

ENG

Nantes, Saint-Nazaire,
La Baule, Rennes, Saint-Malo,
to the Mont-Saint-Michel

A MODERN JOURNEY THROUGH AN OLD LAND → BY BIKE



SUMMER 2021



Atlantic
Ocean

**A MODERN
JOURNEY
THROUGH
AN OLD LAND
→ BY BIKE**

The Channel

SAINT-MALO **LE MONT-SAINTE-MICHEL**

LE VIVIER-SUR-MER

HÉDÉ-BAZOUGES

RENNES

MESSAC

REDON

LA ROCHE-BERNARD

PÉNESTIN

PIRIAC-SUR-MER

LA BAULE

SAINT-NAZAIRE

PAIMBŒUF

NANTES

0  30km



A MODERN JOURNEY THROUGH AN OLD LAND → BY BIKE

Five towns in the west of France – Nantes, Saint-Nazaire, La Baule, Rennes, and Saint-Malo – come together to present their regional heritage: from art to gastronomy, architecture to natural landscapes, and the historical to the contemporary. This unprecedented collaboration traces an itinerary that is singular and truly exceptional when discovered from behind a set of handlebars: it is an ode to roaming free, to the joys of being a nomad for a brief moment, and to discovering the unexpected with each new stop, where a surprise awaits you at every turn.

From the Atlantic Ocean to the English Channel, from land to sea, this *modern Journey through an old Land* reveals little-known treasures, secret beaches, natural landscapes, and excellent spots to eat and rest, where you can experience the region like never before.

SUMMARY

STAGE 1

NANTES / SAINT-NAZAIRE

→ 85.72 km _____ p. 4 to 9

STAGE 2

SAINT-NAZAIRE (VIA LA BAULE) /

PÉNESTIN → 82.78 km _____ p. 10 to 15

STAGE 3

PÉNESTIN / REDON

→ 58.12 km _____ p. 16 to 21

STAGE 4

REDON / RENNES

→ 94.34 km _____ p. 22 to 27

STAGE 5

RENNES / SAINT-MALO

→ 121.95 km _____ p. 28 to 33

STAGE 6

SAINT-MALO /

LE MONT- SAINT-MICHEL

→ 69.65 km _____ p. 34 to 39



USEFUL INFORMATION

"Giddy up!"

Whether you're on an electric bike or the old-fashioned kind, *A modern Journey through an old Land* is an itinerary that is perfectly secured and accessible to all, where you will always find rental shops, repair stands, or fellow cyclists to help repair your bike in the event of a technical mishap (within reason, of course...).

Be it as a family, among friends, on your own, or in tandem, this cycling itinerary is divided into 6 sections, borrowing some of the greatest hits from other circuits like *La Loire à Vélo*, *La Vélodyssée* and *La Vélomaritime*, and covering a total of 500 km!

Before leaving, make sure to bring along a basic repair kit (inner tubes, patches, a pump), wear a helmet, fill your water bottle to the brim, bring your trail mix, and keep in mind that the entire itinerary has been tested and secured for your cycling pleasure. So, giddy up for the new adventures awaiting you!

For all the information you could possibly need per destination (repair shops, bike-friendly spots, accommodation, etc.):

LE VOYAGE À NANTES

www.nantes-tourisme.com
T. +33 (0)8 92 46 40 44
+33 (0)2 72 64 04 79

DESTINATION RENNES

www.tourisme-rennes.com
T. +33 (0)8 91 67 35 35

SAINT-NAZAIRE RENVERSANTE

www.saint-nazaire-tourisme.com
T. +33 (0)2 40 22 40 65

LA BAULE-PRESQU'ÎLE DE GUÉRANDE

www.labaule-guerande.com
T. +33 (0)2 40 24 34 44

DESTINATION SAINT-MALO BAIE DU MONT-SAINT-MICHEL

www.saint-malo-tourisme.com
T. +33 (0)8 25 13 52 00

ONE-WAY BIKE RENTAL:

NANTES

Détours de Loire
Traditional and electric bikes
(+ guided bike tours).
<https://detoursdeloire.com>

GUICHEN (near Rennes)

Ma rando facile
Near Cale de Pont-Réan,
on the banks of the Vilaine River.
[www.marandofacile.com/service/
location-de-velos-adaptes-a-litinerance/](http://www.marandofacile.com/service/location-de-velos-adaptes-a-litinerance/)

SAINT-MALO

Vélo Emeraude / Loc Malouine /
Vélos Bleus
Bike delivery to place of accommodation
or departure point for bike paths.
[www.saint-malo-tourisme.com/pratique/
se-deplacer/location-de-velos-et-vehicules](http://www.saint-malo-tourisme.com/pratique/se-deplacer/location-de-velos-et-vehicules)

USEFUL LINKS:

www.francevelotourisme.com
www.lestablesdenantes.fr
<https://voyage-en-bretagne.com>





STAGE 1 NANTES / SAINT-NAZAIRE → 85.72 km

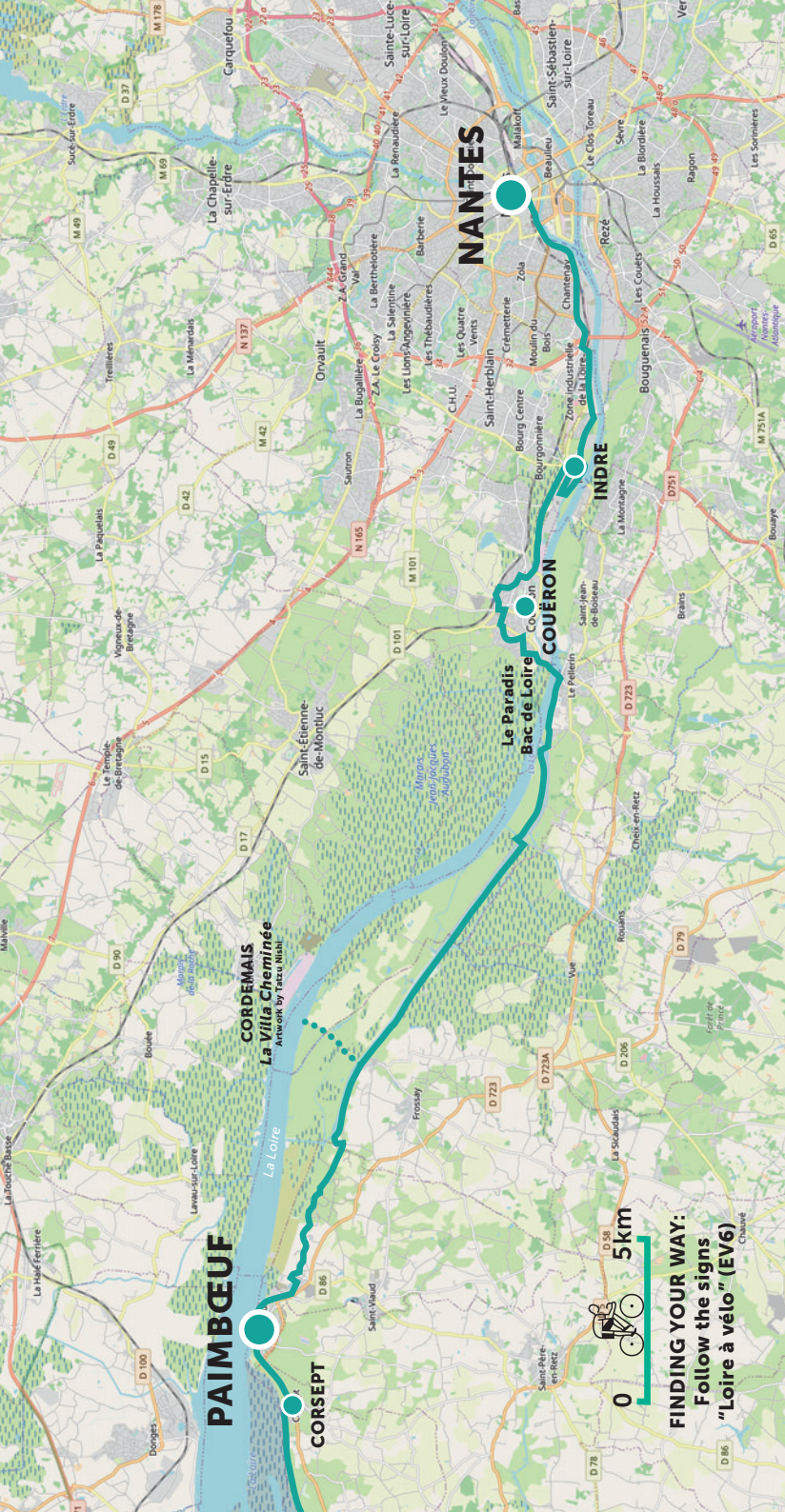
**"The starting line
for *A modern Journey
through an old Land*
is green – just like the
colour of the Le Voyage
à Nantes line."**

This year-round tour of cultural sites will guide you to stunning heritage buildings, remarkable views of the city, and more than a hundred open-air works of art.

