



FROM SALT TO THE SEA Guérande / La Baule



15 km



1 hour 05



Departure: Place du Marché au Bois - Guérande



Arrival: Boulevard de l'Océan - La Baule-Escoublac

Characteristics:

- Itinerary on quiet roads and cycle paths
- Vélocéan cycle route



Guérande Tourist Office (44350) 1

place du Marché au Bois - BP 45304 Tel. +33 (0)2 40 24 34 44- contact@labaule-guerande.com www.labaule-guerande.com/guerande.html



La Baule Tourist Office (44500)

8 place de la Victoire Tel. +33 (0)2 40 24 34 44 - contact@labaule-guerande.com www.labaule-guerande.com/la-baule.html

Before leaving Guérande, are you sure you have explored all its different sides? Its small medieval streets are perfect for an exploration, let's go! From the town centre, we suggest you follow the Vélocéan signposting: it will lead you to the old railway line which once linked La Baule to Guérande. It has been transformed into a cycle path and is ideal for a leisurely ride down to La Baule. Crossing the Beslon footbridge, you reach the seafront for a well-deserved rest on the beach.



TO SEE ON THE WAY..

• The Château de Careil

33 rue du Château de Careil - Guérande - Tel. +33 (0)2 40 60 22 99 www.careil.com - chateau@careil.com

1 km from La Baule, listed as a Historic Monument, the Château de Careil, a former Protestant stronghold that is still furnished and inhabited, shows the evolution of Brittany-style architecture from the 14th to the 16th century. During the visit, children aged 6 to 12 can become a privateer or lord of the castle. Organisation of guided tours.

Open: June to August, please enquire for opening times and prices.

• The villas of La Baule

Eclectic and fanciful, La Baule's architectural heritage is a surprising reflection of the seaside resort's history. Have fun strolling along the alleys and avenues laid out in the shade of the pine trees: the numerous villas make up an incredible mosaic of periods, styles and materials, reflecting the tastes and regional origins of their owners. Provencal farmhouses, Savoyard chalets, Brittany, Norman or Basque influences form the living memory of the seaside resort, and their names also tell stories. On the waterfront, the American style of the modern buildings contributes to this unique blend of styles.

• The vegetation of La Baule

Before the 19th century, La Baule was a vast expanse of sand called "bôle" (which means sandy and muddy ground). The 9-km-long bay is bordered to the west by Le Pouliguen and to the east by Pornichet. At the time, the commune was separated by two "étiers" (inlets feeding into the salt marshes). In the 19th century the fixing of the dunes was ordered by imperial decree. It was then decided to plant pine trees to consolidate the dune and allow the population to return. The dunes were only recognised and fixed in 1884 by the planting of pines, holm oaks, poplars, alders, holly poplars and birches. All this vegetation still constitutes the majority of the plant cover at the seaside resort today.



FIND OUT MORE...

• The ramparts of Guérande

In 1343, following the sacking of Guérande by the troops of Charles de Blois, Jean de Montfort requested significant defences for the town in developing the fortifications. The current enclosure is 1,333 metres long. It has four entrances: Saint-Michel to the east, Vannetaise to the north, Bizienne to the west and Saillé to the south. In 1848, an additional entrance was created in the south-west corner of the curtain walls: this is the Poterne du Tricot. The ramparts have been listed as Historic Monuments since 1877.



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- Itinerary n°11 "Invigorating wild coast"
- Itinerary n°12 "From the Bay to the Briere"
- Itinerary n°14 "From the fishing port and marina to the shipyards"



BICYCLE RENTAL COMPANIES

- **Mr Chaillou** - 213 Avenue de Lattre de Tassigny - La Baule Tel. +33 (0)2 40 60 07 06
- **La Baule Locations** - 11 Avenue Georges Clémenceau - La Baule Tel. +33 (0)6 14 64 02 27
- **ADA - Rent La Baule** - 23 Avenue Georges Clémenceau La Baule - Tel. +33 (0)2 40 11 17 00
- **Tourist Office** - 1 place du Marché au Bois - Guérande Tel. +33 (0)2 40 24 34 44





