

The Emerald Coast

Hotel-to-hotel lower independent cycling

- Fabulously varied, mostly flat pedaling along virtually traffic-free routes - ideal for first timers or novice cyclists!
- Stunning poppy-fringed white beaches; undoubtedly among the finest in Europe
- Beautiful coastal paths, quiet country lanes, lots of pretty villages for relaxed lunch stops
- Traditional fishing ports, colorful sailing harbours, preserved walled towns unchanged since the Middle Ages
- Flexible routes: lots of choice to shorten/extend days to suit



It's almost impossible to resist the appeal of the spectacular Emerald Coast, with its pink granite cliffs and turquoise seas, wonderful white beaches and deserted little coves. Writers and artists, attracted by the stunning landscapes, dramatic views and vibrant Mediterranean-style colors, have been coming here for centuries, yet the region remains largely unspoilt with much of its original charm still intact. So you'll see locals with shrimping buckets wading the beaches, and fishermen cleaning out shells by hand - be sure to sample the region's signature dish: the seafood platter, piled high with shiny pink lobster, king prawn, silver oysters, scallops and clams.

The cycling routes we've chosen are mostly along uncrowded coastal paths and quiet country lanes. And, best of all, you get the most wonderful panoramic views without having to climb many hills! For much of the time, you're by the sea, with plenty of opportunities to swim from some of the most beautiful beaches in France, and on your last day, you'll pedal through the ancient Forest of Hunaudaye and have time to visit its imposing C13 château. Other highlights include the gorgeously preserved walled town of Dinan - and the Belle Epoque seaside resort of Dinard that feel barely changed since the Middle Ages.

Throughout your trip, you'll be staying in friendly, family-run hotels ranging from a lovely C16 manor house to a modern ★★★ riverside hotel, with pool, on the banks of the Rance.



THE EMERALD COAST | DAY BY DAY



Day 1 Arrive at Lamballe

Your holiday starts at M. Jamin's C16 manor house in the countryside just 3kms/2mi outside the market town of Lamballe. With only 15 rooms, it's a lovely intimate place to stay. The inner courtyard opens up on to beautifully kept gardens and elegant terrace for *al fresco* dining on fine summer evenings.

Day 2 Lamballe to Sables d'Or-Les-Pins 37km/23mi

Really gentle cycling today as you head first along quiet country lanes then out to the coast and the lively sailing resort of Pléneuf-Val-André. The deserted white sandy beaches here are simply gorgeous so make sure that you take your swimming things with you! There are also some excellent ocean-facing restaurants for a long seafood lunch. Lovely flat beachside trails to the sleepy seaside village of Sables d'Or-Les-Pins where your hotel is just 200m from the sea.

Day 3 At Sables d'Or-Les-Pins

Relax on the beach or follow our easy 20km/12mi circular cycling route taking in the Cap Fréhel lighthouse and the famous C14 feudal stronghold of Fort de la Latte. Perched on a rocky promontory above the sea, it occupies one of the finest settings in northern France, and it's easy to see why it's been used on numerous film sets. A climb up to the gallery at the top of the tower will reward you with magnificent views – out right across the ocean to Jersey on a clear day.

Day 4 Sables d'Or-Les-Pins to Dinard 53km/33mi

Today's route starts by gentle peddaling through pretty farming hamlets - wonderful views across the Baie de la Fresnaye. Stop for a coffee perhaps in the bustling market town of Maignon then on via the popular yachting village of Lancieux – impressive square bell tower capped by a dome and lantern turret – and on to gorgeous St Briac where Debussy composed his major work "The Sea". The final stretch takes you to our hotel in the seaside town of Dinard.

Day 5 At Dinard

Once a sleepy fishing village on the estuary of the Rance, the English transformed the town into one of the most famous and upmarket resorts in Europe. Although a little quieter now, it has not lost any of its charm and many of the "Belle Époque" villas have become historic monuments. Walk out to the Pointe des Étrêtes for views of the off-shore islands, or take a 10-minute ferry across the bay to St Malo and lose yourself in the narrow cobbled streets within the *Intra Muros* (fortified walls) of the ancient city.

