



BRITTANY

PRESS PACK

2019

www.BRITTANYTOURISM.COM





BRITTANY HAS OVER 600KM OF CANALS TO EXPLORE
NANTES-BREST CANAL



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2019 ARTISTIC AND CULTURAL CALENDAR

EVENTS IN BRITTANY

FESTIVAL DES CHANTS DE MARINS (SEA SHANTY FESTIVAL)

PAIMPOL: 2-4 AUGUST 2019 - 30TH ANNIVERSARY

Every two years some 130,000 festival-goers transform the quays of Paimpol into a sea of happiness. The traditional boats and music from the four corners of the world are certainly this festival's recipe for success.



Hundreds of traditional sailing ships call into Paimpol harbour, sea shanties sound out from the quays and international stars are also ready to climb aboard for this sea shanty festival. Sea shanties were originally sung by sailors to help them pace their work on board ship or wind down when they reached port. The shanties tell tales of travel, adventure and camaraderie, themes that now run rife throughout this festival in Paimpol. From the Black Sea to the Baltic, the banks of the Nile to the Cape of Good Hope, this event has drawn in the crowds for the likes of Marianne Faithfull, Carlos Núñez, Touré Kunda and Goran Bregović.

+ FIND OUT MORE
www.paimpol-festival.bzh

DINARD FILM FESTIVAL

DINARD: 25-29 SEPTEMBER 2019

Who will win the Golden Hitchcock award? Every Autumn, the same wave of suspense grips Dinard's version of La Croisette in Cannes. The British Film Festival has Hitchcock for a mascot, and this is one festival where you won't need subtitles!



For more than 30 years, the same scenario has been played out again and again in Dinard, but the ending's never the same. And in this seaside town, autumn is never boring, when the town attracts some of the biggest names in British and French cinema during festival week. The five venues requisitioned for the event host a variety of film projections: premieres, tributes, retrospectives... *Shallow Grave*, *The Full Monty*, and *Billy Elliott* have all earned their authors a statue portraying the legendary Hitchcock silhouette, and icons like Roger Moore have needed no Persuader-ing to come and Bond with the public.

+ FIND OUT MORE
www.festivaldufilm-dinard.com

FÊTE DE LA COQUILLE ST-JACQUES

PAIMPOL: 27-28 APRIL 2019

Erquy, Saint-Quay-Portrieux and Paimpol are all known for their scallops and every year in April, they take it in turns to organise a festival in honour of their queen of the seas. Two days of festivities, food and scallops...it has to be a must!

For the second time, Paimpol will host the celebrations with music, crafts, art, fishing boats and scallops galore - come and celebrate the end of the scallop-fishing season with the very sailors who fish for them. Visit the craft and fishing village, the exhibition on the sea trades and taste scallop recipes either directly on the port or in one of the many restaurants offering special menus in honour of the scallop that weekend. You can even take a trip out to sea to follow the trawlers and watch the fishermen as they dredge the depths for the very last scallops of the season.

+ FIND OUT MORE
www.fetedelacoquillestjacques.com



SOUND AND VISION HISTORIC SHOW

BON-REPOS ABBEY, SAINT GELVEN: 31 JULY AND 2, 3, 5, 7, 9, 10 AUGUST 2019

Recently in ruins, the 12th century abbey has risen from the ashes, and has been a most beautiful backdrop to a remarkable sound and light show that has taken place every summer for the past 30 years.



With already more than 150 000 spectators, the show has become a stage at nightfall, where you can watch the story of Central Brittany unfold, from Neolithic times to the Chouan uprising at the end of the 18th century. Imagine... thousands of costumes, props and accessories, wagons, handcarts, coaches, all created and made to enhance the story; 350 people, 30 horses, and many farm animals, all taking part in this impressive production! This unforgettable journey through time with the story unfolding in scene after scene, all enlivened by a superb musical soundtrack and pyrotechnic effects will hold you spellbound, rich in emotion, where the unexpected awaits....

Prices from €18 per adult / €10 per child

 FIND OUT MORE
www.bonrepos.bzh

LES TRANSMUSICALES

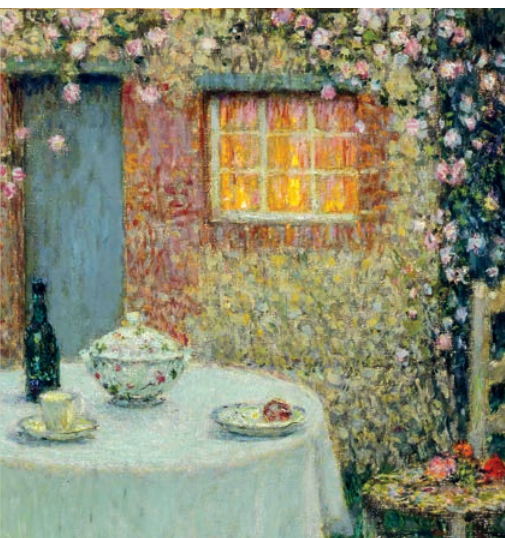
RENNES: 4-8 DECEMBER 2019

A leading light of the modern music scene, every winter for the last 40 years, the Transmusicales festival in Rennes has given us a taste of the musical trends of tomorrow. Groups come here in the hope of making their last 'anonymous' performance before receiving unanimous acclaim from the critics.



To sum up the history of the Transmusicales in a couple of lines would be like trying to write the history of France on a post-it note. Let's just say that it's here that emerging stars come to find fame and glory, and that today, we've lost count of the number of legendary groups that have played in front of audiences that have since become their unconditional fans. Portishead, Ben Harper, and Nirvana in the nineties or, more recently, Kate Nash, The Do or the Ting Tings. If you want to know what'll be playing over and over on the radio next year, or the film soundtracks for the summer...buy your ticket for the Transmusicales! Eyes wide shut and ears wide open!

 FIND OUT MORE
www.lestrans.com



THE LAST IMPRESSIONISTS

MUSÉE DES BEAUX ARTS, QUIMPER: 21 JUNE - 29 SEPTEMBER 2019

One of Quimper's museum of note is the Musée des Beaux Arts, which has a fine collection of paintings from renowned Breton artists and the Pont Aven School. From 21 June to 29 September 2019, the museum hosts a unique exhibition called The Last Impressionists.

