

BRETAGNE 

# THE MAGAZINE

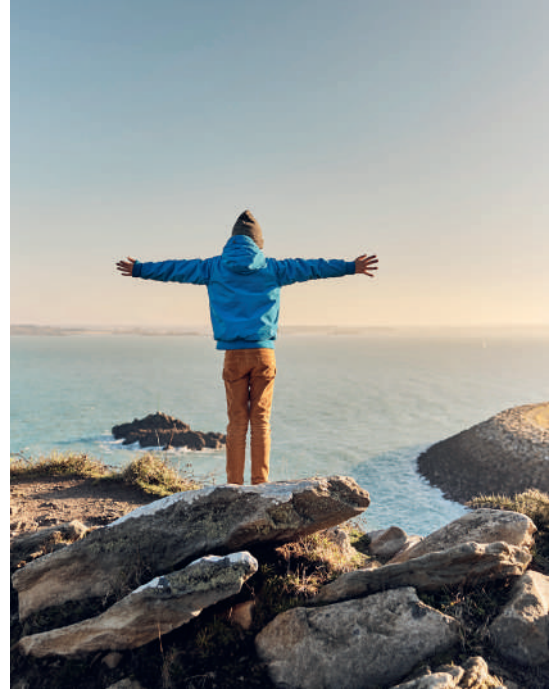
TO EXPLORE DINAN-CAP FRÉHEL

 **DINAN  
CAP FRÉHEL**  
CHAQUE INSTANT EST UN VOYAGE

[www.dinan-capfrehel.com](http://www.dinan-capfrehel.com)

COLLECTION  
FOUR SEASONS

N°2



# DINAN CAP FRÉHEL

CHAQUE INSTANT EST UN VOYAGE

## Getting there

### BY TRAIN ● — ● BY CAR

- Paris–Brest TGV high-speed line – get off at Lamballe
- Paris–St Malo high-speed line – get off at Saint-Malo
- TER Dol–Dinan local line  
[www.voyages-sncf.com](http://www.voyages-sncf.com)

- A 11 – Paris–Rennes
- A 13 – Paris–Avranches, follow Saint-Malo then Cap Fréhel
- RN 12 – Rennes–Brest

### BY AIR ● — ● BY FERRY

- Dinard Brittany Airport  
[www.dinard.aeroport.fr](http://www.dinard.aeroport.fr)
- Rennes Airport  
[www.rennes.aeroport.fr](http://www.rennes.aeroport.fr)

- Daily crossings to Saint-Malo from Portsmouth, Poole, Jersey and Guernsey

### BY BUS ● —

- Plan your journey by public transport in Brittany:  
[www.breizhgo.com](http://www.breizhgo.com)

- Line 7 Rennes / Dinan / Dinard
- Line 10 Dinan / Saint-Malo
- Line 12 Dinan / Lancieux / Saint-Jacut
- Line 13 Dinan / Saint-Cast-le Gildon



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TRAVEL - MARITIME & BUCOLIC

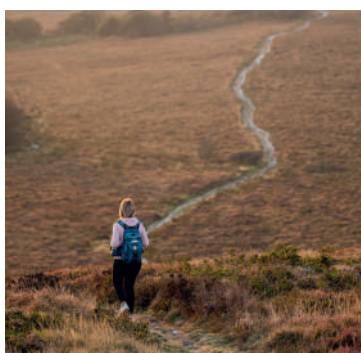
moment n°1

HIKING

*Nature at its finest*



**IN SUMMER AND WINTER ALIKE**, set off on foot and revel in the beauty of nature, taking in the delights of the local wildlife and stunning scenery. Golden beaches, lagoons and sandy coves with sparkling turquoise water, pink sandstone cliffs, winding paths through verdant countryside and the banks of the Rance and the Arguenon, which stretch from the Pink Granite to the Emerald coast... these are just some of the delights that beckon in this stunning corner of France.



## BIKE

**TOUR DE MANCHE:** The "Tour de Manche" cycle route is the perfect example of entente cordiale – a network of country roads criss-crossing valleys and villages and joining up with EuroVelo 4 to link Brittany with Normandy and south-west England. It's a great way to get pedalling on both sides of the Channel!

