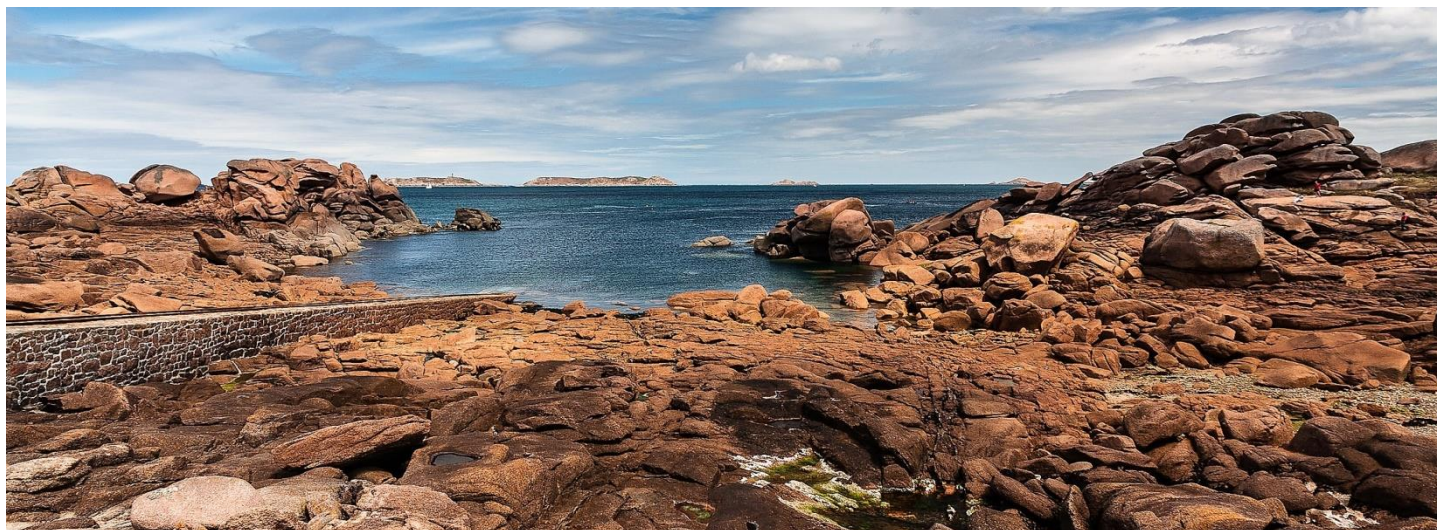


## FRANCE – BRITTANY & PINK GRANITE CÔTES-D'ARMOR

7-day / 6-nights inn-to-inn **SELF-GUIDED** walk from Lannion including visit to Bréhat Island



This holiday offers easy walking in the heart of the relatively untouristed Côtes-d'Armor, where the pink granite has been sculpted by eons of weather and waves into fantastical shapes contrasting starkly with turquoise water and white sand beaches. The area is full of intriguing relics of Neolithic humans and of Brittany's Celtic heritage, including menhirs and dolmens. Part of your route follows in the footsteps of 18<sup>th</sup> and 19<sup>th</sup> Century customs officers on the *Sentier des Douaniers*, created in 1791 to help prevent smuggling of textiles, salt, tobacco, wine and brandy. The path fell into disrepair in the early 20<sup>th</sup> Century; it was restored in 1968 and incorporated into the Grand Randonnée (long-distance footpath) GR34, which runs along the entire Breton coastline from Mont St Michel to the mouth of the Loire at St-Nazaire.

This rare type of coastline in the heart of Brittany offers stunning scenery, close encounters with thousands of sea birds and a wealth of history. Stay in charming seaside villages, walk across moorland and along the wild Breton coast, and perhaps visit the Radome, a 50-metre-high radar dome which played an important part in satellite and space telecommunications.

Included in the tour is a day on Bréhat, the *Island of Flowers* which has a landscape which is constantly changing due to the tide. Have time to explore the island – perhaps by bike – to visit the 17<sup>th</sup> Century Bitlot tidal flour mill or watch expert glassblowers in action at the glassworks in the old citadel.

<b>Cost from:</b>	Low Season:	<b>\$1270</b> per person, twin-share	April & October departures
	Regular Season:	<b>\$1295</b> per person, twin share	May – July & September departures
	High Season:	<b>\$1390</b> per person, twin share	August departures
	Single room supplement from:	<b>\$395 - \$485</b>	Half Board supplement (5 dinners): <b>\$245</b>

**Departs:** Daily, from 1<sup>st</sup> April – 31<sup>st</sup> October 2020

**Includes:** 6 nights in selected 2- and 3-star hotels; 6 breakfasts; one dinner; return ferry to/from Bréhat Island; transfers to Paimpol; maps & route information; luggage transfers. If taking the Half Board option, 5 additional dinners are included.