The exhibition is dedicated to The New Society of Painters and Sculptors (1900-1922), one of the most famous artists' brotherhoods in French and European art. For half a century, before modernity would gradually devour everything, these artists seduced audiences on both sides of the Atlantic. Born of the generation marked by impressionism, each of them had his own style, perfectly identifiable trend, but all shared a sentimental vision of nature, described as intimate. Intimacy was the last major current of French art to be devoted to nature, and these artists were regarded by the observers of their time as the last representatives of Impressionism.

 FIND OUT MORE
www.mbaq.fr

CHATEAUX AND MANOR HOUSES

NEW PLACES TO STAY WITH UPSCALE CREDENTIALS



A MICHELIN-STARRED CHEF AT THE CHÂTEAU DE BOISGELIN

After winning a star at the Manoir de Lan Kerellec in Trébeurden, there's a new challenge for Mathieu Kergourlay.

This young Breton chef, together with his wife Marine, has taken over the reins at the Château de Boisgelin restaurant-hotel in Pléhédel. This energetic chef aims to transform local produce and vegetables from the estate's garden by blending original combinations of exotic and seaside flavours. Marine's job is to manage the hotel. There are 14 rooms, with a brand-new decor that subtly combines period furnishings with modern items. The estate owned by the Boisgelin family since 1166 also houses a 9-hole golf course.

From €69 per night for 2 people



FIND OUT MORE
www.mathieu-kergourlay.com



A NEW LIFE FOR THE CHÂTEAU DU NESSAY IN SAINT-BRIAC-SUR-MER

The Château du Nessay, firmly anchored on its peninsula at Saint-Briac-sur-mer, is opening a new chapter in its history.

This elegant 19th-century building, which was once a family home, has been transformed into a hotel-restaurant with 17 bedrooms and 4-star facilities. Each room has its own special style, but they all have sea views. There is also a restaurant offering family cooking, a bar and a well-being centre, all open to non-residents. The Nessay combines comfort, generosity, elegance and conviviality in a unique setting in the former fishing village of St-Briac, now an elegant and picturesque seaside resort. Just below the Château is Salinette beach, which is lined with traditional beach huts and offers unrivalled views of Saint-Briac Bay.

From €170 per night for 2 people.



FIND OUT MORE
www.lenessay.com

THE MANOIR DE KERBOT, A DELIGHTFUL "LONGÈRE" HOUSE ON THE RHUYS PENINSULA

Get away from it all at the Manoir de Kerbot on the Rhuy Peninsula.

This new 4-star hotel-restaurant offers nine rooms in a renovated 'longère' farmhouse, surrounded by five hectares of grounds. Vaulting, bare stone walls and attic rooms add an extra touch of authenticity to the simple and elegant decor. There's also a spa for relaxation, as well as a terrace where you can enjoy a view over the lake and watch birds from the nearby Duer Marshes.

From €100 per night for 2 people



FIND OUT MORE
www.hotelrestaurantkerbot.com



BRITTANY'S MOST BEAUTIFUL PARKS AND GARDEN

GARDENS AREN'T USUALLY THE FIRST THING THAT COMES TO MIND WHEN THINKING OF BRITTANY... YET REMARKABLY, THE PERFECT CLIMATE AND RICH SOIL HAVE BROUGHT ABOUT A LONG TRADITION OF ACCLIMATISATION OF EXOTIC PLANTS, BROUGHT BACK BY SAILORS FROM THEIR EXPEDITIONS.

DOMAINE DE LA ROCHE JAGU

Standing high on the side of the wooded Trieux River, the 15-century Château de la Roche-Jagu and its medieval-style estate offer outstanding views.



The castle is the only survivor of some ten fortresses that once dominated stretches of this valley in medieval times. To explore the gardens, three pathways are recommended: the water pathway, the oriental pathway, or the silver rock pathway. As you stroll through the grounds you'll come across a wide range of different landscapes: medieval gardens, a palm grove, an avenue of camellias, lakes and ponds and salt meadows... not forgetting the horse pond and the pergola pathway with its sweet scents of roses, honeysuckle and wisteria.

 FIND OUT MORE
www.larochejagu.fr

THE 'CÔTE DES JARDINS' EUROPEAN GARDEN ROUTE

Follow this enchanting itinerary through the 11 most beautiful gardens in Brittany from English romanticism and formal French elegance, to mazes and unusual flower gardens.

Along the way, you'll discover unique settings, like the Isle of Batz where the Georges Delaselle's garden holds more than 2,000 species of plants, or the 25 hectares of the Haute-Bretagne botanical park with its 21 gardens including a prehistoric, a Persian and setting sun gardens. It is, according to the Michelin Guide, "one of the most beautiful landscaped gardens in France".

 www.apjb.org



JARDIN DE LA BALLUE

Found between Rennes and the Mont-St-Michel, this Baroque garden holds a number of surprises for visitors.

In fact the Jardin de La Ballue is a huge labyrinth passing through 13 different green enclosures. At first you might find this place austere, but you'll end up being surprised by these enchanted gardens: from mysterious grove to musical grove, not forgetting the fragranced grove, the open air theatre or 'the temple of Diana'... The garden is laid out geometrically, in the French style. Its topiary art, château and undulating landscape add to its harmonious beauty. Yews, privets, wisteria, box and bay shape the space into amazing shapes, perspectives and light and shade. You'd think Lewis Carroll or Tim Burton had designed it. Entering this garden is like stepping into a picture. You can even be king and queen of the castle for a night and stay in one of Château de la Ballue's five fairytale rooms all complete with four-poster beds.

 FIND OUT MORE
www.la-ballue.com



COUNTRY LIVING

CANALS, MARSHES AND RIVERS

VALLEYS AND GROVES, FORESTS AND SWAMPS, CANALS AND BEAUTIFUL RIVERS ... BRITTANY'S COUNTRYSIDE IS ABSOLUTELY CHARMING!

A WEEKEND CYCLING ALONG THE NANTES-BREST CANAL

Strolling, walks and conviviality are all part of this nature weekend in an organic farm in central Brittany.



When the bus arrives in Saint-Gonnery, Fabienne, your host for the weekend welcomes you. With her husband Rémy, the couple runs a farm of 45 dairy cows, surrounded by green meadows, close to the Nantes-Brest canal. Take advantage of the electric bikes at your disposal during the entire stay to explore the landscapes of the canal and the banks of the Oust river. There, everything is silence and beauty, calm and biodiversity. You will come across remarkable trees, impressive castles and hidden chapels. Fabienne will advise you on the most beautiful routes to explore in the area depending on your wishes and abilities. Before going on a bike ride, with a homemade picnic in the basket, enjoy organic and local produce at breakfast. Back from a walk, you will appreciate the delicious hot meal cooked by your host. Take the time to tour the farm with Fabienne and discover the know-how of organic farming.

