

**Conference Location:**



**Grand Hotel des Thermes  
"Grande Plage du Sillon",  
100 Boulevard Hebert, 35400,  
Saint-Malo, France  
[www.thalassotherapy.com](http://www.thalassotherapy.com)**

## **How to get in Saint Malo from Paris**

### **By Train:**

From **Roissy Charles De Gaulle airport (T2)** take the high speed train (**TGV**) directly to Rennes Gare (aprox.3 hours). From Rennes Train Station you will just have to take another train that will take you to Saint Malo (aprox.1 hour)

### **By Air:**

Take a domestic flight to Rennes (1 hour). You will land at Saint Jacques de la Lande. From there take a taxi to the Rennes Train station in the centre of Rennes (Duration: *approx. 15 min*, Cost: *approx. 20-25 Euros*) and then take a train (Duration: *approx. 1 hour*) to Saint Malo.

### **By Bus & Train:**

From **Roissy Charles De Gaulle airport** take the **AIR FRANCE** shuttle bus to Paris Gare Montparnasse (Duration: *approx. 45 min*). Depending upon your arrival, check the **TGV** schedule to Rennes or Saint Malo. From Rennes Gare, you would have to take a urban train that usually leaves every 15 min from a scheduled platform. St-Malo Train Station is located 2 km east of the citadel and this should be factored in when planning a departure time.

City Map



## Saint Malo

**Location:** 48 ° 38 '44" North - 2 ° 01' 3392" West.

**Population:** 52,737 Malouins throughout the year to 200,000 residents in the summer.

**Area:** 4000 hectares (17 hectares for intramural, 400 hectares for business parks).

St. Malo has also 29 kilometers of coastline, 11 beaches on 8 km, 222 km of roads.



**History:** St-Malo was founded in the 1<sup>st</sup> century BC a short distance south of its current location. The fort at Aleth, in what is now St-Servan, was built by Celtic tribesmen to guard the entrance to the Rance River. The Romans further fortified this site and it was here in the 6th century that the Irish monks, Brendan and Aaron, established a monastery. At around the same time, the rocky island to the north was named after the sainted celtic bishop Maclou (or MacLow)

**Official Web Page of Saint Malo:** <http://www.ville-saint-malo.fr/#googtrans/fr/en>

## Inforamtion

The **Tourist Information Office** of Saint Malo provides you through the link below a very comfortable any easy way to explore the City.

<http://saint-malo.plan-interactif.com/>

**Saint Malo Tourist Information Office**  
(Office de Tourisme de Saint-Malo)  
Esplanade Saint-Vincent  
35400 Saint-Malo

## **Place of Interest**

- **St-Malo Citadel**

The walled grey granite Old Town of St-Malo is the main tourist attraction for visitors to the area. With its atmospheric narrow streets, bustling bars, restaurants and shops, the citadel makes an ideal base for a long weekend break in Brittany.

Perched on a granite island, the Old Town was originally only accessible by a long causeway. This changed in modern times with the construction of the inner harbours joining the citadel to the mainland.

Today, although the buildings give the impression of great age, they are almost all the result of a staggering reconstruction project which returned the town to its former glory after WWII. This project was only officially completed in 1971.

It is possible to walk almost the complete circuit of the walls and this refreshing promenade provides some wonderful vistas. In addition, the town's beaches can be easily accessed from various points on the way.



- **The Jacques Cartier Manor House Museum**

Jacques Cartier, one of St-Malo's (Jacques Cartier discovered Canada in 1534) most famous sailors, is credited with the discovery of Canada. Backed by Francois I of France, he made three voyages to North America in the 16th century and was the first European to travel down the St Lawrence Seaway in addition to landing at what is now Montreal and Quebec. He named the new lands Canada after the Native Indian word for "Little Village"

**Opening hours:**

October 1<sup>st</sup> to May 31<sup>st</sup>: Visits at 10.00 a.m. to 3.00 p.m.

