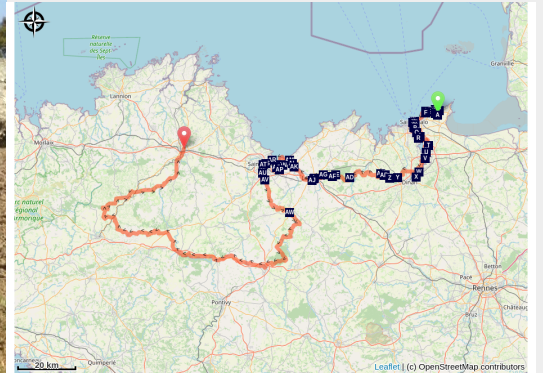


22. Brittany Region (5/5)

France - Bretagne



(Amis saint Colomban)



The regional tour of Brittany links 45 sites that perpetuate the memory of Saint Columban and his Irish companions. The 1700km route is divided into five parts, which can be followed one after the other or indiscriminately.

Starting in Guingamp, this fifth part takes you back to the start of the loop in Saint-Coulomb, visiting the interior of Brittany before returning to its north coast.

Alternating between coastal and inland routes, this great Celtic loop combines the traditional Tro Breizh, which links the towns of the seven founding saints of Brittany, with the more personalised Tro Breizh of Saint Columban - two pilgrimages in one.

Useful information

Practice : Pedestrian

Duration : 0 min

Length : 370.7 km

Trek ascent : 6543 m

Difficulty : Medium

Type : Multi-day trek

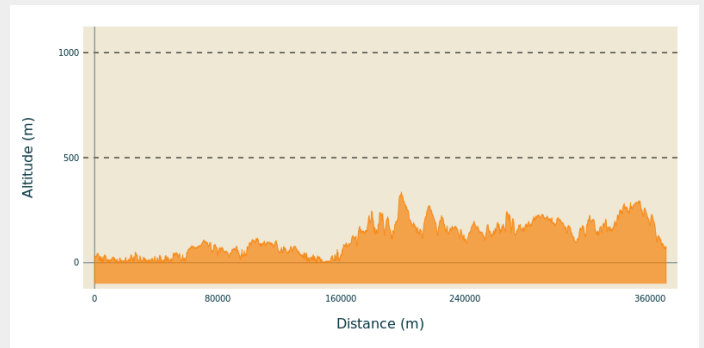
Trek

Departure : 22200 Guingamp

Arrival : 35350 Saint-Coulomb

Cities : 1. Bretagne

Altimetric profile



Min elevation 0 m Max elevation 336 m

With Saint Coloman, the route offers the opportunity to discover Brittany in all its diversity.

