



The pier,  
Noirmoutier Island

FOR CLIENTS LOOKING FOR WELLBEING  
TAKE IT EASY!

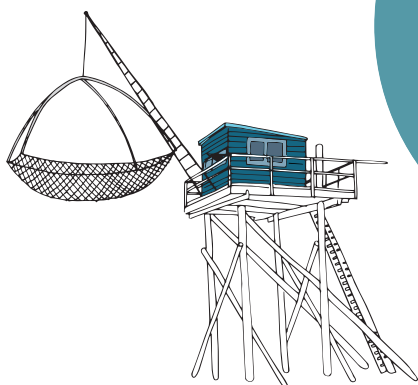
☀️ 4 DAYS 📍 350 KM

12

## ATLANTIC COAST: RELAX AND FEEL GOOD!

### Highlights of the trip:

- Spa & seawater treatments that will pamper your body and invigorate your spirit in a few of the region's 7 thalassotherapy centres.
- Preserved nature & physical activity
- Locally produced food and wine
- The creative city of Nantes and Les Machines de l'île



EXCLUSIVE & WELLBEING

12. Atlantic coast: relax and feel good!

## Day 1

📍 120 KM



Les Sables d'Olonne is also the departure port for the famous "Vendée Globe" race round the world

### Morning | Les Sables d'Olonne, Atlantic Coast

#### Arrival Nantes airport or TGV train station

Transfer to Les Sables d'Olonne, Vendée

**Lunch at 4\* Côte Ouest Thalasso & spa M Gallery hotel, Les Sables d'Olonne.** Facing the ocean, the hotel will plunge you into the atmosphere of the 1930's ocean lines.

### Afternoon | Les Sables d'Olonne, Atlantic Coast

**Enjoy 2 spa treatments at 4\* Côte Ouest Thalasso & spa M Gallery hotel**

**Dinner at the 4\* Côte Ouest Thalasso & spa M Gallery hotel**

**Night at the 4\* Côte Ouest Thalasso & spa M Gallery hotel**

> *Alternative: Dinner & Night at 4\*Atlantic Hotel and spa, Les Sables d'Olonne*

## Day 2

📍 140 KM



Choose 1 of the 7 thalasso-therapy centers in the region for your seawater treatments



### Morning | Saint-Jean-de-Monts, Atlantic Coast

**Discover and test Trail and Nordic walking resort Saint-Jean-de-Monts for a hiking session.**

This famous resort on the Vendée coast has invested a lot in outdoor activities including water sports and more recently Nordic walking.

**Lunch at Valdys Resort restaurant Saint-Jean-de-Monts** and guided tour of the thalassotherapy centre.

### Afternoon | Saint-Jean-de-Monts & La Baule, Atlantic Coast

**Guided tour by e-scooters of the preserved area**

Open-air museum Le Daviaud. La Barre-de-Monts

**Meet an oyster farmer and taste local oysters**

**Dinner at a typical restaurant in La Baule**

**Night at the 4\* Mercure Majestic La Baule**

> *Alternative: Dinner & Night at 5\* Royal Thalasso Barrière, La Baule*



## Day 3

30 KM



La Baule belongs to the Club of the Most Beautiful Bays in the World



### Morning | La Baule & Pornichet, Atlantic Coast

**Stroll along the alleys of the market in La Baule** – full of fresh local produce

**Lunch at 4\* Chateau des Tourelles Relais Thalasso & spa, Pornichet.** Whether inside or on the terrace, you will enjoy your lunch facing the Ocean!

### Afternoon | Pornichet & Missillac

**Spa treatments at 4\* Chateau des Tourelles Relais Thalasso & spa, Pornichet.** Short walk on the coastal path. Les Tourelles' mantra: move better, eat better, sleep better and you'll feel better!

