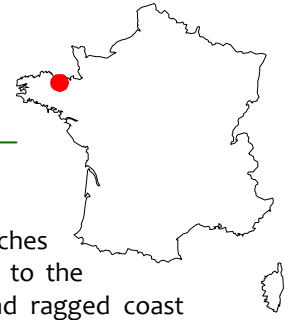


C003-ST Emerald coast



The Emerald coast stretches from the Groin headland to the Val André. This rocky and ragged coast offers a variety of forelands and capes jutting out into the sea, and outstanding panoramas. The rocks lining the coastline sheltered the first sailors and were used as a natural protection against invaders by seaside towns, such as Saint Malo. But the emerald coast can also be gentle and welcoming with its sandy beaches, the most famous - Dinard, Paramé, Sables d'or les Pins, welcome more and more tourists each year.

Itinerary

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 Sevran-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.

Lodging and breakfast in a 2-star hotel

Day 3 - DINARD – LANCIEUX (20.5 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 marvelously varied landscape from (cape) to beach, until you reach Saint Briac-sur-Mer. Just beyond the Golf de Dinard you will enter into the city of Saint Briac, and continue on the seaside. You will pass over the estuary of the Frémur river to reach Lancieux villagen the pointe du Rocher and the long beach of Saint Cieux. *Dinner, lodging and breakfast in a 3-star hotel*

Day 4 - LANCIEUX – SAINT CAST LE GUILDO (20 km) Taxi transfer in the morning 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 marvelous 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 in a pleasant spot alongside the Arguenon stream.

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 to the hotel. *Dinner, lodging and breakfast in a 2-star hotel by the port*

Day 5 - SAINT CAST LE GUILDO – PLURIEN (19 km).

You will begin your day by going 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, 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 the bay. You will cross the Frémur River and, continuing along the cliffs, you will arrive at Port-Nieux. Then, you walk hinterland by some small hamlets to reach the sea again and continue along the shore to Port St Geran which is very typical of the region, with a flotilla of small boats, which are attached to large rocks. *Transfer by taxi to Plurien village - Lodging and breakfast in a two-star hotel – restaurants nearby*



Day 6 - LE PAYS DE FREHEL (19 km). *Transfer by taxi to the port of St. Geran in the Baie de Fresnaye.* 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, Bréhat Islands. When you are ready to continue, pick up again the coastguard trail and follow it along the cliffs and sea shore to the Pléherel beach. Beyond the Pointe aux Chèvres, the path becomes windy as it twists around granite quarries and brings you back to Sables d'Or les Pins and then to Plurien. *Lodging and breakfast in the same hotel*



Day 7 – PLURIEN – LE VAL ANDRE (25 km). From Plurien you will go back to Sables d'Or and loop around the mouth of the Islet river. You will arrive at the Pointe du Champ du Port opposite Sables d'Or and continue the walk along the beaches of Guen, Portuais and Lourtuais, which are separated by rocky headlands. The path continues upwards to give you a wonderful view of the channel of Erquy, a passage between the many rocks which dot the coast. There is a splendid view of from the Cap d'Erquy of the entire Saint Brieuc bay. The trail will take you towards Pointe des Trois Pierres where still lies an oven that was used to heat cannonballs before firing them... at English wooden battleships. This was part of the defense system constructed by Vauban. A quick descent will bring you to the Port d'Erquy, whose main activity is scallop fishing. Follow the

long, attractive beaches to the Pointe de Pléneuf which is brought out into the sea by Le Verdelet, a large, cone-shaped rock that serves as a bird sanctuary. You will pass in front of the yachting port of Piégu and follow the beach of Val André to your hotel - *Lodging and breakfast in a 2star hotel*

Day 8 - LE VAL ANDRE. Tour ends after breakfast.

Season

From middle of April to middle of October but be careful this area is very crowded in summer time and we recommend you (if you can) to come outside this period. Nevertheless this area attracts a lot of tourists and you have to reserve earlier to get the best rooms.

What's included?

- 7 nights' accommodation in selected 2 or 3-star hotels
- 7 breakfasts – 2 dinners
- Hotel to hotel luggage transfer
- Taxi transfers
- A set of maps (1/25 000 scale) with the route marked on and detailed route notes
- A daily itinerary together with information about facilities and places of interest along the trail.
- Emergency assistance.

Visa fees - transportation fees to and from the walk area - Insurance (strongly recommended on all trips) - Transfers except those mentioned above – Drinks - Additional meals - Spending of personal nature e.g. laundry, souvenirs, phone calls,... are not included

Getting there and away

By train : TGV trains from Paris Montparnasse rail station to St Malo. From Plurien, taxi or bus to the Saint Briec train station where you catch a train to Paris

By car : Reach 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. Return to St Malo by train from Saint Briec with a change at Rennes

Walk difficulty

Grade 2 - walks of 4 to 6 hours a day. Some stages could be more 20 km (13/15 miles) and rolling uplands, ascents mainly gradual than steep of up to 500 m. In some areas you will walk on sand. An average level of fitness or some experience with walking is recommended.