**Not included:** Meals not mentioned, drinks, travel to/from start/end of trip, entrance fees, Local city taxes (paid locally), personal expenses.

**Grading:** This tour is graded Easy, with daily distances of up to 24km (4½ to 6 hours of walking), on mostly flat to undulating terrain (maximum daily ascent is 350 metres). The itinerary is designed to allow time to visit historic sites along the way, and the excursions to the islands are easy sightseeing days.

**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**



## **Suggested itinerary:**

### **Day 1: Arrival in Lannion**

Make your way to Lannion by mid-afternoon. Lannion is a mid-sized port city on the River Léguer, about 4 hours by train from Paris.

The historic centre has narrow cobblestone laneways, a 17<sup>th</sup> Century convent and church and many medieval buildings dating to the 15<sup>th</sup> and 16<sup>th</sup> Centuries, including some photogenic slate and half-timbered merchants' houses. If time permits, walk the 140 steps of the Escalier de Brélévenez to the 12<sup>th</sup> Century Templar church of Brélévenez. You stay one night in Lannion in a 3-star hotel.

### **Day 2: Lannion - Trébeurden**

**walking @ 18km**

You utilise the mostly flat towpath along the River Léguer as well as the GR34 on your route today. Walk to the coastal village of Trébeurden with its white sandy beaches overlooking the bay of Lannion, where the river empties into the sea. Overnight in a 2-star hotel in Trébeurden.

### **Day 3: Île-Grande - Pleumeur-Bodou**

**walking @ 20km**

The wild and often windswept Île-Grande is connected to the mainland by a bridge, and there is a footpath that circumnavigates the island. Much of the granite used in the Morlaix aqueduct, the cathedral of Tréguier and many other structures was quarried here, and abandoned quarries dot the landscape. At the centre of the island is a prehistoric gallery grave.

Returning from the island you pass the Saint-Uzec menhir, an eight-metre monolith dating back to the late Stone Age; in the 17<sup>th</sup> Century it was Christianised with the addition of a large granite cross and carved images referencing the crucifixion. Your route also passes the Parc du Radome with a telecommunications museum, a planetarium, and an amusement park inspired by the ancient Gauls. Overnight in a 3-star hotel at Pleumeur-Bodou with Dinner included tonight.

### **Day 4: The GR34 to Ploumanac'h**

**walking @ 24km**

After breakfast a short transfer crosses the peninsula to Landrellec where you begin your walk on the GR34 across the Bringuiller moors. You continue walking through a landscape of jumbled pink granite and sandy beaches to Trégastel and Ploumanac'h. Look for Napoleon's Hat, the Foot, the Pancake and the Torpedo among the rock formations. Your walk finishes in the seaside resort of Perros-Guirec, with its two pink-sand beaches, where you stay tonight.

### **Day 5: Perros-Guirec - Port-Blanc**

**walking @ 19km**

After Perros-Guirec marina, the coastline dotted with islets becomes wilder, especially from Louanec onwards. The walk of the day ends in the charming Port-Blanc Bay, where the rocks were painted white to help sailors navigate into the harbour, and where you spend the night.

### **Day 6: Port Blanc - Pointe du Chateau - Paimpol**

**walking @ 13km**

After breakfast in Port Blanc, follow the Sentier des Douaniers along the coast, again scattered with strange and fantastical granite formations and rocky islets. Walk on the edge of the Plougrescant peninsula to Pointe du Chateau, where a charming cottage sits wedged between two enormous granite outcrops. You will be collected from here and transferred to your hotel in Paimpol (transfer included in your tour).

### **Day 7: Island of Bréhat**

From Paimpol take the bus (paid locally, around 2€ per person) to the ferry port of Pointe de l'Arcouest, then take the ten-minute ferry ride to Bréhat. The island has a mild micro-climate allowing many warm-weather plants to grow including palm trees, eucalyptus, agapanthus and geraniums. Bréhat comprises two separate islands, north and south, connected by the narrow Pont Vauben Bridge; the northern island is famed for its wind and harsher climate, whilst the southern island is home to the local residents and their decorative homes.

Bréhat is car-free and has 30 kilometres of paths and tracks, perfect for exploring on foot or by bicycle (hire at the port or from near the tourist office). Perhaps visit the Paon lighthouse at the northernmost tip of the island, the Chapelle St Michel which offers views across the island, the restored tidal flour mill, or the *verreries* (glassworks), where you can see expert glassblowers in action, making the vases, sculptures, door knobs and finials for which they are known. Explore the island at your own pace, then return by ferry to Arcouest for a transfer to Paimpol (transfer included in your tour), where tour arrangements end.

From Paimpol there are trains via Guingamp to Paris.



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**Contact Outdoor Travel for more details and reservations:**

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