After strolling through this iconic 22-kilometre circuit, you will leave the hubbub of the city behind to reach the Ocean. Slowly, the landscape changes and the horizon widens.

The Loire is a trusty travel companion whose face changes along the way. Simultaneously pristine, industrial, and close to nature, the river points the way to the Ocean and the calm of the sea.

LA LIGNE VERTE AND LES ANNEAUX DE BUREN. NANTES © NAUTILUS / LVAN
BELVÈDÈRE DE L'HERMITAGE, TADASHI KAWAMATA. NANTES © MARTIN ARGYROGLO / LVAN
LA MAISON DANS LA LOIRE, JEAN-LUC COURCOULT. COUÉRON © BERNARD RENOUX / LVAN
LE PIED, LE PULL-OVER ET LE SYSTÈME DIGESTIF, DANIEL DEWAR & GRÉGORIE GICQUEL.
SAINT-NAZAIRE © FRANCK TOMPS / LVAN
SERPENT D'OcéAN, HUANG YONG PING. SAINT-BREVIN-LES-PINS © FRANCK TOMPS / LVAN
BEACH ALONG THE COAST © ALEXANDRE LAMOUREUX



PAIMBŒUF

CORDEMAIS
La Villa Cheminée
Artwork by TAZU NISHI

CORSEPT

NANTES

COUËRON



0

5km

FINDING YOUR WAY:

Follow the signs
"Loire à vélo" (EV6)

NANTES / PAIMBŒUF → 44.57 km

STAGE 1
NANTES /
SAINT-NAZAIRE
→ 85.72 km

“Then head to Couëron where you can get a taste of *Paradis*.”

From the centre of Nantes, follow the northern bank of the Loire past Quai des plantes and the *Maillé Brézé* – a warship and naval museum – to reach the town of Indre, where you will then head out to Couëron and get a taste of *Paradis* – a flashy bistro you can't miss.

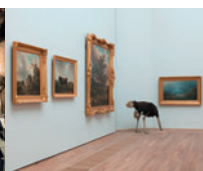
Here's where you can cross the Loire thanks to a little ferry (free, no reservation required). Once you're on the south bank in Le Pellerin, turn right towards Canal de La Martinière. To get an unobstructed view of Tatzu Nishi's *Villa Cheminée*, take the first right after Le Quai Vert in Frossay, then slalom your way through a natural reserve. Once you're done, retrace your steps to reach Paimbœuf – Nantes' former outpost – with both feet firmly planted in the estuary.



CHÂTEAU DES DUCS DE BRETAGNE
© PATRICK MESSINA / LVAN



LES MACHINES DE L'ÎLE
© FRANCK TOMPS / LVAN



MUSÉE D'ARTS DE NANTES © C. CLOS



MISCONCEIVABLE, ERWIN WURM,
CANAL DE LA MARTINIÈRE,
LE PELLERIN © PHILIPPE PIRON / LVAN

ALONG THE CIRCUIT

NANTES

Le Château des ducs de Bretagne

Located in the city centre's medieval district, it is home to the Musée d'histoire de Nantes and temporary exhibitions.

Les Machines de l'île

A world at the crossroads of Jules Verne and Leonardo da Vinci.

Le Musée d'arts

The outstanding collection, from Tintoretto and Rubens to Monet, Rodin, Kandinsky and Chagall.

LE PELLERIN

Misconceivable – Artwork by Erwin Wurm. This sailboat appears to be limp and looking for freedom in the Loire.

COUËRON

La Maison dans la Loire – This artwork by Jean-Luc Courcoult is a replica of the “Maison du port” of Lavau-sur-Loire.

SLEEPING

NANTES

Grand hôtel Mercure Centre

Look for the “Accueil Vélo” label.
www.hotel-mercure-nantes.com

PAIMBŒUF

Camping de l'Estuaire

www.campinglestuaire.fr

EATING

NANTES

The best restaurants in the *Tables de Nantes 2021* guide.
www.lestablesdenantes.fr

Le Café de la branche

Across from the *Grand Elephant*.
www.lesmachines-nantes.fr

La Cantine du Voyage

No trip is complete without a visit here: foosball, pétanque, the gift/bookshop, and the set menu (chicken and potatoes).
www.levoyageanantes.fr

Little Atlantique Brewery

Artisanal brasserie in Bas-Chantenay.
<https://little-atlantique-brewery.fr>

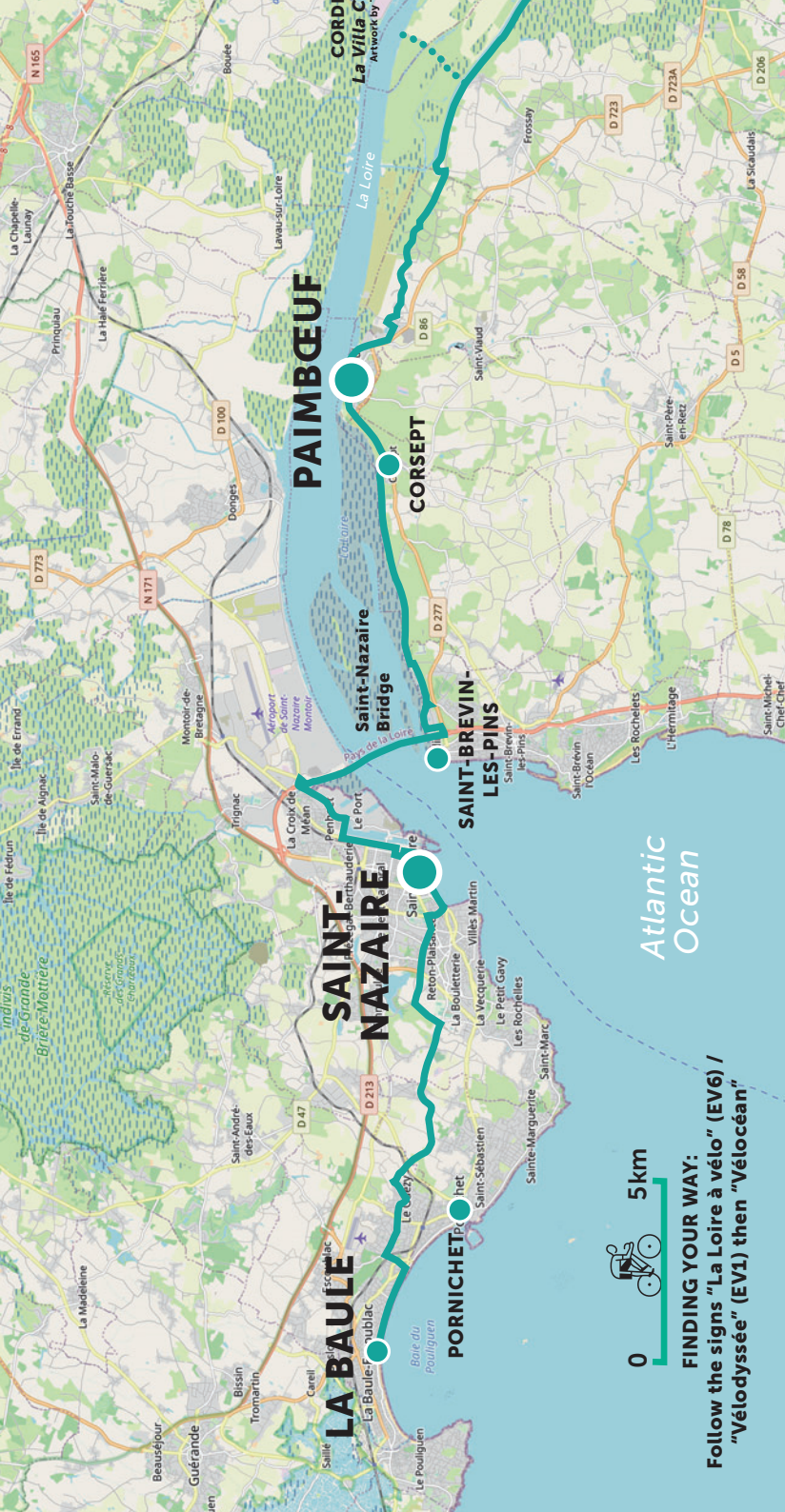
Le 1. Chic and inventive brasserie.
www.leun.fr

COUËRON

Le François 2. Charm and tradition.
www.francois2.com

Le Paradis

<https://bistrot-le-paradis.eatbu.com>



PAIMBŒUF / SAINT-NAZAIRE → 41.15 km

STAGE 1
NANTES /
SAINT-NAZAIRE
→ 85.72 km

“In Corsept, once you’ve passed the cemetery, immediately turn right. There are signs, but you never know...”

