



The Guérande salt marshes

FOR YOUR GOURMET CLIENTS

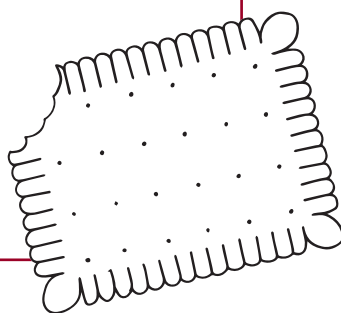
☀️ 4 DAYS 📍 440 KM

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FRENCH ART DE VIVRE IN ATLANTIC LOIRE VALLEY

Highlights of the trip:

- A seaweed cooking class & a chocolate workshop
- The local market of La Baule
- The salt marshes of Guérande
- The Island of Noirmoutier
- The Château Boisniard gastronomic restaurant
- The creative city of Nantes and Les Machines de l'île



Day 1

100 KM



La Turballe, a village next to La Baule, is one of the largest fishing harbors in France

Morning | Pornichet

Arrival via Nantes airport or train station

Transfer to Pornichet.

Lunch at the “Ailleurs” restaurant at the **4* Westotel hotel**, facing the Ocean in Le Pouliguen.

Afternoon | Le Croisic & La Baule

Roll up your sleeves and get ready for a **seaweed cooking class** in **Le Croisic**, Grown and harvested locally, the seaweeds are served by famous chefs all over France.

Dinner in a typical restaurant in La Baule.

Night at the **4* Westotel Pouliguen-La Baule hotel**.

> Alternative: Dinner & Night at **5* Lucien Barriere Resort La Baule**

Day 2

110 KM



Did you know that approx. 13,000 metric tons of salt is harvested each year in Guérande ?



Morning | La Baule & Guérande

Explore the market in **La Baule** and discover locally grown produce

Tour of the **La Turballe fishing harbor**

Lunch in a traditional creperie restaurant in the **medieval town of Guérande**

Afternoon | Guérande & Noirmoutier Island

Stroll around the **charming medieval town of Guérande** with its ramparts and fortified towers and gates, narrow paved streets, and old houses.

Discover the **2,000 ha of salt marshes of Guérande**.

Meet the salt workers who will teach you about how salt is formed and harvested

Dinner at “**La Marine**” restaurant (**2* Michelin**) on **Noirmoutier Island**

> Alternative: Dinner at **La Table d'Elise, Noirmoutier Island**

Night at the **4* Général d'Elbée hotel** on **Noirmoutier Island**

> Alternative: **3* Hotel Fleur de Sel, Noirmoutier Island**

Day 3

📍 160 KM



Le Puy du Fou is France's 2nd most visited theme park



Morning | Noirmoutier Island, Vendée

Explore the charming **Noirmoutier island** with its traditional villas and its local produce: oysters, wine, “pomme de terre”, seafood to name but a few. Meet an oyster farmer and taste local oysters

Lunch on **Noirmoutier Island** in a typical restaurant

Afternoon | Chateaux Flocellière & Boisniard, Vendée

Afternoon tea with the owners of the **Chateau de la Flocellière**

Dinner at the gastronomic restaurant “**La Table du Boisniard**” (1* Michelin) in Vendée close to the Puy du Fou theme park

Night at the 5* hotel “**Château Boisniard**” in Vendée close to the Puy du Fou

> *Alternative: Dinner and night at 4* “**Thierry Drapeau**” hotel, Saint-Sulpice-le-Verdon*

Day 4

📍 70 KM



Nantes: follow the green line painted on the ground



Morning | Chateau Boisniard, Vendée & Nantes

Unwind at the spa of the **Chateau Boisniard**

Lunch in the theatre district in **Nantes**.

Elegant and cultural, the Graslin district is a gem of 18th and 19th 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* **Okko Hotel** in Nantes, next to the **Chateau**

> *Alternative: 4* **Mercure Centre Passage Pommeraye Hotel** in Nantes*

CONTACTS OF SUPPLIERS

HIGHLIGHTED IN THE ITINERARY

4* Westotel Hotel & restaurant, Le Pouliguen La Baule
helene.lerosier@westotel.com

Jardins de la mer – Seaweed cooking course, Le Croisic
jean-marie.pedron@wanadoo.fr

Terre de Sel – Salt marshes, Guérande
e.blanc@seldeguerande.com

4* Général d'Elbée hotel, Noirmoutier island
contact@generaldelbee.fr

Chateau de la Flocellière, B&B Vendée
flocelliere.chateau@gmail.com

5* Chateau Boisniard hotel, Chanverrie
resa@chateau-boisniard.com

Les Tables de Nantes
www.lestabledenantes.fr/en

4* Okko hotel Nantes
teddy.leboucher@okkohotels.com

INTERESTED IN WINE & GASTRONOMY?

PLEASE FIND BELOW ADDITIONAL SUGGESTIONS IN ATLANTIC LOIRE VALLEY

- **Gourmet visit in Angers:** Come and unravel the history behind the famous products from Angers that are used by creative and passionate chefs and artisans to please our taste buds!

- If refined French art de vivre tempts you, at **Chateau de la Mazure**, all your dreams will come true. During a 5-day immersion in Mayenne, approx. 2 hours from Paris, you'll live like a king and learn how to cook like a French chef while tasting beautiful wines.

- Smallest oyster village in France but a world-renowned quality, **the "Port de la Guittière" on the Southern Vendée coast** organises visits to show how to grow oysters and taste them. If you are a real oyster fan, then the oyster discovery route will delight you in the same way as the wines routes probably will.

- **"Les Tables de Nantes"** is a guide to local cuisine and wines in restaurants chosen by a jury of passionate volunteers (designers, winemakers, graphic artists...). In total 120 addresses in Nantes, greater Nantes and the outlying vineyards are listed.

- Enjoy **the Nantes Food Tour** and discover the city in a gourmet way, between contemporary art, unusual places and tasting experiences.

- **Saut aux Loups, Cave-dwelling restaurant & museum:** Did you know that most of the Portobello mushroom production in France comes from Saumur? Come & discover all the secrets of growing mushrooms in the famous tufa cave dwellings and enjoy at the end a 100% mushroom meal.

• 19 Michelin-starred restaurants in Atlantic Loire Valley

Loire Valley :

- Fontevraud Le Restaurant – Fontevraud-l'Abbaye (near Saumur) 1*
- Le Gambetta (Saumur) 1*
- La Table de la Bergerie (Champ-sur-Layon close to Angers) 1*
- Lait Thym Sel (Angers) 1*
- Le Favre d'Anne (Angers) 1*

Nantes & surroundings :

- Manoir de la Boulaie (Haute-Goulaine) 1*
- Lulu Rouget (Nantes) 1*
- L'Atlantide 1874 – Maison Guého (Nantes) 1*

Atlantic Coast

- Anne de Bretagne (La Plaine-sur-Mer) 2*
- La Mare aux Oiseaux (Saint-Joachim) 1*
- Jean-Marc Pérochon (Brétignolles-sur-mer) 1*
- La Marine (Noirmoutier island) 2*
- Les Genêts (Brem-sur-Mer) 1*
- Le Pousse-Pied (La Tranche-sur-Mer) 1*

Close to Le Puy du Fou

- La Table du Boisniard 1*
- Thierry Drapeau – La Chabotterie (Saint-Sulpice le Verdon) 1*
- La Robe (Montaigu) 1*

Le Mans

- L'Auberge de Bagatelle (Le Mans) 1*

Mayenne & Sarthe

- L'éveil des sens (Mayenne) 1*

For more details: b2b@solutions-eco.fr