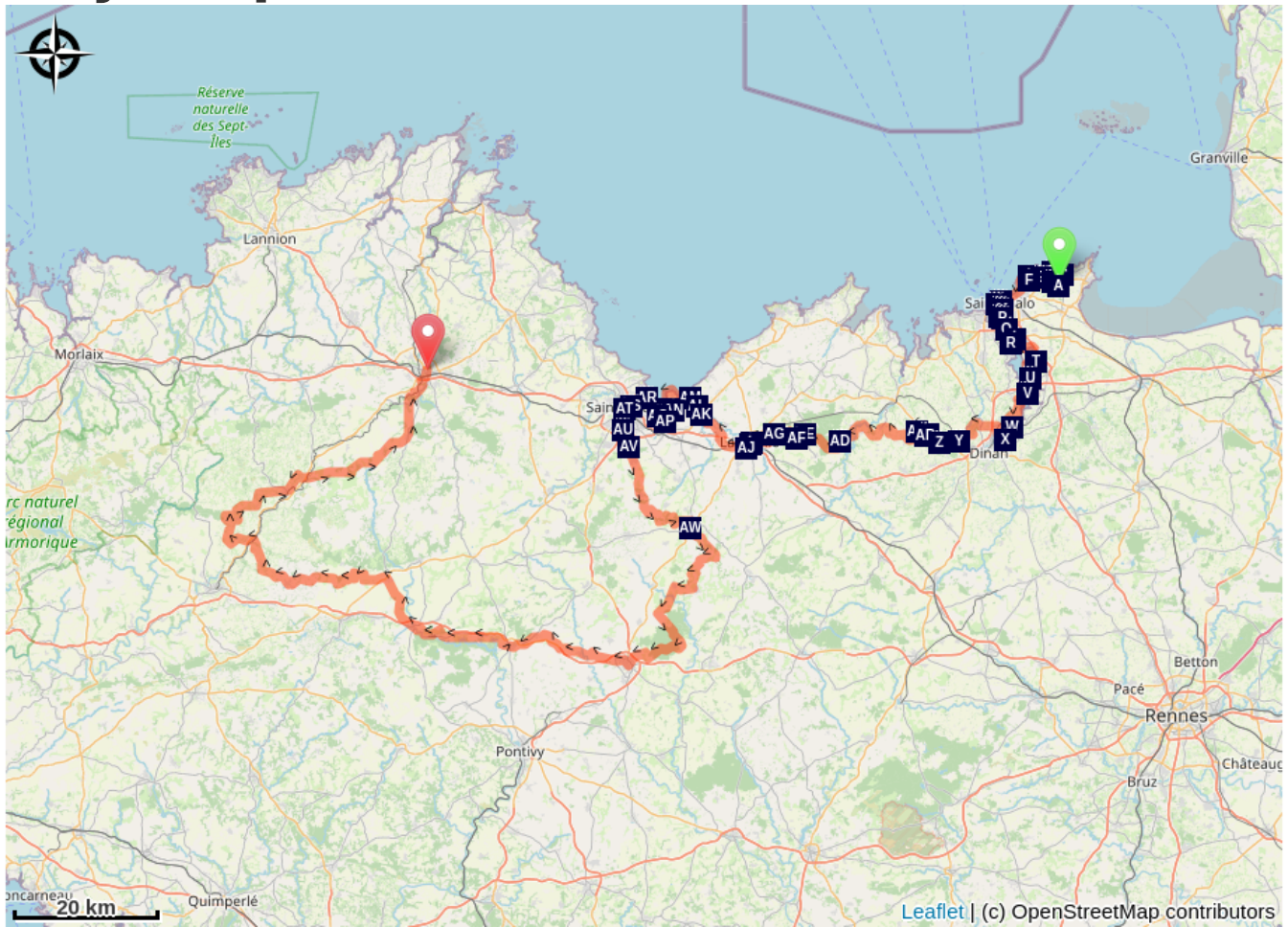
This final section (5/5) offers 15 stages with an average daily distance of 24km:












1. Guingamp - Callac
2. Callac - Maël-Carhaix
3. Maël Carhaix - Plounévez Quintin
4. Plounévez-Quintin - Mûr-de-Bretagne
5. Mûr-de-Bretagne - Loudéac
6. Loudéac - Langast
7. Langast - Moncontour
8. Moncontour - St-Brieuc
9. St-Brieuc - Hillion
10. Hillion - Lamballe
11. Lamballe - Bourseul
12. Bourseul - Taden
13. Taden - St-Sulliac
14. St-Sulliac - St-Malo
15. St-Malo - St-Coulomb

Stages :

