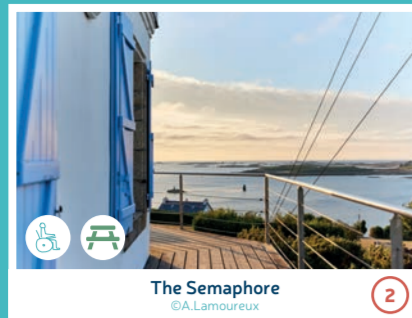




Sainte-Marguerite Dunes
©Studio Jézouel



The Semaphore
©A.Lamoureux



Abbey of Our Lady of the Angels
©T.Ponnet



Lighthouses of Île Vierge
©M.Viezet



House of the Abers
©M.Rivrin



Cézou Fort
©T.Ponnet



Wrach' Island
©Studio Jézouel

LAND of the ABERS

From the archipelago to the river

MUST-SEES

available on abers-tourisme.com



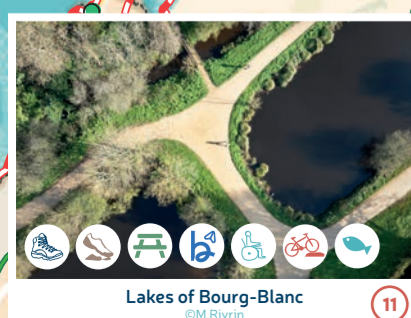
Korn ar Gazel Dunes
©A.Lamoureux



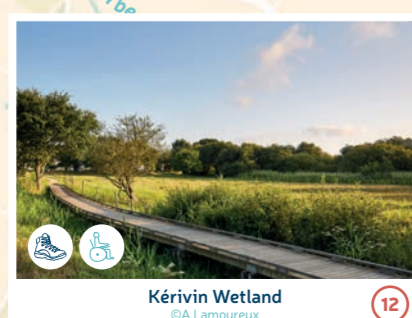
Little Valley of Mills
©M.Rivrin



Paluden Harbour
©A.Lamoureux



Lakes of Bourg-Blanc
©M.Rivrin



Kérivin Wetland
©A.Lamoureux

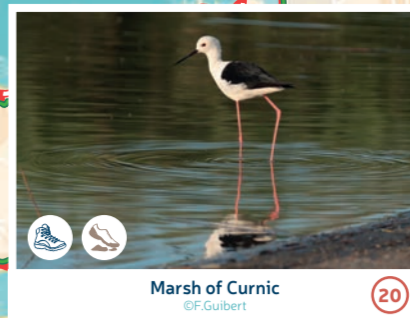


Lake of Plabennec
©M.Rivrin

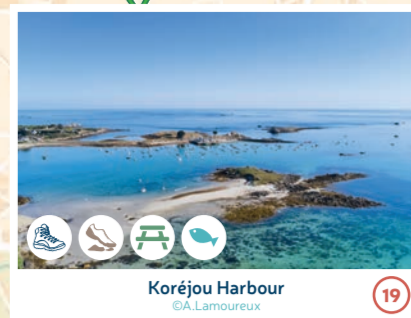


Saint-Jaoua Chapel
©A.Lamoureux

The English Channel



Marsh of Curnic
©F.Guibert



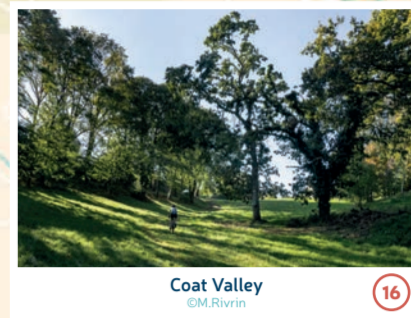
Koréjou Harbour
©A.Lamoureux



Seaweed Harvesters' Ecomuseum
©Studio Jézouel



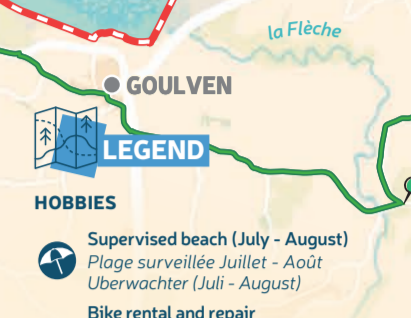
Lanvaon Lighthouse
©A.Lamoureux



Coat Valley
©M.Rivrin



Iliz Koz
©A.Lamoureux



Goulsen
©A.Lamoureux

IROISE COUNTRY
LE CONQUET HARBOUR
BOARDING FOR OUESSENT - MOLÈNE
SAINT-MATHIEU LIGHTHOUSE
KERMORVAN LIGHTHOUSE
TRÉZIEN LIGHTHOUSE