**Dinner at 5\* Domaine de La Bretesche Hotel and resort, Missillac**  
> Alternative: Dinner at La Mare aux Oiseaux, 1\* Michelin restaurant, Saint-Lyphard

**Night at 5\* Domaine de La Bretesche Hotel and resort, Missillac**  
> Alternative: Night at 4\* Chateau des Tourelles Relais Thalasso & spa, Pornichet

## Day 4

60 KM



Don't miss "The Nest" (Le Nid), a rooftop bar where you can enjoy the view over Nantes from the 32<sup>nd</sup> floor (Brittany tower)



### Morning | Brière Nature Park & Nantes

**Spa treatments at 5\* Domaine de La Bretesche Hotel and resort, Missillac.** The Bretesche Manor takes from the past its tradition of courtly love, knightly jousts, aristocratic wellbeing and mysterious legends to display the refined comfort of a haven of peace and romanticism.

### Lunch in the theatre district in Nantes.

Elegant and cultural, the Graslin district is a gem of 18<sup>th</sup> and 19<sup>th</sup> century urban planning. Graslin is reputed for its chic shops, its gourmet restaurants and its Passage Pommeraye, the only three-storey covered arcade in Europe.

### Afternoon | Nantes

### Follow the Green line in Nantes.

A green line literally painted on the ground enables visitors to discover all the main city landmarks, from the Chateau des ducs de Bretagne to the latest artworks of Le Voyage à Nantes. Get ready!

### Dinner in Nantes city centre

Dine in a restaurant recommended by the selection Les Tables de Nantes. Fresh, creative, and healthy: Nantes' cuisine will delight you!

### Night at the 4\* Mercure Grand Hotel in Nantes

> Alternative: 4\* Seven Urban Suites hotel on the Ile of Nantes

## CONTACTS OF SUPPLIERS

### HIGHLIGHTED IN THE ITINERARY

**4\* Côte Ouest Thalasso & spa M Gallery hotel, Les Sables d'Olonne**

Martineau.Cloe@hotel-coteouest.com

**Valdys Resort Restaurant, Saint-Jean-de-Monts**

sandrine.nivez@thalasso.com

**CYCL'HOP – Rent a bike & E-scooter, Saint-Jean-de-Monts**

contact@cyclhop.fr

**E-scooter guided tour, Saint-Jean-de-Monts**

contact@latrotti.net

**Le Daviaud Museum Marshes, Saint-Jean-de-Mont**

cecile.angenieux@omdm.fr

**L'huître de Fromentine – Oyster farmer, La Barre-de-Monts**

david.lecossois@free.fr

**4\* Hotel Mercure Majestic, La Baule**

benoit.audouin@accor.com

**4\* Chateau des Tourelles Thalasso & Spa, Pornichet**

resalabaule@relaisthalasso.com

**5\* Hotel, Golf & spa Domaine de la Bretesche, Missillac**

pierre.sancho@bretesche.com

**Les Tables de Nantes**

www.lestabledenantes.fr/en

**4\* Mercure Grand Hotel, Nantes**

Eric.BAHIN@accor.com



# LOOKING FOR WELLBEING OFFERS?

PLEASE FIND BELOW ADDITIONAL SUGGESTIONS IN ATLANTIC LOIRE VALLEY

Located on the Atlantic Coast, the thalassotherapy centres each have their own very unique charm and qualities. Come and energise your body, refine your figure or simply recharge your batteries while enjoying the benefits of the Atlantic Ocean.

- Elegance is the key word at the **Thalasso & Spa Barrière Le Royal Lucien Barrière** in La Baule. The 1,000m<sup>2</sup> thalassotherapy centre, fully renovated in 2020, is part of a 5\* hotel with 87 rooms & 1 restaurant.

- **Rivage Thalasso & spa – La Baule** 600 m<sup>2</sup> facing the ocean dedicated to beauty and wellness.

- **At the Valdys Resort Baie de La Baule in Pornichet**, facing the Bay of La Baule and its 9 km long sand beach, no doubt you will get pampered. 3\* Hotel, 88 rooms, 1 restaurant

- 50 mins drive from Nantes, nestled against the small cove of La Source, the **Alliance Pornic thalassotherapy centre** -once the town's casino- is now a haven of peace, ideal for cocooning. 4\* hotel, 120 rooms, 2 restaurants

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For more details: [b2b@solutions-eco.fr](mailto:b2b@solutions-eco.fr)

