Nature Occitane
VOYAGES SPORTS & NATURE
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FROM RENNES TO MONT SAINT MICHEL BY BIKE

Brittany by bike

On this tour, you'll cycle through Brittany along the Bay of Mont-Saint-Michel, one of France's most emblematic landscapes. Leaving from the Breton capital of Rennes, you pedal through vast stretches of sand, salt meadows home to many migratory birds, not forgetting the many picturesque coastal villages and medieval towns such as Saint-Malo.

7 days / 6 nights from € 870.00
Easy level

ITINERARY

DAY 1: FROM RENNES TO MONT SAINT MICHEL BY BIKE : ARRIVAL IN RENNES

Welcome to Rennes

Rendez-vous at your charming hotel, ideally located in Rennes. Brittany's capital offers many surprises: cobbled streets, half-timbered houses and historic buildings such as the Parliament of Brittany. Don't miss the Place des Lices and its lively market where you can sample local specialities. Overnight in Rennes.

DAY 2: FROM RENNES TO MONT SAINT MICHEL BY BIKE : FROM RENNES TO HEDE-BAZOUGES

159m ascent, 44 km

After a hearty breakfast, your cycling journey begins at the lock on the Ile et Rance canal. You start your sporting adventure in Brittany on a pleasant surface in the middle of an undulating landscape. Your first stop is at the Bazouge basin, a water reserve for the canal, offering a unique sight with its eleven flower-bedecked locks. Arrive in the charming village of Hede-Bazouges, in time to visit the Château de la Bourbansais and its formal gardens.

Overnight in a family-run hotel**.

DAY 3: FROM RENNES TO MONT SAINT MICHEL BY BIKE : FROM HEDE-BAZOUGES TO DINAN

134m ascent, 41 km

After a restful night, your cycling adventure continues with a descent through the "11 locks". Your first stop is the Tinténac lock-keeper's house, with its museum, before continuing along the towpath through Brittany's bocage countryside. You will pass through typical Breton villages such as Pleugueneuc and its château de la Bourbansais, or Léhon, one of the most beautiful small towns with its picturesque houses and warm atmosphere. Your day ends in Dinan, a medieval town perched on an imposing rocky outcrop.
Overnight in a 3-star hotel.

DAY 4: FROM RENNES TO MONT SAINT MICHEL BY BIKE : FROM DINAN TO SAINT-MALO

116m ascent, 27 km

Get ready for an exciting day on the sea spray. You leave the canal to join a beautiful greenway through the Breton countryside. Stop for lunch in Dinard, a 19th-century seaside resort. Take time out to explore the magnificent period villas and stroll along its beaches to enjoy the coastline. After this short stop, embark on a short cruise to cross the mouth of the Rance: you'll reach Saint-Malo by sea, a famous corsair town for its sailors. Take time to stroll around the old town, explore the ramparts and taste the seafood that defines Malouine gastronomy.
Overnight in a 3-star hotel by the sea.

DAY 5: FROM RENNES TO MONT SAINT MICHEL BY BIKE : FROM SAINT-MALO TO CANCALE

185m ascent, 26km

You're leaving Saint-Malo. The 26 km ride to Cancale is a picturesque discovery. Between centuries-old 18th-century malouinières and the seaside, the route takes you to a seaside lunch, steeped in local flavours. Arriving at your destination, the bustling port of Cancale welcomes your bikes. Explore the quays, admire the boats and give in to the temptation of the region's famous oysters.
Overnight in a 3-star hotel by the sea.

DAY 6: FROM RENNES TO MONT SAINT MICHEL BY BIKE : FROM CANCALE TO MONT SAINT-MICHEL

83m ascent, 48km

The day begins with a promise: to reach the architectural marvel that is Mont Saint-Michel. You'll cycle along a 48 km route, alternating between small country roads and seaside lanes. Halfway along the route, you'll take a well-earned lunch break at the foot of Mont-Dol, offering a view of this foreign rock, lost in the middle of flat marshland. After this invigorating break, a few more kilometres through salt meadows will bring you closer to Mont Saint-Michel. On arrival, a final stage awaits you: a climb on foot to the heights to reach the famous abbey.
Overnight in a *** hotel

DAY 7: FROM RENNES TO MONT SAINT MICHEL BY BIKE : LOOP AROUND MONT SAINT-MICHEL AND DEPARTURE

136m ascent, 35km

Before setting off, treat yourself to a panoramic loop around Mont Saint-Michel. The route will lead you to the Roche Torin : this promontory offers breathtaking views of this architectural wonder. This panoramic experience will leave you with lasting memories of your cycling trip in Brittany.