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

**HIRE A ROSALIE IN SABLES-D'OR:** these great communal cycles for friends and family, also known as cuistax or Surrey bikes, can seat from 1 to 6 people. Hire one in Sables-d'Or-les-Pins and you'll get some great tips for routes around the Emerald Coast thrown in for free.



## SPOTS

### Wild: That's a massive 130km of GR trails in Dinan-Cap Fréhel.

For serious hikers, the **GR®34** trail is a 70km coastal path along the former customs trail, from Saint-Jacut-de-la-Mer, via Saint-Cast and Cap Fréhel to Sables-d'Or-les-Pins with its spectacular sand spit.

Then there is the **GR34C**, a similar trail but this time along towpaths, offering sumptuous river views. It runs along the left bank of the Rance from Langrolay-sur-Rance to Dinan, then to Caulnes via Evran.

• **Maison de la Rance:** If you are out and about near Dinan harbour, make sure you pop into the Maison de la Rance. This discovery centre offers a great introduction to the Rance Valley and its wide-ranging natural, cultural and human heritage. Find out about the area the fun way, with interactive models, short films, "smell boxes" and a host of other games and activities. The Maison de la Rance is a great place with young and old alike!

*32 Quai du Tallard, 22100 Lanvallay*

## ON THE ROAD

• Do you love discovering new things and trying new sports and activities – in the countryside, in the forest or by the water's edge? On foot, horseback, bike, moped or Segway? The destination has a huge variety of options, with something to suit all tastes.



## CHROMATHERAPY



## PLAYLIST

Web App Picture Bird



## TIPS

[capbike.fr](http://capbike.fr)  
[cyclesdevi.com](http://cyclesdevi.com)  
[balades-sur-rance.com](http://balades-sur-rance.com)  
[bretagnegyropode.com](http://bretagnegyropode.com)

TRAVEL - MARITIME

moment n°2

FRÉHEL – SABLES-D'OR-LES-PINS

SAINT-CAST-LE-GUILDON

SAINT-JACUT-DE-LA-MER

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## *The Emerald coast*

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AND IF YOU FEEL LIKE IT

Sables-d'Or-les-Pins <-----> Cap Fréhel

👣 3 hours walking depending on your tempo

🚲 1.03 hours

Saint-Cast <-----> Port du Guildo

👣 2.20 hours walking depending on your tempo

🚲 40 Min.



**THE COAST LINE IS FULL OF CONTRASTS**, at once spectacular and glamorous, sophisticated and imposing, with silent, wild dunescapes and lively seaside resorts. The one constant is the sea itself: turquoise, transparent, vast – a source of breathtaking beauty for every passer-by.



## SPOT

- **Aux Chèvres Point**, Pléherel-Plage,
- **The beach of l'Anse du Croc**, Pléherel-Plage,
- **Vieux-Bourg Chapel**, Pléherel-Plage,
- **Fresnaye Baye**, Port à la Duc,
- **La Garde Point**, Saint-Cast-le-Guildo,
- **Guildo harbour**, Saint-Cast-le-Guildo,
- **Saint-Cast Point**
- The ruins of **of Le Guildo Castle**, Saint-Cast-le-Guildo,
- **Chevet Point**, Saint-Jacut-de-la-Mer,
- **Abbey's garden**, Saint-Jacut-de-la-Mer.



## THE NUGGET

The Ebihens archipelago:

This stunning cluster of islands is a top spot for crab and shellfish fishing during the spring tides. As well as the beautiful beach to the north of the island, which sometimes takes on surprisingly tropical hues, there is a fortified tower built by Vauban in the late 17th century. Make sure you check the tide times before crossing. (available at the tourist office)

## SPLASHED

The coast offers a great selection of water sports for individuals, couples and families. Try your hand at sailing, kayaking, rowing, stand-up paddle boarding and kite surfing.

## DON'T FORGET

• **Sables-d'Or-les-Pins and its striking sand spit** : Famous for its dunes and mile-long sandy beach stretching out into the sea, Sables-d'Or-les-Pins also features a number of charming villas and Belle Époque hotels.

