



# LIGHTHOUSES AND ISLANDS

*The naturally iodised destination!*



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**AT THE HEART OF  
THE LIGHTHOUSES  
ROUTE**

**8** P 14  
**STOPOVERS  
ATMOSPHERES**

P 50  
**A GOURMET  
DESTINATION  
WITH IODINE  
FLAVOURS**

P 55  
**TIDE  
TIMES**





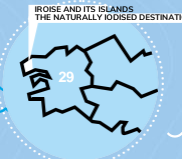
Liebe Besucher, ein ins Deutsche übersetztes Dokument mit den wichtigsten Sehenswürdigkeiten der Iroise ist in den Fremdenverkehrsämtern erhältlich. Fragen Sie ruhig danach.



Kermorvan lighthouse - Le Conquet

# DE PHARES EN ÎLES

[WWW.IROISE-BRETAGNE.BZH](http://WWW.IROISE-BRETAGNE.BZH)



P. 15 TO 49

## 8 STOPOVERS, ATMOSPHERES

1000 reasons to love Iroise!

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## A GOURMET DESTINATION WITH IODINE FLAVORS

That's local!  
Our recommendations



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## COASTAL FISHING

Useful information and tide times for a safe and enjoyable time

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## LIKE A CHILD

A family holiday  
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Find a shelter

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## CLOSE TO IROISE

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The coastal shuttle  
The ticket office

P. 4 TO 14

## LIGHTHOUSES AND ISLANDS

The "Lighthouses Route" guides you to exceptional sites



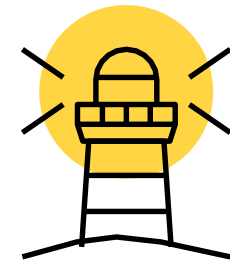
From the cliffs of Déolen to the outstanding dunes of the Three Sheeps, Iroise welcomes you to one of the prettiest overhangs of the Breton shoreline. Here, you're facing the archipelago of Molène, the island of Ouessant and the Crozon peninsula.

# LIGHTHOUSES AND ISLANDS

TOURIOÙ-TAN HAG INIZI

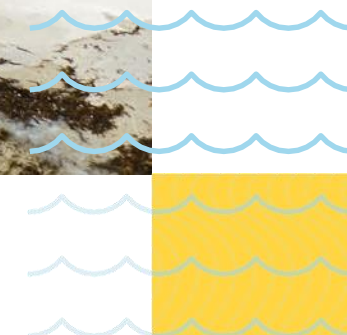
*Dive into the heart of an extraordinary cultural and natural heritage!*

Near Segal island - Plourzel



From the strong lighthouses that guide us to the fragile islands that attract us, Iroise is changing our relationship with nature by giving us intense emotions.

Take a deep breath of Iroise. Face the elements, smell, observe, and touch the precious environment that surrounds you. Take the time to explore this beautiful coastline on foot or by bike. From peaks to protected areas, be overwhelmed by the "oceanic feeling": the sensation of being part of a whole facing the sea. The "Lighthouses Route," which protects sailors, will take you to breathtaking views!



➔ [WWW.IROISE-BRETAGNE.BZH](http://WWW.IROISE-BRETAGNE.BZH)

agenda



accommodation

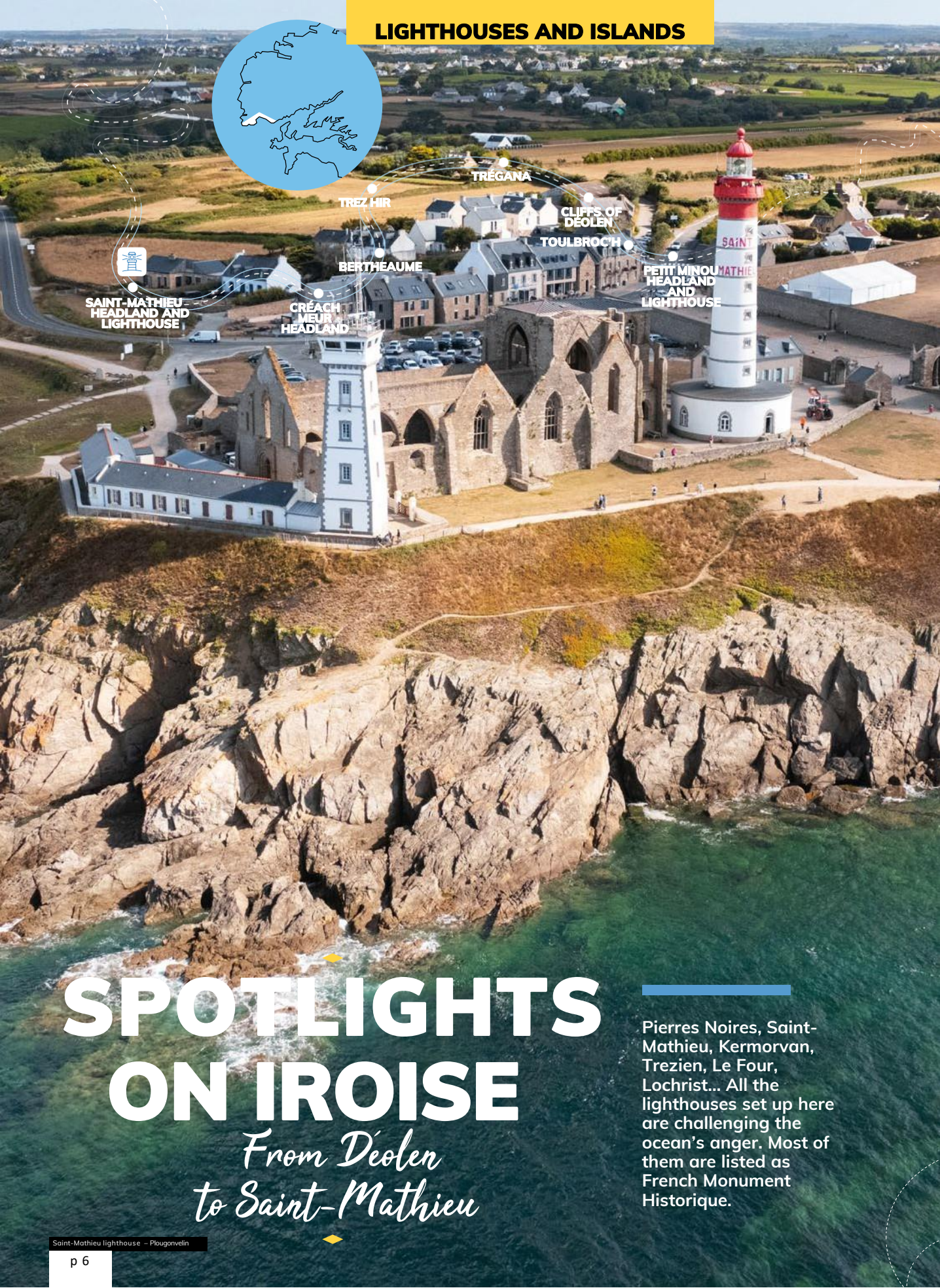


hiking trails and gn®34



cycle routes





# SPOTLIGHTS ON IROISE

*From Deolen to Saint-Mathieu*

Pierres Noires, Saint-Mathieu, Kermorvan, Trezien, Le Four, Lochrist... All the lighthouses set up here are challenging the ocean's anger. Most of them are listed as French Monument Historique.

Saint-Mathieu lighthouse - Plougonevelin



## SAINT-MATHIEU LIGHTHOUSE IN PLOUGONVELIN

*Iroise figurehead*

The red and white tower stands near the spectacular ruins of the Benedictine abbey. From the walkway of this historical monument, you'll have a perfect view on the archipelago of Molène, the island of Ouessant, the Pierres Noires Causeway and the Pointe du Raz. Light up your way! You're at the heart of the Lighthouses Route.

<b>HEIGHT</b>	37 metres
<b>NUMBER OF STEPS</b>	163
<b>LIT IN</b>	1835
<b>BEACON</b>	turning white, one flash every 15 seconds
<b>RANGE</b>	28 miles
<b>AUTOMATED IN</b>	1996, it hasn't had a keeper since 2006

*Follow the lighthouse news*



### SAINT-MATHIEU LIGHTHOUSE IS OPEN ALL YEAR ROUND:

> **IN JULY AND AUGUST:**

7/7 : 10:30am - 1pm and 2pm - 7:30pm\*

> **REST OF THE YEAR:**

See the opening times on the website [phares-iroise.bzh](http://phares-iroise.bzh)

\*Last visit 30 minutes before closing, or earlier depending on the number of visitors. In case of bad weather conditions, visits can be suspended.



Bertheaume Fort - Plougonevelin



## FORTIFIED ISLAND OF BERTHEAUME IN PLOUGONVELIN

Built by Vauban in the 17th century to watch over the port of Brest and integrated into the Atlantic Wall during the Second World War, the fort offers guided tours, storytelling walks, and for the more courageous, an adventure course with a zip-line. Visit the fort during the summer, you'll have an unobstructed view of Brest's harbor.

**1<sup>st</sup> MEDIEVAL MARKET IN BERTHEAUME ON 11 AND 12 MAY!**



# OCEAN MAGNIFICENCE

*From Saint-Mathieu to Corsen*

Kermorvan lighthouse - Le Conquet



## KERMORVAN LIGHTHOUSE IN LE CONQUET

*The most western of France!*

Lined up with Lochrist, Trezien and Saint-Mathieu lighthouses, Kermorvan lighthouse overlooks the Iroise Sea from its own peninsula. It was lightened for the first time in 1849, and it's the most westerly of mainland France! With its magical setting and breathtaking views, the costal path leading to the lighthouse is a delight for hikers and strollers.

<b>HEIGHT</b>	20,35 metres
<b>NUMBER OF STEPS</b>	77
<b>LIT IN</b>	1849
<b>BEACON</b>	white, a flash every 5 seconds
<b>RANGE</b>	22 miles
<b>AUTOMATED IN</b>	1994

*Follow the lighthouse news*



### KERMORVAN LIGHTHOUSE IS OPEN ALL YEAR AROUND:



**> IN JULY AND AUGUST**  
7/7 : 10:30am - 1pm and 2pm - 6pm\*

**> REST OF THE YEAR:**  
See the opening times on the website [phares-iroise.bzh](http://phares-iroise.bzh)

\*Last visit 30 minutes before closing, or earlier depending on the number of visitors. In case of bad weather conditions, visits can be suspended.



### LE CONQUET PORT BOAT CROSSINGS ALL YEAR ROUND!

Le Conquet is the main port of embarkation for the islands of Ouessant and Molène. Daily crossings are available all year round. Parking information on p25. **Don't forget to book it!**



## ISLE OF MOLÈNE

ENEZ MOLENEZ

*take a break from time*

0.8 X 1.2 km, 200 inhabitants in the heart of the archipelago of the same name. Molène is a favourite destination for those seeking peace, and it's perfect for families with young children. The crossing from Le Conquet takes around half an hour.

In Molène, there is nearly no cars. Stroll around the island along a 13-stop course. Take the time to sit on one of the benches in the port. Discover the breathtaking panorama of the islands and islets of the archipelago as you walk around what locals call "their pebble" (2,5 miles). Information on pages 26 to 29.





LE FOUR LIGHTHOUSE



# WONDERFUL LANDSCAPE

*From Corsen headland to the Four lighthouse*

Here, at the Corsen headland, the end of the world, time stands still as the last sun rays bathe the clouds in the fairest red, orange, purple, or pink: a pure moment of wonder. And if the sky is pink, it'll be sunny tomorrow!

Once the sun sets in the sea, the show still goes on... As the lighthouses switch on, the lights of the world's brightest sea are revealed before your very eyes.



## TRÉZIEN LIGHTHOUSE IN PLOUARZEL

*between heaven and earth*

Up there, in the "heaven" of the lighthouse keepers, you'll be contemplating the Iroise Sea, the archipelago of Molène, Ouessant, and the surrounding countryside. At night, its fixed beacon has a range of 22 miles to protect sailors of the Four Channel.

<b>HEIGHT</b>	37,20 metres
<b>NUMBER OF STEPS</b>	182
<b>LIT IN</b>	1894
<b>BEACON</b>	white, 2 occultations every 6 seconds
<b>RANGE</b>	22 miles
<b>AUTOMATED IN</b>	1986

*Follow the lighthouse news*

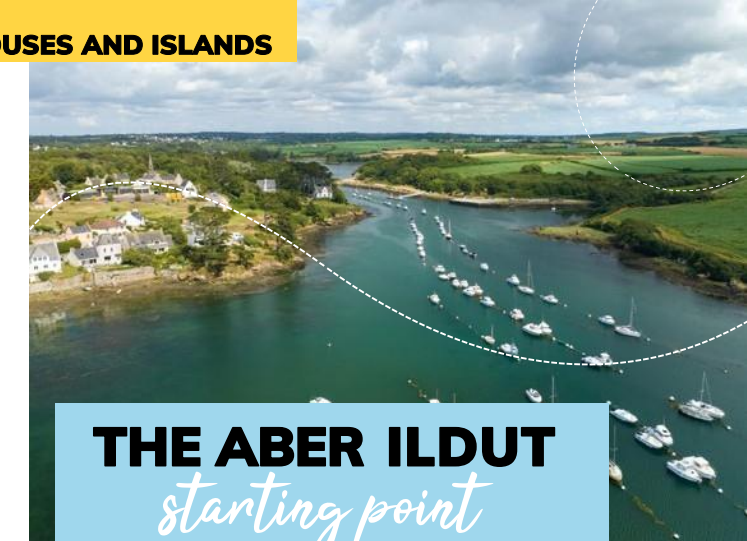


### TRÉZIEN LIGHTHOUSE IS OPEN ALL YEAR ROUND:

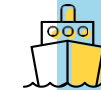
- > **IN JULY AND AUGUST:**  
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- > **REST OF THE YEAR:**  
See the opening times on the website [phares-iroise.bzh](http://phares-iroise.bzh)



\*Last visit 30 minutes before closing, or earlier depending on the number of visitors. In case of bad weather conditions, visits can be suspended.



## THE ABER ILDT starting point for the islands



Renowned for its former pink granite quarries, this "Breton fjord" emerges into the Iroise Sea at the entrance of the Four Channel. Even though it's the smallest of Finistère's tideways, it's Europe's leading seaweed port! During the summer, boats set sail for the islands of Molène and Ouessant from its port.



## MELON ISLAND

Porspoder is, by far, the richest in terms of megaliths in the whole Iroise, and it's on this islet that they are more numerous despite destruction. There is no less than 4 menhirs, 1 burial mound, 2 cairns and 5 dolmens in this small area. The largest menhir, reaching around seven metres, was blown up by the Germans in 1942.

The island is only reachable on foot **at low tide**. Check the tide times, don't linger on the islet and keep an eye on the rising tide.

VISITOR'S NOTICE

The place for a bridal photo session

# THE TOURIST ROUTE

*we wanted to stay everywhere!*

Take the time to admire this wild coastline and its wonderful landscape, or take a break at the Saint-Samson chapel.



