

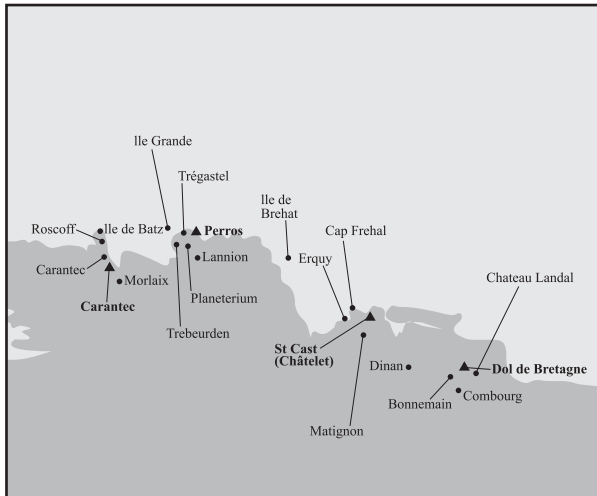
# Dol-de-Bretagne & St Cast Regional Activity Guide

This guide provides details about the various outdoor activities you can enjoy whilst on holiday with Canvas.

Our customer researched walking, cycling and fishing information will help you find some of the area's most beautiful spots.

They detail route information, what to look out for, terrain, start/finish points, where to hire bikes, where to buy bait and so on - all the information at your fingertips. The golf information gives details about some of the area's finest courses.

Canvas Active ... something for everyone



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## Cycling Routes

Our thanks go to Bill and Diane Kembery and the Evans family who carried out the research, and supplied us with the information for these routes. Please note that all information is correct at the time of research. We recommend that you obtain a large scale map of the area to accompany the routes detailed here.

### Cycling in France Guidelines

#### What type of bike do you need?

The most common choice is between a mountain bike (referred to as VTTs in France) and a hybrid bike (VTC). The hybrid bike will suit riding on any hard surface and will probably be more comfortable. It is important that the bike fits you correctly because if not, the longer you ride it, the more uncomfortable you will be. Cycle hire is available at many tourist offices, and from around 30 French railway stations.

#### Guidelines on bike hire

1. Sit on the saddle and your feet should just be able to touch the ground with your toes stretched down.
2. From the same position, with a pedal at the bottom of its stroke, put the ball of your foot on the axle of the pedal and straighten your leg. Your heel should be below the level of the pedal.
3. Rest your elbow just in front of your hipbone with your hand and arm level. The tips of your fingers should just touch the handlebars.
4. Is the saddle comfortable? If not, it may be possible to get it changed for a more comfortable one.
5. Do you need to carry anything? Is a basket or luggage rack provided, or do you need to carry a child in a child seat? All these can be fitted.
6. A puncture is the most frequent bike breakdown that can occur. You need:
  - A spare inner tube.
  - A pump to re-inflate the tyre with a connection that fits the tube valve.
  - Quick release fastenings on wheels or spanner to release the wheel nuts.
  - A set of tyre levers to take off the tyre.
7. Try the brakes & make sure they work. Check the tyres are inflated hard.
8. Make sure you know how to change the gears using both the front changer for the chain wheels and the rear changer for the wheel sprockets. Do they change smoothly over the chain wheels (either 2 or 3) there should be at least 5 and up to 8 sprockets.
9. Remember the hirer just wants to hire bikes as quickly as possible so it's up to you to check these points yourself.

## French Map Guidelines

Similar regulations apply to those for Great Britain except that you ride on the right side of the road. You must use cycle paths whenever available.

- Major routes are marked in red. These are best avoided as have much traffic.
- Secondary routes are marked in yellow. Most of these are suitable for cycling, but will have steady traffic.
- Minor roads are marked in white of various widths shown with two solid (not dashed) parallel lines.
- Unpaved or semi-paved roads are marked in white shown with a solid line on one side and a dotted line on the other. You rarely see traffic on these.
- Designated cycle routes are marked with a solid red line. But, many bike trails actually still show as small roads or hiking trails.
- Hiking trails are marked with a black dotted line. France has an extensive national network of hiking (Grande Randonnée) trails identified by the prefix "GR" plus a number. They're marked by red and white blazes, but not always reliably. A red and white symbol "X" means you've taken a wrong turn. Most of these trails can be used by a mountain or hybrid bike, but be considerate to the walkers.
- Scenic routes are marked by a green stripe beside a road. If a larger yellow road gets the scenic designation, the unmarked smaller roads nearby will be just as attractive, and offer quieter cycling.
- The Michelin maps tend not to be as good as the ordnance survey maps as they do not show as much detail or contour lines.
- The standard IGN maps offer twice the detail of Michelin. (Scale 1 cm = 1 km.) They show some of the smallest paved roads, which are missed by Michelin, which can be particularly fun for biking.
- IGN série bleue maps have four times the detail of the standard IGN maps. (Scale 4 cm = 1 km.) Elevations are frequently given and contour lines help you evaluate the topography.
- Transportation of cycles on a support fixed to the rear of the vehicle is permitted provided the lights and registration plates of the vehicle are not obstructed.

## Don't Forget

French bike brakes are the opposite way round to British bikes i.e. back on right, front on left.

- If you're travelling off the beaten track, remember to take plenty of food and water with you.
- Wearing a helmet is compulsory.
- Wear plenty of sunscreen.
- Remember to take picnic and swimming things with you.
- It is advisable to carry a pump, inner tube patches/spare tube and tyre levers.
- It is advisable to take a bike lock with you.
- It is advisable to secure a map carrier on the front of your bike to avoid having to stop so often.
- The X sign for crossroads seems to be used for any minor junction.
- Water bottles can be filled up in churchyards. The water there is from the town/village supply and is potable (drinkable).
- In hot weather you should drink plenty water on a regular basis before you get thirsty.
- Even on hot days, cycling is cooling as you create your own breeze as you ride along, especially on still days.
- Most shops close for lunch from 12.00 or 12.30 until 14.00 at the earliest.
- Most signposts are at the actual junction, not 50 yards from the junction.

## Useful Cyclists' Phrases

Je voudrais louer un vélo	I'd like to hire a bike
Chaussée Déformée	Rough Surface
Chaussée Glissante	Slippery Surface
Priorité à la Droite	Give way to right
Route Barrée	Road closed
Sens Unique	One Way
Sauf Riverains	Motor vehicles prohibited, access for residents, cyclists and walkers.
Sauf cyclistes	Prohibited except for cyclists

For more Useful Phrases see your Canvas Holiday Guide.

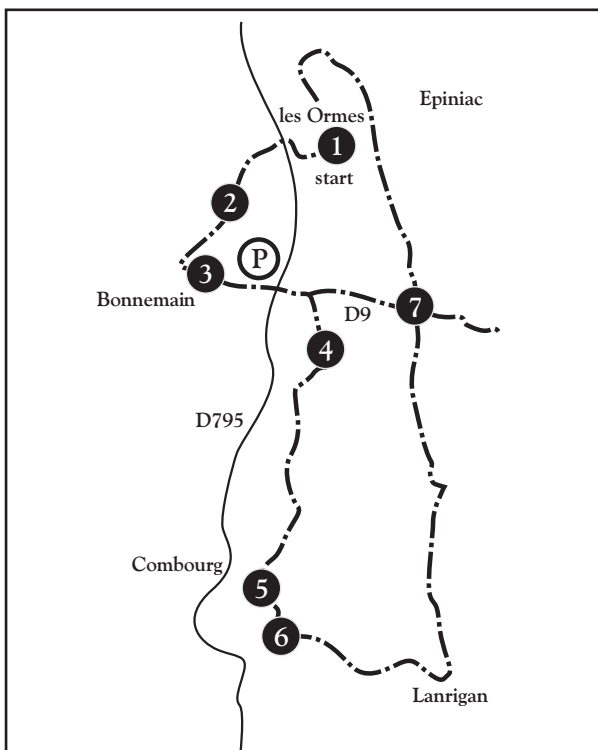
## Route One up to 21mils/34km (up to 4hrs)

### The Chateaux Combourg and Lanrigan

This route leaves from the entrance of Camping des Ormes. It is an enjoyable ride through rural France. Cycle along quiet roads and through pretty villages to see two contrasting chateaux.

*"It is well worth taking time to stop off and explore the town, church and château of Combourg."*

Bill Kembery, Blackburn.



#### Route Description

**1** Leave the campsite through the main entrance, turn right down the main road and go first left towards Bonnemain. Continue along this road until the road swings left, after an electricity tower.

**2** At the junction, turn right to Bonnemain. The road eventually climbs a short hill and crosses the railway before entering the village. Go past the church, then turn left on the D9 in front of the pharmacy, follow to Cougan, passing a garage on the right.

**3** Go straight over the level crossing. At the road junction go straight across (SP Cougan), then at the next crossroads turn right (SP Lormais).

**4** Keep right as a road joins from the left and bends round into Lormais. Pass the pretty church on the left and at the war memorial turn right. Cycle along this road as it twists left and right, go through La Charlopinais and at the next junction go left (SP Landouillère). Continue along this straight road and down the hill, then at the junction turn right. After about 100m, go under the railway - you will shortly arrive in Combourg.

**5** Go left along Avenue de Gaultière. Just before the road splits into two (opposite the entrance to Super U) you will see Ruelle des Jardins on the right which is No Entry "Sauf Riverains" (bikes can still go through). Cycle down this passageway, turning left at the end along a residential street. At a give-way sign, turn right (SP Vieux-Chatel) and as the road bears right, turn to the left (SP Lanrigan).

**6** Cross the railway and enter Lanrigan. Pass the church and at the crossroads turn left (SP D83 Combourg). Pass through La Gentière and continue straight over at the junction keeping on the D83. Continue straight on at the next crossroads to arrive at Tréméheuc. Keep right round the church and at the stop sign turn left (SP Toutes Directions). At the next stop sign cross over the road and bear right onto the C6 towards Piniac. Pass straight through La Galerie, at the give-way sign go straight on.