- 1.** Guingamp à Callac
36.4 km / 667 m D+ / 9 h 6
- 2.** Callac à Maël-Carhaix
32.9 km / 552 m D+ / 8 h 12
- 3.** Maël-Carhaix à Plounevez Quintin
18.6 km / 189 m D+ / 4 h 30
- 4.** Plounevez-Quintin à Mûr de Bretagne
28.3 km / 637 m D+ / 7 h
- 5.** Mûr de Bretagne à Loudéac
21.3 km / 298 m D+ / 4 h 54
- 6.** Loudéac à Langast
22.1 km / 370 m D+ / 5 h 54
- 7.** Langast à Moncontour
18.3 km / 336 m D+ / 4 h 36
- 8.** from Moncontour to St Briec
30.6 km / 636 m D+ / 7 h 36
- 9.** from Saint-Briec to Hillion
16.4 km / 304 m D+ / 4 h 6
- 10.** From Hillion to Lamballe
24.2 km / 550 m D+ / 6 h
- 11.** From Lamballe to Bourseul
32.5 km / 490 m D+ / 7 h 54
- 12.** from Bourseul to Taden
29.6 km / 309 m D+ / 7 h 24
- 13.** From Taden to St Suliac
18.8 km / 378 m D+ / 4 h 48
- 14.** from St Suliac to St Malo
21.0 km / 406 m D+ / 5 h 12
- 15.** From St Malo to St Coulomb
17.2 km / 351 m D+ / 4 h 18

On your path...



-  St Coulomb's Church (A)
-  Cross St Colomban de l'anse du Guesclin (C)
-  Lupin Tide Mill (E)
-  Sculpted Rocks of Rothéneuf (G)
-  Our Lady of the Great Gate (I)
-  Le Grand Bé (K)
-  Port of St Malo (M)
-  Malouinière de la Ville Bague (B)
-  Roz Ven (D)
-  Church of Rothéneuf - Stained glass window of St Colomban (F)
-  The forts of St Malo Bay (H)
-  St-Malo's Cathedral (J)
-  The walls of St Malo (L)
-  St Peter's Cathedral and City of Alet (N)

All useful information

How to come ?

Access

Guingamp is accessible by bus and train.

Saint Coulomb is accessible from Saint-Malo by bus, train or ferry if the pilgrim is arriving from Great Britain.

On your path...



☀ St Coulomb's Church (A)

In the church you can see

a monochrome wooden statue of St Colomban. It predates 1820 (previous church). The base of this statue contains two relics of St Columban, one of which was presented to Father Michel, the parish priest of St Coulomb, by Monsignor Ambrosio, Bishop of Bobbio, in July 2017, on the occasion of Columban's Day 2017 in Pianello Val Tidone.

the curragh: displayed in front of the gallery, it is used during the pardon procession and was made by a member of the association "Les Amis Bretons de Colomban" in 2015. The curragh is the ship used by the monks to travel between Ireland and the continent.

the banner: recently made, it evokes the arrival of St Colomban

The wooden bas-relief at the foot of the altar: This depicts the arrival of St Columban on the beach, awaited by the local people. It was made in 1953

the stained glass window of St Colomban in the choir, made in 1868 by the master stained glass artist Ernest Steizi.

At the end of the village in the direction of Cancale: statue of St Colomban dating from 2000 and donated by Martine Latimier and Bertram Wawera.

Attribution : Amis Bretons de Colomban



🏰 Malouinière de la Ville Bague (B)

The malouinières are country residences built by privateers and shipowners from Saint Malo at the end of the 17th century. They are located less than 2 hours' ride from St Malo and many were built by Garangeau, a pupil of Vauban. There are more than twenty in the commune of St Coulomb.

The panoramic wallpaper in the living room, dating from 1820 and depicting Pizarre's arrival among the Incas, is a listed historic monument (manufactured by Dufour et Leroy).

The park also includes a dovecote and a semi-enclosed chapel dedicated to St Sophia.

[To find out more](#)

Attribution : alain.faverais



☀ Cross St Coloman de l'anse du Guesclin (C)

Inaugurated by Loïc Levillain, Mayor of St Coulomb, and blessed by Monseigneur D'Ornellas, Archbishop of Rennes, on 20 July 2019 during the pardon, this new monument replaces the crosses dating from 1892 and 1987.

