

LOIRE VALLEY, DORDOGNE, BURGUNDY, PROVENCE OR BRITTANY

8-days / 7-nights inn-to-inn cycle touring

EXPLORE THE LOIRE VALLEY

Valley of the Kings with its chateaux & gardens



A wonderful collection of romantic chateaux, splendid formal gardens, fine wine, silks and tapestries, fine cuisine and mushrooms make the Loire Valley a unique and popular area for anyone visiting France. Gentle rolling hills and a tranquil rural scenery make this an ideal place for cycling

The region is easily accessed from Paris, hence its popularity with the French and English kings and including Henry II, Richard I and Richard the Lionheart. The Loire is the longest river in France part tranquil, tamed by farming and part wild and protected. The valley and its tributaries, the Indre and Cher support a vibrant wine industry – with the famous vineyards of Anjou – and offer a host of picturesque villages. Take a journey where you can imagine the hardships, the pleasures and passions of the early mediaeval pilgrims. Follow an infinitely varied succession of paths and trails that offer a direct link to history through towns and villages, fine churches, ancient monuments and to the great cathedral of the Apostle Saint James.

Departs: 8-days / 7-night departing every Friday, Saturday & Sunday from April to November 2010

Cost: \$1470 per person (B & B) or \$1885 per person (Half Board) \$420 Single room supplement

Inclusions: Twin Share comfortable 2-star & 3-star hotels with ensuite, 7 breakfasts, 7 dinners on the half board option (at least a 4-course evening meal), bike hire, luggage transport from hotel to hotel, briefing & detailed route notes with stage-by-stage route descriptions, maps and travel information. These prices do not include lunches, drinks, personal expenses, and optional visits

Distance: Easy to Moderate cycling – 45 to 75 kilometres on gently rolling terrain.

Suggested itinerary:

Day 1 Arrive in Tours

Capital of Touraine we suggest you allow time to visit the city with its Gothic cathedral and old quarter.

Day 2 Tours – Chinon @ 61 km

Leave the city following the Loire. After a few kilometers you arrive at the breathtaking gardens and chateaux of Villandry – certainly a place to plan to stop for at least a couple of hours – perhaps even for lunch.

Following minor roads paralleling the Loire, there are great views of the river and, passing fields and meadows of flowers in spring and summer you arrive at 'Sleeping Beauty's' castle, the Chateaux at Ussé. Cycle on to the town Chinon on the River Vienne, dominated by the ruins of the chateaux built by Charles VII.

During the 12th century, King Henry II of England fell in love with this beautiful town and made several changes to the castle making it one of his favourite residences. Joan of Arc is reported to have been a guest here of the French King Charles VII.

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Day 3 Chinon - Fontevraud – Chinon @ 55 km

Today, there is a circular cycle route from Chinon to Fontevraud, one of the biggest abbeys in France and once regarded as the centre of civilization in Europe. Here you will find the tomb of Richard the Lionheart (although when he died at Chalus in 1199, his heart was reportedly buried with his brother in Rouen, his brain and entrails went to an abbey at Chattoux, and the remainder entombed at Fontevraud although actual burial place is still unknown).

The Abbey and its community thrived during the 12th century under protection of Plantageanet family but later during the French Revolution and under Napoléon it was used it as a prison. This listed building has only recently been restored and protected. On your way back to Chinon you will cycle past the vineyards of Anjou.

Day 4 Chinon – Azay-le-Rideau @ 45 km

From Chinon to Azay le Rideau, you will cross-picturesque trails through forests of beech and oak. Your arrival into Azay le Rideau will introduce you to the beautiful Indre Valley: with its romantic river views, beautiful houses made of local stone and the amazing chateaux described as a *diamond* by the French the writer Honoré de Balzac.

Day 5 Azay-le-Rideau – Chenonceaux @ 60 km

You leave the Indre Valley and follow the tranquil Cher River Valley cycling past Montbazou and the lovely town of Bléré enroute to one of the most famous chateaux in the region Chenonceau called “Château des Dames”. Behind a door, or during a walk in the magnificent gardens, perhaps you will encounter the ghosts of Catherine de Médicis or Diane de Poitiers.

