

DISCOVERY GUIDE



EXPLORE DINAN-CAP FRÉHEL

BRETAGNE ^{BE}

DINAN
CAP FRÉHEL
TOURISME



WWW.DINAN-CAPFREHEL.COM

DINAN CAP FRÉHEL TOURISME

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Service 0,15 € / appel
+ prix appel

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#mydinancapfrehel

OUR 7 PERMANENT TOURIST INFORMATION POINTS

DINAN

9 rue du Château - 22105 Dinan

July and August: open 7 days a week

September to June: open Monday to Saturday
and public holidays (except 1 May)

MATIGNON

Place du Général de Gaulle

22550 Matignon

All year round:

open Monday, Wednesday and Friday

FRÉHEL

Place Chambly - 22240 Fréhel

All year round: open Monday to Saturday and
public holidays (except 1 May)

PLANCOËT

1 rue des Venelles - 22130 Plancoët

July and August: open Monday, Wednesday and
Thursday, and Tuesday, Friday
and Saturday morning

September to June: open Wednesday and Friday,
and Saturday morning

PLÉVENON

3 rue du Cap - 22240 Plévenon

July and August:

open Monday to Saturday (morning)

April, June and September:

open Monday, Wednesday and Friday morning

SAINT-CAST-LE GUILDO

Place du Général de Gaulle

22380 Saint-Cast le Guildo

July and August: open 7 days a week

September to June: open Monday to Saturday
and public holidays (except 1 May)

SAINT-JACUT-DE-LA-MER

Lotissement du Châtelet 22750 Saint-Jacut de la Mer

July and August: open 7 days a week

September to June: open Monday to Saturday



OUR INFORMATION POINTS OPEN IN JULY AND AUGUST:

Sables-d'Or-les-Pins, Plouër-sur-Rance, Caulnes and Broons.

GETTING THERE



BY CAR

- ★ A 11 – Paris / Rennes
- ★ A 13 – Paris / Avranches,
follow St Malo then Cap Fréhel
- ★ RN12 – Rennes / Brest

BY TRAIN



BRETAGNE ^{BE}
PASSEZ À L'OUËST

- ★ Paris-Brest TGV
high-speed line – get off at Lamballe
- ★ Paris-St Malo
high-speed line – get off at St Malo
- ★ Dol-Dinan local line

www.voyages-sncf.com

BY AIR

- ★ Dinard Brittany Airport
www.dinard.aeroport.fr
- ★ Rennes Airport
www.rennes.aeroport.fr

BY FERRY

- ★ Daily crossings to St Malo from Portsmouth, Poole, Jersey and Guernsey

BY BUS

- ★ Dinard / Dinan / Rennes line
- ★ Ilenoo bus company
www.ilenoo-services.fr
- ★ Several connections with the Tibus network for destinations throughout Dinan-Cap Fréhel:
www.tibus.fr

Plan your journey by public transport in Brittany:
www.breizhgo.com



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Dinan

A Town of Art & History

*W*ith two miles of town walls, 14 towers and monumental gates and 70 historical monuments, Dinan is a real-life history book spanning the centuries, illustrated by buildings from different periods. It is brimming with fascinating architectural details and historical echoes that allude to its defensive past, to great discoveries made by explorers of the “new world”, and to ecclesiastical power and flourishing trade.



Clock Tower

Ever since the 15th century, those willing to scale the 158 steps to the top of this 46m tower have been rewarded with outstanding panoramic views over the mediaeval town. The bell still rings out on the hour, every hour in Dinan!



Dinan Castle

A mere stone's throw from Dinan Tourist Information Centre, the castle bears countless traces of its storied, turbulent past. As you stroll through its impressive rooms, you will be amazed by the ingenious military architecture and the sophisticated daily life of mediaeval knights.



Rue du Jerzual

This street, the only route for transporting goods from the harbour to the upper town, is now a delightful shopping street full of arts and crafts shops. With its graceful cascade of half-timbered houses – some dating back to the 15th century – flowing gently down to the harbour, the Rue du Jerzual is the prettiest street in Dinan and is famous throughout Brittany.

Half-timbered houses

Dinan's mediaeval architecture is characterised by its half-timbered architecture, which is echoed elsewhere in the valley, especially in Léhon.



Dinan harbour

Dinan harbour, situated below the mediaeval walled town, is the ideal starting point to explore the Rance. From April to October, Dinan is the starting point for a huge number of cruises and boat trips. The banks of the river Rance are also a wonderful setting for walking, cycling and a variety of water sports.

Saint-Sauveur Basilica



The town walls

The best way to experience the majesty of these ramparts that encircle the town, studded with ten defensive towers and four gates, is by taking a gentle stroll or an early morning jog.



The Rance Valley

The Rance starts out as a peaceful canal before becoming a river and a mighty estuary. It gently sculpts the valley, creating a rich palette of landscapes. It shapes town and village life (in Plouër-sur-Rance, Saint-Samson-sur Rance, Evran, Taden, Pleudihen-sur-Rance and elsewhere), accompanying walkers and providing a home for a wide variety of protected flora and fauna. From winding towpaths to imposing towers that watch over sailboats as they glide past, the valley is a place of contrasts.

Léhon

One of Brittany's most characterful towns. Come and explore Léhon and its majestic 9th-century abbey. Just as impressive are the ruins of Léhon Castle, perched on a promontory overlooking the bridge and the Rance Valley.



