

## Bicycle Tours in France: **Bicycling Brittany and Normandy**

### OVERVIEW

France's northwest coast-with its rocky cliffs and sandy beaches-is widely known for its pivotal role in WWII, but the region's strong cultural identity and historic significance dates back to ancient Celtic roots. Just a couple hundred miles south of English Westcountry, Brittany and Normandy are geographically similar-though warmer, sunnier and less populated-compared with coastal England, and share a history of war, commerce, migration and cultural exchange that predates the Roman Empire. Cycling Brittany and Normandy is perfect for anyone who wants to...

- cross a drawbridge and emerge from a dungeon,
- imbibe local calvados, chouchenn and pommeau,
- traverse a bridge to the world's most famous tidal island fortress, Mont-Saint-Michel

\*\*\*Extend this trip 4 days and with our [Bicycling Brittany and Normandy Plus! Bayeux tour](#).\*\*\*

### HIGHLIGHTS

Saint-Malo, Port town of Cancale, Fort la Latte, Dinan - one of Brittany's best-preserved Medieval towns., 13th-century Château de la Hunaudaye, Mont Saint-Michel

### TOUR FACTS

<b>Tour Style</b>	 Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/classic-tours">https://www.experienceplus.com/tours/bike-tour-styles/classic-tours</a>
<b>Includes</b>	7 days, 6 nights' accommodation; meals as noted in itinerary; guided visits Dinan and Mont Saint-Michel and its abbey; 2 or 3 bilingual tour leaders; oyster tasting; van support
<b>Countries</b>	France
<b>Begin/End</b>	Saint-Malo / Mont Saint-Michel
<b>Arrive/Depart</b>	Paris
<b>Total Distance</b>	270 - 280km (167 - 173 miles)
<b>Avg. Daily Distance</b>	54 - 56km (33 - 35 miles) per riding day
<b>Tour Level</b>	
<b>Keep in Mind</b>	We work hard to maintain consistency across all of our tours, but some trips have unique differences. Here are some things to keep in mind about this tour. Air Conditioning is not common at hotels and is rarely needed in Brittany and Normandy.

**Please Note:** We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the  [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/france/brittany-normandy>

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### DATES & PRICES

Dates	Price	Single Supplement*
☞ Aug 21-27, 2022	☞ USD\$3995	☞ USD\$550
☞ May 14-20, 2023	☞ USD\$3995	☞ USD\$550
☞ Jun 11-17, 2023	☞ USD\$3995	☞ USD\$550
☞ Aug 20-26, 2023	☞ USD\$3995	☞ USD\$550

\*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

### DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	48km / 387m (30mi / 1269ft)	Rolling hills	▶▶▶▶▶	
3	60km / 597m (38mi / 1958ft)	Rolling hills	▶▶▶▶▶	
4	54km / 582m (34mi / 1909ft)	Rolling hills	▶▶▶▶▶	
5	55km / 622m (34mi / 2040ft)	Rolling hills	▶▶▶▶▶	
6	68km / 380m (43mi / 1246ft)	Rolling hills	▶▶▶▶▶	
7	Last day			

## Bicycle Tours in France: Bicycling Brittany and Normandy

### ARRIVAL INFO

**Meeting time 2 p.m. - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.**

**Note:** As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying into the Rennes (RNS) Airport. Paris Charles de Gaulle (CDG) is also a good option, with a 3-4.15 hour train ride away.

#### Flying into RNS:

1. Taxi from the Rennes Airport to Rennes. (15 min/EUR 20)
2. Train from Rennes to Saint-Malo. (less than 1 hour/fares vary)
3. Taxi from Saint-Malo Train Station to Day 1 Hotel. (5-10 min/EUR 10) or walk along a main avenue with a bit of traffic but with a good sidewalk. See [map](#)

Look up French train schedules and book tickets, if necessary, at [SNCF.com](#) or [Trainline.com](#). Questions? See our information on taking trains in Europe [here](#) or [ask us](#).