**7** At the next crossroads go straight on, through La Gribais. At the stop sign turn left (SP Épiac). At the main road turn left again on the D10 (SP des Ormes), passing a chapel on the right and a château on the left. Take the next left turn by the cross (SP St Leonard). Ride through the village past the front of the church and at the junction go straight ahead down Rue de l'Épine Roulier. Continue straight ahead - the road soon becomes a single-track and begins to climb and bend to the right. Keep going straight on then take a left turn up the narrow track to enter the campsite near the old cross.

#### Cycle Notes

Start Camping des Ormes, Dol de Bretagne.  
Distance 21mils/34km  
Time 4 hours  
Map IGN 1216 O 1:25 000, Dol de Bretagne  
Bike Hire Camping des Ormes  
Grade Moderate  
Terrain Quiet country lanes.  
Suitable Older children and adults

## Route Two

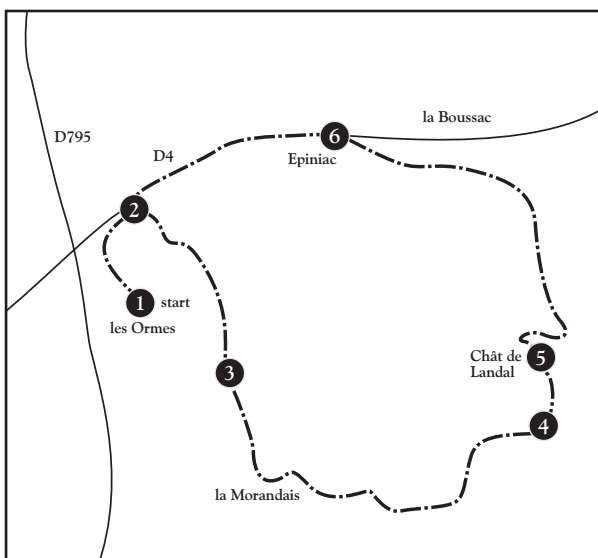
11.5mils/18km

### A Circular Ride - des Ormes to Château Landal

This route leaves from the cross at Camping des Ormes. This quiet picturesque ride has the added attraction of a visit to the fairytale Château of Landal and an attractive lake.

*"A peaceful circular ride with lovely views of the château that passes a charming shrine and some very attractive gardens."*

Bill Kembery, Blackburn.



#### Route Description

**1** Leave by the pedestrian exit from Camping des Ormes by going right from the cross and immediately left along a track, which becomes a metalled road after 50m, leading into St. Leonard. Continue past the restaurant and across the front of the church, then keep straight on to a junction, where you should turn right.

**2** The château Vilhoet can soon be seen on the right and there is a charming shrine on the left. Immediately after the château turn right on the D8 (SP Cuguen). Continue over the river and fork right (\*from here you can shorten the ride, see variation of route). Pass straight through the next junction and fork right at the next.

**3** Ride straight through La Grivais, with its attractive gardens. When you come to a junction in Le Rocher Rougeul, turn left onto an unsigned road (cycling in the opposite direction to La Chevrail). Go down the hill and keep straight on, then at the

T-junction, turn right and then first left (SP Broualan). As the road bears round to the left, cycle up the slight gradient passing between farm buildings. The remains of a double tree lined avenue, which led up to the château can be seen on the left.

**4** At the next junction turn left (SP Landal). Cycle through the hamlet of La Chevillonnais and just before the road goes to the right; turn left into La Landal and cycle up to the château.

**5** Return to the entrance of the château and follow the road round and down the hill. At the first junction turn left. Pass the white water tanks on the left, then turn left (SP La Bretonnière). Pass the ruined water mill near the bottom of the hill, and keep left (ignoring the sharp left turn). About 0.3mils/0.5km further on, keep right following the wooden sign to Epiniac and enter the village past the sports fields and the church.

**6** Turn right to arrive at the T-junction with the main road, and turn left. Go across the front of the town hall and follow the signs to Lanhélin, picking up signs for St. Leonard. Continue along for almost 2mils/3kms until you see the château and shrine you saw at the beginning of the ride, then turn left. Ride through St Leonard, past the front of the church and continue along the lane shown as "no through road", to pick up the footpath back to the campsite.

#### Variation of Route

If you wish to shorten the ride, from \* at point 2 pass through the next two junctions (Haute Porte, Bel Air) and turn right at the next junction onto track which is signposted 'Croix des Landes'. Follow the track through the woodland, carrying straight on at the cross and finally emerging at La Grivais. Ride straight through La Grivais, continuing until you reach a junction at La Cour. Turn left along a track just before the junction, this leads back into the campsite via the golf course, so caution is needed.

#### Cycle Notes

Start The cross at Camping des Ormes.  
Bike Hire On the campsite.  
Distance 11.5mils/18km.  
Map IGN 1216 O 1:25 000, Dol de Bretagne  
Grade Easy.  
Suitable All the family.  
Terrain Quiet country lanes.

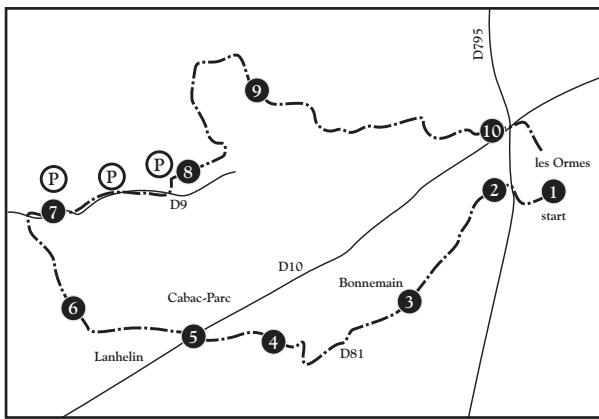
## Route Three

20mls/32km (4hrs)

### A Visit to Rural Brittany

This route leaves from Camping des Ormes. It is a delightful and quiet ride, offering a taste of real Brittany. Visit two Menhirs, a ruined Abbey, a granite sculpture garden and several chateaux.

*"A delightful cycle ride along peaceful rural roads. En-route visit an interesting menhir."* Bill Kembery, Blackburn.



#### Route Description

**1** Leave the campsite through the main entrance, turn right down the main road and take the first left towards Bonnemain.

**2** Continue along this road until the road bears left. After an electricity tower there is a junction - turn right to Bonnemain. The road climbs a short hill and crosses the railway line before entering the village. Cycle past the church and through the square. Turn left in front of the pharmacie, then right onto the D80 (SP Combourg).

**3** At the road fork go right on the D81 to Meillac. After about 1ml, you will see the Château les Etangs on the right and a lake on the left-hand side. Take the next right turn, and at the next junction turn left (SP Le Rocher).

**4** After 300m turn right, then at the farm turn left. Cycle towards Lanhelin, turning right at the T-junction to enter the village.

**5** Take the D73 towards Miniac-Morvan, turning left at the war memorial (SP Pierre de P). Cycle along the D10 for 2mls passing a granite quarry and continue straight over the next junction. You will catch a glimpse of a château on the right. At the next junction turn right (SP Tressé).

**6** Stay on this rural road until Tressé. If you want to visit the village, turn left, otherwise turn right on the D9. You will see a picnic area and sign for Les Roche aux Fées on the left. (A 150m walk leads to this interesting Menhir).

**7** Continue along the D9 to Le Tronchet, going straight over at the junction. Cross a bridge over a small lake then take the first left towards L'Eglise Abbaye (a first class picnic site in the park). Follow the road round to the right past part of the abbey (now a hotel).

**8** At the stop sign, go straight across towards Le Ville Joie. As you enter the village take a left turn towards Le Tuly. Cycle up the road passing Tuly and after about a mile take the first right on a small-unsigned road. You can see a lake on the right, with the Château de Beaufort at its head. At the Pont Allain, follow the road round to the right - keep a lookout for a Menhir in a field on the right.

**9** Continue to a junction and turn right on an unsigned road. After 100m go straight over at the junction (SP La Ville Guérin). At the next junction turn left (SP La Ville Guérin). Go left at the farm, then left at the junction. Take the first right under the railway, then go straight on (SP Le Pas). Head through Le Pas turning right at the T-junction, then turn left following signs to Les Rignochais. Keep right at the junction in La Mazurais then at the next junction go straight on. After passing Les Rignochais, turn sharp right along a narrow unsigned road, which bears left.

**10** At the stop sign turn left, then cross the main road at the next stop sign (ignore the signs to des Ormes). Follow the sign right to St. Leonard. Turn right round the side of the bar and pass the front of the restaurant. At the junction go straight ahead on Rue de l'Épine Roulier. Keep straight on as this becomes a single-track road. When the road begins to climb and swing to the right, go straight on taking a left turn up a narrow track to enter the site near the old cross.

