

Côte d'Armor
le Département

Union Européenne

Région Bretagne

For a variety of escapes, please visit
rando.cotesdarmor.com website

For detailed information on
your local Tourist Information centre

Dinan - Vallée de la Rance
Tel. 02 96 87 87 76
www.dinan-tourisme.com

Plouër-sur-Rance (juillet-août)
Tel. 02 96 89 10 00
www.dinan-tourisme.com

Key
Greenway
Shared route
Road, alternative
Itinerary

Distances
122 km
95 km
60 km
40 km
260 km

5 main itineraries developed in the Côtes d'Armor
> Detailed maps available from Tourist Information centres,
by the departmental council.

Departmental cycle routes

CÔTES D'ARMOR
TOUJOURS IRREDUCTIBLES
TELEMENT IRRESISTIBLES

To find out more, please visit :
cotesdarmor.fr

V3 **V2** **V42**

From the Rance river to Pays des Faluns [v3]
Trémérec | Plouasne

From the estuary to the Canal d'Ille-et-Rance [v2/v42]
Trémérec | Évrans

Cycling in the Côtes d'Armor

2022 edition

Regional Cycle Routes and Greenways
Saint-Malo / Rhuys / Arzal

The departmental council backs pedal power

Cycling is getting more and more popular in the Côtes d'Armor, as it continues to take hold across the local area. Upon initiating the departmental bicycle master plan in 2004, the departmental council embarked upon a huge programme to transform local cycling networks. By improving infrastructures and creating new itineraries – Greenways and Cycle Routes –, it gives tourists and families alike a chance to explore the Côtes d'Armor from a different perspective, in complete safety.

Ensuring personal safety and fun for all

- Observe the Highway Code and respect other users.
- Be aware and alert, especially at junctions.
- Be mindful of your speed near pedestrians on greenways and vehicles.
- Remain visible when near horse riders so as not to surprise or frighten the horses.
- Make sure your bicycle is properly equipped: correctly inflated tyres, functioning brakes and lights, repair kit, etc.
- Ensure visibility: indicate changes in direction and be careful of blind spots.

The development of coastal Cycle Routes and Greenways V2 and V3 clearly reflects this far-reaching commitment. Along the way, you will be able to explore a part of the Côtes d'Armor's heritage.

The Brittany Cycle Routes and Greenways project

Since 2001, the Brittany region, the four Breton departments, water network operators and large conurbations have been developing nine main multi-purpose interconnecting itineraries crisscrossing the local area that are safe and marked. This bold project goes beyond the borders of Brittany and opens up into Europe through the EuroVelo project.

Brittany Cycle Routes and Greenways

Regional and inter-departmental cycle routes

Important information

Greenways
are separate routes reserved for non-motorised mobility. They are intended to be used by cyclists, pedestrians, people with reduced mobility and horse riders.

Cycle routes
are medium- and long-distance routes for cyclists. They link together regions and make use of low-traffic routes and stretches of greenway.

Local circuits and/or routes to departmental sites of interest
are short distance itineraries on flat terrain, where possible, and provide a means of exploring the local heritage of departmental interest. The itineraries use small local roads and roads with little traffic. In addition to the routes covered in this document, you can find fact sheets for several other local family-oriented routes at local Tourist Information centres.

From the Rance river to Pays des Faluns (Trémérec / Plouasne)

A leg of the regional V3 itinerary (Saint-Malo / Rhuys)

The «Trémérec / Plouasne» (43 km) leg of the itinerary is part of the V3 north-south route, one of the eight major itineraries that make up the regional Brittany Cycle Routes and Greenways which, leaving from the notorious privateering city of Saint-Malo, joins the legendary Brocéliande forest and Ploërmel, the former residence of the Dukes of Brittany. In the Côtes d'Armor, the route provides the perfect backdrop for rediscovering the past. The outskirts of the Rance Valley are home to impressive yet modest places of worship, an incredible line of megaliths, the ramparts and narrow streets of a stunning medieval city which all hark back to a bygone era. Moving away from the river, towards the south, the itinerary is lined with Gallo-Roman remnants and fifteen-million-year-old fossils from the 'Mer des Faluns' sea. The stretch of the route which overlaps with the V2 route divides at Évrans and moves away from the Canal d'Ille-et-Rance and the Le Mottay lock to join a rail trail that runs from Trévion to the village of Plouasne.