This weekend is an 'In Brittany without my car' package that has been created by Brittany Tourism and its partners. Perfect to escape for a weekend and leave behind all the hassle of everyday life including your car. **From €168 pp for a 3-day/2-night stay**

The price includes: 2 nights in a B&B, 2 dinners and 1 picnic basket, E-bikes during the entire stay, a guided tour of the farm, transfer from Saint-Gonnery to the B&B on arrival and departure.



FIND OUT MORE

Bienvenue à la Ferme Bretagne: T +33 2 96 79 22 25 - www.terres-de-bretagne.fr

SAMPLE CHEESES ON THE FARM IN SUSCINIO

If you want to meet the cows, head for the Suscinio cheese farm on the Rhuys Peninsula.

At the end of the afternoon you can watch the Breton Pie Noire cows being milked, and in the mornings you can see how the cheeses are made. The delicious Tome de Rhuys is among the cheeses made by Isabelle and Gervan Bourvellec. Since spring 2018 it has been available to taste 'on the farm' on the big wooden tables at the "Pie Noir Café". On the menu: cheese boards, rarebits and main dishes based on farm produce. A real taste of Brittany in a friendly atmosphere!



FIND OUT MORE
www.tomederrhuys.fr



TAKE SOME TIME OUT IN THE LAMOUR VALLEY

Overlooking the Leff valley at Piélo, 10 minutes from Saint-Brieuc, the Maison des Lamour makes you want to take it easy.

These former farm buildings are surrounded by 30 hectares of garden, woods and river and offer five charming B&B rooms and three cottages, all designed as «guest rooms». The overall style is vintage French, with lots of nice little details: bird-cages, zinc watering-cans, old family portraits, a chemist's weighing-scales transformed into a bedside table, etc. The Maison des Lamour is a farmhouse inn with the "Char à Banc" label, where a traditional meat stew with cabbage is always simmering on the hob. There is also a grocery and curiosity shop.

From €130 per night for 2 people (including breakfast)

+ FIND OUT MORE
www.lamaisondeslamour.com



NEW! SCANDI-CHIC GLAMPING WITH RIVER VIEW

At the Pertuis de Rofo, the Nordic Lodge offers both space and comfort.

This is not just a cabin, it's a small house, with 37 square metres of floor space, perched eight metres high, overlooking the beautiful Vilaine Valley in southern Brittany. The cabin is reached via a 20m long wooden footbridge. The lounge area and two bedrooms are elegantly decorated with Scandinavian accents. As you enjoy the view from the 20 sq. m. terrace, nature really is at your fingertips!

From €195 per night for up to 3 people (including breakfast). February to September.

+ FIND OUT MORE
www.hebergement-insolite-bretagne.fr



SAIL A TRADITIONAL BARGE ON THE CANAL DU BLAVET

For a really retro experience, sail the Canal du Blavet on a "cahotier", a traditional boat found on Brittany's canals.

The boat is moored at the Boutique de l'Écluse, a restored lock-keeper's cottage at Saint-Nicolas-des-eaux. Cast off for a peaceful cruise or stay at the quayside for a holiday with a difference. The Boutique de l'Écluse also rents out boats and electric bikes and has a charming grocery, where the counters are full of local produce, bread, sandwiches, etc.

Cahotier price: from €150 for a weekend (staying at the quayside) or €1,475 per week (cruising)

+ FIND OUT MORE
www.aventurefluviale.bzh



TAKE A BREAK ESCAPE FROM THE WORLD ON BRITTANY'S ISLANDS



The islands of Brittany still have this magic ability to make you feel like you have all the time to live fully in the moment. Escape the stress of the modern world and enter a luminous and serene oasis.

From Bréhat to Ile aux Moines via Batz, Molène, Sein, Ushant, Groix, Houat, Hoëdic and Belle-Ile, the Breton islands all have different reliefs, landscapes, stories and strong identities. Veri-

table jewels, the Breton islands and peninsulas promise a complete change of scenery. Hidden coves, stretches of fine sand, pebbled beaches and many other landscapes, sometimes offering tropical appearances...

Exploring them is a unique way to discover a territory rich in history, legends and breathtaking wild landscapes, between sea, sky and land.

ISLE OF BRÉHAT

Off the coast of Paimpol is Ile Bréhat, one of Brittany's loveliest islands. In actual fact, Bréhat consists of several islets around two small, car-free islands, which are joined by a bridge at low tide. It is easily accessible by a regular 10-minute boat journey from Pointe de l'Arcouest.

THE IROISE ISLANDS: USHANT AND MOLÈNE

The island of Ushant (Ouessant in French), 18 miles (30km) off the coast of Le Conquet, is where you'll find France's most westerly point, Pointe de Pern. The island is well known for its lighthouses and treacherous seafaring heritage but especially for its indigenous sheep.

ISLE OF BATZ

A 15-minute boat ride from Roscoff, the Île de Batz (pronounced 'ba') is a hidden gem that is worth seeking out. The main attraction is its exotic garden but there are also some lovely beaches, leisurely walks and great views from the top of the lighthouse.

GLÉNAN ARCHIPELAGO

The Îles de Glénan are an archipelago of islands and islets about 10 miles (16km) off the south coast of Finistère. Only accessible in summer, they are best known for their sailing and diving schools and for having a unique indigenous flower.

ISLE OF GROIX

At 4.3 miles (7 km) long by 1.8 miles (3 km) wide, Île de Groix is Brittany's second largest island after Belle-Île and lies 8.7 miles (14km) off the coast of Lorient. Once a major centre for tuna fishing, Groix is now

noted for its lovely (and unusual) beaches and its important concentration of minerals.

ISLE OF SEIN

Five miles (8km) off the Pointe du Raz, the Île de Sein is arguably Brittany's most unusual island, not least because it's entirely flat. When you're done exploring the only village's museums, take a walk around the coast to see the lighthouse and the historic Free French Monument.

HOUAT AND HOËDIC ISLANDS

Northeast of Belle-Île, the islands of Houat and Hoëdic are the perfect places to get away from it all. Houat, the larger island, has sweeping sandy beaches and a network of footpaths while its smaller sister, Hoëdic, boasts a network of coves, a fort and some Neolithic sites.

