



Tour Information



Medieval Brittany





Travel

Passports

Please ensure your 10-year British Passport is not out of date and is valid for a full six months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to France.

Visas

British and EU passport holders are not required to have a visa.

For all other passport holders please check the visa requirements with the appropriate embassy.

French consulate: PO Box 57, 6A Cromwell Place, London SW7 2EW;
Tel (020) 7838 2000/1.
Information Service: Tel (0891) 887 733,
Fax: (020) 7838 2046.
Opening hours: 0900-1130 (and 1600-1630 for visa collection only) Mon-Fri (except British and French national holidays).



Tickets

Travel to Brittany will be via an overnight ferry from Portsmouth to St Malo, you will have a reserved cabin onboard.

On arrival at the port, please park your car and proceed onboard as a foot passenger. The tour manager will meet you before boarding with the reservation number and cabin numbers.

Parking at Portsmouth is plentiful, secure and costs £13 per day
<https://www.apcoa.co.uk/parking/portsmouth/portsmouth-international-port/>

If you are travelling by train, the nearest railway station is Portsmouth Harbour, a taxi journey to the ferry terminal is approx. 5 minutes away.

Accommodation onboard is en-suite and air-conditioned with bed linen, towels and toiletries provided. There are a range of dining options and bars onboard – meals not included.

For further information, please visit:
<https://www.brittany-ferries.co.uk/ferry-routes/ferries-france/portsmouth-st-malo/onboard#tab-5>

Final travel information will be sent to you with your joining instructions.



Baggage

You will be responsible for carrying your own luggage on and off the ferry and to your cabin.

Travel Editions recommends a luggage delivery service called **thebaggageman**, where your suitcase can be picked up from your home before departure and delivered straight to your hotel; therefore, removing the worry about carrying your cases onto and off the ferry.

For further information:
<http://www.thebaggageman.com>

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Transfers

On arrival in St Malo, transfer by coach to Dinan and the Hotel Arvor (approx. 40 minutes journey time).

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.



Accommodation

Hotel Arvor, Dinan

Set in the heart of the medieval city of Dinan, the three-star family run Hôtel Arvor welcomes you to its elegant residence dating back to the 18th century, in a Renaissance-style building. Facilities include a lounge bar and breakfast room. Each of the comfortable rooms feature shower or bath, TV, hairdryer and free wi-fi.

For more information visit the hotel's website:

<https://www.hotelarvordinan.com/en/>



Food

Brittany's coastal location means plenty of delicious quality products from fresh fishes to typical seafood platters and traditional shellfish dishes. Typical to the region are *Moules Marinières* (mussels cooked in white wine with shallots and parsley), *palourdes* (baked clams stuffed with garlic and shallots and cooked in white wine), *coquilles Saint Jacques* (scallops), *huîtres* (oysters), *Breton cotriade* (Breton *bouillabaisse* or fish stew), and *pot au feu de homard* (lobster stew).

Other specialities of the area are salt marsh raised lamb, generally served with gorgeous fresh vegetables (cauliflower, artichoke, white beans) and a sumptuous French sauce, and *Andouille de Guémené* (a typical Breton sausage).

But Brittany's best-known speciality has to be the famous *crêpes* and *galettes*. Made of wheat (*crêpe*) or buckwheat (*galette*) flour and filled with sweet or savoury ingredients, the world-renowned French pancakes are an absolute delight.

Breton sweets include *Far Breton* (flan like pudding filled with prunes), *Kouign Amann* (butter cake, made with brioche dough, butter and sugar), and *Caramel au beurre salé* (salted butter caramel).

Coffee is served after the meal and will be black, in small cups, unless a *café au lait* (or *crème*) is requested.

Almost all restaurants offer two types of meals: *à la carte* (extensive choice for each course, generally more expensive) and *le menu* (a set meal at a fixed price). The bill (*l'addition*) will not be presented until it is asked for, even if clients sit and talk for half an hour after finishing their meal. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.

Generally speaking, mealtimes in France are strictly observed. Lunch is as a rule served from noon to 1330, dinner usually from 2000-2130, but the larger the city, the later the dining hour.



Drink

Wine is by far the most popular alcoholic beverage in France, and the choice will vary according to region. Brittany's *Muscadet* vineyards produce a delightful fresh white wine, full of flavour – perfect to accompany the local seafood dishes.

The abundance of apples in central Brittany influences the region's beverage production, which includes cider (*brut* or *doux*), and excellent freshly prepared apple juice.

As an *aperitif* enjoy a *Ricard* (aniseed liqueur), a *Kir Breton* (blackcurrant syrup with cider), or a traditional *Kir* (blackcurrant syrup with *Muscadet*). *Chouchenn*, a sweet honey based spirit, is another local favourite.

Meals included in the price of your holiday are:

Breakfast – daily

Dinner – 2 dinners with wine at a local restaurant



Destination

Occupying an isolated peninsular jutting out into the Atlantic, Brittany is culturally and geographically distinct from the rest of France and so offers a glimpse of unique customs and traditions, along with a blend of glorious coastal scenery and quaint towns. This fascinating tour looks at the tempestuous medieval history of France's most geographically separate region with a true Celtic flavour, Brittany. A wealth of medieval buildings survive that offer a real glimpse into the past that has shaped the distinctive Breton character. Julian Humphrys, your eminent medieval historian and host, will educate and entertain in equal measure.

