

The rugged landscapes around Camaret inspired 19th century artists, writers and poets like Eugène Boudin and Saint-Pol-Roux, who spent long sojourns here. Today's artists have in turn come to call this place their own, gathering in the Saint Thomas district, home to dozens of art galleries.



### An invigorating coastal walk

The GR® 34 leads walkers up onto the wild Camaret Plateau on the section from Pen-Hir that passes through heathland, gorse and heather. Half way along you can stop for a well-earned dip in the sea at Kerloc'h Beach.



### Learning about the Atlantic Wall

The Atlantic Memorial, in bunkers along the coast, is a thought-provoking attraction. Dramatic photos, unusual artefacts, incredible models of battles and fascinating facts and figures tell the story of the famous naval battle that took place here in WWII. Great for young kids and even better for history exam revision!

# CAMARET-SUR-MER

## [ LOST HORIZON ]

Wild walking

Remembering the past

As far as the eye can see



### MENHIRS

*Rising from the hilltop above Camaret, the Lagatjar Standing Stones are thought to have been put there on a religious site in 2,500 BC. Three centuries ago there were 600 of them. Today there are only 80, all listed Historical Monuments.*





# [ BRETON ATOLL ]

Belle Époque charm

An energetic holiday

Unmissable



## THE GLÉNAN ARCHIPELAGO

*Its turquoise lagoon, desert-island beaches and unspoilt countryside make this place the ultimate getaway.*

# FOUESNANT- LES GLÉNAN



### Heart of the Breton Riviera

With turquoise seas, narrow creeks and sweeping white-sand beaches, plus verdant countryside, pine trees, lighthouses and seaside villas, the coast at Fouesnant-les Glénan has a distinctly Mediterranean Riviera feel about it.



### Fouesnant-Cornouaille Water Sports Centre

The centre's reputation is second to none. The high-quality instruction and exciting activities on offer speak for themselves. Find out just how much fun water sports can be with dinghy and catamaran sailing, wind surfing, sea kayaking and more...



### Nature rambles

Featuring Soizic the limpet, Norbert the green crab and Conan the goblin: the nature guide from Fouesnant-les Glénan Tourist Office is brimming with imagination, cleverly turning a nature ramble into an unforgettable moment of fun for all the family.

## SECRET COVE

*The play of light and shade in one of the many little creeks popular with anglers and bathers.*



## LIE BACK AND RELAX

*When was the last time you lay back in the water, arms outstretched, eyes closed, your hair drifting loose around you? Too long ago? Never fear – on the Névelz Tourist Office website, bookings for next season are now open!*



## Rows of quaint cottages

Here you'll find pretty thatched cottages which must have taken some building because their walls contain huge blocks of granite! They are part of the area's architectural tradition. Roofed with neat rows of golden thatch and decorated with pretty blue shutters and colourful hydrangeas, they are every bit the chocolate-box image of Brittany!



## Belon oysters

More delicate and slower growing than cupped oysters, Belon oysters are flat oysters that grow to maturity only in the Aven and Belon rivers. It is there that they acquire their famous nutty taste and oh-so-delicate flavour.



## Setting out from Port Manec'h

Port Manec'h is the picture-postcard Brittany of the Belle Époque, with its colourful beach huts reminiscent of the early days of seaside resorts. Straddling the mouth of the River Aven, this little port is the departure point of a lovely coastal walk with endless views of the Glénan Islands.

# NÉVEZ PORT MANEC'H



## POLYNESIA-ON-SEA

*Tahiti Beach, in Brittany?*

*Not quite, but you don't need to board a long-haul flight to find white sand and turquoise seas – just hop across the Channel to Névelz!*

# [ THE WILD WEST ]

Stunning

A palette of experiences

Ultimate relaxation







#### Family fun

Your family holiday is the perfect time to reconnect with the children and create everlasting memories together. Carnac is a treasure trove crammed with fabulous holiday ideas for all the family, from beachcombing to archaeology workshops and not forgetting boat trips, sandcastle-building competitions and more...



#### Seafood heaven

Besides beautiful, unspoilt countryside, Anse du Pô is home to endless rows of cultivated oyster beds. This is THE place to taste Breton seafood. And talk about local! From sea to platter is a matter of yards (or metres to be more precise). Oysters both cupped and flat, winkles, clams, crabs, mussels and lobster in season – all washed down with a cool glass of white wine!