# UNBELIEVABLE VIEW!

*From Le Four lighthouse to the Trois Moutons beach*



3 Moutons beach - Lampaul-Ploudalmézeau

## THE TROIS MOUTONS BEACH

*an endless pearl!*



*150 years of radiance!*



## LE FOUR LIGHTHOUSE IN PORSPODER

Built in 11 years, the lighthouse has witnessed tragedy. Along with the Pierres Noires lighthouse, they were the first to have a conical shape for better stability. Qualified as "hell" by its keepers, it guides sailors at the crossing of the Iroise Sea and the Channel since 14 March 1874! Battered by swell during storms, it's a lovely sight from our shorelines.

<b>HEIGHT</b>	28 metres
<b>LIT IN</b>	1874
<b>BEACON</b>	5 white flashes of 15 seconds
<b>RANGE</b>	22 miles
<b>AUTOMATED IN</b>	1993



Carn island - Ploudalmézeau



## CARN ISLAND

*a legendary place*

"Once upon a time, there was a castle on the island of Carn. In this castle lived a Lord Karn who used to bring people from the continent to shave him and cut his hair. However, none of them ever returned. Until one day, a brave young man named Losthouarn decided to become the next barber. He noticed that the lord had horse ears and quickly understood that the previous barbers had been killed to keep this secret. With a swift and decisive stroke of his razor, he slit the lord's throat and returned home unharmed."

The only way to reach this island and discover its cairn – a megalith with three burial chambers from 6000 years before J.C. – is at low tide (coefficient 80) and with a 15-minutes walk. Look the tide times up.

*In Iroise,  
relax and travel lightly*

# 8 STOPOVERS ATMOSPHERES

## FIGURES OF THE HIKING TRAILS:

- ▶ 57 miles of coastal path on the GR®34
- ▶ 34 miles on the GR® of Iroise
- ▶ 35 walking loops
- ▶ 75 miles of cycling paths on the V45
- ▶ 66 miles of cycle routes
- ▶ 18 mountain bike trails from 8 to 77 miles
- ▶ 5 riding tours from 9 to 18 miles
- ▶ 6 trail routes from 3 to 13 miles

- ▶ **STOPOVER N°1** P.16 - 19  
**LOCMARIA-PLOUZANÉ  
PLOUGONVELIN**
- ▶ **STOPOVER N°2** P.20 - 25  
**LE CONQUET - TRÉBABU**
- ▶ **STOPOVER N°3** P.26 - 29  
**MOLÈNE ARCHIPELAGO**
- ▶ **STOPOVER N°4** P.30 - 33  
**LANRIVOARÉ - MILIZAC-GUIPRONVEL  
SAINT-RENAN - TRÉOUERGAT**
- ▶ **STOPOVER N°5** P.34 - 37  
**LAMPAUL-PLOUARZEL  
PLOUARZEL - PLOUMOGUER**
- ▶ **STOPOVER N°6** P.38 - 41  
**BRÈLÈS - LANILDUT - PLOURIN**
- ▶ **STOPOVER N°7** P.42 - 45  
**LANDUNVEZ - PORSPODER**
- ▶ **STOPOVER N°8** P.46 - 49  
**LAMPAUL-LOUDALMÉZEAU  
LOUDALMÉZEAU**

Kammed ha kammed, e reer tro ar bed  
*Step by step around the world*





**UNBELIEVABLE BUT TRUE!**

In 1898, a 3652-long transatlantic telegraph cable linked Déolen and Orleans Cap-Cod (Massachusetts-USA). It ensured communication between Europe and North America with a frequency of 25 words per minute! You can still see old steel cables at the shoreline of Déolen in Locmaria-Plouzané.



**LOCMARIA-PLOUZANÉ**

**PLOUGONVELIN**

39-45 MEMORIES MUSEUM  
SAINT-MATHIEU HEADLAND AND LIGHTHOUSE



**AMAZING HERITAGE!**  
*Locmaria-Plouzané - Plougonvelin*

**SAINT-MATHIEU**

On this rocky overhang, take in 1,000 years of history by visiting Saint-Mathieu lighthouse, Fine-Terre abbey, Saint-Mathieu abbey museum, and the National Memorial to sailors who died for France. The preserved heritage and views of the Natural Marine Park of Iroise and its islands make this a unique, almost magical site in Finistère.

The memory lane for the sailors around the pointe Saint-Mathieu (a 2-mile loop) has stops, where the names of the boats and their crews that disappeared during battles, storms, and other events are written on granite blocks.

Lighthouse of Saint-Mathieu : additional information p.7



At night, Saint-Mathieu turns on its beam of 31-mile range to guide the incoming ships. During summer, the classic "Lighthouse nights" offer a unique experience: to be on top of a lighthouse at the nearest of its beam to view the sentinels of the sea lightened. Check out our calendar!



*80th anniversary of the Liberation*



**[m]**  
**39-45 MEMORIES MUSEUM**

Near the Pointe Saint-Mathieu, travel back in time in this extraordinary German command blockhouse. On 5 floors, discover a museography centered on testimonies and stories illustrated by thousands of objects, evidence, and photographs. Going down in the fortress, you'll start to dive into the daily life of soldiers of the Atlantic Wall.

Going through the thematic galleries, you'll relive the war history of Brittany, told by those who lived it. At the end of your visit, enjoy the panoramic view from the observation post and the roof of the blockhouse, over the entrance to the Brest roadstead, from the Crozon peninsula to the island of Ouessant.

Le Prédic - Route de la Pointe Saint-Mathieu - Plougonvelin  
02 29 02 84 56 - [museememoires39-45.fr](http://museememoires39-45.fr)  
[contact@museememoires39-45.fr](mailto:contact@museememoires39-45.fr)

Open 7 days a week  
from April 1 to November 11,  
10:00am to 6:30pm continuously  
Open every day, except Christmas holidays and winter break holidays  
10:00am to 6:00pm continuously

Porsmilin beach – Locmaria-Plouzané

A succession of beautiful beaches with southern exposure is waiting for you at Locmaria-Plouzané. During summer, the beach of Porsmilin is supervised from 1:00pm to 7pm. Sheltered and protected from currents, it's the perfect place to discover paddleboarding, surfing, or bodyboarding.



## STROLLING ALONG THE BEACHES

Starting from the beach of Trégana, have a family stroll on the small riviera of Locmaria. 500 metres of gentle slope overlooking the sea, the cliffs, and lively terraces. It is also accessible for people with reduced mobility.



## KERSCAO MANSION IN LOCMARIA- PLOUZANÉ

Schedule a guided tour of the mansion of Kerscao, its chapel, its attic, and its garden. During summer, the owners will tell you all about its history. Find the visit schedule on the website: [www.manoirdekerscao.fr](http://www.manoirdekerscao.fr)

☎ 06 74 36 30 58 - [manoirdekerscao@gmail.com](mailto:manoirdekerscao@gmail.com)



## ASSAULT ON THE TOULBROC'H FORT TRAIL ROUTE



In Locmaria-Plouzané, this 8-mile circuit offers a variety of landscapes at the entrance to the Brest harbour, facing the heaps of the Crozon peninsula. A rich heritage perched on the cliffs can be seen along the way. What a delight!

5 other routes are marked for trail running in Iroise. Why not train for the **Trail du Bout du Monde** on the 6<sup>th</sup> and 7<sup>th</sup> of July?



## SAILING CLUB OF PLOUGONVELIN COURSES

Settled on the beach of Trez Hir, the sailing club of Plougonvelin is open Monday to Friday from April 22 to May 3, and every day from July 1 to August 30.

It offers several activities to make the most of this turquoise sea: jardin des mers from age 4, optimist from age 6 or catamaran, and windsurfing at age 10. For the older, they can try catamaran sailing, windsurfing, rowing, or wingsurfing.

📄 Details and courses registration: [npj.plougonvelin@ccpi.bzh](mailto:npj.plougonvelin@ccpi.bzh) - 02 98 48 22 20  
Offers and online bookings on the website

## RENTAL AND PRIVATE LESSONS

Looking for a gateway in the bay of Bertheaume? Starting this spring, come to the beach of Trez Hir for your rentals and private lessons: windsurfing, wingsurfing, catamaran sailing, sea kayaking, trimaran sailing, paddleboarding, and motorboats.

📄 Details and bookings, rental place: [location.plougonvelin@ccpi.bzh](mailto:location.plougonvelin@ccpi.bzh) - 02 98 48 35 10 - [nautisme.pays-iroise.bzh](http://nautisme.pays-iroise.bzh)

PUBLIREPORTAGE



## POOL COMPLEX TREZIROISE

Set up in front of the Iroise Sea, Treziroise is a unique aquatic complex at the forefront of the Finistère thanks to its seawater sports and leisure pools that are heated all year round. Here, you can relax, swim, and have fun with family or friends. Thanks to its cardio area, you'll be able to enjoy freely a wide range of activities as well as coached sessions with the UCPA instructors.

Young or old, beginner or expert, at this pool complex, you'll find anything you need in an exceptional seaside setting. Access for PRM.

Boulevard de la Mer • Plougonvelin

☎ 02 98 38 06 11 - [piscine-plougonvelin.fr](http://piscine-plougonvelin.fr) - [treziroise@ucpa.asso.fr](mailto:treziroise@ucpa.asso.fr)

## OUR PARTNERS AROUND YOU

### SPORTING AND LUDIC ACTIVITIES

- ▶ Bertheaume Iroise Aventure 07 84 46 36 44
- ▶ Cinema Le Dauphin 09 75 85 80 78
- ▶ Pool – Aquatic complex Treziroise 02 98 38 06 11 (see p19)
- ▶ Carriage ride- Roulettes en Pays d'Iroise 06 89 94 29 19
- ▶ Tennis, paddle-tennis - Tennis de Plougonvelin 06 62 58 24 10

### ART AND EXHIBITIONS

- ▶ Discovery walks & basketry workshop 06 16 09 81 69
- ▶ Gyotaku, art of fish print- Traces de mer 06 86 47 88 89

### DISCOVERY WALKS

- ▶ Discovery walks & basketry workshop 06 16 09 81 69
- ▶ Rando Mer 06 71 20 65 09
- ▶ Terre d'écume 06 49 34 86 88

### BAKERY, TEA ROOM

- ▶ Les Délices de Lanvenec 02 29 00 89 38

### RELAXATION AND WELLNESS

- ▶ Sophrology and relaxation 06 67 85 48 34
- ▶ Hairdresser – Holiday's Hair 02 98 48 23 48
- ▶ Spa - Hostellerie de la Pointe Saint-Mathieu \*\*\*\* 02 98 89 00 19
- ▶ Hairdresser - La Boîte à Magie Artisan Coiffeur 02 98 48 32 36
- ▶ Hike - Terre d'écume 06 49 34 86 88
- ▶ Trez'N Massages 06 83 61 37 68

### EQUIPMENT RENTAL

- ▶ Bowrider- Breizh Boat 06 95 21 46 70
- ▶ Bicycle – Tourist office of Plougonvelin 02 98 38 38 38
- ▶ Wingsurf board, windsurf, catamaran, sailing dinghy, kayak, paddleboard – Sailing club of Plougonvelin (Trez Hir) 02 98 48 35 10
- ▶ Bicycle, surfboard - Moustik Delivery 07 64 85 19 00

### SEA LEISURE

- ▶ Jetski, tubing- Activjet 06 45 47 44 17
- ▶ Fishing guide - Ar Mor Fishing 06 74 96 11 26
- ▶ Sea rowing - Aviron de Mer Plougonvelin 06 19 69 14 70
- ▶ Sailing club - Plougonvelin (Trez Hir) 02 98 48 22 20
- ▶ Surfboard, bodyboard, paddleboard - Minou Surf School 06 89 07 75 71
- ▶ Paddleboard - Ocean&Wind Academy 07 86 96 49 29
- ▶ Canyoning, snorkeling - Rando Mer 06 71 20 65 03

### FARM MARKET

- ▶ Le potager de Saint-Mathieu 06 77 78 67 64

### MUSEUM

- ▶ The world of black boats (Bertheaume Fort)
- ▶ Saint-Mathieu abbey museum 06 61 47 21 34
- ▶ The 39-45 Memories museum 02 29 02 84 56 (see p17)

### HERITAGE

- ▶ Bertheaume Fort 02 98 38 03 81 - 02 98 48 35 19 (only in July and August)
- ▶ Kerscao mansion 06 74 36 30 58 (during summer, reservation)
- ▶ National Memorial to sailors who died for France 02 98 38 07 79
- ▶ Saint-Mathieu lighthouse 02 98 89 00 17 - 06 86 31 03 47

### LOCAL AND HOMEMADE PRODUCTS

- ▶ Biscuit factory - Biscuiterie de la Pointe Saint-Mathieu 02 98 30 30 98
- ▶ Fishmonger's - Poissonnerie La Conquetoise 06 66 28 08 59

### RESTAURANTS

- ▶ Bistrot 1954 02 98 89 00 19
- ▶ Hostellerie de la Pointe Saint-Mathieu \*\*\*\* 🍷 🍷 🍷 🍷 02 98 89 00 19
- ▶ La Crêpe Dantel' 02 98 40 29 68
- ▶ L'Archipel - Hôtel du Large \*\*\* 02 98 36 36 36
- ▶ Le Breizh-Izel 02 98 48 55 64
- ▶ Les Délices de Lanvenec 02 29 00 89 38 (see p 51)
- ▶ Ti Mad Eo 02 98 02 68 25

### SERVICE

- ▶ Carwash- Lav'Iroise 06 44 35 13 80

### SHOPPING

- ▶ Water sports and fashion - IMER 02 98 38 00 68

KERMORVAN PENINSULA



TRÉBABU

LE CONQUET

CITY TOUR  
Partly accessible to PPM



**LE CONQUET PORT**

All year round, the port, which is labelled Port d'intérêt patrimonial, comes alive with the procession of the islands shuttles.



**MUST-SEE**

The return from fishing of the numerous drifters, trawlers, and other fishing ships at the end of the day. There is no fresher fish! Thanks to its fleet, which has 40 ships, Le Conquet is France's second largest port for crab fishing.

**AUTHENTIC!**  
*Le Conquet - Trébabu*

Labelled Petite Cité de Caractère®, Le Conquet is a particularly dynamic city. The various businesses and restaurants make it an attractive place: delicatessens, gift and clothing shops, and other stores share its beautiful centre. All year round, galleries and shops welcome you: Morinay, Aventurine créations, Ti Arzou, L'îlette, la bouquinerie À l'encre, Les Faiences d'Iroise. They remain open on weekends in the off-season! The lovely town of Trébabu nearby has wonderful walks in its romantic small vales.



**SHIPPING COMPANY**  
**PENN AR BED**

Daily connections to Ouessant, Molène and Sein: 98% satisfied customers. Embark safely in one of the six spacious ships. Departure from Brest, Le Conquet, Audierne and Camaret. In July and August, employees of the Iroise Natural Marine Park comment on the crossings. Birds and marine mammals, lighthouses, flora, and scenery - get carried away in the heart of the Iroise Sea Biosphere Reserve!

Ferry terminal • 29217 Le Conquet  
02 98 80 80 80 • [contact@pennarbed.fr](mailto:contact@pennarbed.fr) • [pennarbed.fr](http://pennarbed.fr)



**YANNICK,**  
**FISHING BOSS**

Moored in Le Conquet, the fishing boat Kervouroc is a drifter. In their premises settled at 10 Street Paul Conq in Le Conquet, Yannick and Laïs sell all year round on Wednesday and Saturday mornings from 9:00am to 11:00am. The boat only goes to sea when the coefficient is below 80, that is in average one week out of two throughout the year. The main products that they sell are monkfishes, pollacks, ray wings, crabs, spider crabs, and lobsters. It may vary according to the day's catch.