LA BAULE
PRESQU'ÎLE DE
GUÉRENDE
TOURISME

FROM SALT TO THE SEA

Guérande / La Baule

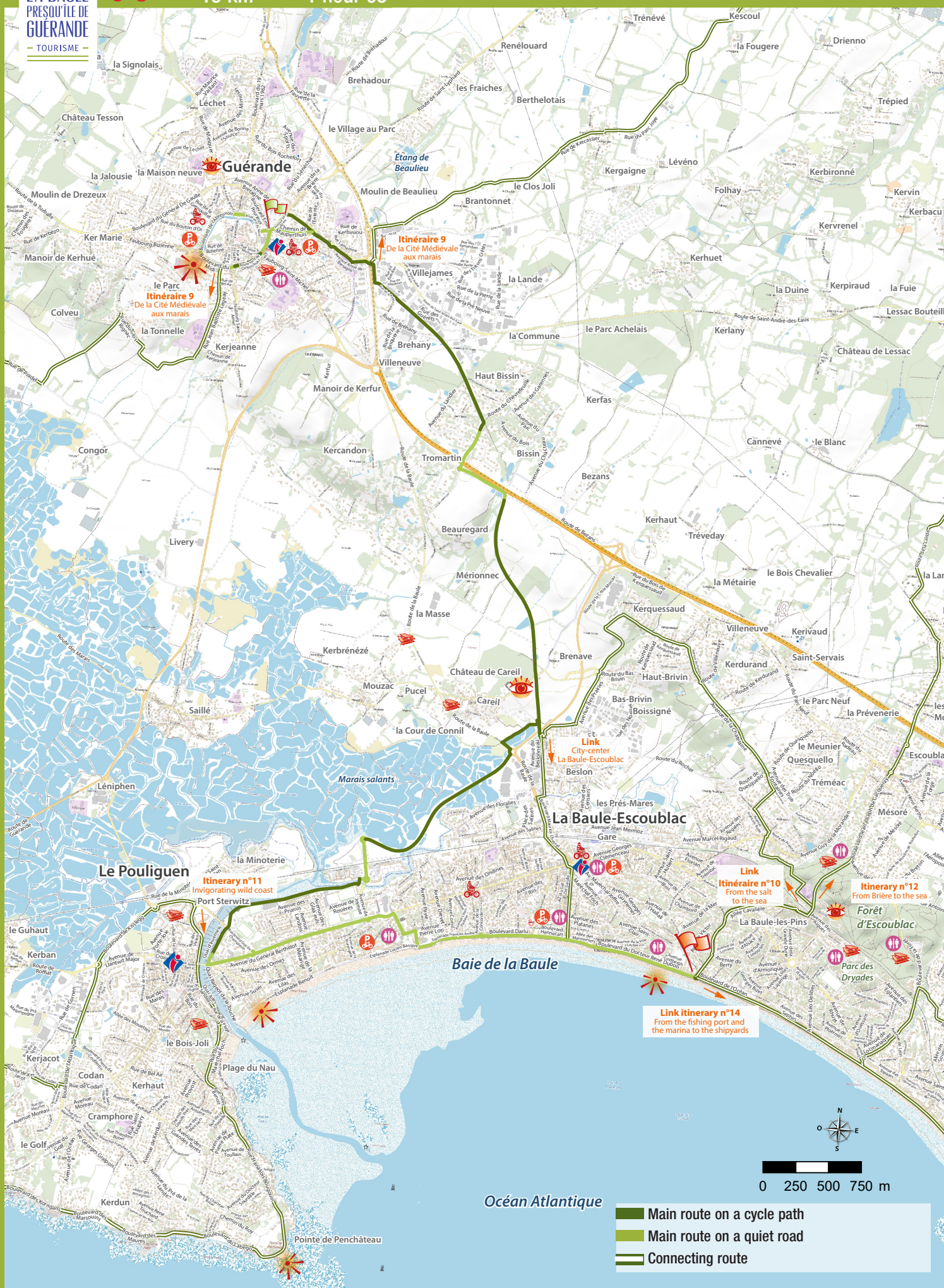
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15 km



1 hour 05



- Main route on a cycle path
- Main route on a quiet road
- Connecting route