Day 6 Dinard to Dinan 32km/20mi or 41km/26mi

A complete change of scene today as you cycle inland and follow the banks of the river Rance. You'll feel like you're taking a trip back in time as you pass sleepy hamlets, forgotten fishing ports and postcard pretty St Sauliac, officially rated as *un des plus beaux villages en France*. Lunch at the lovely sailing port in St Hubert then along the towpath - wonderfully flat! - to Dinan. Our hotel here overlooks the river and picturesque port, and has a lovely outdoor swimming pool if you fancy a dip.

Day 7 At Dinan

This beautifully preserved ancient walled town, with riverfront port and picturesque half-timbered buildings, is an absolute gem. Wander round the marvellously restored ancient squares, visit the imposing C13 castle (with dungeon!), admire the flamboyant Gothic basilica and stroll the lovely cobbled streets packed with authentic artisan workshops. Lunch perhaps in the bustling Place des Merciers where pretty triangular-gabled houses are further examples of Dinan's exceptional architectural heritage, then in the afternoon, perhaps follow our 10km/6mi leisurely cycle route inland to the pretty village of Évran.

Day 8 Dinan to Lamballe 45km/28mi or 49km/30mi

First stop today is the picturesque little village of Léhon then on through quiet farming villages to the impressive 13C Château de la Hunaudaye. The ruins of this huge château date back over 800 years, yet the 5 majestic towers are still in good condition and are surrounded by water-filled moat. It's gentle, flat cycling through the forest back to Lamballe where you can relax in the gardens and enjoy a celebratory drink before dinner – a *Kir Breton* (cassis and cider) maybe?

Day 9 Leave Lamballe



Dates and Prices

Departs every two days Tour Only

| 2012 departures | Tour Only |
|------------------------------|-----------|
| May 13-25, Sep 12-20 | \$2,779 |
| May 27-31, Jun 8-12 | \$2,812 |
| Sep 2-10 | \$2,812 |
| Jun 2-6, Jun 14-Jul 8 | \$2,869 |
| Aug 29-31 | \$2,869 |
| Jul 10-Aug 27 | \$2,941 |
| Child (any dates, see notes) | \$1,865 |

Singles: Add \$57 per night (2 nights will be in a single room; 6 nights will be sole occupancy of a double room).

Child: Over 2 and under 12, sharing with 2 adults.

Room upgrade: Prices from \$13 per person, per night, based on 2 sharing.

Holiday type: Independent cycling, hotel-to-hotel, no minimum group size.

Departs: Every two days from May 13 to Sep 20.

Duration: 9 days (8 nights).

Meals: Continental breakfast and 6 evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Paris CDG Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

The above prices include our standard transfers: Lamballe train station at 18:28 Mon-Fri, 18:39 Sat, 18:01 Sun, (transfer to hotel, 15 mins, provided). **Return:** Lamballe train station by 09:48 Mon-Fri, 09:48 Sat & 09:51 Sun (transfer provided).

Rail options: Paris Montparnasse to Lamballe (via Rennes) 15:05/18:21 Mon-Fri, 15:05/18:09 Sat, 15:05/17:58 Sun. **Return:** Lamballe to Paris Montparnasse (via Rennes) 09:52/13:28 Mon-Fri, 09:52/13:26 Sat & Sun.

Second Class French Rail: Add \$264 per person, round trip.

First Class French Rail: Add \$483 per person, round trip.

Tour only: Transfers included from Lamballe train station at 18:21 Mon-Fri, 18:09 Sat, 17:58 Sun and back to Lamballe train station departing hotel at 09:15.

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THE EMERALD COAST | WHERE YOU STAY



Le Manoir des Portes
★★
Lamballe
Days 1+8



Hotel de Diane
★★★★
Sables d'Or-Les-Pins
Days 2+3



Hotel Pritania
★★★★
Dinard
Days 4+5



Hotel Jerzual
★★★★
Dinan
Days 6+7

For extra nights we recommend Lamballe and Dinan.