### DEPARTURE INFO

**Your tour ends around 11:30am after guided tour of Mont Saint-Michel and its abbey**

We recommend flying out of Paris de Gaulle Airport (CDG).

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

- The closest airport to the tour end is Rennes (RNS), but you will need to connect through Paris or another hub for international flights. Book your home-bound flight for the next day.

#### Flying out of CDG

1. Taxi from the Ending Hotel to the Pontorson train station. (15 min/EUR 15)
2. **OR** Keolis shuttle bus from the Ending Hotel to the Pontorson train station. Bus stop is about 300 m from the hotel. (20 min/EUR 3)

## **Bicycle Tours in France: Bicycling Brittany and Normandy**

3. Train from Pontorson to Paris Roissy Charles de Gaulle Airport. (5 -7 hours/fares vary)

## Bicycle Tours in France: **Bicycling Brittany and Normandy**

### Welcome to Saint-Malo

#### Highlights Saint-Malo

As you approach the walled city of Saint-Malo, pause to appreciate its tactical position near the mouth of the English Channel, its sheer, fortified walls, and its vast tidal beaches. Saint-Malo is notorious for its independent streak, having harbored corsairs-French privateers and pirates-who acquired fortunes from passing ships. Tonight enjoy a walk of the ramparts, and the opportunity to explore the old town's citadel and cobbled streets before enjoying a sumptuous welcome dinner. Bike Fitting and Test Ride this afternoon.

### Loop ride to Cancale

#### Highlights Cancale

Inland Brittany is a secret world of winding paths, walled villages, granite cottages and serene churches. Our first stop will be the Ferme marine where we will learn all about oyster farming. Pedal leisurely through this storybook countryside, or crank up your cadence to spend more time exploring the colorful port town of Cancale and its many culinary delights from the sea. Treat yourself to a lunch of oysters, langoustines, crabs, or clams as you watch the sailboats. Or perhaps you'll head north to Pointe du Grouin, which marks the entrance into the Bay of Mont Saint Michel, before turning back toward Saint-Malo along rocky coastline and sandy beaches.

### Bicycle to Sables d'Or les Pins

#### Highlights Dinard, Fort la Latte

Just when you thought Brittany's shoreline couldn't get more picturesque, you arrive at the breathtaking blue-green waters of the Côte d'Émeraude west of Saint-Malo. Here you'll ferry across the broad estuary of the Rance River to the charming resort town of Dinard, where generations of wealthy British vacationers have built magnificent villas. The ocean breeze is fresh and strong as you ride Cap Fréhel's soaring cliffs to the 14th-century Fort la Latte castle stronghold. This iconic fortress-complete with drawbridge, dungeons, turrets and sheer drop to the breaking waves-is fully restored and has been used in films including *The Vikings* (1958) starring Kirk Douglas and Tony Curtis.

### DAY 1

**Meals** Dinner

**Lodging**  Hotel des Marins

### DAY 2

**Distance** 48 km (30 mi)

**Gain** 387 m (1269 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast

**Lodging**  Hotel des Marins

### DAY 3

**Distance** 60 km (38 mi)

**Gain** 597 m (1958 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel de Diane

## Bicycle Tours in France: **Bicycling Brittany and Normandy**

### Bicycle to Dinan

**Highlights** La Hunaudaye Forest, Château de la Hunaudaye, Dinan

With the coast at your back, today's ride guides you south through Brittany's patchwork of farms, forests and rivers-home to the region's rich cultural heritage that tourists seldom experience. At the edge of La Hunaudaye Forest, you'll cross an impressive moat to explore the worn walls and secret corners of 13th-century Château de la Hunaudaye, a key example of Medieval architecture. We'll then continue on to Dinan, one of Brittany's best-preserved Medieval towns

### DAY 4

**Distance** 54 km (34 mi)

**Gain** 582 m (1909 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast

**Lodging**  [Hotel Le D'Avaugour](#)

### Loop ride around the Rance Estuary

**Highlights** Guided tour of Dinan, Saint-Suliac

We'll have a guided tour of Dinan and explore its half-timbered homes, cobbled streets, ramparts and an attractive port on the Rance River, Dinan beckons visitors to shop its local craft boutiques, art galleries, workshops and cafés. You may wish to set out on foot, boat up the Rance Valley, or mount your bike and take a loop ride north along the Rance River estuary to Saint-Suliac and back. Riding from village to village, you'll see fishermen at work, and children at play.

