

## Way of Capitals

To walk on the **Way of Capitals**, the Breton Association of Friends of Saint Jacques de Compostela publishes several types of information:

- a [guide of the Way of Capitals](#) (in French).
- [Route-sheets](#) describing the itinerary of each stage,
- lists of [accommodations](#) collected by department,
- zoomable interactive maps of the route of the stage,

The description of the heritage you will encounter on your way is only available on the guide.

### Guide to the "Way of Capitals"



This guide (in French only) describes the path from Mont Saint-Michel through Rennes and Nantes, joins the other Breton ways in Redon and continues until Clisson.

The guide describes the itinerary for each of the stages of the Way, provides the corresponding maps as well as information on the heritage of the regions crossed. At the end of the guide, you will find the list of recommended accommodations.

This guide is updated every year in March. Changes made during the year are published on the website.

With the agreement of the Vendée Association of Pilgrims of Saint Jacques, the guide integrates the description of the stages of the Vendéen road from Clisson to Saint Hilaire la Palud. Nevertheless for more information, including the list of accommodation in Vendée, we

advise you to consult the site of our friends of the [Vendée association](#).

When you enter the Charente Maritime, check the websites of the [Association Saintaise of the Friends of Saint Jacques](#) in Charente-Maritime and [Association Le Bourdon 17](#).

### Order the guide

The guide of the Way of Capitals is available, text, photos and color maps, hardback binding, at the online publisher Lulu.com (updated to september 2018).

To order it, click [HERE](#)

### The Route Sheets

Below you will find the **itineraries of the Way of Capitals**. The information on **markup rules** is [HERE](#).

By clicking on the name of the step, you will display on your screen the description requested in a new tab. On this new page, using the button below the header image, on the right of the screen you can either:

- directly print the information displayed;
- download the page in PDF format. (in the "Downloads" directory of your computer).

To return to the starting page, just close the tab.

You can also consult on your screen the **map of the stage**, by clicking on the **triskel at the end of each line**. The map provided by the Openrunner site opens in a new tab. Then choose the format of the card - including IGN - which suits you after **clicking on the 3 diamonds** at the top right of the card. (For this operation, you will be asked to create an account at Openrunner). Different services are offered to you including the export of the trace in GPS format. (at the bottom of the screen)

### From Mont Saint-Michel to Clisson

Route Sheets

[Le Mont Saint-Michel - Antrain](#)

Maps



[Antrain - Sens-de-Bretagne](#)



[Sens-de-Bretagne - Saint-Médard-sur-Ille](#)



[Saint-Médard-sur-Ille - Rennes](#)



[Rennes - Pont-Réan](#)



[Pont-Réan - Saint-Malo-de-Phily](#)



[Saint-Malo-de-Phily - Langon](#)



[Langon - Marsac-sur-Don](#)



[Marsac-sur-Don - Blain](#)



[Blain - Nort-sur-Erdre](#)



[Nort-sur-Erdre - La Chapelle-sur-Erdre](#)



[La Chapelle-sur-Erdre - Nantes \(Saint-Jacques\)](#)



[Nantes \(Saint-Jacques\) - Clisson](#)



**Variation from Langon to Blain through Redon**

Maps

[Langon à Redon](#)



[Redon à Guenrouët](#)



[Guenrouët à Blain](#)