To find out the selling dates and the products, feel free to contact them at 06 59 85 99 29 - [kervouroc@gmail.com](mailto:kervouroc@gmail.com)

Blancs Sablons beach - Le Conquet



*The incredible beach of the Blancs Sablons is yours to discover!*



## LES BLANCS SABLONS, A WONDERFUL PLAYGROUND!

3 BEACHES "BLUE FLAG" AWARDED

Located in Le Conquet in a protected area of the French Coastal Conservatory and classified Natura 2000, this 1,3-mile fine sandy beach is ideally situated in a wild and preserved area. Facing north-west, it is the perfect place for water sports lovers. From here, you'll have an incredible view of the Kermorvan peninsula and the Ilette fort.

Nearby, the pretty beaches of **Porz Liogan** and **Portez** are also awarded Blue Flag. The latter is families' favourite, a little corner of paradise, which is easy to access and just 500 metres from the centre of Le Conquet.

*\*The Blue Flag Label highlights the commitment of beaches and marinas to sustainable development.*



## IODINE WALK AT THE HEADLAND OF KERMORVAN

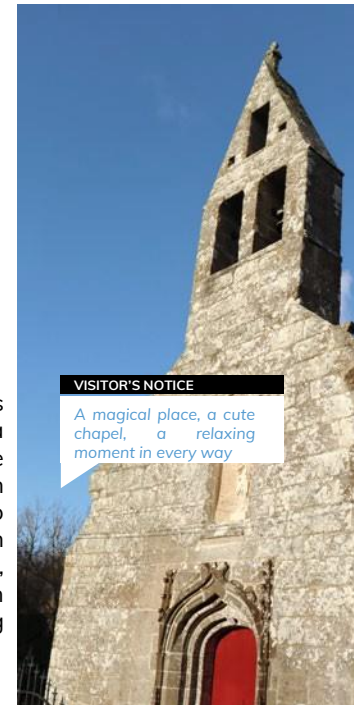
In Le Conquet, take the Croaë footbridge and head towards the amazing Kermorvan peninsula. Starting from the walkway, there is a 30-minute walk to Kermorvan lighthouse. This square tower stands at the very tip of the peninsula of the same name.

Facing the Ponant islands, it has an incredible view of the coast, stretching from Saint-Mathieu headland in the south to the headlands of Illien and Corsen in the north.

Kermorvan lighthouse: information p.9

## THE ABER OF LE CONQUET A VAST SALT MARSH, THE MIGRATORY BIRD PARADISE

In autumn, winter, and spring, numerous migratory birds make a stopover here: it's a perfect shelter from prevailing winds. There are observation posts along an ornithological course. Be discreet and keep your eyes open! Eurasian curlew, Eurasian spoonbill, grey heron, ruddy turnstone, redshanks, Eurasian oystercatcher, common shelduck, and other sandpipers are nesting or visiting the aber throughout the seasons.



**VISITOR'S NOTICE**

*A magical place, a cute chapel, a relaxing moment in every way*

## NOTRE-DAME DU VAL CHAPEL IN TRÉBABU

Hidden deep in its vale, Notre-Dame du Val chapel has a rather unusual statue of the Virgin Mary holding a fig in her right hand. Stolen in 1977, the statue was found 28 years later in a church in Solliès-Pont, a town in the south of France, which is the capital of fig. Nearby, a small pond has miraculous water that should heal children suffering from stuttering and other speech impediments. During summer, the association "Eglises et chapelles en Iroise" does concerts in the chapel.

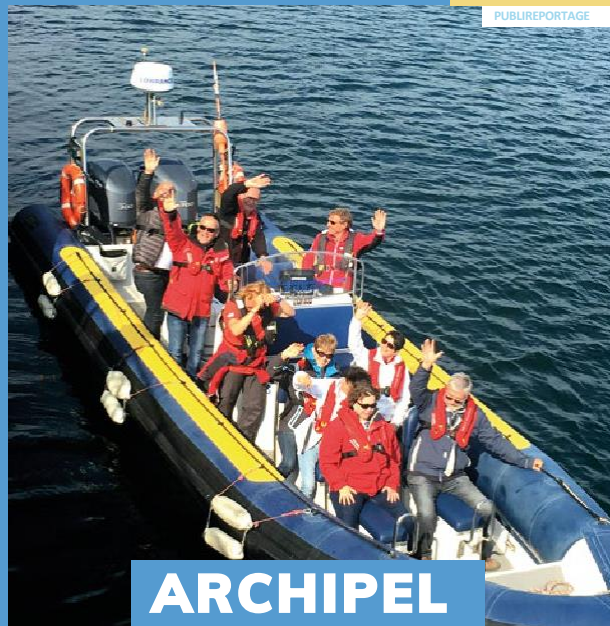
PUBLIREPORTAGE



## SURFING IROISE

Founded in 2010, Surfing Iroise is your surf school in Le Conquet. Located in the beautiful spot of the Blancs Sablons beach, which is known as a place where everyone can surf, the school has surfing classes and surfing courses all year round. Alongside your lessons, the school does rentals, rides, and has a surfing shop. If you want to relax after a great day at the beach, you can also come visit the Surf Café!

9, route de la presqu'île de Kermorvan - Le Conquet  
06 15 33 06 98 - [surfingiroise@gmail.com](mailto:surfingiroise@gmail.com) • [surfing-iroise.com](http://surfing-iroise.com)



## ARCHIPEL EXCURSIONS

Archipel Excursions offers excursions to the Iroise Natural Marine Park from Le Conquet; discovery courses of the flora and fauna, Kéréon lighthouse, Molène archipelago, and other lighthouses of the Iroise Sea, observation of the marine mammals, seals, bottlenose dolphins and birds.

Our renowned marine guides will tell you all about this natural site through respectful and responsible approaches. These are conducive to the preservation of the marine environment and its protected species.

- > Culturally and historically guided tours.
- > Rigid inflatable boat (12 people maximum).
- > 2-hour or full-day outings on the island of Molène from Le Conquet. For the islands of Sein and Glénan, the boats leave from Guérolé/Penmarc'h.



Ferry terminal • Le Conquet  
06 99 85 47 45 - [archipelexcursions@gmail.com](mailto:archipelexcursions@gmail.com) • [archipelexcursions.com](http://archipelexcursions.com)  
On sale at your tourist information centres

## OUR PARTNERS AROUND YOU

### ART AND EXHIBITIONS

- ▶ Faïences d'Iroise 06 28 22 68 21
- ▶ Galerie d'art Morinay 02 98 89 09 07
- ▶ Ti Arzoù, La Maison des Arts 06 03 13 71 88

### DISCOVERY WALKS

- ▶ La Grande Botte 07 85 19 47 74
- ▶ Ribine Experience 06 82 02 05 26
- ▶ Wild Wáta 06 68 09 99 80

### IROISE SEA CRUISE

- ▶ Archipel Excursions 06 99 85 47 45 (see p24)
- ▶ Balade dans le Parc Marin 06 26 96 17 98
- ▶ Finist' mer Excursions 02 53 35 29 97 - 06 70 26 03 14 (see p25)

### BARS

- ▶ Au Vieux Logis 02 98 89 09 17
- ▶ Cafe, shop - Surfing Iroise 06 15 33 06 98

### FOOD BUSINESSES

- ▶ Butcher's - Boucherie Marc 02 98 32 82 21
- ▶ Delicatessen - Fumaisons & Cie 02 98 04 37 72

### SHIPPING COMPANIES

- ▶ Finist' Mer (departure from Lanildut and Le Conquet) 02 98 89 05 95
- ▶ Penn ar Bed (departure from Le Conquet and Brest) 02 98 80 80 80 (see p21)

### RELAXATION AND WELLNESS

- ▶ Sainte-Barbe Hôtel & Spa \*\*\*\* 02 98 48 46 13

### EQUIPMENT RENTAL

- ▶ Bicycle - Tourist office of Le Conquet 02 98 38 38 38
- ▶ Electric scooter - Click & Loc Iroise 06 78 69 37 28

### SEA LEISURE

- ▶ Diving - Club Subaquatique de l'Atlantide 06 89 17 78 12
- ▶ Surfing Iroise 06 15 33 06 98 (see p23)

### FARM MARKET

- ▶ La ferme de Penzer 06 59 92 39 77
- ▶ Ty Gwen Légumes 06 26 21 40 92

### CAR PARK FOR THE ISLANDS

- ▶ ANC car park 06 46 80 44 05
- ▶ Tour d'Auvergne car park 06 07 91 88 28
- ▶ La Grange car park 06 08 61 79 99

### HERITAGE

- ▶ Kermorvan lighthouse 02 98 89 00 17 - 06 86 31 03 47

### DIRECT SALES, FISH AND SHELLFISH

- ▶ Fishing boat Kervouroc 06 59 85 99 29 (see p21)

### RESTAURANTS

- ▶ Auberge de Keringar 02 98 89 09 59
- ▶ Crêperie Laer-Mor 02 98 28 78 89
- ▶ Restauration rapide, bar - La Ria 02 98 33 04 22
- ▶ L'Armen 02 98 89 07 03
- ▶ Le Hangar du pêcheur 06 38 16 67 80
- ▶ Le Relais du Vieux Port 02 98 89 15 91
- ▶ Les Korrigans 02 98 89 00 45
- ▶ Louise de Bretagne 02 98 33 10 67
- ▶ Restaurant KerLan's 02 29 02 15 56
- ▶ Sainte-Barbe Hôtel & Spa \*\*\*\*, Restaurant La Corniche, Bar La Rotonde, Le Rooftop 02 98 48 46 13
- ▶ Taverne de Kermorvan 02 98 32 58 79 (see p53)

### TEA ROOM

- ▶ La Vinotière 02 98 89 17 79

### MOVE AROUND

- ▶ Gwen Taxi 06 80 65 42 41

### SHOPPING

- ▶ Bookshop À l'encre 02 98 30 43 19
- ▶ New and antique furniture - La Grange 02 98 89 15 10
- ▶ Clothing - L'Essentiel 06 42 23 09 26
- ▶ Decoration store - L'lette 06 82 37 24 32
- ▶ Decoration store - Naturel Déco 02 98 89 06 19



## FINIST'MER EXCURSIONS

The Iroise Sea reveals its best show! Its conductor Philippe guides you to the heart of the Molène archipelago: the scene where the islands give the cue to each other and the lighthouses drop their masks. While the seals hunt or bask in the sun, be at the front row seat of a new act, where the marine birds perform in the ocean spray.

Scan the horizon! Hidden, the "prompters" might appear!

Departure from Lanildut, Le Conquet or Camaret !  
02 53 35 29 97 - [finist-mer-excursions@gmail.com](mailto:finist-mer-excursions@gmail.com) - [finistmer-excursions.fr](http://finistmer-excursions.fr)  
On sale at your tourist information centres

## NEXT STOP MOLENE AND OUESSANT

### CAR PARKS IN LE CONQUET

Parking is limited in Le Conquet. Thus, we advise you to anticipate.

It is possible to book certain car parks. Arrive at least **one hour before the boat departure time**. Details on page 24 and on [iroise-bretagne.bzh](http://iroise-bretagne.bzh)

### CAR PARKS IN LANILDUT

Parking is free and near the pier.

### DISCOVER OUESSANT

Buses can lead you from the port to the town of Lampaul, where you can find the tourist office. The return trip costs 5 euros per person.

### BY FOOT

Ouessant is a hikers' paradise! A 28-mile hiking trail runs around the island. The coastal path is only for pedestrians, thus, no bicycles are allowed. Four hiking trails will give you a good overview of the island. They are available at the tourist information centre.

### BY BIKE, OR ELECTRIC BIKE

Biking is the best way to discover the island by taking the byways and other roads that cross it. You can rent them at the port or in Lampaul, the main town. However, it is strongly recommended to book them in one of our tourist offices before your journey.

### BY BUS OR MINIBUS

For those who do not want to miss a thing, opt for the guided tour by bus. As soon as you arrive, the guides will take you on a tour of the island's most beautiful spots and will tell you everything about its history.

It is strongly recommended to book the tour in one of our tourist information centres before your journey. You can also rent a car.

### DISCOVER MOLENE

Details p. 26 to 29

Molène

KÉRÉON LIGHTHOUSE

BANNEC

BALANEC

MOLÈNE

TRIELEN

QUÉMÉNÈS

BENIGUET

# FROM WILD ISLES TO PRESERVED ISLES

*Molène archipelago*

## UNBELIEVABLE BUT TRUE!



THE INHABITANTS THANKED BY THE QUEEN OF ENGLAND

In June 1896, the English liner "Drummond Castle" sank off the coast of Molène. Only 3 out of 250 passengers were rescued. Queen Victoria thanked Molène and its inhabitants with various gifts, as well as the building of an impluvium and a clock for the church bell tower.

A new scenography dedicated to this tragedy, which marked the island's history, is displayed in the town hall courtyard during Easter holidays, weekends in June, and summer holidays.



## LEAFLET ABOUT MOLÈNE

Including a treasure hunt, available in tourist offices, or with the shipping company Penn Ar Bed.

## HOW TO GO TO MOLÈNE

There are several ways to get to Molène. First, the most useful is to take a boat from Le Conquet or Brest. In summer, boats are also setting sail from Lanildut.

Another possibility to get to Molène is to take a trip on a cutter or a semi-rigid boat. During this day trip, you can enjoy Molène during an unforgettable stopover.

Perfect for families with young children, Molène unveils itself in a day through its 1,8-mile interpretive course. A new treasure hunt with 16 riddles allows you to find out more about the way of life of the local people, who offer you a simple but warm welcome.

The icing on the cake is the island tour, with its breathtaking view of the archipelago isles and islets.

Don't wait any longer and book your trip!

Find the time schedules on [pennarbed.fr](http://pennarbed.fr) or [finist-mer.fr](http://finist-mer.fr)

Island of Quéménès

*"Tasty and organic, they are strong my onions! They are hot my shallots!"*

Amélie

## ISLAND OF QUÉMÉNÈS

Away from the world motion, Quéménès is a timeless island owned by the Conservatoire du littoral. Its buildings are self-sufficient in energy.

Tenant and inhabitant of this 30-hectare area, Amélie and Etienne, the proud parents of little Mathurin, have an organic farm there. They also welcome visitors for short stays (3 days and 2 nights). So many ways to preserve and maintain the island landscapes while making them accessible to all.

