

# Normandy and Brittany

CULTURE, HISTORY, AND HIKING IN NORTHERN FRANCE



## TRIP DATES

### 2024

May 17-26, 2024

June 11-20, 2024

September 11-20, 2024\*

September 24-October 3, 2024

### 2025

May 14-23, 2025\*

June 4-13, 2025\*

September 10-19, 2025\*

September 24-October 1, 2025\*

\*Please note: date change since catalog publication



Wilderness Travel

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## Normandy and Brittany

### CULTURE, HISTORY, AND HIKING IN NORTHERN FRANCE

With spectacular coastlines, medieval towns, and renowned cuisines, Normandy and Brittany are ideal for a WT-style hiking adventure. We visit Normandy's evocative D-Day beaches with a local historian, walk across tidal flats right to the stupendous island-abbey of Mont Saint-Michel, and savor coastal hikes on Brittany's ravishingly beautiful Côte de Granit Rose, where pink cliffs soar above the deep blue—and sometimes wild—sea. Culinary treats abound, including cider fresh from the orchards, sweet crêpes, savory galettes, and a bounty of local seafood, from moules marinières to scampi (Brittany's oysters are so beloved that Louis XIV had them brought to him at Versailles). If you love hiking, history, and great food, this is your trip!



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# Itinerary

## DAY 1

### CAEN, FRANCE / BAYEUX, NORMANDY / BAYEUX TAPESTRY

Arrive in Caen, France, where you are met at the train station for a short transfer to the perfectly preserved medieval town of Bayeux. After lunch in the Old Town, we enjoy a walking tour, including a visit to the thousand-year-old Bayeux Tapestry, housed in an impressive 18th century seminary. The tapestry, known to the French as the Tapisserie de la Reine Mathilde, is a 200-foot long embroidered woolen cloth that depicts the story of the Norman Conquest of England in vivid tableaux. The brilliant colors have barely faded over the centuries and the scenes of medieval life are astonishing in their detail. It is thought that the tapestry was created in 1077 by monks or nuns in England in time for the inauguration of Bayeux's magnificent Romanesque cathedral, which we also visit. Napoleon once showed the tapestry in Paris to prove that a successful invasion of England was possible. This evening we gather for a Welcome Dinner. Overnight in Bayeux...LD

## DAY 2

### D-DAY BEACHES / POINTE DU HOC

We begin at Longues-sur-Mer battery, a German military bunker perched on a cliff overlooking the English Channel, and make our way down to the small town of Arromanches. After lunch, we visit the American cemetery at Colleville-sur-mer, with its neat rows of crosses on tranquil cliff-top lawns, and head to Pointe Du Hoc, the high cliffs between Utah Beach and Omaha Beach, still pitted today with shell holes and German bunkers. We walk this evocative trail and along Omaha Beach, joined by a historian for expert perspectives on the dramatic D-Day landings of June 6, 1944. Allied troops landed along the Normandy Coast, using amphibious craft to storm the beaches rather than the ports. The British and Commonwealth forces stormed Sword, Juno, and Gold beaches, while the Americans, further west, landed at Omaha and Utah beaches. The ensuing Battle of Normandy was won at the cost of 100,000 soldiers' lives, but within two months, Paris was liberated from the Germans. In the late afternoon, we return to our hotel in Bayeux. Dinner is on your own this evening, and the Trip Leader will be happy to make recommendations, depending on how fancy or local you wish to go...BL

Hiking Details: 4 miles, 4-4.5 hours

## DAY 3

### BAY OF MONT ST. MICHEL

The Bay of St. Michel is a spectacular scene of golden sands and home to one of the most striking architectural wonders in the world. This morning we hike along the cliff-tops at Champeaux for stunning views out across the bay and to the island of Mont St. Michel, then along the beaches of the Bay of Mont St. Michel, with impressive views of its spire-topped abbey, one of the most famous silhouettes in Europe. We enjoy lunch en route, taking time to savor our magnificent surroundings. We head to our hotel near the Bay of Mont St. Michel in time to savor the sunset over Mont St. Michel...BLD