L'ÎLE AUX MOINES

As soon as you set foot on this small piece of land, you are transported to another Brittany, that looks like Greek islands! Small white fishermen's houses, flowery alleys leading to pretty gardens with sea views and an island lifestyle! Rent a bike to explore the 14 km of trails.

BELLE-ÎLE ISLAND

Belle-Île, 9 miles (15km) off the coast of Morbihan, is Brittany's largest island. After a turbulent past, which included occupation by the British, the 'beautiful isle' is now a magnet for tourists thanks to its temperate climate, magnificent coastline, 60 gorgeous beaches and renowned opera festival.



FIND OUT MORE
www.brittanytourism.com

A SAILING CRUISE IN SOUTHERN BRITTANY

Bretagne Croisières offers navigation plans in 3 days to discover 3 islands, or 6 days to discover 5 islands.

You will board a 15-meter sailing yacht for an all-inclusive cruise with cabin and private bathroom. This is a unique opportunity to discover the beautiful islands of southern Brittany: the pretty harbours, beaches and coves of the isle of Groix, the turquoise waters of the Glénan archipelago, beautiful Belle-Ile-en-Mer, or Houat and Hoedic, the two «sister» islands, formerly connected, each having today their own charm.

From **€402** per person

+ FIND OUT MORE
www.bretagne-croisieres.fr



BELLE-ILE CAMPER VANS

Live the Kombi adventure: vintage experience, nature bivouacs and iodised wanderings guaranteed! A cosy nest with a garden that is limited only by the horizon, Belle Ile camper vans will be your most beautiful trips.

Hulk, Flash, Samy and many others will be delighted to welcome you on Belle-Ile island! You'll love discovering the island in this classic vehicle, refurbished or 100% vintage, 70's to the most recent, perfect for a couple or a solo traveller, but also for a whole family and even a group of friends! Our campervans are fully equipped: complete with bedding, towels, gas, sink, fridge, 220v, all the usual dishes and even coffee maker and toaster, plus the radio! There is even a bath if needed!

From **€400** for a 3-day/2-night hire.

+ FIND OUT MORE
www.belleilecampervans.com



ALONE ON CALLOT ISLAND

There's no better way to recharge your batteries than to cut yourself off from the outside world

On Callot island, facing Carantec (Finistère), a former schoolhouse reopened in the summer of 2018 as a charming holiday home. The white colours and pale wood of the furniture, which remind you of its former days, add to the serene atmosphere of the place. At high tide, when all the visitors have gone, the island offers a peaceful setting, with rushes, heather and fine sandy beaches.

From **€800** per week for up to 10 people.

+ FIND OUT MORE
Gîte de l'Ecole: www.baiedemorlaix.bz

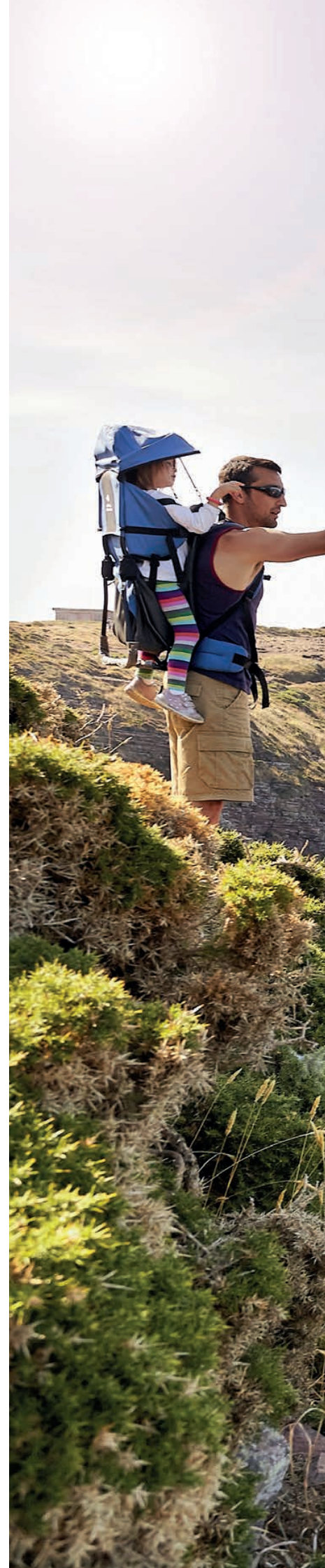
WALKING ALONG THE GR®34

GET READY FOR A VISUAL FEAST

A LIFE-SIZED PHOTO ALBUM THE GR®34 LONG-DISTANCE FOOTPATH, ALSO CALLED THE CUSTOM OFFICER'S PATH ('SENTIER DES DOUANIERS'), IS AN EXTRAORDINARY ROUTE THAT TAKES IN THE WHOLE OF THE BRETON COASTLINE.



Walking on the GR® 34 is the one of the best ways to capture the spirit of Brittany and feel the invigorating breath of the wide-open air. The GR®34 runs for more than 1,800 km along the entire Breton coastline, featuring stunning views over the sea. Whether you're a dedicated hiker or just enjoy a nice walk, you'll feast your eyes along this trail, which was recently voted France's favourite long-distance footpath. Rocky outcrops, wild coastlines, marshland, dunes, beaches, creeks, diverse flora and fauna and a rich historical heritage...





A PASSION FOR SPICES

FROM THE ADVENTURES OF 'SPICE-HUNTERS' WHO SAILED FROM PORT-LOUIS, LORIENT AND SAINT-MALO, TO THE SOPHISTICATED FLAVOURS OF BLENDS CREATED BY FAMOUS CHEFS, THE STORY OF BRITTANY AND ITS SPICES IS A TALE THAT'S STILL BEING TOLD...

BRITTANY, ON THE SPICE ROUTE



The view across to the Isle of Groix from the walls of the citadel of Port-Louis is crystal-clear. The history of this peaceful little spa resort in southern Brittany is closely linked with that of the spice trade.

In 1664, Colbert chose this site, on the Blavet estuary, to set up the French East India Company that he had just founded to develop trade with Asia. On the other side of the harbour, naval shipyards were built, around which the town of Lorient grew up. For the next 40 years, Port-Louis and Lorient acted as transit points not just for spices but also for the tea, fabrics,

silk and porcelain that made the fortune of the East India Company. Wars with Holland, Spain and England destabilised the maritime trade. Eventually, in the early 1700s, the Company veered towards bankruptcy, ending up in the hands of the so-called 'Messieurs de Saint-Malo', the nickname given to St-Malo ship-owners and corsairs. Those same 'spice-hunters' were responsible for building the 'Malouinières': sprawling country houses brimming with history, some of which are now open to visitors.

