



Le Répit de l'Oust

GÎTE DE SÉJOUR & D'ÉTAPE

**WOULD LIKE TO
WELCOME!**



BAIE DE MORLAIX
#PLOUGASNOU #LOCQUIREC #MONTSDARREE
#CARANTEC #MORLAIX
BRETAGNE



UNION EUROPÉENNE
Fonds européen de développement régional

Dear guests,

We are delighted to welcome you to our house.

In these few pages you will find the most important information to make the most of the house and its surroundings. We are of course at your disposal for any enquiries that are not answered in this booklet.

To contact Mathieu: +33 6 11 13 72 29

Enjoy your stay!



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GET TO THE LODGE



GPS coordinates : 47.71200180053711,-2.221043109893799

How to get here?

- **By train**

From REDON station. 14km from the gîte.

SNCF - TGV station in Redon

www.ter.sncf.com/bretagne

www.sncf.com

- **By car**

1h from Rennes and 1h10 from

Nantes. 45 min from Vannes

Access by road

By Rennes (N12 - N136 - Exit 8 Porte de Saint-Nazaire - D177- D14)

By Nantes (N165 - Exit La Chapelle-des-Marais (D2) then, D 402, D 114, D 34, D 114, D 14

We have parking spaces in front of the gîte (for up to 8 vehicles). Car-sharing : www.blablacar.fr

- **By bike**

10 minutes from the Nantes to Brest Canal on the Vélodyssée

<https://www.francevelotourisme.com/itineraire/la-velodysee>

Exit at Pont d'Oust. Take the D14. Head for the village of Peillac.



ARRIVAL IN THE LODGE

Weekdays:

We welcome you to the guest house Le Répit de l'Oust from 4 pm to 10 pm.

At the end of your stay, departure is possible until 10:00 am.

The weekend:

Arrival from 16:00 on Friday and departure until 18:00 on Sunday.

On request, a relaxation of these schedules can be granted according to the current reservations.

Cleaning, linen and towels

- Bed linen and towels are provided.
- Beds are made up on arrival.
- We only wash the sheets and towels at the end of your stay or at your request.

For weekend and holiday bookings:

- A rental contract is set up on arrival. No deposit is required.
- We make our customers responsible according to the clauses of the contract signed beforehand.
- We apply a cleaning fee of 120 euros.

Payment of the stay

- On the spot, we ask you to pay the balance of the rent as well as the tourist tax (except if you have booked with Airbnb, Booking or Gîtes de France).
- The authorized means of payment are: cheques, cash, transfers and holiday vouchers.

THE SPIRIT OF THE HOUSE

From the tile workshop to the Gîte, a family heritage transformed...

You have just moved into the Répit de l'Oust and it is difficult to imagine what the building looked like before its renovation from 2019 to 2020.

Here are a few pictures of before



This building dates from the early 1960s and used to be the home of my family's tiling business.

My grandparents created this workshop which was used for storage, mosaic assembly, showroom...

It was a well-known company in the sector thanks to its development and the quality of its craftsmen.

After more than 30 years, the activity stopped and became a shared work space.

For 10 years, creators used the premises: potter, violin maker, ceramist, puppeteer, creative art association, etc.

When I arrived in the commune in 2015, I wanted to enhance this family heritage.

The luthier and carpenter Christian was the last to rent this space. When I told him about my project, he was enthusiastic about taking part.

Together with Tobias, they are responsible for the entire wooden part of the building (frame, framework, openings, etc.).

This construction project has been a great human adventure! We only trusted local craftsmen, most of whom are from Peillac! Many thanks to them.

The Répit de l'Oust gîte has kept exactly the same layout. The layout plans have even been made keeping the original location of the partitions.

In memory of my grandfather Edmond and my grandmother Marcelle, I am proud to welcome you and to offer you this accommodation with a lot of meaning and history!

The earthenware of all the sinks and the listel of each shower were made with old tiles found in the workshop.

Jean-Luc, the company's last tiler and craftsman, certified that these tiles were 50 years old!



The installation was carried out by my father (a former apprentice tiler), whom I thank very much.

Mathieu

OUR ENVIRONMENTAL APPROACH

As we are keen to actively contribute to the preservation of the environment, we have built our project with a view to minimising our environmental impact as much as possible.

In order to reduce its ecological footprint, we have set ourselves the following objectives :

- Limit energy consumption and promote renewable energy,
- Optimise water consumption,
- Limiting waste production and ensuring the best possible recovery of waste,
- Promote the use of renewable resources and substances that are less harmful to the environment,
- Promote environmental communication and education,
- Promote alternative means of transport (bicycle hire, etc.),
- Fight against food waste,
- Promote the discovery of local producers.