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Disclaimer
Warning
The stages and partner accommodation listed are those we prefer. Depending on your registration date, we may have to book other accommodation of the same category or different stages for you. For any changes made after confirmation of the holiday, you will be asked to pay €35.

DATES & PRICES

Package	Double room *2 pers.*	Twin room *2 pers.*	Single room *1 pers.*	4-person room *4 pers.*
From Rennes to Mont Saint Michel by bike *7 days / 6 nights*	€970	€990	€1,695	€870

NB: prices shown are per person.

Trips possible from 01 April to 15 October , at this price.
Outside this period, please contact us.

For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may apply depending on the number of people and the number of stops on the tour.

OUR PRICE INCLUDES :

- 6 nights in pretty hotels
- Breakfasts
- Luggage transfers (1 bag per person, 20kg max)
- Phone support 7/7
- Taxes de séjour (local accommodation tax)
- A digital roadbook to download on your mobile
- Boat transfer from Dinard to Saint-Malo

OUR PRICE DOES NOT INCLUDE :

- Bike hire throughout the trip, including delivery to the start and its collection at the end (140€)
- Travel between your home and the start and end of the holiday
- Lunches and dinners
- Spending on personal items such as souvenirs and drinks
- Cancellation / Assistance / Repatriation Insurance (7.5% of the total cost of your trip – must be taken out at the time of booking)
- Generally all that is not mentioned in 'Our Price Includes'

OPTIONS

OPTIONS, SUPPLEMENTS AND REDUCTIONS:

SUPPLEMENTS	
July - August	€30
EQUIPMENT HIRE	
Bike rental 6 days (transfers included) - 6 days	€140
Additional bike rental day	€20
E-bike rental 6 days (transfers included)	€235
Additional e-bike rental day	€35
Children bike rental	€95
Additional children bike rental day	€15
Rental of a Follow Me towing system (delivery & repatriation included)	€75
Child trailer	€115
Rental of a rear child seat	€40
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Extra night in a standard double room in Rennes (breakfast included)	€85
Extra night in a standard single room in Rennes (breakfast included)	€145
Extra night in a standard double room in Mont Saint-Michel (breakfast included)	€110
Extra night in a standard single room in Mont Saint-Michel (breakfast included)	€220

NB: prices are per person.

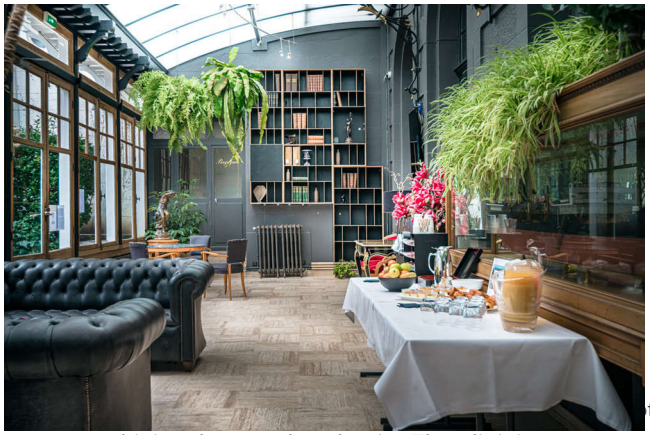
HOSTS

OUR PARTNER * HOTEL IN RENNES**

This 3-star hotel is located in the heart of Rennes, ideal for exploring the city's treasures. Each room is equipped with air conditioning and high-quality bedding to ensure a restful and comfortable night's sleep. The dedicated team is on hand to ensure an unforgettable stay.



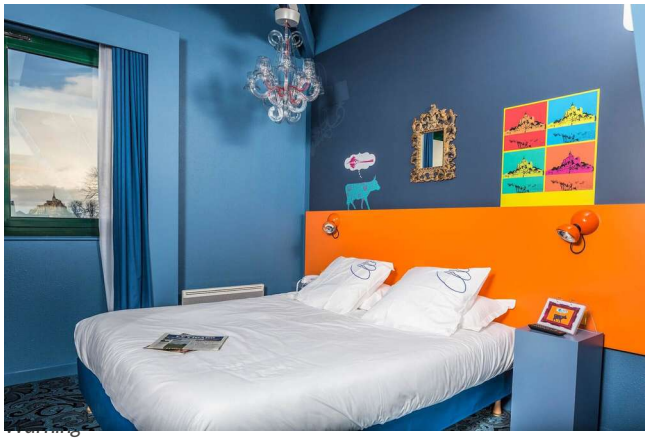
oking the sea. With its Napoleon III architecture, its ambience combines the charm of antique decoration with refined luxury. Some rooms offer spectacular views of the ocean, creating a soothing atmosphere. The bar-restaurant offers a culinary experience with refined cuisine featuring local produce.



tel with its typical Breton architecture offers comfortable and spacious rooms, combining charm and modernity. The adjoining restaurant serves local cuisine highlighting local flavours, offering a unique culinary experience.



int-Michel, our partner hotel is a three-star establishment with a colourful decor. Enjoy a full buffet breakfast. The elegantly decorated and fully-equipped rooms promise comfort.