LEGEND

- Hiking
Randonnée / Wandern
- Trail running
Trail / Trailrunning
- Mountain biking
VTT / Mountainbike
- Fishing
Pêche / Angeln
- Accessible to people with reduced mobility
Accès PMR / Zugang für Menschen mit eingeschränkter Mobilität

LEGEND

- HOBBIES**
 - Supervised beach (July - August)
Plage surveillée Juillet - Août
 - Überwacher Strand (Juli - August)
 - Bike rental and repair
Location vélos, trottinettes, rosales et entretien
 - Fahrradverleih und -reparatur
 - Public toilets
Toilettes publiques / Toiletten
 - Equestrian centre
Centre équestre / Reiterhof
 - Swimming pool
Piscine / Schwimmbad
 - Picnic area
Aire de pique-nique / Picknickplätze
 - Camper van site
Aire de camping-car / Wohnmobilstellplatz
 - Camping site
Camping / Campingplatz
 - Diving, freediving
Plongée, balade nautique en apnée / Tauchen, apnoëtauchen
 - Surfing school
École de surf / Surfschule
 - Yachting
Voile / Segeln
 - Kayaking, paddling
Kayak, paddle / Kayak, paddeln
 - Kitesurfing, wingfoiling
Kite, wing foil
 - Kitesurfer, wingfoiler
 - City stadium, skate park, pump track
City stade, skatepark, pump track
 - City stadium, skatepark, pump track
 - Seafood
Produits de la mer / Meeresfrüchte
- HERITAGE**
 - Lighthouse or semaphore
Phare ou sémaphore
 - Leuchtturm oder Sémaphore
 - Garden
Jardin / Garten
 - Museum
Musée
 - Megalith
Mégalithe
 - Castle, Manor
Château, manoir / Schloss, Herrenhaus
 - Church, chapel
Église, chapelle / Kirche, Kapelle
 - Unique heritage
Patrimoine remarquable / Ungewöhnliches Erbe
 - Viewpoint
Point de vue / Aussichtspunkt
 - Langazel
Peat Bog
- MOVE AROUND AND DISCOVER**
 - Tourist Office
Office de tourisme / Touristeninformationsbüro
 - Water shuttle
Liaison maritime / Pendelschiff
 - Harbour
Port / Hafen
 - Bus lines to Brest
Ligne 914-920-921-922
 - Ligne de bus Breizh Go / Buslinien nach Brest
 - Airport
Aéroport / Flughafen
 - Guided treasure hunt with the Baludik application
Jeu de piste guidée via l'application Baludik
 - Geführte Schatzsuche mit der Baludik-App
- ROUTES**
 - 5km Long distance hiking trail GR®34 with markers every 5 km
Sentier de Grande Randonnée GR®34 avec bornage tous les 5 km
 - Ferrowanderweg GR®34 mit Markierungen alle 5 km
 - 30km Coastal Cycle Path V45 with markers every 10 km
Véloroute avec bornage tous les 10 km
 - Küstenradweg V45 mit Markierungen alle 10 km
 - The Lighthouse Route
La route des phares
 - Die Leuchtturmroute

BREST METROPOLIS
BREST HARBOUR
SNCF TRAIN & BUS STATION
Océanopolis & 70.8
NATIONAL MARITIME MUSEUM
TANGUY TOWER
FINE ARTS MUSEUM
NATIONAL BOTANICAL CONSERVATORY GARDEN
CAPUCINS WORKSHOPS

LANDERNEAU-DAOULAS REGION
LECLERC FUND - HÉLÈNE AND EDOUARD LECLERC
ROHAN INHABITED BRIDGE
PARISH ENCLOSURES
DAOULAS ABBEY