 FIND OUT MORE
www.musee.lorient.bzh

A PASSION FOR SPICES

THE 'KARI GOSSE': A CURRY THAT IS PURE BRETON

Its recipe has been a closely-guarded secret since the 19th century. It was passed by a shipwrecked Indian sailor to Mr Gosse, an apothecary with a store in Auray in Morbihan who welcomed the Indian to his home.

Xavier Pézat, his descendant, continues to make it, in some secrecy. The 'Kari Gosse' is a pure Breton curry powder characterised by its distinctive fragrance with notes of clove, and its beautiful ochre colour. The blend also includes ginger, turmeric, chilli, cinnamon and pepper and is a perfect accompaniment to any shellfish dish, especially lobster.

On sale at some pharmacies in Auray and Lorient





DIDIER CORLOU: A NOSE FOR SPICES

He is said to have a 'nose for spices', and Morbihan chef, Didier Corlou, certainly uses his sense of smell as well as every other sense to create his own blends.

Didier Corlou has been an expat in Vietnam for 25 years, where he runs five highly-acclaimed restaurants. In Vietnam he found the perfect environment to express himself and create new flavours. A confirmed globetrotter, he never stops searching mountains and plateaux in Vietnam to hunt down the best producers of cassia cinnamon, star anise, black cardamom, turmeric, Vietnam pepper and talauma. The Breton chef has begun marketing his spices in France, a range that includes Ha Long, Hanoi, Tangier, December and Siam Curry, to which "a dried green lemon leaf brings freshness and exoticism".

FIND OUT MORE
www.epices-corlou.com



SPICES FROM ALL OVER THE WORLD AT PAIMPOL, VANNES AND SOON RENNES

A schooner serves as the company logo in a nod to Paimpol's maritime past. 'La Cale aux épices' (Ship's hold of spices) was born of the long-haul voyages undertaken by the globe-trotting spice enthusiast Christophe Lemaire, who also crushes them himself and then shares his discoveries and creations.

After Paimpol, Vannes was the next location for a store, to be followed shortly by Rennes. In his retro-look stores with apothecary-style counters, Christophe Lemaire sells around 20 of his curry compositions as well as 30 or so marinade blends, and around 80 peppers and berries. Even now, he selects his own products from sources all over the world, returning from each pilgrimage armed with new recipes.

FIND OUT MORE
www.lacaleauxepices.com



OLIVIER ROELLINGER SPICES: THE GOLD STANDARD

Two of the most recent creations from Olivier Roellinger, unrivalled master of the art of spices, are a 'Cajun powder' - a tribute to the Acadians who reinvented the cuisine of Louisiana - and a 'Breton gomasio', a blend of Breton buckwheat, Egyptian sesame, nigella, Indian coriander etc. Roellinger's inspiration is simply flawless.

The famous Breton chef grew up in Cancale Bay and set up his laboratory in his Saint-Malo homeland, where he works on his famous powders. Most of the raw spices, roasted and ground on-site, come from organic farming or fair trade. Olivier Roellinger chooses the spices himself in their country of production, carefully selecting the rare bulbs, leaves, flowers and barks that go into his blends. The range is impressive: the chef-explorer has more than 80 blends on his shelves in their instantly-recognisable red and blue jars. Olivier Roellinger ground spices are available at the Epices-Roellinger stores at Cancale, Saint-Malo, Paris and on the website.

FIND OUT MORE
www.epices-roellinger.com

LEGENDS, HISTORIC SITES AND CELEBRATIONS

LIVING CELTIC HERITAGE

A REGION OF ANCIENT HISTORY



During the Iron-Age, centuries preceding Caesar's conquest of Armorica, a strong Celtic culture emerged and even if very little has survived from this shadowy period, the druids, the charismatic priests of the time, have left the deepest imprint on our imaginations.

Few remnants of Brittany's Celtic tribes remain for us to see beyond the odd trace of a fort – for example on certain coastal promontories, or at mysterious, boulder-strewn Huelgoat in central Finistère. A few museums display evocative Celtic coins however the druids forbade the writing down of Celtic

learning. Without written evidence, our imaginations can speculate wildly about these priests secretly at work in the forests, skilled craftsmen preparing warriors' weapons, and bards singing their praises.

Nearly a thousand years passed before the descendants of the "Brittonic" Celts crossed the Channel in the opposite direction, driven out by the Saxons, to land in Armorica. These are the great migrations of the Irish and Welsh between the fourth and sixth centuries AD, people passing from the great to the small Brittany, with their customs, their language and their clergy.

LEGENDS, HISTORIC SITES AND CELEBRATIONS

LA VALLÉE DES SAINTS – THE GIANTS' CROSSING 2ND EDITION: FROM WALES TO BRITTANY

Located on a feudal mound in central Brittany, the sculpture park immortalises the priests and monks from Cornwall, Ireland, Wales and Scotland who left their mark on the region 1,500 years ago, such as St Briec and St Malo.

In 2019, a new giant statue is being crafted in Wales by Paul B. Kincaid, and will be dedicated to Saint-David (St Dewi), the holy patron of Wales, as a tribute to the links between the two celtic territories. Wales is the second step of The Giants' Crossing 4-year project let by the Vallée des Saints association. Symbolizing the journey of the first Saints who crossed the Channel to reach Armorica (ancestral Brittany), each year a monumental statue is sculpted in Cornwall, Wales, Ireland, and Scotland, where most of the Monks came from, and will cross the Channel on an old sailboat to reach the Valley of the Saints in Brittany.

 FIND OUT MORE
www.lavalleedesaints.com



A UNIQUE MEGALITHIC HERITAGE

Southern Brittany is home to an invaluable treasure: the largest concentration of megalithic sites in the world.



The centrepiece of this heritage is undoubtedly the standing stones of Carnac. Perfectly aligned on 4km, these stones were conscientiously placed here during the Neolithic period. The mystery surrounding the function of these alignments is fascinating. To dive into the megalithic site of Locmariaquer is a disturbing experience. The great broken 'menhir' arouses curiosity. Lying in 4 pieces, it reached 20 meters high, weighs 300 tons. Incredible to imagine its transport and that of 18 other monumental stones at the time! Some megaliths can be hidden too. This is the case of the Gavrinis tumulus. If at the time of its construction, its elevated position exposed it to all eyes, it is today hidden by the pines and access is only possible by boat. As you enter, you are immediately seized by the beauty of the engraved stelae.

