

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

6-day / 5-nights inn-to-inn **SELF-GUIDED** walk from Lannion & optional extension to Bréhat



This walking 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.

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. Visit Les Sept Iles, the Seven Islands, where you can see thousands – some 24,000 pairs – of sea birds in all their glory. These rocky islands are home to Brittany's oldest and largest bird sanctuary, featuring puffins and over 25 other species of birds.

An optional overnight extension to visit the island of Bréhat available to explore – 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.

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|------------------------------|-----------------|--------------------------------------|---|
| <b>Cost from:</b>            | Low Season:     | <b>\$1175</b> per person, twin-share | April & October departures                      |
|                              | Regular Season: | <b>\$1260</b> per person, twin share | May – July & September departures               |
|                              | High Season:    | <b>\$1335</b> per person, twin share | August departures                               |
| Single room supplement from: |                 | <b>\$345</b>                         | Half Board supplement (4 dinners): <b>\$220</b> |

**Departs:** Daily, from 1<sup>st</sup> April – 30<sup>th</sup> October 2020

**Includes:** 5 nights in selected 2- and 3-star hotels; 5 breakfasts; one dinner; transfer to the Seven Islands; maps & route information; luggage transfers. If taking the Half Board option, 4 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.

**Bréhat Island extension:** From **\$220 per person, twin share**

**Includes:** 1 night in Paimpol with breakfast; return ferry to/from Bréhat Island; transfer to Paimpol.

**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 - Pleumeur-Bodou

**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. Continue on to Pleumeur-Bodou where you stay two nights.

### Day 3: Île-Grande

**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.

Dinner is included tonight at Pleumeur-Bodou.

### 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 two nights.

### Day 5: Les Sept Iles

**walking @ 12km**

An excursion this morning to the Seven Islands nature reserve, a paradise for birdwatching. People have never really gained a foothold on these windswept islets, thought to be home to over 24,000 pairs of seabirds including puffins, oystercatchers, shags, cormorants, guillemots, gulls, and France's largest colony of gannets. A colony of grey seals also makes its home here. Puffins were hunted to near-extinction here in the early 20<sup>th</sup> Century, which spurred the emergence of La LPO, the French society for the protection of birds. After returning from the Seven Islands you have the afternoon free – perhaps take a stroll through the Traouïeros valley with its lush green vegetation, or simply relax at your hotel in Perros-Guirec.

### Day 6: Port Blanc to Pointe du Chateau

**walking @ 13km**

After breakfast a short transfer to Port Blanc, where the rocks were painted white to help sailors navigate into the harbour. 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 Lannion, where tour arrangements end.

For those taking the pre-booked overnight extension to Bréhat and there is a transfer to your hotel in Paimpol.

### Day 7: Extension to the island of Bréhat (at extra cost)

From Paimpol there is a short transfer 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 decorated 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 *verrieres* (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, 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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