

## Mt. St. Michel, San-Malo & Cap Fréhel Itinerary

February 18-20

Ironically, this weekend came about because a Parisian friend of mine had never visited the famous island/hill town/**UNESCO World Heritage Site** of **Mt. St. Michel**. I was quite happy to make a trip back there, and especially if we were able to fit in some good **hiking** along the **GR34**, the path that runs the entire **coastline of Brittany**, 1600 km. The weekend turned out to be a great mix of **small cities, small towns, fresh ocean air and countryside**, while relatively relaxing as there were no flights involved, there was no rushing out of the office early on Friday (I was able to stay at the office until 8:15pm) and I was in bed Sunday night by midnight. We were three people, which kept the costs down. The car rental was pricier than usual, but we did the whole trip on one tank of gas.

Date	To	Flight/Hotel/Car Details	Cost	Comments
Fri, Feb 18	Rennes	<p><i>Train</i> Paris (Montparnasse)-Rennes 21h05-23h19</p> <p><i>Hotel:</i> Hotel De Nemours 5, Rue De Nemours Rennes, 35000 Phone +33299782626 resa@hotelnemours.com The hotel room was perfectly adequate—a bit small but extremely comfortable beds, friendly service and a good location (a 10 minute walk from the heart of the <b>old town</b> and a 20 minute walk to the <b>train station</b>).</p>	<p>€47 round trip each (train)</p> <p>€89 total (hotel)</p>	<p><i>Hotel:</i> If cancelled up to 1 day before the date of arrival, no fee will be charged.</p> <p>We grabbed dinner to go at the train station to eat on the train, but arrived in <b>Rennes</b> in time to walk around the old town for a bit and <b>grab a late drink</b>.</p>
Sat, Feb 19	St. Malo	<p>Pick up car at train station (Place de la Gare) at 9AM (Europcar)</p> <p><i>Hotel:</i> HOTEL QUIC EN GROIGNE hotel.quicengroigne@orange.fr 8 rue d'Estrées 35400 Saint Malo Tél. : 33 (0)2 99 20 22 20 <a href="http://www.quic-en-groigne.com">www.quic-en-groigne.com</a> The room was certainly <b>no frills</b> (except for the elaborate shower) but the hotel staff is <b>extremely friendly and helpful</b> and the <b>location can't be beat</b>. I would stay there again.</p> <p><i>Dinner:</i> Le Borgnefesse 10, rue Puits aux Braies Téléphone : 02 99 40 05 05 <b>Le Borgnefesse</b> is a local cuisine/seafood restaurant that I highly recommend! Best to reserve in advance, at least on weekends.</p>	<p>U.S.\$187 total (car)</p> <p>€78 total (hotel)</p>	<p>See Mt. St. Michel, St. Suliac, San-Malo</p> <p><i>Hotel:</i> If cancelled up to 1 day before the date of arrival, no fee will be charged.</p> <p>We picked up the car on the early side and zoomed off to <b>Mt. St. Michel</b> (about an hour's drive), arriving at about 11am, which was early enough to beat the crowds. We visited the <b>Abbey</b> then grabbed lunch in town (no where I'd particularly recommend). On our way to <b>San-Malo</b> we swung through <b>St. Suliac</b>, an adorable <b>seaside village</b> just south of San-Malo. Around <b>sunset</b>, we took a walk around the <b>ramparts</b>, which I <b>highly recommend</b>. A full loop of the city, stopping for photos, will take about an hour. We enjoyed the walk so much that we got up early the next morning to repeat it.</p>

Sun, Feb 20	--	<p>Drop off car at train station (Place de la Gare) at 9PM (Europcar)</p> <p>The <b>Europcar drop-off</b> is a bit far from the train station—I'd leave yourself a good 30 minutes' extra before your train's scheduled to leave, just to be safe!</p> <p><i>Train Rennes-Paris (Montparnasse)</i> 21h05-23h10</p>	<p>See Dinard, hiking at Cap Fréhel (start at la Phare au Fort Lalatte), stop by Dinan if time allows</p> <p>We took a quick spin in the car through <b>Dinard</b>, then drove out to <b>Cap Fréhel</b>, stopping for sandwiches to go at a local <i>boulangerie</i>. We parked at "<b>la Phare</b>" (the lighthouse), visited the <b>lighthouse</b> (from the outside), then hiked east to <b>Fort Lalatte</b>. That took us about an hour (we tend to hike a bit faster than the posted times). We had our <b>picnic</b> lunches in front of the fort then hiked another hour or so east, just past the shrimp and mussel (underwater) fields, then back to our car. The <b>scenery is spectacular</b>. It's quite exposed, as you are hiking along the <b>cliffs</b> that drop down 100s of yards to the water, so we were told it can be miserably windy at times, but we were lucky and hit a calm, sunny day.</p> <p>On the way back to Rennes, we swung through <b>Dinan</b>, well worth a visit.</p>
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