Details of places of interest included in your tour:

Dinan

Our base for the tour is the lovely town of Dinan. Sitting on a hilltop overlooking the River Rance, medieval *Dinan* has a beautiful old town with well-kept half-timbered houses and a lively market. Some of its historical buildings date back to the 13th century and the city walls are excellent for a stroll that will lead you to the *Château de Dinan*. Highlights here include the 15th century *Tour d'Horloge* (clocktower) and *Basilique de St-Sauveur* and ruins of the *Abbaye St-Magloire*.

For more information about Dinan, please visit:

<http://www.dinan-tourisme.com/>

Mont Saint-Michel

Set on an island now linked to the mainland by a causeway, Mont St Michel has been the seat of a monastery since the 8th century though it was at its most influential in the 12th and 13th centuries, when pilgrims travelled from afar to honour Saint Michael. The *abbey*, protected by high walls and unchanged for centuries, crowns the island, the village at its foot full of shops and restaurants serving the 850,000 visitors annually. Highlights within include the *Église* and a group of buildings known as *La Merveille*, which include the Guests' Hall, Cloisters, Knights' Hall and Refectory.

For more information about Mont Saint-Michel, please visit:

<http://www.ot-montsaintmichel.com/index.htm>

Dol de Bretagne

Dol-de-Bretagne is reputed to be the origin of the royal House of Stewart who became the monarchs

of Scotland and later England and Ireland; a plaque in Dol commemorates that origin. Dol figured prominently in the formation and evolution of the Duchy of Brittany. Nominoe, the ruler of Brittany attempted to establish a Patriarch for the Breton church in a move to give it autonomy, and thereby strengthen his rule and further secure his independence from the Carolingian Empire. It took centuries for Rome to recognize the Archbishop of Dol. However, after the formation of the Duchy of Brittany in 939, the Archbishop of Dol often wielded great political power and was even at one time Regent to a young Duke of Brittany. Dol Cathedral is a significant building in an eclectic mix of styles.

For more information about Dol de Bretagne, please visit:

<https://www.brittanytourism.com/destinations/the-10-destinations/cap-frehel-saint-malo-mont-saint-michel-bay/dol-de-bretagne-and-mont-dol/>

Saint-Malo

Best viewed from the ramparts that encircle it, the walled port city of *Saint-Malo* was once notorious for its piracy. Today the only treasure you will find here is the elegant, old architecture, particularly the superb citadel at the city's heart, the *Château de St Malo*, the 17th century *National Fort* and the *Cathédrale de Saint Vincent*.

For more information about Saint-Malo, please visit:

<http://www.saint-malo-tourisme.co.uk/>

Fort la Latte

Fort la Latte is a castle in the northeast of Brittany, and is a famous tourist attraction of the bay of St Malo and the Emerald coast. This impressive castle was built on a small piece of land at the Bay of the Fresnay in the 13th century. The castle was built in the 14th century by the Lord of Matignon, Etienne III Gouyon. The construction of the castle began in the 1340s, its keep dates from the years 1365-1370. In 1379, following the return from exile of the Duke of Brittany Jean IV, the castle was besieged by Bertrand Du Guesclin. The castle was attacked and taken a second time during the Wars of Religion in the sixteenth century and was then abandoned. It was not until the 18th century, under Louis XIV, that the castle resumed its strategic interest and was bastioned.

For more information about Fort la Latte, please visit:

<http://www.lefortlatte.com/>

Vitré

The site of Vitré was occupied in Gallo-Roman times. The year 1000 marked the formal birth of Vitré, when the duke of Brittany Geoffrey I

bestowed feudal powers upon Riwallon Le Vicaire, who was charged with keeping this strategic area as a buffer zone known as the "Marches of Brittany". A small wooden motte-and-bailey castle, on a feudal mound, was built on the Sainte-Croix hill. The castle was burned down on several occasions, and eventually was bequeathed to the Benedictine monks of Marmoutiers. A stone castle was built in 1070 by Robert Ier on the current site, on a rocky outcrop dominating the Vilaine's river valley. Certain parts of the original stone castle are still visible today. In the 15th century, the castle was modified to keep up with developments in artillery design. It was decommissioned from a military post to become a comfortable residence for Jeanne of Laval-Châtillon and her son Anne de Montmorency. At the same time, many half-timbered houses and private mansions were built inside the city. These medieval districts are characterized by their sturdy frame construction and their sinuous and dark streets, as well as by a network of lanes.

