



# Equus Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

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## From Cancale to Mont Saint-Michel

### NORMANDY / BRITTANY

**Ride Mont Saint-Michel bay on horseback.** Discover a coast with lots to offer; Scenic woodlands, villages with traditional granite churches, the impressive Mont-Dol and immense salt marshes and polders are waiting to be explored. Little by little, the salty ocean breeze refreshes you as you ride the harbour and headland. **Ride trails in Normandy** along cliff top paths and gallop along white sandy beaches hidden between rocky outcrops. The final standout moment, of a varied and spectacular trip, is a day spent **galloping across Mont Saint-Michel bay**.

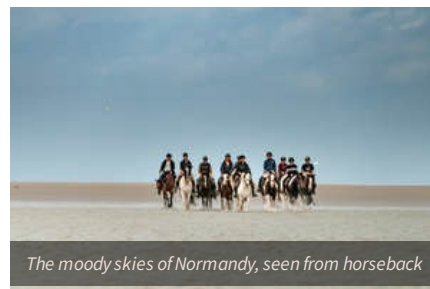
Trail Riding	 7 days / 5 days riding -	 From £0	
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See the might Mt St Michel from the saddle



Riding holiday in Brittany



The moody skies of Normandy, seen from horseback

### ITINERARY

## Highlights

- Enjoy a well-paced, rhythmic and interesting ride through stunning coastal scenery
- An athletic ride with long stretches of galloping along the beaches and polders
- Taste traditional Cancale oysters and enjoy delicious Breton and Normand cuisine
- Ride well-trained quality Irish Cob horses

## Day 1 — 1 : UK - RENNES - ROZ-SUR-COUESNON - LA FOUCHERAIE HORSE FARM

Depending on your travel plans, you will arrive at the La Fourcheraie horse farm and gite at Bégossière in Roz-sur-Couesnon in the evening (from 18:00 onwards) or be met by a member of our team at Pontorson train station (transfer approx. 10 mins - to be arranged in advance).

You will have your first hearty Breton dinner, of delicious local produce, and spend the night in a comfortable gite.

## Day 2 — 2 : ROZ-SUR-COUESNON - MONT DOL - 5 hours riding

After breakfast, you will prepare your horses and set out towards Mont-Dol. Riding along the 'Balcony over the Bay' in Roz-sur-Couesnon will allow you to enjoy spectacular views across the polders and the bay of Mont-Saint-Michel. Heading out towards the peak of Saint-Marcen, you will delve into a dense forest riding along steep craggy paths to arrive at Télégraphe de Chappe, an old communication station.

After stopping for lunch at a local restaurant, you will climb back into the saddle and ride towards the crest of Saint-Broladre following winding wooded pathways. To end the day's ride, you will travel along the length of a river that will take you up to the foot of Mont-Dol, a rocky peak 64m high, found in the midst of lush marshland. You will have your evening meal and spend the night in a gite (Morière).

## Day 3 — 3 : MONT DOL - COTE DE LA MANCHE - 5 hours riding

From Mont-Dol, you will head off through the polders - incredibly fertile low-lying ground surrounded by sea walls . After a slaloming path, taken between the vegetable and cereal crops, you will reach Saint-Guinox where you will stop for your lunch at a local restaurant. You will then leave the inland behind and head towards the headland and the fantastic views out across the bay.

You will spend the night at a B&B only 50m from the seafront.

## Day 4 — 4 : COTE DE LA MANCHE - CANCALE - 6 hours riding

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The day's ride will take you towards the beaches and cliffs of the Cancale coast. You will ride past the stately Beauregard chateau and its grounds, then take the fork in the road to Pointe du Nid from which you will catch a glimpse of Fort du Guesclin. The fort stands alone on a rocky outcrop, and is only accessible on foot at low tide when it then becomes the lone crop of green in an otherwise sandy landscape.

You will make your way along Cancale's peninsula, riding Verger beach and passing Moulière's peak before reaching Pointe du Grouin! This rocky outcrop, stretching into the bay, offers one of the most beautiful views of Mont-Saint-Michel, the Chausey isles and the Normandy coast. From there, you will also be able to see the Landes isle's bird reserve. After a picnic lunch in an enchanting scenic spot, you will continue your ride around Cancale harbour.