Many locks



Le moulin du Prat

Nestled in the Rance Valley, the Moulin du Prat dates from the 15th century. It stopped being a working mill in the 1920s but has since been beautifully restored. Today its giant wheels and stones are newly operational.

April to November



Megalithic sites

La Tremblaye menhir in Saint-Samson-sur-Rance, Guitté menhir...

The castles



Hac,



Couellan,



Beaumanoir...

An aerial photograph of a coastline. The top half shows a clear blue sky with a few wispy clouds. Below the sky is a vast expanse of turquoise water. In the middle ground, there are large, sandy dunes with intricate patterns of sand and water. The bottom half of the image shows a dense forest of green trees. The overall scene is a beautiful coastal landscape.

The Coast

The coastline is full of contrasts, at once spectacular and glamorous, sophisticated and imposing, with silent, wild dunescapes and lively seaside resorts. The one constant is the sea itself: turquoise, transparent, vast – a source of breathtaking beauty for every passer-by.

Sables-d'Or-les-Pins and its striking sand spit

Famous for its dunes and mile-long sandy beach stretching out into the sea, Sables-d'Or-les-Pins also features a number of charming villas and Belle Époque hotels.



The Ebihens archipelago

This stunning cluster of islands is a top spot for crab and shellfish fishing during the spring tides. As well as the beautiful beach to the north of the island, which sometimes takes on surprisingly tropical hues, there is a fortified tower built by Vauban in the late 17th century.

Make sure you check the tide times before crossing.



Saint-Cast le Guildo

★ Seaside architecture:

The peninsula of Saint-Cast le Guildo offers spectacular landscapes and seven sandy beaches punctuated by cliffs and rocky coves.

★ The ruins of Le Guildo Castle



A wide variety of water sports:
The coast offers a great selection of water sports for individuals, couples and families. Try your hand at sailing, kayaking, rowing, stand-up paddle boarding and kite surfing.

Cap Fréhel



Cap Fréhel

★ **Cap Fréhel** is home to an extraordinary variety of coastal habitats. Cap Fréhel, a series of imposing pink sandstone cliffs towering more than 70m above the swirling sea, offers stunning panoramic views. The heathland at Cap Fréhel is one of Brittany's most popular tourist spots. It boasts an extraordinary variety of coastal habitats, providing an environment where a distinctive array of flora and fauna can develop and flourish.

★ **The lighthouse** : The working lighthouse on Cap Fréhel is one of the top five most powerful modern lighthouses in France.

Fort La Latte



Fort La Latte

★ **Fort La Latte** : This imposing pink sandstone monument perched on a rocky headland towers over the Bay of La Fresnaye. Fort La Latte, a listed historical monument, is one of Brittany's most famous castles. The drawbridge, sturdy walls, keep, dungeons, defensive structures and mediaeval garden have survived through the centuries and continue to fascinate visitors to this day.

Fort La Latte - 22240 Plévenon - www.castlelalatte.com

A scenic view of a lake with a dense forest in the background and a child riding a bicycle on a path in the foreground. The text 'Nature at its finest' is overlaid in a large, white, cursive font. The background shows a calm body of water reflecting the sky, with a line of trees on the far shore. In the foreground, a child wearing a helmet and a light-colored shirt is riding a blue bicycle on a gravel path. The overall atmosphere is peaceful and natural.

Nature at its finest

In summer and winter alike, set off on foot and revel in the beauty of nature, taking in the delights of the local wildlife and stunning scenery. Golden beaches, lagoons and sandy coves with sparkling turquoise water, pink sandstone cliffs, winding paths through verdant countryside and the banks of the Rance and the Arguenon, which stretch from the Pink Granite to the Emerald coast... these are just some of the delights that beckon in this stunning corner of France.



Out and about

★ **Do you love discovering new things** and trying new sports and activities – in the countryside, in the forest or by the water's edge? On foot, horseback, bike, moped or Segway? The destination has a huge variety of options, with something to suit all tastes.



★ **For serious hikers, the GR® 34** trail is a 70km coastal path along the former customs trail, from Saint-Jacut-de-la-Mer, via Saint-Cast and Cap Fréhel to Sables-d'Or-les-Pins with its spectacular sand spit. Then there is the GR34C, a similar trail but this time along towpaths, offering sumptuous river views. It runs along the left bank of the Rance from Langrolay-sur-Rance to Dinan, then to Caulnes via Evran.

That's a massive 130km of GR trails in Dinan-Cap Fréhel.



La maison de la Rance

If you are out and about near Dinan harbour, make sure you pop into the Maison de la Rance. This discovery centre offers a great introduction to the Rance Valley and its wide-ranging natural, cultural and human heritage.

Find out about the area the fun way, with interactive models, short films, "smell boxes" and a host of other games and activities. The Maison de la Rance is a firm favourite with young and old alike!

32 Quai du Tallard, 22100 Lanvallay



Bike

★ **Tour de Manche:** The "Tour de Manche" cycle route is the perfect example of entente cordiale – a network of country roads criss-crossing valleys and villages and joining up with EuroVelo 4 to link Brittany with Normandy and south-west England. It's a great way to get pedalling on both sides of the Channel!

www.tourdemanche.com

★ **Hire a rosalie in Sables-d'Or:** these great communal cycles for friends and family, also known as cuistax or Surrey bikes, can seat from 1 to 6 people. Hire one in Sables-d'Or-les-Pins and you'll get some great tips for routes around the Emerald Coast thrown in for free.

DINAN CAP FRÉHEL TOURISME

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AGGLOMÉRATION



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