Upon leaving Paimbœuf, you will reach Corsept and its fisheries, where it is important not to wander about too much. Once you pass the cemetery, immediately take the first right. The rest of the path slowly zooms in on Saint-Nazaire’s XXL bridge. To cross it, several options are available. In July and August, the Loire-Atlantique département provides a free shuttle bus that requires no reservation (tandems and cargobikes are not accepted). During low season, bus no. 317 takes you from the Saint-Brevin bus station to the Saint-Nazaire station. Reservations must be made the day before at +33 (0)2 40 21 50 87. From this city of great shipyards, head to La Baule. Follow the signs to Pornichet or Boucle 14.



LE JARDIN ÉTOILÉ, KINYA MARUYAMA.
© GINO MACCARINELLI / LVAN



SUITE DE TRIANGLES, FELICE VARINI. SAINT-NAZAIRE © LVAN



LE PIED, LE PULL-OVER ET LE SYSTÈME DIGESTIF, D. DEWAR & G. GICQUEL.
SAINT-NAZAIRE © M. ARGYROGLO / LVAN

ALONG THE CIRCUIT

PAIMBŒUF

Le Jardin étoilé – Artwork by Kinya Maruyama.

SAINT-BREVIN-LES-PINS

Serpent d’Océan – Artwork by Huang Yong Ping.

SAINT-NAZAIRE

Le Pied, le Pull-over et le Système digestif
Artwork by Daniel Dewar et Grégory Gicquel.

Suite de Triangles – Artwork by Felice Varini, which is superimposed onto the city from the submarine base’s rooftop terrace.

Escal’Atlantic. A one-of-a-kind experience in Europe, where you can learn about legendary Transatlantic ocean liners.

The shipyards. Visit the heart of a rare industrial adventure where exceptional craftsmanship reigns supreme.

The Espadon submarine. Travel alongside submarine sailors.

SLEEPING

PORNICHET

Le Domaine Ker Juliette

Nestled in a 4-hectare (10-acre) wooded park with a swimming pool, located 100 m from the beach.

www.hotel-kerjuliette-bretagne.com

EATING

SAINT-NAZAIRE

La plage

www.restaurantlaplage.fr

Le bar iodé

Le skipper

<https://restaurantleskipper.fr>

PORNICHET

Le Récif

With your tires in the sand and your feet virtually in the water, take a moment to enjoy this slightly crazy spot on Plage de la Bonne Source beach.



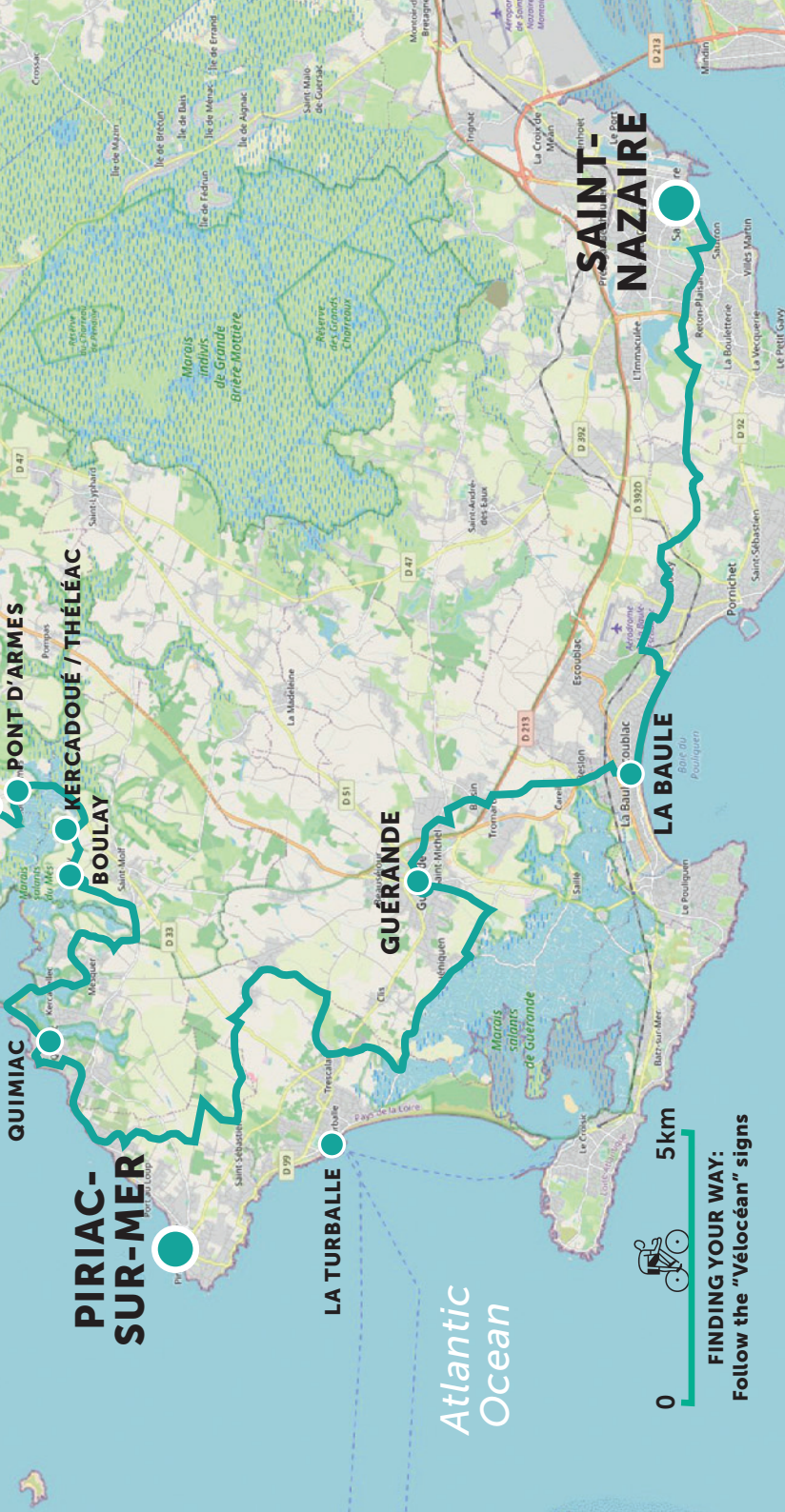
STAGE 2 SAINT-NAZAIRE (VIA LA BAULE) / PÉNESTIN → 82.78 km

“La Baule, the ideal backdrop to gently start this new itinerary, with your pedals practically in the water.”

La Baule is a member of the elite club of the most beautiful bays in the world. Its hidden villas, sheltered from the seafront, offer you the ideal backdrop to gently start this new itinerary, with your pedals practically in the water. Once this charming detour is behind you, an even more pristine horizon awaits with the region's flora and salt marshes.

Even though the *Modern Journey* doesn't always flirt with the Atlantic Ocean, its aura is never very far away.

The sea bobs in an out of sight as you calmly zig-zag your way towards Pénestin, with its protected beach La Mine d'or and its golden cliffs.



PIRIAC-SUR-MER
Pays de Loire

LA TURBALLE

GUÉRENDE

LA BAULE

SAINT-NAZAIRE
Pays de Loire

Atlantic Ocean



0 5km

FINDING YOUR WAY:
Follow the "Vélocéan" signs

SAINT-NAZAIRE (VIA LA BAULE) / PIRIAC-SUR-MER → 42.04 km

STAGE 2
SAINT-NAZAIRE
(VIA LA BAULE) /
PÉNESTIN
→ 82.78 km

"In Guérande, the City of Art and History, travel back in time to discover the medieval city and stop to fill your water bottle."

A unique quality of this stretch of your journey is that it reveals a little-known side of La Baule. After Avenue Lajarrige and its charming boutiques, turn right and follow the Vélocéan bike path. In the shortest of bike rides, head in the direction of Guérande and discover the inland areas near La Baule, with its winding, shaded pathways. In Guérande, the "City of Art and History", travel back in time to discover the medieval city and stop to fill your water bottle. Once you're topped up, glide down at full tilt toward the salt marshes.