Day 6 Chenonceaux - Blois @ 75 km

Today’s route passes Montrichard in the Cher valley; and several typical little villages arriving at Cheverny. Then you follow the River Loire to Blois; seat of the French royalty for many years, this town offers many different art themes from these various periods. The Chateaux at Blois’ itself has an interesting history.

Day 7 Blois - Tours @ 70 km

The last day of cycling, although long will leave you with unforgettable memories. You again follow the River Loire to another famous royal castle; the Chateaux of Amboise perched high above the river. Whilst visiting Amboise, you must see Clos Lucé, the famous house nearby where Leonard of Vinci spent the last years of his life. The house contains many of his codex plans, its gardens are full of reproductions of his contraptions His white marble tomb, festooned with carvings of dogs, is in the grounds of the Chateaux Amboise. Later in the day, cycle to Tours again along the tranquil River Loire.

Day 8 End your cycling trip after breakfast in Tours.

DORDOGNE & PERIGORD SELF GUIDED INN TO INN CYCLING

Historic, rustic and remarkable - from Cro-Magnon Man to the medieval

With moderate cycling, this 8-day / 7-night holiday is the perfect way to work up an appetite and explore this amazing gastronomic region of France. A world of fertile green valley’s, castles and bastides, fortified villages, gently meandering river’s, lush pastures, wine, walnuts, geese for foie gras and the warm southern sun – this is the real France, this is Dordogne!

Departs: 8-day / 7-nights – departing daily from April to October 2010

Cost: Apr, May, Jun, Sep, Oct: \$1375 per person (B&B) or \$1790 per person (Half Board)
Jul & Aug: \$1445 per person (B&B) or \$1860 per person (Half Board)
Single room supplement: \$420

Tours Includes: Twin Share comfortable 2-star & 3-star hotels with ensuite, 7 breakfasts, 7 dinners on the half board option (at least a 4-course evening meal), bike hire, luggage transport from hotel to hotel, tour briefing & detailed route notes with stage-by-stage route descriptions, maps and travel information. The price does not include lunches, drinks, personal expenses, and optional visits or entry fees

Distance: Moderate cycling – 30 to 50 kilometres on gently rolling to rolling terrain. Extra rides (extensions and loop rides) may be available on certain days.



Suggested itinerary:

Day 1: Arrival in the afternoon in Souillac.

Once at your hotel you can take some time to explore the nearby 12th century Benedictine monastery with its fine carvings, and a statue of the prophet Isaiah, a masterpiece of the Romanesque art. Dinner is included tonight and you stay in a charming 3-star hotel.

Day 2 Souillac – Salignac 30 km

Your first day of riding is easy and follows the Dordogne River valley. There are many places to visit along the way such as the gardens of Eyrignac. More importantly, you have plenty of time to spend in today's destination Salignac with its interesting castle.

Day 3 Salignac – Les Eyzies 47 km

A leisurely ride to St Genies, a typical Dordogne village and onward to stunning views from the Castle of Losse in the valley of the River Vézères. There are many beautiful panoramas along the way, including La Roque-St-Christophe, a fantastic limestone cliff with many grottos and caves. The final destination today is the amazing town of Les-Eyzies – the centrepiece of the world of prehistory, where you can discover a wealth of archaeological history, cave paintings and kilometres of underground caves.

Day 4 Ride around Les Eyzies

A day to relax or for those interested in a longer ride, an early start is essential to see Les Eyzies, visit the grottos and the chateau village of Beynac perched high on a cliff top overlooking the river and valley.

Day 5 Les Eyzies – Sarlat - Vitrac 34 km

The ride from Les Eyzies takes you through Montignac. Along the way are the famous Lascaux and Lascaux II grottos. In Sarlat, a magnificently preserved medieval town, there are a variety of sites to see including the produce market selling fresh fruit, nuts and liqueurs so typical of the Perigord.

Day 6 Around Vitrac 37 km

Visit the grottos of Cognac and continue onward along the Dordogne River Valley with its many chateaux. You should make time to visit the Chateau and fortified village of Domme overlooking the river and La Roque Gageac, an old river port constructed into the cliffs. Overnight in a charming local 2-star hotel.

Day 7 Vitrac – Souillac 32 km

Today you return to the tour's starting point, following the Dordogne River passing the chateaux of Veyrignac and Fenelon. You will be staying at the same hotel as on Day 1 for another night with dinner.

