

DOUARNENEZ • KERLAZ • LE JUCH • POULDERGAT • POUILLAN-SUR-MER



SURPRISING

DOUARNENEZ,
THE TOWN WITH 3 PORTS

EXPLORING

7 IDEAS FOR WALKING,
CYCLING AND MORE

HOLIDAYS

BEACHES, ENTERTAINMENT
AND WATERSPORTS



The town with 3 ports

The old port of Rosmeur, the Port-Rhu, and the marina in Tréboul

1 With its winding streets and steps leading to the sea, the picturesque old port of Rosmeur is full of charm and authenticity, reminding us that sardine fishing is the very soul of Douarnenez. Find out more by following the Sardine Trail – ask for your free map at the Tourist Office!

2 The Port-Rhu is where you'll find the Port-Musée, a must-see site for understanding the culture of Douarnenez Bay. Strolling along the quayside, you'll also notice several small-scale shipyards, where wooden boats are built or restored.

3 The marina in Tréboul plays host to various nautical events every year. This stopover port is also the starting point for a beautiful coastal walk with unbeatable views over the island of Île Tristan.



DON'T MISS THIS !

A rich and varied heritage

BOAT MUSEUM



This is a museum unlike any other, dedicated to boats and to the people of Brittany and beyond. It's a nationally-recognised collection, an invitation to travel through the maritime cultures of the world. Discover the infinite riches of the maritime world and climb aboard floating vessels on the quay - the Saint Denys tugboat, the barge Dieu Protège and the Roi Gradlon. There's a permanent exhibition space of 1500m² plus 1300m² for temporary exhibitions; 7 boats are on the water, 4 of which can be boarded and explored.

ISLAND TRISTAN

Situated a stone's throw away from Douarnenez, the island (which belongs to the French National Heritage association since 1995) is an intriguing island of approximately 7 hectares. The island includes a fort dating from Napoléon III, an exotic garden and a lavish orchard. It represents a natural protected site full of history and legends: presence of Gallo-Roman, presence of the famous brigand "La Fontenelle" who made this island his base, presence of sardine presses and sardine factories, and the poet Richepin in the early 20th.... This island can only be visited accompagnied by a guide.



NATURAL SITE OF PLOARC'H

The everyday free access site is 16000 square meters long in waterfront and gives a beautiful panoramic view on the Bay of Douarnenez and the Rosmeur port. It is situated closed to the downtown and is exceptional thanks to its patrimonial, natural and architectural wealth. The deep creeks, the farm, the barnyard, the fishermen village, the Gallo-Roman site ... make a beautiful and peaceful place for walking and leisure.

THE OLD PORT OF ROSMEUR

This charming town is renowned for its four ports :

- The old port of Rosmeur, the heart and soul of the town.
- Port-Rhu, which is dedicated to the town's maritime heritage.
- The marina in Tréboul, scene of great nautical events.
- The fishing port, still a working sardine port today.



CHAPELS & CHURCHES



Douarnenez centre : chapels Saint-Michel and Sainte-Hélène, church of Sacré-Coeur. Ploaré : church Saint-Herlé. Pouldavid : church Saint-Jacques, chapel Saint-Vendal. Tréboul : chapel Saint-Jean, church Saint-Joseph.
Information to Tourist Office

Guided tour - april to october : Follow our guided tours (in French) to discover Pays de Douarnenez. Island Tristan guided tour : For more information please contact Douarnenez Tourist Office or visit its website.

DOUARNENEZ BAY

Douarnenez Bay is an ideal base from which to explore the region of Finistère: to the north, you have Crozon Peninsula with its magnificent cliffs; to the south, the Pays Bigouden with its large fishing ports; to the west there's the Pointe du Raz (the Land's End of France); and to the east, Locronan, one of the most beautiful villages in France.