For more information about Vitre, please visit:

<https://www.brittanytourism.com/destinations/the-10-destinations/rennes-and-brittanys-historic-gateways/vitre/>

Fougères

The creation of Fougères dates back to the Middle Ages. The Château de Fougères was first mentioned around the end of the 10th century. At the time, it was a simple wooden fortification located on a rocky ridge, whose position favourably dominated the Nançon Valley and the surrounding marshes. Fougères was at the crossing of two Roman roads, one from Chartres to Carhaix and the other from Avranches to Nantes. From the 12th century, the population moved away from the shore of the Nançon and the city grew in size, divided into two parishes: Saint-Sulpice for the lower town and Saint-Léonard for the upper town. Since the Middle Ages, crafts developed around tannery, weavers and drapers in the lower town. Built in the 11th century by the Lords of Fougères, the first fortification, defended by Raoul II (1130–1194), was taken by Henry II of England in 1166 and destroyed. Raoul II stubbornly rebuilt a more imposing structure and it became a stronghold defending the borders of Brittany from Mont Saint-Michel to Nantes. However, the geographical position and the interests of the Lords of Fougères often tipped in favour of the Kingdom of France. When Raoul III offered its possession to Louis IX of France, the Breton prince Pierre Mauclerc captured the city in 1231, which was re-captured by the king. The

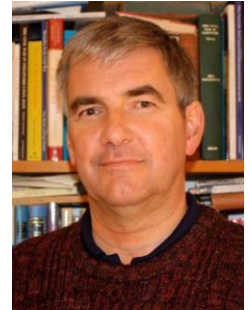
daughter of Raoul III, Jeanne de Fougères who married Hugh XII of Lusignan, undertook new fortification work and beautified the city.

For more information about Fougères, please visit:

<https://www.brittanytourism.com/destinations/the-10-destinations/rennes-and-brittanys-historic-gateways/fougeres/>

Tour lecturer / guide

Julian Humphrys, who read history at Emmanuel College, Cambridge, has worked at historical sites both in Britain and overseas and is now Development Officer at the Battlefields Trust. He has a very infectious enthusiasm for history and has published numerous books on castles and battles.



Enjoy two lectures during your tour:

'The History of Brittany'

'The 100 Years War'

Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions, please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot and do everything to help you enjoy your holiday.

Recommended reading

Graham Robb, *The Discovery of France*.

A general introduction to French culture, landscape and history, it also features an excellent insight into the distinctive character of France's regions.

Wendy Mewes, *Discovering the History of Brittany & Brittany: A Cultural History*.

Two interesting and informative studies of the history, landscape, culture, legends and complexity of the region.

George East, *French Impressions – Brittany*.

Entertaining and full of humour, George East relates his *impressions* of living in Brittany.

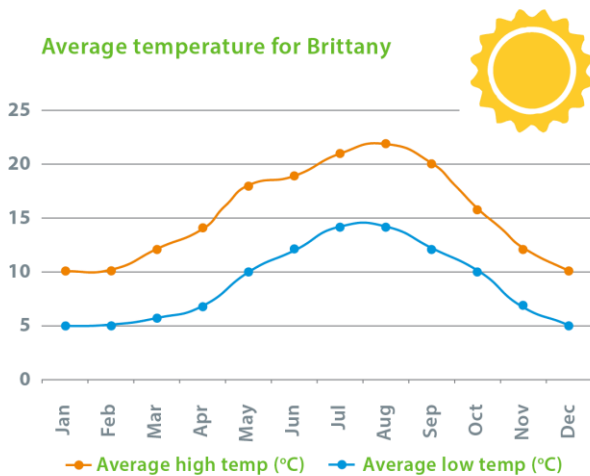
Charles Richard Weld, *A Vacation in Brittany, 1856*.

The historian Charles Richard Weld wrote a series of "Vacation Tours", of which the account of his travels to Brittany.



The Basics

Climate – The weather in Brittany at this time of year is likely to be similar to the UK – unpredictable and the chance of the odd shower. Our best advice is to come prepared.



Time – GMT +2 hours (Summer time Apr-Oct); GMT + 1 (Standard time Nov-Mar).

Language – French.

Religion – Roman Catholic.

National holidays – New Year's day (01 Jan); Easter Monday; Labour day (01 May); Victory in Europe day (08 May); Ascension day; Whit Sunday; Whit Monday; National day (14 Jul); Assumption of Mary (15 Aug); All Saints' day (01 Nov); Armistice day (11 Nov); Christmas day (25 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the country. If you're eating at a restaurant, check prior

to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find a huge amount of bottled water for sale too)

Shops and museums – Department stores are open 0900-1830 Monday to Saturday. Most shops are closed between 1200-1430. Some food shops (particularly bakers) are open Sunday mornings, in which case they will probably close Monday. Many shops close all day or half-day Monday.

Please note that most museums are closed on Mondays.

Clothes & shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

Camera – bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in France, depending on your operator and contract.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

We would advise ensuring that your travel insurance has full health cover in the event that the EHIC becomes invalid following the end of the transition period in December 2020.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 7841 023807

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

Consular services Paris

16 rue d'Anjou

75008 Paris

France

Tel: +33 (0)1 44 51 31 00

Fax: +33 (0)1 44 51 31 27

Open Mon-Fri 0930-1230. Outside these hours a consular Emergency Service is in operation and can be contacted on +33 (0)1 44 51 31 00.

Travel Editions

3 Young's Buildings, London EC1V 9DB

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Email: tours@traveleditions.co.uk www.traveleditions.co.uk

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