To reach Piriac-sur-Mer, don't dilly-dally: follow the Vélocéan signs in order to leave the very popular coastal road, and head inland – which is just as breathtaking.



VILLA IN LA BAULE © ALEXANDRE LAMOUREUX



SALT MARSHES OF GUÉRANDE © ALEXANDRE LAMOUREUX

ALONG THE CIRCUIT

LA BAULE

The villas of La Baule

Seaside villas in an array of architectural styles, from Art Deco to Belle Époque.

Wellness resort

Since the 19th century, La Baule has been a famed seaside resort, reputed for its spa therapies.

GUÉRANDE

Terre de Sel

Come discover the salt marshes and get a global vision of this living, working environment.

www.terredesel.com

SLEEPING

PIRIAC-SUR-MER

"Les amis de la nature" camping ground

150m from Port-au-Loup beach, enjoy this lively camping ground that has received the Refuge LPO label for its efforts in preserving nature and improving local biodiversity.

<https://campinglesamisdelanaturepiriac.fr>

ARRIVING / LEAVING



The nearest train station to Piriac-sur-Mer is in Pouliguen, 18 km away.



PÉNESTIN

LE CLIDO

KERFALHER

LE LANCHALE

KERANDRÉ

LIMAZEL

CAIRE

QUIMIAC

KERNAY

PONT D'ARMES

KERCADOUÉ / THÉLÉAC

BOULAY

PIRIAC-SUR-MER

0 5 km



FINDING YOUR WAY:
Follow the "Vélocéan" signs,
then "Voie 5 Bretagne" signs

PIRIAC- SUR-MER / PÉNESTIN → 40.73 km

STAGE 2
SAINT-NAZAIRE
(VIA LA BAULE) /
PÉNESTIN
→ 82.78 km

**“Quimiac, Kercabellec,
Mesquer: the Holy Trinity
for this for the start of this
itinerary, which oscillates
between shade and sunlight.”**

Quimiac, Kercabellec, Mesquer: the Holy Trinity for this for the start of this itinerary, which oscillates between shade and sunlight.

After Saint-Molf, ride through the Bassin du Mès salt marshes between the Loire and the Vilaine rivers. This territory is also home to 180 different species of birds.

Up and down, right and left... no matter where you look, this route will dazzle you. Make sure to follow the signs to Pont-Mahé, and let them guide you to Pénestin and the finish line, which hugs the colourful contours of Mine d'Or beach, with its ochre and golden cliffs.



QUIMIAC © ARNAUD BÉNEURAU / LVAN



PÉNESTIN © ARNAUD BÉNEURAU / LVAN

HAVE A DRINK / EATING

PÉNESTIN

L'Escale

This must-see spot at the top of rue du Calvaire offers a relaxing pause. Here, learn all about local life and test the waters of this seaside resort.

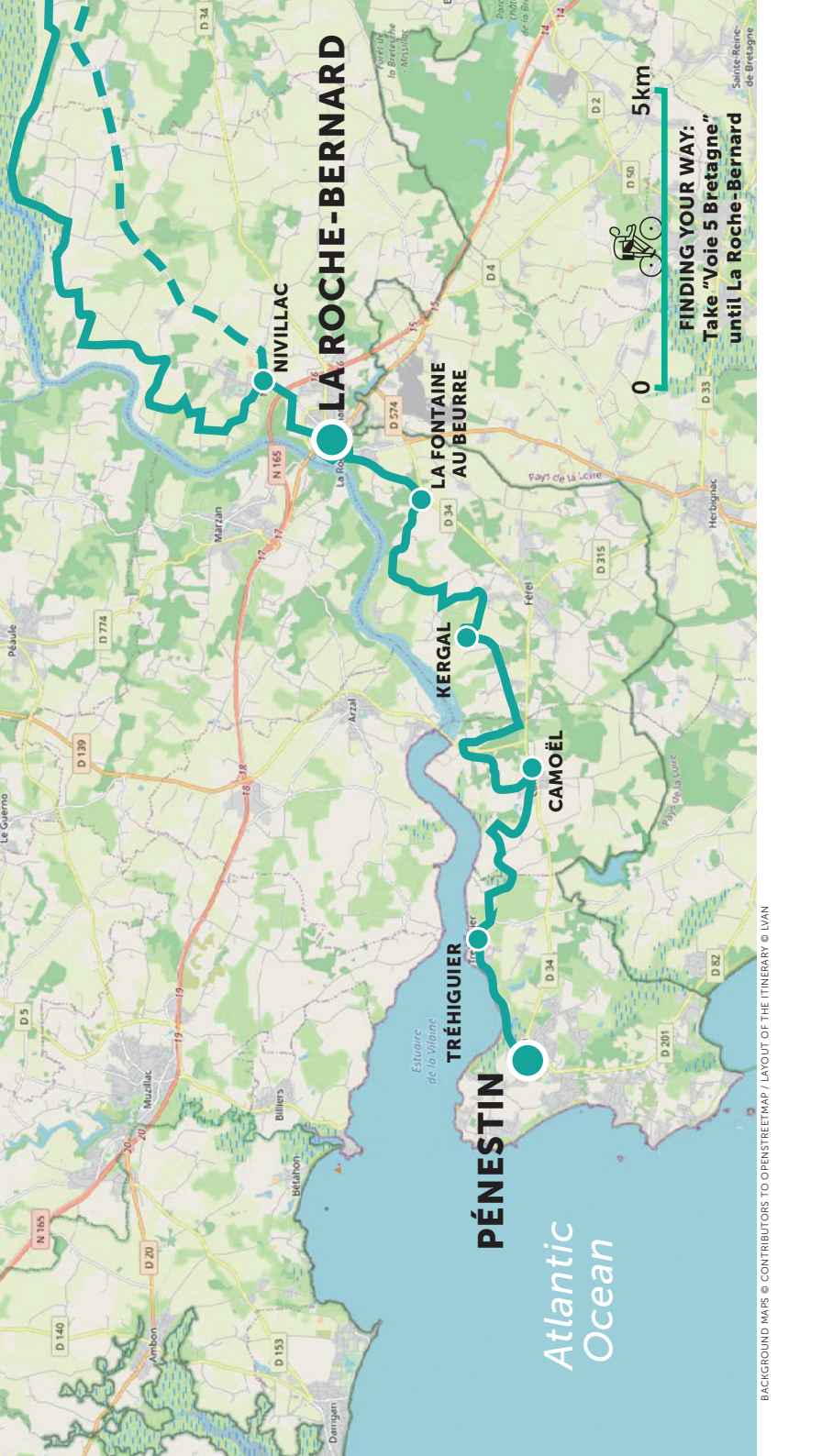


STAGE 3 PÉNESTIN / REDON → 58.12 km

“This circuit can almost be done handsfree – but always with an eye on this guide, the road, and the stunning Breton countryside...”

We won't lie to you: for now, the third stage of *A Modern Journey* is the least clearly marked-out of the itinerary. However, it would be a shame to cross it off your list since you'd miss out on a few natural gems that can only be appreciated by bike.

With the seaport of Redon in your sights, this circuit can almost be done handsfree – but always with an eye on this guide, the road, and the stunning Breton countryside...



LA ROCHE-BERNARD

NIVILLAC

LA FONTAINE
AU BEURRE

KERGAL

CAMOËL

TRÉHIGUIER

PÉNESTIN

Atlantic
Ocean

5km

0



FINDING YOUR WAY:
Take "Voie 5 Bretagne"
until La Roche-Bernard

PÉNESTIN / LA ROCHE-BERNARD → 22.10 km

STAGE 3
PÉNESTIN /
REDON
→ 58.12 km

"And what if happiness for a cyclist was slaloming down bends in the road...?"

As Pénestin shrinks in the distance behind you, take the "voie 5 Bretagne", Le Tréhiguier. You'll arrive at your destination after riding a gentle slope – one that reveals a perfectly picture-postcard port.

Once here, you'll have no choice but to get off your bicycle and take in the view. Then, when you're good and ready, get back on the path and turn left then right through the curvy routes of the Breton countryside. And what if happiness for a cyclist was slaloming down bends in the road...?

You'll answer with a resounding "Yes!" as you reach La Roche-Bernard, with its tiny streets, worn smooth over time.