Hiking Details: 4 miles, 2.5-3 hours

Driving Details: 2 hours



## TRIP DETAILS AT-A-GLANCE

<b>Length:</b>	10 days
<b>Arrive:</b>	Caen, France
<b>Depart:</b>	Guingamp, France
<b>Lodging:</b>	9 nights charming hotels and coastal inns
<b>Meals:</b>	All meals included except 1 lunch and 3 dinners (B=Breakfast, L=Lunch, D=Dinner)
<b>Activity:</b>	Culinary, Cultural Adventures, Hiking / Trekking
<b>Trip Level:</b>	<b>1 2 ③ 4 5 6</b> Easy to moderate walks and hikes, 3-6 hours a day, van support

## HIGHLIGHTS

- See the extraordinary 11th century Bayeux Tapestry depicting the Norman Conquest of England
- Visit the evocative D-Day sites of Pointe du Hoc and Omaha Beach with a historian
- Hike to spire-topped Mont Saint-Michel, France's famous island-abbey
- Explore Brittany's most spectacular coastal trails
- Savor fresh seafood, famous oysters, legendary cheeses, crisp ciders and ales of Normandy and Brittany along with classic French wines

## Itinerary (cont'd)

**Cuisine of Normandy:** With hundreds of miles of coast, Normandy offers inspired seafood cuisine, including shrimp, mussels, scallops, and oysters. It's also dairy country, and the famed cheeses of Normandy include Camembert, Boursin, Neufchâtel, Livarot, and Pont l'Évêque. Apples and pears are grown throughout the Normandy countryside—delicious fresh ciders are ubiquitous, and Calvados apple brandy has been enjoyed here since the 12th century. Normandy's best-known dishes include canard Rouennaise (plump Rouen duck), gigot d'agneau pre sel (roasted young lamb raised on salty marsh lands),

moules mariniere (mussels simmered in a shallot-flavored white wine broth), and sole Normande (poached sole with a butter-egg-and-cream sauce).



### DAY 4

#### MONT ST. MICHEL ABBEY / LA MERVEILLE

Rising like a mirage above the golden sands of the bay, the stupendous abbey of Mont St. Michel has been a pilgrimage site since the 8th century. Depending on the tides, we begin (or end) with a hike across the sands to ascend the island's single narrow street, the Grand Rue, past cloisters, gardens, and medieval gabled houses all the way up to the highest point of the island, where we explore the awe-inspiring abbey itself. We enjoy a guided visit, including the magnificent assemblage of Gothic buildings

known since 1228 as La Merveille ("the Marvel"), which include the Refectory, Guest Hall, and Knights' Hall, with the possibility of seeing some sites not normally open to the public. Lunch is on your own today. Overnight at a hotel near the Bay of Mont St. Michel...BD

Hiking Details: 5 miles

### DAY 5

#### COTE D'ÉMERAUDE, BRITTANY / CANCALE / SAINT MALO / DINAN

We head to Brittany and the ravishingly beautiful Cote d'Émeraude. In the delightful harbor village of Cancale, home to probably the tastiest oysters in Brittany (Louis XIV had Cancale oysters brought to him at Versailles), we visit oyster sellers on the dock and have a tasting before heading off on our hike along a lovely stretch of the Sentier des Douaniers, one of France's finest hiking trails. The path contours the entire coastline of Brittany past watchtowers, fortresses, and along dramatic cliffs that have protected the land from invaders for centuries. The magnificently scenic area between the towns of Cancale and Saint Malo is known as the Emerald Coast, and we enjoy breathtaking coastal views on our hike through scented moors and past lighthouses and fishing villages nestled in small, picturesque coves with emerald-green water fringed by sandy beaches. We enjoy lunch in one of the villages en route. Reaching Pointe du Grouin at hike's end, we feast our eyes on views stretching east all the way to the Bay of Mont St. Michel before heading for the enchanting port of Saint

*"An outstanding trip with a well  
thought out itinerary."  
Mary M., Stillwater, MN*

Malo. The history of this walled city guarding the mouth of the River Rance goes back to before Roman times. Once notorious as the home of pirates, it was also home to the famous 16th century seafarer/explorer Jacques Cartier. We'll have some time to walk along the town's ramparts, taking in views of the sea and estuary, then wander into the lively center of town with its ancient cobbled streets—you'll think you've taken a step back in time! Later, we gather and head to the medieval town of Dinan for dinner and overnight...

