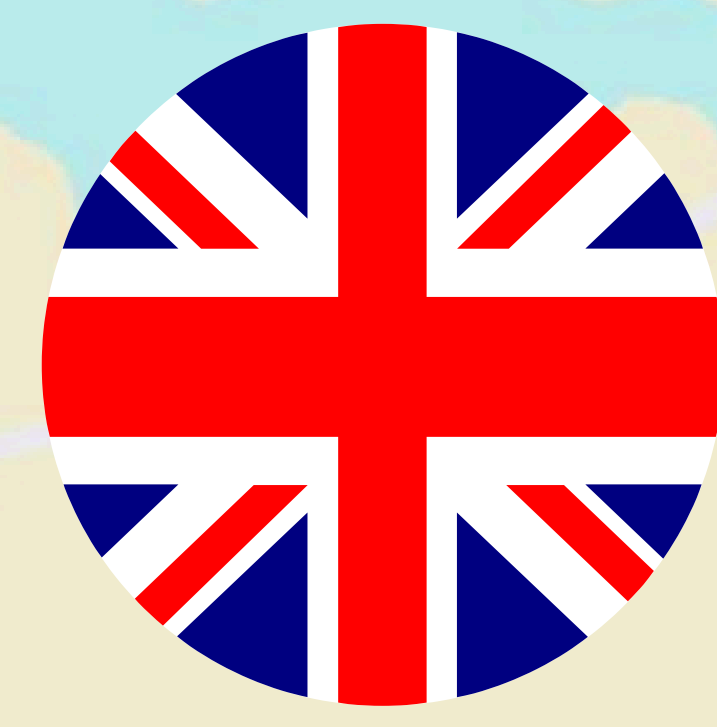
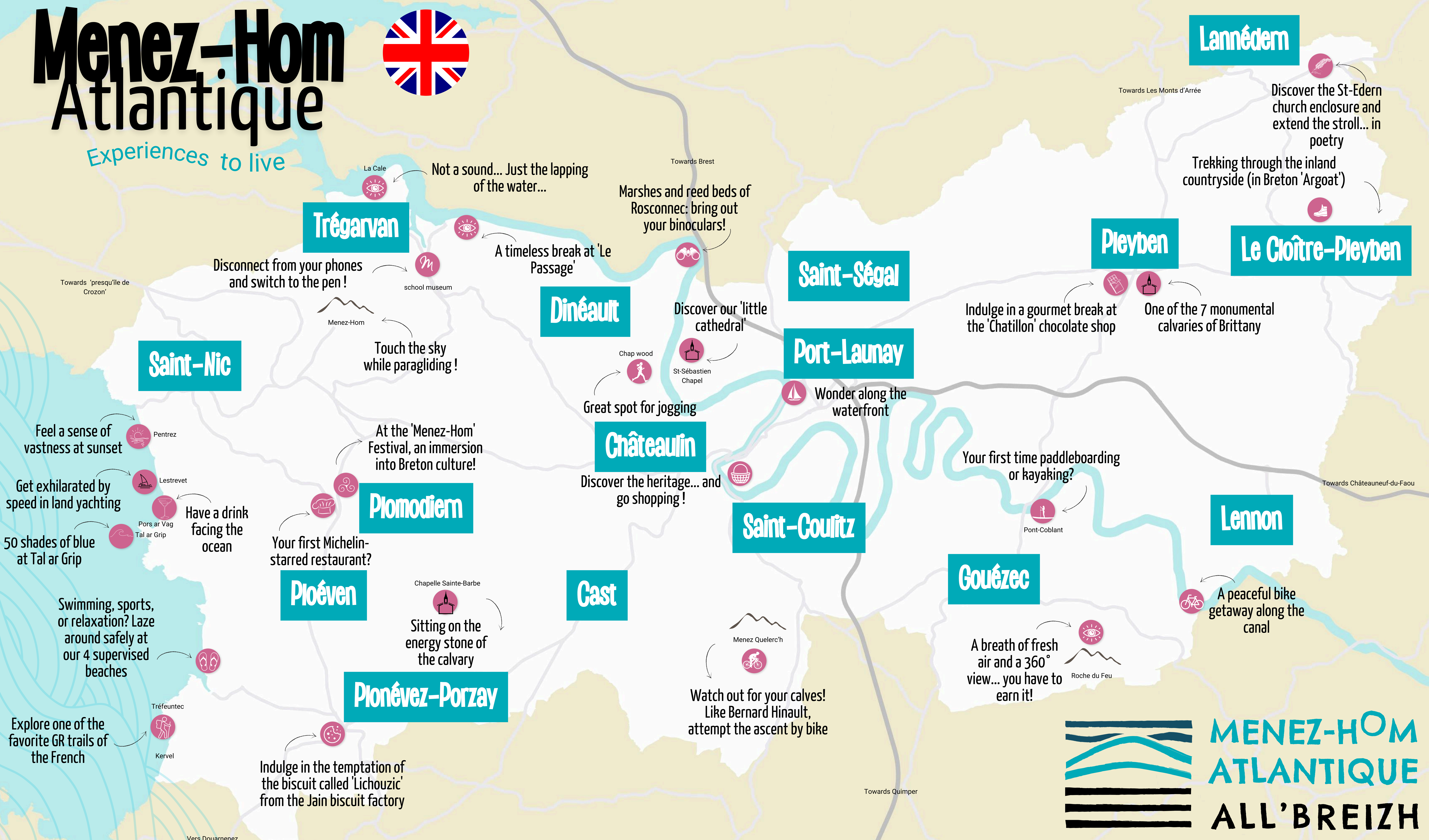