A LAND OF LEGENDS

Brittany is a land that's been peopled by dragons, mermaids, fairies and korrigans (little Breton elves) since the dawn of time. Some Breton legends are inspired by Celtic beliefs; such as the City of Ys, the Ankou or the Korrigans of Monténeuf moorlands. Wherever you go in Brittany, you'll be able to discover – or rediscover – the secrets that weave their magic on our forests, islands and valleys.

If you go down to the Monts d'Arrée today... beware the Ankou!

The expanse of peat-bog known as Yeun Elez, in the Armorican Regional Natural Park, is more than just a nice place to have a stroll and enjoy the beauties of nature. This site is a nature reserve, a haven for birds, and it also has its very own legend: it's said to be the exact location of the gateway to hell! The ancient Celts do not fear death because for them it represents the beginning of a better life. The Christianised Bretons thought of death in the same way, as a simple, natural thing. But they are afraid of The Ankou... When the mists close in across this strangely unreal landscape, beware of seeing a figure wearing a cape and carrying a scythe – the Ankou is on the prowl!

The City of Ys, buried under the sea off Douarnenez

In Douarnenez bay, listen very carefully and see if you can hear the mermaid's song in the moonlight. In the 4th century, Gradlon, King of Cornouaille, built for his daughter Dahut the magnificent city of Ys, which was surrounded on all sides by the sea. King Gradlon alone kept the key to the lock that sealed off the city. The young and terrible Dahut reigned there as absolute mistress and guardian of the ancient religion of the Celts. She turned it into a place of debauchery, and every night she took a new lover and then murdered him. One day, the Devil appeared in the shape of one of her suitors and persuaded her to steal the key to the city for him. And that is how Ys came to sink beneath the waves, and why Dahut was transformed into a mermaid.



LORIENT INTERCELTIC FESTIVAL

9-11 AUGUST 2019

Each summer, around 700,000 people from all over the world invade the Celtic land of Lorient for the Festival Interceltique. From Galicia to Scotland, the cream of Celtic music can be found here, to be enjoyed in a really convivial atmosphere.

Just like the Pied Piper, this inter-Celtic parade mesmerises the crowd, assembled here to celebrate an inter-Celtic night at the Moustoir stadium or in the fishing port, to the sound of the Scottish and Spanish bagpipes that fill the air. Around 200 events and shows and 5000 performers are on the bill... Tourists will love the atmosphere, and the Lorient locals are wholeheartedly involved in this festival which celebrates Celtic culture. Well into its forties, the Interceltique may be greying a little around the temples, but it is still young at heart.

+ FIND OUT MORE
www.festival-interceltique.com

6 BRETON SEASIDE CRAFTS

1 ACCESSORIES FROM BOAT SAILS

In Brittany, boat sails are getting a new lease of life thanks to some creative brands. Sails are transformed into bags, curtains, sofas, clothing... all hand-sewn in craft workshops. Each one is unique and has been on a voyage from sail to style!

+ www.ventdevoyage.com/

+ www.bocarre.fr/

+ www.727sailbags.com/fr/

2 SAILOR SWEATERS AND TOPS



Traditional striped sailor sweaters and tops are a 'must' in every Breton wardrobe. They've been reinvented as a new fashion accessory by several young Breton designers. The indispensable Armor Lux, who's always on trend, has been joined by some new kids on the block who care about those important little details.

+ www.armorlux.com/fr/

+ www.owenpoho.com

+ www.maisonbalancines.com

3 TOUR A SALT MARSH IN GUÉRENDE

Guérande is all about salt. This flagship product of French gastronomy owes its fame to the skills of the salt workers. These skilled craftsmen follow a 1000-year-old tradition in gathering, selecting and hand-sifting this precious mineral resource, produced by the ocean and the wind, on 2,000 hectares of marshland. Head to Terre de Sel, a subsidiary of the cooperative, 'Les Salines de Guérande', for a guided tour through the heart of the salt marshes.

+ www.terredesel.com



4 LA BELLE ILOISE IT'S IN THE CAN!

La Belle Iloise cannery opened in 1932 in Quiberon to process freshly landed fish from the nearby port. Today, depending on the fishing season, sardines, tuna and mackerel are still hand-processed using traditional skills. You can watch the 'sardinières' at work on a guided tour of the workshops in the present-day factory.

+ www.labelleiloise.fr

5 THE POWER OF SEAWEED IN ROSCOFF

Europe's largest concentration of seaweed is found around Roscoff, with more than 800 different species, including 12 that are regarded as edible. This has been a goldmine for the Algoplus company, founded in 1993 by Monique Poulet and Michel Perzinsky, two people with a passion for the sea and a belief in the food value of seaweed. Today, seaweed is added to recipes for rillettes, soups and even mustard. You can take a guided tour of this factory, which craft-produces marine food items, and learn about seaweed gathering and processing. Obviously, a tasting is also on the menu.

+ www.algoplus.fr

6 GIANTS OF THE SEAS IN SAINT-NAZAIRE

The legendary Normandie and France, the gigantic Queen Mary 2 and Harmony of the Seas... All these liners were 'Made in Saint-Nazaire'. On a tour of the shipyards, you can see the gigantic gantry crane in action lifting ship sections as big as apartment buildings. It's an impressive sight!

+ www.leportdetouslesvoyages.com

GETTING TO BRITTANY

EASY ACCESS BY PLANE OR FERRY



BY CAR

As soon as they arrive in the region, tourists have the benefit of Brittany's entirely toll-free dual carriage way network.



BY TRAIN

From London, visitors from the UK can get to the Gare du Nord in Paris in 2 hours 20 minutes by Eurostar. Then, to continue their journey, Brittany has an excellent rail service from Paris aboard the TGV Atlantique high speed train.