#### Cycle Notes

Start	Camping des Ormes, Dol de Bretagne
Distance	20mls/32km.
Map	IGN 1216 O 1:25 000, Dol de Bretagne
Time	Allow 4 hours.
Grade	Easy
Terrain	Quiet rural roads
Suitable	All the family

## Route Four

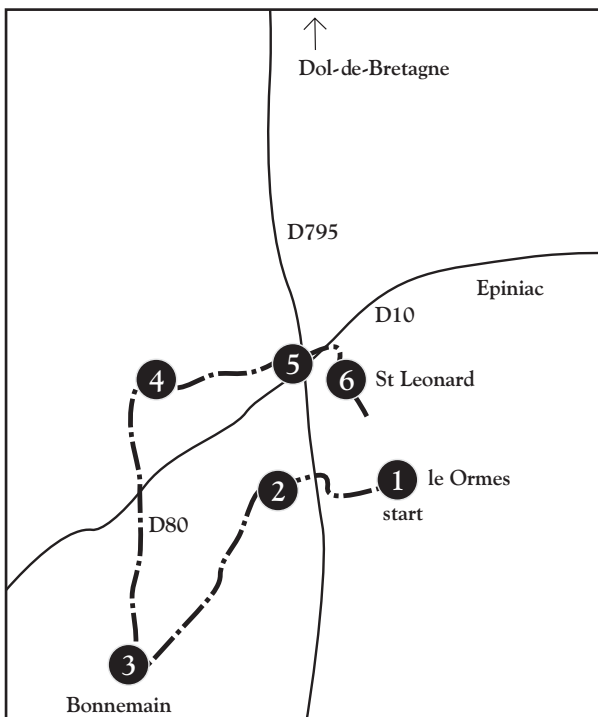
7m/11km

### A Quiet Country Ride to Bonnemain

This route leaves from Camping des Ormes, Dol de Bretagne. It is a tranquil ride along quiet country lanes to Bonnemain, passing through sleepy Breton hamlets.

*"An easy cycle route along peaceful lanes and through sleepy hamlets."*

Bill Kembery, Blackburn.



#### Route Description

**1** Leave the campsite through the main entrance and turn right down the main road. Take the first left towards Bonnemain.

**2** Continue along this quiet road until it swings left, just after an electricity tower. At the junction turn right to Bonnemain. The road climbs a short hill and crosses the railway line before entering the village - you will get a good view of the church ahead. Pass the church and turn right immediately on the D80.

**3** Keep right as you leave Bonnemain, continuing past the old station and crossing the railway line. At the T-junction and stop sign, turn right and then take the first left towards Bager-Morvan, still on the D80. After one mile you will see signs to Les Rignochais where you take a sharp right.

**4** At the junction in La Mazurais turn right, then at the next junction go straight on, still following Les Rignochais. After passing Les Rignochais, turn sharp right along a narrow unsigned road, which then bears left.

**5** At the stop sign, turn left, which brings you immediately to another stop sign. Carefully cross over the main road (ignoring the signs to des Ormes) and continue straight on, SP St. Leonard.

**6** Turn right at the side of the bar and pass the front of the restaurant. At the junction go straight ahead down the Rue de l'Épine Roulier, which becomes a single-track road. When the road begins to climb and swing to the right, keep straight on along the narrow track to enter the campsite near the old cross.

#### Cycle Notes

Start Main entrance of Camping des Ormes.  
Bike Hire On the campsite  
Distance 7m/11km.  
Map IGN 1216 O 1:25 000, Dol de Bretagne  
Grade Easy  
Terrain Quiet country lanes.  
Suitable All the family

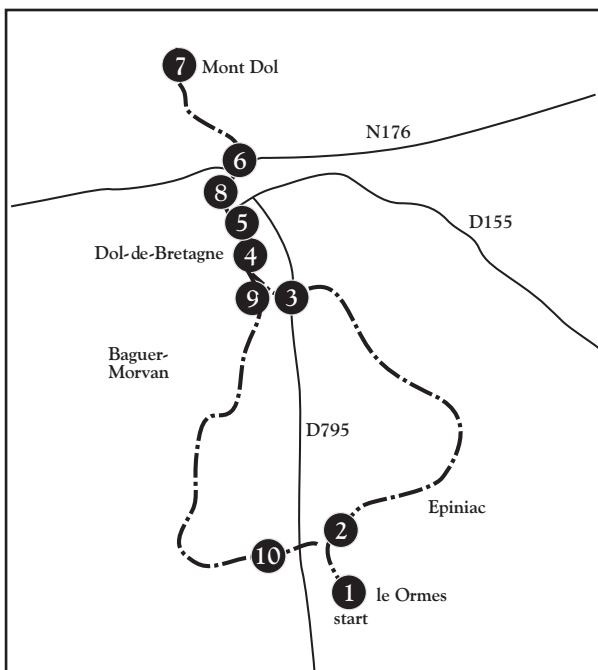
## Route Five up to 18mils/29km (4hrs)

### The Masher du Champ Dolent and Mont Dol

This route leaves from the cross at Camping des Ormes. It is a varied and interesting ride, following a quiet route through Dol-de-Bretagne to Mont Dol.

*"This quiet route takes you from Camping des Ormes to Mont Dol, passing the Menhir du Champ Dolent"*

Bill Kembery, Blackburn.



#### Route Description

**1** Leave by the pedestrian exit from the campsite by going right from the cross and immediately left along a track. After about 50m, the track becomes a good road, leading into St. Leonard. Continue past the restaurant and bar and past the front of the church, keeping straight on to a junction where you turn right.

**2** Go straight on towards Épiniac. You will see the château Vilhoet on the right and a charming shrine to the left. Ride through the little hamlet of Le Breil (not signed). The road takes you downhill, and as the church at Épiniac comes into view, turn left between the two houses onto a narrow lane (SP La Touche). Follow the lane to the end, where you should turn left. Cycle up this road for a couple of miles and then turn left again (SP Menhir du Champ Dolent). Turn left again to visit the Menhir, where you will find picnic tables. Retrace your steps and the ride continues straight on.

**3** Go straight over the main road through Pont Vaudry and Carfantin to reach Dol-de-Bretagne. (If you want to take a short-cut, at the next junction turn sharp left (SP La Motte) and continue from no. 9)

**4** At the next junction, continue straight on. Pass the café then turn left under the railway onto Rue de Pendant de Vallé - there are picnic tables on the right. The road curves to the right, and then to the left. Just before reaching the one-way system, turn left down an unnamed road. At the end, by the entrance to the swimming pool car park, turn right and then left. Pass the 'Salle Multifunctions' and continue along the cycle lane to reach a stop sign where you should turn right. Cycle for 100m along this road, then cross at the zebra crossing. Go down a ramp on the pavement in front of some houses (completing a mini U-turn).

**5** At the bottom of the slope turn right and cross an open yard before turning right again. Follow the road round to the left. At the main road, go straight across (SP Lycée les Vergers) along a quiet road. After 100m turn left down a narrow lane (SP Lycée les Vergers) and cycle through the tunnel.

**6** At the next junction turn right and then right again at the stop sign. Take the next left, following the one-way system. If you want to visit a small shrine and chapel, turn left and take the first right up the hill.

**7** To return to Dol-de-Bretagne, retrace your steps back to the road. Head in the direction of the cathedral, which you can see on the horizon. Go through the tunnel and just after the SP "No Right Turn", go through a narrow gap into the lycée car park. Cycle across the car park and bear left onto a very narrow path alongside the football pitch. Cross over the main road, following signs to Dol-Bois.

**8** Follow the road as it bends to the right, then at the long thin house turn left. At the end turn left onto the pavement, and at the top of the slope join the road and turn right. Take the first left and following the cycle lanes, pass the 'Salle Multifunctions' then turn right (SP La Piscine). At the entrance to the swimming pool car park, turn left. Turn right at the end, and pass under the railway, then turn right again. Pass in front of the café (SP Combourg) and pass the church on the left. At the next junction turn right (SP La Motte).

**9** Follow along this road for about 2mls and go right at the stop sign. At the next junction turn left (SP D80 Bonnemain). Keep straight on through the village of La Fontaine au Feu, then take a left turn to Les Rignochais. Go right at the junction in La Mazurais, then at the next junction go straight on, still following Les Rignochais. After passing Les Rignochais, turn sharp right along a narrow unsigned road, which bears left.

**10** At the stop sign turn left, to bring you to another stop sign. Cross over the main road, (ignoring the signs to Les Ormes) and enter St. Leonard. Turn right at the side of the bar and pass the front of the restaurant. At the junction go straight ahead down the Rue de l'Épine Roulier. Continue straight on as this becomes a single-track road. Take a left turn up the narrow track, which enters the campsite near the old cross.

### Cycle Notes

Start	The cross at Camping des Ormes
Bike Hire	On the campsite
Distance	18mls/29km or 10mls/16km.
Map	IGN 1216 O 1:25 000, Dol de Bretagne
Time	Allow 4 hours or 2 hours
Grade	Easy.
Terrain	A quiet ride with some traffic at the sites of interest.
Suitable	Older children and adults
Picnic	Champ Dolent, Mont Dol, Dol-de-Bretagne

## Route Six to 23mls/38km (4-5hrs)

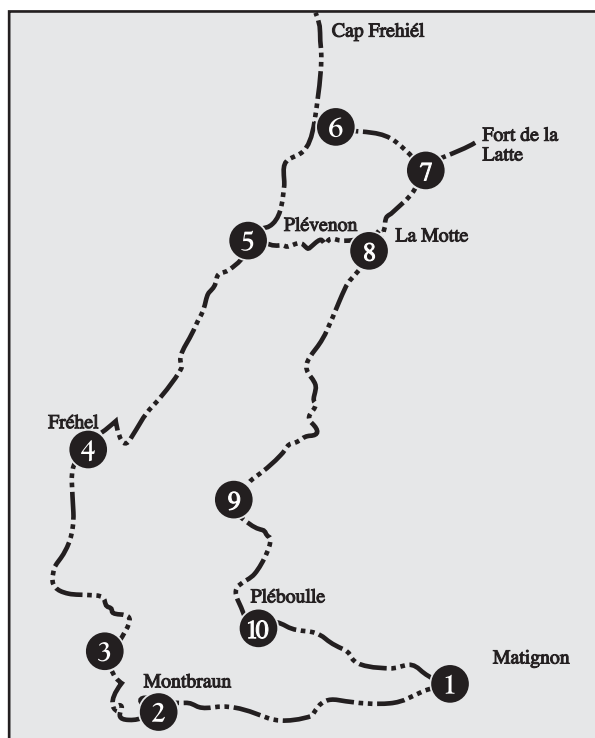
### Matignon to Cap Fréhel

This route starts and finishes at the Market Hall in Matignon, near to Saint Cast. A ride to a high, unspoilt, expanse of cliffs and heather. To reach the headland, you have to walk the last 400 metres, where there is no more than the ruins of a few old buildings, peace and tranquillity. A good spot for bird watching, as birds cluster on every ledge of the 70m high cliffs.

