

LA CÔTE DES
LÉGENDES
NORD BRETAGNE

BRETAGNE⁸³

TOUT
commence
en FINISTÈRE



IN ENGLISH !

*Come and awaken
your imagination!*



DISCOVERY GUIDE

Welcome to the Côte des Légendes!

Intense Brittany at the tip of Finistère!

This is an amazing bit of coastline that you are sure to fall in love with. Everything here is intense: the scenery, the people and the legends... You will love its pure Breton spirit, gulp in the breezes that smell of the sea, and appreciate its mysterious atmosphere!

Remember the name... It means the Coast of Legends!



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*Aod ar Mojeannou
amañ e tihun ho faltazi!*

The Côte des Légendes

OUR REGION INSPIRES THE IMAGINATION AND ENCOURAGES YOU TO EXPLORE ITS EVERY NOOK AND CRANNY.

Here, the tides and the light play with the scenery, transforming it with each season, each day and each hour. Stopping to enjoy the show is a great way to disconnect and live in the moment.

The first thing to strike you will be the rocks.

Anyone who gazes on them for long enough will find familiar figures like toads and imaginary monsters hidden

in the rough forms of these blocks of granite. Some of them conceal fine sandy coves with azure water. And two giant rocks even surround the guardhouse in Meneham!

Our inhabitants know they are lucky to live here. They will be happy to share their knowing advice to make sure your stay with us is unforgettable.

#SIMPLICITY

#CREATIVITY

Inspiring the legends of tomorrow

Le Groupe Ouest is a film lab in Plounéour-Brignogan-Plages where select filmmakers are invited to come and fine-tune their scripts. Eight to 12 people are in residence at any given time, assisted by script doctors.

Charlotte Le Vallégant co-manages the lab with Antoine Le Bos, founder of this adventure, and supports the writers throughout their residencies.

For her, the Côte des Légendes is an inspiring setting in general, thanks to the strength that it exudes. It is natural, with its granite that's "been here forever" and its "eye-popping sky", and that seems to radiate "something very peaceful". The strength of the environment helps to settle writers' ideas as they go for walks during their free time. "It's like a natural cocoon."

Charlotte explains that, for them, their stay on the Côte des Légendes remains "seared into their minds, in terms of both their personal experience and how it fuelled their films. They are immersed in an environment that puts everyone on equal footing. At the same time, they're here because they need to shake things up to find that spark that will ignite the films that they came to work on. [...] That's how Le Groupe Ouest was formed, by bringing together all of the favourable conditions needed to shake our writers up with their projects."

In 2016, the year of its 10th anniversary, Le Groupe Ouest became the top spot in Europe for coaching filmmakers and top in France for professional training for scriptwriters and directors during the writing phase. After 14 years, it has passed the symbolic number of 800 filmmakers, from 50 countries, coached in residence here, on the Côte des Légendes!



To the horizon!



As a tourist destination, Brest Terres Océanes offers wonderful, restful experiences for you. Explore the lighthouse route, which boasts the largest concentration of lighthouses in the world. You can even tour five of them. Take to the sea as you head to Ouessant Island, trying your hand at paddleboarding or sailing aboard a heritage boat. Feel like walking to the end of the world? The GR®34 national hiking trail follows nearly 400 kilometres of coastline for excursion in the fresh sea air. Travel with your feet on dry land as you explore Océanopolis in Brest, wander from headlands to capes on Crozon Peninsula, spend a few hours peacefully kayaking on the Aulne, and the list goes on.

To plan your stay, visit brest-terres-oceanes.fr



Discover

► Saint-Gildas, Guissény

Wild & human

PART OF THE CHARM OF THE CÔTE DES LÉGENDES IS THAT YOU CAN GIVE FREE REIN TO YOUR IMAGINATION AND CONCOCT STORIES SET IN NATURALLY MAGICAL PLACES. IN THE FOREST, BY A POND OR ON THE BEACH, LET YOURSELF BE CAPTIVATED BY OUR REGION'S CREATIVE WELLSPRINGS.

COME AND AWAKEN YOUR IMAGINATION...



► Men Marz menhir, Plounéour-Brignogan-Plages

From springs to fountains

They have always been considered as beneficial, if not miraculous. Water is a symbol of life, and its worship dates back to very ancient times. Converted into Catholic places of worship, our grandparents remember people would simply go there for themselves or to ask for a loved one to be healed.

Seen as nature's pharmacy, they had the reputation of being able to heal almost any ailment: hearing, sight, breathing, weakness, and more...

Although their popularity has declined, they are still part of our history and our culture.

Rocks

They're everywhere! Whether dotting the seashore or standing by houses farther inland, they are an integral part of our landscape. Many find them intriguing, but also entertaining for the amazing shapes you can see in them. Just like people, each one has its own identity. These granite behemoths are a part of our lives and their longevity in the face of the elements commands respect. Set off to discover the mysteries they protectively keep and let your imagination run wild!

Crosses and megaliths

Megaliths are an inseparable part of Brittany, and the Côte des Légendes is no exception. From those age-old masses to crosses and crucifixes, these witnesses of the past are now a reflection of a significant segment of our cultural history.

In this land with its Celtic roots, evangelical monks began to twist beliefs in their favour, beginning in the 5th century. Carved out of granite, dolmens, menhirs and steles were in turn Christianized, buried or destroyed.

We are reminded of this reclaimed or preserved heritage whenever we leave the house: on roadsides, in gardens, on town squares, in religious monuments, and the list goes on...

