

A scenic view of a beach at sunset. The sky is a clear, deep blue with a few wispy clouds. The water is calm and reflects the sky. In the foreground, a sandy beach is visible. A prominent stone monument stands in the water, featuring a figure on top. The text 'Beyond the mirror' is overlaid in white, with 'the' in a smaller font size.

# Beyond the mirror

saint-nazaire  
**RENVERSANTE®**

“ Il fait toujours beau au-dessus des nuages ”

*Zaho de Sagazan - La symphonie des éclairs*



## The symphony of Saint-Nazaire

There are some towns that we all know even without knowing them, without ever having set foot in them. Just speaking their names sets off a showreel of images in our minds.

Saint-Nazaire is one such town: we know it even before we've arrived. And while sometimes the pictures are better than reality, here it's the opposite: reality surpasses any images you might have seen.

Visiting the town and Brière wetlands means taking an unexpected journey, exploring a land of a thousand facets: urban and seaside, spectacular yet intimate, historic and innovative, industrial yet also bucolic. To come to Saint-Nazaire and the Brière wetlands is to see further, to go beyond first appearances. It means breaking through the clouds just as light does; it means daring to cross to the other side of the mirror.

**It is, in a word, stunning.**

*The bridge of Saint-Nazaire floats in a sea of clouds, and in 2025 it will be celebrating its 50th birthday. © Marc Boulangé*

# Saint-Nazaire

and **Brière** wetlands

*What's it like here?*



Sea, surf & sun



sun An archit-excellent town



In Saint-Nazaire port



A town with no shortage of art



Gardener's word



Brière, a return to the source



Mouthwatering

## What else are we going to talk about?

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“ Why Saint-Nazaire, particularly?  
I feel really good here, I like the mindset here (...)  
for me, it's just brilliant. ”

*Guillaume Perret, saxophonist since forever, Saint-Nazaire resident only recently!*

# All roads lead to Saint-Nazaire



## 15 high-speed trains each day Paris <=> Saint-Nazaire

As well as other regular trains from or to Angers, Rennes, Nantes and La Baule.

## From the train station

You can get to the submarine base, museums and the big beach in:



20 mins on foot



8 mins by bike



10 min by bus



5 min by taxi



## By boat

Drop anchor in Saint-Nazaire and in the nearby marinas



## From Nantes Atlantique airport

Less than an hour's drive from Saint-Nazaire, with connections to more than 60 towns in France and Europe.



## By flying saucer

To infinity and beyond!



## By bike

Several different routes lead to and from this beautiful destination.

### New The Vélidéale

The V93 meets Saint-Nazaire to form the Velideale, a new 'positive' cycle route focused on biodiversity. 650 km between Lac de Vassivière and Saint-Nazaire.

A route connected to 5 Regional Nature Parks and 9 cycle routes.

### Traversée Bretonne

From Nantes to Mont-Saint-Michel, from the Atlantic to the English Channel, from land to sea, cycle through little-known heritage sites, secret beaches, natural landscapes and surprising works of art in 6 stages over 500 kilometres.

### La Loire à Vélo fête ses 20 ans (The Loire by bike)

This itinerary of over 900 km leads you along France's longest river, the Loire, through two regions and six counties, from Cuffy (near Nevers) to Saint-Nazaire!

# Saint-Nazaire



# La Brière



- Saint-Nazaire and its area
- Brière's ports
- Brière Regional Natural Park
- Hiking trails
- Cycle paths



# A few facts and figures

Stunning Saint-Nazaire is the brand of the tourist destination covering Saint-Nazaire and La Brière. The brand enables us to reveal and establish what the region is all about: unexpected, occasionally unknown and often surprising, both urban and coastal, spectacular and intimate, historic and innovative, industrial and pastoral. It promotes all the visits and attractions on offer through different experiences, relating to its highlights: the city, the port, the heritage, the sea and nature.

Saint-Nazaire Agglomération Tourisme is responsible for promoting the tourist destination and showcasing the heritage of Saint-Nazaire under the brand of Stunning Saint-Nazaire.