Within 400 metres of the town, nestled beneath the foliage of very ancient oak trees lies the mysterious «Druid Cemetery», also known as the «Champ des Roches». A listed historic monument since 1889, this unique place is home to sixty-five white quartz megaliths that are arranged in five rows. It is the one of three Neolithic alignment sites in Brittany. In addition to the unfathomed reasons for its construction and use, there is a legend. They say that the large stones were abandoned by fairies en route to build Mont-Saint-Michel. According to a druidic tradition still in practice in 1850 people celebrated the rocks on Midsummer's Day and Saint Peter's Day by having banquets and bonfires. To add to the wondrous mystery of the place, a series of young oak trees has been planted within the vicinity of the megaliths: indigenous oaks, evergreen oaks, cork oaks and other species such as the pedunculate oak.

From the Rance estuary to the Canal d'Ille-et-Rance (Trémérec / Évrans)

A leg of the regional V2 itinerary (Saint-Malo / Arzal)

The «Trémérec / Évrans» (29 km) Côtes d'Armor leg is part of the V2, one of eight itineraries comprising the regional Brittany Cycle Routes and Greenways which links three Towns of Art and History: Saint-Malo with its understated yet striking architecture, the medieval town of Dinan and lastly Rennes with its ancient city centre. The first part of this itinerary, from Trémérec to Évrans, takes the same route as the V3. The route begins along the Dinard / Dinan rail trail. In Taden, the greenway continues along the Rance river following the towpath until you reach Dinan, a town with a harbour, ramparts and half-timbered houses. From the river port in Évrans, the route continues along the Canal d'Ille-et-Rance, to Tintiniac in the Ille-et-Vilaine, towards Rennes.

located at the centre of Léhon, between the swimming pool and town hall.
Le Quioù (V3): car park in from the former village station, near the Gallo-Roman villa.

Plouasne (V3): from the village centre, follow the D12 towards Tréfumel. As you are leaving the village, near the velodrome on the left, turn right to reach the site of the former station.

Taden (V2/V3): car park in the village centre, near the «Rando Accueil» gîte at the former station.

Dinan (V2/V3): car park at the viaduct. From the town centre, follow signs to the harbour («port»).

Léhon (V2/V3): car park at the swimming pool. Follow signs to Léhon and then «Piscine des Pommiers». The car park is

Places to see and visit along the route

→ Champ des Roches in Pleslin-Trigavou

Within 400 metres of the town, nestled beneath the foliage of very ancient oak trees lies the mysterious «Druid Cemetery», also known as the «Champ des Roches». A listed historic monument since 1889, this unique place is home to sixty-five white quartz megaliths that are arranged in five rows. It is the one of three Neolithic alignment sites in Brittany. In addition to the unfathomed reasons for its construction and use, there is a legend. They say that the large stones were abandoned by fairies en route to build Mont-Saint-Michel. According to a druidic tradition still in practice in 1850 people celebrated the rocks on Midsummer's Day and Saint Peter's Day by having banquets and bonfires. To add to the wondrous mystery of the place, a series of young oak trees has been planted within the vicinity of the megaliths: indigenous oaks, evergreen oaks, cork oaks and other species such as the pedunculate oak.