[Quemenes.bzh](http://Quemenes.bzh)



OUR PARTNERS AROUND YOU

ISLAND OF MOLÈNE

SEA LEISURE

▶ Breizh Kayak Évasion 06 71 51 53 30

MUSEUM

▶ House of the island environment 02 98 38 38 38  
▶ Drummond Castle museum 02 98 38 38 38

HERITAGE

▶ Molène semaphore 02 98 38 38 38

RESTAURANTS

▶ Au Vent des îles 02 98 07 37 08  
▶ Restauration rapide, bar - Chez Albin 06 30 97 16 20  
▶ Crêperie - E Ti An Glesker 02 98 07 39 71  
▶ Ô Caillou 06 12 73 57 85

SHOPPING

▶ Tobacconist, gift shop - Ar Ran An Tri Maen 02 98 07 39 71

ISLAND OF OUESSANT

BIKE RENTAL

▶ La Bicyclette 02 98 48 81 34 - 06 80 70 94 95  
▶ Ouessancycles 02 98 48 83 44 - 06 81 89 11 41

GUIDED TOUR OF THE ISLAND

▶ Eusa Découverte 06 15 76 91 24 - 06 26 19 73 60 - 06 33 41 64 38

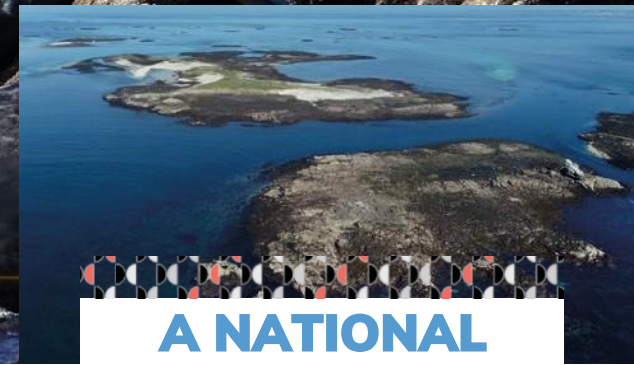
CAR RENTAL

▶ Eusa Découverte 06 15 76 91 24 - 06 26 19 73 60 - 06 33 41 64 38

ISLAND OF QUÉMÉNÈS

FARMERS

▶ Quéménès farm (online sales) 06 30 61 27 48



A NATIONAL RESERVE IN THE HEART OF THE ARCHIPELAGO

Molène archipelago is one of the last places safe for many species. Here, they have the right conditions for breeding, resting, and feeding. All the uninhabited islands and islets of the archipelago and their foreshores are classified in the Iroise National Nature Reserve. Access and movement on the islands, as well as the activities, **are regulated** in order to preserve the species and the environment.

Marine birds like the common ringed plover or the European storm petrel are being studied here:



Of the 200 nester pairs in France, 40 to 50 pairs live in the Molène archipelago. The common ringed plover is considered "vulnerable" and listed as a rare and endangered nester in France.



Molène is home to France's largest colonies of European storm petrel, with nearly 900 pairs. Thanks to 1 kg miniaturised GPS put on their feathers, we can track accurately their movements during a crucial period of their life cycle: the breeding season.

*I pick up my rubbish because it's not the sea to drink!*

IROISE, A SEA TREASURE

Live incredible moments in the heart of the Iroise Natural Marine Park. This preserved and wild environment has many surprises, such as the lighthouses, the islands, and the islets, but most of all, the astonishing wildlife.

You can discreetly observe colonies of bottlenose dolphins and seals in their natural and protected environment.

**Guided tours** by professionals committed to nature with the Iroise Natural Marine Park. Details on page 13.



MARINE MAMMALS ARE PROTECTED SPECIES.

Deliberate disturbance and harassment of these species are punishable by a fine. In the event of a meeting, be aware of the inconvenience you are causing. At sea, keep your speed down when you are 500 metres from them. Approaching cetacean at less than 100 metres is prohibited. If they come naturally around your boat, it's either curiosity or self-protection. In this case, stay on course and maintain speed at 5 knots or stop. Don't follow the animals if they are fleeing. After your observation, move away at low speed.



TRÉOUERGAT

LANRIVOARÉ

MILIZAC-GUIPRONVEL

• THE RÉCRÉ DES 3 CURÉS

SAINT-RENAN

- MARKET ON SATURDAY MORNINGS
- EXOTIC GARDEN,
- PONANT MUSEUM
- CITY TOUR AND LAKE TOUR

# HEART OF THE LAND

*Saint-Renan - Lannivoaré  
Milizac-Guipronvel  
and Tréouergat*

## A PLEASANT STROLL IN SAINT-RENAN

### LAKE SIDE

The five lakes of Saint-Renan show the signs of a significant activity in the sixties: the extraction of tin. Nowadays, a beautiful and varied path of about 4 miles, accessible for all and perfect for families, allows you to go around it on foot or by bike.

Ty Colo, the liveliest lake, has a wide variety of leisure activities: inflatable structures, wakeboarding, pedalo, and a laser tag nearby. All the ingredients for a great time! Just a stone's throw from the Comiren lake, don't miss your chance to visit the exotic garden. Here, there are plants from the four continents: bamboos, giant rhubarb, and many other flowers. A pure moment to recharge your batteries and relax.

### CITY SIDE

Saint-Renan, a former ducal and then royal city, has preserved some of its finest character houses as well as its large market. **Every Saturday morning, it's the convivial and traditional rendezvous for locals and gourmets! In summer, the Place du Vieux Marché is alive through the sea shanties.** To find out more about this historical and cultural city, a city tour is available at the tourist office. During your visit, you'll discover 15 exhibitions - a wonderful invitation to travel and discover the local heritage.



### SURPRISING DISCOVER THE MEDIEVAL PRISON!

In 1276, the Duke of Brittany established a law court in Saint-Renan.

Remnant of this time, the medieval cellar, discovered during works in 1968 in the shop **Le Corps de garde**, was a military prison in the 13th century. Come have a look!

Go up the street on your left on your way out and come around the **Ponant museum**. This museum displays the history, the art, the economy, the culture, and the life in the old days in the land of Léon.



### UNBELIEVABLE BUT TRUE!

In March 1834, Victor Hugo came to see his mistress Juliette Drouet in Saint-Renan. The latter, who was riddled with debts, left Paris and took refuge at her sister's. She lived in number 10 in the current Street Saint-Yves.



## ONE OF FRANCE'S MOST BEAUTIFUL DETOURS FOR 20 YEARS!

Listed among the most beautiful detours for 20 years, Saint-Renan captivates with its rich past and the current promotion of its heritage. Saint-Renan is a festive, gourmet, and dynamic city that has a lot of activities all summer long. Traditional musical evening, craft market and food court on Tuesdays, concerts on Fridays, market on Saturdays, many exhibitions, the Lake Festival on 19, 20, and 21 July, etc.

Saint-Renan deserves more than just a detour!





OUR PARTNERS AROUND YOU

SPORTING AND LUDIC ACTIVITIES

- ▶ Water park- Aqua West Park 07 72 55 50 29
- ▶ Cinema Le Bretagne 09 66 42 32 20
- ▶ Pen Ar Bed golf course 02 98 84 98 92
- ▶ Amusement park - La Récré des 3 Curés 02 98 07 95 59
- ▶ Laser Tag Expérience 06 98 37 73 53
- ▶ Swimming pool – Spadium Saint-Renan 02 98 32 44 00
- ▶ Wakeboarding - Wakepark Advance Ride 02 98 36 28 05

ART AND EXHIBITION

- ▶ Cyanotype - Mélanie Colin chez Pop Corn 06 65 55 19 24
- ▶ Pottery Coeur des arts 07 71 03 45 05

BAR

- ▶ Bar Le 84 - 02 98 38 63 04

FOOD BUSINESSES

- ▶ Tea, coffee, chocolate - Avel Cafés 02 98 32 66 41
- ▶ Biocoop Bio'Abers 02 98 32 61 02 (see p51)
- ▶ Bakery La Croustine 02 98 38 37 79
- ▶ Delicatessen - Breizhtalia 02 98 30 17 84
- ▶ Delicatessen - Le Corps de Garde - Les caves Adam 02 98 84 20 06
- ▶ Buther's, delicatessen, roisserie, caterer Maison Feuvrier 09 67 80 21 39

BOOKSHOP, TEA ROOM, ART GALLERY

- ▶ L'Équilibre du monde 09 77 58 56 03

BIKE RENTAL

- ▶ Saint-Renan Animations 06 47 22 08 48

FARM MARKET, FARM VISIT

- ▶ Keroudy farm 06 87 13 64 54

MUSEUM

- ▶ Ponant museum 02 29 02 86 92

PARKS AND GARDENS

- ▶ Saint-Renan exotic garden 06 60 96 35 98

HERITAGE

- ▶ Domaine de Keranflec'h (booking required, 10pers min) 06 87 68 84 45

LOCAL AND HOMEMADE PRODUCTS

- ▶ Coffee roaster - Avel Cafés 02 98 32 66 41
- ▶ Ice cream - Les glaces de Kergonc 06 75 28 71 95

RESTAURANTS

- ▶ Casa Vecchia 02 98 33 36 02
- ▶ Com' Chez Mamie 07 60 59 80 73
- ▶ La Brasserie de Saint-Renan 02 98 32 03 70
- ▶ La Maison d'Autrefois 02 98 32 67 91
- ▶ L'Atelier du 84, Bistrot & Burger 02 29 02 73 70
- ▶ Bar, restaurant - Le Café du Marché 06 66 56 13 03
- ▶ L'Expo 02 98 07 95 59
- ▶ Restaurant Partage ☺ ☺ ☺ & Hôtel Les Voyageurs\*\*\* 02 98 84 21 14 (see p53)

FAST FOOD

- ▶ Breizhtalia 02 98 30 17 84

MOVE AROUND

- ▶ Coach - Le Roux et Elorn Bus & Cars 02 98 84 23 23

SHOPPING

- ▶ Delicatessen - Algue et Chanvre 02 98 45 89 44
- ▶ Clothing - Armor-lux 02 98 84 33 47
- ▶ Tobacconist Saint-Renan 02 98 36 42 28

CATERER

- ▶ Caterer, event planner - Traiteur Garcia "organisation d'événements" 02 29 00 31 86

BIKE SALES, MAINTENANCE AND REPAIR

- ▶ Durant-Le Gléau 02 98 84 22 05



LA RÉCRÉ DES 3 CURÉS

Since its opening in 1989, the Récré des 3 Curés has become the largest amusement park in Brittany! Dozens of fun activities share a green setting of 17 ha.

From coloured tractors to the giant roller coaster as well as the Viking ride and Vertika, there is something for everyone. Since the open air makes you hungry, a food court is open all day long. Nice shared moments with family or friends are guaranteed in this amusement park!

laledes3cures.com



HIKING TRAIL FROM SAINT-HERVÉ TO SAINT-ERGAT 6 MILES

In this countryside of the Bas Léon, an oasis of solitude and silence, the shadowy fighters of the Kergoff Maquis prepared the liberation of the country. Along the way, you'll discover the village of Tréouergat, the Enez Rouz manor house, the Saint-Hervé hermitage, the Saint-Ergat fountain, the Pen ar Prat cross, and the Pont Prenn manor house.



▶ An easy-level trail Available in the guidebook "Le Pays d'Iroise... à pied"



▶ A 18-mile bike loop takes you along underwood paths to discover this heritage. 17 other loops are available in the Pays d'Iroise bike guidebook.



HORSE FESTIVAL ON SUNDAY, MAY 12

Every year in May, the Horse Festival of the small town of Tréouergat is a great convivial moment thanks to the surprising shows! Parade of horse-drawn carriages, show jumping, equestrian display, western riding, traditional bread and churned butter making, old tractors, and other events bring this beautiful day to life for the whole family!



SURPRISING THE SAINTS' CEMETERY IN LANRIVOARE

You'll find next to the parish church the graves of 7 847 saints. They are the reminder of a massacre of a community who converted to Christianity in the 5th century.

According to a legend, Saint-Hervé, the blind hermit of Lanrivoaré, begged for alms from a farmer who was taking his loaves out the oven. The latter refused. The hermit then turned the loaves into stones as a punishment.



*Rendez-vous at the most western point of mainland France!*

**DUE WEST**  
*Ploumoguier - Plouarzel*  
*Lampaul-Plouarzel*

**VISITOR'S NOTICE**  
 One of the most beautiful places on Earth. Enchanting colour change.

**CORSEN HEADLAND**

We are here at the world's end! At 180 degrees, you can see the islands of Molène and Ouessant, and nearby Segal island, which is a protected natural site. Located on the GR®34, the Corsen Point is a very pleasant place to go for a walk and is fully accessible to people with reduced mobility. A fun course leads to a viewpoint indicator. Live a very special moment by watching a unique sunset on the Molène archipelago and admiring the ballet of lights, lighthouses, and sea marks of the Iroise Sea. On the horizon, Ouessant and its 5 lighthouses take part in this magical moment!



**GOUEROU BEACH**  
 IN LAMPAUL-PLOUARZEL

Bodyboard lovers meet up on the Guerou rollers. All year round despite the wind and the swell, they will always be there.



**BEG AR VIR PENINSULA**  
 IN LAMPAUL-PLOUARZEL

Located between Porspaul port and Porsguen beach in Lampaul-Plouarzel, this peninsula has a magnificent panorama of the Iroise Sea and its islands. There is an orientation table all year round. Here, you'll find amazing evidence of the former activity of seaweed burning in basic ovens put directly on the ground.



**SAILING CLUB OF PLOUARZEL**

At the very tip of Iroise, sheltered between the island of Ségal and the Roches des Fourches, Porsman tranquil waters offer ideal sailing conditions for enjoying the pleasures of the sea, with the added bonus of a superb opening onto the islands of Molène and Ouessant. From July 8 to August 22, this club gives group lessons "Moussillons" for children from 6 to 9 years old and "Captain - Fun boat" from age 10. Porsman beach is awarded Blue Flag.

Details and registration: [npi.plougonvelin@ccpi.bzh](mailto:npi.plougonvelin@ccpi.bzh)  
 02 98 48 22 20 - [nautisme.pays-iroise.bzh](mailto:nautisme.pays-iroise.bzh)  
 Offers and online registration directly on the website

**PETITES FOLIES FESTIVAL**  
 ON 17, 18, AND 19 MAY

In its 12 years of existence, the Petites Folies festival has become a major musical event in Finistère, bringing together thousands of people between the beaches and dunes of Lampaul-Plouarzel on the eve of summer. On May 17, 18, and 19, the artists, audience, volunteers, and partners of the event are all looking forward to some great moments of sharing, with a vibrant line-up as usual!

[lespetitesfolies-iroise.com](http://lespetitesfolies-iroise.com)

## FORMER QUARRIES OF KERGLONOU IN PLOUARZEL

An interpretive trail running alongside the aber explains the history of granite mining and quarrying in the region. Find out more about the tools and how people lived in that time. Open all year round.



## KERLOAS MENHIR IN PLOUARZEL

Dating back some 4,000 years, the Kerloas menhir, and its 9,50 metres, is the highest megalith currently standing! It lies in the countryside between Plouarzel and Saint-Renan. Its peak was struck by lightning.

### A LEGENDARY LOCATION

Once upon a time, newlyweds came naked to rub their bellies against the bumps of the menhir, the wife on one side, the husband on the other. The man was certain of having male offspring, the woman of ruling her husband as she pleased.

The legend also tells of a hidden treasure, visible only on Christmas Eve. The legend says that at the first stroke of midnight, the menhirs ran to the ocean to drink. But by the time the twelfth stroke sounded, they were already back in their place, stoic, immobile, impervious to the ravages of time. And woe betide the unwary who, dazzled by the unveiled riches, had forgotten the hour; they were crushed.

*Engrave every moment in your memory, not on the stones*



VISITOR'S NOTICE

An inspiring place. Beautiful, simple, calm

## LOCMEVEN CHAPEL IN PLOUMOGUER

This bucolic chapel, known as the "shipwrecked" church, is a jewel of sacred art. If you wish to find it, continue your journey along the GR@34 to the north from the cliff of Brenterc'h and walk 500 m to a large staircase. The water from its fountain is said to cure scabies and skin diseases.