#### Breathe the Carnac air!

When you come on holiday to Carnac, mother nature does you no end of good. Take deep breaths of fresh sea air to refresh your lungs and indulge in some me-time at Carnac Thalasso and Spa Resort. Situated between Salines Lake and Carnac's sandy beaches, this spa resort is France's first 100% organic thalassotherapy spa. Slip in, lie back and press 'pause'...



## [ CHILL OUT ZONE ]

Fishing for memories  
Mysterious standing stones  
**Your holiday springboard**

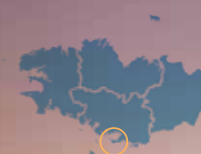
# CARNAC

#### LA GRANDE PLAGE

Everything about Carnac's main beach is reminiscent of France's Belle Époque heyday.

#### RELAXING PADDLEBOARD-STYLE

100% eco-friendly, stand-up paddleboarding is both relaxing and good exercise and a very different way to explore the shoreline!



#### Golfe du Morbihan Regional Nature Park

This is France's 50th nature park. But well before it was officially recognised, this gorgeous gulf with its generous sprinkling of islands and islets, golden peninsula and popular beaches became a national treasure!



#### At one with nature in the Gulf of Morbihan

Stand-up paddleboarding and sea kayaking are two amazing zero-impact ways of exploring the Gulf of Morbihan in slow motion. Close to the water surface, listening to the waves lapping, advancing slowly with silent strokes of your paddle... This experience really comes into its own at dawn and dusk.



#### Sea therapies and pampering

To switch to local time in the Gulf of Morbihan, you have to take off your watch. Here, we know how to take things slowly, listen to each other and simply let go. The Miramar La Cigale spa hotel offers an invigorating chill-out experience in stylish surroundings: 5-star Breton luxury, because we're worth it!



# ARZON PORT DU CROUESTY PORT NAVALO

#### SEE THE SIGHTS SEGWAY-STYLE

This way of getting around might look a little quirky, but try it and you'll love it! Hop on a Segway and set off to explore from Port du Croesty as far and wide as you want!

#### CRUISING THE ISLANDS

Three hundred and sixty-five as legend has it, around sixty according to Google Maps... However you count them, there are enough islands and islets in the Gulf of Morbihan to offer dozens of wonderful ways to soak up the sights on a day cruise.



## [ IN THE SLOW LANE ]

Pamper time  
Paddling the Gulf of Morbihan  
**Reconnect with your family**







# [ OCHRE CLIFFS ]

Treasure hunts  
Family fun  
Take to the air

**PLAGE DE LA MINE D'OR**  
This long beach flanked by cliffs in a thousand shades of ochre rather steals the show from the resort's other fine-sand beaches. Here, along 25 kilometres of coastline, you can indulge in no end of different water sports and activities.

# PÉNESTIN



**Mussel beds as far as the eye can see**  
Pédestin is mussel country. To prove the point, at low tide you'll see endless rows of mussel posts sticking out of the sea here. Business is booming, and tonnes of mussels grow in these beds every year, continuing the age-old local tradition and passing it on to generations to come.



