# Walking Brittany's South Coast

Trip Code: SGBR

Version:

| WALK & TREK | SELF-GUIDED | LEISURELY |
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## HIGHLIGHTS

- Walk on the famous GR34 and explore the charming islands of the Morbihan Gulf
- Discover the dolmens, stone circles and carved burial chambers of the megalithic Cairn de Gavrinis
- Indulge in deliciously fresh seafood and exceptional oysters straight out of the Gulf
- Delight in the benefits of slow travel as you relax and soak up the unique Breton way of life

### AT A GLANCE

- 5 days walking and sightseeing
- Daily departures available in July and August
- Daily departures excluding Thursdays available in April/May/June/September
- Join at Vannes

### ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Discover the proud tradition and culinary delights of the Breton culture on this fantastic one week break on Brittany's Morbihan Gulf. No doubt you will be enchanted by the unusual landscapes of this small sea and its little islands, formed by a geological collapse where ancient hills fell into the ocean.

On this self-guided walking holiday, you will explore the most scenic islands and picturesque bays and discover prehistoric stone megaliths. Over the week you will immerse yourself into a wondrous environment boasting a variety of scented flora; with maritime pine, coastal heath and gorse, hydrangeas and camellias in bloom, and even exotic trees of palm, fig and mimosa.

You can look forward to getting away from it all on Brittany's southern coast, staying at our fantastic 3* hotels in Vannes and in the small village of Larmor Baden, just a short hop from the jetties that enable you to explore these idyllic islands. Completing your immersive experience for all the senses, you can do as the locals and feast on the day's catch of tasty seafood, washed down with a local cider or a tasty Muscadet from the neighbouring Loire.

## Is this holiday for you?

If you love to be by the coast, surrounded by beautiful scenery, dine on freshly caught seafood and travel at a relaxed pace; then this is the ideal slow-travel break for you. Your walks are generally around 4 to 5 hours long to allow an easy pace to explore the islands and coastal trails, with plenty of opportunities for swimming in the inviting waters. You will stay in fantastic 3* hotels on a half board basis, where you can be sure of a warm welcome and delicious local specialties. This is the epitome of *la belle vie*.

# Itinerary

Version:

# Holiday Information

## What's Included

- All accommodation as described
- Tourist taxes
- Meals as per the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Boat ticket from Barrarac'h (Sene) to Vannes on Day 2
- Return boat ticket to Arz Island on Day 3
- Transfer from Vannes to Pointe d'Arradon on Day 4
- Boat trip with guided tour of Gavrinis Cairn and Er Lannic on Day 5
- Return boat ticket to Ile-aux-Moines on Day 6
- Transfer from Port Blanc to Vannes on Day 6
- GPX tracks supplied

## What's not Included

- Travel insurance
- Travel to/from Vannes
- Visas (if applicable)
- Some meals as described in the Meal Plan
- Bus transfer from Larmor Baden to Port Blanc on Day 6
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts and ends at your hotel in Vannes. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Nantes Airport with many departures from UK regional airports.

If you are flying into Nantes Airport you can travel via public transport to Vannes. From Nantes Airport, take the bus to Nantes (approx. 20 minutes) from where you can take the regional train to Vannes (approx. 1 hour 10 minutes). Alternatively, BlaBlaCar offers a bus connection from Nantes Airport to Vannes; the journey takes around 1 hour 30 minutes.

It is also possible to travel flight-free from the UK to France.

By train, take the Eurostar to Paris. From Paris Montparnasse the journey takes 2.5 to 3 hours to reach Vannes. For more information please visit www.sncf.com/en.

You can also reach Vannes by taking the ferry across the Channel. Driving is very straightforward; Vannes is between 2.5 to 4 hours drive from most of the ferry ports to the northern coast of France including Caen, Cherbourg, St Malo and Le Havre.