### UNBELIEVABLE BUT TRUE!

### THE CLIFF OF BRENTERC'H IN PLOUMOGUER

Along the cliff, a 30-metre vein of dark stone takes you on an incredible journey back in time.

These dolerites (magmatic rocks) are quite young: only 200 million years old!

They are thus the latest stage of the Armorican massif formation. We can find them not only in Locmaria-Plouzané but also in Canada, Brazil, and Liberia. They keep the memory of the time when they were all neighbours, before the Atlantic Ocean was formed.



## KERVÉATOUX CASTLE IN PLOUARZEL

Near the menhir, hidden among the trees between Plouarzel and Saint Renan, the Kervéatoux castle opens its gardens to you. The de Taisne family, who have owned the property for generations, organises 1 hour of fun and historical guided tours of the gardens of this romantic château.

[Kerveatoux.fr](http://Kerveatoux.fr)



### OUR PARTNERS AROUND YOU

#### SPORTING AND LUDIC ACTIVITIES

- ▶ Golf des Abers 02 98 89 68 33
- ▶ Kart Ouest 02 98 89 34 40
- ▶ Pony Club Blue Nash 02 98 89 30 05

#### BEEKEEPER

- ▶ Les Abeilles du Corsen 06 21 01 56 44
- ▶ Miel Iroise EARL Le Ru 06 22 40 38 85

#### ART AND EXHIBITION

- ▶ Riou Jean-Noël 02 98 84 06 74 - 06 89 67 99 43

#### DISCOVERY WALKS

- ▶ Atelier Eco'Lau 06 10 80 75 20
- ▶ Iroise Sauvage 06 99 41 39 25

#### FOOD BUSINESSES

- ▶ Butcher's « Au Bout du Monde » 02 29 00 31 27
- ▶ Bakery - Boulangerie du Menhir 02 98 89 60 03
- ▶ Greengrocer's shop, cheesemonger, butcher's - Chez Josette, du champ à l'assiette 02 98 02 17 23

#### CRÊPES, BISCUITS, CAKES

- ▶ Chez Nanny, La cabane à crêpes 06 27 25 56 51

#### RELAXATION AND WELLNESS

- ▶ Massage, manual therapy - Les Galets Bleus 06 70 54 35 56
- ▶ Yoga, sophrology, nutrition 06 14 87 25 86

#### BIKE RENTAL

- ▶ Tourist office of Plouarzel 02 98 38 38 38

#### SEA LEISURE

- ▶ Sailing club - Plouarzel (Porsman) 02 98 48 22 20

#### PARKS AND GARDENS

- ▶ Kervéatoux castle 06 99 73 96 78

#### HERITAGE

- ▶ Trézien lighthouse 02 98 38 30 72 - 06 86 31 03 47

#### MICROBREWERY

- ▶ Brewery Arvarus 09 81 00 11 08 (Friday evenings at the Messoufflin farm)
- ▶ Brewery F-orge 06 69 72 69 48

#### DIRECT SALES, FISH AND SHELLFISH

- ▶ Annaëlle - Ventes privées du pêcheur 06 50 28 98 55

#### RESTAURANTS

- ▶ Bar, restaurant - L'Auberge du Môle 02 98 84 00 34
- ▶ Le Chaudron de Lanfeust 02 98 45 11 89
- ▶ Le Dorlan 02 98 03 15 59
- ▶ Trébor 02 98 03 56 75

#### CROSSING OF THE ABER ILDUT BY BOAT (5 MIN)

- ▶ Phine la passeuse 02 98 04 04 98 - 06 31 93 58 71

# SPOTLIGHT ON "LABER" GRANITE

PLOURIN

BRÉLÈS

LANILDUT

KERGROADEZ CASTLE

THE ABER ILDUT

The quarrying of granite was one of Aber Ildut harbour's main sources of wealth. It supplied the stones for the pedestal of the obelisk of Luxor in Paris, the London docks, and several Iroise lighthouses. The granite takes pride of place in Lanildut in the Rumorvan district, which means the path of the seamen. Here, you can find the splendid houses of former merchant captains. Nearby, a 23-metre replica of the obelisk stands for the savoir-faire of the former quarry workers.

## SEAWEED FORUM

SUNDAY, 28 JULY

During this event, seaweed will reveal all its secrets through a wide range of activities, including demonstrations of the ancient practices of burning seaweed, hauling seaweed up on horseback, the current use of scoubidou, and tasting seaweed products.



## STROLL AROUND THE ABER ILDUT

The Aber Ildut is a haven of peace in direct touch with the Iroise Sea. At the end of the 18th century, twice as many merchant ships were fitted out here as in Brest. Nowadays, the harbour welcomes the pleasure sailors, the goémoniers, and the shipping companies, which do the crossings to Molène and Ouessant.

The hiking trail "Along the Aber Ildut" takes you around the Aber Ildut river. Along the way, you'll discover the Seaweed House, the maritime heritage of the aber, the Kerglonou site and its granite quarries, the Pont Rheun, the Bel Air manor, the heritage of La Franchise, and granite townhouses.

Go kayaking in a bay sheltered from the wind and the swell. You'll be able to enjoy the riches of the Aber Ildut, its flora and fauna, as well as its history.

You can rent a kayak at the Boutique du Crapaud 02 98 04 30 79



**GUIDED EXCURSIONS "KAYAKING ALONG THE ABER ILDUT" ON THE FOLLOWING DATES:**

- 17/07 from 2pm to 4pm
- 25/07 from 9:30am to 11:30am
- 31/07 from 2pm to 4pm
- 7/08 from 9:30am to 11:30am
- 14/08 from 2pm to 4pm

Details and booking: 02 98 48 76 23 - [npi.ploudalmezeau@ccpi.bzh](mailto:npi.ploudalmezeau@ccpi.bzh) - [www.nautisme.pays-iroise.bzh](http://www.nautisme.pays-iroise.bzh)

## FROM THE ABER TO THE COUNTRYSIDE

Bréles - Lanildut - Plourin

*Guides enchant visitors and that's not a legend*

## MAISON DE L'ALGUE IN LANILDUT A NEW SET DESIGN

The Seaweed House opens its doors to you! The museum is located in Europe's 1st seaweed unloading port and a stone's throw from the continent's largest kelp field. Discover one of the region's most emblematic activities through an immersive, interactive tour, archive images, and a collection of objects, past and present, used to harvest the precious Laminaria Digitata and Hyperborea. These seaweeds are being used in unexpected fields. Essential in the food-processing industry, they are also used in cosmetics, pharmaceuticals, and textile dyeing! A wide range of activities are organised throughout the year around seaweed and the marine environment: cooking workshops, harvest outings, etc. More details on site or by phone: 02 98 04 04 98.

The Seaweed House welcomes you all year round. Seven days a week in July and August. Full opening times and days on [iroise-bretagne.bzh](http://iroise-bretagne.bzh)



Kergroadez castle - Brélès



## KERGROADEZ CASTLE

IN BRÉLÈS

The classical castle of Kergroadez was built between 1602 and 1613. It combines the 16th century architecture and the Louis XIII style. You can visit it and take part in a wide range of events : a tree-filled path and a labyrinth, escape room, murder mystery parties, guided tours of the vegetable garden, concerts, fun tours for children, candlelight night tours, storytelling tours, etc.

[kergroadez.fr](http://kergroadez.fr)



### SURPRISING JUSTICE COLUMNS

Not far from the castle stand the Justice Columns in Plourin.

These four columns framed a gibbet that symbolised the right of justice of the seignery of Kergroadez.



### HIKING TRAIL "THE WITCH'S MENHIRS" IN PLOURIN 5,60 MILES

Choose quality hiking with official circuits marked and maintained by the Fédération Française de Randonnée du Finistère and Pays d'Iroise Communauté. Along the way, you'll discover the village of Brélès, the menhirs of Kergadiou and the Aber Ildut ria.

Legend has it that the menhir was stolen from a witch in Scotland. The furious witch took a second menhir and threw it in the direction of Kergadiou, but her throw proved too short by around 60 metres.



### SOAP FACTORY

### ROUTE MANDARINE IN LANILDUT

Located on the port of Lanildut, Route Mandarin makes cosmetics with natural ingredients, combining softness and efficiency with sensory appeal. The perfumes created by Tiphaine are unique in order to delight you at the maximum. Route Mandarin is Finistère's first soap factory. It was founded in 2011. Each product is invented, designed, and made in the workshop. Discover production techniques on a guided tour (booking required). The shop is open Mondays to Saturdays.

11 Route du Crapaud - Lanildut

Guided tour booking: [www.route-mandarine.com](http://www.route-mandarine.com)

Shop details : 09 75 22 91 10 - [contact@route-mandarine.com](mailto:contact@route-mandarine.com)



### OUR PARTNERS AROUND YOU

#### ART AND EXHIBITION

► Atelier le Verre Opaline 06 25 73 48 75

#### DISCOVERY WALKS

► Diaphnat Photographie 06 47 87 65 65

#### IROISE SEA TOUR

► Finist'mer Excursions 02 53 35 29 97 - 06 70 26 03 14

#### BAKERY - SOLAR OVEN

► Bruzhun 07 67 07 28 66

#### SHIPPING COMPANY

► Finist'Mer (departure from Lanildut and Le Conquet) 02 98 89 05 95 (see p25)

#### EQUIPMENT RENTAL

► Bike and kayak - La Boutique du Crapaud 02 98 04 30 79

► Rigid inflatable boat - Le Chantier naval du Crapaud 02 98 04 42 73

#### SEA LEISURE

► Madéo Plongée 07 88 60 27 98

#### MUSEUM

► Seaweed House 02 98 04 04 98

#### HERITAGE

► Castle and gardens of Kergroadez 06 49 70 97 40

#### RESTAURANTS, BARS

► L'Abri Côtier 02 98 36 30 18

► L'Auberge de la Mer 02 98 04 43 90

#### SHOPPING

► Delicatessen, clothing - La Boutique du Crapaud 02 98 04 30 79

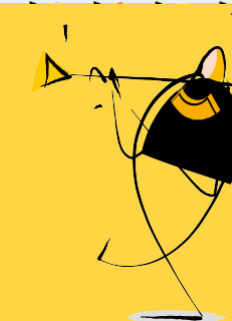
► Soap factory - Route Mandarin 09 75 22 91 10 (see p41)

#### CROSSING OF THE ABER ILDUT BY BOAT (5 MIN)

► Phine la passeuse 02 98 04 04 98 - 06 31 93 58 71

#### COMPANY VISIT

► Soap factory - Route Mandarin 06 42 05 06 01 (see p41)



### BRETON WEDDING OF BRÉLÈS THURSDAY, 15 AUGUST

The coast is wilder than its inhabitants



TOURIST ROUTE

SAINT-SAMSON CHAPEL

LANDUNVEZ

SAINT-LAURENT PENINSULA

PORSPODER

**TAKE YOUR BREATH AWAY!**  
Landunvez - Porspoder

Saint-Samson chapel



## SAINT-GONVEL, SAINT-SAMSON, NOTRE DAME DE KERSAINT

The association for the Protection of Landunvez Chapels ([chapelleslandunvez.fr](http://chapelleslandunvez.fr)) takes care of these three near-shore treasures. Thanks to the volunteers, these outstanding chapels welcome you for a moment of contemplation or reverie.

- ▼ **SAINT-GONVEL CHAPEL**  
 16th century - "the sailors' chapel": nestled in a green setting near the port of Argenton, it's close to the GR@34 and the half-buried dolmen of Saint-Gonvel.
- ▼ **SAINT-SAMSON CHAPEL**  
 17th century - "a precious landmark for the fishermen": this gem has a marvellous view of the ocean.
- ▼ **NOTRE DAME DE KERSAINT CHAPEL**  
 15th/20th centuries - "the legendary": thanks to the stained-glass windows and the statues inside, you'll discover the legend of Saint-Tanguy and his sister Sainte-Haude. In summer, the Cycle Musical de la Chapelle de Kersaint does concerts inside the chapel.

**📅** These three chapels are open every day from April to October from 10am to 6pm, and open every Sunday all year round from 10am to 6pm.

Saint-Ourzal chapel



In Porspoder, the chapels of Sainte-Anne, Saint-Ourzal, and Saint-Léonor (Larret) welcome you for temporary exhibitions.



## SNSM STATION

**SOCIÉTÉ NATIONALE DE SAUVETAGE EN MER  
NATIONAL SEA RESCUE ASSOCIATION**

In Iroise, the SNSM station of Argenton-Lanildut-Porspoder as well as the stations of Le Conquet, Molène, and Portsall are on deck 24/7. Even though these sea heroes are there for you, they're counting on you to be careful! Inform yourself before setting sails.

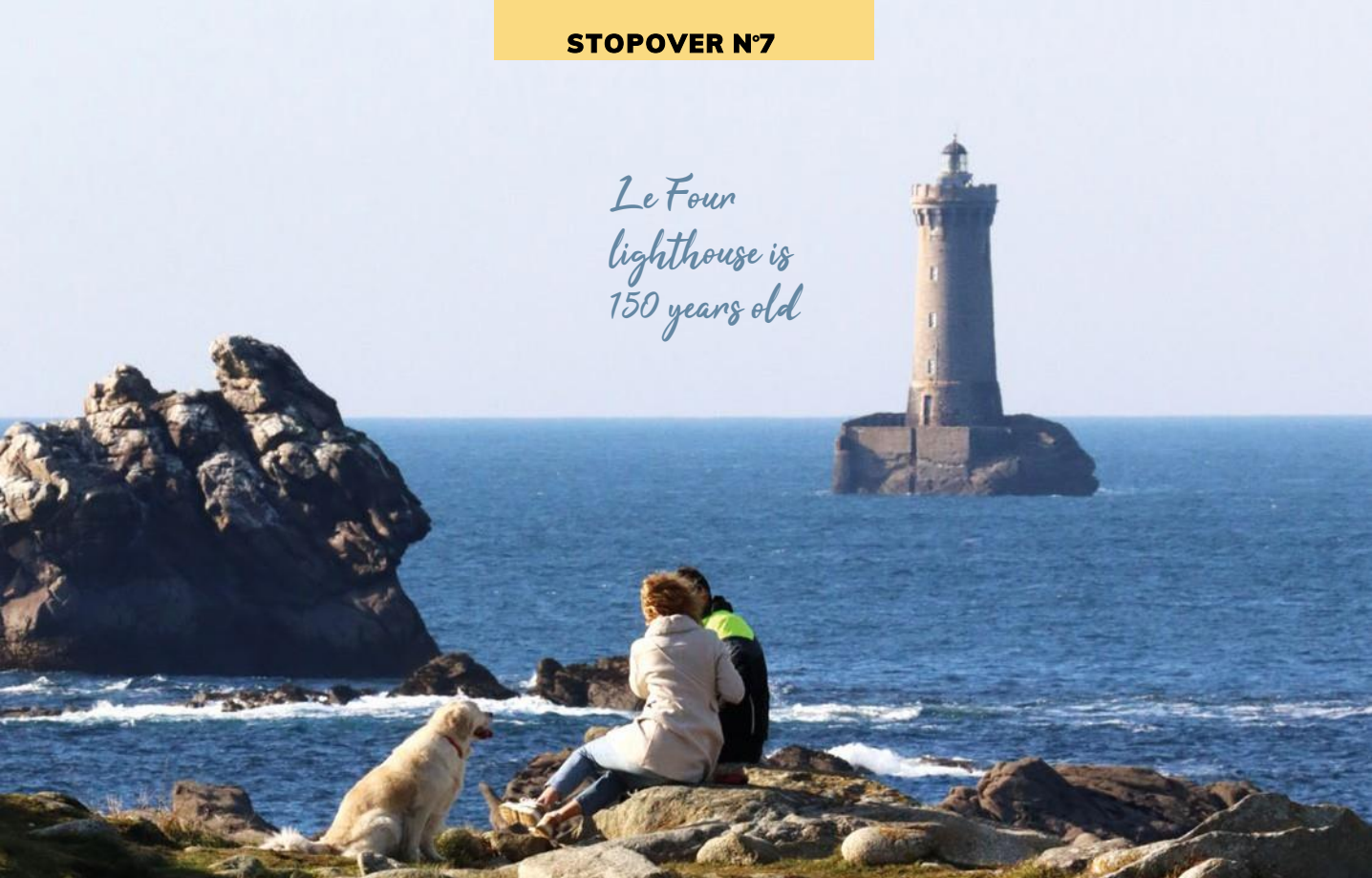
**📞** If you have any problem, call 196



## MAZOU PORT IN PORSPODER

Sheltered from swell, Mazou is one of the last ports anchored on wooden stakes - one of those havens you'd like to keep to yourself.