Visit the [http://www.musee-jacques-cartier.com/en/contenu-article/index.php?id=42&p\\_p=42](http://www.musee-jacques-cartier.com/en/contenu-article/index.php?id=42&p_p=42)





### 1. Château de St-Malo.

The impressive Castle of St-Malo acts as the town hall and is also home to the Museum of St-Malo. The museum covers a number of themes including the long maritime history of St-Malo, 19th century writers of which Chateaubriand is the most well known, WWII occupation and the destruction/reconstruction of the town.



### 2. Cathédrale St-Vincent.

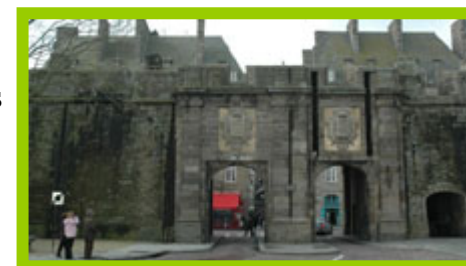
The tall spire of the Cathédrale St-Vincent soars above the streets of the Old Town and is clearly visible to visitors arriving by sea.

There has been a church on the site since the 12th century with the current gothic cathedral dating to the 13th. A plaque in the aisle commemorates the departure of explorer Jacques Cartier to Canada.



### 3. Porte St-Vincent.

The main entrance into the citadel is via the Porte St-Vincent gate. Immediately inside and to the front of the Castle is Place Chateaubriand, the liveliest part of the Old Town and home to numerous hotels and restaurants.



### 4. Demeure de Corsaire.

Also known as the L'Hotel d'Asfeld, this 18th century mansion block is one of the few buildings to survive the war intact. It was built by the wealthy ship owner and director of the French East India Company, Francois-Auguste Magon. To gain an insight into the lives of St-Malo's rich merchants, it's possible to take a guided tour around parts of the building.

### 5. Porte de Dinan.

Located at the south facing walls, this is the place to go for those interested in taking a boat trip. Ferries make the short hop to Dinard as well as longer excursions up river to Dinan and west along the coast to Cap Frehel. It also marks the start of the Mole des Noires, a long curved jetty with a lighthouse which gives an alternative view of the citadel.



### 6. Statue of Robert Surcouf.

Further on from the Porte des Bes, which provides access to the northern end of Plage de Bon Secours, is the Champs Vauverts and a statue of the famous corsair, Robert Surcouf. At the north west corner of the ramparts, the bulk of the Tower Bidouane hosts various temporary exhibitions.



Source: <http://www.st-malo.info/citadel.html>

## Transports

Kindly visit the link below in order to receive information about the:  
<http://www.saint-malo-tourisme.com/saint-malo-pratique/transports>