The monument, created by the Association des Amis Bretons de Coloman, recalls the arrival of St Coloman on this beach in 590. It recalls the monk's journey through Europe, from his native Ireland to his death in Bobbio, Italy.

[To find out more](#)

Attribution : Amis Bretons de Coloman



🏠 Roz Ven (D)

Villa Roz Ven is tucked away in the dune above La Touesse beach.

In 1910, it was acquired by Colette and her friend. The writer lived there until 1924. She wrote several novels here, including "Le blé en Herbe".

Attribution : Amis Bretons de Coloman



🏠 Lupin Tide Mill (E)

At the end of the Lupin cove (the name of the part of the cove in the commune of St Coulomb - the part in St Malo is called the "Havre de Rothéneuf"), you can make out the ruins of an old tide mill, one of the few in the region not to be found on the Rance. Mentioned in documents dating back to 1180, it could be one of the oldest in Brittany. It is the forerunner of the hydroelectric dam on the Rance.

The landscape of this cove is highly variable: at high tide, it presents a magnificent sheltered stretch of water; at low tide, only a trickle of water crosses it. It is a haven for birds.

Attribution : Amis Bretons de Coloman



☀ Church of Rothéneuf - Stained glass window of St Coloman (F)

Stained glass window visible from the gallery. Signed by Jean Clamens of Angers in 1897 (the gallery is accessible from the back of the church).

Attribution : Amis Bretons de Coloman



Sculpted Rocks of Rothéneuf (G)

In 1894, having become deaf, Abbé Fouré had to leave his post as rector and retire to Rothéneuf.

For thirteen years, he sculpted more than 300 bas-reliefs in the rocks overlooking the sea. Paralysis forced him to stop his work. These sculptures were subjected to the sea spray and the assaults of the sea. They are deteriorating rapidly. An association is trying to save them.

You have to pay to enter the site via the restaurant, but you can get there from the beach (the site is located on maritime land). A little further on, the little chapel of ND des Flots overlooks the sea.

Attribution : Amis Bretons de Colombran



The forts of St Malo Bay (H)

The bay of St Malo has many rocks and islets. While these reduced access to the port to a few passes, they also provided hiding places for enemy ships (English and Dutch). Vauban ensured the city's protection by building several forts at sea, which could be used to close off the passes with their crossfire. St Malo was never taken.

The La Conchée fort, located 3.7km from the coast, is the most impressive of these.

Fort National is located on the Islet rock, accessible at low tide in front of the ramparts. Originally called Fort Royal and then Fort Impérial, it was built in 1689 by Siméon Garangeau to Vauban's plans. It is open to the public (when the flag is raised).

[To find out more](#)

Attribution : Amis Bretons de Colombran



Our Lady of the Great Gate (I)

The Grande Porte is one of the old main entrances to the fortified town of St Malo. It is also known as the Porte Notre-Dame.

A copy of a statue of the Virgin and Child is located in a niche above the gate.

The original was moved to St Malo Cathedral in 2003. The statue, made of painted limestone, dates from the 15th or 17th century. Its origin is unknown. Beheaded during the French Revolution, it was blown up by a shell during the liberation of St Malo in June 1944.

Many people in St Malo consider her to be the town's protector.

Attribution : Amis Bretons de Colombran



St-Malo's Cathedral (J)

St Malo cathedral is dedicated to St Vincent. Following on from St Peter's cathedral in the city of Aleth, Jean de Châtillon transferred the seat of the bishopric of St Malo to this cathedral in 1146. This was abolished in 1801 and divided between the bishoprics of Rennes, Vannes and St Brieuc.

Because it is built into the rock, the building slopes steeply towards the choir. There is a strong contrast between the very dark Romanesque nave and the luminous Gothic choir, but the whole has undergone many changes, including in 1944, when the spire was hit by shellfire and collapsed onto the Sacré Coeur chapel, with incendiary shells doing the rest. Reconstruction of the building and its tower was not completed until 1972.