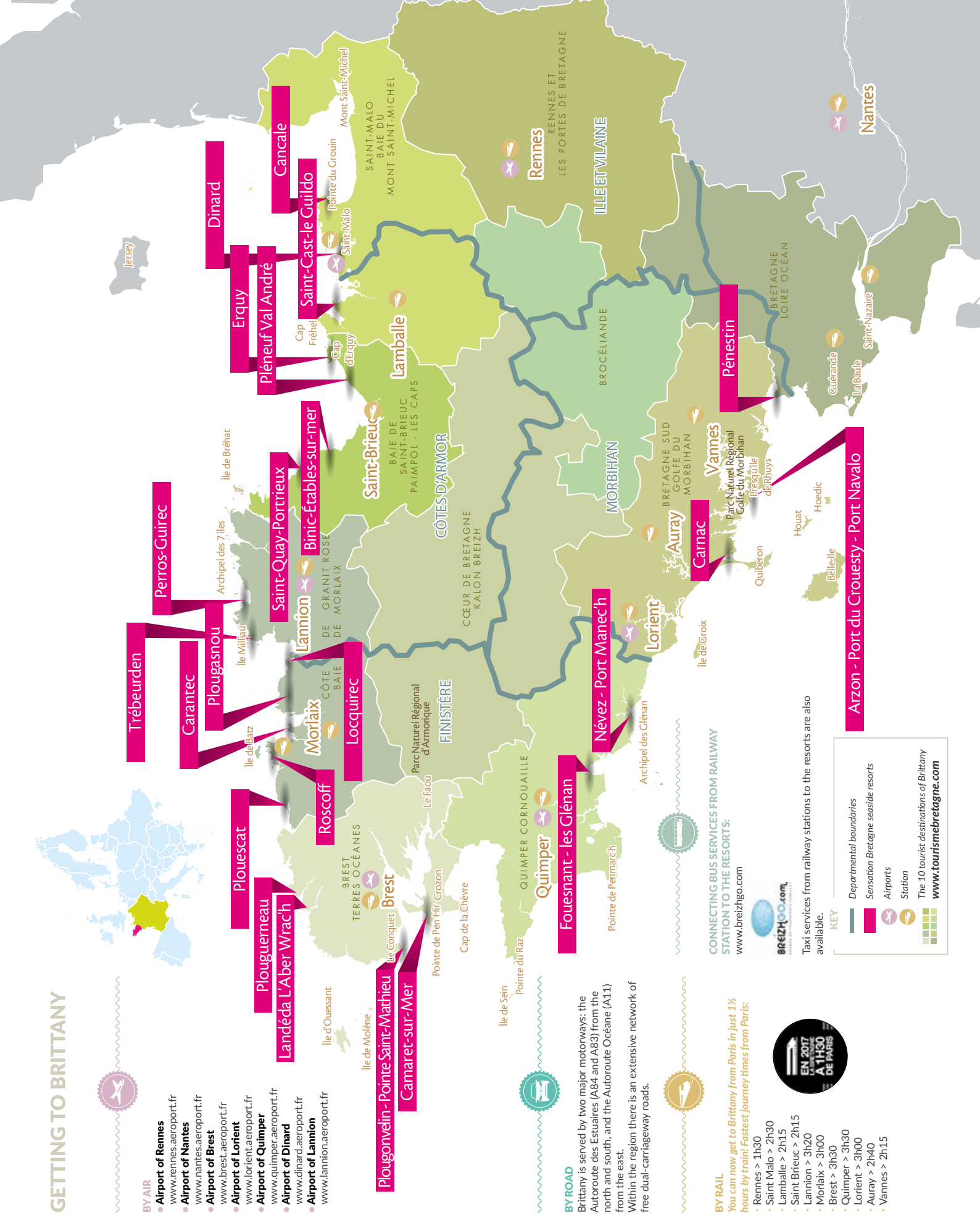
**An afternoon on the Mine d'or**  
This beach is a gold mine of fun and frolics for all the family. Stretching before you are two kilometres of golden strand, your very own adventure playground. For the full-on experience, why not wait for a favourable wind and launch yourself in a paraglider from the top of the cliffs overlooking the beach?



**Take off along the coast path**  
Top tip: don't forget your binoculars! It's a must for your rucksack, along with a bottle of water of course. You'll be glad you did, with the views stretching so far from your vantage point... And there are information boards on your 12 km route to help you identify the bird life along the way.



**FLY LIKE A BIRD...**  
Looks tempting, doesn't it? Paragliding at Pédestin is something you just HAVE to try!





# GETTING TO BRITTANY

## BY AIR

- **Airport of Rennes**  
[www.rennes.aeroport.fr](http://www.rennes.aeroport.fr)
- **Airport of Nantes**  
[www.nantes.aeroport.fr](http://www.nantes.aeroport.fr)
- **Airport of Brest**  
[www.brest.aeroport.fr](http://www.brest.aeroport.fr)
- **Airport of Lorient**  
[www.lorient.aeroport.fr](http://www.lorient.aeroport.fr)
- **Airport of Quimper**  
[www.quimper.aeroport.fr](http://www.quimper.aeroport.fr)
- **Airport of Dinard**  
[www.dinard.aeroport.fr](http://www.dinard.aeroport.fr)
- **Airport of Lannion**  
[www.lannion.aeroport.fr](http://www.lannion.aeroport.fr)

## BY ROAD

Brittany is served by two major motorways: the Autoroute des Estuaires (A84 and A83) from the north and south, and the Autoroute Océane (A11) from the east. Within the region there is an extensive network of free dual-carriageway roads.