*"A ride with beautiful and dramatic scenery, links to the historic Knights Templar & the chance to visit the fort and the lighthouse."*

Bill Kembery, Blackburn

### Route Description



**1** From the Market Hall in Matignon, go down the hill (SP Montbraun and Pléboulle), passing in front of the church. Follow this road for about 3mls towards Montbraun. Before the final climb into Montbraun, you will pass a beautiful little church called Chapelle des Templiers on the side of the road.

**2** Enter Montbran and pass through the sleepy village centre. Take the road out past a grand house, dating from 1841. Before leaving the village it is worth going down the left-hand side of the grand house for a couple of hundred metres, following a sign to 'Tour' to find the ruins of an 12th century octagonal tower associated with the Knights Templar, (a feature of this area) from where there is an excellent view. Retrace your steps and continue down the hill, turning right onto the D14 SP La Bouillie. Cross over the stream and take the first right turn, SP Chapelle Saint Sébastien.

**3** Continue along the lovely valley of St. Cyr to arrive at the chapel, where you will find a picnic site. Carry on past the chapel and towards the top of the hill. Take a right hand turn opposite a farm, then continue to reach a junction with a small triangle of grass, where you should turn right. Keep straight on to a stop sign and turn left to the centre of Fréhal, where there is a choice of cafés and toilets.

**4** Leave by the road SP Pléhérel-Plage-Vieux-Bourg, and almost immediately turn right, along side the boulangerie. Follow this road round the right-hand side of the cemetery and turn right at the junction. After a couple of hundred metres take the first left. Pass through Les Rues and keep straight on for about 2mils. At a fork keep left down into Plévenon. At the stop sign, turn left into the village centre, where there are more opportunities for refreshments.

**5** The ride now continues straight ahead on the D16 to Cap Fréhel. You will see a picnic site on the left after about a mile, with spectacular views out to sea. Shortly after, there is a large junction. This is where the route returns to after visiting Cap Fréhel. To explore the headland, carry on straight ahead.

**6** Return to the junction, and turn left towards Fort de la Latte. The next proper left turn goes to the fort where you will also find a standing stone and the shoreline to explore.

**7** Return down the same road this time going straight on at the junction and continue straight over the next junction. Follow the road round as it swings left to arrive at the junction in La Motte.

**8** Ride through La Motte and after 2 miles turn left at a stop sign, SP Matignon. Almost immediately turn left again onto an unsigned road. At the next junction turn right, SP La Vallée, and descend the hill into Port Nieux, which is well worth exploring. Continue along the side of the bay for a mile to arrive at the main road.

**9** Cross over the bridge (there are picnic tables both sides) and turn left immediately onto an unsigned road on the left-hand side of the restaurant. Follow this little back road, fork right and cross the main road following a sign to La Chapelle. After half a mile, enter Pléboulle where there are more toilets and a bar.

**10** Leave on the D16, SP Ruca, cycling down the hill. Cross the little bridge and take the first left-hand turn towards La Ville Guillaume. Keep straight on to pass La Ville Nizan and at the junction turn left. Pass straight over the junction to La Ville Guillaume and follow the road to the main road. Turn left to return to Matignon.

### Variation of Route

If you wish to shorten the ride, then turn right at point 5, and follow the signs to La Motte. The next 6 miles of the route goes along the tourist route to Cap Fréhel, and can be busy, especially in high season. This will allow you to rejoin the route at point 8.

### Cycle Notes

Distance 23mils/38km or 17mils/27km.

Grade Moderate

Terrain Some tourist traffic around Cap Fréhel & Forte La Latte

Suitable Adults and families with teenagers.

Time Allow 4-5 hours, excluding stops.

Map IGN 1016 ET 1:25 000 St Cast-le-Guildo, Cap Fréhel

Bike Hire Cycle shop in Matignon or in St Cast (closed Sunday and Monday)

Facilities Plenty along the route, including Matignon, Plévenon, Cap Fréhel and Forte La Latte

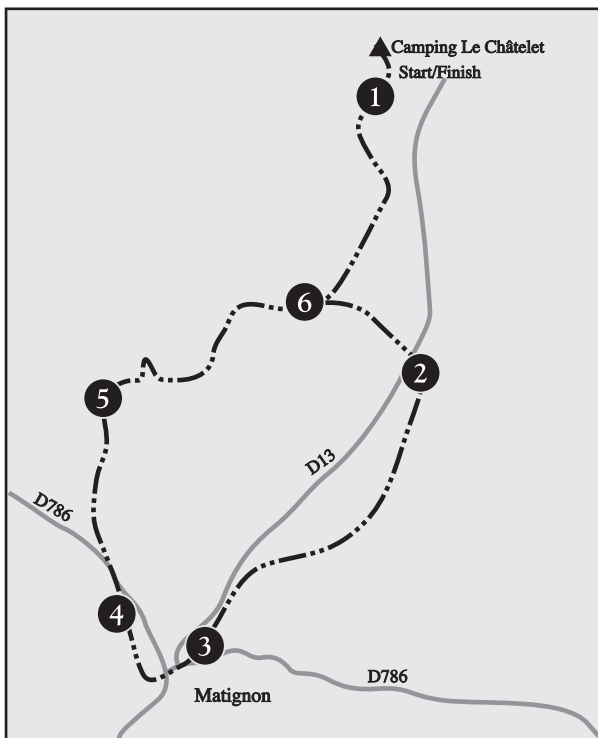
## Route Seven 9m/14km (2hrs excl. stops)

### A Circular Ride from Châtelet to Matignon

This route leaves from Camping le Châtelet. It is an enchanting rural cycle ride, passing by picturesque houses and farms, with the chance to visit Matignon.

*"A quiet ride into Matignon partly along a designated cycle way, with a chance to explore Matignon. There are many opportunities to visit the coast, by exploring the side roads off the route."*

Bill Kembery, Blackburn



#### Route Description

**1** From the campsite turn right and travel down the hill. At the bottom, by the telephone box, turn left. Keep right at the immediate fork and at the crossroads go straight over, along Chemin Blanc. At the next crossroads, go straight over, along a narrow country lane and take the sharp left-hand turn, along Rue de la Balissonaie. At the supermarket, go straight across the road.

**2** Take the first right hand turn, SP Circuit VR 4 Km, along a narrow road prohibited to motor vehicles. At the stop sign, continue straight across on the cycle route to Matignon. At the end of the cycle route, continue straight on through the no entry sign, onto the designated cycle way. At the first junction turn right into the centre of the town, past the bike shop. This is a good opportunity to explore the town centre.

**3** To leave the town centre from the tourist information and market hall, head down the hill (passing in front of the church) SP Plébouille, and take the first right turn, SP Fréhel and Erquy.

**4** Along this road, there is the opportunity to visit the Motte Feodale, the remains of a feudal castle, which can be reached by following the footpath on the left.

**5** At the main road turn left and then right, SP Saint Germain La Mer. Before turning, it is possible to make a detour to explore this pretty village. Stay on this road until a road runs off to the right, SP Le Clos and La Vallée. Continue along this, passing Le Clos and crossing over the river. At the T-Junction, turn left, and then go right at the next junction, SP St Cast.

**6** After about 200 metres, filter left past the Jardins of M. Michel Boudet. Keep straight on at the next small junction and keep straight on to the intersection. From here, follow the signposts back to the campsite.

#### Cycle Notes

Distance 9m/14km

Grade Easy

Terrain A quiet ride with some traffic at Matignon.  
The return journey is slightly undulating.

Suitable Families

Time Allow 2 hours, excluding stops

Map IGN 1016 ET 1:25 000, St Cast-le-Guildo, Cap Fréhel

Bike Hire St. Cast (open Mon-Sat 9am-12.30pm and 2pm-7pm, Sun 10am-12pm).

Facilities There are plenty of cafes and restaurants in Matignon. Public toilets are also located here, behind the market hall.

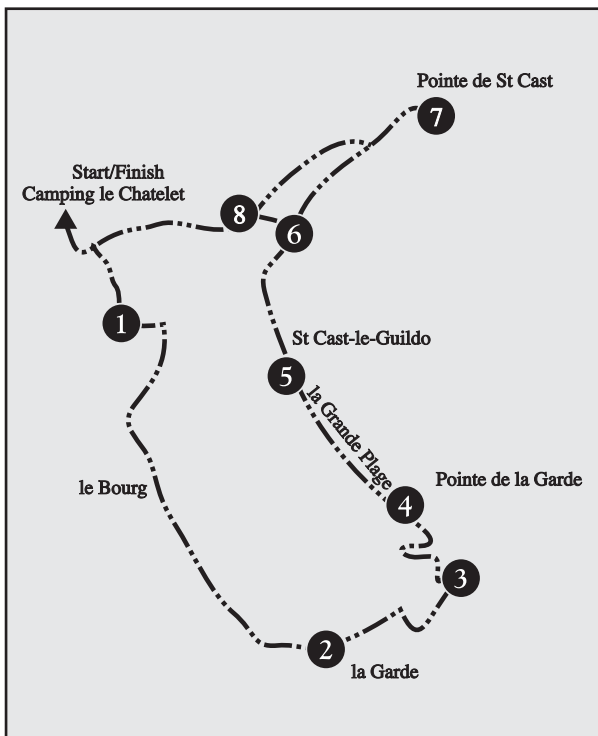
## Route Eight 6mls/10km (2hrs excl. stops)

### A Circular Ride around St Cast

This route leaves from Camping le Châtelet. It is a varied ride that should not be too busy out of season. The port area of St Cast is lovely, and the long sweeping beach is ideal for watersports and families. This route would also make a lovely walk.