Day 8 Depart from Souillac after breakfast.

CONTACT OUTDOOR TRAVEL FOR DETAILS & RESERVATIONS

NORTHERN BURGUNDY SELF GUIDED INN TO INN CYCLING

Explore the sensational food and glorious wines of Burgundy.



An itinerary that explores the wonderful rural scenery of northern Burgundy, Cycle from Inn to Inn to taste the fine food and exquisite wines of region including the village of Chablis and the Yonne and Serein river valleys.

The route is not physically challenging, this itinerary is designed to be easy to moderate - ideal for cyclists of every ability - mostly following river valleys with a few rather steep but rewarding hills near Vézelay and during the last stage in the Auxerre vineyards.

Departs: Daily from April to October 2010

Cost: \$1365 per person (B & B) or \$1780 per person (Half Board) \$420 Single room supplement
An extended 10 day / 9 night version of this holiday is also available - please ask for details.

Inclusions: Twin Share comfortable 2-star & 3-star hotels with ensuite, 7 breakfasts, 7 dinners on the Half Board option (usually a 4-course evening meal), 2 x wine tastings, bike hire, luggage transport from hotel to hotel, briefing & detailed route notes with stage-by-stage route descriptions, maps and travel information. These prices do not include lunches, drinks, personal expenses and optional visits or entry fees

Distance: Easy to Moderate cycling – 30 to 55 kilometres on gently rolling terrain with some hills.

Suggested itinerary:

Day 1 Arrive in Auxerre

Auxerre, a city of art and great history, has conserved much of its exceptional architectural heritage over the centuries: the cathedral; a model of gothic elegance, the Abbey of St Germain; a near intact monastic complex and 9th century crypt and one of the oldest mural paintings discovered in France, and the clock tower.

Day 2 Auxerre – Montigny la Resle 32 km

After breakfast meet our local representative to make any adjustment to your bikes. Your cycling route today includes a visit to the Cistercian Abbey of Pontigny; the largest and one of the most beautiful Cistercian churches in France.

Day 3 Montigny - Chablis – Noyers/Serein approx. 52 km

Ligny-le-Châtel with its Renaissance church; and the vineyards and cellars of **Chablis**, Burgundy's largest selling white wine are on your program for today. After visiting Chablis and the pre-arranged wine tasting, you follows the beautiful Serein valley through the typical villages of the southern Chablis region and the medieval town of Noyers with its naïve art museum. Noyers is a very interesting town and a popular overnight stay - with its preserved fortifications and half-timbered houses.

Day 4 Noyers-sur-Serein - Avallon approx. 42 km

Today you cycle across the superb "terre plaine" plateau and the Avallon landscapes. You pass by the medieval hamlet of Montréal before reaching the ancient town of Avallon.

Day 5 Avallon - Vézelay approx. 24 km

Passing small villages and on quiet backroads you reach today's destination - Vézelay. One of Burgundy's most famous landscapes, Vézelay offers a challenging climb up cobbled streets to the mediaeval town centre and its fortifications. The Basilica of Sainte-Madeleine dominates the town and surrounding farmland; a Romanesque masterpiece listed by UNESCO for its world heritage values. During the Middle Ages, Vézelay was a major pilgrimage centre on the Way or Saint James – the road to Santiago de Compostela.

Day 6 Vézelay – Accolay approx. 41 km

After breakfast we go downhill to the Yonne River valley and the itinerary follows this valley and the Canal du Nivernais all day. You will pass Châtel-Censoir, the Saussois cliffs and Mailly-le-Château. Accolay is today's destination near a series of locks on the Canal de Nivernais. It's a nice small village with a peaceful hotel.

Day 7 Accolay – Auxerre approx. 29 km

Water is the theme of the day, for here are some of the great rivers of France interconnected here with a well used canal system. You cycle beside the canal through the lovely Auxerre region vineyards and villages: Irancy, Saint-Bris-le-Vineux and Bailly (where you can taste the famous Crémant de Bourgogne) before leaving for Auxerre.

Day 8 Tour ends in Auxerre

C'est la vie - your biking tour in Burgundy is complete. From Auxerre there is just a 2-hour train ride to Paris (not included) or connections to many other regions of France!