• **Saint-Cast-le-Guildo seaside architecture**: The peninsula of Saint-Cast le Guildo offers spectacular landscapes and seven sandy beaches punctuated by cliffs and rocky coves.

• **Maison du pêcheur** in Saint-Jacut-de-la-Mer.  
[10 rue des Sciaux  
 village-rivages.org](http://10.rue.des.Sciaux.village-rivages.org)

## CHROMATHERAPY



TRAVEL - MARITIME

moment n°3

## PLÉVENON - CAP FRÉHEL

### FORT LA LATTE

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#### AND IF YOU FEEL LIKE IT

Plévenon ↔ Port à la Duc (Pléboulle)

👟 2.45 hours walking depending on your tempo

🚲 27 Min.



**CAP FRÉHEL IS HOME TO** an extraordinary variety of coastal habitats. Cap Fréhel, a series of imposing pink sandstone cliffs towering more than 70m above the swirling sea, offers stunning panoramic views. The heathland at Cap Fréhel is one of Brittany's most popular tourist spots. It boasts an extraordinary variety of coastal habitats, providing an environment where a distinctive array of flora and fauna can develop and flourish.



## DON'T FORGET

### Fort La Latte

This imposing pink sandstone monument perched on a rocky headland towers over the Bay of La Fresnaye. Fort La Latte, a listed historical monument, is one of Brittany's most famous castles. The drawbridge, sturdy walls, keep, dungeons, defensive structures and mediaeval garden have survived through the centuries and continue to fascinate visitors to this day.

*Information: Fort La Latte - 22240 Plévenon - [www.castlelalatte.com](http://www.castlelalatte.com)*

## SPOT

**The lighthouse:** The working lighthouse on Cap Fréhel is one of the top five most powerful modern lighthouses in France.

*April-Early September.*



TRAVEL - BUCOLIC

moment <sup>o</sup> n°4

LÉHON

THE RANCE VALLEY

THE ARGUENON VALLEY

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*Delightful, multifaceted time  
across water and history*

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AND IF YOU FEEL LIKE IT

Évran ↔ Dinan : 12 km

👤 2.30 hours walking depending on your tempo

🚲 1.10 hours

Léhon ↔ Dinan : 2 km

👤 30 Min. walking depending on your tempo

🚲 10 Min.

**T**HE RANCE STARTS OUT AS A PEACEFUL CANAL before becoming a river and a mighty estuary. It gently sculpts the valley, creating a rich palette of landscapes. It shapes town and village life (in Plouër-sur-Rance, Saint-Samson-sur Rance, Evran, Taden, Pleudihen-sur-Rance and elsewhere), accompanying walkers and providing a home for a wide variety of protected flora and fauna. From winding towpaths to imposing towers that watch over sailboats as they glide past, the valley is a place of contrasts.



1



2



3



4



5



6



7



9

- 1 The Rance 2 Plouër-sur-Rance 3 Trips along the river  
4 Tremblaye-Menhir, Saint-Samson-sur-Rance  
5 Carrelet : fishermen's hut 6 L'Arguenon  
7 Château de Beaumanoir 8 Manoir de la Grand'Cour  
9 Saint-Magloire Abbey, Léhon

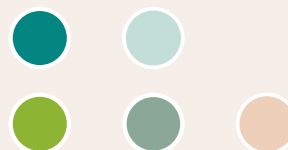
## SPOT

- **La Hèche**, Plorec-sur-Arguenon,
- **The old bridge and Castle**, Léhon,
- **Saint-Magloire Abbey**, Léhon,
- **Lyvet Harbour**, Saint-Samson-sur-Rance,
- Along the canal in **Évran**,
- **Cale de Mordreuc**, Pleudihen-sur-Rance
- **Guinguette - Beach Fridays in Ville Ger**, Pleudihen-sur-Rance.

## DON'T FORGET

**Léhon** : One of Brittany's most characterful towns. Come and explore Léhon and its majestic 9th-century abbey. Just as impressive are the ruins of Léhon Castle, perched on a promontory overlooking the bridge and the Rance Valley.