As part of our approach, we have implemented the following measures:

- Electricity: The gîte has a 100% renewable energy contract
- Energy savings: 100% Led lighting, A++ and A+++ appliances, solar shutters, double glazing and optimised building insulation,
- Heating: A heat pump and radiators with thermostats
- Consumption management: A regular report and monthly dashboard, automatic management of the temperature of the accommodation
- Waste: Provision of sorting bins, composters, reduction of packaging thanks to the purchase of large packages
- Water: Solar collectors for hot water production, water-saving sanitary facilities, water recovery systems for the garden and toilet flushes

We encourage you to send us any suggestion that could contribute to the improvement of our environmental approach.

A questionnaire is sent by e-mail after each stay to collect your valuable comments.

Our daily approach

The environmental policy is implemented on a daily basis and is communicated to our customers as soon as they arrive.

An action plan, which can be consulted at reception, contributes to the pursuit of our environmental objectives.

We regularly detect water leaks. Do not hesitate to inform us of any problem so that we can intervene quickly and avoid any waste. A dripping tap drips an average of 4 litres of water per hour or 35,000 litres of water per year!

Water and energy consumption is periodically measured. Our chemical consumption and waste production are also carefully monitored.

In order to ensure that our waste is recycled or recycled in the best possible way, sorting is practiced throughout the establishment (see the waste management section in the welcome booklet). Quality sorting enables waste to be disposed of in an appropriate manner. Hazardous waste is treated in accordance with the regulations.

The consumption of detergents is optimised to limit polluting discharges. For the cleaning of the house, linen and dishes, we favour organic and/or natural products.

Our purchasing policy favours eco-responsible products, designated by official labels as more environmentally friendly. For your breakfast, we offer local and/or organic products. In order to avoid over-packaging, these products are presented in family packs.

Our green spaces are managed in an ecological way. As such, the use of chemical products (fertilisers, pesticides) is forbidden. As we are concerned to contribute actively to the preservation of the environment, we have built our project with a view to minimising our environmental impact as much as possible.

Our gîte is therefore environmentally friendly. So we invite you to keep the good habits during your stay!

BE BREIZH !

Adoptons les   

ÉCOGESTES

BRETAGNE



**ÉTEIGNONS LES LUMIÈRES
EN SORTANT**

 *Let's switch the lights off while we're away*





**COUPONS LE CHAUFFAGE
OU LA CLIMATISATION À
L'OUVERTURE DE LA FENÊTRE**

 *Let's switch off the heating or air conditioning
when opening the window*





**RÉGLONS LA TEMPÉRATURE
ENTRE 20 ° ET 24 °**

 *Let's set the temperature between 20 and 24*



Conception : www.lectrejaune.com  02 97 44 11 81




**NE LAISSONS PAS LES
APPAREILS ÉLECTRIQUES
EN MODE VEILLE NI LES
CHARGEURS BRANCHÉS**

 *Let's not leave TVs and other electronic
devices on standby or on charge*




**TRIONS NOS DÉCHETS DANS
LES BACS PRÉVUS À CET EFFET**

 *Let's sort our waste and put it in the right bin*



**METTONS DANS LE LAVABO
LES SERVIETTES À CHANGER
ET SUSPENDONS CELLES
À RÉUTILISER**

 *Let's leave dirty towels in the sink and hanging up
those that we want to re-use*





FERMONS LE ROBINET EN NOUS BROSSANT LES DENTS

Let's turn off the tap when brushing our teeth



JETONS UNIQUEMENT LE PAPIER HYGIÉNIQUE DANS LES TOILETTES ET UTILISONS LA POUBELLE POUR LES AUTRES DÉCHETS

Let's throw only toilet paper down the toilet and put other waste in the bin



SIGNALONS LES FUITES D'EAU À LA RÉCEPTION

Let's tell reception if we spot a water leak



METTONS DANS LE LAVABO LES SERVIETTES À CHANGER ET SUSPENDONS CELLES À RÉUTILISER

Let's leave dirty towels in the sink and hanging up those that we want to re-use



www.voyagez-responsable-tourismebretagne.com

Other eco-friendly actions

Water

Avoid running water unnecessarily. Use the shower sensibly. Fresh water is scarce, let's preserve it!

Flush only toilet paper down the toilet and use the waste bin provided for all other waste.

Use the wastewater disposal points correctly, as toxic and dangerous substances could disrupt the sewage system.

Run machines at full load, adjusting the temperature and cycle according to the actual need.

Waste

Limiting the use of over-packaged or disposable products also helps to reduce waste at source.