PORT OF LE TRÉHIGUIER © ARNAUD BÉNUREAU / LVAN



PÉNESTIN © ARNAUD BÉNUREAU / LVAN

SLEEPING

CAMOËL

Le Verger

You'll probably find yourself stopping to admire the old stone walls of hotel Le Verger in Camoël, a rural village on the Vilaine River. This gîte is located in a former vicarage at 38 rue de la Chapelle.

www.gites-de-france.com

HAVE A DRINK

TRÉHIGUIER

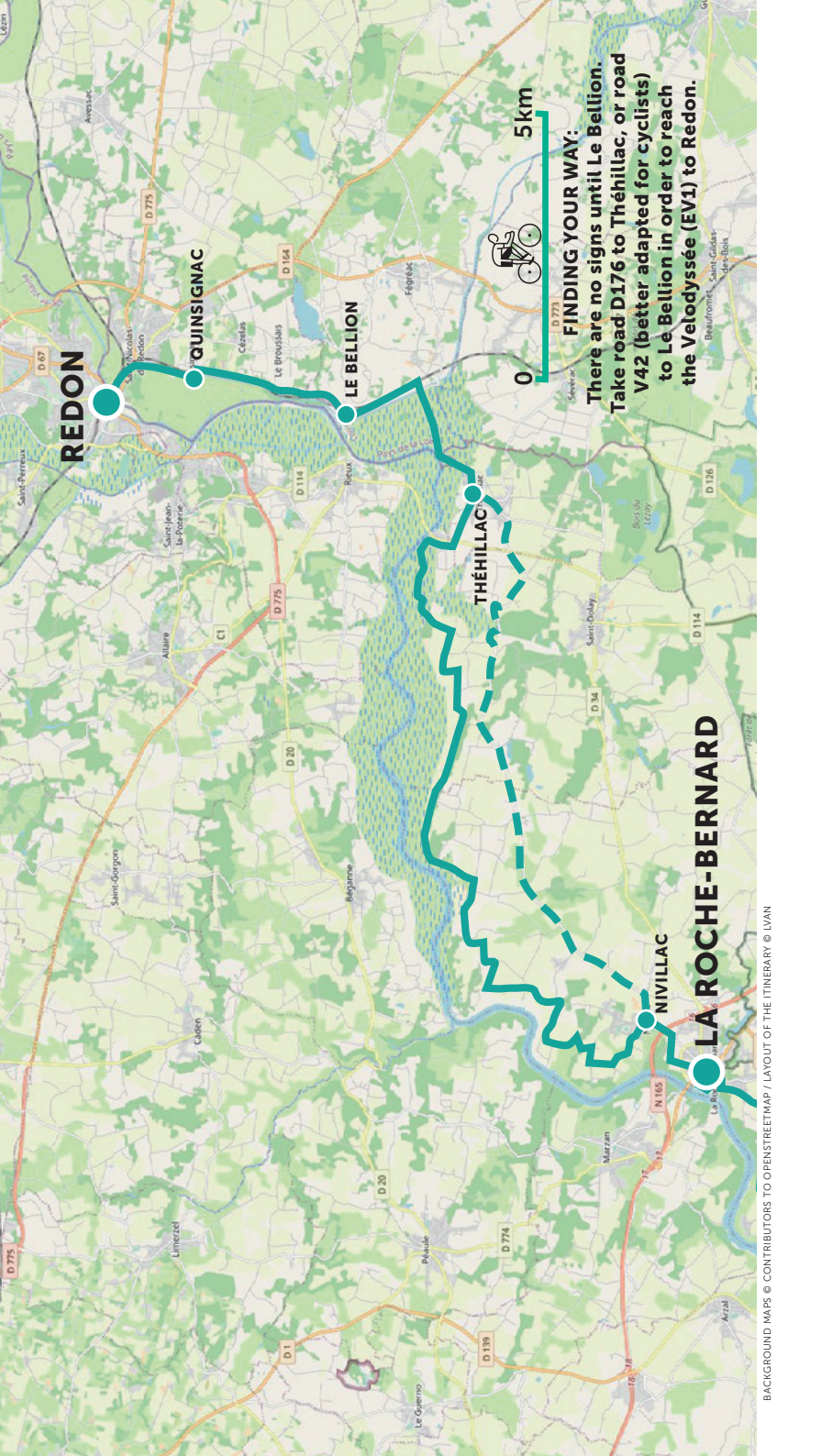
L'Annexe du port, with its view overlooking the panorama.

www.cafelannexe.fr

ARRIVING / LEAVING



The closest train station to Nivillac is in Malansac, 16 km away.



REDON

QUINSIGNAC

LE BELLION

THÉHILLAC

LA ROCHE-BERNARD

FINDING YOUR WAY:

There are no signs until Le Bellion.
Take road D176 to Théhillac, or road
V42 (better adapted for cyclists)
to Le Bellion in order to reach
the Velodyssée (EV1) to Redon.

LA ROCHE- BERNARD / REDON → 36.02 km

STAGE 3
PÉNESTIN /
REDON
→ 58.12 km

“With its old port, stunning view of the Vilaine River, and maze of tiny streets, La Roche-Bernard is a paradise of both zigs and zags.”

The kind that might make you pleasantly dizzy – but nothing that will slow you down from reaching Nivillac where, after passing the church, you’ll continue straight ahead. A few metres further, turn left onto D176 – a rather calm *départementale* road – to reach Théhillac.

This is the itinerary we tested out, but regional roads being what they are, it may not be suitable for everyone. And, even though there are, as yet, no signs until Le Bellion, we advise you to contact the La Roche-Bernard tourist office: it offers an exclusive map dedicated to this very road so that no one loses their way on this section of the circuit (please see dotted itinerary).

Once in Le Bellion, you’ll reach *La Vélodyssée* – and, more importantly, the Nantes-Brest Canal, which is synonymous with a smooth landing in Redon, a small town that has all the makings of a big one, that sits at the crossroads of the Western waterways and the Nantes-Brest Canal where the Channel meets the Atlantic Ocean.



PORT OF REDON © ARNAUD BÉNUREAU / LVAN

SLEEPING

REDON

La Madeleine

4 guest rooms in a house dating back to the late 19th century. You’ll appreciate the calm of the garden where grapevines, as well as apple and pear trees grow side by side.

<https://mlamadeleine.com>



STAGE 4 REDON / RENNES → 94.34 km

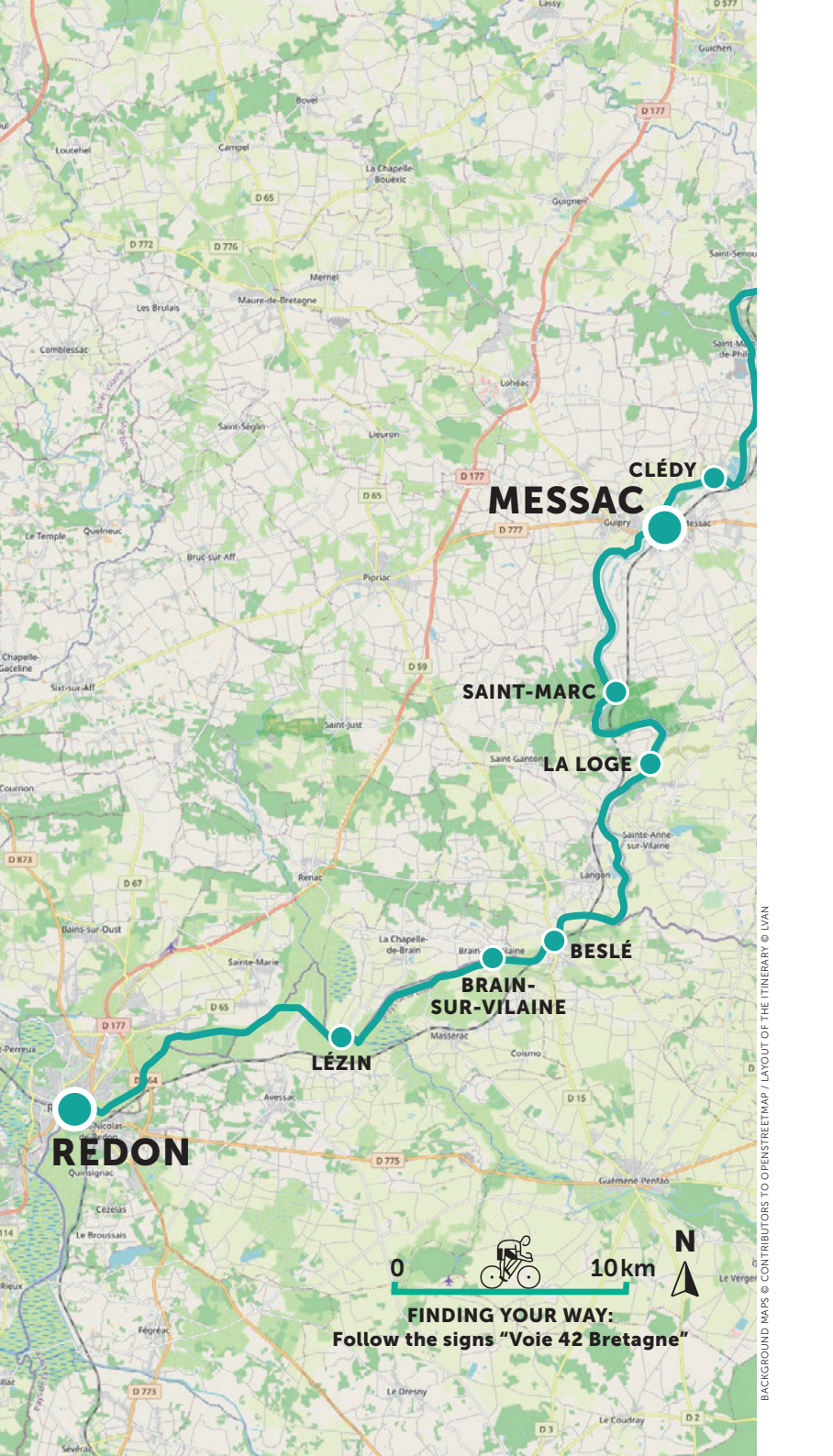
“It’s hard to miss the finish line, which stands there like a totem: Roazhon Park, the green rectangular pitch and home to *les rouges et noirs* of Stade Rennais FC.”