The destination of Stunning Saint-Nazaire encompasses 9 municipalities: Saint-Nazaire, Saint-André des Eaux, Saint-Joachim, Saint-Malo-de-Guersac, La Chapelle-des-Marais, Montoir-de-Bretagne, Trignac, Donges and Besné.

since **1862**   
More than 170 boats have been built in the shipyards of Saint-Nazaire

 The longest bridge in France  
**3 356 m**

**20**   
beaches and creeks

**6** beaches with lifeguards  
**3** Blue Flag beaches  
**2** accessible beaches



**2<sup>nd</sup>**  
largest French wetland overing  
**123,000 acres**



**2,200 +**  
**chaumières**  
traditional thatched dwellings in Brière

  
**123** of greenery in the  
**ACRES** landscaped park

**5** monuments awarded remarkable contemporary architecture' status

Nearly 30 works  
**of street art**  
and art installations



**340, 000** visitors  
per year across the whole of Stunning Saint-Nazaire's tourist package

**5** visitor sites  
**3** industrial tours  
**1** heritage season  
& **boat trips**

# Local faces



Travelling also means meeting the people who spend their lives in the area every day. While you can experience a new place through museums and sites, you get a new perspective through a glance, a smile or a friendly tip. These are the men and women with one thing in common: a love of their region.



**Michaëlla Mahé-Gestin**  
O captain, my captain!

Working at sea has always been inevitable for this tugboat captain. Portrait of an astonishing woman in a little-known profession.



**Mickaël Lizeul**  
A dizzying portrait

You have to rise above it all to meet Mickaël - 65 metres to be exact, at the Chantiers de l'Atlantique shipyard, to discover the extraordinary job of a gantry crane pilot.



**Jean-Henri Pagnon**  
A story written long, long ago

Jean-Henri Pagnon works with great skill to create artisan knives using morta, the ancient bog-wood known as black gold. Passionate about Brière, he shares his craft and reveals its treasures.

“ La Brière is a very wild little patch of land... in terms of fauna, flora, light and its contrasting seasons (...) It's a land that brings its share of spectacle on an almost daily basis (...) and that's a real asset (...) Why go anywhere else? ”

*Jean-Henri Pagnon, artisan cutler*

Stunning Portraits in Pictures  
(French version)



# Sea surf & sun

What's a seaside holiday all about? In summer, it's the sun that caresses your skin, the warm sand underfoot, children laughing as they play with wooden games, the sweet smell of a caramel pancake, the paddleboard that glides over the water... In winter, it's the ocean spray on your face, a breath of fresh sea air, the pastel colours in the late afternoon, walks wrapped up warm on the seafront. In Saint-Nazaire, you can enjoy the sea all year round!



## Scoop

1, 2, 3 beaches? No, Saint-Nazaire boasts 20 beaches and creeks, and 15 kilometres of coastline, traced by the famous GR® 34 coastal path, named The Customs Officers' Trail.

# Top 3 Beaches

## 1 Grande plage

Wooden games, smart sunloungers in summer, and the Place du Commando just nearby where you can enjoy a crêpe or waffle with salted-butter caramel!

## 2 Plage de la Courance

There's nothing like the joys of watersports, with skimboards, paddleboards and wingfoils... surf's up, ace!!

## 3 Plage de Porcé

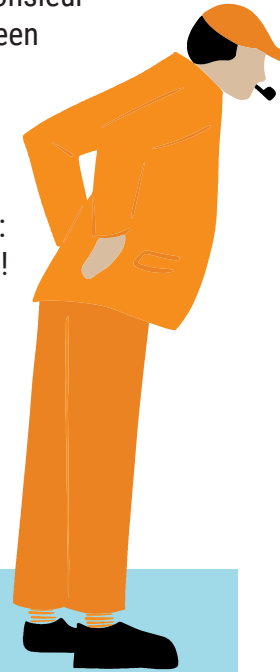
A creek nestled in greenery, for a deep breath of fresh air, summer or winter.



## Match

### Do you want to meet a legend?

A middle-aged man, funny yet also discreet, an occasional smoker, he loves tennis and holidays by the sea. The man in the hat is easy to find in the seaside district of Saint-Marc-sur-Mer. He comes from a famous French film by Jacques Tati, called «Monsieur Hulot's Holiday» and has been immortalised as a statue by Emmanuel Debarre. Nowadays, this iconic character watches over the beach named after him: la Plage de Monsieur Hulot!



## Fishing on stilts

### No waders required

Nothing fishy going on here, just the chance to enjoy an unforgettable experience. These traditional fishing cabins on stilts, made of wood or steel, are icons of the Loire estuary landscape, and you can rent one. Try it out and see what the tide brings in!

