

NORMANDY - BRITTANY

Pilgrims' Routes - Le Mont St Michel

Walking without guides but with a guided crossing of the bay

From Coutances and its wonderful 13th century cathedral to Mont St Michel, a marvel of the western world, this long-distance walk alternates between villages, pasture-land and woods, between coastal paths and fishing ports. The walking is not arduous and every evening is passed in comfortable and friendly surroundings. The holiday culminates in the guided crossing and the evening at Mont St Michel, at the heart of its magnificent bay between Normandy and Brittany.

'From my bedroom I could see the sea and the Mont-Saint-Michel, (the Mont which stands up with such arrogance, which you have seen looking so proud, and which has seen you looking so beautiful.'

Madame de Sévigné to her daughter

'The Couesnon in its foolishness placed the Mont-Saint-Michel in Normandy'

Old Breton saying

'The precipitous abbey, thrust up over there, far from the land, like a phantasmagorical manor-house, stupefying as a dream palace, unbelievably strange and beautiful'

Guy de Maupassant

'At the Mont-Saint-Michel and around it all hours spent in this landscape are beautiful hours. The sky gives grandeur to the beaches, and the beaches make the expanses of the sky seem even vaster.'

Emile Bauman

'The Mont-Saint-Michel appeared (...) as a thing of heaven, a pyramid of wonder.'

Victor Hugo, 1865

PROGRAMME

FL095

From Coutances to the Mont-Saint-Michel

7 days – 6 nights – 5 days' walking

Or

6 days – 5 nights – 4 days' walking (if you only want to spend one night at Granville).

Day 1: Arrive at Coutances. Bed and breakfast. Evening meal not included. Majestic cathedral of Coutances (13th century: one of the most splendid pieces of Gothic architecture in Normandy); also the opportunity of a walk in the botanical gardens.

DAY 2: Coutances – Montmartin sur Mer: Between Le Pont de la Roque and Hauteville, take the footpath of St Michel which follows a series of tracks through a landscape of mixed pasture and woodland. The section through Montchaton is particularly countrified: 18 Km.

DAY 3: Montmartin sur Mer - Granville: This section takes you through the salt-flats, which have become cultivable thanks to the use of seaweed and kelp as fertilisers. Then continue along the seaside until you reach Granville, notable for its ramparts and its marina for pleasure boats: 23 Km.

DAY 4: Free day at Granville to explore this beautiful place: visit to the Iles Chausey. Half-board at Granville.



DAY 5: Granville – St Jean le Thomas: During this walk, take the opportunity to explore the old town of Carolles because of its beauty and rich heritage: 23 Km.

DAY 6: St Jean le Thomas – Genets – Mont St Michel: The route takes you along the seaside through the dunes; then you cross the bay with the help of a guide who will give you a commentary during the crossing. (The exact timing of this depends on the time of the low tide. Meet for the crossing at the car park, if you are leaving from the Bec d'Andaine): 6 Km or 13 Km. Spend the night at Mont St Michel.

DAY 7: Holiday ends after breakfast.

DATES

From mid-April until the beginning of November, you can choose your own dates subject to the availability of accommodation.

Please indicate on the booking form any alternative dates which might suit you (for example if you would be able to book the holiday for a period of time shortly before or after your preferred date). This may be useful if one or more hotels are already booked on the preferred date.

For similar reasons we ask you to **make your reservation as soon as possible**. We do not keep places reserved in the hotels and some of them can fill up with bookings several months in advance.

You will not be able to start at Coutances on a Monday, nor on a Sunday if you wish to spend a second night at half-board on the Mont St Michel.

The cost of a crossing to the Iles Chausey is not included in the overall cost of the holiday. (This crossing costs around 22 € per person).

THE PRICE INCLUDES

- Half board (except for the first evening where dinner is not included).
- The carriage of luggage
- A guidebook (one guidebook for 1-2 people)
- The guided crossing of the bay (going there only)

THE PRICE DOES NOT INCLUDE

- Insurance, drinks; personal spending
- The cost of getting from your home to the starting point, or getting home again after the holiday
- Dinner on the first evening
- The boat crossing to the Iles Chausey (cost about 22 € per person)
- The optional extra night on the Mont St Michel
- Booking fees
- The cost of sending information overseas

BEGINNING AND END OF HOLIDAY

Reception on the holiday takes place at the first hotel on the evening before your first day's walking.

Your holiday ends the morning after your last day's walking, after breakfast.

LEVEL OF DIFFICULTY

Not much uphill or downhill and the paths are well marked.



The guided crossing of the bay is different from the rest of the holiday. This wonderful walk is carried out barefoot over wet sand

ACCOMMODATION AND FOOD

Hotels ** and ***.

Bedroom with shower and WC.

Evening meal based on the hotel's menu

Breakfasts are either traditional or take the form of buffets.

MIDDAY MEAL:

Packed lunches are not included in the cost. Below is a list of places where you can shop along the way.

Shopping centres:

- COUTANCES: all kinds of shops.
- MONTMARTIN: all kinds of shops.
- REGNEVILLE: baker, grocer, butcher.
- At Les Salines, the Restaurant La Passerelle (half way between Montmartin and Granville).
- GRANVILLE: all kinds of shops.
- Bellevue pancake shop on the Iles Chausey.
- ST JEAN LE THOMAS: all kinds of shops.
- GENETS: baker, bar and general store.
- LE MONT ST MICHEL: all kinds of shops.

TRANSPORTATION OF LUGGAGE

Your luggage will be carried for you between each hotel by taxis at the end of every morning or during the afternoon.