map

r i b i n o ù

Discover Pays des Abers



Cycle routes | GR34 coastal trail | Islands & beaches | Must-see sites



FOCUS ON: Aber Wrac'h Harbour



FOCUS ON: Lilia - Plouguerneau



- Bike rental and repair**
Location vélos, trottinettes, rosalias et entretien
Fahrradverleih und -reparatur
- Public toilets**
Toilettes publiques / Toiletten
- Picnic area**
Aire de pique-nique / Picknickplätze
- Camper van site**
Aire de camping-car / Wohnmobilstellplatz
- Diving, freediving**
Plongée, balade nautique en apnée / Tauchen, apnoetauchen
- Yachting**
Voile / Segeln
- Kayaking, paddling**
Kayak, paddle / Kayak, paddeln
- Craftsman**
Artisans d'art / Kunsthandwerker
- Seafood**
Produits de la mer / Meeresfrüchte
- Guided treasure hunt with the Baludik application**
Jeu de piste guidé via l'application Baludik / Geführte Schatzsuche mit der Baludik-App
- Lighthouse or semaphore**
Phare ou sémaphore / Leuchtturm oder Semaphore
- Megalith**
Megalith
- Church, chapel**
Eglise, chapelle / Kirche, Kapelle
- Unique heritage**
Patrimoine remarquable / Ungewöhnliches Erbe
- Viewpoint**
Point de vue / Aussichtspunkt
- Tourist Office**
Office de tourisme / Touristeninformationsbüro
- Water shuttle**
Liaison maritime / Pendelschiff
- Harbour**
Port / Hafen
- Parking**
Parking / Parkplatz
- Restaurant**
Restaurant / Restaurant
- Bar**
Bar / Bar
- Ecology per night**
Hébergement à la nuitée / Ferienhaus pro Nacht
- Grocery**
Épicerie / Lebensmittelgeschäft

Get some fresh air in the Pays des Abers

ABER ? WHAT'S THAT ?
An aber is an ancient coastal valley that forms an arm of the sea extending inland.
Synonyms: ria, fjord, estuary

5 HIKING IDEAS:
Lace up your boots and get out there!

- On foot : Discover the Pont du Diable in Plouguerneau: 6.5 km
Bonus : the Devil's Bridge at low tide



• By bike : Rand'Abers 6 in Plouguerneau: 14 km
Bonus : Lanvaon lighthouse



• Horse riding : Rand'Abers 10 to Coat-Méal: 20.8 km

• Trail : Rand'Abers 5 in Bourg-Blanc: 14.7 km

• For pushchairs : from Troméné to Landéda : 4,5 km
Bonus : the Troméné chapel



3 TIPS FOR GETTING YOUR FEET WET:
Explore the abers from the sea with these exciting activities

- **Introduction** : Start with a relaxing boat trip or a fishing excursion.
- **Immersion** : Dive deeper into the experience with kayaking or paddleboarding.
- **Sensation** : For an adrenaline boost, try scuba diving or kite-surfing.

THE ABERS



This area enjoys a mild and temperate climate all year round and is crossed by long tidal rivers, a rare geographic specificity. These rivers are called «abers», a Celtic word meaning estuary. The Aber Wrac'h and Aber Benoit are in fact old coastal valleys submerged by the sea at high tide. They are a fabulous destination to discover. The Abers have a strong cultural identity and their environment is totally unspoilt and preserved, especially the dunes of Sainte-Marguerite in Landéda and the banks of the Aber Benoit. These are the home for unique species of birds and flora.

Discovering the Hidden Gems of the Region



Dive into the captivating world of the many artists and artisans who have made the Pays des Abers their home. With boundless passion, they will share the secrets of their craft, revealing the magic that springs from their skilled hands. Let yourself be transported into their artistic and gastronomic worlds — take the time to observe, listen, touch, smell, and taste these treasures...

Just like the beauty of the surrounding seascapes, the flavors of the ocean are also celebrated in the Pays des Abers. Imagine tasting flat oysters renowned for their delicate hazelnut flavor, mussels known for their exceptional quality, or abalone, a jewel of marine gastronomy sought after by top chefs. These exceptional products, grown and harvested locally, are simply unmissable!

Let yourself be tempted by this unforgettable sensory experience in the Pays des Abers. Soak up the unique atmosphere of this little piece of paradise, where the creativity of artisans blends harmoniously with culinary delights. A guaranteed favourite and an authentic memory of the Abers!

To be enjoyed on-site or taken home. To be shared... or secretly savored. Oysters, seaweed-based products, crêpes and sweet treats, jewelry, soaps, paintings, sculptures...



THE MARKETS in the region

- MONDAY**
• **Lesneven : In the morning**
- TUESDAY**
• Landéda : In the morning during the summer season
• Plouguin : From 3:30 PM (small producers' market)
• Tréglonou : From 4:30 PM between July 8 and August 26, 2025 (farm market)
- WEDNESDAY**
• **Lannilis : In the morning**
- THURSDAY**
• **Plouguerneau : In the morning**
- FRIDAY**
• Harbour of Aber Wrac'h - Landéda : From 2:30 PM, between July 11 and August 22, 2025. (small craft market)
- Lanvaon - Plouguerneau: Market from 6:30 PM in July and August
- SATURDAY**
• **Saint-Renan : In the morning**
- SUNDAY**
• **Brest Halles Saint-Louis : In the morning**
• Saint-Pabu : In the morning during the summer season
• Lilia-Plouguerneau : From 9:00 AM to 1:00 PM, between July 13 and August 24, 2025.