BLD

Hiking Details: 3 miles, 3 hours

Driving Details: 2 hours



## DAY 6

### RIVER RANCE / DINAN

Today we enjoy a lovely walk to L  hon and hike back along the banks of the River Rance as it flows to the wonderful ancient river port of Dinan, spanned by a majestic old stone bridge. Lunch today is in Dinan and we have time to explore this perfectly preserved town with its stone ramparts. One of the most beautiful medieval towns in Brittany, Dinan was built as a strategic fortress for the dukes of Brittany. La Duchesse Anne, whose 14th century chateau protects the town's southern approach, referred to Dinan's mighty two-mile-long ramparts as "the keys to her safe." The entire town is a perfectly preserved citadel with street upon street lined with stunning medieval houses. A walk through the cobbled lanes in the shadow of half-timbered overhanging houses reveals its medieval glory. Overnight in Dinan...BL

Hiking Details: 2.5 miles, 2 hours

## DAY 7

### CAP FR  HEL / FORT DE LA LATTE / PLOUMANAC'H

Today we hike one of the most scenic parts of the Emerald Coast: the Fr  hel Cape, spectacular with its high cliffs of pink and red sandstone. The cape juts into a sea that changes continuously from azure blue to emerald green and is a prime nesting site for seabirds including puffins and cormorants. One of the highlights of our hike is the Fort de la Latte, an archetypal medieval castle that has defied time and invaders since 937 AD (anyone who saw the film *The Vikings* may remember Tony Curtis and Kirk Douglas dueling at the top of this castle's keep!). There is a spectacular view of Fort de la Latte on our hike as well as unobstructed panoramas all the way to Saint Malo and some of the Channel Islands. At hike's end, we head to our charming hotel, the Castel Beau Site, with its picturesque location on a serene beach...BLD

Hiking Details: 6.5 miles, 4.5 hours

Driving Time: 2.5 hours

"I loved the scenery, the deep history, the emotional Normandy beach hikes and cemetery visit, the Mont St. Michel pilgrimage, the super care, conversation and humor of our guides (truly extraordinary men), the great French food and seafood, the wonderful sharing with fellow hikers, and the great hikes of varying flavors and terrain."

*Marilyn K., Pittsburgh, PA*



# Itinerary (cont'd)

## DAY 8

### CASTEL MEUR / TRÉGUIER

From the charming village of Bugueles, we hike past a convoluted section of the coast, where beaches are interspersed with rocky outcrops. Our trail brings us to Castel Meur, the “house between the rocks” (in French, La Maison du Gouffre). This picturesque stone house, wedged between two huge rock boulders, was built in 1861 as protection from winds and storms, and is still occupied by a descendant of the original family. After a picnic lunch, we continue to Tréguier, a gem of a medieval town nestled by the River Jaudy that has a spectacular cathedral as its centerpiece. We’ll explore the town and have the chance to sample some delicious fruits de mer (seafood) at the local poissonnerie (fish shop). Return to our hotel for dinner on your own and overnight...BL

Hiking Details: 5-6 miles, 4-5 hours

Driving Time: 1 hour



## DAY 9

### CÔTE DE GRANIT ROSE / ÎLE RENOTE

Starting from the nearby coastal resort town of Perros-Guirec, we hike along the famous section of the Brittany coast known as the Côte de Granit Rose, where spectacular pink cliffs rise above the deep blue—and sometimes wild—sea. Our path follows Le Sentier des Douaniers, the trail used by customs police to stop smuggling during Napoleon's reign. Lighthouses abound here, with many a story of fishermen and smugglers that met their doom by mistiming the huge tides or getting caught in a storm and dashed onto the rocks. Along the way, we'll have lunch in a local restaurant and no doubt have another chance to taste some of the delicious local seafood. After lunch we cross a medieval tidal weir and mill en route to Trégastel and on to the Ile de Renote, a small island connected to Trégastel by a sandy isthmus. We return to our hotel and gather in the evening for our Farewell Dinner at the hotel's noted restaurant, La Table de Mon Pere (the desserts are spectacular!)...BLD Hiking Details: 6-7 miles, 5-6 hours

