

### Season

From end of March to middle of November

We recommend you to book this tour 3 or 4 months before the departure date if you plan to walk it in summer time. Great demand and few rooms!



### Difficulty: grade 2

This tour presents no major difficulty. You walk along the coastal path and there are no prolonged ascents and descents and no steep gradients. One stage is 24 km long but you will have always got a good excuse to stop for a rest or have a drink at the terrace at Cap Fréhel restaurant! It's easy to follow the path running along the shore or on the edge of the cliffs

### Itinerary

*8-day and 7-night self-guided walking holidays*

Day 1 : Arrival at SAINT MALO. Discovering Saint Malo is an adventure in itself ! The old city, protected by its fortified walls and château, holds numerous private hotels and sumptuous granite houses. Famous personalities from the past, sailors, writers, explorers, rogues and village fishermen alike have taken part to create this city's history over many centuries. You will relive this history while strolling within the city walls.

Lodging and breakfast in a 2-star hotel within the city walls

Day 2 : SAINT MALO – DINARD (10 km). The walk will be short so that you may spend the morning discovering the many facets of Saint Malo. Its busy harbors serve different functions : one welcomes ferries making daily routes to England or the islands of Britain (Jersey, Guernesey...), two others are known for the famous yacht races they hold each year, and another is used primarily for trade. But Saint Malo is also a recognized seaside resort with long beaches that stretch out over the Pointe de Rochebrune. As you begin your walk out of Saint Malo, you will discover Grand Bé Island, accessible only at low tide, where rests the famous writer Châteaubriand. You will next arrive at Saint Sevan-sur-Mer and will continue along la Corniche d'Aleth. This stretch will present you with stunning views that you'll want to take in slowly before reaching Port Solidor and the tower which once stood in defence at the mouth of the Rance river. You will come upon the tidal power station, which takes advantage of the tidal shifts to produce electricity, and cross the river to proceed to Dinard. It is here, in this fashionable seaside resort of gorgeous villas and flowered landscapes, that you will be invited to relax after the day's hike.

Half-board accommodation in a 2-star hotel

Day 3 : DINARD – LANCIEUX (22 km). After a last lingering look to the fortified city of Saint Malo and the Rance's estuary at the Pointe du Moulinet, pick up your hike at the coastguard's trail and follow it to Saint Lunaire and the Pointe du Decollé. From here, the entire Emerald Coast is before your eyes. Follow the coastal line of Longchamp, in its marvellously varied landscape from (cape) to beach, until you reach Saint Briac-sur-Mer, just beyond the Golf de Dinard. You will go across the city of Saint Briac and cross the bridge over the River Frémur to get into Lancieux

Half-board accommodation in a 2-star hotel

Day 4 : LANCIEUX – LE GUILDO (20 km) From the hotel you will walk to the long beach of St Sieuc and continue along the coast path to the beach of Briantais and to the bottom of the Lancieux bay, strange world made of hardened sludge covered by sea vegetation. You reach and walk along the dyke before heading to St Jacut de la Mer. You continue to the Pissote beach, arriving at the port of Chatelet and then the port of la Houle by following several small trails. This will bring you to Pointe du Chevet from where you will have a marvellous view of the Iles des Hebihens. Again, take up the coastguard trail and follow it to the Pointe du Bechet, then beyond, following expanses of sandy passage until you fall upon the ruins of the château du Guildo and the Pierres sonnantes (the ringing stones). You will continue on to the village of Guildo, situated alongside the Arguenon stream.

Half-board accommodation in a two-star hotel

Day 5 : LE GUILDO – SAINT CAST LE GUILDO (22 km). After having crossed the bridge, you will leave the seaside by a small, shaded route and let it lead you to the Quatre Vaux beach and on to Pointe du Bay where thousands of wooden stakes (bouchots) are planted into the sand for the cultivation of mussels. Walk down to the Pen-Guen beach and follow it to the Pointe de la Garde. You will make your way across the large beach of les Mielles. Follow the beach to the port Jacquet, where a flotilla fishes for shellfish, scallops and clams. Continue on to the Pointe de Saint Cast, from which you will behold views of the whole of the Emerald Coast and of the Cap Fréhel. By means of the coastguard's trail, follow the coast, which changes from small peninsula to beach, to the Baie de la Fresnaye. You leave the seaside to get into the village to your hotel. Half-board accommodation in a two-star hotel

