



Destination Atlantique

La Baule - Presqu'île de Guérande

8 settings to share...

- 10 days with transport included
- Just 3 hours from Paris by TGV, and by car, 45 minutes from Nantes-Atlantique Airport, 3 hours from Saint-Malo, 4h from Roscoff and Caen and 4 hours 30 minutes from Cherbourg
- Please ask for accommodation and restaurants

DAY 1 - ART AND HISTORY

A voyage back through the ages which is guaranteed to delight your clients:

- **Guérande, medieval city, Ville d'Art et d'Histoire**

Tel.: 0033 240 249 671 – www.ot-guerande.fr

- **La Roche-Bernard, breton medieval city, Petite Cité de Caractère**

Tél.: 0033 299 906 798 – www.cc-pays-la-roche-bernard.fr

- **Le Croisic, 17th century harbour, Petite Cité de Caractère**

Tel.: 0033 240 230 070 – www.ot-lecroisic.com

- **Piriac-sur-Mer, 18th century charming resort, Petite Cité de Caractère**

Tel.: 0033 240 235 142 – www.piriac.net

- **Pornichet – La Baule – Le Pouliguen, 19th century renowned seaside resorts**

Tel.: 0033 240 613 333 – www.pornichet.fr

Tel.: 0033 240 243 444 – www.labaule.fr

Tel.: 0033 240 423 105 – www.lepouliguen.fr

DAY 2 - THATCHED COTTAGES AND REEDS

Situated very close to La Baule and the salt marshes of Guérande, the Regional Nature Park of Brière never fails to surprise its visitors.

The best way to experience the most beautiful aspects of this huge expanse of canals and wetlands, with its exceptional natural environment of freshwater marshland, is to explore it by barge, a narrow, black, flat-bottomed boat steered using a pole. The reeds growing in the marshes form an ideal nesting ground for many species of birds, and visitors can also enjoy the architectural heritage, symbolized by the characteristic thatched roofs of the traditional houses in the area.

Tourist Board Office of Brière: Tel.: 0033 240 668 501 - www.parc-naturel-briere.fr

DAY 3 - CITY AND TOWN BREAKS

Take a break in the port town of **Saint-Nazaire** - only 10 minutes from La Baule!

Relive the excitement of transatlantic voyages on the Escal'Atlantic "liner"!

Your crossing will certainly be like no other: become a passenger and explore every corner of this majestic liner, experience the emotion of a sea journey for yourself, and breathe in the ocean air. As you explore the luxury cabins and engine room, the bar and the promenade deck, you can't help but dream... Why not take a cruise for real?

Discover the fascinating life of submariners in the Espadon submarine!

See the narrow bunks and just one shower, the “golden ears” listening post, dozens of dials, screens and levers; the idea of being so far down under the water, for such long periods of time, makes the life of a submariner a true epic!

When industry becomes a show: three exciting company tours

Saint-Nazaire also opens the doors on three of its prestigious industrial sites to the public. Aker Yards, one of the largest naval shipyards in Europe, reveals the secrets behind the giants of the seas; in the Airbus factory at Saint-Nazaire Gron, enjoy a close-up view of the impressive sections of one Airbus model, the A380, which are assembled and fitted out here; and along the platforms and terminals of the Port Autonome Nantes Saint-Nazaire, discover the spectacle of ships at rest in the biggest port on the French Atlantic coast.

Tel.: 0033 810 888 444 - www.saint-nazaire-tourisme.com

DAY 4 - SEA SALT AND WILD SAMPHIRE

Situated between the Loire and Vilaine rivers, the salt marshes cover an area of over 2,000 hectares and represent a site of an exceptional heritage.

Whether you choose to be accompanied by a nature guide or explore on your own with your binoculars, watch and listen to the elegant avocet, the black-winged stilt, common redshank, grey heron, little egrets and other shorebirds.

You will see the salt-marsh workers busy harvesting the coarse salt or the finer “*fleur de sel*” in the salt flats. What exactly are they doing? Find out - see what happens when salt water runs the expertly calculated course through the canal linking the marshes with the sea, to the various ponds, pools and basins.

You can visit the salt marshes thanks to 3 structures:

Terre de Sel was established by the salt-makers’ co-operative of Guérande in collaboration with the birds’ protection league (LPO). It acts as a centre to promote information and awareness about the salt marshes. An exhibition and field trips with salters or birdwatchers from the LPO will introduce you to this rich yet fragile environment where production goes hand in hand with protection, economy with ecology. In the museum shop you can buy locally-made salt, produce and books on the environment.

Terre de Sel - Tel. : 0033 240 620 880

www.seldeguerande.com - tds@seldeguerande.com

The salt-making museum of **La Maison des Paludiers**, in the midst of the salt marshes, invites you to discover the daily life of the salters. There are two way to do this. In the folk museum you can see descriptive panels explaining a model of a salt-pan and the tools used. A 23-minute film in German or in English reveals how the salt-beds are maintained and how Guérande salt is extracted and packaged. You have got also the possibility to make a guided tour during which the salt-maker guide will explain what each channel and pond is used for.

Maison des Paludiers - Tel. : 0033 240 622 196

www.maisondespaludiers.fr - maison.paludiers@free.fr

The **salt marshes museum of Batz-sur-Mer** stresses on the historical, economical and social aspects of salt marshes. You can see inside some traditional furniture, costumes of salt makers and so on...