## Drink in that view...

### Sous les palmiers, la plage

This is one of Saint-Nazaire's oldest bistros, now a cultural bar offering vegetarian lunches, exhibitions, concerts and games for youngsters.

### Le bar iodé

An incredible view over the Loire estuary, dishes bursting with seaside flavour, seafood, fish, and an original speciality: lobster burgers.

### Le Transat

Between the seafront and the Jardin des Plantes, this bar-restaurant offers great views, and a menu of generous dishes that are colourful and irresistible!





# An archit excellent town

Awarded the 'City of Art & History' label, Saint-Nazaire offers a wealth of heritage treasures, surprising and often little-known. Discover, listen to and experience these sites that allow you to understand the past and present of this incredibly unique town.

VILLES  
& PAYS  
D'ART &  
D'HISTOIRE

## Is this Cuba?

With its colourful facades and exotic street names, The Havana district is right near the sea, inviting you to cross the Atlantic and the decades back to the Belle Époque, when transatlantic ships sailed as far as Cuba.

# Reconstruction

After World War Two, Saint-Nazaire became a vast construction site. A bold new urban development plan was rolled out, moving the city centre away from the port so both could expand. Saint-Nazaire began its architectural reconstruction.

11th may 1945 Dernière ville libérée de France

85% of the town destroyed after World War Two

Between 1948 & 1962

12 000 homes : 120 km of roads : + de 100 public buildings were rebuilt

## Did you know?

### The Saint-Nazaire bridge

With its elegant curve, its cables and its red-and-white colourway, this is France's longest bridge, connecting the two banks of the Loire estuary: 3,356 m between Saint-Nazaire and Saint- Brevin.

### The raising plant

This remarkable brick building is a raising plant, and for 80 years it regulated the water level in the basins thanks to powerful machines that are still visible today.

### The Sammy

Inaugurated in 1926, The Sammy is an American monument, sculpted by the artist Gertrude Vanderbilt Whitney to commemorate the arrival of American troops in Saint-Nazaire in 1917.



## La Soucoupe Nazaire's historic flying object

Since 1970, La Soucoupe has been an icon for sports in Saint-Nazaire but particularly for the creativity of its architects when the town was reconstructed. Shaped like a skullcap made of reinforced concrete, the 3,500-seat hall has welcomed French stars of yesteryear and continues to host cultural and sporting events.



## The Market Halls Above the market

Inaugurated in 1958 and designed by the architect Claude Dommée, the market is an architectural feat dating from the town's post-war reconstruction. The roof arches of reinforced concrete are glazed, creating a series of up-and-down slopes with a modern design that also brings in swathes of light. The market halls are open in the morning on Tuesday, Friday, Saturday and Sunday.



## Concrete information You can't miss it!

*Built by the German army in just 16 months from 1941, the submarine base is a huge block, 300 metres long. A strategic element in the Battle of the Atlantic during World War Two, the base housed German U-Boats until 1945. From April to November, you can visit the base thanks to two different trails: a guided tour and a sensory tour.*



# In Saint-Nazaire port

The history of this port city links it to the present and simultaneously projects it into the future. To better understand its DNA but also what also makes it unique, you need to delve into the city's transatlantic history. Uncover its secrets through museums, visits and explorations that are both fun and immersive.



## Where it all began

Back in 1861, Saint-Nazaire's destiny changed forever. By becoming Nantes' outer port, then creating its first shipyards thanks to Scottish engineer John Scott, the town became a transatlantic port, and Brittany's 'little California' was born.

# Escal'Atlantic is 25 years old!

*Saint-Nazaire has a history of building legendary cruise liners, such as the Ile-de-France (1927), Normandie (1935) and France (1962). This legacy is presented through 200 artefacts on board Escal'Atlantic, a liner-museum that takes visitors through the adventure of ocean-crossing giants. Immerse yourself in cabins, decks and engine rooms, and even sample cocktails in the 1st-class bar of the France cruiseliner.*



## All aboard the Espadon museum! Secret mission to the North Pole

The 77-metre-long Espadon was a French Navy submarine from the late 1950s, the first sub to dive under the ice pack for an experimental mission. This submarine museum has been totally restored to offer an immersive visit complete with audioguide available in 8 languages, and a tale especially designed for youngsters. It's the only one afloat in France!



## Love boat Discovery cruises

From June to September, take your pick of boat trips on offer during the day, evening or night to enjoy a breathtaking view of Saint-Nazaire. It's a rare opportunity to see the town, its port, its wild and unspoilt coastline from a new perspective, and to get up close to the lighthouses or even France's first offshore wind farm!