Transport

Choosing fresh produce and seasonal fruit and vegetables reduces transport-related pollution.

Prefer non-motorised travel over short distances.

Food waste

In France, each person throws away an average of 20 kg of edible products per year, of which 7 kg are still packaged.



Housing plan

➤ Ground floor



➤ Level



EQUIPMENT LIST AND USE

The electricity meter is in the reception area (white box). Do not touch it. In the event of a power cut, tell Mathieu.

The heating has an "intelligent" setting between 18 and 22°. A mobile box with a sensor is available on the reception desk. With this device, you can adjust the temperature of the main living room. Each room is equipped with individual thermostats.

All the flushes are fed by rainwater recovery (hence its ochre colour sometimes). In the event of a power cut, please call Mathieu so that he can turn on the running water.

You do not have access to the boiler room. If you have any problems, please contact Mathieu: 06 11 13 72 29.

Dishwasher: see the instructions on the top of the machine.

Washing machine: The appliance is equipped with an "auto-dose" system. No washing powder is required as there is a reserve which the hosts take care of filling. All you have to do is choose the programme and start the machine.

Tumble dryer: We recommend using the "cotton eco" programme. At the end of each cycle, please clean the filter and put the dust in the wicker basket. Empty the water tank if necessary (top left)

An internet connection is available in all the rooms of the Gite thanks to the WIFI code:



OUR SERVICES

In addition to the hotel services offered (reception, cleaning, provision of linen, bed-making), we are at your disposal for any requests related to the Gîte, but also to guide you towards the best of our Region! (activities to do, itineraries, good addresses,...)

Meals can be delivered on site for lunch and dinner. On request and subject to availability. See the list of dishes at the reception or ask for the menu before your arrival.

OUR RATES

Small-scale catering by the hosts :

- Traditional breakfast	6.50€
- Hiker's snack	7.50€
- Galette/Crêpes evening	10.50€

Massage treatments :

- Relaxing face/hair care (30 min) => €30
- Back massage (30 min) => €30
- Relaxing massage (45 min) => 45€ (1h) => 60€ (1h15) => 70
- Mixed massage (1/2h "Swedish" + 1/2h relaxing) => 60

Discovery session of sophrology:

- Individual: 50€ per person
- Group (from 3 to 6 people) : 15€/pers

RULES OF LIVING

You have privatized the Lodge and you have signed a contract on your arrival. Here is what this contract commits you to :

- "The Tenant will peacefully use the rented accommodation, furniture and equipment in accordance with the destination given to them by the lease and will be responsible for any damage or loss that may occur during the term of the contract in the premises of which he has exclusive use.
- The Tenant shall maintain the rented accommodation and return it in good condition. If objects listed in the inventory are broken or damaged, the Lessor may claim their replacement value. The cleaning package does not exempt the Lessor from returning the accommodation in a suitable state of cleanliness.
- The Tenant must avoid any noise that may disturb the neighbours.
- The Tenant may not exercise any recourse against the Landlord in case of theft or damage in the rented premises.
- The Tenant shall respect the maximum number of persons that may enter the premises, in accordance with the description that has been given to him.
- The Tenant shall not be able to oppose the visit of the premises if the Landlord or his representative so requests.

If you have booked a room, you are obliged to :

- To respect the cleanliness and the equipment provided in the common areas.
- Respect the other guests in the accommodation
- . by not monopolising the spaces and equipment used
- . by being very discreet after 10pm.



Smoking is not allowed inside the gîte.

WASTE MANAGEMENT

Sorting instructions are posted at the reception desk and in the back kitchen



Several white bins are available in the storeroom :

- selective sorting (see label above)
- glass
- paper, newspapers
- plastic and cork caps
- light bulbs batteries + electronic equipment



In the kitchen, at your disposal :

- A rubbish bin (under the sink)
- A container for used cooking oil (near the hob)
- A container for chicken waste and another for compost (on the kitchen windowsill)
- (on the kitchen window sill)



Other bins (household waste) are available in the rooms (one in the bathroom and one in the WC)

On the landing upstairs, a yellow bin for waste that can be sorted (see sorting instructions).

We will take care of transferring the bins from the house to the containers in a dedicated room.



MOVING

- By bike

During your holidays, we can provide you with two bicycles for short journeys (e.g. to go shopping, to get bread, etc.).

If you want to go on a group trip, we have a partnership with a bike rental company, Roul'Vilaine, which can provide you with the number of bikes you need.

Phone : 06 01 14 31 20



<https://roulvilaine.com/>

- By car

Taxis in PEILLAC - OLLIVIER 02 99 91 36 76 (Peillac)

Car hire in Redon

An electric charging point is available 200m from the gîte.