Legend of the wreckers

Legend tells us the story of a people, the Paganiz. They were independent, undisciplined, unsubdued and even rebellious beings. It is said that those men and women would hang lanterns from cows' horns, at night and in bad weather, to cause the wrecks of boats out to sea.

Then, when the ships would sink or beach on the shore, the Paganiz would kill any survivors and throw their bodies into the sea, after having robbed them of all their goods. Although this legend is unfounded, having never been proved, it has helped to foster a mysterious aura throughout the region.



► Barrachou Rocks, Guissény

The Côte des Légendes in stories

People's imaginations have been working for centuries to explain the landscape of the Côte des Légendes.

Sometimes logical, often strange, and always surprising, these tales and legends have been handed down by enthusiastic storytellers from one generation to the next.

In the summer, go for a walk with **Les conteurs de la nuit** on the beach in Kerlouan or listen to tales echoing through Saint-Egarec Chapel on a storytelling Tuesday (**Les Mardis Contés**).

In autumn and winter, the stories continue with **Les P'tites Fabriques** (see p. 40), during intimate gatherings in places not usually open to the public.



Meneham



Nature & history Welcome to Meneham!

NESTLED BETWEEN THE ASTONISHING CLUSTERS OF ROCKS ON THE CÔTE DES LÉGENDES, THIS EXTRAORDINARY NATURE SITE WILL DELIGHT BOTH HERITAGE ENTHUSIASTS AND FANS OF OUTDOOR EXPLORATION.

A trip back in time

Meneham was originally a military site but is known, first and foremost, as a village where farmers, fishermen and kelp harvesters lived for more than a century and a half. In other words, you will find an important slice of our heritage here. Revisit the days of the old customs officers or picture yourself in the shoes of the former inhabitants, thanks to the town's many activities, its museums and its temporary exhibitions.



No. 2 rock climbing site in France

They've got it all

This now-restored picturesque village with its thatched roofs offers a unique atmosphere where you'll find something for everyone. You can get a bite to eat and try the famous *kig ha farz*, stay the night (have you ever slept in a cupboard bed?!) and learn about the local crafts.

Our hiking and cycling friends will be thrilled by the many routes available in the area, including the GR®34 national trail. Satisfaction guaranteed or your money back (I know, it's easy to say, since it's free...)!

Nature's grandeur

In Meneham, you have the sky, the sun (often) and the sea (always). But if you contented yourself with this perfect holiday trio, you wouldn't be doing justice to a place that also has rocks to explore, beaches where you can go for a dip and dunes that are rich in biodiversity. It's not for nothing that this natural area was listed as a historic site in 1975.

So, you lovers of wide open spaces, come and explore this grandiose, preserved section of coastline.

1975

Meneham
becomes a
listed
historic site



In brief

- A house in between rocks
- Crafts studios
- A shop selling local products
- An open-air museum
- An inn and restaurant
- A hostel
- A tourist information bureau
- Beaches
- Many activities
- Trails aplenty



Lively Meneham

THIS IS A HISTORIC SITE, IT'S TRUE. BUT ABOVE ALL, IT'S A BUSTLING VILLAGE, SO COME AND MEET THE PEOPLE OF MENEHAM! THERE IS TRULY SOMETHING FOR EVERY TASTE IN MENEHAM, BETWEEN NIGHT TOURS THEATRICAL TOURS DURING SUNDAY *FEST-DEIZ*, CHRISTMAS LIGHTS AND SPORTING AND SOCIAL EVENTS. LET'S TAKE A CLOSER LOOK AT SOME OF THE TOP EVENTS:

“Meneham, toute une histoire”

This is the third and final year for this delightful play about the history of Meneham, put on by the Ar Vro Bagan theatre troupe. On these animated afternoons, we suggest you take a stroll through the village. As you round the corner by a thatched cottage, you might just stumble upon an interactive playlet presenting a slice of the village's history. And don't be startled if you are collared by a grumpy Paganiz or a not-so-clever customs officer. In short, open yourself up to the surprise...

Every Thursday in summer

#ACTIVITIES
#NATURE



Pumpkins everywhere !

Every autumn, cucurbits from neighbouring fields, of all sizes and shapes, invade the village! They are installed on low walls and embankments to show off their beautiful colours.



Information

• meneham.bzh - +33 (0)2 98 83 95 63

• A visitor's guide is available for free from the Maison de Territoire. Don't hesitate to stop by and request yours! It is available in English, French, German and Spanish.

Christmas in Meneham

A TOUCH OF MAGIC IN THE HEART OF WINTER
Each year in December, Meneham goes all out to properly celebrate the winter holidays, where the watchwords are friendliness, magic and treats... As the village begins to light up, the Christmas market is getting set up, and plenty of entertainment is provided to electrify the air.

Don't go telling everyone, but Meneham is beautiful in any weather, and maybe even more so in the winter...



Step into the “Meneham experience”

A getaway in Meneham



As you as you arrive, you feel the energy of the village. Once you learn that the shipwreckers are only a legend, you climb atop the boulders. From there, you have a 360° view of a breathtaking coastline. A quick pic is a must, but above all the memory is engraved forever in your mind... You buy a souvenir (and have a nice chat with a passionate craftsmen) and then decide to venture out along this coastline carved into the rock. Nothing could be easier. You just head west along the GR®34! After just 2 kilometres, you come across Saint-Egarec Chapel and its miracle fountain. You enjoy a charming stop before continuing along the dunes to a “cow island” inhabited by strange creatures.

What a great walk! Next time, you'll try going east to see Pontusval Lighthouse, Pol Chapel, Hôtel de la Mer and the semaphore. There's never a dull moment on the Côte des Légendes...