*Le Four lighthouse is 150 years old*



**SAINT-LAURENT PENINSULA IN PORSPODER**

Here, wild flowers and relics sprout from the rocks, while a special light haloed the Four lighthouse offshore. In short, it's wonderful: you'd almost come to Iroise just to stroll around here! You can walk around it in 1 hour, or more if you're curious, without leaving the paths to preserve it.



**ESTI'VENT FESTIVAL SATURDAY, 20 AND SUNDAY 21, JULY**

French and world kite champions, competitors of various nationalities, and a host of enthusiasts will be flying over a hundred kites in the sky above Porspoder! A colourful event not to be missed on 20 and 21 July!



**PORSPODER TENNIS CLUB**

Porspoder tennis club offers courses for children during all school holidays, as well as Multi-Chance Tournaments (MCT) for women and men. Benefit from the support of Kévin and Damien, who are qualified instructors, and two assistants-instructors. The International Open Tournament takes place from 20 July to 2 August. The whole team will be delighted to welcome you in a friendly, dynamic, and sporting atmosphere.

The club is open all year around. Hourly court rental for holidaymakers.

19 rue du Lehou - Porspoder  
06 76 17 42 05 - [tennisclubdeporspoder@gmail.com](mailto:tennisclubdeporspoder@gmail.com)  
[www.tennisclubporspoder.com](http://www.tennisclubporspoder.com)



**PENFOUL BEACH IN LANDUNVEZ**

This spot surrounded by cliffs is a beautiful family beach. At high tide, the view is breathtaking - you have to walk 700 m to find the sea! As it rises over this expanse, the waves are a delight for surfers and stand-up paddleboarders alike. The sheltered upper part of the beach is perfect for families.

**OUR PARTNERS AROUND YOU**

**SPORTING ACTIVITIES**

► Porspoder tennis club 06 76 17 42 05 - 06 75 72 55 23 (see p45)

**BAR, TEA ROOM AND ICE CREAM MAKER**

► Motionless boat - Le No Name 02 21 74 64 89

**BAKERY, TEA ROOM, ICE CREAM MAKER**

► Le Fournil du Port 02 98 89 90 31

**FOOD BUSINESSES**

► Bakery - Pain des Abers 02 98 48 01 87  
► Delicatessen - Maison du goût breton 02 98 32 43 93

**RELAXATION AND WELLNESS**

► Aezhenn Massages 06 09 11 61 34  
► Taylor-made massage - Effleurâme 06 32 89 05 99  
► Le Château de sable\*\*\*\* Eco Hôtel Restaurant - Wellness area 02 29 00 31 32  
► Ô bien-être massage 06 20 10 04 34

**GALLERY, BOOKSHOP**

► Le Chenal 02 98 89 54 36

**EQUIPMENT RENTAL**

► Bike, Delivery in Iroise and Brest - Les Frères Complices 06 95 37 90 96 - 06 46 12 37 54  
► Click and paddle. Delivery Porspoder and surrounding area - Paddle Iroise 06 85 22 32 28

**SEA LEISURE**

► Surf, bodyboard, paddleboard, longboard, foil - Ecole de Surf Sweet Spot 06 86 14 18 69

**FARM MARKET**

► Jardin des Saveurs 06 02 23 05 67

**WATER SPORTS, WORK GROUP: WELLNESS, GASTRONOMY, FLORA, FAUNA**

► Sailing club - Landunvez (Argenton) 02 98 89 54 04

**LOCAL AND HOMEMADE PRODUCTS**

► Biscuit factory - Biscuiterie des Abers 02 98 89 92 74  
► Beekeeping - L'abeille de la mer d'Iroise (company visit) 06 28 36 59 79

**RESTAURANTS**

► Le Château de Sable \*\*\*\*- Éco Hôtel Restaurant - La Dune & Le Rivage (cuisine bistrannique) 02 29 00 31 32  
► Restaurant, bar, salon de thé - Le Chenal 02 98 89 54 36  
► Les Chardons Bleus 02 98 89 40 34

**MOVE AROUND**

► Taxi Alba 02 98 89 40 12

**Dates for shore fishing outings:**  
 ▼ 08/07 from 1pm to 3pm  
 ▼ 22/07 from 1:30pm to 3:30pm  
 ▼ 23/07 from 1:30pm to 3:30pm  
 ▼ 06/08 from 1pm to 3pm  
 ▼ 07/08 from 1pm to 3pm



**SAILING CLUB OF LANDUNVEZ**

From 8 July to 15 August, the sailing club "l'Arc'hantel", located on the port of Argenton in Landunvez, does courses: "Jardins des mers" (4-5 years old) and "Moussaillons" (6-7 years old). The sailing club also hosts a wide range of leisure activities throughout the summer: sophrology, meditation, perfume creation using essential oils, discovery tours, aquatic walks, pilates, seaweed cooking, snorkelling, shore fishing, etc.

Details and registration on [nautisme.pays-iroise.bzh](http://nautisme.pays-iroise.bzh) or on site.  
Other information: 02 98 89 54 04 - 02 98 48 76 23

*In Portsall,  
ascend and  
admire the boats  
procession*



# LAND OF SAILING

*Lampaul-Ploudalmézeau  
Ploudalmézeau*



## A GIANT OIL TANKER!

The length of the supertanker Amoco Cadiz equalled the distance between the O'DonNeil Pub and the anchor displayed on the port, i.e. 334 metres!



Amoco Cadiz anchor

## MUSEUM SPACE

**ANCRE AN EOR – IN THE WAKE OF THE AMOCO CADIZ**

“The worst part was the silence.  
We couldn’t hear the sea or the birds”  
Alphonse Arzel, former senator-mayor of Ploudalmézeau

16 March 1978: the Amoco Cadiz sank off the coast of Portsall and discharged 227 000 tonnes of oil at sea along the 223 miles of coastline. Outcome: tens of thousands of birds were oil-covered, 30% of the fauna and 5% of the flora were destroyed over an area of 1,300 square kilometres, the economic death of a part of the region. It’s “the oil slick of the 20<sup>th</sup> century.”

The museum space “In the wake of the Amoco Cadiz” recalls the circumstances of this catastrophe, the strong mobilisation, the consequence, and the fight of the elected representatives. Discover the measures implemented after this dreadful oil slick, especially the adjustment of the Ouessant rail and the application of the Polluter Pays Principle.

This museum is also a place of pilgrimage for many who remember the era that left a mark in people’s minds.

The anchor, a true symbol of this tragedy, is displayed on the port. It points at the dangerous area where the Amoco sank.

Ancre An Eor – Portsall port – Ploudalmézeau – 02 98 38 38 38



## BLEU PÉTROLE

Discover the comic book *Bleu Pétrole*. On sale at your tourist offices in Ploudalmézeau and Portsall



## COMING TO YOUR SCREENS IN JUNE



After a long fight led by Alphonse Arzel, the American oil company Standard Oil was ordered to pay 225 million of French franc to the cities affected by the pollution.

Don’t miss the documentary series paying tribute to the man who embodied a Brittany that never gives up.



## DIVING EXCURSIONS

Korejou Plongée in Saint-Pabu (06 30 91 75 77) and Madéo Plongée in Lanildut (07 88 60 27 98) often organise guided excursions to see this mythical wreck. Ask for more information at the tourist offices!



*A sailing full of emotion and intensity*



## SAILING CLUB OF PLOUDALMÉZEAU

Located on the port of Portsall, the sailing club of Ploudalmézeau welcomes you Monday to Thursday from 22 to 25 April and every day from 1 July to 30 August.

Its diversified waters allow you to sail in a safe and sheltered bay. Initiated, you'll discover the open sea and the Portsall rocks, which are just one nautical mile away from the home of a colony of seals and a multitude of seabirds. A sailing experience full of emotion and intensity.

### COURSES

Nautisme en Pays d'Iroise offers a wide range of supervised activities from age 4: jardin des mers, moussaillons, optimist, funboat, catamaran, windsurfing... there is something for everyone!

### RENTAL AND PRIVATE LESSONS

Would you like to sail freely on the latest equipment? Or enjoy your favourite sport completely independently? Go to the rental point to choose your craft: windsurf board, catamaran, kayak, paddleboard... for an hour or more!

[npi.ploudalmezeau@ccpi.bzh](mailto:npi.ploudalmezeau@ccpi.bzh) - 02 98 48 76 23 - [nautisme.pays-iroise.bzh](http://nautisme.pays-iroise.bzh)



*Camper van parks in Iroise*

## AREAS FOR CAMPER VANS

A new 48-space motorhome park has opened in Tréompan. Thanks to this new area and Kerros park in Portsall, 88 parking spaces are now available in Ploudalmézeau.

## NEW IN 2024 THE ROSALIE IN IROISE

Between Portsall and Lampaul-Ploudalmézeau, the ROSALIE 5 seats (3 adults + 2 children) will complete the range of soft mobility options of the company Les Frères Complices. A fun and sporty way to get around in a pedal car! You can rent it from one hour to two at the most.

A 3-mile compulsory route will be presented when you'll take the Rosalie. You'll ride along the coast, passing by incredible beaches: Pors ar Vilin, Porsguen, Carn, Tréompan or the Trois Moutons beach.

[06 46 12 37 54](http://06.46.12.37.54)



**VISITOR'S NOTICE**  
A paradise of flowers, scents and colours. Hydrangea and roses take pride of place.

## MOULIN NEUF BOTANICAL AND ANIMAL GARDEN IN PLOUDALMÉZEAU

The Moulin Neuf garden in Ploudalmézeau is an amazing place to discover. Here, you can find a rose garden and a castus garden, aquatic plants, animals, and two playgrounds for children!

Don't miss the Flower Festival on Sunday 19 and Monday 20 May!

## CLIMB THE BELL TOWER OF THE SAINT POL AURÉLIEN CHURCH!

Why not have a look at a breathtaking view from the church tower in Lampaul-Ploudalmézeau? In summer, guided tours are available on Tuesdays and Saturdays.



The Maison des Abers in Saint-Pabu is an interpretation centre for discovering the abers and a place for environmental education.

[02 98 89 75 03](http://02.98.89.75.03)



## OUR PARTNERS AROUND YOU

### ART AND EXHIBITIONS

► La Poterie d'Art 07 67 99 39 12

### BAKERY, TEA ROOM, ICE CREAM MAKER

► Pain des abers 02 98 48 77 38

### FOOD BUSINESSES

► Bakery - Boulangerie des Abers 02 98 48 10 20  
► Delicatessen, wine merchant, brewery - Les caves Adam 02 98 48 10 72

### RELAXATION AND WELLNESS

► Océan Yoga 06 51 03 10 75

### EQUIPMENT RENTAL

► Bike, delivery in Iroise and Brest - Les Frères Complices 06 95 37 90 96 . 06 46 12 37 54  
► Bike - Tourist information centre of Ploudalmézeau 02 98 38 38 38  
► Bike - Ancre An Eor museum 02 98 38 38 38  
► Rosalies - Les Frères Complices 06 95 37 90 96 . 06 46 12 37 54  
► Paddleboard, windsurf board, catamaran, kayak - Sailing club of Ploudalmézeau - Portsall 02 98 48 76 23

### SEA LEISURE

► Aquatic walk - C.N.P.K 02 98 48 77 49  
► Sailing club - Ploudalmézeau (Portsall) 02 98 48 76 23

### MUSEUM

► Ancre An Eor, In the wake of the Amoco Cadiz 02 98 38 38 38

### PARKS AND GARDENS

► Moulin Neuf botanical and animal garden

### PRODUCER

► Seaweed - Algo'manne 06 37 86 17 27

### RESTAURANTS

► La crêperie Le Château d'Eau 02 98 48 15 88  
► Le Beg Ar Mor 09 66 92 38 49  
► Le Chidourn 02 98 48 14 00  
► Le Neuf 02 98 48 16 22



# A GOURMET DESTINATION

*with iodine flavours!*

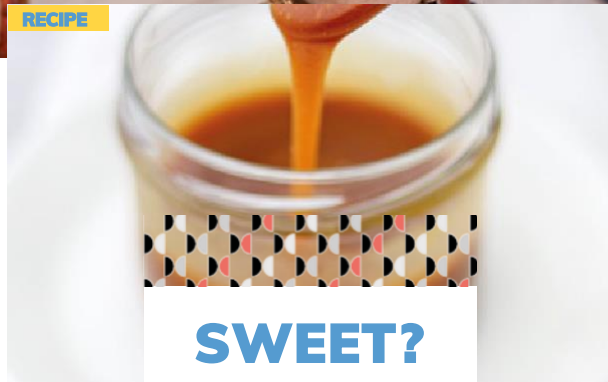


## MAISON LEGRIS

ARTISAN OF THE SEA / OYSTER BAR

Artisan of the sea since 1986 in the heart of the Lilia Archipelago, Maison Legris delights oyster lovers and the curious who come to indulge in new culinary sensations. Enjoy a sea-facing terrace, ideal for contemplating the sunset and the environment of the abers coast while savouring the iodised flavours of Legris oysters and our various local products. Signature dishes such as abalone, hot-smoked salmon, and our famous oyster gratin will also delight your taste buds.

20 Kastell Ac'h, Plouguerneau - 02 98 04 56 87  
[info@legris.bzh](mailto:info@legris.bzh) - legris.bzh



## SWEET? SALTED CARAMEL

80 g of salted butter, 160 g of sugar, 1 tablespoon of water, 20 cl of single cream

Poor the sugar and water in a small pan and cook over medium heat until the sugar darkens in golden. Remove the pan from heat. Heat the single cream, and off the heat, add the golden caramel to the cream gradually while stirring swiftly. Still off the heat, add the butter and mix well. Replace over heat until it reaches a smooth consistency. The caramel will thicken as it cools.



## BIOCOOP BIO ABERS

Located in Saint-Renan, the Biocoop Bio Abers store offers a wide choice of 100% organic products. You'll find seasonal fruits and vegetables, fresh produce, and bulk goods (food, hygiene, and cleaning products). The team will be delighted to serve you with bread, cheese by the slice, and delicatessen products in an extensive, mouth-watering department. At Biocoop, we favour local products produced within 93 miles of the store (over 80 local producers) or fair trade products from France and the North/South.