BLUE SEAS, GREEN FIELDS

Amazing maritime landscapes

KERLAZ



Overlooking Douarnenez Bay, Kerlaz has a coastline that can either be discovered by road or via the GR34 coastal path. Here, you'll also find the Bois du Nevet, a gem for walkers. Take a moment to seek out the unusual church here, whose stained glass depicts the famous legend of the drowned city of Ys. ➤ 5 kms from Douarnenez

LE JUCH

Once a feudal village, Le Juch is well worth a detour, especially for its typical architecture and traditional Breton houses built from local granite. The church, which has been classed as an Historic Monument, harbours two curiosities: Saint Michel defeating the Devil – which is known as the 'diable du Juch' – and a stained glass window depicting Clovis (first King of the Franks, 481-511 AD). This is great spot for outdoor activities, including freshwater fishing, walking and cycling on the sheltered Green Way. ➤ 7 kms from Douarnenez



POULDERGAT

This rural community has a wealth of hidden treasures: manors, mills, sacred monuments and granite roadside crosses can all be seen along the pathways. The waters here, which abound in fish, are sure to delight freshwater fishermen. ➤ 7 kms from Douarnenez

POULLAN-SUR-MER

Poullan-sur-Mer has a rich religious heritage as well as a coastline with a magnificent panorama over Douarnenez Bay. Several pathways and trails inland lead you to prehistoric remains, from standing stones and table-like structures to a well-known gallery grave. You can also admire the listed chapels of Notre-Dame-de-Kérinec and Saint-They, nestling in pockets of greenery. ➤ 8 kms from Douarnenez

The Sacred Trail : The 'Sacred Trail', guides you through sites that are connected to Breton traditions and religious beliefs.



WALKING, HIKING, CYCLING

A walker's paradise, Douarnenez Bay also has plenty to offer cyclists and mountain-bikers. Enjoy discovering our heritage of chapels, ancient wash-houses, sacred monuments and prehistoric standing stones as well as our beautiful coast.



1.THE NATURAL SITE «LES PLOMARC'H»

The natural site known as 'Les Plomarc'h' is just a few minutes' walk from the town centre, a haven of tranquillity where the calm of the countryside and the seaside always delights visitors of any age.

2.THE COASTAL PATH

The coastal path from the marina in Tréboul leads to the popular sunbathing and watersports beach aptly known as 'Les Sables Blancs' (the white sands).

3.THE SEAFRONT

The seafront between Rosmeur Port and the Port-musée boat museum offers a spectacular view over the Bay and across to Île Tristan.

4.THE GREEN WAY

The Green Way (voie verte) is a wonderful trail for families, created from a former railway track that leads from Douarnenez to Le Juch and beyond, a perfect outing on foot or by bike.

5.BOIS DU NEVET

«Bois du Nevet» with their large pathways and smaller, winding trails, sit between the towns of Kerlaz and Le Juch.



6.CYCLING TRAILS

Cycling enthusiasts and mountain bikers can take their pick from the various trails on offer, some of which will suit all the family.

7.THE GR34

All along the coastline, you can explore this protected environment, especially the GR34 coastal path, which is also known as the 'chemin des douaniers' (where the customs officers used to walk). As it follows the edge of the cliffs, this trail guarantees some of the best views of the Bay.

Walking, Hiking !

Throughout the five towns of Douarnenez Bay there are various walks, trails and circuits, helping you to venture through the rich heritage of our diverse pastoral landscapes, with circular trails of between 8 km and 26km.

ISLAND TRISTAN GUIDED TOUR IN FRENCH

For more information please contact Douarnenez Tourist Office or visit its website.
www.douarnenez-tourisme.com

© Audrey Potin

DOUARNENEZ BAY : PLEASURE BOATING AND SHELLFISH-GATHERING

Beginners and experts alike – can you hear the sea calling?

MARINAS

The wet dock in Port-Rhu allows for stopovers right in the heart of the Port-musée area and a short walk from Douarnenez centre. The marina in Tréboul nestles just behind Île Tristan and is accessible all year round, day and night, and sits in easy reach of shops, watersports activities and the port services of Tréboul.

For all information about our harbours, please contact the Harbourmaster:
Tel: +33 (0)2 98 60 26 30 / www.douarnenez.bzh

TIDES

The tides, that hypnotic rising and falling of the sea, are caused by the pull of the moon and the sun. This is particularly dramatic at those times of year with very low and very high tides. This is when shellfish-gatherers come to hunt for edible shellfish and crustaceans.