→ The Rance Valley and Nature Discovery Centre

Roger Vercel, the author of the historical novel «Capitaine Conan» (winner of the Prix Goncourt in 1934) has left some very poetic writings about the beauty of the Rance which flows out into the English Channel in his story called «La Rance» (1945 edition): «The flowing, mineral blue estuary, with shimmering ripples and running currents, jagged like an acanthus leaf [...]». The cliffs are honey coloured, the ripples have a glazed shine [...]. In these parts, Brittany is golden, almost sensual.» Up until World War II, the river was the main route for transporting goods such as charcoal, manure, wood and cereal between the countryside and the port of Dinan, making boatmen the kings of the waterways.

If you would like to find out more about the diverse ethnological, cultural and natural heritage of the Rance Valley, visit the Maison de la Rance located near Lanvallay harbour featuring a 300 m² museum space, temporary exhibitions and nature outings.
> Tel. 02 96 87 00 40

→ The medieval town of Dinan

If you love architecture, the small town of Dinan, a Town of Art and History, is a real gem. The town was built in the 11th century around a feudal castle on the crossroads of the Saint-Malo river route and the overland route for trade between Brittany and Normandy. Dinan was home to merchants and craftsmen from 12th century onwards on account of its renowned fairs and markets. At the end of the 13th century, its status as a ducal town resulted in almost 3,000 metres of ramparts being erected around the town (the best preserved north of the Loire) as well as a powerful keep. From the 18th century until the French Revolution, the arrival of several weavers, who mainly produced sails, saw business in the town flourish. Dinan was further enhanced with the building of the Clock Tower, Saint-Malo church, improvements to the Saint-Sauveur basilica, town houses as well as shops and stalls with the construction of a profusion of half-timbered houses. Surviving a terrible fire in 1907 and aerial bombing in 1944, the town has remained practically untouched since the early 20th century.

→ The Gallo-Roman villa in Le Quiou

The archaeological site can be reached by greenway. A «villa rustica» or Gallo-Roman villa served as both a farm and a secondary residence for a wealthy landowner. This

Particular one, situated on a major Roman route linking the Pays de la Loire with the Rance estuary and covering almost one and a half hectares, is one of the largest Gallo-Roman villas known today in Western France. It was built sometime around the early 1st century, under Emperor Augustus. The plots of land containing the archaeological remains were acquired in 2,000 by the Côtes d'Armor departmental council. In August and September every year, a team carries out excavations on site to find out its history and evolution. It is now possible to see the villa's thermal baths as well as a part of the residential rooms.

Guided tours are available from May to September with the Pierres Vives Association.
> Tel. 02 96 83 48 30

→ Falun stone: a material used for construction and soil enrichment

Some 15 million years ago, part of Brittany was covered by a warm sea, the Mer des Faluns. The sea then retreated leaving a sedimentary rock called Faluns stone, a type of sandstone made up of several fossils. Such geology is exceptional since

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Access and transport

	Rennes / Saint-Méen-le-Grand : 40 mn Saint-Brieuc / Carhaix-Plouguerv : 1h10
	Saint-Malo / Portsmouth Roscoff / Cork Roscoff / Plymouth
	Paris / Saint-Brieuc : 2h15 Paris / Saint-Méen-le-Grand (arrêt La Brohinière) 2h30
	Route 20 Loudéac / Carhaix-Plouguerv, Route 8 Saint-Brieuc / Merdrignac, Route 17 Dinan / Saint-Méen-le-Grand, Route 12 Merdrignac / St-Méen / Rennes (transports Ille-et-Vilaine) Contact : Ilennoo 0 810 35 10 35 www.ilennoo-services.fr

Bus services

To organise your travel using public transport in the Côtes d'Armor, please visit www.mobibreizh.bzh
Bus stop network buses have two or three hold spaces for transporting your bicycle. During the summer months, contact 0 810 22 22 22 for more information.

Plan your journeys by train, coach, metro, tram and boat across Brittany using the following website:
www.mobibreizh.bzh

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Car parks

Trémérec: the car park is located at the Rance-Frémur Côte d'Émeraude rest area, on the D766, between Trémérec and Pleurtuit (35).

Pleslin-Trigavou (V2/V3): in the village centre, near the «Rando Accueil» gîte at the former station.