You will head back to the B&B to sample the region's famous oysters!

## Day 5 — 5 : CANCALE - CHAPELLE SAINT ANNE - 5 hours riding

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In the morning, you will ride the coastal path along the length of the bay extending from Cancale all the way to Mont Saint-Michel. After enjoying long gallops along the beaches, you will arrive in Cherrueix and stop for lunch in a restaurant looking out over the sea.

For your afternoon's ride, you will set off along the Duchesse-Anne embankment towards Saint-Anne's chapel - a place that still receives pilgrimages to this day - before crossing the grass-covered salt marshes. At extreme high tide this area is completely submerged, ordinarily however, these lands are home to the 'salt-meadow' sheep - a moniker attributed to both the sheep and the various species of bird who populate the bay. You will spend the night in a charming gite and enjoy more traditional Breton cuisine in a neighbouring restaurant.

## Day 6 — 6 : CHAPELLE SAINT ANNE - MONT SAINT-MICHEL - 7-8 hours riding

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A day's riding that you will not forget in a hurry! You will take a tree-lined track down to the sandy bay where the vast expanse opening up before you will invite you to break into a gallop. Throughout this fast-paced ride, you will get to experience the coastal countryside at its best, the fantastic morning light bathes the water and landscape making them sing with a fantastic range of colour. You will ride past Tomberlaine Island, an immense rock standing proud in the middle of the bay and the exclusive reserve of ornithologist, and, let's not forget of course, the impressive and striking Mont Saint-Michel. Your guide will regale you with the fascinating history and mysterious legends surrounding this intriguing island commune. You will then head out to gallop once more across the vast glistening plains. You will stop for your picnic lunch on the banks of the Coueson River.

You will return to your gite in the evening and dine out for your final meal in Breton.

**IMPORTANT:** The day's itinerary listed here is a general guideline. The day's programme may be modified depending on the weather and the condition of the ground. It is not always possible to ride everywhere as the tides greatly modify the environment leaving some passages rideable on some days and not on others. It is also the tide that will dictate the start and end times of the day's ride.

## Day 7 — 7 : RENNES - UK

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After breakfast and saying your farewells to the horses and the team, you will either be driven to Pontorson train station (book your train for after 12:30), or you can head off in your hire car around noon. Today's lunch is not included.

### DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

## Price details

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No departure for this destination. Please contact our travel advisers for more information.

- Flights or transportation to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on shared rooms. There is no possibility of a single room on this trip

- Groups are composed of a minimum of 2 riders and a maximum of 10 international riders, plus guides.
- Return transfers are available from the train station at Pontorson and are free of charge. The transfer is generally scheduled for 18:30. On the way back, please book a train departing after 10:00 am. You can also self-drive to the equestrian centre (directions provided at the time of booking).
- Children from the age of 12 are welcome on this ride as long as they are accompanied by a parent and meet the riding level requirements for the trip.
- There is a maximum rider weight of 90kgs / 14,1 st / 198 lbs
- Note: there is no time during the ride to actually go and visit the Mont Saint Michel. If you would like to spend some time there, please make sure to plan an extra day at the end of your itinerary.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

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### SUPPORT TEAM

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1 English speaking tour leader

### INLAND TRANSPORT

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Return transfers to/from Pontorson train station

### ACCOMMODATION

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Gite accommodation - either in dormitories or 2 to 4-person rooms (please bring your own sleeping bag)

## Price doesn't include

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### MEALS

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Beverages and personal extras

### TRANSPORT

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International flights that we can book for you upon request

Transfer to the meeting point in France and/ or Pontorson train station

### EXTRAS

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Entry fees for parks, museums and other tourist sites are payable on location

Tips to the local team

### INSURANCE

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Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

## EQUESTRIAN INFO

## Horses

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The horses you will be riding are all Irish Cobs, of Irish origin, measuring between 1.4 and 1.6 metres. They are all shod, docile and well suited to riding the region's trails.

## Guide & local team

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The equestrian centre is owned and managed by Laurent and Adeline, who are experienced riders and instructors. They have competed internationally and nationally in eventing and are also qualified trail riding guides. You will be guided by a local guide who speaks English.