Please ask for the Port Guide (the tide timetable), available at the Tourist Office.

SHELLFISH-GATHERING

Known locally as 'pêche à pied' (fishing on foot) this activity makes the most of the biggest tides. You head to the shore at low tide, fill your lungs with fresh sea air and enjoy an unforgettable experience. It's an absolute must!

When shellfish-gathering, please respect the environment, the sizes of shellfish gathered and the safety advice.

To be sure of respecting the environment and coastal resources, ask the Tourist Office for a little ruler (to measure the shells) as well as the good-fishing guide.



© Yannick Derennes

WATERSPORTS

Whether you're a long-time fan of watersports or a complete novice, Douarnenez Bay with its clear, sheltered waters, is a fantastic spot and there's no shortage of activities. Visitors of any age can try their hand at watersports and hone their skills. We offer courses for youngsters, kayaking, dinghy sailing, windsurfing, catamaran sailing and more. You could also try the adrenaline rush of surfing and kite-surfing! The sea-air is intoxicating even if you're just out on a boat, whether a traditional tall-ship or a modern sailboat: this is, after all, one of the most beautiful bays in Europe. Treat yourself to a sea-fishing trip.

BOAT TRIPS AND WATERSPORTS

Centre Nautique Municipal
Sailing school, Boat trips...
Tel : +33 (0)2 98 74 13 79
www.centrenautique.douarnenez.bzh

Point Location
Boat hire and private lessons
Tel : +33 (0)6 63 72 33 83
www.centrenautique.douarnenez.bzh

Voile Horizons
Boat trips, rentals (sailboat, kayak, stand up paddle, boat)
Tel : +33 (2) 98 74 35 29
www.voilehorizons.com

Winches Club
Boat trips, courses
Tel : +33 (0)2 98 74 38 05
www.winchesclub.org

Optimiste 29 - Handi-Cap-Ouest
Trips in a boat adapted for people of limited mobility
Tel : +33 (0)2 98 92 01 82
www.optimiste29.fr

Breizh Road Surfing
Surf school
Tel : +33 (0)6 98 28 88 30
www.breizhroadsurfing.com