## CHROMATHERAPY



## TIPS



Pleven Town Hall Tél.: 02 96 84 46 71  
Plorec-sur-Arguenon Town Hall  
Tél.: 02 96 83 01 04

## THE NUGGET

**Moulin du Prat** : Nestled in the Rance Valley, the Moulin du Prat dates from the 15th century. It stopped being a working mill in the 1920s but has since been beautifully restored. Today its giant wheels and stones are newly operational.  
(April to November).



TRAVEL - HISTORICAL  
moment n°5

DINAN

## *Town of art and history*

AND IF YOU FEEL LIKE IT

Dinan ↔ La Vicomté s/Rance : 7 km

🕒 1.30 hours walking depending on your tempo

**D**inan is without question one of the most beautiful medieval towns in Brittany. Former seat of the Dukes of Brittany, girdled by the longest ramparts in the region, poised nearly 250 feet above the river Rance, Dinan is above all the realm of half-timbered houses.



### HALF-TIMBERED HOUSES

Dinan's mediaeval architecture is characterised by its half-timbered architecture, which is echoed elsewhere in the valley, especially in Léhon.



## Rue du Jerzual

Dinan's legendary Rue du Jerzual and Rue du Petit Fort have linked the harbour and the upper town for 10 centuries. Lined with many half-timbered houses, they are still home to art and craft workshops today. Between the two streets, Jerzual gate marks the former boundary between the mediaeval town and its outskirts.

### DRESS CODE:



### SPOT

- **Clock Tower**, Tour de l'Horloge,
- **Sainte-Catherine Tower**,
- **English Garden**,
- **Art deco museum Yvonne Jean Haffen**,
- **Saint-Sauveur Basilica**.

### MENTAL ARITHMETIC

• **Ramparts** Dinan's fortifications, which were built in the late 18th century by the Dukes of Brittany, are today the longest mediaeval walls north of the Loire Valley. Strengthened in the 14th, 15th and 16th centuries, the town wall now features 2.7 km of curtain walls, 10 towers and 4 gates, and features fascinating examples of developments in military architecture.

• **Clock Tower** Ever since the 15th century, those willing to scale the 158 steps to the top of this 46m tower have been rewarded with outstanding panoramic views over the mediaeval town. The bell still rings out on the hour, every hour in Dinan.

### DON'T FORGET

• **Dinan Castle** Built in the late 14th century by Jean IV, Duke of Brittany, Dinan Keep is an outstanding princely residence which, thanks to its complex architecture and sumptuous décor, rivals the royal Château de Vincennes. A fortress then a prison, the castle is today a key element in the mediaeval town and the focus of an ambitious restoration and development project.

### CHROMATHERAPY



### THE NUGGET

• **Dinan harbour** situated below the mediaeval walled town, is the ideal starting point to explore the Rance. From April to October, Dinan is the starting point for a huge number of cruises and boat trips. The banks of the river Rance are also a wonderful setting for walking, cycling and a variety of water sports.



# **DINAN CAP FRÉHEL**

CHAQUE INSTANT EST UN VOYAGE

***You can come to see us, meet us all year round.***

DINAN 9, rue du château		SAINT-CAST-LE-GUILDON Place du Général de Gaulle
FRÉHEL Place Chambly		SAINT-JACUT-DE-LA-MER rue de la Poste

*Our tourist information points open from June to September:*

BEAUSSAIS-SUR-MER 6, rue des Ormelets		PLANCOËT 1, rue des Venelles
MATIGNON Place du Général de Gaulle		PLÉVENON 3, rue du Cap

*Our information points open in July and August:*

SABLES-D'OR-LES-PINS

*More information on our opening hours and periods:*

***www.dinan-capfrehel.com***



**YOU CAN  
WRITE TO US**

**info@dinan-capfrehel.com**



**YOU CAN  
CALL US**

**00 33 ( 0 ) 825 95 01 22**

(€0.15/ min + call price)



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CAP FRÉHEL  
SAINT-MALO  
BAIE DU MONT-SAINT-MICHEL