### DAY 5

**Distance** 55 km (34 mi)

**Gain** 622 m (2040 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  [Hotel Le D'Avaugour](#)

### Bicycle to le Mont Saint-Michel

**Highlights** Dol de Bretagne, First views of Mont Saint-Michel

The ride to Mont Saint-Michel awaits, but there's a lot to see and do before reaching the kilometer-long bridge to the island tomorrow. On the way to Normandy, stop for lunch in Dol de Bretagne and explore its Abbey, formerly the seat of one of nine ancient bishoprics of Brittany. Later in the day, notice the abrupt hill rising from the flat countryside surrounding the village of Mont-Dol-a geological twin to Saint-Michel to further whet your appetite. Finally, chalk arrows point your route along the edge of the bay, and your first views of the world-famous island abbey can be seen! The site was first chosen as a stronghold during the 6th century for its proximity to the mainland, its low-tide accessibility, and natural defensive features during high tide. It has been a monastery since the 8th century and is the subject of a 164 million euro

### DAY 6

### Bicycle Tours in France: **Bicycling Brittany and Normandy**

project to remove accumulated silt and restore it to an island.

**Distance** 68 km (43 mi)

**Gain** 380 m (1246 ft)

**Terrain** Rolling hills

**Level** 

**Meals** Breakfast, Dinner

**Lodging**  Hotel Mercure Mont  
Saint-Michel

**Bicycle Tours in France: Bicycling Brittany and Normandy****Guided visit Mont Saint-Michel****DAY 7****Highlights** Saint-Michel**Meals** Breakfast

This morning you'll have a guided visit of Mont Saint-Michel and its abbey. A fabulous way to end your journey across Brittany and into Normandy.



**INCLUDED**

**WHAT'S INCLUDED**

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling. More details on our bikes page: <https://www.experienceplus.com/what-to-expect/our-bikes/>
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

**PRE-TRIP SUPPORT**

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- \*Traveler services including assistance booking extra nights at the tour starting and ending hotels. (\*Not included on Explorer Tours.)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

**BICYCLES**

For a full list of what's included with your bike see our bikes page (<https://www.experienceplus.com/what-to-expect/our-bikes/>) . If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

**NAVIGATING, DAYSHEETS AND VAN SUPPORT:**

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform

to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat, Spotlight and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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**Need More Miles?** On many days it is possible to add miles to the day, just talk to your tour leader about your options.

**Need Fewer Miles?** If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

**TIPPING YOUR TOUR LEADER TEAM:**

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. \*Tips are included in Expedition pricing.

**PHOTOS:**

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform your tour leader in writing at the start of the tour.

**STYLES** **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

**Classic Tours:** Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

**Explorer Tours:** Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

**Spotlight Tours:** Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- Tour Length: 6-7 days
- Hotels: 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- Road Type: Pavement
- Multi-night Stays: Min 2 night stays
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

**Bike and Boat Tours:** Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

**Expedition Tours:** Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

**LEVEL 1 - 1.5**

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

**LEVEL 2 - 2.5**

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

**LEVEL 3 - 3.5**

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

**LEVEL 4 - 4.5**

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 – 6% grades for 6 kilometers or more.

**LEVEL 5 (EXPEDITION)**

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

**REMEMBER**

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

## CHECKLIST

### TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

### 6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Review the arrival and departure information under the "Travel Information" tab to see meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, and other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

### 6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/blog/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists on our website at <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition, Spotlight and Bike & Boat tours).

### DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!