*"A varied ride that should not be too busy out of season. There are chances to visit the Grande Plage at St Cast, the port and Pointe de la Garde. There are plenty of refreshment stops along the seafront and at the port."*

Bill Kembery, Blackburn



#### Route Description

**1** Turn left out of the campsite and take the first right towards the restaurant La Marmite. At the junction, go straight across and down the hill to the stop sign, where you should turn left. At the next stop sign, go straight across the main road, then turn left at the next stop sign. Cycle through the houses for 50m and then go right at the stop sign.

**2** Stay on this road, bearing right at the junction close to Hotel de Ville. Go straight over a mini roundabout to pick up the cycle path on the left hand side of the road, SP no entry. Continue past the church and at the junction carry straight on. The road takes you past an old windmill on the left. When you reach the small roundabout, turn left and then go straight over at the next roundabout, SP La Garde.

**3** After 200m near to a telephone box, turn right onto Rue des Peupliers, then take the first left along a good sandy road. This turns into metalled surface. Carry on along this quiet road until you come to Rue de Deux Rives, where you should turn left and then take the first right. Straight ahead you will find the chapel of Notre Dame de la Garde and a dramatic viewpoint.

**4** Retrace your steps, passing back past Rue de Deux Rives. At the stop sign, turn right. Take the first right and you will see the beach straight ahead. To access the beach, follow the road across the front of the painted villa to find the carpark. Cycle across to the road alongside the promenade.

**5** Cycle along the seafront. When you come to the mini roundabout, go straight over and begin to climb up the hill. This part can become quite busy and the hill is very narrow, so you might have to walk up on the pavement.

**6** At the stop sign turn right, going down towards the sea to arrive at the port.

**7** Continue up the hill to Pointe St Cast. Carry on up past the Coastguard Station and turn right at the stop sign and into the town centre.

**8** As you leave the main square, carry straight on following signs to the restaurant La Marmite. Fork right and follow signs back to Camping le Châtelet.

#### Cycle Notes

Distance 6mls/10km

Grade Moderate

Terrain Main roads, usually quite quiet, with some busy roads during high season. Some sandy paths.

Suitable All the family.

Time Allow 2 hours, excluding stops

Map IGN 1016 ET 1:25 000, St Cast-le-Guildo, Cap Fréhel

Bike Hire St. Cast (Mon-Sat 9am-12.30, 2pm-7pm and Sun 10am-12pm)

Facilities Plenty of cafés and restaurants in St Cast.

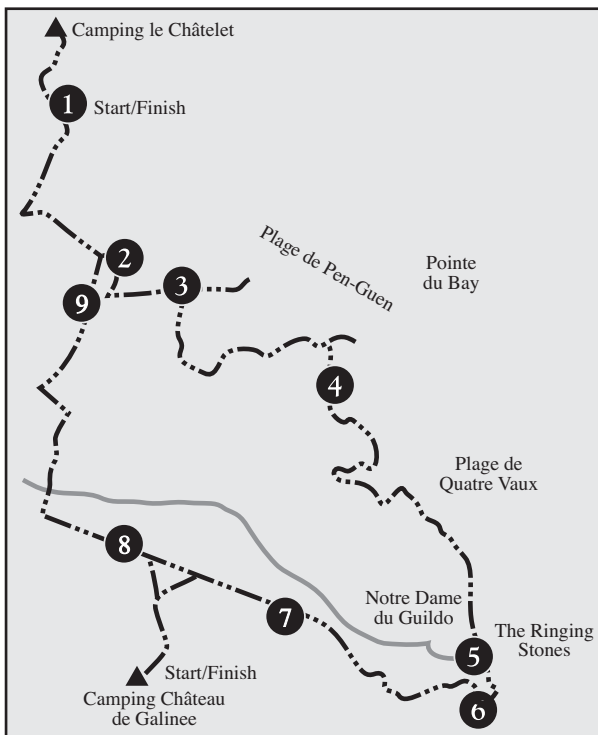
## Route Nine up to 16.5mils/27km (2-3hrs)

### The Ringing Stones

This route leaves Camping le Châtelet. A ride full of interest, visiting Plage Pen Guen, Point du Bay, Plage de la Quatre Vaux, Château le Val and Les Pierres Sonnantes.

*"Visit the ringing stones by walking along the beach and make sure that you notice the castle across the Arguenon Estuary. This ride is full of interest, over undulating and beautiful countryside"*

Bill Kembery, Blackburn



#### Route Description

**1** From Camping le Châtelet turn right and cycle down the hill. Go past Route de Moulin Bily and turn left at the bottom of the hill by the telephone box. At the immediate fork turn left, and continue straight over at the crossroads along Chemin Blanc. At the next crossroads, go straight over and along a narrow country lane. Look out for a sharp left-hand turn, which you should take onto Rue de la Balissonaire. Go straight across the main road towards the supermarket, then go straight on past the supermarket junction.

**2** Shortly after the supermarket turn right, SP Centre Équestre and then take the first left. This follows a good, but rough track for about one-third of a mile, which becomes a good surface as you go past a campsite. At this point it is possible to visit Pen Guen beach by going straight over the crossroads and down the hill. The beach is straight over at the bottom (about half a mile). Return to this point and continue with the main route.

**3** At the crossroads turn right and follow the road along. It forks at a cross, where you should go left, and then turn left again. At the main road go almost straight across, by going right and left, on a road SP Pointe du Bay. The route then takes the first right along Route de la Couverclaire. It is worth making a 300m deviation to visit the viewpoint first, by going straight ahead and then returning to this point.

**4** Cycle straight on through the village and turn left on Rue du Biot. At the T-junction turn left again, SP La Ville Eon, and then almost immediately take the first right along Allée de la Champagne. Follow the road round into Saint Brigitte and at the crossroads, turn sharp left and then first left again, down the left-hand side of the little chapel. Cycle down to the bottom of the hill and turn left (SP La Plage). This will take you to Plage de Quatre Vaux.

**5** Go up the steep hill and carry straight along this road until it turns sharply right, where you should turn left, along Rue de Val. The route goes past Château le Val and arrives at a busy road, which you need to cross. Cycle down the hill using the cycle lane. Take the first small road off to the left, SP Le Port and Les Pierres Sonnantes. At the bottom of the hill you can visit the Ringing Stones by walking along the beach. Although not a popular tourist destination, the stones are fascinating because of the metallic ringing sound that is emitted when you throw a smaller stone against the smooth worn surfaces. Notice the castle across the Arguenon Estuary and then return to the quay.

**6** Cycle along the port side and through the wood yard, where you should turn left at the toilets to reach the river edge. Turn right under the road and go up the sandy road. Take la Rue de la Petite Swiss to the left of the restaurant (Gilles de Bretagne) and turn a sharp right after 100m. This rough track becomes a proper surface as you reach the houses. At the next T-junction turn left and then left again. Almost immediately, you come to another set of crossroads, where you should carry straight on up the hill. To visit the windmill take the first left (Alle du Moulin) otherwise, keep straight on.

**7** Continue straight on past a small farm and turn right at the crossroads. Follow this road for about 1.5mils, going straight over at all the crossroads, until you reach a complex junction where you should again go straight across.

**8** Carry on straight over the next two crossroads and then turn right at Bernard Alnot Fabricante. Go straight over at the next crossroads, towards Ville Corbin. The road turns sharp left at a farm and meets a cycle path at the next junction. Turn right along this narrow road, at the first junction you will see the supermarket again.

**9** To return to Camping le Châtelet- follow point one in reverse by turning left over the main road, taking a sharp right at the stop sign and keeping straight on until you see signs for the campsite at the five way intersection.

### Cycle Notes

Distance	16.5mils/27km (Camping le Châtelet)
Grade	Moderate
Terrain	Main roads, 2 short stretches of good, but non-surfaced road. Undulating, with one short, steep hill.
Suitable	Families with teenagers
Time	Allow two to three hours, excluding stops.
Map	IGN 1016 ET 1:25 000, St Cast-le-Guildo, Cap Fréhel
Bike Hire	St. Cast (open Mon-Sat 9am-12.30pm, 2pm-7pm and Sun 10am-12pm)
Facilities	Restaurant at the port near to the Ringing Stones. You will find picnic tables and toilets at Pen Guen beach, Pointe du Bay, Plage de Quatre Vaux & Le Port.

## Walking Routes

Our thanks go to Nuala Wright, John Whyte and Moray Wright-Whyte (routes one and two) and to Bev Wilders and Carole Devine (routes three to five) and the Evans family who carried out the research and supplied us with the information for these routes. Please note that all information is correct at the time of research. We recommend that you obtain a large scale map of the area to accompany the routes detailed here.

### Walking trails in France

France has an extensive network of trails throughout the country and more than 36,041 miles/58,000 km of long distance footpaths and 74,568 miles/120,000 km of local footpaths have been created. The organisation that established, and which maintains the trail system is called the Fédération Française de la Randonnée Pédestre (FFRP) or French Long Distance Walking Association. The FFRP also publishes over 200 walking guidebooks called Topo guides.

### National long distance paths

Sentier de Grande Randonnée (GR: national long distance path). These are numbered—GR 3, GR 76 etc. There is 38,000-mils/61,153 km of GR trails in France, which are laid out to connect one point with another. They are fully signposted and marked with white over red blazes.

### Regional paths

Sentier GR de Pays (GRP: regional long distance path). There are 25,000 miles/40,225 km of GRP trails in France and each covers one region thoroughly, often in a circular layout. Individual GRP trails can be well over 100 miles/160 km long. They are marked with yellow over red blazes.