## DAY 10

### DEPART

Depart after breakfast for a transfer to the train station in Guingamp...B

Note: The hiking itinerary is flexible and will be adjusted by the Trip Leaders according to trip members' hiking abilities and weather conditions. Rain may affect the choice of desirable hiking routes.



*“An excellent trip with a nice balance of hiking, history and cuisine.”*

*Tom N., Upper St Clair, PA*

# Trip Cost, Payment & Insurance

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## TRIP COST

**Prices are per person, valid through 2024**

\$6595 (12-15 members)

\$6995 (9-11 members)

\$7495 (5-8 members)

Single supplement: \$835

*2025 Trip Costs: Please call for details*

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. If you are willing to share accommodations, we will match you with a roommate if one is available. If we cannot match you with a roommate, the “forced single supplement” is listed above. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

## CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

## TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Accommodations
- All meals included except 1 lunch and 3 dinners
- A glass of wine or beer with dinner
- Entrance fees for museums and sites
- Land transportation, transfers as noted

## TRIP COST DOES NOT INCLUDE

International airfare, transfers for independent arrival or departure, Paris/Caen or Rennes/Paris train service, any meals not specified after each itinerary day, airport departure taxes, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessitated by airline schedule changes or other factors; pre-trip expenses of medical immunizations (if any), travel insurance, or passports and visas; and other expenses of a personal nature (alcoholic beverages, laundry, etc.).

## PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

## CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

## TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: [www.wildernesstravel.com/insurance](http://www.wildernesstravel.com/insurance)



# Arrival & Departure

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Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

## ARRIVAL & MEETING PLACE

Caen, France

**Suggested Airport:** Paris Charles de Gaulle Airport (CDG)

**Suggested Date & Time:** Anytime prior to Day 1

**Meeting Place:** You will meet your Trip Leader at the Mercure Caen Centre Port de Plaisance Hotel in Caen at 10:00 am on Day 1 or in the Caen Train Station at 10:30 am on Day 1. Trip members are responsible for traveling to Caen on their own to rendezvous with the group.

Trains run hourly to Caen departing from Gare St. Lazare in central Paris. The train from central Paris to Caen takes about 2 hours. Please consult Rail Europe at [www.raileurope.com](http://www.raileurope.com) or the French rail website at [www.voyages-sncf.com](http://www.voyages-sncf.com) for current schedules and prices. There are no non-stop flights between Paris and Caen, so the train is the best way to go.

In Caen you can visit the Château de Caen and the Abbaye aux Hommes, both founded in the 11th century by William the Conqueror. The Caen Memorial, perhaps the best WWII museum in France, is also well worth a visit.

## DEPARTURE & DROP-OFF PLACE

Guingamp, France

**Suggested Airport:** Paris Charles de Gaulle Airport (CDG)

**Suggested Date & Time:** Day 10, after 5:00 pm

The best way to return to Paris is via the high speed TGV train from Guingamp, which is about a 45-minute drive from our last hotel in Perros Guirec. Wilderness Travel will provide a transfer to the Guingamp train station in time to catch a train bound for Paris departing around 10:15 am. If you prefer to arrive to the Guingamp station earlier or later than this, a private transfer can be arranged and will cost around €75 (an "on your own" expense). We strongly recommend booking the above train ticket in advance at [www.raileurope.com](http://www.raileurope.com). Train schedules are generally available

about 3 months ahead of time, which means exact train times may change slightly month to month. If you have any doubts about which train ticket to purchase, please contact our office. The train typically takes around 3 hours to Paris Center, and about 4-4.5 hours if connecting to the airport. From Paris Center to the Paris Charles de Gaulle Airport (CDG), you can either take a train, a bus, or a taxi. Depending on your flight schedule, you may need to overnight in Paris and depart on homeward-bound flights the following day.

## INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from France.

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found at [www.exitotravel.com](http://www.exitotravel.com).

**Please do not purchase your tickets until you are confirmed on the trip.** Once your tickets have been purchased, please send us a copy of your airline schedule. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

## RECOMMENDED HOTELS

**Paris:** The Hotel St. Jacques is a charming Parisian-style hotel located in the heart of the Latin Quarter, right next to the Sorbonne. The hotel can be booked directly at [www.hotel-saintjacques.com](http://www.hotel-saintjacques.com). If you plan on staying right at Paris Charles de Gaulle Airport, we recommend the CitizenM Hotel, located within walking distance of Terminal 3; [www.citizenm.com](http://www.citizenm.com).

**Caen:** We recommend the Mercure Caen Centre Port de Plaisance, located in the center of town, opposite the marina and close to the pedestrian area. [www.mercure.com](http://www.mercure.com).

# Accommodations

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## HOTELS IN BAYEUX

*Bayeux, France*

*Days 1 to 2 (2 nights)*

In Bayeux, we stay at one of the following properties based on departure date:

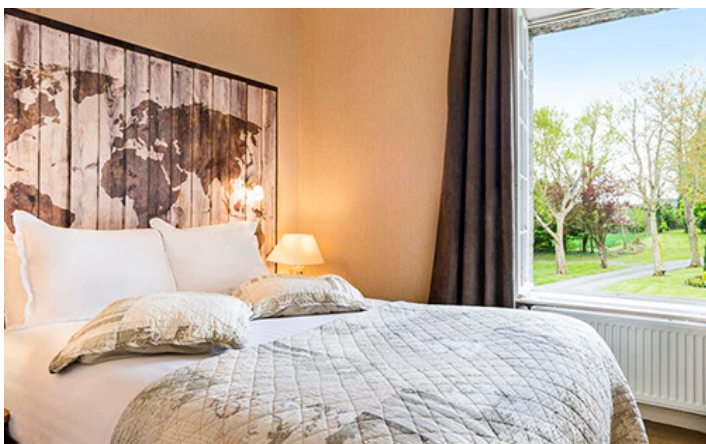
### CHÂTEAU DE SULLY

This 18th century château is set in beautifully landscaped gardens, just a few minutes' drive from the town of Bayeux and Omaha Beach. There's a heated indoor pool and hot tubs, a spa with sauna and massage treatments, a fitness center, and an elegant bar and lounge. Enjoy an excellent breakfast buffet in the Michelin-starred restaurant, and a selection of over 300 types of wine from the cellar.



### HOTEL LE LION D'OR

This cozy, 34-room hotel is a former 18th century coaching inn. Well-appointed guest rooms are simple, but modern and comfortable. And don't miss out on a visit to the bar—it offers a cozy warm atmosphere and has entertained luminaries from the past (De Gaulle and Eisenhower) to modern-day stars including Steven Spielberg and Tom Hanks.



### MANOIR DE LA ROCHE TORIN

*Courtils, France*

*Days 3 to 4 (2 nights)*

This historic 15-room stone manor house has a great location in the bay of St. Michel. It is a family-run hotel of character with a terrace bar and a restaurant with views over the countryside.



### HOTEL LE D'AVAUGOUR

*Dinan, France*

*Days 5 to 6 (2 nights)*

Right in the heart of medieval Dinan, this hotel is small, modern, and yet cozy, with a large patio that has a view of Dinan's castle ramparts. The lovely garden area is perfect for breakfast or a pre-dinner drink. The Hotel Le D'Avaugour is just steps from the cobblestone alleys of the old town.



### CASTEL BEAU SITE

*Perros Guirec, France*

*Days 7 to 9 (3 nights)*

Set on the shores of Brittany's famous Côte de Granit Rose "Pink Granite Coast," the Castel Beau Site is a contemporary seaside retreat. The hotel restaurant serves traditional cuisine with local ingredients, and the bar has a lounge area and terrace where you can order oysters or a French charcuterie or cheese plate. Head to the spa to soak in the outdoor hot tub

These are our signature accommodations for this trip. Although it is highly unlikely, we may make substitutions when necessary. To see more photos and descriptions, please visit our *Normandy and Brittany* webpage and click on "Accommodations."