- Busses
- Taxis
- Boats
- Rent a Bike
- Rent a Car
- Private Companies

### Tour Operator

Agence Westcapades Tour Operator  
76 rue Beaumanoir  
22100 Dinan

<http://www.westcapades.com/english.php>

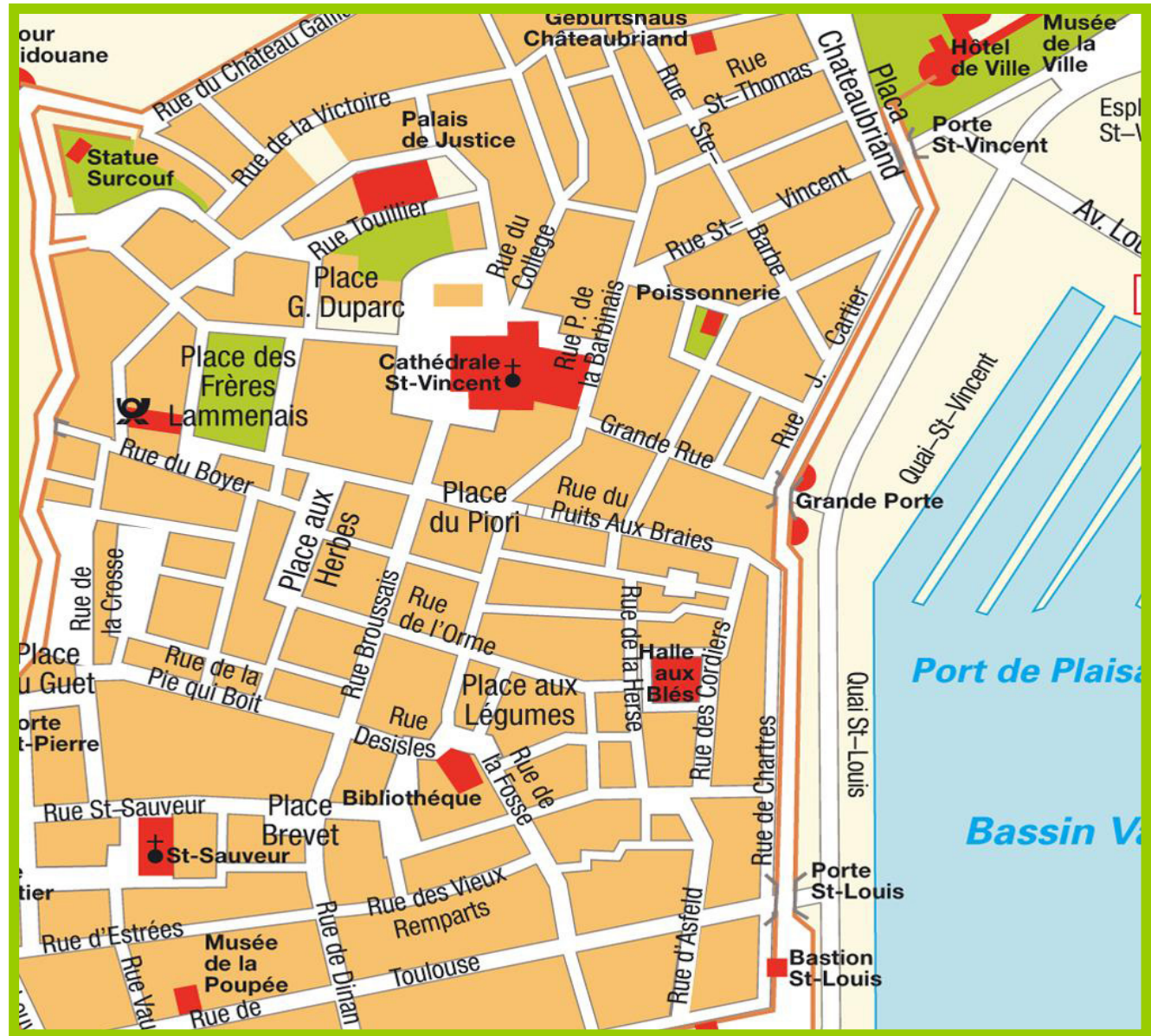
or

### Individual Day Trips

<http://www.st-malo.info/daytrips.html>

## Restaurants and Creperies

- **L'Entre Deux Verres**  
Cuisines: International, French, Mediterranean  
Address: 7, rue des Grands Degres, 35400 St. Malo  
7, Grands Degres street, 35400 St. Malo
- **La Ptite Rotisserie**  
Cuisines: French  
Address: 6 rue de la corne de cerf, Saint-Malo, FR  
6 corne de cerf street, Saint-Malo, FR
- **Salon de the Bergamote Saint-Malo** (Coffee/Tea)  
Dining options: Breakfast/Brunch/Lunch  
Address: 3 place Jean de Chatillon, 35400, St Malo
- **Creperie Margaux** (Creperie)  
Address: 3 Place du Marche aux Legumes, 35400  
Saint-Malo, France
- **Au grain de Sel** (Creperie)  
Address: 3 rue du Puits aux Braies, 35400 St. Malo  
3 Puits aux Braies street, 35400 St. Malo
- **Chez Jean-Pierre** (Breakfast/Lunch)  
Address: 60 Chaussee du Sillon, 35400, St Malo
- **Le Cafe de Saint-Malo** (Breakfast/Lunch)  
Address: 4 Place Guy Lachambre, 35400, St Malo



More options: <http://www.st-malo.info/restaurants.html>