From Redon to Rennes, the paths of the Vilaine Valley will speed beneath your tires – which should be safe from harm since the regional government had the good sense to set up repair stations all along the way!

Even if it’s impossible to get lost here, you must follow Voie 42 Bretagne – and make sure to enjoy the landscapes... Here too, it’s hard to miss the finish line, which stands there like a totem: Roazhon Park, the green rectangular pitch and home to *les rouges et noirs* of Stade Rennais FC.

Then, without a moment to lose, head straight into the heart of Brittany’s capital, with its traditional timber-framed houses, the Parliament of Brittany and the Thabor gardens – all of which combine perfectly with contemporary architecture by Jean Nouvel and Christian de Portzamparc.

Both dynamic and cultural, you can enjoy Rennes by bike at whatever speed you wish.



REDON

LÉZIN

BRAIN-SUR-VILAINE

BESLÉ

LA LOGE

SAINT-MARC

MESSAC

CLÉDY

0 10km



FINDING YOUR WAY:
Follow the signs "Voie 42 Bretagne"

REDON / MESSAC → 43.18 km

STAGE 4
REDON /
RENNES
→ 94.34 km

“If you want to leave Redon, whatever you do, do not return to the Nantes-Brest Canal! Do it, and you may never reach the high point of this Modern Journey through an old Land: Le Mont-Saint-Michel.”

If you want to leave Redon, whatever you do, do not return to the Nantes-Brest Canal! Do it, and you may never reach the high point of this *Modern Journey through an old Land: Le Mont-Saint-Michel*.

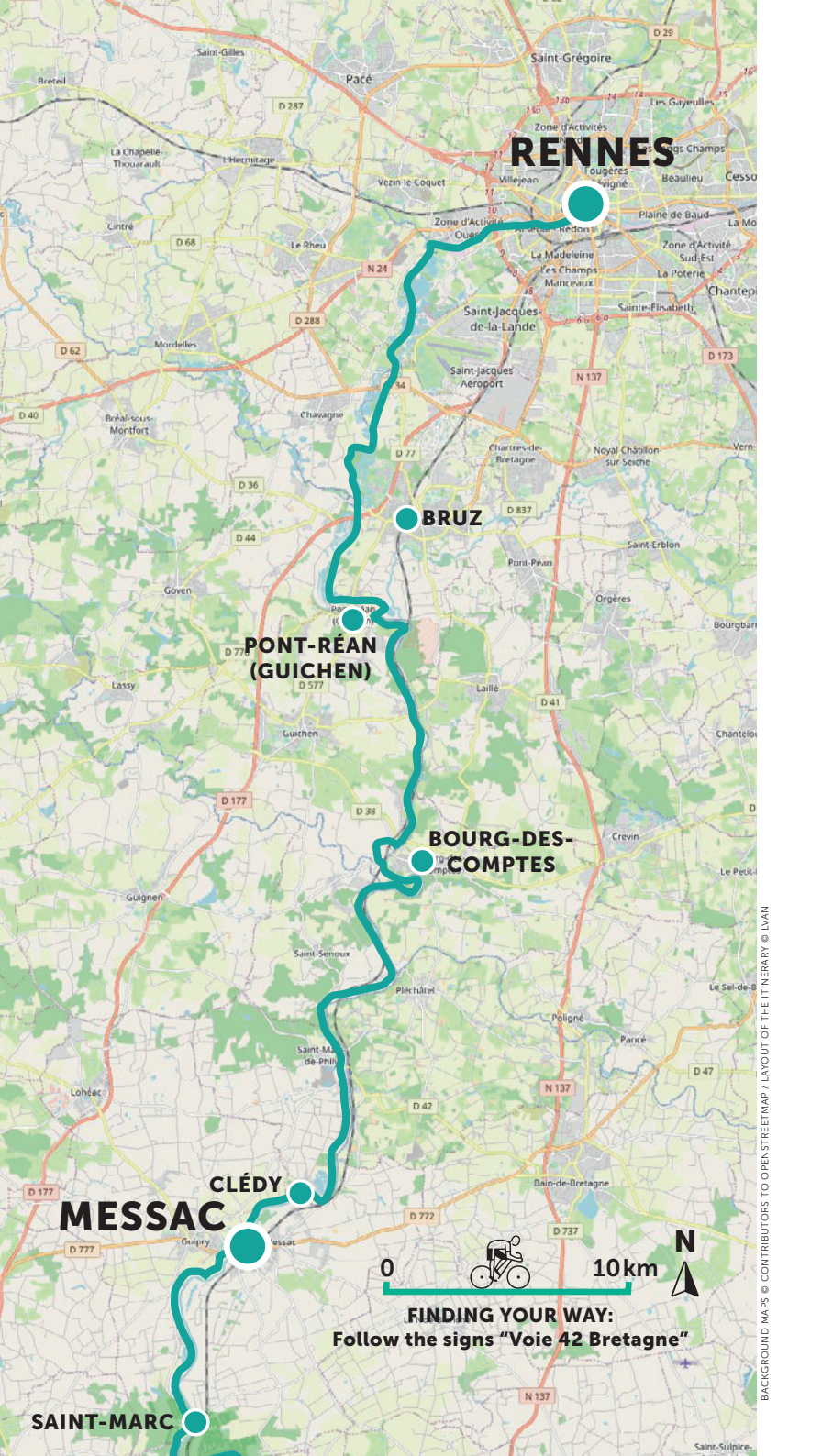
Instead, follow the clearly indicated path along the Vilaine River and drift along to Brain-sur-Vilaine, a must-visit stop, where bicycles are always welcome at Roul'Vilaine: a bike rental shop in Pays de Redon. This route is flat and varied enough to never fall into the monotony that can be typical with this kind of circuit.



LANGON © ARNAUD BÉNUREAU / LVAN



CHEVAIGNÉ, ALONG THE CANAL D'ILLE ET RANCE © ARNAUD BÉNUREAU / LVAN



RENNES

BRUZ

**PONT-RÉAN
(GUICHEN)**

**BOURG-DES-
COMPTES**

CLÉDY

MESSAC

SAINT-MARC



**FINDING YOUR WAY:
Follow the signs "Voie 42 Bretagne"**

MESSAC / RENNES → 51.16 km

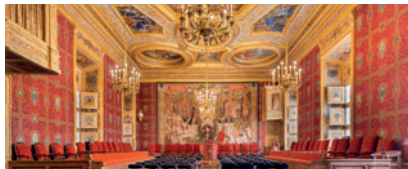
STAGE 4
REDON /
RENNES
→ 94.34 km

“Don't forget to turn left at Pont-Réan bridge in the towns of Bruz and Guichen in order to cross the river.”

For the next leg of your journey, you'll want to keep the same (calm) pace to match the same (calm) landscapes. Keep heading straight. Along the way, you might be surprised to see an abundance of miniature houses.

Along the Vilaine River, you'll find countless tiny homes made either from a mishmash of materials, or meticulously built. Their lucky inhabitants appear to embody the perfect image of a happy life along the water. Don't forget to turn left at Pont-Réan bridge in the towns of Bruz and Guichen in order to cross the river.

And now, Rennes is all yours. The calm of the countryside suddenly gives way to the energy of the city.