The stages and partner accommodation listed are the ones we prefer. Depending on your registration date, we may have to book other accommodation of the same category or different stages for you. For last-minute bookings, we may have to offer you less comfortable accommodation and/or accommodation without a swimming pool, particularly during the high summer season. We are fully aware of the different accommodation options available for each stage:

we will choose the best available offer for you when you register.

PRACTICAL INFO

THE BIKES WE OFFER FOR YOUR STAY :

REGULAR BIKES





- From the label Vélo Ville
- Aluminum frame
- Several frame sizes to suit your height
- Transmission Shimano 24 to 30 speeds.
- Disc brakes

- Luggage rack

These bikes are light, practical and comfortable.

NB: The bike above is the one we prefer. Depending on your registration date, we may be able to reserve another bike of the same category for you.

ELECTRIC BIKE



- From the label Vélo Ville
- At least 3 levels of assistance
- 80km to 120k autonomy
- Aluminum frame
- Frame geometry for easy straddling
- Luggage rack

It's a great way to get in a few more kilometres a day.

NB: The bike above is the one we prefer. Depending on your registration date, we may be able to reserve another bike of the same category for you.

ALL EQUIPMENT INCLUDED

- Waterproof rear panier Ortileb 20l
- Waterproof front panier with Ortlieb smartphone / roadbook holder
- Bike lock
- Repair kit
- Helmet provided free of charge on demand (please ask for one when you register)
- 1 bike water bottle
- 1 bike computer

CHILDREN BIKE



Aluminum frame

- 16 inches from 105cm to 120cm (or 6 to 7 years old)
- 20 inches from 120cm to 135cm (or 7 to 10 years old)
- 24 inches from 135cm to 145cm (or 10 to 12 years old)
- SPORT XS bike (adult frame) from 145cm to 155cm (from age 10)

BIKE TRAILER



2-SEATS CHILD TRAILER THULE CHARIOT CROSS MODEL
In our opinion, it is the most comfortable trailer on the market.
Adjustable suspension, one-handed reclining seat for your child's nap, comfortable and padded seats... everything is there for your child's well-being.
Load capacity: 45kg.

FOLLOW-ME



- Attachment fixed on an adult bike it allows to pull a child bike or to detach it so that it is independent
- The attachment remains on the adult bike
- Works with several sizes of children's bikes

This towing system is ideal so that children who like to pedal on their own have a chance to rest while being towed by an adult if needed.

PARKING OF YOUR VEHICLE DURING YOUR HOLIDAY

In thinking of the environment, we encourage you to come by public or shared transport. We will take care of the delivery and collection of your bike.

IN RENNES

Parking Gare Sud C-PARK – RENNES
Parking Les Lices – RENNES
Parking Hoche – RENNES

MEETING POINT
Day 1 in your Hotel

END OF YOUR TRIP
End of service on departure from your hotel near Mont Saint-Michel

If you are coming by car and need to get to Rennes from your arrival point, we recommend that you take the train from Pontorson station (50

minutes) for ecological and economic reasons. Please make your own reservations.

To take advantage of the private shuttle: see detailed rates or contact us

How do I get there? To limit your CO2 emissions, we encourage you to use public transport.
→ IF YOU ARE COMING BY TRAIN: Rennes station - 1h30 from Paris
→ IF YOU COME BY PLANE: Rennes airport

RECOMMENDED EQUIPMENT

Take a travel bag or suitcase for a change of clothes for the week. You will find it in your accommodation each evening.

Clothing :
1 sun hat or cap (helmet provided on request when you register)
1 scarf Breathable
T-shirts
NB: Avoid cotton, which takes a long time to dry; prefer short-sleeved t-shirts (breathable material)
1 fleece
1 Gore-tex jacket, waterproof and breathable
2 pair of shorts (short or long), preferably padded for comfort on the bike
NB: The shorts must be worn next to the skin.
1 pair of comfortable trousers for the evening
Underwear
Socks
NB: Avoid "tennis" type socks (cotton), which take a long time to dry
1 swimming costume

Shoes :
1 pair of multi-activity shoes for cycling and walking
Tennis shoes or sandals for the evening

Equipment :
1 pair of sunglasses
1 pocket knife (to be put in the hold luggage if you take the plane)
Toiletries
Toilet paper
Sunscreen Soothing cream anti-friction

This list should be adapted according to the season chosen.