Menez-Hom Atlantique



Experiences to live



Lannédem

Discover the St-Edern church enclosure and extend the stroll... in poetry

Trekking through the inland countryside (in Breton 'Argoat')

Pleyben

Le Cloître-Pleyben

Indulge in a gourmet break at the 'Chatillon' chocolate shop

One of the 7 monumental calvaries of Brittany

Saint-Ségal

Port-Launay

Wonder along the waterfront

Your first time paddleboarding or kayaking?

Lennon

A peaceful bike getaway along the canal

Gouézec

A breath of fresh air and a 360° view... you have to earn it!



MENEZ-HOM
ATLANTIQUE
ALL'BREIZH

Trégarvan

Not a sound... Just the lapping of the water...

Marshes and reed beds of Rosconnec: bring out your binoculars!

A timeless break at 'Le Passage'

Disconnect from your phones and switch to the pen!

school museum

Dinéault

Discover our 'little cathedral'

St-Sébastien Chapel

Great spot for jogging

Wonder along the waterfront

Châteauin

Discover the heritage... and go shopping!

Saint-Coulitz

Plodiém

At the 'Menez-Hom' Festival, an immersion into Breton culture!

Your first Michelin-starred restaurant?

Ploéven

Chapelle Sainte-Barbe

Sitting on the energy stone of the calvary

Plonévez-Porzay

Indulge in the temptation of the biscuit called 'Lichouzic' from the Jain biscuit factory

Cast

Watch out for your calves! Like Bernard Hinault, attempt the ascent by bike

Saint-Nic

Feel a sense of vastness at sunset

Get exhilarated by speed in land yachting

50 shades of blue at Tal ar Grip

Swimming, sports, or relaxation? Laze around safely at our 4 supervised beaches

Explore one of the favorite GR trails of the French

Towards 'presqu'île de Crozon'

Towards Brest

Towards Les Monts d'Arrée

Towards Châteauneuf-du-Faou

Towards Quimper

Vers Douarnenez

Welcome !



Our outdoor activities

Zoom on some iconic activities in our area

Kitesurfing: Board + kite = kitesurfing! Our beaches and winds in the Bay of Douarnenez are perfect for this sport. No prior experience needed, just good physical condition and our local instructors to guide you.

Surfing: Take up surfing! The end of the bay of Douarnenez is ideal for beginners. Our experts will help you find your balance and tackle the waves.

Paragliding: Soar over Finistère from the Menez-Hom or the cliffs of Porzay. Loïc Ollivier's school offers courses for an unforgettable experience of freedom.

Kayaking: Explore the sea or the Nantes to Brest canal by kayak. Rent a sea kayak or river kayak and discover our landscapes while paddling. Accessible to all, perfect for families.

Land sailing: Try land sailing on our long beaches. Supervised by certified instructors, feel the speed and enjoy the fresh sea air.