When the village sleeps...

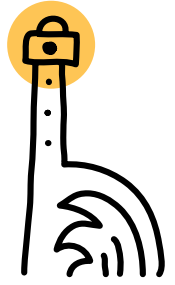
One autumn evening, the last passers-through head out of town, and the night gently wraps the village in its arms... Meneham finally seems to be offering itself to you, completely and unconditionally. You are watching a sunset that is one for the books when you think you spy the shadow of a shipwrecker prowling around... Phew! It's just a bunny rabbit out for an evening stroll. As the lighthouses of Pontusval and Ile Vierge begin their work guiding ships far at sea, you quietly enjoy a classic but timeless *crêpe complète* with ham, egg and cheese at the inn before trying out the experience of a night in a cupboard bed at the hostel. Sweet dreams!



Pontusval



The lighthouse



LIKE A WHITE SEAGULL FACING THE OPEN WATERS AND SCANNING THE HORIZON, THE LITTLE LIGHTHOUSE IN PONTUSVAL WAS LIT UP FOR THE FIRST TIME ON 15 SEPTEMBER 1869.

Built at the time to alert ships to the dangerous reefs running along the Côte des Légendes, it is still in operation today, midway between the Ile Vierge and Ile de Batz Lighthouses. It has been a listed historic monument since 2011, and the building's owner, Phares et Balises, must still continue to maintain it.

This is a magical place, whose wonderment is only further accentuated by the fine sandy beaches lined with rocks sculpted by the wind, the sea and time.

Located in the new municipality of Plounéour-Brignogan-Plages, it is now one of the must-see gems of the Côte des Légendes.

Information is available on +33 (0)2 29 61 13 60 or cotedeslegendes.bzh.

150 years old
in 2019!

The dragon

Each place has its own legend. In Pontusval, we talk about the dragon of Elorn. Each Saturday a person was chosen in a random draw from amongst the population of La Roche-Maurice, to be offered up to satiate the dragon's ravenous hunger. When the Lord of Elorn learned that this fate had befallen his two-year-old son, he decided to drown himself, rather than give up his child to the monster.

By luck, he was rescued by two knights passing by, who were stunned by his desperate act. The pagan lord then explained the reason for his despair, and the knights promised him that, if he converted, they would deliver him from the evil creature forever, an offer which the lord hastily accepted.

With a great deal of courage and effort, they captured the monster and threw it into the sea at Pontusval Headland, where it drowned.

Now you understand where the Pontusval's name came from: *Poul beuz en eval*, which means "chasm where the beast was drowned" in Breton.



The lighthouse keeper

Marie-Paule knows her lighthouse well, having looked after it since 1968! It holds no secrets for her, and she has accumulated many a memory in all those years, especially the 50 steps to the tower which she had to climb quickly in storms when the "electricity fairy" had succumbed to their power! For 35 years, the two were at their posts both from dusk 'til dawn, like an old married couple, making sure to keep the precious light burning for those out to sea.

The beacon has been automated since 2003, but Marie-Paule is still here. A native of Brignogan-Plages, often left alone with her children when her husband was away with the merchant marine, she had no desire to abandon her stony friend, with which she had lived in unison for so many years.

Now retired, she still lives in the lighthouse and will be the final tenant of this charming structure which stands 18 metres tall with a range of 10 miles (18 kilometres).



**The most
photographed
in Europe!**

Watch a concert by
DNGLS, filmed by drone at
Pontusval Lighthouse



Pol Chapel

In the 16th century, the chapel was erected in the middle of the rocks, on the ruins of several successive buildings, namely including a former monastery founded by Saint Paul Aurelian (also known as Saint Pol). It was partially rebuilt in 1870.

Made of granite, it is surrounded by a small cross and a superb crucifix. A small customs hut was built on top of a nearby rock, that can be reached by a staircase carved into the stone. That hut was part of the old construction programme designed to monitor the coastline, under the aegis of the engineer Vauban in the late 17th century. The militiamen under the Aber-Wrac'h harbourmaster stayed there, on the lookout for enemy vessels and possible shipwrecks, but most for people attempting to pillage old wrecks.

At that time, the little chapel was mainly used as a guardhouse.



The curse of the country priest

It is said that one night, a sailor coming back from sea was caught in a violent storm that prevented him from getting home. He decided to take shelter in the chapel and spend the night there. On the stroke of midnight, two candles burst into flame, and a priest appeared. The vision terrified the sailor, who huddled up in his corner, without even daring to breathe. The priest started to say mass, "*Introibo ad altare Dei...*" He kept repeating this, in the hopes of a response, but nothing... The candles went out, and the priest disappeared. A long time after that adventure, the sailor decided to tell the priest in Plounéour-Trez about it. The priest suggested that he return and taught him the mass responses. The sailor went back the next year, on the same day, and the ceremony started up again. The petrified sailor took his courage in both hands and made the response.

At the end of the service, the priest thanked the sailor and explained that he was a soul in purgatory who was forced to come each year, on the anniversary of his death, to say mass in the little chapel, until some came and responded. That day, the sailor had finally freed him from his penance.

The Men Marz menhir

Located in Plounéour-Brignogan-Plages, Men Marz is one of the biggest standing stones, but also one of the first to be Christianized in Brittany.

Erected somewhere between 4500 and 2500 BC, its base is not buried in the ground, but simply sits on the earth, in balance. Listed as a historic monument since 1889, it is only of the four tallest menhirs in all of France.

Married within the year!

There is a deep gouge in the menhir, about $\frac{2}{3}$ up.