THE PARLIAMENT OF BRITTANY © MARTIN ARGYROGLO / LVAN



RENNES © MARTIN ARGYROGLO / LVAN

ALONG THE CIRCUIT

RENNES

Le Marché des Lices

France's second largest market. Any visit to its unique atmosphere has to end with a bite of the local street food: the famous galette-saucisse.

The Parliament of Brittany

Come visit this 17th century emblem of Breton heritage and admire the gilded ornaments and sculpted ceiling of the Grand'Chambre.

Le jardin du Thabor

This former monastic garden was renovated in the 19th century, and combines a French-style garden, an English-style park, and a rose garden with more than 2,000 varieties.

FIRST AID FOR YOUR BIKE

La Petite Rennes

A volunteer-based association for DIY bike repair. By appointment only.
www.lapetiterennes.org

SLEEPING

Garden Hôtel

Stay in a hotel or apartment. This establishment has been awarded the EU Ecolabel, it's located near the train station – and it's "bike friendly"!
www.hotel-garden.fr

HAVE A DRINK / EATING

Citron

Have a drink and a bite to eat while your bike is being repaired.
www.velocitron.fr

Le MeM

Located on the banks of the Vilaine River, this guinguette offers refreshments – and it has its very own bike parking lot!
www.lemem.fr

Coquille

Generous, flavourful cuisine that respects seasonal agriculture.
www.coquille-rennes.fr

Origines

A bistro, microbrewery and bar, all rolled into the former Hôtel-Dieu hospital in the city centre.
<https://origines-rennes.fr>



STAGE 5 RENNES / SAINT-MALO → 121.95 km

“And what if the Far West was actually Voie 42 Bretagne...?”

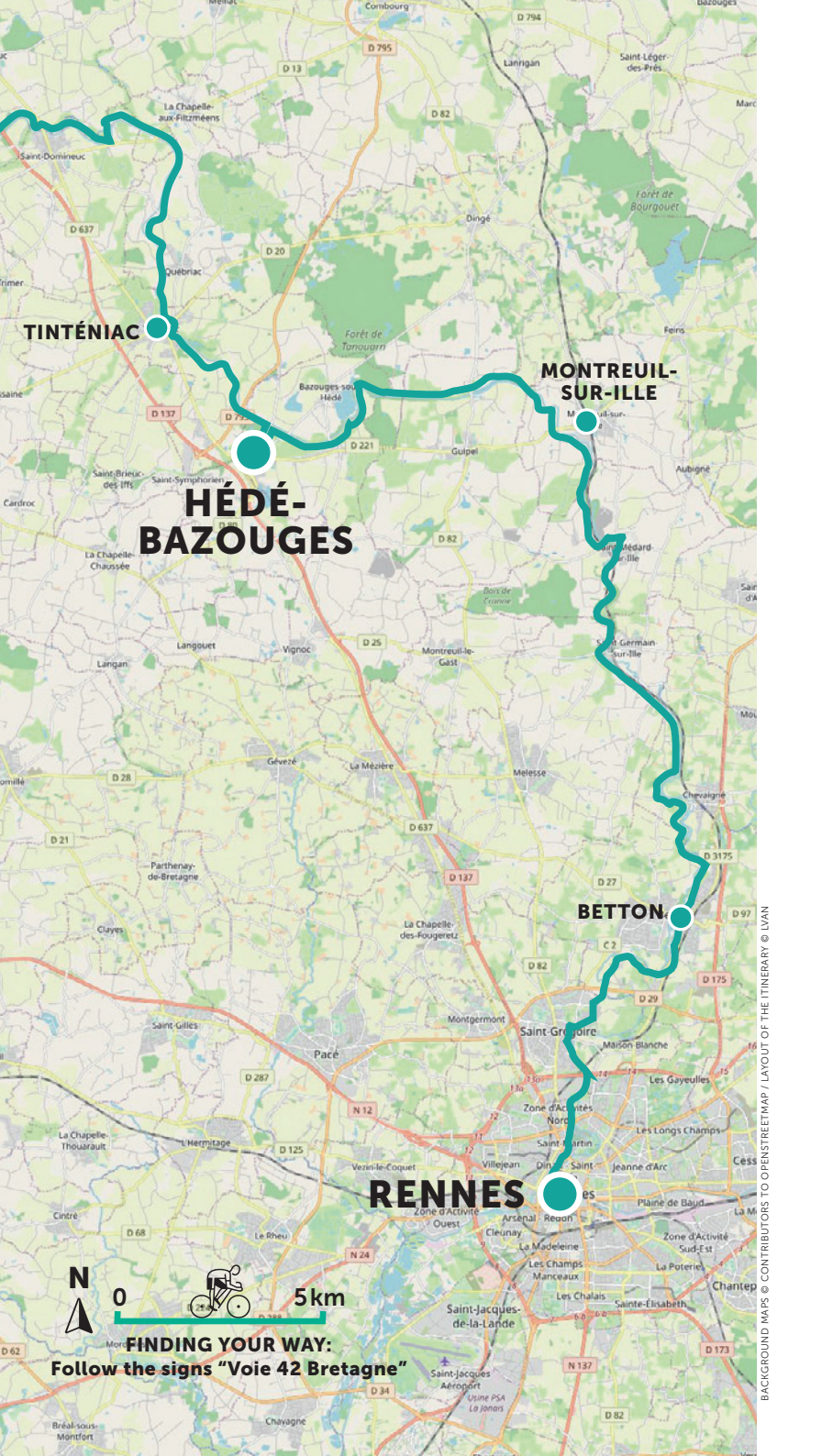
This new chapter in the Modern Journey could be called “How the West Was Won” – with an equally breathtaking script.

From Rennes to Saint-Malo, the main actor of this open-air road movie is the Canal d’Ille-et-Rance.

And even if it’s visible from the opening shot to the end credits, its profile changes so often that this voyage is more than a stroll in the park – it’s an ode to freedom.

And what if the Far West was actually Voie 42 Bretagne...? Action, and full speed ahead to Saint-Malo: a finale of stone buildings and fortifications, where tales of adventure and conquest abound.

Robert Surcouf, Jacques Cartier or Chateaubriand will be your illustrious seafaring companions.



TINTÉNIAC

MONTREUIL-SUR-ILLE

HÉDÉ-BAZOUGES

BETTON

RENNES



0 5km



**FINDING YOUR WAY:
Follow the signs "Voie 42 Bretagne"**

RENNES / HÉDÉ-BAZOUGES → 43.40 km

STAGE 5
RENNES /
SAINT-MALO
→ 121.95 km

“All along the way, there will be fishing, walking, running, chatting... In a word: life!”

To leave Rennes, nothing could be simpler: follow the Vilaine River and high-tail it down the towpaths alongside Canal d’Ille-et-Rance.

As you ride, and the chirping birds cheer you on, you’ll most likely find yourself indulging in the (necessarily subjective) act of classifying the canal locks in order of beauty. (In Hédé-Bazouges, we’ve counted eleven of them.)

All along the way, there will be fishing, walking, running, chatting... In a word: life! And the best part of this itinerary is that you can switch from one bank to the other to your heart’s content.



HÉDÉ-BAZOUGES © FRANCK TOMPS / LVAN



BETTON © ARNAUD BÉNUREAU / LVAN

SLEEPING

HÉDÉ-BAZOUGES Ille Flottante



Find one-of-a-kind accommodation along Canal d’Ille-et-Rance... along the water, in former horse stables, or in an old ship that has run aground in the middle of a prairie.
www.illeflottante.com

EATING

Betton’s market

Created in 1972, Betton’s market is home to over 110 stands every Sunday morning. Your shopping bags will runneth over...

ARRIVING / LEAVING

 The closest train station to  Hédé-Bazouges is in Dingé, 7 km away.

SAINT-MALO



BAS-SABLONS

LE ROSAIS

SAINT-ELIER

SAINT-JOUAN-DES-GUÉRET

SAINT-SULIAC

LE CLOS DOUET

PLESLIN

PLOUËR-SUR-RANCE

LAUNAY

DINAN

LÉHON

ÉVAN

TINTÉNIAC

HÉDÉ-BAZOUGES



0 5km



FINDING YOUR WAY:
Take "Voie 42 Bretagne" towards Pleslin, then the "Vélomaritime" (EV4) to Saint-Malo

HÉDÉ-BAZOUGES / SAINT-MALO → 78.55 km

STAGE 5
RENNES /
SAINT-MALO
→ 121.95 km

**“From here on in,
you will see a series
of life-sized postcards.”**

Here, your *Modern Journey* will continue to along the same lines: flat, gently paced, and relaxed. But, despite the clear delight of riding alongside the canal, you'll find final stretch of this leg to be full of surprises. Like when, after a long straight line, the town of Léhon proudly puffs out its chest. (And, deservedly so!).