## Behind the scenes

Don't miss this when you're in Saint-Nazaire! Take a guided tour of the three flagship sites of French industry, to the heart of exceptional expertise; shipbuilding at Chantiers de l'Atlantique, aircraft assembly at Airbus Atlantic and the organisation of the Grand Port Maritime, the top port on France's Atlantic coast.



## Heritage Season Once upon a time...

Curious, passionate, young and old, whether you've lived here all your life or you're here for the day, Heritage Season surprises visitors through an urban journey with several stops, including visits, tours, concerts, games, exhibitions and workshops. This annual programme offers original events for a deeper understanding of Saint-Nazaire's heritage, but also an entirely fresh perspective.

Une **ville** qui ne **manque** pas **d'art**

In Saint-Nazaire, art and culture come in many forms. As you stroll through the town, you're immediately plunged into an ocean of materials, colours and places: murals, sculptures, exhibitions, contemporary art and more. This is an on-trend city, bursting with colour!



## Estu-art?

Estuaire Nantes <> Saint-Nazaire is a permanent collection of 33 works of contemporary art. This open-air trail can be explored on foot, by bike or - in summer - on a boat trip. These three giant artworks are part of the landscape of Saint-Nazaire's port.

## 'Carte blanche'

### For life in the pink

Melbourne, Lima, Detroit and São Paulo. These great cities of the world have something in common with Saint-Nazaire: street art created by internationally renowned artists.

Since 2015, the festival 'Les Escales' has invited painters and graffiti artists to create giant murals on city buildings, creating art where you least expect it.



## Grand art

### For life in the pink

Located in a building dating from the late 1800s, Le Grand Café is a contemporary art centre of national importance, offering exhibitions featuring French and international artists, tours, conferences and more.



## Very dramatic

Dating from 1867, this former train station was once the stage for a truly dramatic event. In 1943, American soldier Alan Magee fell over 6,000 metres from a burning bomber, with no parachute.

His life was saved by his clothes and the glass roof of the old station!

In 2012, the old station was given a makeover and became the Théâtre Simone Veil.

Nowadays, this national theatre hosts events all year round, from circus, dance and songs to youth workshops and classical recitals.



## All the performing arts

### The 'Zones Portuaires' Festival

The maritime world and harbour cities are the focus of this film festival thanks to a programme of documentaries, dramas, meetings and workshops.

### The VIP

In Saint-Nazaire, the submarine base is also a renowned stage for contemporary music, a hotspot for the latest gigs and a small location with a huge billing!

### La P'tite Scène des Halles

This café and its little stage next to the market host a weekly varied programme based on theatre, stand-up comedy and concerts!

## Bathing

### Bain Public

Located in the town centre's former public baths, Bain Public welcomes artists in residence, giving space for creating and experimenting. Events are organised throughout the year so the public can bathe in the world of the artists and enjoy unique cultural experiences.

# Gardeners' World

Saint-Nazaire is a seaside town with its feet firmly on the ground! As a garden city on the seaside, it offers countless pockets of nature, big and small. Parks, gardens and ponds unite green and blue in a dazzling local palette.



## Special event dedicated to nature

This is the 3rd year of the Côté Nature event and some great events are on the programme, from astonishing plant decorations to petting zoos, from an eco-merry-go-round to plant sales, plus a dance hall, all in the heart of this landscaped park!

## Parc paysager

### Landscaped gardens

Here's our very own Central Park - you don't have to cross the Atlantic! Its 25 hectares include playgrounds, picnic areas, and a pond with fun, experimental facilities. These public gardens are the town's green lungs, constantly changing and growing.



## Bois Joalland

### If you go down to the woods today...

At over 44 hectares, lake at Bois Joalland is the largest basin on the outskirts of town. Created in 1918 by the American army to supply the town with drinkable water, it offers a fabulous setting for sociable, fresh-air outings: 3 kilometres of trails, a watersports base for sailing and rowing, a 'pumptrack' challenge trail and a playground.

## Botanic Garden

An oasis of tranquillity since 1887, the Jardin des Plantes on Saint-Nazaire seafront is home to more than 300 species, a hundred or so varieties of tree, a rose garden and an exceptional seafront location. Visits, exhibitions and concerts flourish here all year round.