On the left side of the choir is the tomb of Jean de Châtillon (or Jean de la grille, named after the position of the tomb near the gate). The tombs of Jacques Cartier and Duguay Trouin are in the chapels of the ambulatory.

Outside, on the right-hand side of the cathedral, are the remains of the former Romanesque cloister, which were found during excavation work after the Second World War. Only the column and capital on the left and the two on the right are original; the others were added during the post-war reconstruction.

[For more information](#)

Attribution : Amis Bretons de Colomban



Le Grand Bé (K)

The Grand Bé is an islet at the foot of the ramparts of St Malo, accessible at low tide. It was used for quarantine and fortified by Vauban. The presence of a German firing post during the Second World War led to its bombardment by the Allies. In 1823, François René de Chateaubriant asked to be buried on a promontory on this islet. This was done on 18 July 1848. He remains at the top of the cliff, eternally turned towards the sea and the storm.

[To find out more...](#)

Attribution : Amis Bretons de Colomban



The walls of St Malo (L)

The town of St Malo Intra-muros is surrounded by ramparts approximately 1800m long. The original walls were built between the 12th and 17th centuries. The construction of the "grand donjon" and the castle made it possible to protect the only access to the town from the furrow. However, the castle also included a curtain wall armed with cannons controlled by the town. Faced with opposition from the inhabitants of Saint Malo, Anne de Bretagne replied, "Quic en griogne, ainsi sera, c'est mon plaisir". However, the inhabitants of Saint Malo succeeded in demolishing the curtain wall.

In 1686, Vauban intervened to protect the town from English attack. The Dutch bombardment of 1689 accelerated the work. In addition to the sea forts, these consisted of various extensions built between 1708 and 1744.

At night, the town was protected from looters by the watchdogs that were let loose after curfew.

Attribution : Amis Bretons de Colomban



Port of St Malo (M)

Initially, the town of St Malo was only linked to the mainland by a strip of dunes (a tombolo) between "the rock" and what is now the Paramé district. On the site of the present-day port was the Mer Bonne cove, which served as a beaching port for boats. At low tide, the sea withdrew completely and the boats were left out to dry. The quarrels between St Malo and St Servan, formerly independent and competing towns, greatly complicated the work.

In 1850, the first dyke with a pass was built between the ramparts of St Malo and the Pointe du Naye, creating a large inner basin... with a lock for each town.

Attribution : Amis Bretons de Colomban



St Peter's Cathedral and City of Alet (N)

It was on the Alet peninsula that the first traces of human occupation of the area were found. This occupation, first Gallic and then Roman, can be traced back to the 1st century BC. At the end of the 2nd century, the town was surrounded by a wall, which was dismantled in 1255 (a small remnant remains above the port of Bas-Sablons). A fort was then built to protect the mouth of the River Rance. During the Second World War, major fortifications were built to prevent any Allied landings at St Malo. This led to the almost complete destruction of the area. Many remains of these fortifications remain. A museum has been set up in part of the underground passageways.

There is some uncertainty as to when the episcopal see was founded, but it was in 1290 that it was transferred to the "rock" of St Malo.

From 1890 onwards, Mgr Louis Duchesne undertook excavations. They revealed the unusual layout of the former cathedral.

In fact, the remains of the ancient Gallo-Roman town of Alet are the oldest Christian buildings discovered in the region, along with the crypt of Notre-Dame de Sous-Terre in the abbey of Mont Saint-Michel. Excavations on the same site uncovered an ancient complex comprising a courtyard surrounded by buildings, then a Merovingian cathedral and finally the foundations of the last pre-Romanesque cathedral. The latter dates back to the 9th or 10th century. It is unusual in that it has two apses facing east and west. This is reminiscent of a project conceived in the first third of the 9th century for the abbey church of Saint-Gall in Switzerland.

[To find out more](#)

Attribution : Amis Bretons de Colombran