## BY RAIL

**You can now get to Brittany from Paris in just 1½ hours by train! Fastest journey times from Paris:**

- Rennes > 1h30
- Saint Malo > 2h30
- Lamballe > 2h15
- Saint Brieuc > 2h15
- Lannion > 3h20
- Morlaix > 3h00
- Brest > 3h30
- Quimper > 3h30
- Lorient > 3h00
- Auray > 2h40
- Vannes > 2h15



## CONNECTING BUS SERVICES FROM RAILWAY STATION TO THE RESORTS:

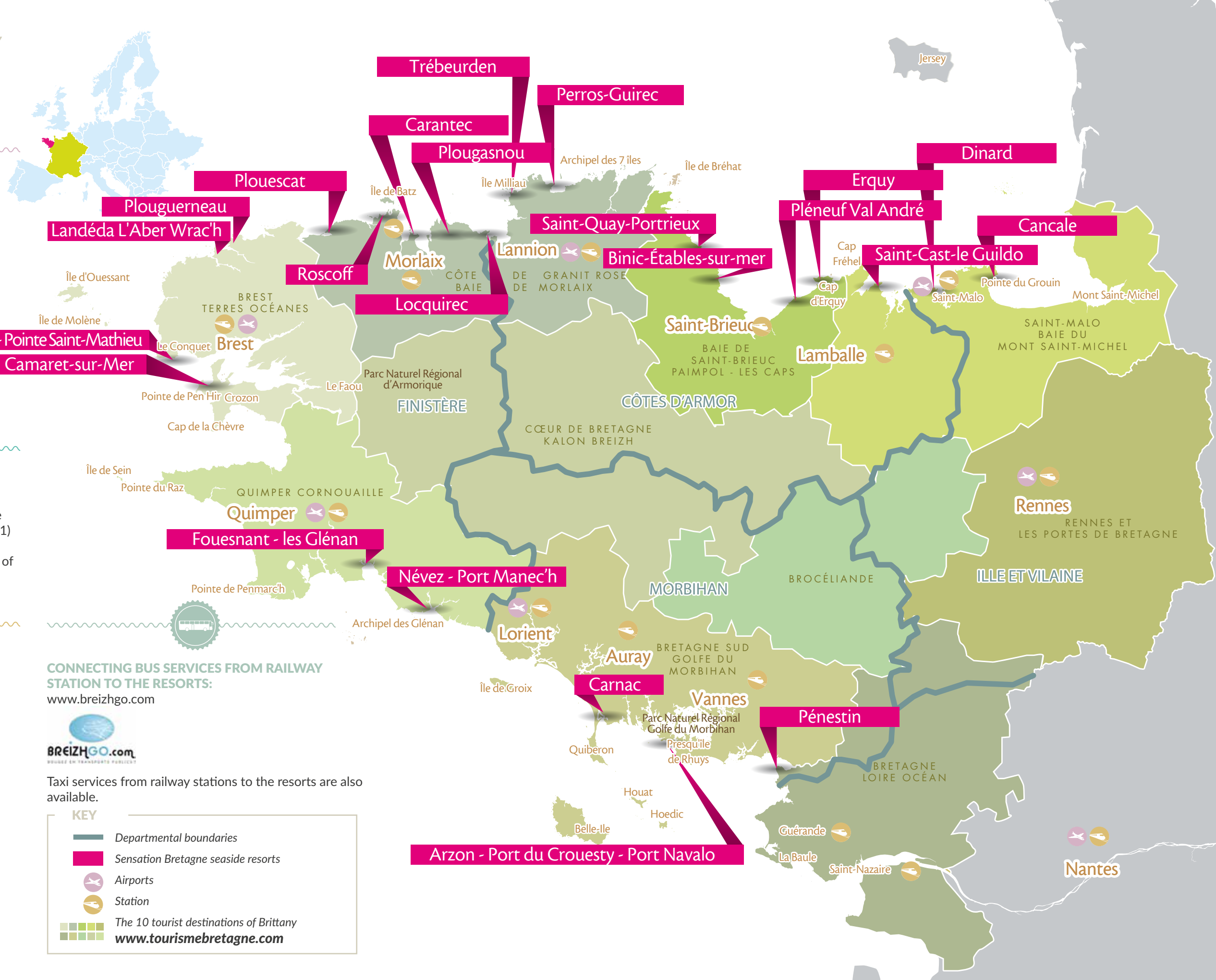
[www.breizhgo.com](http://www.breizhgo.com)



Taxi services from railway stations to the resorts are also available.

### KEY

- Departmental boundaries
- Sensation Bretagne seaside resorts
- ✈ Airports
- 🚉 Station
- The 10 tourist destinations of Brittany  
[www.tourismebretagne.com](http://www.tourismebretagne.com)







MY BRITTANY, MY HOLIDAYS, THE SEA

# THE BLOG

[WWW.SENSATION-BRETAGNE.COM](http://WWW.SENSATION-BRETAGNE.COM)



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