# Minimum riding ability

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## MINIMUM RIDING ABILITY

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For this ride, you need to have mastered all 3 paces (walking, rising trot and cantering in a forward seat) across uneven terrain.

Rider weight limit: 90kgs / 14,1 st / 198 lbs

## PACE

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The base pace of the ride is a walking pace interspersed with trots and canters. Areas of this region's terrain are well suited to long canters.

## TACKING ABILITY AND PARTICIPATION

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You will be responsible for grooming, tacking and un-tacking your horse throughout the ride as well as feeding and watering them in the morning and evening. You will also need to check out and signal any possible injuries or problems with your horse to you guide during the ride.

## TRIP CONDITIONS AND REQUESTED EXPERIENCE

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This ride is best suited for experienced riders that ride regularly. You must be in good physical condition and be able to ride over several days without tiring. This ride is not recommended for inexperienced riders due to the long periods of cantering.

Helmets are MANDATORY.

## EQUESTRIAN EQUIPMENT

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English saddles and saddle bags are provided.

You will transport your personal day-to-day necessities as well as all support material (horseshoes, first-aid kit etc.) in the saddlebags.

Helmets are mandatory and we recommend you bring your own to ensure a comfortable fit.

## TRAVEL INFO

## COMFORT

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During the ride, you will stay in simple yet comfortable gites in either dormitories or 2 to 4-person rooms. There is no option to have a single room on this trip.

Bath towels and linen are not provided, please make sure to bring a sleeping bag!

## MEALS

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You meals will be made from quality local produce. Your midday picnics will consist of regional and home-grown fare such as salads, local chacuterie, chouchen (a honey-based alcoholic drink) and the delicious Breton cake, kouign-amann.

Evening meals will be hot and had either out at restaurants or at your accommodation. You will enjoy a special Breton themed evening too - crêpes or fruits de mer.

## CLIMATE

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Cancale bay has characteristics typical of an oceanic climate, being generally humid and temperate, and is subject to westerly winds. It usually has cool summers with most of its rainfall between May and September.

In winter, temperatures vary between 2 and 11°C.

In spring, temperatures vary between 3 and 14°C.

In summer, temperatures vary between 12 and 23°C.

In autumn, temperatures vary between 7 and 20°C.

## TIPS

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In France it is customary to tip - usually this is by rounding up the price when you are satisfied with the service in a restaurant. You may wish to leave a tip with the guide who can split it amongst all members of the team - this is not obligatory and is entirely at your discretion.

## PACKING LIST

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## Head

- A riding helmet is compulsory and we recommend that you take your own to ensure a correct fit. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun, wind or rain
- Warm hat for cold evenings/days

## Upper body

- Thermals in case of cold weather
- Long sleeved shirts provide protection from the sun or extra warmth
- T-shirts
- Lightweight fleece or jumper
- Waterproof jacket (made from Goretex or equivalent) and/ or (depending on the season) a waterproof vest that covers you thighs. No ponchos!!

## Legs

- 2 pairs of lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Waterproof over trousers (made from Goretex or equivalent), especially if you don't have a long waterproof coat
- Casual clothes for the evenings (jeans or walking trousers)
- A swimming costume may be useful for impromptu dips in the lake
- Non-irritant cotton or synthetic underwear

## Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps. We don't recommend taking your favourite long leather boots in case they get damaged
- Lightweight shoes or trainers for the evenings
- Several pairs of warm socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

## Nights

- Sleeping bag (mandatory)
- Bath towel (not provided)

## Other useful items

- Water bottle (1.5 litres or 2 equivalent)
- Headtorch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Protein or cereal bars for the longer stretches of riding
- Toilet paper and a lighter to burn it after use
- Swiss army knife or equivalent (in checking-in luggage!!)
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery
- A pair of binoculars

## Medical kit

Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit

- Any medication you regularly take
- Painkillers
- Imodium or similar anti-diarrhea medication
- Vitamin C tablets
- Sunscreen and lip balm - should be high factor
- Insect repellent
- Eye drops
- Hydrating/ soothing cream
- Plasters
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Spare prescription glasses/contact lenses
- Re-hydration sachets

- Antiseptic wipes
- Handwash gel

#### Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bum bag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lip balm etc)
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.

## SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .