



THE MOUNDS La Baule - Saint-André-des-Eaux



 11.5 km  3 hours

 November to May

 Town hall annex - La Baule-Escoublac

Access
from the RD 213 (N 171) take the La Baule-Escoublac exit, then head towards Escoublac centre


 **La Baule Tourist Information Office**
8 place de la Victoire +33 (0)2 40 24 34 44

 **Saint-Nazaire Tourist Information Office**
Submarine base,
Boulevard de la Légion d'Honneur
+33 (0)2 40 22 40 65

VERNACULAR HERITAGE

Vernacular heritage refers to the built heritage of a territory. In addition to the traditional habitat, it includes all the constructions that have had a use in everyday life, most often functional (mills, bread ovens, wash houses, fountains, etc.) but also religious (crosses, calvaries, etc.). Today, it contributes to the diversity and attractiveness of rural landscapes. There are several crosses along this trail of the mounds. They are often built at crossroads, and they protected travellers or harvests (Rézac and Ville Mouée crosses), were used in processions (Saudraie cross) or are still used to commemorate missions (Cerne cross) or tragic events (Escoublac forest cross).

This trail is an invitation to set off to explore a little known part of La Baule, a stark contrast with the urban seaside resort. As you explore the area, you will pass by some treasures of the rural heritage.

 Cross the town hall garden and at the cemetery turn right. At the roundabout, turn right onto Avenue de la Forge.

- 1 At the crossroads, turn left onto Avenue Henri Bertho. Pass the roundabout and take the 1st left, Avenue du Ménigot. Continue on this road: you pass under a bridge, then in front of the chapel and the manor of Saudraie. At the crossroads turn right and continue to the junction with the RD 127.
- 2 Cross the main road and carry on opposite on the Route du Pont Hervé. Take the 1st right, then right again, then left twice, you'll pass a thatched cottage. At the crossroads, go straight ahead. At the intersection, turn right and follow the road for 550 m until you reach the crossroads, turn left. Continue and take the 1st right.
- 3 At the end of the Impasse de Taubry, before the farm, take a small path on your left. Carry on until you reach the village of Rézac. At the fork in the road, keep to the left and then at the crossroads, go straight on. Pass between two small lakes, then at the crossroads with the RD 127 take the road opposite, slightly to the right. After 250 m, turn left onto a small path that leads you to the Ville Ollivaud. When you reach the houses, continue straight on. At the crossroads, turn left and then immediately right onto the Chemin du Château Gaillard.
- 4 At the next junction, take the road to the right and then, at another junction, go along the path to the left. At the crossroads, turn right and continue to the road. Turn left and immediately left again before the calvary onto the Chemin de la Ville Mouée, then go right. Continue on this path, which can be wet if it's been raining, until you reach the Route de Coicas. When you reach the farm, take the narrow path on your left.
- 5 Follow this path to the left for about 1.5 km. At the crossroads with the Route de la Saudraie, take the path opposite. At the intersection, turn left onto Avenue Jean Sohier, cross the bridge and then at the roundabout go straight ahead. Go around the church to return to the departure point.

TO SEE ON THE WAY...

- vernacular heritage
- the wooded countryside



THE TRAVELLING MERCHANT



 10 km  2 hours 30

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THE FOREST OF ESCOUBLAC

Until the middle of the 19th century, the land that is now the seaside resort of La Baule was still a coastal marsh (or 'bole' meaning sandy and muddy ground), and sand was deposited here with each storm. Under the effect of the winds, the dune moved and gained ground, until it buried the town of Escoublac in around 1780. The town was rebuilt 1 km higher up the hillside. In the course of the following century, from Pouliguen to Pornichet, plantations, mainly of pine trees, were planted to fix the dunes in place as a long-term solution to this problem. The forest of Escoublac was therefore planted on the site of the old village. Today, its 47 hectares, preserved from urbanisation, are a popular place for walking.

This trail is named after Pauline Antignac, who died in 1963 at the age of 89. A local figure, she used to travel from village to village with a pushchair to sell her haberdashery. After a passage through the Escoublac forest, leave the town behind you and begin your exploration of the La Baule countryside. Surrounded by nature, recharge your batteries by enjoying the bucolic and soothing atmosphere of the wooded countryside.

 Cross the town hall garden and at the cemetery turn right. At the roundabout, turn right onto Avenue de la Forge.

- 1 At the crossroads, turn right onto Avenue Henri Bertho, then immediately left onto Avenue du Mésoré. Continue to the Escoublac forest. Enter the forest and immediately turn right onto a small path that takes you to the Boulevard de Cacqueray. Cross the boulevard and follow the fitness trail for 100 m (mountain bikers, please walk next to your bikes, the trail is reserved for pedestrians). At the high bar, turn left, go straight on and then turn right just before the road. Leave the forest by crossing a bridge, turn right and then immediately left onto Allée de la Lisière which leads up to Avenue de la Morandais.
- 2 Cross the road and go right along the road for 80m to take the narrow Chemin des Vignes on your left. Continue until you reach a roundabout and go straight across. Do the same at the next roundabout and then take the 1st right. At the next crossroads, go straight ahead, towards the bridge.
- 3 Go under the bridge and head towards a small path between a pasture and a field opposite, slightly to the left. Beware, it can be wet if it has been raining. Follow this path until you reach the road, go along the road and at the junction, take the path to the left. Cross the Route du Bois Chevalier and continue straight on.
- 4 At the 2nd crossroads, turn right. Go straight on, at the roundabout take a slight right. Then take the 1st road to the right and then, at the farm, take the narrow path on your right.
- 5 Follow this path to the left for about 1.5 km. At the crossroads with the Route de la Saudraie, take the path opposite. At the intersection turn left onto Avenue Jean Sohier, cross the bridge and then at the roundabout go straight ahead. Go around the church to return to the departure point.

TO SEE ON THE WAY...

- the Escoublac forest and its wildlife trail
- vernacular heritage (see sheet 25)
- the wooded countryside



10 km 2 hours 30 11.5 km 3 hours