### Local paths

Sentier de Petite Randonnée (PR: local path). These trails radiate out from many towns and villages in France, offering the visitor the opportunity for an hour to a day's walk to a local beauty spot or to a place of historical interest. These paths are marked with a single yellow blaze or, if there are many paths that intersect as is usually the case, a single blaze of any colour.

A useful website is [www.franceonfoot.com](http://www.franceonfoot.com) which has an index, updates and current information about walking in France.

## Maps

The best maps to use if you plan to walk or cycle are the French IGN maps. The green IGN maps (1:100 000) provide the smallest scale available (which have the contours marked), and is essential for the cyclist who may cycle off the 1:25 000 map in a few hours. Walkers will use the more detailed blue (1:25 000) map where an entire map covers roughly 16-20 km (less than 12 miles). These maps show land contours, trails, cattle tracks, rail lines and more. IGN maps are available from most major supermarkets, and the local tourist office will usually have copies of those relevant to the local area. Alternatively, visit [www.ign.fr](http://www.ign.fr), for details on all of the maps and ordering.

## Don't Forget

- o Wear good strong shoes or walking boots.
- o Take plenty of food and drink with you.
- o Do not wander off the paths.
- o Do not trample on or pick any of the plants.
- o Lighting fires is prohibited.
- o Throw your rubbish in the dustbins provided along the way or take it home with you.
- o Beware of sunstroke and take plenty of sunscreen and a sunhat.
- o Always close barriers and gates behind you.
- o When going on a walk, always tell someone where you are going and when you plan to return.

## Useful Walkers Phrases

- Sauf Riverains – Access only for residents, cyclists and walkers
- Sauf Pieton – Pedestrians only
- Défense d'Entrer – No Entry
- Propriété Privé – Private Property
- Sentier – Footpath
- Sentier Côtier – Coastal footpath
- Itinéraire de Délastage – Alternative Route
- Quartier – Part/district
- Coteau – Hill/hillside
- Centre Ville – town centre

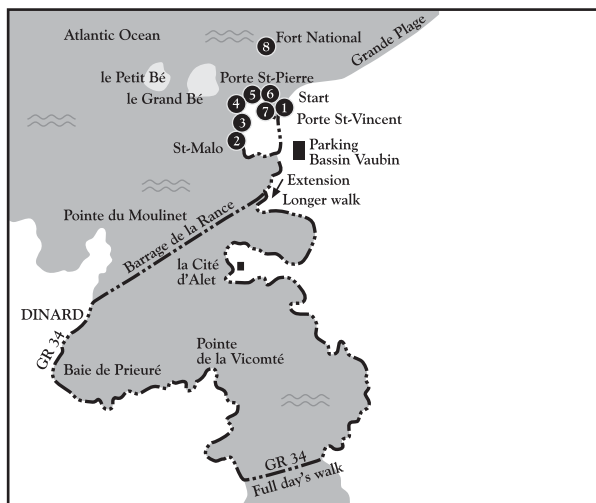
For more useful phrases, please see your Canvas Holiday Guide

## Route One up to 3mils/5km (half day)

### A stroll around the ramparts of St Malo

This route leaves from Port St Vincent. Follow the ramparts around St Malo, with an option to head to the beach and the island of Le Grand Bé.

*"This route follows the ramparts of St Malo. It includes flights of steps and an alternative route across the beach and up a rough path onto Le Grand Bé."* Nuala Wright, Newcastle.



## Route Description

**1** Start from the Porte St Vincent which is the main gate of the walled citadel.

**2** Walk south (inland) and up a flight of steps onto the ramparts. Cross the Grand Porte and the Porte St-Louis and turn right at the Bastion St Louis to the Porte de Dinan.

**3** Continue along the ramparts and turn north at the Bastion St Philippe, above the Plage du Mole, and head towards the Porte St-Pierre. From here are good views of the Côte d'Émeraude and some of the fortified islands.

**4** If you catch low tide you can head through the Porte des Bes, down onto the beach and cross the Plage de Bon Secours. Stroll across the sand to the small island of Le Grand-Bé, which holds the tomb of the 19th century writer-politician Chateaubriand. The beach here is popular for windsurfing and sailing, and boats and boards can be hired. Note: The tide comes in fast so be warned of the danger of attempting to return to the mainland when the water has risen too far.

**5** Continue onto the Tour Bidouane. Follow the ramparts to Fort de la Reine, dropping down from the ramparts at the Porte St-Thomas.

**6** Return alongside the ramparts to the Place Vauban then turn left along the rue de la Corne de Cerf, heading for the Cathédrale St-Vincent.

**7** The Palais de Justice and Sous Prefecture are found in the Enclos de la Résistance immediately to the north. The Hôtel des Finances is nearby in the Place des Frères Lamnenaïs. Thread your way back through the old town down the Grand Rue from the Cathedral and then head out through the Grande Porte to the Bassin Vauban and the car parks.

**8** Visit the Fort National on the island immediately north of Porte St-Thomas, which is accessible at low tide. It is worth allowing time to take the guided tour. Also look around the Musée de la Ville in the Château de St Malo at Porte St-Vincent.

### Trail Notes

Distance 2mils/3km around the old town.

Grade Easy/moderate.

Terrain Cobbled streets and flights of stairs.

Suitable All ages.

Time Half a day to explore the old town.

Start/end Port St Vincent GPS 572,5389.

Car park There is car parking adjacent to Bassin Vauban, at Port St Louis, the Grand Port and at the train station. This route can be started/ended at any of the entrances into the citadel, just follow the route description accordingly.

Map IGN 1116 ET 1:25000 St Malo.

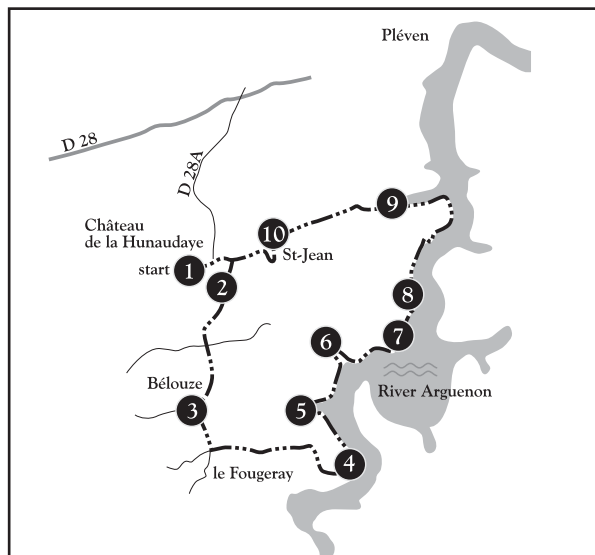
Facilities Full range of shops & restaurants in St Malo.

## Route Two 6mils/10km (2-3 hrs)

### A "blackberry walk" through the valley of the River Arguenon

Make your way along paths and grassy tracks through the wooded valley of the river Arguenon. The wonderful landscape changes from cliff top views of seaweed shores to blackberry bush lined lanes through woods. A lovely walk, best done on a sunny day.

*"The lanes around St Jean were full of blackberry bushes. Fill your empty booty boxes with berries when in season - they were the sweetest we've ever tasted"* Bev Wilders & Carole Devine, Cheshire



### Start and Finish point

The walk starts and ends at the car park on the roadside near Château de la Hunaudaye, close to the village of Pléven. From the campsites in St Cast take the D786 to Matignon. Take the D794 (SP St Potan to Pluduno then follow signs for La Hunaudaye. The route leaves from the car park here.

## Route Description

**1** From the car park walk down the road passing the château on the left. Keep right at the fork, heading towards St Jean. Take the first stony track on the right which is waymarked in yellow & red.

**2** The track climbs gently uphill, offering some great views. On reaching the road, cross straight over in the direction of Bélouze (ignore the way marking which directs you left). Descend the hill and at the fork in the road head right in the direction of Bélouze, following the way marks.

**3** You will pass the old Auberge de Bélouze on your right - you can wander around the garden of aromatic plants. At the bottom of the hill continue along the road as it bears left until you reach the crossroads just before Le Fougeray. Turn left towards Tournemine and follow the road downhill to a parking place.

**4** Continue until you reach some picnic tables at a viewpoint by the lake. Pass through the car park towards the water's edge to admire the view. To continue the walk return to the road and go downhill. Just before the road bridge turn left onto the track next to the water then immediately left uphill on a grassy track. Turn right at the top of the track, to follow a track which is way marked either in yellow, or yellow on red.

**5** Make your way through the deeply wooded valley of the River Arguenon. The track begins to descend and you need to look out for a right hand turn, which descends sharply and is way marked on a tree. Follow the route as it takes you across a stream on a plank bridge and climbs again on the other side. Continue along the path. After a big descent and crossing another stream you reach a broad track where you should turn right.

**6** The winding path climbs and descends through the woodland. There are some great views from the rocky heights, soon followed by a stretch along the shore. Bear right at the next junction, towards the water, and then bend away from the water following the path uphill and crossing another plank bridge. Continue up the very steep and broad track away from the river (ignore the little track along the water's edge). Continue straight ahead where you will soon see a waymarked telegraph pole.

**7** Cross straight over the junction with a metalled road and continue ahead through the woodland. After a descent there is a sharp, zigzag climb to a grassy track.

**8** Bear right onto another grassy track and you will find yourself high above the river. The path continues down a steep descent, past a danger sign.

**9** Follow the path around the water's edge and up the reedy creek to the west. Keep to the way marked lower track, which passes the head of the creek. Follow the path over small streams then follow the main stream. Follow the signpost to the left towards Château de la Hunaudaye, continue the climb alongside the stream. There are some lovely pickings to be had here when the blackberries are in season.