## ✂ Spots that will do you good

### L'envolée de la Chrysalide

Ce restaurant inclusif et son équipe propose une carte originale de produits frais, dans un espace chaleureux, avec de grandes et belles valeurs. Les Rencontres de l'Envolée, s'inspirent des Rencontres du Papotin pour interviewer les stars locales.

### Biscuits & Botanique

Laura has made a dream come true: to combine her love of nature with her taste for craftsmanship. Each biscuit and pastry is an edible work of art, where flowers and botanical ingredients play a starring role.

### Gamin

Two young Nazairians on an adventure across the ocean have returned home and dropped anchor in the port of Saint-Nazaire with a modern, sustainable cuisine, plantbased and local, at the heart of each dish!



# Brière

a return  
to the source



Parc  
naturel  
régional  
de Brière

Just 15 minutes from Saint-Nazaire, Brière Regional Nature Park is an outstanding collection of natural habitats and wetlands. With its exceptional landscapes like no other, France's second-largest wetland lulls you into contemplation. It's a land of defined character, between modernity, craftsmanship and tradition.

## And yet it's also...

A feeling of being at the edge of the world, a return to our roots, with just enough wind in the reeds to accompany the ballet of the birds...

# Brière

## Regional Nature Park

**2<sup>nd</sup>** largest French wetland  
**50,000 hectares**



**GRP®**  
**Tour de Brière**  
offers nearly  
68 km of trails to  
explore the area

Brière has  
more than  
**3 350**  
**species**



of flora and fauna



over **2 200**  
**chaumières**

thatched buildings  
the traditional local dwelling



## Made in Brière

### Langouille sausage

Langouille sausage  
While its name is  
hardly glamorous, this  
pork-based sausage  
dish is the star of  
local aperitifs, picnics,  
savory pancakes and  
even raclettes.

### Honey

Having roamed the region,  
Nicolas and Oxanne set  
down their suitcases and  
their hives in the wetlands  
where they now offer a divine  
nectar: Brière honey. And you  
won't be able to resist the  
gingerbread and nougat!

### Café du Pont In Rozé

Opposite the belvedere, this iconic  
café-restaurant showcases local  
produce and encourages encounters. True to its roots, the café  
welcomes birds of prey, visitors and  
locals alike, day and night.



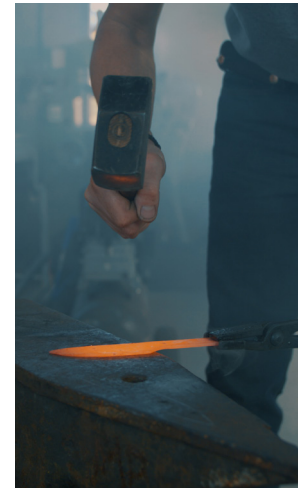
## Messing about on the river On a flat-bottomed boat

The best way to explore the wetlands is in  
a chaland, the traditional, flat-bottomed boat  
that was once the main mode of transport  
within the Brière wetlands. Today, it enables  
you to discover the wetlands peacefully,  
admiring the beauty of the incredible plants  
and wildlife. In most of the Brière's little ports,  
you'll find chaland boaters ready to take you  
on board and tell you all about local history  
and traditions.

## Brière's black gold

### My precious!

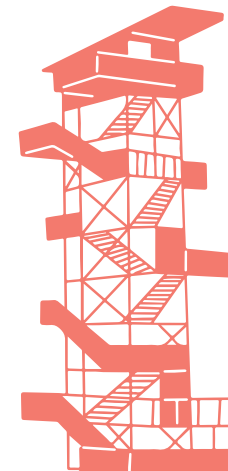
Morta wood - sometimes nick-  
named Brière ebony - is part-  
ly-fossilised oak, the remains  
of a vast forest that covered  
this region over 5,000 years  
ago. Craftspeople use this  
precious, dark wood to create  
unique pieces of jewellery,  
knives and sculptures.  
It's as if our story is forever  
engraved in this unique  
wood: morta.



## A bird's-eye view

### Fine feathers

Rozé Port in Saint-Malo-de-  
Guersac is ideal for escaping  
to a bubble of well-being for any  
nature-lover looking for a spot  
of green tourism!  
The 24-metre lookout tower  
offers an exceptional view of  
the Brière wetlands, while the  
Pierre Constant nature reserve  
is a perfect nest for migrating  
birds, giving you the chance to  
observe them.



# Our top 3 walks

Wherever your fancy, personality or happy chance may take you...