Our elders used to tell us that unmarried girls would go to the menhir in Pontusval, take a pebble and throw it at the lip of that gash. If it stayed in place, they would be married within the year.

Marriage was important part of life in those days and was often linked to fertility.

8.50
metres tall



Local art and creativity

EACH YEAR, TWO NEW WORKS OF ART APPEAR ALONG THE HIKING TRAILS OF THE CÔTE DES LÉGENDES TO ENGAGE RESIDENTS AND VISITORS ALIKE.

#FABRIQUEDIMAGINAIRE

#RIBIN

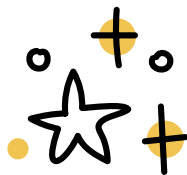
Les Ribin' de l'Imaginaire, the second component of Fabrique d'Imaginaire(see p. 41), began in June 2019 and are not about to end!

This project has deep roots in this region (and its legends) which is so open to art and artists. At a rate of two pieces per year, the end goal is to create a real, original art walk where people can discover our heritage made of stone and words. Along our paths, fans of art and hikes will be treated to each creator's modern, playful take on a local legend.

Thanks to a participatory selection process involving elected officials, artists and tourism professionals, two works of art are chosen each year. Thanks to the creativity and originality of the selected compositions, Les Ribin' de l'Imaginaire provide a wonderful illustration of the ambition and openness of our Côte des Légendes.

fabriquedimaginaire.bzh

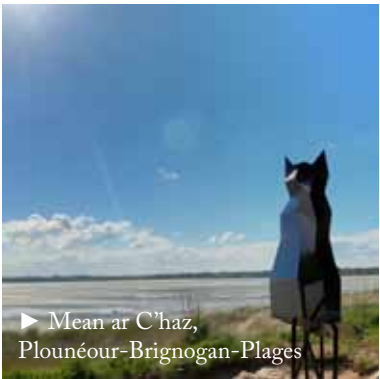
@fabriquedimaginaire



2

works
of art
each year

Watch videos about
the pieces



► Mean ar C'haz,
Plounéour-Brignogan-Plages



► L'Œil de Guénolé, Saint-Frégant



► Tropell in Neiz Vran, Kerlouan

► Cloister at the Ursuline Convent

Urban Lesneven

A bit of history

Lesneven was a military capital in the Middle Ages and then later, the administrative and judicial capital of the Diocese of Léon, and is now a town of academics and commerce.

Known as the "town of three flowers", acknowledging its pleasant quality of life and environment, Lesneven is great to explore along its granite coloured streets lined with ancient houses. A focal point at the centre of the Côte des Légendes, it offers a multitude of local services and a wide selection of businesses.

Many boutiques live up the town all year long.

Ursuline Convent

Build in stages beginning in 1720, the old Ursuline Convent has seen its share of history! It served in turn as annexe to the maritime hospital in Brest and then as a school for girls...

And there is only one surviving witness: the wisteria. Tucked away in the cloister, this old girl is now more than 150 years old and is fit as a fiddle. In fact, this is the longest wisteria in Europe on a single stem!

Have a blast with Léon

This character will take you on an exploration of the town of Lesneven, whose streets are packed with ancient houses. Solve riddles and find the town's star attractions.

Touchscreen tablets are available from the Lesneven Tourist Information Bureau, or download the app to your smartphone.

Ages 7 and up. Length: 1½ hrs.
leon.lesneven.bzh

Free game that starts from the Lesneven Tourist Information Bureau



Musée du Léon

This museum presents the "Léon country" in a fun and educational way, from the prehistoric era to the present. Learn all about local history and economic development.

It features temporary exhibitions throughout the year.

"Discover Léon" excursions are offered Wednesday in summer. Programme available at the Lesneven Tourist Information Bureau.

Please consult cotedeslegendes.bzh for the opening times.

Price: €3 / Children under 14: Free

Place des Trois Piliers - Lesneven
+33 (0)2 29 61 13 60
museeduleon.com

German cemetery

Inaugurated in 1968, this site in Ploudaniel (as you exit Lesneven) is unique in Brittany. It holds the graves of 5,835 soldiers who died in Finistère and Côtes-d'Armor in the last world war.

Whether you take a guided tour or explore it on your own, you will undoubtedly be struck by the soberness and tranquillity of this place for quiet reflection.



Le Folgoët Basilica, an architectural gem

Fame & legend

The basilica is not only famous for the religious fervour and the legend that surround it.

The building itself is also a lovely architectural complex. The Gothic church built in the flamboyant style was the idea of Jean IV, Duke of Brittany, and was completed under the reign of his son Jean V in 1453. Anne of Brittany visited it on multiple occasions, which further enhanced its popularity. Although it was the victim of fires and damage during the French Revolution, it still managed to preserve its incredible rood screen made of delicately chiselled stones from Kersanton.


Outside, don't forget to take a look at the amazing fountain, whose source is under the basilica's high altar.

Salaün Ar Foll

This character, and the words he is said to have repeated continuously throughout his life, "Ave Maria", still resonate here. After the miracles said to have taken place following his death, the place became a major pilgrimage destination. His story inspired artists to create an installation in the orchard for Les Ribin' de l'Imaginaire 2020 (see p. 15).

Even now, more than 20,000 pilgrims come here each year, the first weekend in September, for the Pardon, a shared time where piety and belief are mixed with a touch of folklore, as people bring out their banners and costumes.





