

Redon / Arzal

Saint-Malo to Arzal - Cycle route 2 in Brittany

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Départ
Redon

Arrivée
Arzal

Durée
3 h 31 min

Distance
52,93 Km

Niveau
I cycle often

Thématique
Canals & intimate rivers

The route leaves Redon via the Nantes de Brest Canal to the Bellion site and its belvedere, before returning to the waters of the Vilaine and its marshes. Between towpaths and back roads, the stroll to Nivillac is punctuated by numerous unobstructed views of the meandering river. Further on, La Roche-Bernard invites you to rest and contemplate. A few more pedal strokes from the old port of this Petite Cité de Caractère de Bretagne will take you to Férel and the Arzal estuary dam, Europe's largest and Morbihan's 3rd-largest marina with 1,550 berths afloat. You're free to continue on the Vélocéan to Saint-Nazaire or take the V45 cycle route along the Breton coastline.

The cycle route

When you reach Redon, leave the Vilaine to cross the bridge to St Nicolas de Redon, where you take over a section of La Vélodyssée, heading for Nantes. Follow the stabilized towpath to the Bellion site, easily identified by the junction of the canal and the Vilaine. At Bellion, leave the canal and take the RD 124 through the Vilaine marshes to Théhillac. The road then leads you to the junction before Pont de Cran. Take care when crossing the busy RD 114. From Pont de Cran, you take a low-traffic road with a short passage through the Vilaine marshes. The road is very demanding on the calves, with a steep gradient! The key is to enjoy the views over the river. Once you've passed the village of Cassan, you can return to the small marina at Folleux (detour of 1.6 km each way). From the village of Nivillac, a dedicated track takes you to the port of La Roche-Bernard. Between Férel and the Arzal dam, alternate between low-traffic roads and a dedicated track. Be careful, crossing the dam is along the D139.

Do not miss

- **Redon** : historic town, with St Sauveur abbey, the Grand Rue and its timber-framed houses, the port
- **Le Bellion** : a lovely stopover on the banks of the Vilaine marshes. Nicolas Polissky Belvedere, a work of art offering a 360° view of the marshes.
- **Étang Aumée** 5 km (return): this bathing site can be reached in July and August
- **Théhillac** : behind the church, a beautiful panorama of the marshes.
- **Nivillac** : Folleux marina (WC, picnic tables). Detour 1.6 km (return)
- **La Roche-Bernard** : Brittany's Petite Cité de Caractère. Old quarters, Vilaine Maritime Museum (open mid-June to mid-September), art workshops, new and old harbours, suspension bridge.
- **Arzal's dam** : Europe's largest estuarine dam and its lock.

SNCF train station

- **Redon (TGV, TER)** : Rennes, Nantes, Quimper.
- **Séverac** : Redon, Nantes
- No train station Arzal