FIND OUT MORE
www.eurostar.com - www.en.oui.sncf



BY FERRY

From	To	Ferry operator	Find out more
Plymouth	Roscoff	Brittany Ferries	+ www.brittanyferries.com
Poole	St-Malo	Condor Ferries	+ www.condorferries.co.uk
Portsmouth	St-Malo	Brittany Ferries	+ www.brittanyferries.com
Portsmouth, Jersey	St-Malo	Condor Ferries	+ www.condorferries.co.uk
Cork	Roscoff	Brittany Ferries	+ www.brittanyferries.com
Rosslare	Roscoff	Irish Ferries	+ www.irishferries.com

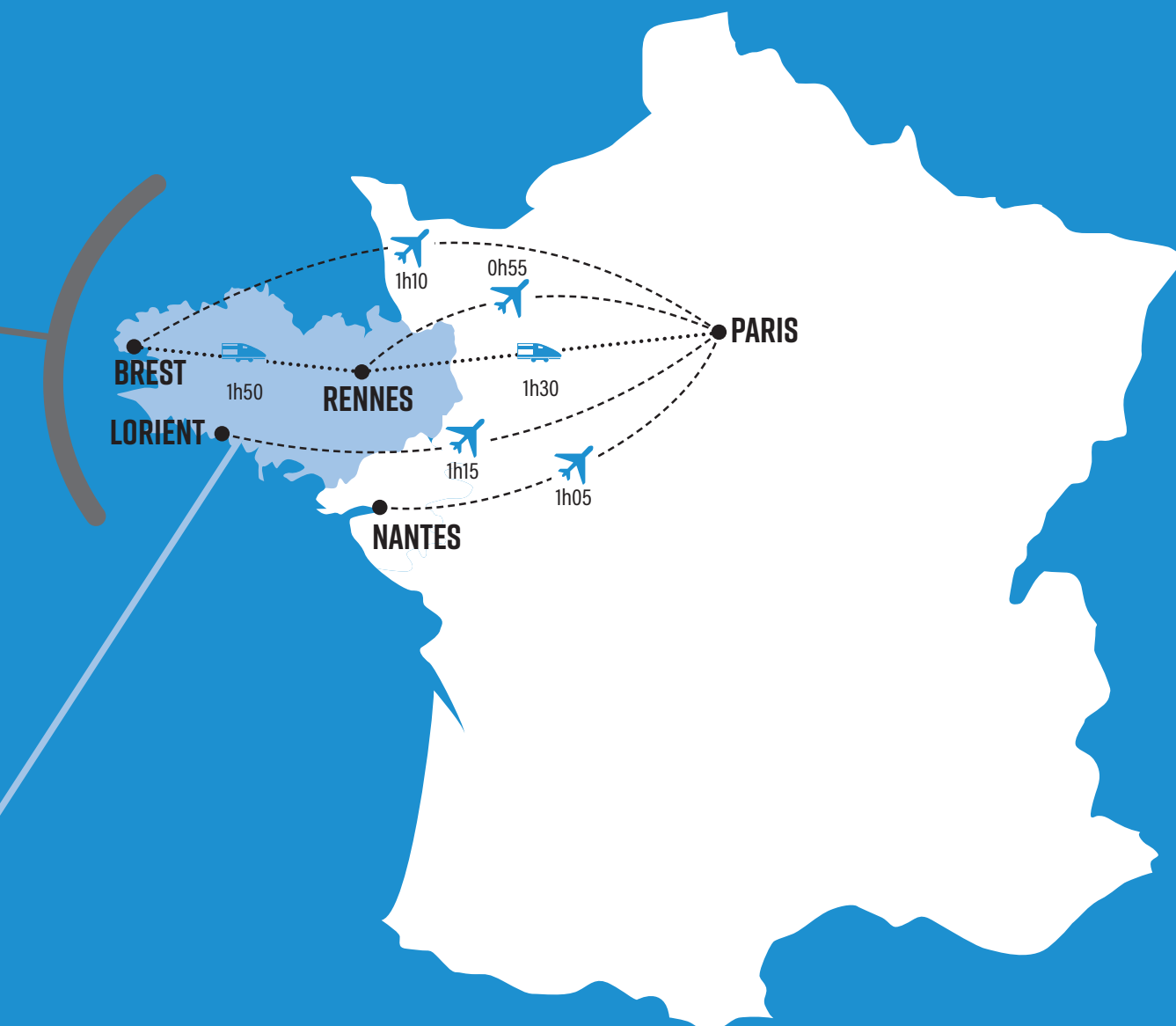


BY PLANE

From	To	Airline	Find out more
Birmingham	Brest, Nantes	Flybe	+ www.flybe.com
Bristol	Nantes	Easyjet	+ www.easyjet.com
East Midlands	Dinard	Ryanair	+ www.ryanair.com
Edinburgh	Nantes	Ryanair	+ www.ryanair.com
Exeter	Rennes	Flybe	+ www.flybe.com
Liverpool	Nantes	Easyjet	+ www.easyjet.com
London City	Quimper, Rennes	British Airways, Flybe	+ www.ba.com + www.flybe.com
London Heathrow	Nantes	British Airways	+ www.ba.com
London Gatwick	Nantes	Easyjet	+ www.easyjet.com
London Luton	Nantes	Easyjet	+ www.easyjet.com
London Southend	Brest, Rennes	Ryanair, Flybe	+ www.ryanair.com + www.flybe.com
London Stansted	Nantes, Dinard, Lorient	Ryanair	+ www.ryanair.com
Manchester	Nantes, Rennes	Ryanair Flybe	+ www.ryanair.com + www.flybe.com
Southampton	Brest, Nantes, Rennes	Flybe	+ www.flybe.com
Cork	Rennes	Aer Lingus	+ www.aerlingus.com
Dublin	Nantes, Rennes	Ryanair, Aer Lingus, Aer Lingus	+ www.ryanair.com + www.aerlingus.com

BRITTANY HERE WE ARE





GETTING TO BRITTANY

Located at the western tip of Europe and France, Brittany is easily accessible by car, by plane or train.



Since the opening of the TGV Atlantique high speed rail service in July 2017, it only takes 1 hour and 30 minutes to get to Rennes, Brittany from Paris city centre by train !

A similar direct rail service exists from Paris-Charles de Gaulle airport (2h38min).



By plane, Brittany is served by five airports : Rennes, Brest, Dinard, Lorient and Nantes, with direct flights from the United Kingdom, Ireland, Spain, the Netherlands, Belgium, Switzerland, Italy and Canada.