Musée des Marais Salants - Tel. : 0033 240 238 279

www.maraisalants.com - MuseeDesMaraisSalants@wanadoo.fr

DAY 5 – BIKING

This region is a biking paradise. With over 140KM of bike routes your clients will have the opportunity to discover the stunning coastline, the natural beauty and the charm that make up La Baule – Presqu'île de Guérande.

As the region is relatively flat, it offers an opportunity for all travellers, of all abilities to enjoy the many facets of this area.

The region also has two *Logis de France* hotels with the *LOGIS VELO* label, where you are guaranteed that the requirements of cyclists will be fully met.

DAY 6 - PORTS AND MARINAS

Hire a boat in one of the harbours – with or without a skipper – and sail along the 90 km of coastline in the “*La Baule - Presqu'île de Guérande*” area. Admire the tiny islands of the Presqu'île de Guérande: Dumet, des Evens, Baguenaud, Pierre Percée, and head for the open sea to the Breton islands of Houat, Hoëdic and Belle-Ile!

Explore the port of La Turballe with its multi-coloured flotilla of around 80 catcher vessels and their wooden, metal or plastic hulls. A total of 300 professionals are situated in the fishing area here, dealing mainly with oily fish. Early risers can come and try their hand at selling the fish at the markets held every day from Monday to Friday - from 6 am!

La Maison de la Pêche: Tel.: 0033 240 117 131

Become a sea fisher setting out from the ports of La Turballe and Le Croisic. People who are passionate about their trade invite you to come aboard and fish for bass and other types of fish!

Tel.: 0033 240 233 987 - www.laturballe.infor

Tel.: 0033 240 230 070 – www.ot-lecroisic.com

To the north towards Pénestin, watch the ballet of the flat boats of the mussel farmers milling around the small port of Tréhiguier, which becomes more animated with the rising tide. Make sure you climb the lighthouse in Tréhiguier, to experience the unique spectacle from above!

Tel.: 0033 299 903 774 – www.penestin.com

DAY 7 - COASTAL WALKS AND SHADY FOOTPATHS

Footpaths lead you along the rugged *côte sauvage*, near the fine sandy beaches or onto the banks of the Vilaine, right up to the doors of the villas, or to the cities with their own special character.

In the heart of the Brière marshlands and salt marshes, lies a tale of fresh and sea water. It's a place where the land, man, flora and fauna all come together.

If you like a bracing walk in the sea air, follow the coast from Le Pouliguen to Le Croisic along the footpath which protects an exceptional coastline setting.

The beaches of the *côte sauvage*, the bay of La Baule with 9 km of soft sandy beach, the forest of Escoublac and the woodland paths of the hinterland all provide special routes for pony-trekking. Whether just walking, at a trot or galloping, exploring the area on horseback gives a unique way to appreciate the landscapes around you. If you prefer, you can explore the salt marshes and Brière marshes at a very gentle pace by barge, with a local guide who will share their knowledge of the area's traditions, history, fauna and flora.

Birdwatching

The sight of rare species makes for happy ornithologists and bird-watchers. Nesting in the salt marshes and deep in the Brière, even their names sound poetic: Black-winged stilts, tattlers, and Eurasian oyster-catchers dance their feathered-and-beaked ballet before your eyes.

Observation sites:

- La Turballe: Pointe de Pen Bron

Brants, Grey Herons, Little Egrets, Grebes, Eurasian Oyster-Catchers

- Mesquer: Pointe de Merquetadornes de Belon, Bernaches Cravants, Chevaliers, Mouettes

- Le Croisic: Côte sauvage

Goélands, Mouettes, Cormorans, Chevaliers, Sternes

- Marais salants:

Little Egrets, Pied Avocets, Black-winged stilts, Sternes, Ducks

- Saint Lyphard: Bréca

Tern, geese, mallards and other anatidae, Brière foot-bridges

DAY 8 – RELAXATION & WELL-BEING

Take a well-being break in one of the three thalassotherapy centres in the bay of La Baule.

Relais Thalasso La Baule - Tel. 0033 820 903 244 - www.relaisthalasso.com

Created in 1971 in the heart of the bay of La Baule facing the sea, the *Thalasso de La Baule-les-Pins* is one of France's leading thalassotherapy centres, its experience and reliable medical sources now well-known and acknowledged.

Thalgo La Baule – Tel. : 0033 240 119 999 - www.thalasso-barriere.com

Overlooking the sea, allow yourself to completely relax, and enjoy a moment of well-being in totally peaceful surroundings. In a calm and restful setting, with professional and friendly teams, catering for your medical needs, the latest technical innovations, treatments which are perfectly suited to meet your individual requirements, 100% natural sea water, the invigorating seaside air: we have everything you need for you to recharge your batteries and restore your vitality, in just a few days!

Centre de Thalassothérapie Daniel Jouvance Pornichet – Tel. : 0033 240 618 998 - www.thalasso-danieljouvance.com

The Centre Daniel Jouvance offers the best conditions for you to take full advantage of the health benefits of the sea: a stunning location at the water's edge, complete command of the sea's assets, and more than 15 years experience in thalasso treatments.

Too much sand? Too much salt?

Spend some time on the fairways of the Golf International Barrière with 45 holes situated just ten minutes from the beach (Tel.: 0033 240 604 618 – www.lucienbarriere.com), or at Golf international de la Bretesche, in the heart of the Brière (Tel.: 0033 251 768 686 - www.golf-bretesche.com).