



LOIRE-ATLANTIQUE

3 PERFECT DAYS

♥ DAY 1 // THE URBAN ESSENTIALS

If there's one city that mustn't be missed in Brittany, it's Nantes (p144). Start at the restored château (p144), followed by visits to the fine-arts museum (p145), a picnic in the botanical gardens (p148) and an inspiring tour around the Musée Jules Verne (p145). Finish with supper at the city's quintessential brasserie, La Cigale (p149).

♥ DAY 2 // CITY EXTRAS

On day two, begin with an early morning wander around the city market (p149), followed by a tour around the mind-boggling mechanical creations of the Machines de l'Île (p148). Mosey around the Île de Nantes before heading back into town via the Île de Feydeau (p148). Have lunch at Le 1 (p149) and book an afternoon cruise with Bateaux Nantais (p148), arriving back in town for supper at Un Coin En Ville (p150) and after-hours culture at Le Lieu Unique (p150).

♥ DAY 3 // CALL OF THE WILD

Leave the city behind and head for the quiet canals and misty marshes of the Parc Naturel Régional de la Brière (p151). Factor in visits to St-Lyphard, Rozé and the chocolate-box village of Kerhinet, followed by an afternoon punt on a traditional *chaland* and a luxurious evening meal at La Mare aux Oiseaux (p153).

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GETTING AROUND

Loire-Atlantique is one of Brittany's best-connected *départements*. Nantes is the main transport hub, with good autoroute connections and speedy TGV trains to Morbihan, Rennes, Paris and the rest of the Pays de la Loire region. Regular buses run along the Loire-Atlantique coastline, but public transport gets patchier off the beaten track, especially around the Parc Naturel de la Brière.

PARC NATUREL RÉGIONAL DE BRIÈRE p151

Punt your way around this massive marshland

GUÉRANDE p153

Discover Guérande's historic salt-pans

LE CROISIC p154

Explore the world's seas at Le Croisic's ace aquarium

DISTANCE CHART (KM)

Guérande	103			
Nantes	69	78		
Redon	57	54	75	
St Nazaire	87	20	63	54

Châteaubriant
Guérande
Nantes
Redon

Note: Distances between destinations are approximate

LA BAULE p154

Live the high-life in a classic station balnéaire