SOUTHERN BURGUNDY SELF GUIDED INN TO INN CYCLING

Discover the world-renowned food and wine country of Burgundy.



Burgundy is famous for its warm hospitality and inimitable knack for enjoying life. Rich in tradition, gastronomy, history and excellent wines. Even before Julius Caesar fought his decisive battles with the Gauls, people have been lured to this beautiful land of gently rolling landscapes, sleepy villages, rivers and canals. Burgundy is the old France, a land of culture, countryside, fine food and wine. Stately historic castles, miles of straight Roman roads and magnificent Romanesque churches give constant reminders of Burgundy's heritage. You'll be delightfully surprised by the beauty of its traditional architecture.

Departs: Fridays, Saturdays & Sundays from April to October 2010

Cost: \$1490 per person (B&B) or \$1905 per person (Half Board) \$420 Single room supplement

Inclusions: Twin Share comfortable 2-star & 3-star hotels with ensuite, 7 breakfasts, 7 dinners on the half board option (at least a 4-course evening meal), 1 x wine tasting, bike hire, luggage transport from hotel to hotel, briefing & detailed route notes with stage-by-stage route descriptions, maps and travel information. These prices do not include lunches, drinks, personal expenses, and optional visits or entry fees

Distance: Easy to Moderate cycling – 25 to 65 kilometres on gently rolling terrain with some hills.

Suggested itinerary:

Day 1 Arrive to Dijon

Allow time to discover the treasures of Dijon such as the Church of Notre Dame, the Tomb of the Dukes of Burgundy (who in medieval Burgundy more important than the King of France as they were closely aligned to the English throne).

Day 2 Dijon - Beaune 47 km

Today begin your cycling through rolling countryside and vineyards. This is the heart of Burgundy. We recommend a visit to the wine château of Aloxe Corton, with its ornate roof, or the 12th century Clos de Vougeot Château, which was the property of the Citeaux Abbey for several centuries. On your route is the town of Nuits-Saint-Georges, which has produced world famous wine for a thousand years and you can enjoy wine tasting here.

Day 3 Beaune – Chassey-le-Camp approx 24 km

Beaune is the wine capital of Burgundy with its famous Hôtel Dieu, an ancient hospital a 15th century masterpiece of Gothic art that was built after the Hundred Years War against the English. Cycling on you come to one of the most famous wine appellations in the world, home to such names as Pommard and Mercurey.

Day 4 Chassey-le-Camp – Cluny approx 63 km

Today explore the Côte Chalonnaise, which lies, between the foothills of the Morvan Mountains and the River Saône plains. The Côte Chalonnaise is a perfect geographical bridge between the famous winegrowing areas of the Côte de Beaune to the north and the Mâconnais to the south; this area has its own distinguished array of famous appellations. At Cormatin you can visit the magnificent château before cycling to Cluny.

Day 5 Cluny - Tournus approx 34 km

Cluny is a very important place in French history. Its Abbey was one of the biggest in Europe until the 16th century. From here you cross the Chalonnais and to Tournus on the banks of the Saône, home to the ancient Abbey of Philibert. Cluny and Saint Philibert are two of the 250 important Romanesque churches in France.

Day 6 Tournus – Chalons-sur-Saône Approx 41 km

The Saône River is never far away. Chalons is a busy river port town and the birthplace of Nicéphore Niepce, the inventor of photography. The “Musée Nicéphore Niepce” is worth visiting. The gothic cathedral in the heart of the city, and the chapel and the pharmacy of the former hospital are also worth a visit. Overnight in Chalons.

Day 7 Chalons-sur-Saone – Beaune – Dijon 48 km

Today you cycle along the Canal du Centre again passing vineyards and a rural landscape until you reach Beaune. On the way you will cross the beautiful Cote Chalonnaise with its vineyards and rolling hills. From Beaune we recommend you take the train (30 minutes, cost not included) back to Dijon.

Day 8 Tour ends in Dijon

End the tour after breakfast.

BURGUNDY CANALS SELF GUIDED INN TO INN CYCLING

Explore the scenic waterways of Burgundy.



In Burgundy, water dominates; for here are some of the great rivers of France. Interconnected by a marvellous canal system the region has a rich history that dates back through the Middle Ages, Romans and to Neolithic times. It is world renowned for its wines and succulent dishes such as coq au vin.

This is a perfect destination to explore by bike. With easy to moderate cycling on this 7-day / 6-night holiday, the combination of cycling, scenic waterways, classic villages & the remarkable regional cuisine of Burgundy is unbeatable.

Departs: Daily from April to October 2010

Cost: \$1135 per person (B & B) or \$1490 per person (Half Board) Single room supplement \$360

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Inclusions: Twin Share comfortable 2-star & 3-star hotels with ensuite, 6 breakfasts, 6 dinners on the half board option (at least a 4-course evening meal), 1 x wine tasting, bike hire, luggage transport from hotel to hotel, transfer Avallon to Montbard, briefing & detailed route notes with stage-by-stage route descriptions, maps and travel information.

These prices do not include lunches, drinks, personal expenses, optional visits or entry fees

Distance: Easy to Moderate cycling – 45 to 65 kilometres on gently rolling terrain.

Suggested itinerary:

Day 1 Arrival in Montbard in Burgundy

Our local representative will introduce you to your bikes & they will be adjusted as necessary. Overnight in Montbard.

Day 2 Montbard – Tonnerre 64 km

Cycle along the romantic Canal de Bourgogne and you will pass the “Ancy-le-Franc” Renaissance castle, built by the Architect Serlio in the 17th century and also the “Tanlay” Renaissance castle. Overnight in Tonnerre.

Day 3 Tonnerre – Joigny 56 km

After breakfast we suggest you visit the Hotel Dieu the former 13th century hospice and the washhouse. Head back to the Canal de Bourgogne, cycle through a rural landscape and many vineyards. Tonight your hotel is in Joigny, a small well-preserved town with numerous half-timbered houses and ancient churches.

Day 4 Joigny – Accolay 54 km

From Joigny it isn't far to the beautiful town of Auxerre, the historical town, stretched along the River Yonne. The old town is classified and protected with half-timbered houses and a picturesque clock tower. Continue your cycling tour along the Canal du Nivernais towards the Caves de Bailly. Here you can taste the famous Crémant de Bourgogne wine before you continue on to Accolay.

Day 5 Accolay – Clamecy 44 km

Today's cycling trip along the Canal du Nivernais follows the route used to float logs back in the Middle Ages, down the river and canal system from the Morvan Forest for Paris. The landscape is extremely beautiful here.

Day 6 Clamecy – Avallon 49 km

Travelling through small villages and on backroads you reach Vézelay, one of Burgundy's finest mediaeval towns with its impressive fortifications and the UNESCO world heritage listed Basilica of Sainte-Madeleine. A Romanesque art masterpiece during the Middle Ages, Vézelay was a major pilgrimage site for travellers on the Way of St James to Santiago de Compostela.

Day 7 Transfer to Montbard

After breakfast, at around 9.30am you will be transferred back to Montbard, where your tour ends.

PROVENCE AND THE CAMARGUE SELF GUIDED INN TO INN CYCLING

Cycle the magic landscapes of Van Gogh.

Provence - a varied landscape of olive trees, fields of lavender and sunflowers, and sunshine give a distinctly Mediterranean feeling. Some say Provence is more of a state of mind, than a geographical region. The air of Provence is scented by maquis and lavender. The landscape and the special quality of light have inspired many painters.

Scattered throughout this wonderful land are medieval villages, vineyards, fields of lavender, sage and wild herbs, fortresses and the overwhelming evidence of the area's Roman heritage, with fine examples of Roman buildings. Our 8-day / 7-night moderate cycling tour is the perfect way to get in touch with all things *Provençal*.

Departs: Fridays, Saturdays & Sundays from April to October 2010

Cost: \$1480 per person (B & B) or \$1895 per person (Half Board) \$420 Single room supplement

Inclusions: Twin Share comfortable 2-star & 3-star hotels with ensuite, 7 breakfasts, 7 dinners on the half board option (at least a 4-course evening meal), bike hire, luggage transport from hotel to hotel, transfers back to Arles on Day 7, train ticket from Arles to Orange, if required.

Detailed route notes with stage-by-stage route descriptions, maps and travel information. Prices do not include lunches, drinks, and personal expenses, optional visits or entry fees

Distance: Easy to Moderate cycling – 37 to 56 kilometres on rolling terrain.