# Trip Leaders

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Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. . For more information about our Trip Leaders, including client comments about them and which specific trips they will be leading, please visit our webpage and click on “Trip Leaders”: [www.wildernesstravel.com/trip/france-normandy-brittany-hiking-walking-tour/](http://www.wildernesstravel.com/trip/france-normandy-brittany-hiking-walking-tour/)



## GILL BROWDER

Gill Browder is British by birth, but has made her home in the alpine capital of Chamonix, France, for almost 30 years. She has explored destinations throughout Europe, Central Asia, the Far East, Africa, and Alaska, but delights most in the discoveries to be found in the Alps. In addition to her work sharing the beauty of the mountains with visitors, Gill is an accomplished rock climber, skier, and swimmer. She enjoys photography and speaks fluent French.



## ANNIE HAWKINS

Annie Hawkins, born and raised in a small village in Burgundy, is a passionate world traveler and one of our most enchanting Trip Leaders. After studying art history in Provence, Annie moved to California, where she led adventure tours in the American Southwest and realized that leading adventure trips was her vocation—nothing would keep her inside an office again! She has led exclusively for Wilderness Travel since 1995 and has led journeys for us in France, Spain, Sri Lanka, Morocco, Niger, Oman, and more! She divides her time between Europe and San Francisco, where she lives with her husband.



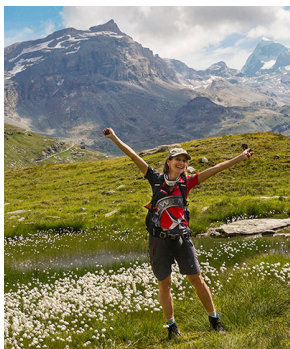
## STEPHAN RENARD

Stephan Renard was born in Grenoble in the French Alps and grew up in the wild and remote Vercors region of the Rhône-Alpes, where he gained his passion for hiking, climbing, and skiing. A professional mountain leader and ski instructor since his youth, he loves outdoor pursuits of every kind and also has an affinity for jazz music, French and American literature, and Irish culture (acquired during his years of guiding French tours in Ireland).



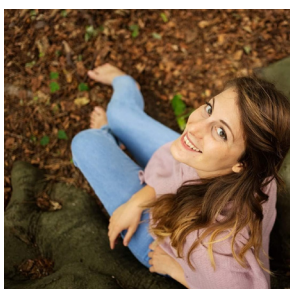
## TIM BURFORD

Tim Burford's jovial persistence to explore the ends of the world, which led him to write hiking guidebooks for such destinations as Chile and Alaska, is only matched by his contagious passion to lead hiking adventures closer to his native England. "I love going to other parts of the world, but one can never really be bored in Europe, it's just packed with beauty and variety." Tim holds a master's in French literature from Oxford, and lives in Cambridge. When not writing or leading our hiking adventures, he enjoys sailing and cycling.



### MAGALI CALCAGNO

Magali was raised near Mercantour National Park on the French-Italian border. Growing up, she often spent time on her grandparents' farm, where she developed a deep love for nature. She earned a bachelor's degree in Foreign Languages and is also certified as a Guide Conférencier (certified specialist guide in art and history), which allows her to guide in all of France's historic monuments (and lets our groups skip the line!). Magali says leading trips confirms her passion for communicating, sharing experiences, and promoting cultures. When not guiding, she enjoys painting, birding, and mountain biking.



### IRENE DE BENEDICTIS

Originally from Rome, Irene is a physical therapist specializing in Ayurvedic medicine and also a seasoned WT Trip Leader. Her love of different cultures and languages (she knows seven!), paired with her love for hikes and pilgrimages (she walked the Camino de Santiago... twice) makes her a wonderful traveling companion. Irene's father is a member of the Italian congregation of St. James, which is responsible for the upkeep of pilgrim trails from Italy into Spain and Jerusalem, and she has also worked as a "hospitalera" (pilgrims' albergue host) in Italy. Fun fact: Irene wrote a book called Spaghetti and Sauna about the cultural differences between Italy, her home country, and Finland, where she lived for four years.