Ocean by Fab - fitness
Tel : + 33 (0)6 74 29 47 00
www.oceanbyfab.com

Penn Ar Surf School
Surf school
Tel : + 33 (0)6 69 50 04 28
www.pennarsurf.bzh

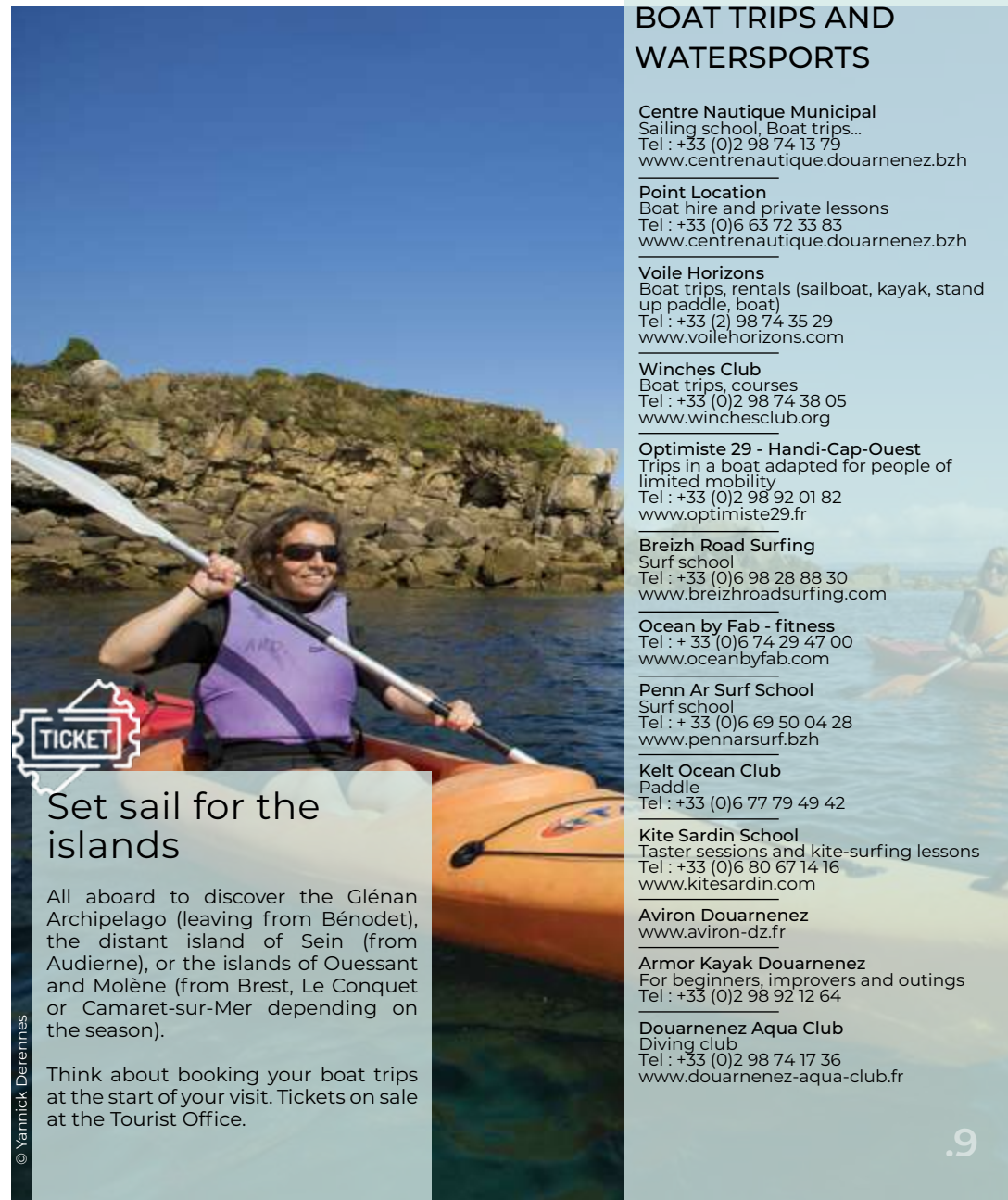
Kelt Ocean Club
Paddle
Tel : +33 (0)6 77 79 49 42

Kite Sardin School
Taster sessions and kite-surfing lessons
Tel : +33 (0)6 80 67 14 16
www.kitesardin.com

Aviron Douarnenez
www.aviron-dz.fr

Armor Kayak Douarnenez
For beginners, improvers and outings
Tel : +33 (0)2 98 92 12 64

Douarnenez Aqua Club
Diving club
Tel : +33 (0)2 98 74 17 36
www.douarnenez-aqua-club.fr



© Yannick Derennes

Set sail for the islands

All aboard to discover the Glénan Archipelago (leaving from Bénodet), the distant island of Sein (from Audierne), or the islands of Ouessant and Molène (from Brest, Le Conquet or Camaret-sur-Mer depending on the season).

Think about booking your boat trips at the start of your visit. Tickets on sale at the Tourist Office.

THE BAY & THE BEACHES

Lounging around, taking a dip – try living by the rhythm of the tides !

The area of Douarnenez is located on one of the most beautiful bays in Europe. Here, you can sunbathe or take a dip in the crystal-clear waters, and enjoy a day of pure relaxation on the beaches of Douarnenez and Kerlaz. Make the most of this incredible stretch of water to try your hand at some of the watersports on offer.

📍 The Beach Saint Jean



THE BEACHES

Plage des Dames



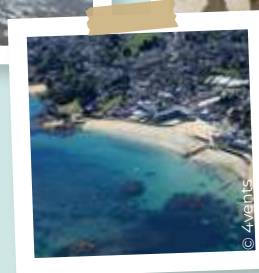
Plage des Sables Blancs



Plage de Trezmalaouen






Plage Saint-Jean



Plages de Tréboul




Thanks to its wonderful location in a sheltered bay, the area of Douarnenez Bay has plenty of beaches where you can swim safely. You simply have to choose whether you prefer the rocky creeks or fine white sand...