► Marsh in Le Curnic

Nature on the Côte des Légendes

FOR NATURE ENTHUSIASTS AND THE CURIOUS-MINDED, THE CÔTE DES LÉGENDES OFFERS GEMS OF PROTECTED NATURAL SPACES: DISCREET ESTUARIES, REMARKABLE DUNES, FINE SANDY BEACHES AND BAYS, PEAT BOGS, PONDS AND RIVERS: A WHOLE PATCHWORK OF ECOSYSTEMS FOR DISCOVERY AND OBSERVATION.

The Natura 2000 network is a series of European nature sites, on land and in the sea, that have been identified for the rarity or fragility of their wild plant or animal species and their habitats. Natura 2000 reconciles the preservation of nature and socioeconomic concerns. These sites are terrific for hiking and the discovery of Mother Nature.



► Langazel Wetlands

Marshes of Le Curnic



In Guissény: Known for the diversity of its habitat, this is an important wintering spot and migratory stop for birds. The riches of the site come from past human activities, combined with a unique geological setting. Dunes, wetlands, peat bogs, foreshores, a brackish pond and wild orchids cover 12 hectares around the sea wall pond in Le Curnic and Tresseny Bay.

Nature excursions organized by the Town of Guissény
(guisseny.n2000.fr)

Langazel wetlands

In Ploudaniel / Trémaouezan: The astonishing, remarkable site of the Langazel peat bog covers 275 hectares of moors, ponds, marshes and wetlands. Known as the oldest in Brittany, these marshes are nothing less than the source of the Aber Wrac'h. Formerly where peat was extracted to make up for shortages of coal, this site is now a recognized priority area with an extraordinary natural heritage.

Nature excursions organized by the Langazel Association
(langazel.asso.fr).

More information is available on cotedeslegendes.bzh.

Goulven Bay and the dunes of Keremma



In Goulven / Tréfléz: Spanning 6 km of white shoreline, a veritable treasure trove of shells to collect, Keremma and its beaches stretch from Goulven Bay to Kernic Bay. A mud flat, salt meadows, marshes, ponds and dunes with remarkable flowers: the wealth of flora and fauna here are proof of a preserved natural equilibrium.

In 2018, Goulven Bay joined Mont-Saint-Michel Bay and the Gulf of Morbihan as Wetlands of International Importance on the Ramsar List. Ramsar is a network that recognizes and promotes the sustainable management of these protected areas.

Hiking trails

Explore our natural spaces by following our two waymarked routes:

- Milin ar Raden
Circuit in Guissény - 10 km
- St-Goulven
Circuit in Goulven - 8 km

Maps available for €1 from our Tourist Information Bureaus or download them for free from cotedeslegendes.bzh.



#BIRDS
#FLOWERS



Maison des Dunes

Set up in a renovated 19th century farm, the Maison des Dunes offers many **activities to help you explore the dunes of Keremma**, an extraordinary nature site:

Tevenn ("Sand, dunes and people"), a fun, immersive and free discovery centre, an **interpretative trail** open to the public, guided **nature excursions** for all ages, and the **Roc'h Gozh adventure game**, where you can go in search of the old stone of landscapes.

Keremma - Tréfléz

+33 (0)2 98 61 69 69 - maisondesdunes@hlc.bzh

www.maisondesdunes.bzh



► Goulven Bay

Working at Langazel



VINCENT LE VIOL HAS BEEN WORKING AT THE LANGAZEL WETLANDS FOR THE PAST THREE YEARS. THERE ARE TWO FULL-TIME EMPLOYEES SUPPORTED BY SOME 15 VOLUNTEERS. HE AGREED TO SPEND SOME TIME WITH US, TALKING ABOUT HIS PROFESSION AND SHARING SOME TIPS FOR YOUR VISIT!

Moors and meadows have become rare these days and, without human intervention, the environment would close in on itself, quickly turning into a forest and depriving itself of many species of plants and animals. At Langazel, the priority is placed on ensuring that the area remains open. Which is why the whole year is devoted to mowing and to developing integrated farming, where cows and horses are allowed to graze.

food chain for many birds, can encourage the return of endangered species like small passerines, 30% of which have disappeared over the last decade.

The area is open to the public, with a hiking trail and an interpretative route. Guided tours are also organized by the association and by Tourisme Côte des Légendes so you can discover the patchwork of environments contained within this protected area.

Preserving the habitat of meadow insects, a pillar of the



► A marbled newt



His three favourite species!

- Marbled newt
- Round-leaved sundew (it's carnivorous!)
- Wild orchids

Key figures

- **11,500 years:** this is the oldest peat bog in Britain, and up to 400 people worked here during the First World War
- **275 hectares:** as big as 550 football pitches!
- **12 Bretonne Pie Noir cows** and **2 Camargue mares**

When is best to visit?

- **May and June,** the ideal time to admire the flowers and watch the many butterflies fluttering about
- **September,** when the moor is bedecked with colours thanks to the pink blossoms on the heather and the yellow of the gorse!
- **Autumn and winter,** when the atmosphere is more mysterious, and some parts of the moor have flooded, leaving areas where trees shoot up straight out of the water. Boots are highly recommended!



Breathe





Set your own pace

FROM A SIMPLE ROUTE OF JUST A FEW KILOMETRES TO A TREKKING ADVENTURE, THE CHOICE IS YOURS DURING ALL FOUR SEASONS. NOTHING COULD BE BETTER FOR EXPLORING THE CÔTE DES LÉGENDES THAN TRAVELLING ITS TRAILS ON FOOT, BY BICYCLE OR ON HORSEBACK.