# What the Trip is Like

## TRIP LEVEL

This trip is rated a Level 3 (Moderate) according to our trip grading system. While we do not see major elevation gain or loss, you will need to be comfortable hiking 7 miles a day and being on your feet for up to 6 hours a day. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

### Average Hiking Day

- 5 miles
- 4 hours
- 400-750 feet gain/loss

### Challenge Days

- Day 7 – 6.5 miles, 4-5 hours

Hiking Details by Day			Driving Details
Day	Hours	Miles	Hours
1			30 minutes
2	4-4.5 hours	5 miles	1 hour
3	2.5-3 hours	4 miles	2 hours
4	5-6 hours	5 miles	
5	3 hours	3 miles	2 hours
6	2 hours	2.5 miles	
7	4.5 hours	6.5 miles	2.5 hour
8	4-5 hours	5-6 miles	1 hour
9	5-6 hours	6-7 miles	
10			45 minutes

## TERRAIN

The trails are a mixture of flat walks through historic towns and hilly coastal tracks, which have rocky steps and uneven surfaces that may become muddy and unstable in bad weather. Depending on tides, we will likely hike through the tidal flats to Mont St. Michel on Day 4, so be prepared to get a little muddy from your knees down—most people will carry their shoes in their packs and hike this portion barefoot, but Teva-type shoes could be considered as well.

## GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness. The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercises. Stair-climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken in.

## WEATHER

In the maritime climate of Normandy and Brittany, temperatures are moderated by the Atlantic so it is never extremely hot or extremely cold. Temperatures may reach the mid-70°Fs during the day, with cool breezes, occasional showers, and the potential for strong winds. At night, the temperature will drop moderately. The weather is variable so be prepared for anything: it can be cool and pleasant, hot and muggy, or damp and chilly.

## ACCOMMODATIONS

Accommodations are in small hotels and inns. In an effort to capture the spirit of old Europe, the hotels we use are often family-run converted villas or inns, full of ambience and colorful local history. Since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.



Average Daily Max/Min °F												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dinan	49/39	50/39	54/42	57/43	64/49	68/53	71/57	72/57	69/53	62/50	54/43	49/39
Ploumanac'h	49/41	50/41	52/43	55/45	59/49	63/53	67/57	68/58	66/56	61/51	55/46	51/43
Rainfall - Inches												
Dinan	0.9	1.0	0.9	1.2	1.1	0.8	0.7	0.7	0.8	1.6	1.7	1.5
Ploumanac'h	4.3	3.3	3.1	2.2	2.4	1.9	1.7	1.9	2.7	3.5	3.7	4.4

## CUISINE

On some days, we enjoy picnic lunches with local wine and regional specialties. On “town” days, we often have lunch at local cafes. Dinners are at our hotel or local restaurants. Please note that in Europe, the dinner hour is considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often the evening meal will be at 7:30 pm.

## TRANSPORTATION

Our bus will transport the group's luggage, so you only need to carry a daypack for items you need during the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day).

## BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

## CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Europe Manager or email us at [europe@wildernesstravel.com](mailto:europe@wildernesstravel.com).

## REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

## VISIT OUR WEBSITE

At [www.wildernesstravel.com](http://www.wildernesstravel.com), you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.



## WILDERNESS TRAVEL HAS BEEN AWARDED:

**World's Best Tour Operators:** *Travel + Leisure*, 2022, 11-time winner

**Best Travel Specialists in the World:** *Condé Nast Traveller*, 2022, 3 years in a row

**Best Wildlife, Hiking & Walking Trips:** *AFAR Magazine*, 3 years in a row

**Best Adventure Travel Companies:** *USA Today*

**Trip of the Year:** *Outside Magazine*, 9-time winner

**50 Tours of a Lifetime:** *National Geographic Traveler*, 9 years in a row

**Best Adventure Travel Companies:** *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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