Léhon has been awarded the label “Petite Cité de Caractère de Bretagne®” and merits a stopover. Its Abbaye Saint-Magloire sits on the crossroads where Jean-Jacques Annaud's *The Name of the Rose* meets *Harry Potter*. You will feel like you're in another era, guaranteed. From here on in, you will see a series of life-sized postcards: Dinan's port, Saint-Suliac – listed among the “Most Beautiful Villages in France” – with its Mount Garrot, which requires an extra effort on your legs, and obviously Saint-Malo, the “corsair city” *par excellence*.



PLOUËR-SUR-RANCE. L'ART AU FIL
DE LA RANCE © FRANCK TOMPS / LVAN



SAINT-MALO © ALEXANDRE LAMOUREUX

ALONG THE CIRCUIT

PLOUËR-SUR-RANCE

L'Art au fil de la Rance is an itinerary of *in situ* artistic installations, inviting you to discover the remarkable architectural and natural heritage sites on the banks of the Rance.

SAINT-MALO

Atelier de la crêpe

A lively spot, filled with delicious food and regional pride. Here, you will discover a love of Breton heritage, with workshops introducing you to everything you wanted to know about galettes and crêpes.

www.ateliercrepe.com

SLEEPING

SAINT-MALO

Hôtel Ascott

Since 1910, this hotel has welcomed guests to the heart of the Saint-Servan district (a short bike ride from Saint-Malo's fortifications). The owners will take care of your bike as if it were their own.

www.ascotthotel.com

Les Charmettes

An hôtel de charme with a view of the sea, bearing the bike friendly “Accueil Vélo” label.

www.hotel-les-charmettes.com

HAVE A DRINK / EATING

LÉHON

Le Café éphémère

Set up inside the former vicarage of Abbaye Saint-Magloire, this is clearly the place to be... In the shade of centuries-old stones, no less!

SAINT-MALO

Comptoir BREIZH Café

A genius idea: mixing Breton tradition and Japanese decor. The 6 rue l'Orme address is better adapted to bikes.

<https://breizhcafe.com/fr>



STAGE 6

SAINT-MALO / LE MONT- SAINT-MICHEL

→ 69.65 km

**“it isn’t only arriving
at Mont-Saint-Michel
that counts... but the
path taken to reach this
World Heritage site.”**

The end of the *modern Journey through an old Land* is now in sight. Mont-Saint-Michel is almost within reach.

In spite of nearing the finish line (a finish line unlike any other!), take the time to appreciate these last kilometres to really make this trip unforgettable.

Once more, you can count on a perfectly delineated and secured bike route (protected from the endless line of cars...) to truly admit that it isn’t only arriving at Mont-Saint-Michel that counts... but the path taken to reach this World Heritage site.

At the top of the mount, the abbey is a masterpiece of architecture that is yours to discover... on foot!

The Channel

Mont-Saint-Michel Bay

SAINT-MALO

SAINT-COULOMB

CANCALE

SAINT-MÉLOIR DES-ONDES

SAINT-BENOÎT DES-ONDES

LE VIVIER- SUR-MER

LE BEC A L'ÂNE



0

5km

FINDING YOUR WAY:
Follow the signs "Vélo maritime" (EV4)

SAINT-MALO / LE VIVIER- SUR-MER → 40.30 km

STAGE 6
SAINT-MALO /
LE MONT-
SAINT-MICHEL
→ 69.65 km

“If it rains a lot at night, the day will be lovely.”

According to local saying we heard at the foot of Saint-Malo's fortifications, “If it rains a lot at night, the day will be lovely.” But this is quickly revealed to be untrue... Whatever the weather conditions, the first part of this circuit moves quietly towards Cancale, famous since the dawn of time for its oysters and shellfish that can be enjoyed without even getting off your bike.

Here, two-wheeled travellers no longer surprise anyone. You'll need to use your calves to get out of the port, where you'll be rewarded with flatter ground and the English Channel.



SAINT-MALO, BREAKWATERS © SAINT-MALO TOURISME



CANCALE © ARNAUD BÉNEURAU / LVAN

ALONG THE CIRCUIT

SAINT-MALO

Grande Plage du Sillon

A 3-kilometre-long beach of white sand, and a magnificent promenade alongside the dyke, with its seaside villas.

DETOUR: CANCALE

Ostreika

Discover the secrets of the Cancale's oysters in the bay's oyster beds. The guided tour (90 mins) ends at the foot of the oyster market – one-of-a-kind in France.

www.ostreika.com

EATING

CANCALE

Oyster market

Throughout the year, oyster farmers sell the fruit of their labour for you to take home or eat on the spot. For the less adventurous and less equipped, they'll even open them for you. Enjoy them with a view of Mont-Saint-Michel.
www.marcheauxhuitres-cancale.com

ARRIVING / LEAVING



The nearest station for Vivier-sur-Mer is in La Fresnais, 5 km away.



LE MONT-SAINCT-MICHEL

Baie du Mont-Saint-Michel

Mont-Saint-Michel Bay

CANCALE

SAINCT-BENOÎT-DES-ONDES

VILDÉ-LA-MARINE

LE VIVIER-SUR-MER

LE BEC A L'ÂNE

LA SALINE

ROZ-SUR-COUESNON

LA RUE

LES CRICHES

LA CASERNE

PONTORSON



FINDING YOUR WAY:
Follow the signs "Vélo maritime" (EV4)

LE VIVIER- SUR-MER / LE MONT- SAINT-MICHEL → 29.35 km

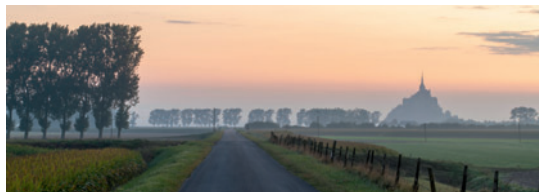
STAGE 6
SAINT-MALO /
LE MONT-
SAINT-MICHEL
→ 69.65 km

“Then it’s time to return to normal life, with your bike bags spilling over with memories and images.”

Mont-Saint-Michel is there. It’s always there. Somewhere. It appears, it disappears. Moving ever closer, its presence suddenly energizes you for these final kilometres between land and bay.

Cats, dogs, sheep, and even cows will watch you from the sidelines, wondering why you’re interrupting the calm of their day by taking their photo.

At the end of this journey stands the Abbaye du Mont-Saint-Michel, offering a breathtaking view of the vast bay below. And then it’s time to return to normal life, with your bike bags spilling over with memories and images.



LE MONT-SAINT-MICHEL © MARTIN ARGYROGLO / LVAN



MONT-SAINT-MICHEL ABBEY © MARTIN ARGYROGLO / LVAN

ALONG THE CIRCUIT

ROZ-SUR-COUESNON

The belvedere here offers a magnificent view of the polders and the Bay of Cancale, all the way up to the isle of Mont-Saint-Michel.

LE MONT-SAINT-MICHEL

Mont-Saint-Michel Abbey

One of the most outstanding examples of religious and military architecture from the medieval period.

EATING / SLEEPING

LE MONT-SAINT-MICHEL

La Mère Poulard

Discover traditional French cuisine with “Mère Poulard” and her omelettes, which have taken on a mythical status over time. You can sleep there, too!
lamerepoulard.com

SLEEPING

LE MONT-SAINT-MICHEL

Les terrasses Poulard

<http://terrasses-poulard.mont-st-michel.hotels-fr.net/fr/>


EATING

LE VIVIER-SUR-MER

La Dégustation Tonneau

Enjoy oysters and mussels (depending on the season) direct from the farmers themselves.
58 Bis Rue de la Grève

GO BACK

 Pontorson is the nearest train station to Mont-Saint-Michel. This adds little more than 10 kilometres to the initial itinerary. But what’s 10 more kilometres to *A Modern Journey’s* 500?

NOTES

A series of horizontal dashed lines for writing notes.



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EDITING: LE VOYAGE À NANTES / ARNAUD BÉNUREAU
ABOVE PHOTO: MONT SAINT MICHEL BAY © MARTIN ARGYROGLO / LVAN

Nantes, Saint-Nazaire,
La Baule, Rennes, Saint-Malo,
to the Mont-Saint-Michel

A MODERN JOURNEY THROUGH AN OLD LAND



FIND ALL THE INFORMATION YOU'LL NEED ON:
WWW.VOYAGE-EN-BRETAGNE.COM



saint-nazaire
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DESTINATION
SAINTE-MARIE
SAINT-MALO
BAIE DU MONT-SAINT-MICHEL