Taden (V2/V3): car park in the village centre, near the city hall.

Dinan (V2/V3): car park at the viaduct. From the town centre, follow signs to the harbour («port»).

Léhon (V2/V3): car park at the swimming pool. Follow signs to Léhon and then «Piscine des Pommiers». The car park is

Accommodation : a nation-wide Accueil Vélo brand

For the various legs of your journey, accommodation providers within a 5 km radius of Brittany's cycle routes and greenways that play host to bicycle touring and tourists staying in the local area on a nightly basis have been notified and listed. These accommodation providers have facilities and services that cater to the needs of bicycle touring: areas for storing bicycles, luggage transportation, early breakfasts, etc.

To get hold of the list of bicycle-friendly accommodation, please contact the local Tourist Information centres or visit: www.cotesdarmor.com

→ Léhon and its abbey- church (awarded «Petite cité de Caractère» status)

This pretty little village, nestled in a meander of the Rance, south of Dinan, features characteristic stone houses, an abbey-church joined to a former monastery and the imposing ruins of a fortified Medieval castle perched up on top of a steep hill. The story of how the abbey was founded is a particularly epic one. In 850, while out hunting, King Nominœ came across six monks from Wales looking to obtain land in the Rance Valley. The king accepted to give them the land around Léhon as well as his protection, provided that they bring him the relics of a Breton saint. And so the six monks went to steal the relics of Saint-Magloire from the Channel Islands. They returned and the king kept his word. The monks set up their monastery; many miracles happened and many pilgrims flocked there. It was the golden age of the Saint-Magloire abbey in Léhon.

Guided tours – Find out more information from the Dinan Rance Valley Tourist Information Centre.

→ Canal d'Ille-et-Rance

Construction began on the Canal d'Ille-et-Rance under Napoléon Bonaparte in 1804 during the Continental Blockade imposed by Great Britain, in order to safely transport supplies and materials to Saint-Malo port away from the prying eyes of enemy ships. Despite progress being slowed down by imperial wars then being called into question once peace returned in 1815, it was finished and the canal was inaugurated in 1832. After a peak in traffic between 1860 and 1880, for the transportation of all kinds of goods (40,000 tonnes of goods transported by an average of 2,000 boats), its popularity eventually declined with the advent of rail. Today, boating has taken over, offering an 84.5 km stretch of waterway to amateur sailors.

→ Château de Hac in Le Quiou

Located south of Dinan, this building with a prestigious silhouette, listed as a Historic Monument since 1993, has remained intact back from the XVth century. Remarkable for its golden color due to the stone of the faluns, and for its unusual height for the 15th century, this castle was erected on foundations of the 14th century. This private historical monument still inhabited, has beautiful gallant gardens and can be visited during guided tours (inside and outside). Allow 45 minutes for this visit then find out the new HAC02 (opening spring 2022). This new activity is to have fun in the giant nets stretched between the trees of the estate and to look at Château de Hac from a different perspective.

Guided tours from May to August and for groups all year round by reservation.
Informations :
> Tel. 02 96 88 17 90.
contact@chateaudenhac.fr
www.chateaudenhac.fr

→ The former quarries in Le Quiou

This site, which was acquired by the departmental council in 2011 within the framework of «Sensitive Natural Areas», is located in the locality of «La Hazardières». It is part of a network of ancient quarries used for extracting Falun stone in the Le Quiou sedimentary basin. Abandoned excavation sites, made up of a succession of ditches and small plateaus, a multitude of surprising species thrive in this very varied and complementary environment (dry/damp, open/closed). Fourteen species of dragonfly, including three incredible species, can be spotted around the lakes. Beautiful «bees» and «kizard» orchids, which are rare in Brittany, flower in the chalk grasslands. The now protected site will be safeguarded and restored. Due to the effects of regular human activity, the site has been significantly damaged over time.

On-site nature activities:
contact the Maison des Faluns.