Experience EUROPE'S TALLEST LIGHTHOUSE



At low-tide

When the sea retreats, turn your attention to the estuaries. Depending on the tide, you can explore the exposed foreshore with boots on—or even barefoot! Rocks, seaweed, shells... there's so much to discover. Along the river, the receding water uncovers the banks, creating a perfect feeding ground for birds. Watch them quietly and enjoy the show!

A little secret: ideal at low tide or mid-tide, an observation hut awaits you at the Tréglonou bridge. Don't forget your binoculars!

Many of the islands in the Pays des Abers are accessible on foot. They are numerous and sometimes hidden from view, but the islands of the Abers archipelago are very much there, scattered across the waters of the Celtic Sea. Each one has its own unique history and heritage. However, you'll need to keep an eye on the tide, so here's some advice:

Accessible at low tide, **île Wrac'h** is a small oasis at the gateway to Aber Wrac'h. Just a 15-minute walk brings you to this peaceful haven, a place that feels like a blend of refuge and paradise. To visit, keep an eye on the tides:

access is possible from 3 hours before until 3 hours after low tide.

Have you seen 'the Nun'?
At low tide, a strange, hulking silhouette takes shape on the foreshore. The **Menozac'h Menhir** stands proudly on the foreshore, topped by a few stubborn seaweeds. A surprising and unique Neolithic find!

Another adventure awaits you on **île Cézon**. Accessible at low tide, it takes about 20 minutes to cross from the tip of Penn Enez to reach the island and its historic fort. Built by Vauban in 1695, the fort, with its history-rich ruins, welcomes visitors from May to September. From its summit, perched 14 metres above the sea, enjoy breathtaking panoramic views.

If you want to explore the vast open spaces at low tide, it's important to plan ahead. To avoid being caught off guard by the tide, always check the day's tidal timetable! For instance, the guidelines for shore fishing recommend heading out into the foreshore 1 hour 30 minutes before low tide and returning no later than 30 minutes afterward.



Escape on the Lighthouses Road what a brilliant idea!



Brittany is home to over 75% of France's lighthouses. However, it's along the coast of Finistère that you'll find the highest concentration of these iconic landmarks, which stand as a testament to the history and culture of our region.

ON THE ISLANDS:
Start off on **île Vierge** and its two lighthouses. The 1st, 33 m high, was commissioned in 1845. At its foot is the former lighthouse keeper's house, now an exceptional eco-lodge. The 2nd, commissioned in 1902, is the **highest lighthouse in Europe** at 82.5m. It offers an exceptional panoramic view of the coast and can be visited from April to October. On **île Wrac'h**, the lighthouse is now an artists' residence as well as a range light, opening its doors in the summer to view their work.

ON LAND:
Discover the **semaphore** on an exceptional site with its panoramic view over the entrance to the Aber Wrac'h channel. Today, it has lost its original function and has become a cultural centre where exhibitions are held during the summer months. Finally, let yourself be seduced by the **Lanvaon lighthouse**. Considered a paradise for lighthouse keepers, today it remains a range light. During the summer, discover an exhibition in the lighthouse gardens.

Come and visit the Tourist Office!

- LANDÉDA**
L'ABER WRAC'H
Port de l'Aber Wrac'h
+33 (0)2 98 04 05 43
- PLOUGUERNEAU**
6 Place de l'Europe
+33 (0)2 98 04 70 93
- LANNILIS**
1 Rue Jean Trémelin
+33 (0)2 98 04 05 43



TICKETS At the Tourist Office:
The Tourist Office is here to make your life easier!
Book your excursions and visits, all in one place. From île Vierge to île d'Ouessant, including Océanopolis, events, and transport... Our ticketing service offers all the options in one convenient location. Pretty handy, right? And who knows, we might even have a few great ideas for you!

SHOP:
Don't miss the chance to discover unique souvenirs and exclusive gift ideas, as well as our hike information sheets!
We offer posters, books, puzzles, small decorative items, and much more. Visit the Tourist Office and don't forget to take home a postcard!

DISCOVER THE REGION'S BEST ADDRESSES FOR :



www.abers-tourisme.com - office@abers-tourisme.com