The team welcomes you from Monday to Saturday  
 From 9am to 7pm in the Mespaol area in Saint-Renan  
 02 98 32 61 02 - [bio-abers@finisterra.fr](mailto:bio-abers@finisterra.fr) - finisterra.fr



## LES DÉLICIES DE LANVENEC

Located in Locmaria-Plouzané, near beaches, on the road to the islands of Molène and Ouessant, the artisan bakery Les Délices de Lanvenec has a traditional range of homemade products, snacks, and Breton pastries, including its registered trademark, the Kouign-Bihan. As often as possible, it works with local, short-circuit products. The shop is open every day from 6:30am to 7pm (except Tuesdays).

LD Kerfily 3695 Route du Conquet • Locmaria-Plouzané  
 02 29 00 89 38 • [lesdelicesdelanvenec@orange.fr](mailto:lesdelicesdelanvenec@orange.fr)



## THAT'S LOCAL!

### SEAWEED

▶ Algo'manne 06 37 86 17 27 . Ploudalmézeau

### BEEKEEPERS

▶ L'abeille de la mer d'Iroise 06 28 36 59 79 . Porspoder  
 ▶ Les Abeilles du Corsen 06 21 01 56 44 . Plouarzel  
 ▶ Miel Iroise EARL Le Ru 06 22 40 38 85 . Plouarzel

### BISCUIT FACTORY

▶ Biscuiterie de la Pointe Saint-Mathieu  
 02 98 30 30 98 . Plougonvelin  
 ▶ Biscuiterie des Abers 02 98 89 92 74 . Porspoder

### BAKERY

▶ Bruzhun 07 67 07 28 66 . Lanildut

### BREWERY

▶ Microbrewery- Brasserie Arvarus  
 09 81 00 11 08 . Ploumoguier  
 ▶ Microbrewery - Brasserie F-orge 06 69 72 69 48 . Plouarzel  
 ▶ La Brasserie des Abers 02 98 48 10 72

### CRÊPES, BISCUITS, CAKES

▶ Chez Nanny, La cabane à crêpes 06 27 25 56 51 . Plouarzel

### ICE CREAM MAKER

▶ Les glaces de Kergonc 06 75 28 71 95 . Tréouergat

### FARM MARKET

▶ Jardin des Saveurs 06 02 23 05 67 . Landunvez  
 ▶ La ferme de Keroudy 06 87 13 64 54 . Milizac-Guipronvel  
 ▶ La ferme de Penzer 06 59 92 39 77 . Le Conquet  
 ▶ La ferme de Quéménès (online sale)  
 06 30 61 27 48 . Island of Quéménès  
 ▶ Le potager de Saint-Mathieu 06 77 78 67 64 . Plougonvelin  
 ▶ Ty Gwen Légumes 06 26 21 40 92 . Le Conquet

### SEAFOOD

▶ Abalone - France Haliotis 02 98 37 17 39 . Plouguerneau  
 ▶ Oyster- Huîtres Legris 02 98 04 56 87 . Plouguerneau

### DIRECT SALES - FISH, CRAB

▶ Annaëlle - Fisherman's private sale  
 06 50 28 98 55 . Plouarzel  
 ▶ Fishing boat Kervouroc 06 59 85 99 29 . Le Conquet  
 ▶ Fishmonger's La Conquetoise 06 66 28 08 59 . Plougonvelin

### CRAFT ROASTER

▶ Avel Cafés 02 98 32 66 41 . Saint-Renan



# TICKLE YOUR TASTE BUDS

*and share tasty moments with friends and family!*



RECIPE

## OR SAVOURY?

# POTTED FISH WITH SEA BEANS

270 g of fish fillets (sardine, mackerel, etc), ideally fresh or from a can, 1 tablespoon of finely chopped parsley (or sea parsley), 1 finely chopped shallot, 40 g of cooked sea beans, 20 g of butter, a squeeze of lemon, salt, pepper, and spices according to taste.

Remove the fish bones and oil, then mash it with a fork to obtain a smooth paste. Add all the ingredients and mix it. You can replace the butter with a soft cheese. Finish by adding sea beans.

Serve on toasts as an appetiser. Bon appétit!



## THE KIG HA FARZ

Don't leave Iroise without trying our local dish: the *kig ha farz*, literally "meat and far" in Breton.

This pot-au-feu from Léon consists of vegetables, meat, black and white "farz" cooked in cloth bags. It is simmered for at least two hours, and served with a delicious sauce of salted butter and shallots called "lipig." And since seafood is a staple of our local cuisine, some restaurants serve an other option: the *pesk ha farz*, the *kig ha farz* from the sea! [Ask your tourist office for the recipe and the restaurants to eat it!](#)



You can find the list of our restaurant partners throughout this guide, on the Iroise tourist map, and on our website.



## TAVERNE DE KERMORVAN

The Tavernes de Kermorvan awaits you at the end of the Finistère! Facing the Kermorvan peninsula, a dedicated team welcomes you in a unique place, where three atmospheres get together: a calm bar, a restaurant only using fresh products, and an open-air bar. Its only goal is to make sure you have a great time!

The concerts, theme evenings, and sports broadcasts enliven this joyful and relaxed bar! Don't forget to book your restaurant!

18 rue Saint-Christophe - Le Conquet  
02 98 32 58 79 - [tavernedekermorvan.fr](http://tavernedekermorvan.fr)



## RESTAURANT PARTAGE LES VOYAGEURS \*\*\* HOTEL

Located in the small medieval city of Saint-Renan, the restaurant PARTAGE is worth a visit. It was awarded 3 toques (the chef's hat) by the Gault&Millau restaurant guide. The original concept conceived by the chef Julien Marseault, who has been several times awarded Michelin stars, has a lot going for it. Comforting and generous dishes are made from fresh and local products, and they are served in a warm and calm atmosphere. That's the restaurant's promise: a will to bring you back to the essential, the simple pleasures, and the right flavours. The chef also offers a 7-course "Inspiration" menu for those who want to rediscover the spirit of a gourmet restaurant.

You could also stay at the hotel les Voyageurs to extend this fine gourmet break.

16, rue Saint-Yves • Saint-Renan - 02 98 84 21 14  
[lesvoyageurs2@wanadoo.fr](mailto:lesvoyageurs2@wanadoo.fr)  
[restaurantpartage.com](http://restaurantpartage.com) • [hotelvoyageurstrenan.com](http://hotelvoyageurstrenan.com)



## IT'S MARKET DAY!

### TUESDAY

▶ LE CONQUET Place de Llandeilo · all year round · 9am to 1pm

### WEDNESDAY

▶ LANDUNVEZ Port of Argenton · July and August · in the morning

### THURSDAY

▶ LAMPAUL-PLOUARZEL Place de la Poste · all year round 9am to 1pm

### FRIDAY

▶ PLOUDALMÉZEAU Centre · all year round · in the morning  
▶ PLOUMOGUER Ferme de Messouffin · all year round · 5pm to 7pm

### SATURDAY

▶ SAINT-RENAN Centre · all year round · 8am to 1pm

The largest market in Finistère with nearly 300 stallholders. Renowned gourmet break · Concerts in summer

### SUNDAY

▶ PLOUGONVELIN Trez Hir · all year round · in the morning

### FARM MARKETS

- ▶ La Ferme de Keroudy (Milizac-Guipronvel) Fridays and Saturdays from 9am to 12pm and 2pm to 6:30pm
- ▶ Le potager de Saint-Mathieu (Plougonvelin) Fridays evening from 4pm to 7pm
- ▶ La Ferme de Penzer (Le Conquet) Mondays and Wednesdays from 5pm to 7pm · Fridays and Saturdays from 4pm to 6:30pm
- ▶ Ty Gwen Légumes (Le Conquet) Wednesdays and Fridays from 5pm to 7pm and Saturdays morning from 10am to 12pm
- ▶ Le Jardin des Saveurs de Trémazan (Landunvez) Tuesdays and Saturdays from 9am to 12:30pm, Wednesdays and Fridays from 9am to 12:30pm and 4pm to 7pm + Thursdays from 9am to 12:30pm in summer.

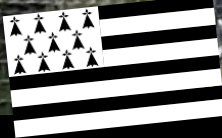




# LIKE A CHILD

*Discover lots of other  
leisure activities in our  
tourist offices!*

Gwenn ha du  
"Black and white"



## BRETON LEXICON

Mont a ra ? • how are you? (also use as a greeting)

Amann • butter

Amzer • time, weather

Bara • bread

Bihan • small

Bras • tall

Breizh • Brittany

Bro • country, region

Degemer mat • welcome

Enez • island

Fest deiz • day party

Fest noz • night party

Kenavo • goodbye

Ker • hamlet, village

Mor • sea

Penn • head, end

Plou • parish

Ti • house

Tour-tan • lighthouse

Unan, daou, tri • one, two, three

three



## SUNDAY

♥ **MORNING:** Plougonvelin market. Picnic and games!

♥ **AFTERNOON:** Saint-Mathieu headland and its lighthouse. Climb 163 steps to get to its walkway and the incredible 360° view over the Iroise Sea!

And why not try canyoning in the cliffs of Plougonvelin with Rando Mer? Or a rock adventure course and a zipline with Bertheaume Iroise Aventure?

## MONDAY

♥ **MORNING:** Starting from Beg Ar Vir peninsula, take a little walk by the sea in Lampaul-Plouarzel. Beach.

♥ **AFTERNOON:** Visit the Seaweed House in Lanildut and cross the aber by boat ("Phine" la passeuse): a 5-minute ride to see the seaweed harvesters closely!

## TUESDAY

♥ **A DAY:** at the Récré des 3 Curés in Milizac-Guipronvel: trampolines, inflatable structures, big wheel, rides, everything for a great family day! And if you're taller than 4'7, you can ride the roller coaster, Spoontus, Vertika or enjoy the cinema with motion simulator seats!

## WEDNESDAY

♥ **A DAY:** on the island of Molène. An amazing adventure awaits you! Departure from le Conquet, and 30 minutes later, arrival on Molène, the island with almost no cars. Here, a treasure hunt was created to find out more about the inhabitants and their lifestyle.

## THURSDAY

♥ **MORNING:** Water park "Aqua West Park" at the lake of Ty Colo in Saint-Renan. Thanks to the inflatable structures, pedalos, and other activities, you'll have a great time in total safety!

♥ **AFTERNOON:** follow the crabs to discover the lovely city of Le Conquet and its "5 centuries of stone and sea." You can easily walk along two courses with a pushchair. In Saint-Renan, you can also follow the horses to discover this historic city.

## FRIDAY

♥ **MORNING:** Moulin Neuf garden in Ploudalmézeau with its animals, playgrounds, flowers, and lakes. Best part: it is free!

♥ **AFTERNOON:** Bike ride. Head for the port of Portsall to rent a bike and take the Ar Mor (the sea) cycle route. Along the way, you'll enjoy the maritime landscape and the incredible local heritage. You can drop your bike in Porspoder or cycle back to Portsall in the countryside.



## SATURDAY

♥ **MORNING:** Saint-Renan market and its pretty shops to stock up on souvenirs and small gifts before heading back home. Is it already time to go? It's just a goodbye; we'll see you next year! Kenavo, ar wech all ! (Goodbye, see you next time!)



## WHAT TO DO WITH YOUR PET?

Even though dogs are not allowed on the beaches from 1 June to 30 September, you can still enjoy various outings and activities with your dogs on a lead, while respecting the natural environment. Ask for our information leaflet!





# FIND A SHELTER

*When the weather gets a little rough, direction...*

## THE SEAWEED HOUSE IN LANILDUT

The sight of the seaweed being unloaded is impressive! But what are they doing with all of this? What is the scoubidou? The Seaweed House is here to tell you everything!

## THE 39-45 MEMORIES MUSEUM IN PLOUGONVELIN

Settled in a 5-storey German blockhouse, this museum will take you back in time in an exceptional place.

## THE CHÂTEAU D'EAU IN PLOUDALMÉZEAU

A nice and uncommon restaurant to enjoy a good crepe. You can either take the stairs or the lift, and you'll discover an unbelievable view!

## THE ANCRE AN EOR MUSEUM SPACE IN THE PORT OF PORTSALL IN PLOUDALMÉZEAU

On 16 March 1978, the supertanker Amoco Cadiz sank off the coast of Portsall, spilling tonnes of oil in the sea. The museum takes you to the heart of this disaster, which became an incredible human adventure.

## THE PONANT MUSEUM IN SAINT-RENAU

Here, you'll discover the fascinating history of the medieval city and the Léon region.

## POOLS & CINEMAS

You'll find a swimming pool and a cinema in Saint-Renan and in Plougonvelin.



Founded in 1938 in Quimper, Armor-lux stands for an exceptional savoir-faire in the manufacture of knitwears and cotton cloth.

More than just a brand, Armor-lux is now a symbol for a way of life, marine-inspired collections, genuine and sustainable clothing, and a strong commitment to preserving jobs, and the environment.

[www.armorlux.com](http://www.armorlux.com)

### ARMOR-LUX SHOPS

- SAINT-RENAU Espace Commercial Les Rives du Lac
- GUIPAVAS 37, boulevard de Coataudon
- BREST 5, rue Gaston Planté - 51, rue de Siam
- LANDERNEAU 13, place du Général de Gaulle
- LESNEVEN 11 Place du Général Le Flo



On June 7, the Olympic flame goes by Brest before heading for the Overseas Departments and Territories on June 8



# CLOSE TO IROISE

## MUST-SEES IN THE BREST TERRES OCÉANES DESTINATION

The Récité des 3 Curés and Saint-Mathieu lighthouse are part of the 12 unmissable sites of the Brest terres océanes destination.

Do you know the other ten?

- the île Vierge lighthouse in Plouguerneau
- the Ateliers des Capucins in Brest
- the National Navy Museum of Brest
- Océanopolis in Brest
- the Garden of the National Botanical Conservatory in Brest
- the Helene and Edouard Leclerc Fund for Culture in Landerneau
- the Meneham site in Kerlouan
- the Daoulas Abbey
- the Menez-Hom
- the Vauban Tower in Camaret-sur-Mer



Get the map from the tourist office!

## DID YOU KNOW?

Brittany alone has 75% of France's lighthouses. Take the Lighthouses Route by Brest terres océanes!

From the Coasts of Legends to the peninsula of Crozon Aulne Maritime, discover the highest concentration of lighthouses in the world. Our ambassadors await you for unforgettable experiences.