## Meal Plan

This holiday is offered on a half board basis, with dinners and breakfasts included in the hotel restaurant, or in a nearby restaurant on days when the hotel restaurant is closed.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Brittany, like most regions of France, has its own delicacies to add to the French cuisine. Best known for its crepes, cider and delicious seafood; you can look forward to freshly-caught delights and sweet treats too. Creperies are around almost every corner, serving savoury buckwheat pancakes, known as galettes; with fillings such as ham, cheese and mushrooms; as well as sweet chocolate-filled crepes.

Seafood features heavily on menus, and with over 1000km of coastline, it's hardly surprising. Brittany reaps the harvest of the sea with fresh seafood platters and moules-frites (mussels served with French fries) staples in local restaurants. Many of the harbour towns have a specialty such as scallop fishing; for Larmor Baden the speciality is oysters and they pride themselves on the fresh taste of the sea. Another delicious dish to look out for is La Lotte a l'Armoricaine, a tasty stew-like dish of monkfish in a rich sauce.

Although Brittany itself is not a wine producing region, it has adopted Muscadet wine from the nearby Loire to enjoy with seafood. Cider is the traditional drink of Brittany but, unlike the UK, it is usually served in a bollee or cup rather than a pint glass.

## Accommodation

For this holiday we have selected two lovely 3* hotels to act as your bases in Vannes and in Larmor Baden as you explore the beautiful Morbihan Gulf. Carefully chosen for their warm hospitality, both hotels offer welcoming outdoor and garden spaces, perfect for relaxing after a day exploring. The hotel in Larmor Baden has a seasonal outdoor pool. Wifi is also available but maybe you would prefer to disconnect and enjoy a slow pace of life!

Both hotels serve continental breakfasts in the typical French style, and boast well-reputed restaurants that are frequented by locals.

It is possible to arrange additional nights accommodation if you would like to enjoy this magnificent region a little longer. Please speak to one of our sales team for further details.

## Baggage Allowance

Your main luggage will be transferred between your hotels while you are out on your walks. Please ensure your luggage is limited to one piece under 10kg per person, in a soft bag such as a duffle bag. We ask that your luggage is ready for collection in the morning. You will also need a daypack to carry your daily essentials with you.

# General Information

## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

## Health & Vaccinations

**Vaccinations:**

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.**

**Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.**

**Severe Allergies:**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however getting some additional exercise before coming on an active holiday makes a lot of sense. You should be comfortable with walking 4 to 5 hours for consecutive days.

## Climate

Similarly to the UK, Brittany's climate is effected by the Gulf Stream; which helps keep winters mild, if a little damp, and summers cool. In the south of Brittany; where this trip takes place, the climate is a little drier and sunnier, with less than half the yearly rainfall than other parts of the region with summer temperatures around 24-28 degrees Centigrade.

### Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

### Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

### Books

- The Rough Guide to Brittany & Normandy
- DK Eyewitness Brittany Travel Guide
- I'll Never Be French - Mark Greenside

### Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

# Equipment Information

### Equipment List

- Hiking boots/shoes with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Swimsuit and towel

- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles *Please note that walking poles with metal tips are forbidden on certain islands, unless they have rubber tips.
- Your self-guided route notes

### Land Only Information

Please note our 'from price' listed is based on 4 persons on a double/twin sharing basis, however we can quote for any number of travellers, including solo travellers - contact our Sales Team for a quote.

This trip is available for daily departures in July and August. In April, May, June and September, daily departures excluding Thursdays are available.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

# Why Choose KE

## Why KE?

We have specially designed this holiday in Brittany with slow travel in mind; with easy-paced walks and an abundance of tasty cuisine. Island hopping around the tranquil gulf, you can truly embrace the laid-back Breton lifestyle.Journalist Ben Lerwill travelled with KE Adventure to the Morbihan Gulf, read his article in The Guardian here.

**Please Note** This document was downloaded on 06/11/2026 and the trip is subject to change