Larger beaches



-  Plage des Sables Blancs* (Tréboul)
-  Plage du Ris* (Ploaré)
-  Plage de Trezmalaouen (Kerlaz)

* Beach with lifeguards (July & August)

Smaller beaches

-  Plage Saint-Jean (Tréboul)
-  Plage des Dames (Douarnenez Centre)
-  Plage Pors Cad (Douarnenez Centre)

Rocky creeks

-  Pors Melen (Tréboul)
-  Ar Gorred (Site naturel des Plomarc'h)

OUR ANIMAL FRIENDS

According to a prefectural order (19/01/2018), dogs and horses are forbidden on the beaches in summer, from 1st June to 30th September.

However, the Mayor of Douarnenez has made an overriding decision that given local circumstances, dogs and horses are forbidden all year round on the Plage du Ris, while at the Plage des Sables-Blancs in Tréboul, horses are forbidden all year

ACCESSIBLE TO EVERYONE

The Plage des Sables Blancs has a 'Tiralò' amphibious wheelchair, enabling handicapped people to get into the sea; Just ask at the Lifeguard Station.



SWIMMING POOL

Stade aquatique
Sports complex
Tel : +33 (0)2 21 76 38 88
www.stadeaquatique.bzh

WELL-BEING & RELAXATION

Come and explore Douarnenez by wandering through the old quarters, a labyrinth of alleyways and side-streets. The call of the gulls and the rushing of the waves provide the soundtrack to your adventure.

THALASSO

Do you want to unwind, and to recharge your batteries? Stop off in Douarnenez Bay, where the leisure activities, range of walks and protected natural sites are as much a tonic for the body as they are for the mind.

Perhaps you'd prefer a little pampering ? Douarnenez is a great place to simply relax and do as little as you want. Leave your worries behind; come and relax. Everything you need is here for an unforgettable stay. There is a wide range of accommodation offering a relaxation or well-being suite, such as a spa or sauna..



© Cécile Langlois



© Cécile Langlois

Valdys Resort Thalasso & Spa
Douarnenez
Tel : +33 (0)2 98 74 47 47
www.thalasso.com

DISCOVER DOUARNENEZ AND SURROUNDINGS!

Breathe the fresh sea air and admire the spectacle of the cruising sailboats and fishing boats in the bay.

Take your time to discover the less visible treasures of the Douarnenez region: dolmens, menhirs, fountains, washing places, mills and chapels...

La Jument coastal point



THE SARDINE TRAIL

This circuit tells you all about the town's famous sardine history, which dates right back to Gallo-Roman times up to the most recent changes in Douarnenez port.

THE SACRED TRAIL

The 'Sacred Trail', guides you through sites that are connected to Breton traditions and religious beliefs.



BOAT MUSEUM

The highlight of any visit to Douarnenez, the Port-musée is the only museum of its kind in the whole of France, including not only exhibits but real boats that you can board. Its collection is of national importance, inviting visitors to learn more about maritime cultures from all over the world.

Climb aboard the museum's boats that are moored up on the quayside to gain an even greater insight into life on board and life ashore.

Spread over more than 1300m², discover exhibitions that change every year.

The Port Rhu also offers a wealth of boat-builders and wooden-boat restorers so that you can learn all about our rich maritime heritage.



PORT RHU DISCOVERY TRAIL

Come and find out all about the history of this trade port and its boat-building yards through to the present day, with information panels illustrated.



BOAT MUSEUM

April to June and September to October
10 a.m. to 12:30 p.m. – 2 p.m. to 6 p.m. Closed on Mondays except public holidays
July and August: 7 days a week 10am-6pm
(The Port-museum is closed from November to February, except Christmas holidays)
Boat museum - Tel : + 33 (0)2 98 92 65 20 - place de l'Enfer - Douarnenez

MARITIME HERITAGE

Centre Nautique Municipal
Boat trips on a traditional sardine sailboat (the Telenn Mor)
Tel : +33 (0)2 98 74 13 79
www.centrenautique.douarnenez.bzh

The « Skellig »
Boat trips aboard the Skellig
Tel : +33 (0)6 84 51 78 95

Association Treizour
Outings by boat, sailboat or rowing boat
www.treizour.bzh

MARITIME FESTIVAL OF DOUARNENEZ

The famous boat festival 'Fêtes maritimes de Douarnenez' takes place every two years, based around the Port du Rosmeur. On the water, you'll see a spectacular array of tall-ships, hundreds of traditional sailboats and smaller vessels all gliding along before your eyes.

www.fetesmaritimes.fr

MARKETS AND FINE FOOD

Come and enjoy the flavours of our local produce



THE SARDINE, THE KOUIGN AMANN...