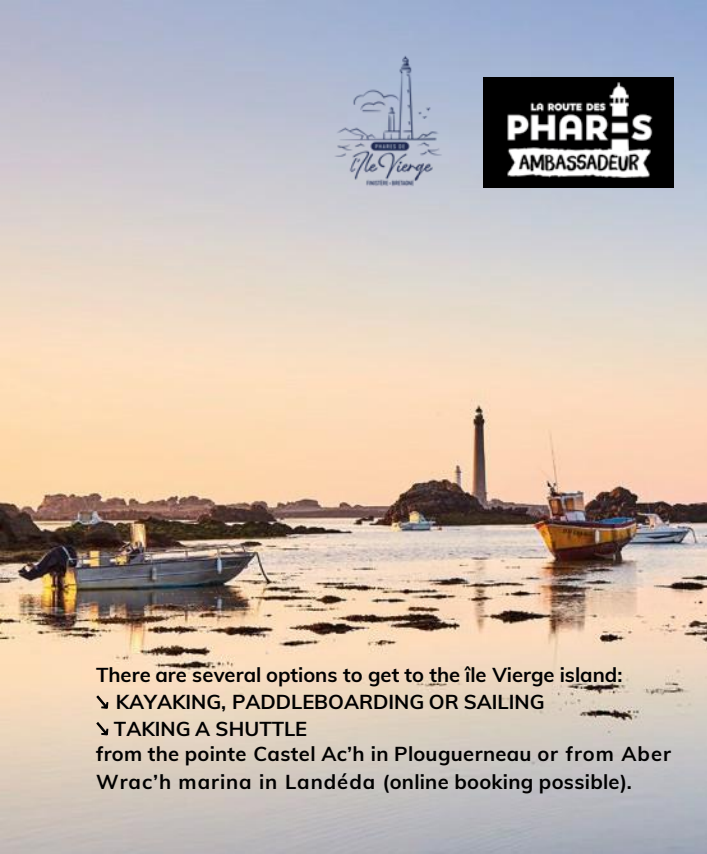


## THE RECOUVRANCE

Symbol of Brest and the city ambassador ship, the Recouvrance shows the tradition and the modern maritime vocation of the tip of Brittany.

The schooner boards one-day sailors for a unique sailing experience. You can choose to cruise for several days, or take a day or half-day trip from Brest or another port depending on the program. If you wish, you can always take part in life on board and the ship's manoeuvres! Inside, you'll have all the comfort you need to have a very nice time.

Booking: [www.larecouvrance.com](http://www.larecouvrance.com)  
 Details: 02 98 33 95 40 • [contact@larecouvrance.com](mailto:contact@larecouvrance.com)



## EXPLORE AN EXCEPTIONAL SITE: THE ÎLE VIERGE

Discover the world of the île Vierge lighthouses by visiting the great lighthouse and the museum. The island is home to the world's highest stone lighthouse (82,5 metres high). Be amazed by the inner beauty of this huge lighthouse, with its opaline slabs and arched staircase. Your eyes filled with blue reflections, climb the 383 steps to reach the walkway. At the top, admire the breathtaking view of the sea and the wonderful, wild, and preserved Breton coastline. A unique and unforgettable experience during your stay in Brittany.

Details at the Pays des Abers tourist office  
abers-tourisme.com  
office@abers-tourisme.com  
Phone: 02 98 04 70 93

Discover the virtual tour of the island and its lighthouses

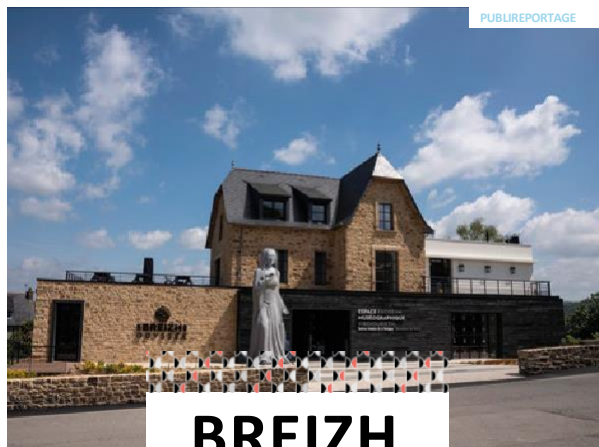


## INSECT FARM

Learn how nature protects our crops. Promise, it won't sting!

Discover how insects protect and pollinate market garden crops! During a guided tour lasting around an hour, you'll meet bumblebees, Encarsia Formosa (small wasps), and Macrolophus (stink bugs). They are essential for growing tomatoes without pesticides! A fun event for the whole family!

Insect farm - Kervao - 29 490 Guipavas  
02 98 40 09 39  
Open from March to September (booking required)  
Details on [www.saveol.com](http://www.saveol.com)



## BREIZH ODYSSEE

Bretons by birth or by heart, enthusiasts and curious minds alike, come and enjoy an unforgettable experience!

Breizh Odyssee opens the doors to Brittany's heritage, culture, and history. From the legends of yesterday to the great periods of history, from habits and customs to the world of possibilities in today's Brittany, Breizh Odyssee offers you an immersive experience.

Come explore the 4 areas, the restaurant-café overlooking Brest harbour, the liquor shop, and the unique boutique.

[www.breizh-odyssee.bzh](http://www.breizh-odyssee.bzh)



## GLAZ ÉVASION

Explore the enchanting environment of the abers by kayak or paddleboard.

Thanks to the guided tours in the archipelago of Lilia, the free shuttles in the abers Wrac'h and Benoit, or 2-day trips between Portsall and Plouguerneau, you'll be a privileged witness to the richness of our natural heritage.

Plouguerneau • 07 69 89 97 27 • [glazevasion.com](http://glazevasion.com)



## 70.8 BY OCÉANOPOLIS

70.8 by Océanopolis, a unique scientific museum dedicated to the ocean.

With its focus on maritime technologies, the museum for the ocean 70.8 is an invitation to discover the ocean from a whole new perspective! Did you know that our dishes and medicine cabinets are full of molecules derived from marine organisms? And 90% of the goods have passed through the sea? The ocean has incredible resources, but as on "land", their exploitation and use must be given the utmost attention. Because the ocean is at the heart of the issues of our time, 70.8 invites you to understand its complexity and fragility. Better knowledge for better sustainable protection. Suitable for the whole family, ages 6 and up.

Les Ateliers des Capucins - Brest • [70point8.com](http://70point8.com) • 02 29 00 84 95



### OUR PARTNERS AROUND YOU

#### ART AND EXHIBITION

Galerie iD Pod 06 14 64 90 09 . Brest

#### BOAT TRIP

Archipel Excursions 06 58 13 74 35 . Penmarc'h  
Catavoile29 06 69 18 07 76 . Penmarc'h  
Shipping company Brest Ouest 07 78 37 03 23 . Brest  
La Recouvrance 02 98 33 95 40 . Brest (see p59)  
Vedettes des Abers 02 98 04 74 94 . Landéda  
Vedettes Sirènes 06 60 93 97 05 . Crozon-Morgat

#### SHIPPING COMPANY

Penn ar Bed (departure from Le Conquet and Brest) 02 98 80 80 80 . Brest

#### EQUIPMENT RENTAL

Bike and kayak - Méli Mélo 07 81 93 34 63 . Landéda  
Bike - Véloc'Ouest 06 23 36 24 98 . Brest

#### SEA LEISURE

Aber kayak location 07 82 04 25 41 . Saint-Pabu  
Kayak - Glaz Évasion 07 69 89 97 27 . Plouguerneau (see p61)  
Diving - Korejou Plongée 06 30 91 75 77 . Saint-Pabu  
Board sports and sand yacht - Rêves de Mer 02 98 83 54 77 . Plouneour-Brignogan-Plages

#### MUSEUM

70.8 by Océanopolis 02 29 00 84 95 . Brest (see p61)  
Breizh Odyssee 07 66 57 28 48 . Landévennec (see p60)  
Monts d'Arrée ecomuseum 02 98 68 87 76 . Saint-Rivoal  
Hélène & Édouard Leclerc Fund for Culture 02 29 62 47 78 . Landerneau  
Maison des Abers - Ti an Aberioù 02 98 89 75 03 . Saint-Pabu  
Strawberry and Heritage museum 02 98 40 21 18 . Plougastel-Daoulas  
Cité de la Voile Éric Tabarly 02 97 65 56 56 . Lorient

#### DISCOVERY PARKS

Océanopolis 02 98 34 40 40 . Brest  
Aquarium, birds show - Aquashow 02 98 70 03 03 . Audierne

#### HERITAGE

Heritage trail in Finistère, 5 sites to visit: Daoulas abbey, Relec abbey, Kerjean and Trevarez castles, Kernault manor 02 98 25 98 00  
Île Vierge lighthouse 02 98 04 05 43 . Plouguerneau (see p60)  
Petit Minou lighthouse . Plouzané

#### SEAFOOD

Abalone - France Haliotis 02 98 37 17 39 . Plouguerneau  
Oyster - Huitres Legris 02 98 04 56 87 . Plouguerneau (see p50)

#### RESTAURANTS

Auberge du Pont 02 98 04 16 69 . Lannilis  
Bistrot des Légendes - Meneham 02 98 83 90 26 . Kerlouan  
Crêperie du Pont & Aber Pizz Burger 02 98 04 01 21 . Lannilis

#### MOVE AROUND

Car rental - SIXT location de voitures et VTC 01 70 97 61 11 . Brest  
Taxi - Blanche Hermine VTC 06 68 64 33 40 . Brest

#### COMPANY VISIT

Insect farm - Savéol 02 98 40 09 39 . Guipavas (see p60)  
Abalone - France Haliotis 02 98 37 17 39 . Plouguerneau



## ABER ILDUT CROSSING BY BOAT!

It takes you from Lampaul-Plouarzel to Lanildut, and vice versa. Whether you're a local, a hiker along the GR@34, a cyclist on the V45 or a coastal route, you can enjoy this crossing. Come aboard this motorboat named "Phine la Passeuse".

All year round, when the harbour master office is open, Patrice and his team make it easier to cross between the shores of Lanildut and Lampaul-Plouarzel.

02 98 04 04 98 - 06 31 93 58 71



## PUBLIC TRANSPORT BREIZHGO

Move around Iroise with BreizhGo buses!

**BUS 11** → Le Conquet - Brest

**BUS 12** → Saint-Renan - Brest

**BUS 13** → Lampaul-Plouarzel - Brest

**BUS 14** → Ploudalmézeau - Brest

**BUS 15** → Milizac-Guipronvel - Brest

**BUS 16** → Porspoder - Brest

During summer holidays, other lines to beaches complete the offer.

Timetable



BREIZHGO



## NO TROUBLE THIS SUMMER, WE'RE TAKING THE SHUTTLE!

From July 1 to August 31, take the coastal shuttle from Locmaria-Plouzané to Lampaul-Ploudalmézeau. On Tuesdays, Wednesdays, and Thursdays (except bank holidays), leave your car and let it take you to one of our 39 sandy beaches, a lighthouse, a peninsula, or a city while admiring incredible views. Accessible to all, the shuttle has 14 stops along the Iroise coastline. If you wish to walk a section of the GR@34, you can get back to your starting point by taking the shuttle.



coastal shuttle

## CONTINUE ON THE LIGHTHOUSES ROUTE!

The Pays des Abers coastal shuttle also allows you to move around from Saint-Pabu to Plouguerneau.

[www.abers-tourisme.com](http://www.abers-tourisme.com)

## CONTACT US

**IROISE-BRETAGNE.BZH**

[TOURISME@IROISE-BRETAGNE.BZH](mailto:TOURISME@IROISE-BRETAGNE.BZH)

02 98 38 38 38

Follow us on social media

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@IROISEBRETAGNE

SHARE YOUR BEST MEMORIES WITH #IROISEBRETAGNE!

Subscribe to our newsletter



## OUR TOURIST OFFICES

- ↳ LE CONQUET Parc de Beauséjour
- ↳ PLOUARZEL 1 Place Saint-Arzel
- ↳ PLOUDALMÉZEAU 1 rue François Squiban
- ↳ PLOUGONVELIN Boulevard de la mer
- ↳ SAINT-RENAN Place du Vieux Marché

And the IROISE MOBILE: the office that goes on the Iroise roads to meet you.

## OUR INFORMATION POINT

- ↳ SEAWEED HOUSE in Lanildut
- ↳ TREZIEN LIGHTHOUSE in Plouarzel
- ↳ ANCRE AN EOR MUSEUM Portsall in Ploudalmézeau
- ↳ SAINT-MATHIEU LIGHTHOUSE in Plougouvelin
- ↳ KERMORVAN LIGHTHOUSE in Le Conquet
- ↳ TOWNHALL of Porspoder
- ↳ TOWNHALL of the island of Molène

## A TICKET OFFICE ALL YEAR ROUND!

Ideas, good tips, useful information, quality accommodations, an events calendar and a ticket office all year round :

- ↳ CROSSINGS to the islands of Molène and Ouessant with the shipping companies Penn Ar Bed and Finist'Mer
- ↳ GUIDED TOUR of Ouessant with Eusa Découverte
- ↳ BIKE RENTAL for Ouessant before departure, with La Bicyclette
- ↳ SEA EXCURSION with Archipel Excursions, Brest Ouest, Finist'Mer Excursions and Vedettes Sirènes
- ↳ THE RÉCRÉ DES 3 CURÉS in Milizac-Guipronvel
- ↳ OCÉANOPOLIS (no queue tickets) in Brest
- ↳ THE TREZIROISE SWIMMING POOL (discount)
- ↳ BUS TICKETS (at the tourist offices of Ploudalmézeau, Plouarzel, Le Conquet and Plougouvelin as well as the tobacco shop of Saint-Renan)
- ↳ BIKE RENTAL IN IROISE: find all the details on the Iroise tourist map
- ↳ VISITS OF SAINT-MATHIEU, KERMORVAN AND TREZIEN LIGHTHOUSES
- > Pass for 2 lighthouses or 3 lighthouses
- > Possibility of a combined ticket for 1 lighthouse + Bertheaume Fort



## ASK FOR OUR TRAILS AND HIKING GUIDES



## DON'T WAIT ANY LONGER!

We organise your stay: ticketing service for excursions, entrance tickets, bicycle hire, shuttle to the islands, ...





# DISCOVER IROISE WITH OUR TICKET OFFICE!

Office de tourisme  
Iroise Bretagne

DISCOVER  
THE OCEAN  
With Océanopolis



ENJOY A DAY  
OUT WITH  
FAMILY AND  
FRIENDS

At the Récré des Trois  
Curés



RELAX AND  
HAVE FUN

At the pool complex of  
the Treiziroise  
(discount available at  
the tourist offices)



MOVE  
AROUND  
IROISE

Bus ticket  
Bike rental for  
Ouessant and the  
mainland



DISCOVER  
THE ISLANDS

Booking for your  
crossings from Le  
Conquet or Lanildut with  
Penn Ar Bed and  
Finist'Mer

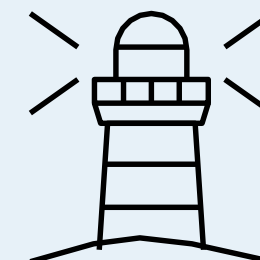
VISIT  
OUESSANT  
BY BUS

Guided tours with  
Eusa Découverte



EXPLORE THE  
IROISE SEA

With Archipel Excursions,  
Finist'Mer Excursions, Brest  
Ouest Compagnie, and the  
Vedettes Sirènes



LEARN EVERYTHING  
ABOUT OUR  
CULTURAL AND  
NATURAL HERITAGE

With the combined tickets for the  
lighthouses, the Seaweed House and  
the Bertheaume Fort



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BRETAGNE

Beauséjour village

Here for all your events!

**A space open all year round with holiday cottages & rental of spacious halls:**

- ▶ Holidays rental by week or night
- ▶ Overnight stays with the hike-gite option
- ▶ Business seminar with or without activities
- ▶ Rentals for birthdays, weddings, etc



**Village Beauséjour**

Parc de Beauséjour - 29217 Le Conquet

02 98 89 09 21 - [beausejour@revesdemer.com](mailto:beausejour@revesdemer.com)

revesdemer.com •     