MAP OF BRITTANY HERITAGE & LEISURE

Key

Heritage

- «Ville d'Art et d'Histoire»
(Town of artistic and historic interest)
- «Petite Cité de Caractère»
(Small town of character)
- «Commune du Patrimoine Rural»
(Rural heritage village)
- «Les Plus Beaux Villages de France»
Most beautiful villages of France
- UNESCO World Heritage site
- Outstanding religious heritage site
- Churchyard or monumental Calvary
- Outstanding heritage site
- «Musée de France»
(French official museum)
- Museum, art gallery or interpretation centre
- Megalithic or archaeological site
- Historic sailing ship
- Lighthouse and semaphore with tour of the interior

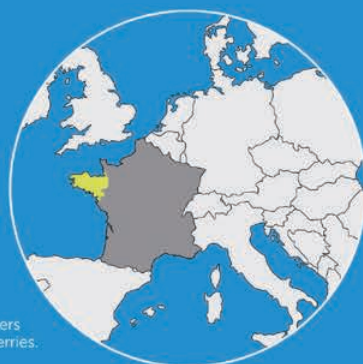
Things to do

- Zoo, wildlife park
- Aquarium
- Leisure and adventure park
- Golf course
- Thalassotherapy centre

Transport

- Airport
- TER railway station
- TGV railway station
- Coach station
- Ferry link

The BreizhGo Regional Public Transport System covers the whole of Brittany. It includes, trains, buses and ferries. You can find all the details at breizhgo.bzh.

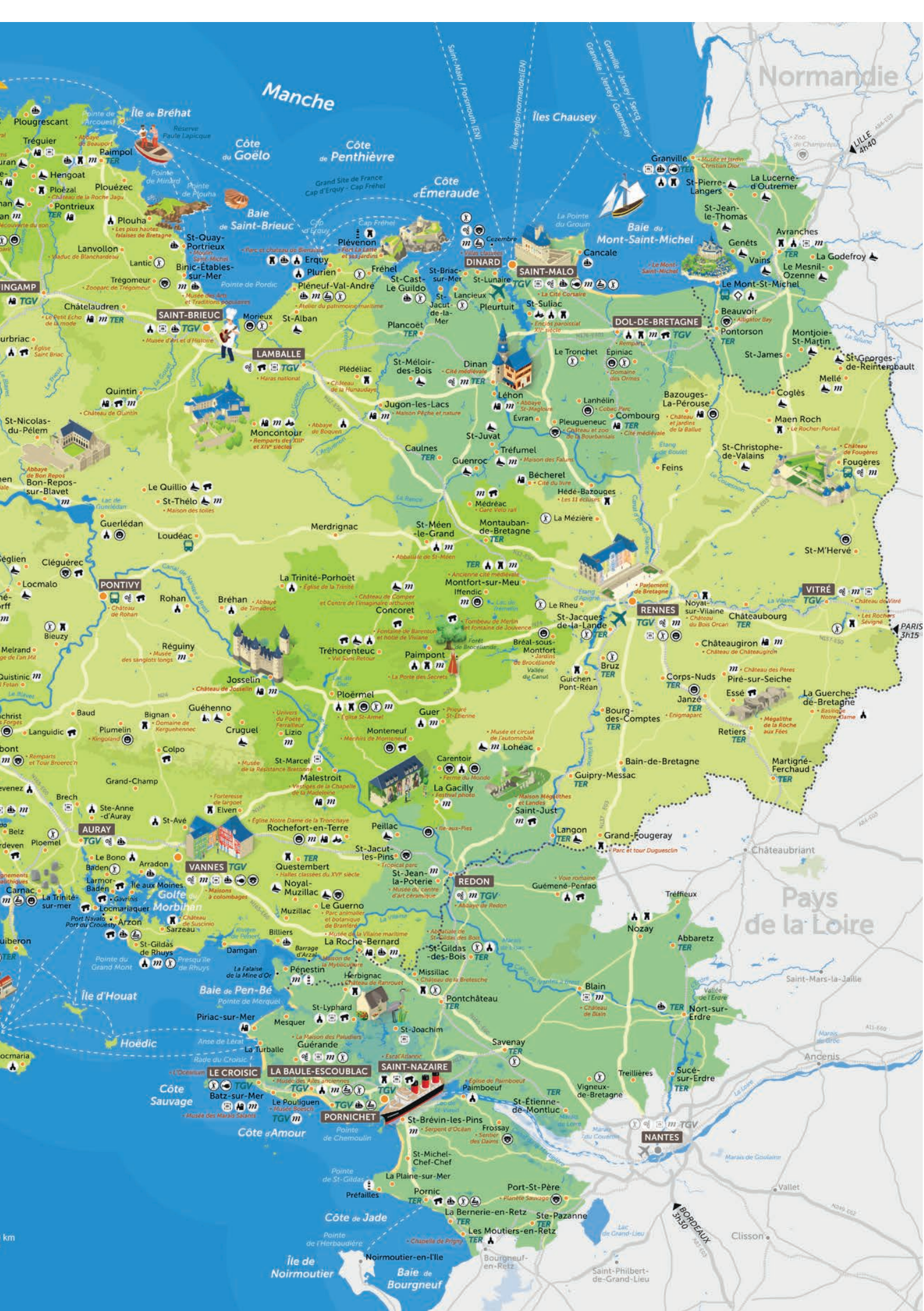


Océan Atlantique

Map of tourist Destinations



0 20



Front cover: Emmanuel Berthier

p2 : Emmanuel Berthier

p4 : Emmanuel Berthier (top left) ; Julien Lienard (top right) ; Yannick Derennes (bottom)

p5 : Abbaye de Bon Repos (top left) ; Les Transmusicales/Marion Bornaz (top right) ; Henri Le Sidaner (1909-2007) - *Petite table au pavillon, Gerberoy*, 1935 - 50 x 60 cm - musée Singer Laren

p6 : Domaine de Boisgelin (top) ; Y. Gautier (middle) ; Manoir de Kerbot (bottom)

p7 : Cédric Bossard (top left) ; Yvon Boëlle (top right) ; Yannick Le Gal (bottom)

p8 : Yannick Le Gal (vertical) ; Emmanuel Berthier (right)

p9 : Emmanuel Berthier ; Maison des Lamour ; Nordic Lodge ; Yannick Le Gal (from top to bottom)

p10 : Emmanuel Berthier

p11 : Yannick Derennes (top) ; Belle Ile Camper Vans (middle) ; OT Baie de Morlaix (bottom)

p12 : Emmanuelle Berthier

p13 : Alexandre Lamoureux

p14 : Morbihan Tourisme/Y. Zedda (top) ; Maison de Bricourt (bottom)

p15 : Simon Bourcier ; Stéphanie Biju ; Stéphanie Biju ; Epices Olivier Roellinger (from top to bottom)

p16 : Emmanuel Berthier (top) ; La Vallée des Saints (bottom)

p17 : Yvon Boëlle (top) ; Delfik Pro (bottom)

p18 : LADT.Locquard (vertical) ; Stéphanie Biju (middle) ; La Belle Iloise (right)

p19 : Diaphane

Tourisme
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