



Destination Atlantique

La Baule - Presqu'île de Guérande

Sea, sand and sun: the makings of a perfect holiday Try another one: sea... salt and Brière!

- 5 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: THE SALT MARSHES AND GUERANDE, THE MEDIEVAL CITY

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.maraissalants.com - MuseeDesMaraisSalants@wanadoo.fr

Guérande, the *medieval city*, surrounding by its 1434 meters of ramparts, will reveal you its secrets through a visit with a guide of the tourist office (www.ot-guerande.fr – Tel.: 0033 240 249 671). Wandering in the cobbled alleys, you will meet craftsmen (ironworker, potter, calligraphist...), have plenty choice of salt, salted sweet or biscuits, and of course, taste the incomparable Breton galette and crêpe.

DAY 2: THE REGIONAL NATURE PARK OF BRIERE

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.

Not to miss:

- A *boat trip* on the network of waterways with a local guide
- Visit *thatched cottages villages* typical to Brière, such as Kerhinet in Saint Lyphard.
- You can find *3 structures* relating about historical, economical and social aspects
 - the Lock-Keeper's House in Rozé. Saint-Malo-de-Guersac (
 - The House of Bride on the island of Fédrun. Saint-Joachim
 - The Thatching Museum in Kerhinet. Saint-Lyphard

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

In the typical setting of auberges in Brière, you will find regional dishes combining terrines, eels and game.

DAY 3: THE COASTLINE: 2 SEASIDE FRONTS FOR ALL TYPES OF ACTIVITIES

The **Wild Coast**: an indented coast where you can find numerous creeks and rocky areas. Walk along the former « *customs foot path* ». A succession of unusual caves to visit illustrated by several legends.

The **9km white sandy beach from La Baule** attract young and old people who could play beach-volley, make sandy castle, and fly a kite ... without forgetting bathing.

Where to sail: The Bay of La Baule and the seaside resorts of the west coast proposes all types of navigation: yachts with skipper, catamaran, surf, jet ski, etc. Then, the fishing harbours of La Turballe and Le Croisic are points of departure for sightseeing tours on isles of south Brittany: Houat, Hoëdic and Belle-Ile-en-Mer.

Where to relax: in one of the 3 thalassotherapy centres from 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.

For a gastronomic treat on the shore, enjoy lunch or dinner in one of the many beach restaurants in the region. A simple platter of *fruits de mer*, or the famous bass in crust of Guérande salt, with the sand, sea and sunset - magical!