We ask you to put your luggage in the entrance hall of each hotel in the morning before you set off walking. **Make sure that you have only one bag per person and that each bag does not exceed 14kg weight.**

You are advised to have a small rucksack (30 litres) to carry whatever you will need during the day.

If you are a member of a group we ask you to show on your luggage labels the NAME of the group leader (the person who booked the holiday).

ACCESS

By car:

Coming:

Coutances is 30 km from St Lô, north of Avranches in the direction of Cherbourg. Free parking is available near to the hotel. (For travellers from the UK, it is easiest to take the car ferry to Cherbourg and drive south.)

Returning home:

Taxi or bus from Mont St Michel to Pontorson (8.5 km) then TER (train) from Pontorson to Coutances.

Bus Manéo:

Example: 9 h 20 from the Mont, arrive at Pontorson at 9 h 38.

Example: 14 h 35 from the Mont, arrive at Pontorson at 14 h 53.

Example of bus times between Pontorson and Coutances:

Leave Pontorson at 9 h 56, arrive at Coutances at 10 h 56 (weekdays)

Or

Leave Pontorson at 9 h 28, arrive at Coutances 10 h 24 (Saturday and Sunday).

Another timetable: Leave Pontorson at 17 h 04, arrive at Coutances at 18 h.



The railway station at Coutances is a half-hour walk from the hotel. If you wish you can take a taxi.

By train:

Coming:

Railway station (Gare SNCF) at Coutances.

Return:

Taxi or bus from Mont St Michel to Pontorson (8.5 km) then go to the railway station (gare SNCF) at Pontorson.

Train information from the SNCF: 36 35 or website: www.sncf.com or www.dbfrance.fr

If you are already in Normandy you can get more train information from 0 825 00 33 00 or on the website: www.ter-sncf/basse_normandie or www.commentjyvais.fr

THINGS TO BRING WITH YOU

A small rucksack for packed lunches and whatever you may need to carry with you when walking A small individual first-aid kit, including elastoplasts (sticking plasters), 'new skin', disinfectant/antiseptic for treating blisters or small wounds etc

A pair of strong, comfortable walking shoes suitable for long-distance walking on stony tracks Beware of bringing new footwear which has not been tested for comfort!

Sun-glasses, sun-cream and a sunhat

Rain-wear

Swimming costume/trunks

Sandals/plimsolls for paddling

Light footwear for the evenings.

A water-bottle: you will need to drink 1.5 to 2L of water each day.

A knife

A small torch (optional)

Binoculars (optional)

Paper handkerchiefs/tissues

Needle, thread and a couple of safety pins.

Airtight containers in case you want to take salads on your picnics.

For the crossing of the bay on foot, bring a plastic bag for your shoes, a windproof coat, a thick pullover or fleece, a pair of shorts, a sunhat or peaked cap and sunglasses.

INSURANCE

Our insurances, Contrat Assistance Plus (Assistance étendue) and Contrat Sérénité (Premium) are individual and optional. If you sign up for them it must be AT THE LATEST, 14 WORKING DAYS after booking the holiday, and the insurance cannot take effect until after you have paid the full cost of the holiday. Anybody can take out one of our insurances, whatever their country of residence.

The total cost of the Contrat Assistance Plus (insurance for Assistance/Rapatiation) is set at 1.70% of the cost of the holiday. It takes into account only the cost of the holiday.

The total cost of the Contrat Sérénité (insurance for Assistance/Repatriation, cancellation and interruption of the holiday) is set at 3.6 % of the price of the holiday. It takes into account the cost of the holiday and the extra charges (for individual bedrooms, for a single holidaymaker, extra nights and possible extra transportation etc).

If you cancel the holiday yourself, if you haven't taken out our insurance for cancellation, the cancellation fees will be retained by us.

Our cancellation fees depend on the date of cancellation, as shown below:

- 1) more than 31 days before the planned departure date: 15% of the total coast of the holiday.
- 2) between 30 days and 21 days before the departure date: 30% of the total coast of the holiday.
- 3) between 20 days and 15 days before the departure date: 55% of the total cost of the holiday.
- 4) between 13 days and and the departure date: 75% of the total cost of the holiday.



➤➤ If the person with whom you planned to share a bedroom cancels their holiday, you will be billed for the individual supplement for that bedroom.

If you have to cancel your holiday **before you set off**, contact La Pèlerine on +33 (0)4 71 74 47 40, and we will do whatever is necessary.

During your holiday, your first action in such a situation should be either to contact **ASSISTANCE MUTUAIDE** on +33 (0)1 45 16 43 47 (if you have taken out the insurance contrat assistance plus) or **SERVICE SINISTRE ASSURANCE** on +33 (0)5 32 09 21 81 (if you have taken out the insurance contrat sérénité).

If you have any questions about your insurance contract, please contact the Hot Line on **05 32 09 21 81**.

Not turning up at the beginning of the holiday, or abandoning the holiday after you have begun it with no explanation, will disqualify you from reimbursement.

An example of an insurance contract, detailing the guarantees it gives you and the procedures you have to follow to make a claim, will be sent to you either at the time you make your booking – or at any other time if you ask for it.

**CHANGING YOUR BOOKING:
ATTENTION!**

Administration fees (50 €) will be kept by us for **any change you make in a booking already made** (e.g. for type of bedroom, departure dates, number of people etc).

If you want to book **extra nights** at the beginning or the end of your holiday this **must** be done **at the time of booking** and be specified on the booking confirmation sheet. Once bookings have been confirmed, if you want to arrange extra nights this must be done directly with the establishments concerned, and paid for at the time.