Suggested itinerary:

Day 1 Arrive in Orange.

Arrive in time to visit the Roman monuments here, as the amphitheatre is one of the best-preserved in Europe. This evening, enjoy a welcome drink and tour briefing.

Day 2 Orange – Uzès 56 km

Today's cycling is through a lovely landscape of orchards and vineyards from the famous Côte du Rhône wine region (Lirac, Laudan) to St Laurent. The charming medieval village of Uzès, overlooking the Alzon Valley, is a typical Provencal village with a wonderful market place.

Day 3 Uzès – Pont du Gard – Avignon 48 km

Small backroads will take you to the spectacular Pont du Gard, considered one of the wonders of the ancient world. This Roman aqueduct was built to carry water across the River Gardon to the City of Nimes. On the way you will pass fields of lavender. Today's destination is the city of Avignon on the banks of the Rhone.

Day 4 Avignon – St. Rémy 37 km

While in Avignon you have time to visit the Roman monuments and the Palace of the Popes. Once out of the city you leave Avignon by backroads towards St Rémy, one of the most beautiful villages in the region. Known for the aroma of wild herbs, St Rémy was where Van Gogh lived and where Nostradamus was born. The wines from Les Baux are excellent, having been granted their own appellation status in the late eighties. Enjoy the end of the day in one of the many cafes and restaurants in the romantic small streets of St Rémy.

Day 5 St. Rémy – Les Baux – St. Rémy 27 or 51 km (choice of routes)

Today you cycle a circular route from St Remy to Les Baux. The remarkable pilgrimage site was built on a 200m high limestone outcrop and it is still dominated by a ruined fortress. This is an area that inspired Van Gogh and he did a lot of his paintings here, a magical landscape in the shadow of the Alpilles Mountains.

Day 6 St Remy – Arles 47 km

Today you leave St Remy to cycle south, towards to the Mediterranean Sea and the town of Arles with its Roman bridge over the River Rhone, its well-preserved amphitheatre and countless medieval or Roman monuments.

Day 7 Arles – Saint-Marie-de-la-Mer 50 km

Passing Mejanes you cycle towards the Mediterranean coast through the protected Rhone delta region known as the Camargue, with its white horses, black bulls, pink flamingos and exotic wildlife. In the afternoon, transfer back to Arles by bus

Day 8 Arles – Orange

Your holiday ends in Arles or, if required, return by train to Orange

NORTHERN BRITTANY SELF GUIDED INN TO INN CYCLING

Home of the Bretons, St Malo & Mont St. Michel.

Starting and finishing in the medieval town of St Malo you follow the picturesque Emerald Coast, with stops at the awesome 8th century abbey Mont St. Michel and the charming 'city of the sea' St. Malo. The coastal section also includes a line of fine sandy beaches interspersed with rocks, reefs, granite headlands and sheer cliffs, which are dappled pink and grey in the sun. The area is famous for a rich cultural heritage and its architecture. There are castles, feudal fortresses and abbeys that are waiting to be visited, and a variety of flora and fauna as well as protected wildlife zones. This moderate 8 days, 7 night cycling tour is a delightful way to explore this fascinating region.



Departs: Saturdays & Sundays from April to October 2010

Cost: \$1405 per person (B&B) or \$1820 per person (Half Board) \$420 Single room supplement

Inclusions: Twin Share comfortable 2-star & 3-star hotels with ensuite bathrooms, 7 breakfasts, 7 dinners on the half-board option (usually 4-course evening meal), bike hire, luggage transport from hotel to hotel, briefing and detailed route notes with stage-by-stage route descriptions, maps and travel information.

Prices do not include: Lunches, drinks, personal expenses, and optional visits or entrance fees

Distance: Easy to Moderate cycling – 33 to 70 kilometres on gently rolling terrain.

Suggested itinerary:

Day 1 Arrive St Malo

As time allows explore the town and enjoy a welcome drink when you receive your route briefing.

Day 2 St Malo – Dinan 45 km

Having taken a walk through the streets of the citadelle and along the ramparts, you begin cycling inland along the gently undulating valley of the Rance River on forested roads past small villages to the steep hill that leads you into Dinan, Brittany's best preserved medieval town. A wonderful place to explore on foot.