Long & short trails

The Côte des Légendes offers 14 different loops for you to follow. You can choose from 6 to 15 km paths for your outing with family, friends or with experienced hikers. Walk in complete safety along carefully maintained trails waymarked by a colour code. Some of these routes can even be combined to extend the distance... and your enjoyment!

For fans of longer hikes that will take you through all of our different scenery, the three loops that form the Lesneven Country / Côte des Légendes Loop (97 kilometres combined) are made for you. These three entirely waymarked national hiking trails can be taken on foot, by bicycle or on horseback, with the appropriate detours.



200 km
of trails

GR®34 Coastal trail



Voted the favourite GR® of the French in 2017, this national trail runs along the entire coast of Brittany, from Mont-St-Michel to Saint-Nazaire. In other words, 2,000 km!

The section on the Côte des Légendes offers a wide array of scenery. Rocky headlands, wild coasts, marshes, dunes, beaches, coves, diverse flora and fauna, and a rich historical heritage: over its 32 km, you'll find a new postcard-worthy view at each turn.

A trail map is available at our Tourisme Côte des Légendes Tourist Information Bureaus. It lists all of the accommodation and services located nearby the GR®34.



An accessible route

In Kerlouan, you can enjoy 1.2 kilometres of an adapted coastal trail between La Digue and the Meneham Site. It is appreciated by our smallest walkers and families with pushchairs, and is also accessible by persons with reduced mobility.

How do you find the loops?

Maps with descriptions of the 14 hiking trails can be purchased in our Tourist Information Bureaus or downloaded for free on our website cotedeslegendes.bzh

A closer look at the coastal trail

IN PLOUNÉOUR-BRIGNOGAN-PLAGES

(TESTED BY NELLY)

"The authenticity gets me every time. It's a haven of peace for birds, an unparalleled spot to dig for shellfish and a real playground for fans of speed and strong sensations!

I don't have a favourite season, because they all have their own charm. By the sea or inland, I don't care, so long as I can enjoy the light of the morning..."

WHAT NOT TO MISS:

- **Beg ar Groaz** (Berry and Cross): from the colourful fishing boats to the majestic rocks, each with their own name just like people, the tableau you will see from this little cross on its natural promontory is truly striking.
- **Dievet dolmen**: surrounded by lush greenery under a blue sky.
- **The church and town hall**: the perfect duo. It's impossible to overlook St-Pierre Church and its stained glass windows. Its majestic bell tower has been watching over the town since 1734.

#HIKING
#WALKS



Cist hunt challenge

This surprising game involves searching for "cists", objects contained in boxes intentionally hidden somewhere by "hiders".

Just imagine the pleasure of finding the box and discovering what it holds! You will undoubtedly be a great "finder". Discover the "caches" of the Côte des Légendes for free on **cistes.net**.

Geocaching



This is a treasure hunt without map or parchment paper. All you need is GPS. Simple, fun and original! Use the free app to get close to geolocated treasures and search for them once you've found the right place. Got it? Sign the book to show you're an excellent hunter! More than 40 sites to find throughout the Côte des Légendes.

Register for free on **geocaching.com**



Trail running, an outdoor activity with an edge!

IT INVOLVES RUNNING UP AND DOWN THE HILLS ON TRAILS COVERING A VARIETY OF TERRAIN AND DISTANCES.

By day or by night, set off on an active discovery of the Côte des Légendes. While we wait for the next permanent trail running site, we can already direct you to a few paths and training spots that will let you combine physical activity with your exploration of our region.

Recommended routes

Before you dash off like the fabled hare, we recommend a quick warm-up... Get your heart rate up, make sure you have the gear you need, with laces snugly tied, and you're off for a few kilometres of enjoyment surrounded by nature.

• Milin ar Raden Circuit

Set off to find the mysterious Milin ar Raden mill. This 10 km outing will give you the chance to discover the natural riches of the Natura 2000 site of Guissény. It will immerse you in a patchwork of ecosystems: rocky foreshores, beaches, peat bogs and a sandy bay.

• Aber Wrac'h Valley Circuit

Lanarvily is a small village tucked away in the greenery of the valley of mills.

On the 8 km route, you will pass along the banks of the Aber Wrac'h, most on hilly, wooded paths.

• **Maps are for sale in our Tourist Information Bureaus or you can download them for free from cotedeslegendes.bzh**



Trail running events

All right! Your mind is clearer than ever, and you're raring to go. Now is the time to sign up for a trail running competition.

From fun races to extreme trail runs, there is something for every taste on the Côte des Légendes:

- Trail de l'Aber Wrac'h, Le Folgoët, April
- Trail des Naufrageurs, June

For special training

Runners who want to do interval training and/or a few exercises on stairs, Georges Martin Stadium in Lesneven has an athletics track and stands with steps which you are free to use. It's ideal for working your quads and calves and for getting your heart pumping.

The sports complex at the racetrack next to Lesneven's Stadium swimming pool offers a 1 km loop covered in sand (but firm!), as well as a fitness trail... If you'd rather train by the ocean, there is another fitness trail in the Kervillo district of Plounéour-Brignogan-Plages. It's a must if you want to let off steam in a fun way, by combining a footrace with "GPP" (general physical preparedness).



► Lanarvily - Aber Wrac'h Valley Circuit



► Passing in front of the Meneham site

The Transléonarde

THIS IS THE MARATHON IN FINISTÈRE, FULL OF FRESH SEA AIR AND FRIENDLINESS. IT TAKES PLACE ANNUALLY IN JUNE.

From Plouescat to Guissény, it covers 42.195 km (precisely) of coastline.