THE SARDINE



The star of the show is the sardine, freshly-caught, which you can enjoy grilled in one of our many restaurants, or you can take home with you in a commemorative tin, produced in one of our canneries using traditional methods.

THE KOUIGN AMANN

Treat your tastebuds to the incomparable Kouign Amann, an irresistible cake of butter and sugar that was invented right here in Douarnenez at the end of the 19th century.

If you're serious about your sweet treats, choose your Kouign Amann from one of the bakers who belong to the association 'Artisans fabricant le véritable Kouign Amann' – that way you're sure of getting the real thing!



MARKETS

Strolling through the market in the morning, buying seafood and fresh fish, tasting hot crêpes and meeting the local producers... a truly French experience!

Covered market for fresh produce and seafood every morning in Les Halles except Sunday, Douarnenez Centre.

Large open-air market in Tréboul every Wednesday and Saturday morning, all year round.

Association des artisans fabricant le véritable Kouign Amann

Tél : +33 (0)2 98 92 37 24

Complete list of bakers available from the Tourist Office

BISCUIT factory - SELLING TO THE PUBLIC

Biscuiterie du Kouign Amann du Pays de Douarnenez

Tel : +33 (0)2 98 91 09 00

www.marin-cothalem.fr

Les Délices de Sillery

Tel : +33 (0)2 98 91 51 08

www.lesdelicesdesillery.fr

CANNERIES - SELLING TO THE PUBLIC

Conserverie Chancerelle

Tel : +33 (0)2 98 92 69 40

www.connetable.com

La Maison de la Sardine

Tel : +33 (0)2 98 11 07 09

www.pointedepenmarch.com

Conserverie Kerbriant

(also open to visitors)

Tel : +33 (0)2 98 70 52 44

www.kerbriant.fr

Guided tour in french only

Conserverie Courtin

Tel : +33 (0)2 98 98 48 73

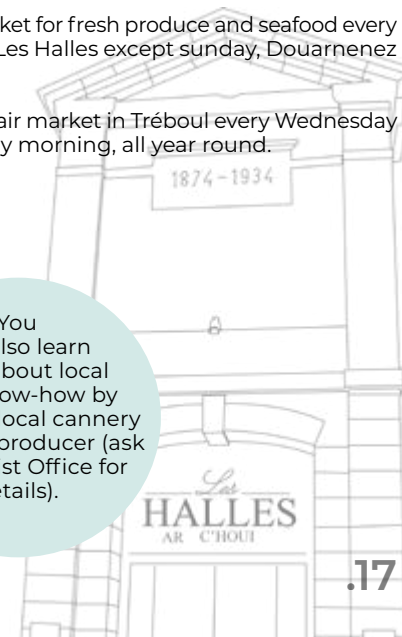
www.conserverie-courtin.com

Penn Sardin

Tel : +33 (0)2 98 92 70 83

www.pennsardin.bzh

You can also learn more about local food know-how by visiting a local cannery or biscuit producer (ask the Tourist Office for details).



ARTS, CRAFTS, EXHIBITIONS

For art-lovers, there are several exhibition spaces, art galleries and workshops ready to welcome you..

EXHIBITIONS

Douarnenez Bay has attracted and inspired artists since the 1800s, drawn by the landscapes, lights and colours. Many of the great names have stayed and lived here, including Sérusier, Boudin, Renoir, Maufra, Picabia....and even Picasso! There is a rich artistic culture in Douarnenez and its surroundings and the various works of art can be appreciated through various exhibitions that take place in several sites in the area. There is always at least one exhibition happening in or near Douarnenez at any time - ask for details!

