



The Guérande salt marshes

FOR YOUR GOURMET CLIENTS

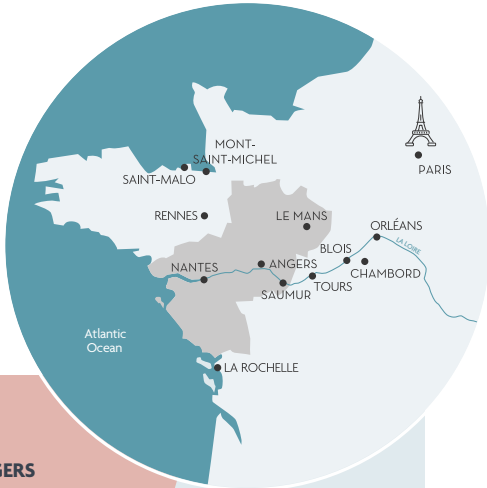
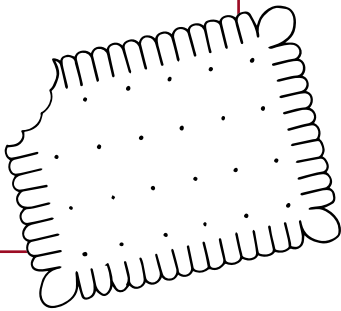
4 DAYS **440 KM**

7

FRENCH ART DE VIVRE IN ATLANTIC LOIRE VALLEY

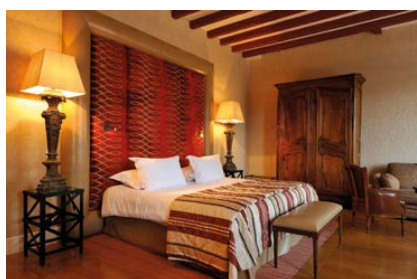
Highlights of the trip:

- A seaweed cooking class & a chocolate workshop
- The local market of La Baule
- The salt marshes of Guérande
- The Island of Noirmoutier



Day 1

60 KM



Nantes is famous for its LU Petit beurre: each biscuit has 52 "teeth" for the 52 weeks of the year & 4 corners for the 4 seasons

Morning | Nantes

Arrival via Nantes airport or train station.

Visit the Talensac market. Nantes' oldest (created in 1937) and most famous covered market gathers 150 + shopkeepers. Taste local, fresh and quality produce such as local fish, oysters, bread and cheese specialties.

Afternoon | Missillac

Transfer to La Bretesche in Missillac

Cooking class 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.

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

Day 2

40 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 harbour.

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

Afternoon | Guérande & La Baule

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 how salt is formed and harvested.

Dinner in a typical restaurant in La Baule.

Night at the 5* Lucien Barriere Resort, La Baule

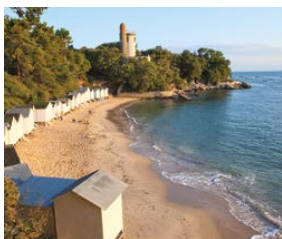
> *Alternative: Dinner & Night at 4* Westotel Le Pouliguen-La Baule*

Day 3

115 KM



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



Morning | Le Croisic

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

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

Afternoon | Noirmoutier Island

Explore the charming Noirmoutier island with its traditional villas and its local produce: oysters, wine, seafood to name but a few.

Meet an oyster farmer and taste local oysters.

Dinner at La Table d'Elise, Noirmoutier Island.

> *Alternative: Dinner at La Marine, 2* Michelin restaurant*

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

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

Day 4

80 KM



Saint-Gilles-Croix-de-Vie has grown its traditional know-how for sardine fishing since the 17th century



Morning | Saint-Gilles-Croix-de-Vie

Discover the charming harbour village of Saint-Gilles-Croix-de-Vie, famous for its sardine fishing.

Sea fishing tour in Saint-Gilles-Croix-de-Vie.

Lunch at Le Boisvinet restaurant in Saint-Gilles-Croix-de-Vie.

Afternoon | Fiefs Vendéens vineyards

Explore Saint Nicolas' vineyard on an e-bike – Brem-sur-Mer

This family vineyard has practiced organic and biodynamic agriculture since 1995. The location of the vineyards, by the salt marshes, the forest and the Atlantic Ocean, makes it unique.

Chocolate and cheese wine pairing: get your taste buds ready!

Dinner at Les Genêts 1* Michelin restaurant in Brem-sur-Mer

Night at 3* Vent d'Eden hotel in Saint-Hilaire-de-Riez

Depart from Les Sables-d'Olonne or Nantes TGV train station

CONTACTS OF SUPPLIERS

5* Domaine de La Bretesche Hotel and resort, Missillac
hotel@bretesche.com

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

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

5* Hotel Barrière, La Baule
erenouleaud@groupebarriere.com

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

Domaine Saint Nicolas – wine estate, Fiefs vendéens vineyard
contact@domainsaintnicolas.com

Les Génets, 1* Michelin restaurant, Brem-sur-Mer
info@restaurant-les-genets.fr

3* Vent d'Eden hotel, Saint-Hilaire-de-Riez
contact@vent-deden.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!

• 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.

• 18 Michelin-starred restaurants in Atlantic Loire Valley in 2021

Loire Valley

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

Nantes & surroundings

- Le Manoir de la Régate (Nantes) **1***
- Roza (Nantes) **1***
- Lulu Rouget (Nantes) **1***
- L'Atlantide 1874 – Maison Guého (Nantes) **1***

Atlantic Coast

- Anne de Bretagne (La Plaine-sur-Mer) **2***
- La Marine (Noirmoutier island) **2***
- La Mare aux Oiseaux (Saint-Joachim) **1***
- Le Castel Marie-Louise (La Baule) **1***
- Les Brisants/Jean-Marc Perochon (Brétignolles-sur-Mer) **1***
- Les Genêts (Brem-sur-Mer) **1***
- Le Pousse-Pied (La Tranche-sur-Mer) **1***

Close to Le Puy du Fou

- La Robe (Montaigu) **1***
- La Table du Boisniard (Chanverrie) **1***

Le Mans

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

Mayenne

- L'éveil des Sens (Mayenne) **1***

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For more details: b2b@solutions-eco.fr