Day 6 : SAINT CAST LE GUILDO – TRECELIN (15 km). You will begin your day by rediscovering the Baie de la Fresnaye, yet another site of oyster and mussel cultivation. Follow the path as it distances itself a bit from the sea to cross through the hamlet of Saint Germain and descends into the bay. You will cross the Frémur river and, continuing along the cliffs, you will arrive at Port-Nieux. From here, you walk hinterland by some small hamlets to reach the the hotel - Half-board accommodation in a two-star hotel

Day 7 : LE PAYS DE FREHEL (24 km). From the hotel you will walk to the port of St. Geran in the Baie de Fresnaye. The port of St. Geran is very typical of the region, with a flotilla of small boats, which are attached to large rocks. From here you will follow the coastguard path to one of the most beautiful sites in Brittany : Le Cap Fréhel. But you first come upon the Pointe de la Latte from which rises Fort La Latte, a castle built in the 14th century, renovated in the 17th century and restored again only recently. It looms 60 meters above the sea. Access to the castle is made possible by two drawbridges suspended above deep crevasses which isolate it from the surrounding land. Follow the coastguard path, crossing through moor, heather, and ferns, to the Baie de Sévigné. Your goal : the lighthouse on the Cap Fréhel. You will pass by the Pointe du Château Renard and the Rocher de la Fauconnière, populated by thousands of birds. But these will give way to the Cap Fréhel. The landscape at the Cap is awe-inspiring. Red, grey and black cliffs plunge into the sea. The panorama opens before you to uncover the Emerald Coast, the Pointe du Groin, Ile de Bréhat. When you are ready to continue, pick up again the coastguard trail and follow it along the cliffs and sea shore to Greves d'En bas where you will leave the coastal path to reach the village of Plevenon and continue through countryside to the hotel - Half-board accommodation in the same hotel

Day 8 : TRECELIN . Tour ends after breakfast

## Access to and from

### Outward journey to St Malo

By train : Many trains between Paris Montparnasse and St Malo. TGV trains up to St Malo or to Rennes with a connection to St Malo. Taxi from Trecelein to the Lamballe rail station from where you can reach Rennes or Paris.

By car : Go to Rennes along A11 and A81 motorways then take N137 road to St Malo.

Where to park : Except on August and July, you can easily park your car around the ramparts of the old city. Some pay guarded car parks are available too. Return to St Malo by train from Lamballe with a change at Rennes

### Inward journey from Sables d'Or les Pins

By train : trains to Brive from the Bretenoux train station. Connections to Toulouse or Paris

Getting back your car : taxi from Bretenoux to Souillac (on your own)

### From and to UK

It's easy to cross the channel by ferry or train and reach St Malo from Portsmouth

## Accommodation

6 nights with accommodation in 2-star hotels on half-board basis

1 nights with accommodation in 2-star hotel on night and breakfast basis

*Accommodation is normally in large bed or twin-bedded rooms, with en-suite facilities (at least shower, washbasin and toilet) when available, which is 95% of the time. However, you can stay in remote spots or small villages where there is little or no choice of accommodations and where facilities may be limited. In this case, you will share a bathroom or shower room and toilets with some other people on the same storey.*

*Picnic lunches are not included in the tour but are available from the hotel on request the previous evening, alternatively picnic materials can be bought at the stop village or at each of the towns and villages along the route. We indicate in the route notes where there are suitable restaurants or cafés for lunch stops. We recommend you to carry food and drinks if there are none convenient to the trail.*

## Included

- o Twin share accommodation with private facilities
- o Baggage transfer between hotels (except for STD option)
- o Route notes and maps
- o 6 dinners
- o Emergency phone number (8:00am to 7:00pm every day)

## Not included

- o Visa fees, transportation fees to and from the walk area
- o Insurance (strongly recommended on all trips)
- o Transfers except those mentioned above
- o Drinks
- o Additional meals
- o Spending of personal nature e.g. laundry, souvenirs, phone calls...

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59 bis rue du Mûrier – BP 40226 – 37542 Saint Cyr sur Loire cedex – France  
Tel : 00 33 (0)970 445 924 Fax : 00 33 (0)134 292 260 E-mail : contact@randolacaminade.com  
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