Not yet ready for a full marathon? You can split the distance with a friend, as a marathon team, with one of you running 19.5 km and the other, 22.5 km. 10 km and 18 km walks are also arranged so you can discover the GR®34 coastal "customs officers' trail".

Each year, the event includes a 21K half-marathon between Plouescat and Goulven, open to para-athletic runners and racers in wheelchairs and racing chairs.



Known for a great ambiance!

The Transléonarde is part of a nationwide network of "Festivales" (fun runs).

Between serious racers kitted out from head to foot, you might come across others in rather odd get-ups, to say the least... The Transléonarde is open to any costume inspiration, running with the group or solo, but always with shoes on their feet!

This merry band usually meet up at the race's traditional pasta party and/or around a glass of the famous *kig ha farz*. They are known for always being there when runners, volunteers and families come together for a good meal!

And speaking of families, activities are also organized for kids, to help awaken their inner athletes!

2,500
athletes

Trail des Naufrageurs

Named after Meneham's legend of the shipwreckers (*naufrageurs*), this 14 km trail run is becoming just as well-known as its big brother, with more than 650 participants in 2019.



► Semaphore, Plouñecour-Brignogan-Plages

Spin your wheels

IS THE BIKE TRAILER ATTACHED? THE BABY SEAT SAFELY INSTALLED? THE TRAINING WHEELS WORKING RIGHT? OH, NO TRAINING WHEELS? HAVE WE GOT SOME GREAT ROUTES FOR YOU!

We're sure you will be thrilled as you explore our Tro Vélo loops. On the small roads and *ribinoù* (dirt or gravel country lanes) of Pagan Country, these six routes will lead you on a discovery of the heritage and linguistic treasures of the Côte des Légendes.



121 km
of bike routes

Tro Vélo time!

You too can watch the scenery flying by as you venture onto the bicycle trails of the Côte des Légendes. A quick kick to the pedals and six Tro Vélo loops will invite you to discover the heritage of the Côte des Légendes. These 15 to 25 km routes are undoubtedly one of the most fitting ways for you and your family to (re) discover this historical area enclosed within the legendary rocky coast.



- 1 "Entre terre et mer" - 25 km
- 2 "Balade en Pays Pagan" - 19 km
- 3 "Les "ribins" de Guissény" - 18 km
- 4 "Entre ruisseaux et vallées" - 29 km
- 5 "Histoire d'hier et d'aujourd'hui" - 15 km
- 6 "Autour du Quillimadec" - 24 km
- 7 "Sur les traces du " train patates "" - 20 km

Maps available from our Tourist Information Bureaus or download them for free from cotedeslegendes.bzh.

Cycle routes: Abers, Brest and the coastline

A large network of dedicated cycle routes cuts through the Côte des Légendes. The Véloroute du Littoral is an emblematic one which hugs the Breton coastline and passes through more than 30 kilometres of the Côte des Légendes. It meets up with the Véloroute de la Côte des Légendes at Goulven and then leads to Lesneven. From Lesneven, you are free to carry on towards Abers Country, Brest or Landerneau.

For mountain bikers

More than 200 km of paths suitable for sport or touring in a preserved nature setting are at your disposal. 12 of our hiking trails are suitable for mountain bikes.



Tro Bro Léon: ribinoù in the wild West!



The Tro Bro Léon is a road cycling event which takes place in April. The races range from 26 to 117 kilometres, passing through Abers Country and the Côte des Légendes, cutting through the countryside on Brittany's famous *ribinoù*, as well as paved segments.

This is how the Tro Bro Léon got its nickname as the "Little Paris-Roubaix". Excitement and a good show are guaranteed.

Information and registration:
trobroleon.com



Move your body

ON ROCKS LIKE NOWHERE ELSE IN THE WORLD!

With their bizarre shapes, they imbue the Côte des Légendes with wild charm, inspire painters and poets, and offer fantastic places for exploration, rest, hideaways and more.

But that's not all: for the past few years, they can also be scaled by the most agile adventurers and rock climbing enthusiasts. An original, sporting activity that is respectful of the explored environment since no special equipment is required. Across several kilometres, the Côte des Légendes offers amazing courses for all levels of climbers. An ideal spot in a dizzying natural setting.



Intro to rock climbing

Discovery experiences on boulders or climbing walls are offered during Festival Blokuhaka in Kerlouan and at the Meneham site during the Friday adventures of "Vendredi Qui Bougent".

Young and old alike can sample the simple joys of going vertical, a world of subtle sensations where you move around by intuition.

400
participants



Blokuhaka

The big annual event for rock climbers! But it also offers introductions for beginners, athletic challenges, stand-up paddleboarding, yoga, acroyoga and more.

If you're not athletically inclined, massages and concerts are also on offer!

• In July at the Meneham site in Kerlouan,
information and registration: blokuhaka.fr





► Défi des Légendes race

Ocean swimming

A PERFECT COMBO OF SPORT, ENJOYMENT AND BENEFITS OF THE WATER!

Calling all swimmers with flippers, triathletes and anyone else interested in a fun and vigorous exploration of the marine environment.

The Plouneour-Brignogan-Plages water sport centre, in partnership with Tourisme Côte des Légendes, has set up two ocean swimming courses (370 and 620 metres in length). Combined, they form a loop of about 1,200 metres!

Blue buoys numbered 1 to 8 are set up from June to September. They give swimmers the chance to assess their speed and see how far they've come. The courses were designed so swimmers can also enjoy the view of the underwater marine life that thrives around the rocks. Diving masks recommended!