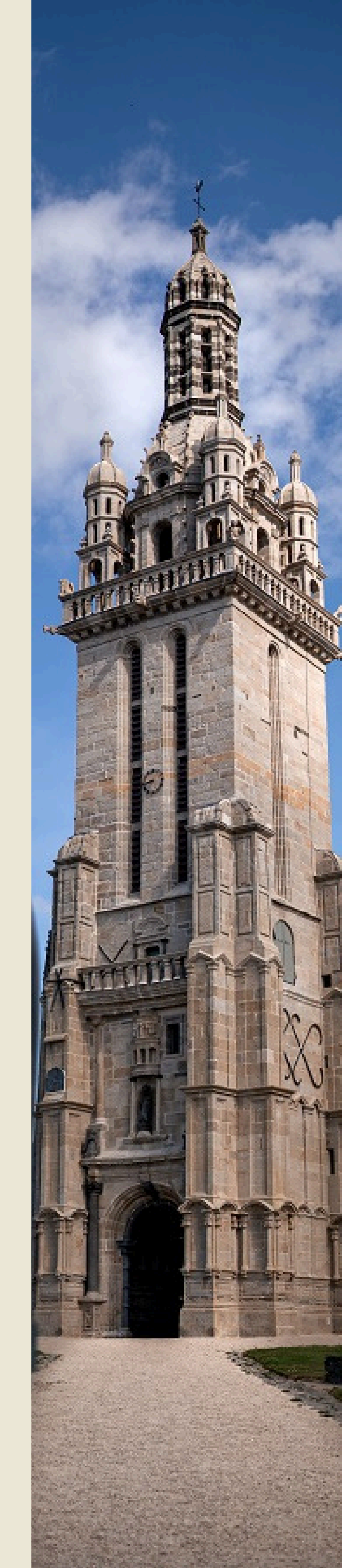
Our walks and hikes

The ocean can also be explored "on dry land," on foot, along France's favorite GR (Grande Randonnée) trail: the GR 34®. The GR® 37 and GR® 38 also cross our territory. In total, our destination offers over 200 km of marked trails to explore on foot, by mountain bike, or even on horseback! Obtain hiking guides from our tourist offices and discover the variety of landscapes we offer, from sea, countryside, dunes, rivers, and forests... and along the way, you'll find small gems of our heritage. Routes are also available to explore on our website.



Our heritage

Eager for visits or if the sun decides to play hide-and-seek, explore our museums: the Museum of Rural School in Trégarvan, the Railway Museum in Plonévez-Porzay, and exhibitions featuring our local artists. In Trégarvan, a museum space immerses you in the history of Breton schools from Jules Ferry to the 1970s. You'll find two reconstructed classrooms, teachers' accommodations, a garden, and covered play areas. Older visitors will reminisce about memories while younger ones will discover history through these everyday objects. An annual thematic exhibition and daily activities enrich the visit. Our destination is rich in religious treasures: in summer, many churches and chapels are open for visits, some with guided tours. The Pleyben Enclosure, a jewel of heritage, will particularly delight enthusiasts of ancient stones and much more. It offers a visit that is both fun and educational, inviting you to disconnect.



Our beaches

Choose your favorite beach from the long stretches of fine sand or the secluded coves in the region. Supervised beaches: Kervel and Sainte-Anne-la-Palud in Plonévez-Porzay, Pors ar Vag in Plomodiern, Pentrez in Saint-Nic.

Trézmalaouen, between Kerlaz and Plonévez-Porzay, is ideal for swimming, sunbathing, and kitesurfing depending on the winds. Kervel, with its 1.2 km of beach, offers perfect conditions for kitesurfing, windsurfing, and paragliding.

Sainte-Anne-la-Palud charms with its dunes and various water activities, including land sailing. Ty Anquer, in Ploeven, is a peaceful and secluded beach.

In Plomodiern, the Tal Ar Grip point separates Kervijon and Pors ar Vag, two beaches ideal for water sports. Pentrez, the longest beach in the Bay of Douarnenez, offers various activities and accommodations near the sea. Explore the cliffs and caves by sea kayak.



Our natural sites

Three spectacular viewpoints : Menez-Hom, Roche du Feu, and Menez Quelc'h offer breathtaking 360° panoramas. Menez-Hom, towering at 330 meters, reveals stunning views over the Brest harbor, the Crozon peninsula, and the Black Mountains of Finistère. The more adventurous can experience paragliding here.

Activities at Menez-Hom:

- Storytelling walks
- Watching model aircraft enthusiasts
- Paragliding courses
- Hiking on foot or mountain biking
- Enjoying the landscapes (free parking)

Discovering the Nantes to Brest Canal
Explore the canal on foot, by bike, or on the water, with water activities at Pont-Coblant and gourmet breaks in Châteaulin. Take leisurely strolls along the quays in Port-Launay, discover the Old Town in Lothey, and watch the lock operation in Port-Launay.



Our culinary delights

Let's not forget about the delicacies (locally known as "lichouseries") and other regional products. Two renowned artisanal production sites await your visit: Jain Biscuits in Plonévez-Porzay and Châtillon Chocolates in Pleyben. Their shops will allow you to bring a taste of Brittany home in your suitcase!

A concentrated taste of Brittany!
Here are a few "lichouseries" to savor: "Le Cœur de Plougastel" from Châtillon Chocolates in Pleyben, "Lichouzics" biscuits from Jain Biscuits in Plonévez-Porzay, kouign amann (a Breton cake), a good crepe, seafood, and sparkling apple juice.