**10** When you reach the road turn right, through the attractive hamlet of St-Jean and follow the road ahead, past the junction, to reach the château.

## Trail Notes

Distance 6m/10km.

Grade Moderate to strenuous walk.

Terrain Woodland paths and grassy tracks.

Suitable All except younger children.

Time Allow two to three hours.

Start/end Car park by the Château de la Hunaudaye.

Map IGN 1016 ET. 1:25 000 St Cast-le-Guildo, Cap Fréhel.

Facilities There is a crêperie located at the farm beside the château, open every day in July and August, and at weekends in May, June and September. Great food and very good value for money.

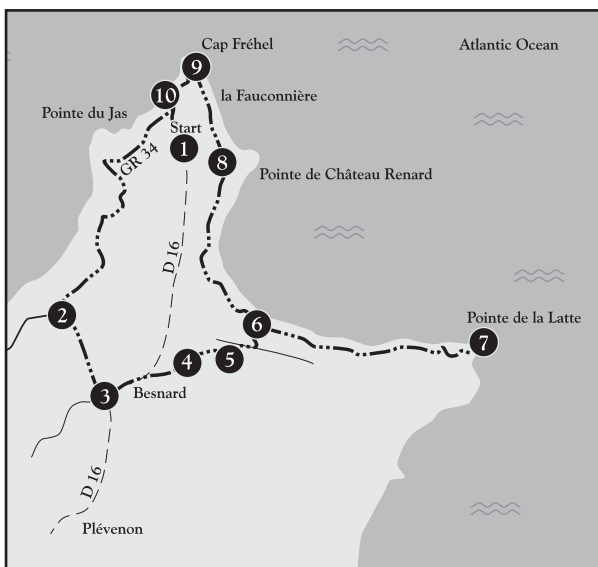
## Route Three 8mils/12km (up to 4hrs)

### The coastline to Cap Fréhel and Fort La Latte

This route leaves from the car park adjacent to the lighthouse at Cap Fréhel. Keep to the cliff top path, which offers numerous dramatic viewpoints and head towards the stunning headland point of Cap Fréhel.

*"There is the chance to take a look at the Fort La Latte, regularly used as a film set."*

Bev Wilders and Carole Devine, Cheshire.



#### Route Description

**1** Leave the car park and head towards the lighthouse, turning left to follow the rocky cliff top path for approx 1.5mils.

**2** After some time, the cliff path joins the main road. Opposite is an unsurfaced track across the open moor, covered in seasonal purple heather and yellow gorse. The track has yellow way markers and has a barrier to prevent vehicle access other than emergency vehicles. Cross the road and follow the track until it joins the road.

**3** At the end of the track bear left at the staggered crossroads, where there is a small green. Walk along the surfaced road, past La Ribote restaurant until you reach a fork in the road. Turn right to walk down the lane (SP to Relais de Fréhel). Continue past the entrance and then go ahead at a signpost indicating a no through road ('voie sans issue').

**4** Follow the track as it rises slightly uphill between fields and woodland.

**5** After reaching the top of a low rise, the path widens into a track. Keep to the left at the two track junctions and turn right when you reach the road.

**6** Walk along the road for approx 150m and look out for a faint path on the left hand side towards the end of a lay-by. Follow the path, which winds between gorse bushes for a short distance until it descends the open moor to reach a signpost on the wider path GR34, which follows the coast. Turn right and follow the coastal path to Fort La Latte. (To shorten the walk do not visit Fort La Latte).

**7** The winding coastal path offers magnificent views ahead. Beyond the rocks of Les Fontaines is Fort La Latte, a fine but grim looking medieval château/fort built on a rock, which juts out into the sea. After viewing the Fort return to the coastal path and retrace your steps back towards Cap Fréhel.

**8** The coastal path offers numerous opportunities for sheltered lunch stops with dramatic sea views. The view ahead is of the Pointe de Château Renard, distinguishable by its red cliffs, flecked with black and grey, giving shelter to a tiny harbour. Continue along the coastal path.

**9** The cliffs between the Pointe de Château Renard and the restaurant near the lighthouse have been designated a bird sanctuary. The coastal path eventually reaches the Cap Fréhel. Follow the path around the cliff edge.

**10** This is one of the most spectacular viewpoints on the Brittany coast. From it you can see most of the Emerald Coast and on a clear day, the Channel Islands. The modern lighthouse on the Cap is the third one, which has been built on this spot. Legend has it that St-Malo sailors had a special affinity with Cap Fréhel. As they passed it on their outward voyages their wedding vows were suspended until their return! Having admired the views from the Cap, turn left to follow a wide path up to and beyond the lighthouse, and then bear left to reach the car park.

#### Trail Notes

Distance 8mils/12 km.

Grade Moderate walk.

Terrain Not suitable for pushchairs, can be very rocky.

Suitable Suitable for anyone of reasonable fitness.

Time Allow four hours.

Start/end Car park adjacent to the lighthouse at Cap Fréhel.

Map IGN 1016 ET. 1:25 000 St Cast-le-Guildo, Cap Fréhel.

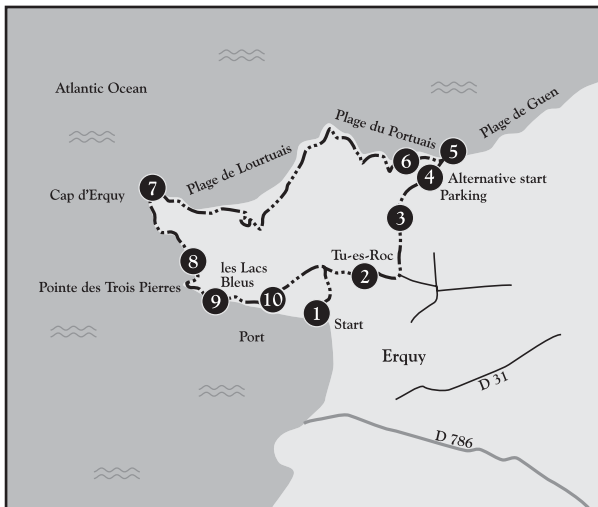
## Route Four

6mils/10km (3hrs)

### A walk along the cliffs & coves around Cap d'Erquy

This route leaves from the port at the northern end of the Plage du Bourg. It is a delightful walk of coastal and woodland contrasts. Follow the coastal path to the busy fishing port of Erquy, famous for its 'coquilles St Jacques'. This walk offers fantastic views, but best done on a sunny day.

*"This is a delightful walk of coastal, woodland and cliffside contrasts. The GR34 is well marked with red and white flashes, often found on trees or rocks."*



Bev Wilders and Carole Devine, Cheshire.

#### Start and Finish point

From the campsites at St Cast, take the D786 towards Matignon, then follow signposts for Erquy. Once in Erquy, head for the port at the northern end of the town beach, Plage du Bourg. Erquy is approx 14mils/19km from St Cast.

#### Route Description

**1** At the northern end of the promenade, where the road bears left towards the port, follow the Chemin des Coches uphill to the left, which is marked with the white on red flashes of the GR34. Follow the steps uphill until the path reaches a road. Turn left onto the road and walk uphill until you reach a sharp right hand bend where you will see a flight of steps between houses. Climb the steps to join another road and turn right. Follow the road to the junction and turn left uphill onto Rue des Grès Rose.

**2** You are now on the edge of the fishing hamlet of Tu-es-Roc. Turn left onto Rue de Pâques and take the first right onto Rue de Tennis. Pass the tennis courts and turn left, onto Rue de Portuais. Continue along this road until you reach a barrier at the bottom.

**3** Pass through the barrier and follow the path to the right, through the pine trees, emerge near the car park at Plage du Guen, and bear left.

**4** Walk through the barriers at the end of the car park and follow the track way marked Plage du Portuais. Bear right at the fork in the tracks. You have now joined the GR34 and can follow its red and white way marks.

**5** At the cliff top there are fine views behind you towards Cap Fréhel and the lighthouse and the island of St Michel with its small chapel. Continue walking parallel to the coast and where possible following the way marked paths. The path runs close to the fine sandy beach of Plage de Portuais. You can take any one of the many paths down to the beach.

**6** This section is the most scenic part of the walk. Towards the end of Plage de Portuais follow the path, which runs parallel to the coast (ignore the path leading uphill to the left) until you reach the next track. Turn left uphill to climb a flight of over 100 steps. At the top of the steps turn right, through the barrier. Take the right hand path and continue to follow way marked paths down valleys and across cliff tops until you reach the tip of Cap d'Erquy.

**7** The Cap d'Erquy offers excellent views in every direction. Close by you can see the town of Erquy and the lovely beaches along the coast as far as Val-André. Beyond that, the land swings out across the Baie de St Brieuc to the Île de Bréhat and the northernmost point of Brittany. From the Cap turn left and follow the way marked path to a car park. Continue ahead along the road to a small grey stone building, which was once used as part of the coastal defences set up by Louis XVI in the 18th century. Just before you reach the building turn right onto a way marked path.

**8** The path leads you out onto the Pointe des Trois Pierres and the 'Four à Boulets'. The latter is a further small grey stone building which was built in around 1794 as a kiln to raise cannonballs to 'red heat' before firing, in order to set fire to wooden ships. Its main target was the English fleet. The path now descends to the left of the 'Four à Boulets' and becomes a little precarious. Note: If you have no head for heights or have children with you, you may wish to return to the road and turn right towards Erquy. If you decide to follow the path it provides excellent views of the port at Erquy and is well waymarked.

**9** A blue arrow indicates a path to the left leading to Les Lacs Bleus which was apparently created after the quarrying of stone needed to build the pavements of Paris in the 19th century. Turn right at the lake and walk alongside, bearing uphill to rejoin the waymarked path.