## Trail 11

### Are you a country cyclist?



*By bike from Saint-Nazaire to Saint-Malo-de-Guersac*

As you follow the old train route 10 km from Saint-Nazaire to Herbignac, the Brière wetlands gradually show themselves.

#### Along the way, you can:

- Pass the submarine base.
- Follow the River Brivet
- Climb the 128 steps to Rozé lookout.
- Observe the many species of birds in the Pierre Constant nature reserve.

*Departure point: Place du Commando  
Outward journey: 40 mins without stopping  
Distance: 10 km - Signposted trail*

## Trail 14

### Are you a coastal cyclist?



*By bike from Saint-Nazaire to Pornichet*

This unbeatable trail starts at Saint-Nazaire train station and leads all the way to Pornichet and La Baule bay.

#### On the way, you can:

- Follow the seafront of Saint-Nazaire.
- Go through Procé Woods.
- Wave to Monsieur Hulot's statue in Saint-Marc-sur-Mer.
- Explore Pornichet.

*Departure point: Saint-Nazaire train station  
Outward journey: 1hr 15 without stopping  
Distance: 16 km - Signposted trail  
Return possible by train*

## GR® 34

### Hiking with a sea view?



*On foot from Saint-Nazaire to Pornichet*

A magnificent walk along the famous coastal path, along beaches and coves, in the heart of an unspoilt and often wild environment!

#### Along the way, you can :

- Check out the fishing boats at Trébézy.
- Take in the natural scents of resin and broom.
- Bathe on one of the beautiful Blue Flag beaches.
- Savour a drink on the beach.

*Departure point: Villès-Martin beach  
Outward journey: 4hrs without stopping  
Distance: 15 km - Signposted trail  
Return possible by public transport*

# Did<sup>you</sup> know..?

Here, we reveal certain stories... those that are whispered like secrets or - on the contrary - ones we shout to the skies. These juicy anecdotes add to the charm of our destination and give a better understanding of the area, while spicing up articles or reports!

## Older than the pharaohs

A testament to Neolithic engineering, the Dissignac burial mound is one of the oldest but also most remarkable sites in the region. Built around 4300 BC by farming communities, this Neolithic tomb is actually older than Egypt's pyramids.



## The lighthouse trail

When night falls, lighthouses and beacons light up all along the coast and offshore to guide the ships. Enjoy 'La route des phares', a guided boat trip that promises a magical experience deciphering the codes of nocturnal navigation, revealing a century of lights including Grand-Charpentier, Tour du Commerce and Kerlédé.



## Smoke and mirrors!

Purely aesthetic, the 3rd chimney of the Normandie disguised its ventilation and propulsion systems. Another curious point is that the liner had onboard kennels so it could welcome 4-legged guests. In 2025: special 90th anniversary events.

## Zaho de Sagazan A Saint-Nazaire storm

According to a famous French song, 'Il fait toujours beau au-dessus des nuages'. Its singer, Zaho de Sagazan is a musical phenomenon and she comes from Saint-Nazaire. Having won four 'Victoires de la Musique' awards and performed at the closing ceremony of the Paris 2024 Olympic Games, Zaho de Sagazan is certainly making a name for herself on the French music scene with her lyrics and her Symphonie des Éclairs. Her rendition of Edith Piaf's cult song 'Sous le ciel de Paris' (Under the Paris Sky) won over countless hearts, a well-deserved prize for this performer who blows everyone away. By sharing her love for her hometown of Saint-Nazaire, she has become one of its finest ambassadors. Yes, Zaho de Sagazan is STUNNING!

*Photographe : Zoe Joubert*



# Mouth watering

As befits a true harbour town, Saint-Nazaire loves mixing it up. Here, you can travel with your taste buds thanks to recipes and specialities from all over the world.

## Panem

Let your eyes light up and your taste buds travel to Panem restaurant. Tapenade, falafel, grilled chicken or citrus fruit, pistachios and dates: a warm Mediterranean cuisine that puts the sun in every dish.

## Le Centre

### A hint of Asia in Saint-Marc

In the heart of the seaside district of Saint-Marc-sur-Mer, Le Centre café-restaurant serves Asian-inspired food in supersize portions - and you can ask for a doggy bag!

It's also the ideal spot for Sunday morning coffee, during the market, or in the afternoon when you can listen to the nearby shows and concerts, to round off the weekend in style...