THE ART OF ART AND CRAFT

Come bargain-hunting, try out new things, buy unique pieces that are locally-made and won't be found anywhere else. Whether you're simply curious, an amateur or an expert, you can ask the Tourist Office for a list of creative activities, workshops and galleries to visit in summer or throughout the year (or find the list on www.mad-in-dz.com). For a unique experience, try one of two collective artistic previews and in just one evening you could discover the work of several local artists



© Yannick Derennes

EVENTS

Douarnenez Bay offers a rich and varied programme of events throughout the year. The locals, known as 'douarnenistes', love a good party and will no doubt inspire you to take part in whatever is going on.

For young and old alike, there are shows, concerts, sea shanties, the famous boat festivals, traditional fêtes, carnivals, fishermen's suppers and cultural highlights such as the Film Festival.

For sailing enthusiasts, there are regattas brightening up the horizon all through the year.

LES GRAS

An absolute must in Douarnenez, Les Gras has filled the streets every year since 1835. This is the biggest of Brittany's festivals, an invitation to come and party – so don't miss out!

Originally, Mardi Gras (Shrove Tuesday) marked the time when Christians stopped eating 'gras' or fatty food and went into lent. In Douarnenez, the religious meaning of the festival has taken on its own more local colour : for locals, it's also the time to celebrate the end of winter, traditionally a period when fishermen cannot work very much.



MARITIME FESTIVAL OF DOUARNENEZ

The famous boat festival 'Temps Fête' takes place every two years, based around the Port du Rosmeur. On the water, you'll see a spectacular array of tall-ships, hundreds of traditional sailboats and smaller vessels all gliding along before your eyes.

ALL A (CARD)BOARD IN DOUARNENEZ !

Douarnenez is home to a strange competition featuring cardboard boats that must be able to float and hold several people. It's a great success – well, not for everybody – but half the fun is watching some of the teams sink while others try to complete the race, while all concerned are in fancy dress and having a whale of a time. This great sporting highlight takes place every other year, between May and June on the Port Rhu.



DOUARNENEZ FILM FESTIVAL

A must-see date for Douarnenez, the last week of August is an opportunity for the city to put on the colours of a cultural minority that it is honouring. A festival made by and for the lovers of the 7th art who decorticate and then exchange on various themes addressed during the distribution of the films.



© Mortaza Behboudi



DESTINATION PAYS DE DOUARNENEZ

DOUARNENEZ - KERLAZ - LE JUCH - POULDERGAT - POUILLAN-SUR-MER

GETTING HERE

BY ROAD : COMING FROM

Paris : Take the motorway to Rennes, then the toll-free motorway to Quimper (600km)

Nantes : Toll-free motorway to Quimper (250km)

Rennes : Toll-free motorway to Quimper (220km)

Quimper : 25 km

BY PLANE : AIRPORTS...

Brest - Bretagne (80 km)

Tel : +33 (0)2 98 32 86 00

Lorient - Bretagne Sud (100 km)

Tel : +33 (0)2 97 87 21 50

BY TRAIN : TRAIN STATION

Quimper (25 km) Tel : 3635 (within France)

www.sncf.com

Bus connections to Douarnenez (35 minutes journey, ticket 2,50€)

Tel : +33 (0)2 99 300 300 (within France)

DOUARNENEZ

WE'LL BE DELIGHTED TO SUGGEST
A VARIETY OF ACTIVITIES TO
CHOOSE FROM IN THE PAYS DE
DOUARNENEZ.

Contact-us + 33 (0)2 98 92 13 35.

DOUARNENEZ BAY TOURIST OFFICE - 1ST CAT

Free Wifi

Open all year round

18 rue Anatole France

1 rue du Docteur Mével (currently under renovation)

29100 DOUARNENEZ

Tel : +33 (0)2 98 92 13 35

info@douarnenez-tourisme.com

www.douarnenez-tourisme.com

July & August : 7 days a week, 10am to 6.30pm

In July and August 2024 : Monday to Saturday 10am to 6.30pm

Sundays 09.30am-13.30pm

April to October : Monday to Saturday 10am-12.30pm and 2pm-6pm

Sundays and French Bank Holidays 10.30am-12.30pm

(mid-April to mid-September)

November to March : Monday to Saturday 10am-12.30pm and 2pm-5.30pm

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