SHOPPING

- Proxi supermarket and grocery store "chez Giselle" in the town of Peillac (100m away)
- Super U in Malansac (11km away)
- All shops in Redon (14km away)

Local producers (Special guide available on site)

Ferme de la Pihaudaie	La Pihaudaie 56220 Peillac	02.99.93.40.64	Bread, cakes, buns
Les simples de Cohan	Cohan 56220 Peillac	06.30.05.01.42	Aromatic plants and vinegars
Le Rucher coloré	Le Vieux presbytère 56220 Peillac	06.72.62.62.99	Honey
La Boucherie du coin	3, rue de la Mairie 56220 Peillac	02.99.91.23.76	Meat
Ferme de la Saudraie	La Saudraie 56220 Peillac	06.77.46.85.72	Cheese, goat's milk
Ferme de la Basse Moisonais	La Basse Moisonais 56220 Malansac	06.33.07.46.01	Vegetables
Cidrerie La Ruaudaie	Le Gueslin 56200 St Martin/Oust	02.97.42.04.90	Cider, apple juice, sparkling apple juice
Ferme de Keroga	Keroga 56200 St Martin/Oust	02.99.91.42.05	Cheese, butter, meat (beef, veal, pork)
Boucherie charcuterie Naël	56200 St Martin/Oust	02.99.91.51.50	Meat
Brasserie Bambelle	Lanvaux 56220 St Gravé	06.86.55.30.27	Beer, buckwheat flour

NEARBY MARKETS

- Redon - Monday morning
- Peillac - Wednesday morning
- Questembert - Monday morning and Wednesday evening from 5pm
- Malestroit: Thursday and Saturday morning
- Allaire: Friday morning
- La Gacilly: Saturday morning

EATING OUT - MATHIEU'S GOOD TIPS



La Ciboulette (2 km du gîte)

Le Pont d'Oust 56220
Peillac

02.99.71.45.71



L'écluse (14 km du gîte)

74 Avenue Jean Burel
44460 Saint-Nicolas-de-Redon

02.99.72.33.04



Le coin des artistes (12 km du gîte)

3 Place de l'Eglise,
56200 La Gacilly

02.99.93.21.82

But also :

Les Ardoisières à Rochefort en Terre, **Le Pont d'Arz** à Pluherlin, **Au bout du Pont** à la Gacilly.

AROUND YOU

Tourist and leisure sites not to be missed

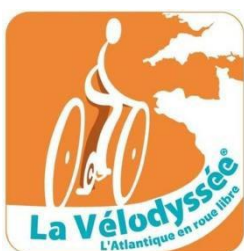
- Tropical Parc (botanical garden) - Saint Jacut Les Pins (6km)
- Prehistory Park - Malansac (8km)
- Ile aux Pies leisure centre - Saint-Vincent sur Oust (9km)
- The Yves Rocher House - La Gacilly (11km)
- Etang et base de loisirs du Moulin Neuf - Rochefort en Terre (13km), small town of character
- La Ferme du Monde (animal park) - Carentoir (18km)
- Parc de Branféré (animal park) - Le Guerno (27km)

Sports activities in the area

The walk or bike ride can be done as a "daisy chain".

This means that you can start from the gîte and there are a number of looped routes around it. The routes are very varied with different levels of difficulty. Roadmaps will be available in the gîte to help you enjoy the rides while staying on the right path.

For those who love pedalling: road bikes, mountain bikes, electric bikes, there is something for everyone. It is also an eco-responsible way to get to the remarkable sites.



The Nantes-Brest canal and its path. The ideal place for safe cycling.

At the crossroads of several large waterways, several water sports are available: electric boat, paddle, pedal boat, kayak, fishing, etc.

But also adventure courses, via ferrata and climbing.

Ideas for outings in case of rain

L'Armoire aux jeux in Saint Vincent/Oust (7km from the gîte). The Yves Rocher immersive museum in La Gacilly (12km away) Aquarium Golfe du Morbihan in Vannes (49km away)

USEFUL NUMBERS

Health

Nearest hospital: Centre Hospitalier Redon-Carentoir (15 Km)
02.99.71.71.71

General practitioners: 02.99.91.22.33

Peillac Nursing Centre: 02.99.91.22.04

Pharmacy : 02.99.91.26.06

Emergency numbers:	Fire brigade	18
	Gendarmerie	17
	SAMU	15
	Portable emergency	112

Car breakdown

Garage Geffroy : 02.99.91.25.98

Garage Gaumont : 02.57.53.12.17