## Topaze

### a culinary jewel

Camille and Baptiste unveil this little gem. On the plate, the chef is like a goldsmith who leaves nothing to chance: fresh, local produce that's carefully selected, gentle, precise cooking, flavours and colours.

*Alcohol abuse is dangerous for your health; please drink responsibly.*

## Take flight at Le Papillon on the beach.

Mélissa and Igor left London to unpack their suitcases and their bar-restaurant on the beach at Villès-Martin. On the menu: a great atmosphere and a view of the lighthouse!

# Do you know **Éric Guérin** ?

Discover the stunning portrait of an unparalleled chef, hunter of flavours and stories.



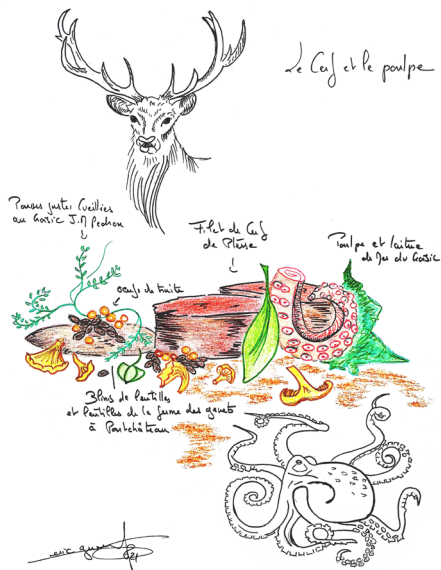
## Mare aux oiseaux celebrates its 30th anniversary !

A renowned chef, owner of La Mare aux Oiseaux, an artist in his spare time, nature-lover and travel enthusiast. This Michelin-starred chef settled down on Fédrun island in Saint-Joachim to create a flavourful nest in the heart of the Brière Regional Nature Park: La Mare aux Oiseaux.

Ever since his teens, Éric Guérin has been interested in cooking. Thanks to his grandmothers, he became familiar with great flavours. He attended a renowned catering school in Paris and, at the age of 20, became Pierre Joxe's private chef at the Ministry of Defence. In 1995, he opened his own hotel-restaurant in Saint-Joachim, on Fédrun island. His cuisine combines the flavours of land and sea, even the wetlands. Eric Guérin makes it a point of honour to use local produce, the gems of the region. Brière is at the heart of his creations.

The chef's dishes are inspired by his own life, the landscapes and other cultures that he encounters on his travels. His culinary creative process also involves drawing: he draws his recipes before bringing them to edible reality!

Dessin d'Éric Guérin



“ When I arrived here, the best part wasn't about coming to set up a restaurant, it was coming to live among the birds. ”