**10** The port at the north end of the town beach is a perfect crescent, which curves through more than 180 degrees. At low tide the sea disappears way beyond the harbour entrance, leaving gentle ripples of sand. The path eventually emerges onto a road where you turn right and descend towards the town. Turn right, just before the Erquy sign, and descend the steps to rejoin the road. Return following GR34 way marks, to the port and seafront where the walk began.

### Trail Notes

Distance 6 miles/10 km.

Grade Moderate, challenging around Les Lacs Bleus.

Terrain Paths through woodland and along the coastline.

Suitable Anyone of reasonable fitness, but not young children.

Time Three hours including a lunch stop, although allow extra time to visit the beaches on the way.

Start/end Port at the northern end of the Plage du Bourg, Erquy.

Car Park Lots of parking available along the promenade.

Map IGN 0916 ET 1:25 000 Erquy, Le Val-André.

## Golf Guide

Brittany is an ideal destination for the avid golfer and is the perfect choice for those looking for quieter courses.

### Local Golf Courses

Brittany offers extremely well maintained courses from links to parkland. Here, we have listed some of the best courses, offering a variety to suit all golfing requirements.

#### Brittany Pass (Formule Golf)

This pass offers unlimited access to different courses. You have double the length of the pass to use it. It offers a reduction in the price of green fees, and costs €78 for two days (extra days €39). Half price for under 21's. See [www.formule-golf.com](http://www.formule-golf.com)

### Useful Website Addresses

Blue Green: 16 golf clubs; [www.bluegreen.com](http://www.bluegreen.com)

Formule Golf: 15 golf clubs; [www.formule-golf.com](http://www.formule-golf.com)

Nouveaux Golf de France: 13 clubs; [www.ngf.fr](http://www.ngf.fr)

Open Golf Club: 8 golf clubs; [www.opengolfclub.com](http://www.opengolfclub.com)

French golf on-line: [www.backspin.com](http://www.backspin.com)

Brittany Golf: [www.golfouest.com](http://www.golfouest.com)

#### St Malo Golf Club

18 Holes, Par 72; 9 Holes, Par 36

Length: 6577yds, 6014m; 2900yds, 2684m

Handicap Requirements: Max. 35.

Green Fees: 18 holes €45-52; 9 holes €29-33

Address: Domaine de St Yvieux, 35540 Le Tronchet

Tel: 02 99 58 98 99

[www.saintmalogolf.com](http://www.saintmalogolf.com)

[saintmalogolf@st-malo.com](mailto:saintmalogolf@st-malo.com)

Location: 5 miles NE of Dinan; St Malo 12mls.

Distance from Canvas Sites: Dol de Bretagne 12mls, St Cast 25.5mls.

Course Description: A championship course with rolling fairways and water hazards.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, bar, practice area.

### **Golf Club des Ormes**

18 Holes, Par 72

Length: 6737yds, 6013m

Handicap Requirements: Need handicap certificate. Max. 35.

Green Fees: Approximately 18 holes €43-47; 9 holes €27-30.

Address: Next to the Dol de Bretagne campsite. Tel: 02 99 73 53 00  
www.lesormes.com info@lesormes.com

Location: Dol de Bretagne.

Distance from Canvas Sites: Dol de Bretagne 0mls, St Cast 34.5mls.

Course Description: A wooded parkland course set in the grounds of the château. Water and trees provide the challenge.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, bar, lessons.

### **Golf de Dinard**

18 Holes, Par 68

Length: 5815yds, 5317m

Handicap Requirements: 35 or less required.

Green Fees: Between €50 - 65.

Address: 35800 St Briac sur Mer; Tel: 02 99 88 32 07  
www.dinardgolf.com dinardgolf@dinardgolf.com

Location: Dinard 5mls; St Malo 10mls.

Distance from Canvas Sites: St Cast 13mls, Dol de Bretagne 24mls.

Course Description: A traditional links with well-maintained greens and attractive fairways. Flat terrain but a challenge.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, practice area, driving range.

### **Golf de Pen Guen**

18 Holes, Par 68

Length: 5481yds, 5012m

Green Fees: Between €27-51

Address: Chemin de Golf Pen Guen, 22380 Saint-Cast-le-Guildo;  
Tel: 02 96 41 91 20 email: golfpg@club-internet.fr

www.golf-st-cast.com

Location: In St Cast; St Malo 20mls.

Distance from Sites: Châtelet 2mls, Galinée 4mls, Dol 33.5mls.

Course Description: A short course with impressive sea views. Fairways are narrow and the course demands respect.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, bar, lessons.

### **Golf de Pléneuf Val André**

18 Holes, Par 72

Length: 6382yds, 5836m

Green Fees: Approximately €45-49; 9 holes €27-33.

Address: Rue de la Plage des Vallées, Pléneuf Val André; Tel: 02 96 63 01 12  
www.bluegreen.com email: pleneuf.val.andre@bluegreen.com

Location: Pléneuf Val André 2mls; Dinard 28mls west.

Distance from Canvas Sites: St Cast 16.5mls, Dol de Bretagne 45mls, Perros 64mls.

Course Description: Dramatic sea views. Well-maintained and suitable for players of varied ability. A mix of links and moorland.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, practice range, putting green, lessons.

## Fishing

Our thanks go to Gareth and Maureen Rees Griffiths who carried out the research and supplied us with the information. Please note that all information is correct at the time of research.

### Dol-de-Bretagne - Camping Château des Ormes

*"This lake is suitable for all types of coarse angling, and should keep both the occasional and the more experienced angler busy for many hours. You may catch a variety of species ranging in weight from a couple of ounces to several pounds."*

Gareth Griffiths, Glasgow.

**Site Summary:** This heavily wooded area is one of the more popular for the experienced angler who may be kept quite busy. The lake is well stocked and a wide variety of baits work well here.

**Size of Site:** The lake is long and narrow; approximately 500m long by 80m wide. Try the bank nearest the mobile homes, which offers the easiest access, whilst the opposite bank is steeper and has more tree and shrub cover.

**Species:** This lake has a high stock rate containing: Carp, Roach, Perch, Tench, Rudd, Skimmer Bream and sometimes Pike.

**Suitability:** The different species present, and their range of size, make this lake suitable for both novice anglers and for the more experienced carp and match angler. You will find that most people fish on the side of the lake nearest the mobile homes. Access to the stable bank is via a heavily overgrown and narrow dirt track, so it is therefore unsuitable for young children.

**Baits:** You will find that a wide variety of baits work well on this lake. Larger carp - boillies are best as they stop the smaller species from taking the baits. Sweet fruit flavours are found to be good. It is also worth trying luncheon meat as well as sweetcorn. Floating dog biscuits and bread crust are also very effective. Roach, tench, rudd and skimmers - float fished maggots are excellent.

**Permit:** None is required.

**Tackle/Bait Shops:** The campsite shop sells basic tackle items. 'Cathy Pêche' - 4 Rue Notre Dame, Combourg has a well stocked shop.

#### Top Tips

- A good tactic to entice the bigger carp is to use a stringer of boillies, cast 4m from the island. It is worth trying at dawn or dusk, as the carp come in really close when the lake is quieter.

### St Cast - Camping du Châteaulet

The flooding of an old quarry site has provided a very scenic and deep fishing pond where the correct bait can coax fish from their hiding spots. Ornamental shrubs and trees provide relief from the sun's rays.

*"This is a pretty little water containing some highly coloured roach and rudd who don't give themselves up too easily. I would like to fish in it again sometime with the correct bait."*

Gareth Griffiths, Glasgow.

**Site Summary:** The fishing pond is situated to the rear of the site, and below the swimming pool area. Two sides of the pond are inaccessible due to the almost vertical rock walls, which leaves five or six fishing spots available. This pond is a real suntrap, but the thoughtful planting of some ornamental trees and shrubs provides shade, and makes the whole area a pleasant place to spend a few hours. The pond is very deep; reaching more than 20ft in places and is well overhead height at the edges.

**Size of Site:** This is a small site, around 46m long by 27m wide, with quite a small fishing space.

**Species:** Carp, Roach, Rudd, Orfe. All of these species may be caught using catch and release.

**Suitability:** Due to the depth of the water, and particularly the depth at the edge of the bank, it is not advisable to allow young children to fish here unsupervised. Access is easy and the pond is only 90m from the toilet block. You will find that this is not an easy water to fish and the fish are timid, so a fine pole or waggler are best.

**Baits:** Roach and Rudd – Maggots and pinkies are best, although you can use sweet corn and cooked hemp and bread. Carp – A boillie or luncheon meat would work for the carp, but they are quite wise and don't take bait too often.

**Permit:** None is required.

**Tackle/Bait Shops:** The Maison Blanche sports shop in the pedestrian precinct in St Cast stocks tackle but not bait. Intermarché on the outskirts of Dinard has no section at all.

#### Top Tips

- Stop at another supermarket or tackle shop nearer to St Malo and buy some bait there, as there does not seem to be any in the area.
- The fish seem to frighten easily, so lighter tackle i.e. 2lb line, and a size 16 or 18 hook is ideal.
- Sweet corn or cooked hempseed produced fish for me and I found that the fish darted about in shoals of 40 or 50 from one weed bed to another, so keep looking around to find out where the fish are hiding.

### **Up to date information.**

The information contained in this guide has been compiled from reports written by Canvas customers. This information was last updated in 2006. We have not verified the information here in and cannot attest to its accuracy.

### **Have we got it right?**

We are constantly looking for ways to improve our service and would be grateful for your comments about our activities booklets. If you have any suggestions, or if any of the information in this booklet is inaccurate, we would like to hear from you.

Please send your comments (quoting ref AB0206) to:

Canvas Holidays (Activity Guides)

Freepost EH2 526

Dunfermline

Fife

KY12 7BR

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