Day 3 Dinan - Combourg 33 km

Today you meander further inland to see more of the quiet Breton countryside and some ancient monolithic structures known as *dolmen*. The stunning castle in medieval Combourg is well worth a visit and the castle grounds are open all day. Lac Tranquille is ideal for an evening stroll.

Day 4 Combourg – Fougères 70 km

Sens de Bretagne, Rimou and other villages are on your route today. After cycling through the valley of the River Cousenon, and Tremblay, you pass through some forests and ancient castles to reach Fougères. Take time to explore the castle here with its many different levels that make it seemingly impregnable.

Day 5 Fougères – Pontorson 45 km

Today discover the typical countryside of Brittany with its lovely stone farmhouses and small villages richly decorated with flowers. We recommend a stop in the village of St Brice-en-Coglès before continuing on small country roads along the banks of the Couesnon River and into Pontorson across the border in Normandy.

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Day 6 Pontorson – Cancale 33 km

From Moidrey, the finest views of one of the most visited sites in France begin to appear. Whether it's your first or fifth visit, whether it's sunny or misty, sunrise or sunset the view of Mont Saint Michel on its rugged rock outcrop and the spectacular bay is awesome.

As time allows you can climb the ancient ramparts, the Abbey and its cloisters, views of the bay and the many shops and café/restaurants on the road that winds up to the monastery.

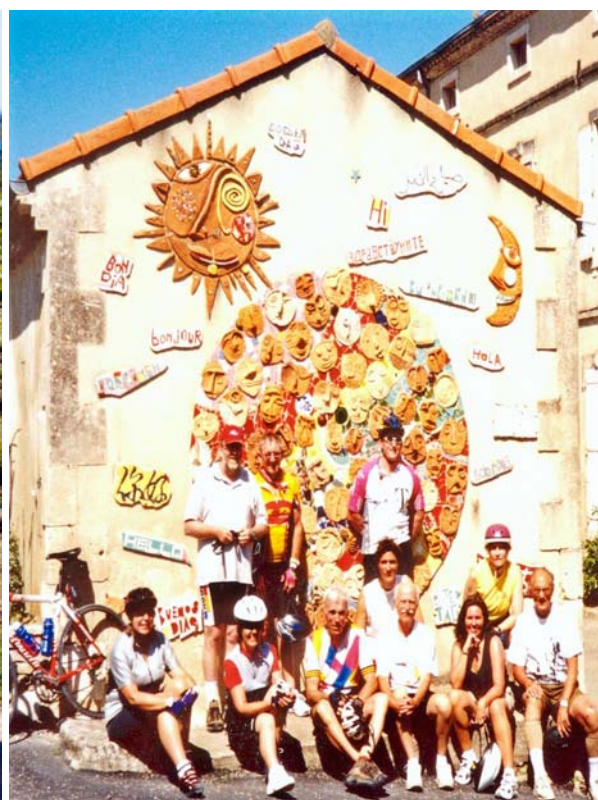
Then you wind your way across reclaimed land, glancing back occasionally the magnificent view, to Le Vivier-sur-Mer on the edge of the bay. End your day today in Cancale, a picturesque fishing village and harbour lined with restaurants that offer local oysters and seafood fresh from the sea nearby.

Day 7 Cancale - Saint Malo 33 km

Today's cycling is beside sandy beaches and a rugged granite coast to Pointe de Grouin, and a sandy beach and fortress island at the Anse du Guesclin before returning to the walled ferry-port of St Malo.

Day 8 Tour ends at Saint Malo

Your last breakfast in Brittany and time to say *au-revoir*. There are train connections from here back to Paris or ferry services to Jersey and the Channel Islands or to the English South Coast



These are just a few of the many small group guided or self-guided inn-to-inn cycling tours we offer in Europe - including river rides from Passau to Vienna along the Danube or from Vienna to Budapest.

Other cycling holiday destinations include several areas of Italy, Spain, France, Germany, Holland, Ireland, England and Scotland, Hungary, in the Czech Republic, New Zealand & Australia.

We also offer group guided Bike & Barge cruises in many destinations including France, Belgium, Holland, Germany, Italy, the Dalmation Coast of Croatia, the islands of Greece, the Lycian coast of Turkey, Vietnam or Canada.

Contact Outdoor Travel for more details and reservations

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