# Highlights

## Saint-Nazaire and Brière



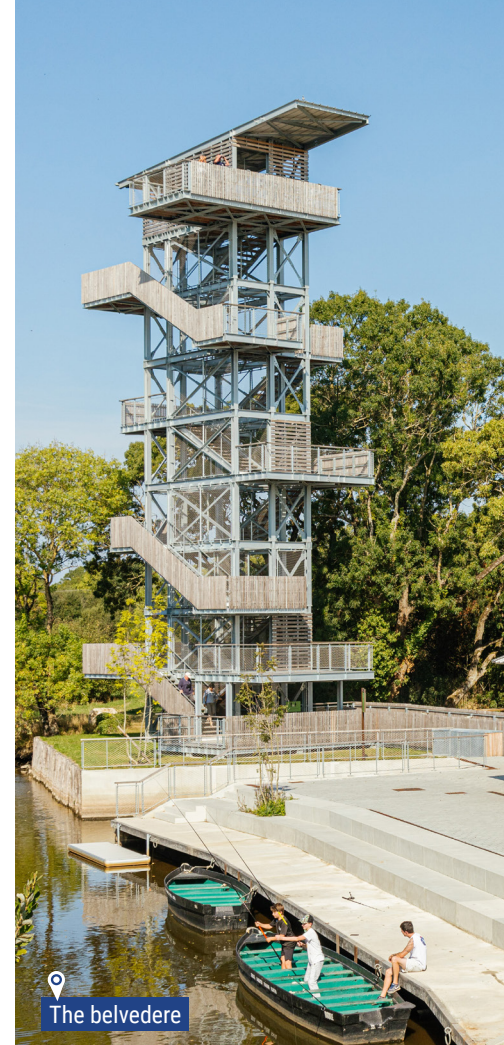
Brière



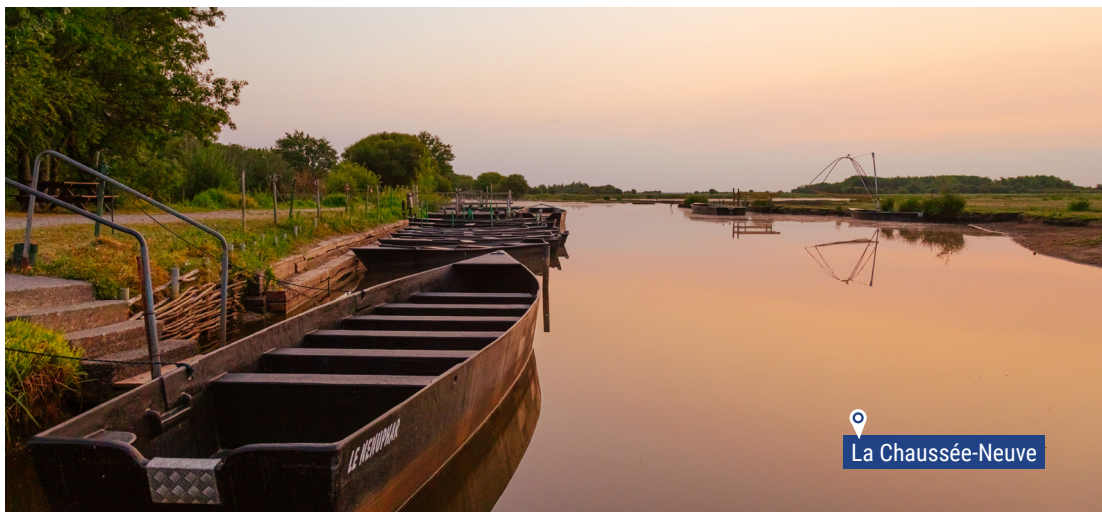
The 'Chaumière' thatched house



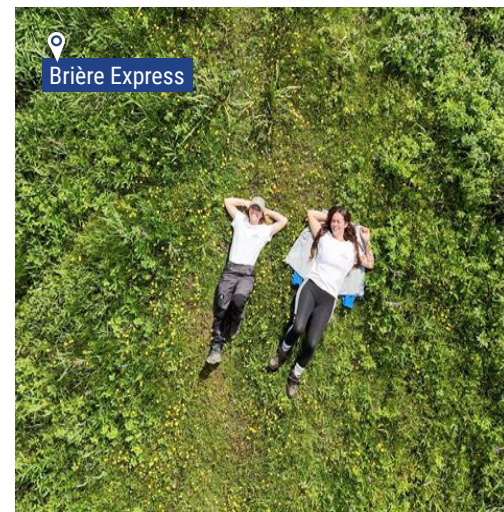
The Pierre Constant Regional Nature Reserve



The belvedere



La Chaussée-Neuve



Brière Express



La place du Commando



Beaches and coves



The Espadon Submarine



Escal'Atlantic



Art en ville



La Havane district



Le Sammy

“ Je suis amoureuse de l’inconnu.  
L’imagination qu’on croise  
au coin de la rue.  
De l’histoire que je m’invente. ”

Zaho de Sagazan, artiste nazairienne,  
extrait de la chanson «Mon inconnu»



## Aperit et nemo claudit. *She opens and no one closes.*

As befits a true harbour town, Saint-Nazaire is open to the world. This land of freshwater and seawater, between the estuary and the ocean, Saint-Nazaire and Brière take you on a quest for emotion and authenticity, helping you to create beautiful memories.

It's the doorway that beckons you to travel.

Beyond the threshold, a unique human adventure awaits.

It's like an escape from boredom, as if you have the key to new lands (and seas), with the ocean spreading before you.



**Marie Bibard** is the press office for Stunning Saint-Nazaire. A treasure-hunter for local gems, she loves concocting press trips for journalists curious to find a destination that's flavourful and unusual.

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*'Saint-Nazaire: an invitation to set sail.'*

FRANCE INTER

*'Saint-Nazaire: a beautiful seaside town.'*

LE MONDE

*'A getaway trip to the heart of the Brière wetlands.'*

OUEST FRANCE

*'Saint-Nazaire, an historic soul in the heart of the shipyards.'*

FRANCE 3 MÉTÉO À LA CARTE

*'The Loire Estuary flowing through water and art.'*

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