1,200 m
of courses

Practical information

- Starting from Plage des Crapauds, close to the Plouneour-Brignogan-Plages water sport centre
- Open course, not monitored by lifeguards, for experienced swimmers only

An information panel close to the water sport centre explains the specifics of the course and notifies swimmers of the precautions they should take before diving in: distance between the buoys, ideal times and coefficient in respect of the tides, direction of the course and essential safety instructions.

The Défi des Légendes in video!



#BeALegend

In August, swimmers come to compete in the Défi des Légendes ("Legends' Challenge"), a stage of the Coupe de Bretagne for open water swimming.

In Plouneour-Brignogan-Plages, starting from the water sport centre on Plage des Crapauds.

Three of the races are open to the general public: 500 m, 2,000 m and 4,000 m.

Information and registration: ffneaulibre.fr

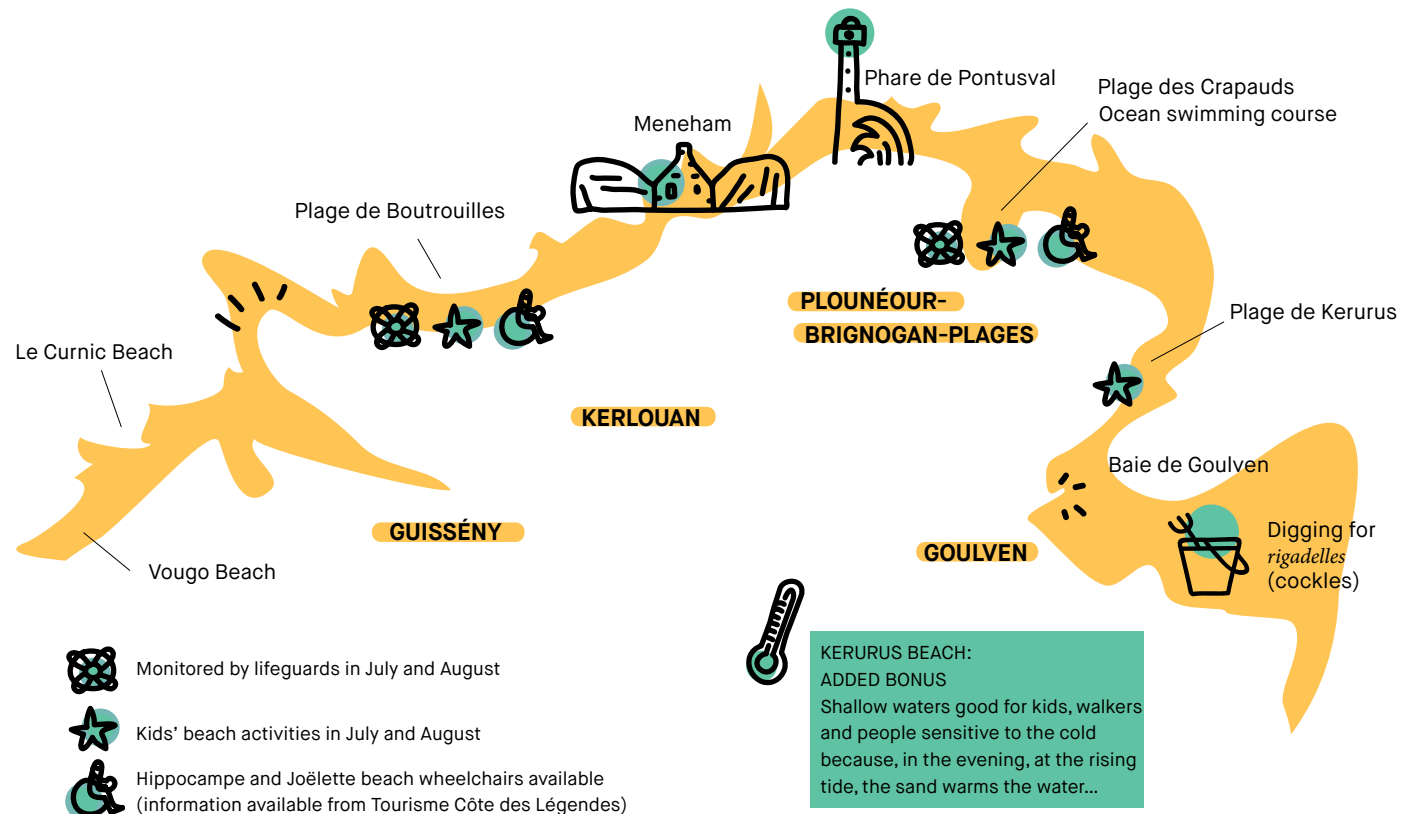
► Roc'h ar Conq, Kerlouan

Dreamy beaches

The beaches of the Côte des Légendes are synonymous with white sand and clear (sort of) water that is chilly but so invigorating!

They also mean coves, nooks and crannies, and more... At the water's edge, protected by rocks and close to the dunes, you feel good and well-rested in the peace and quiet.

And yet, despite this intimate feeling, these beaches are also full of life, places where people come to chat, play and laugh! You unpack, you pack it all up... and you come back tomorrow to do it all again!



Swimming lessons

You'll want to learn the basics before diving into the waves!

The Breton Swimming League sets up a heated pool for swimming lessons each summer, close to the Plounéour-Brignogan-Plages water sport centre.

Classes are available for all ages!

Information: natation-bretagne.fr

Digging for shellfish

The goal is to detect the treasures left behind by the sea, under the kelp or between the rocks. Along the coastline of the Côte des Légendes, you will find a multitude of fishing holes in the sandy, rocky or muddy foreshores. Keep your eyes open for your catch of the day! But be careful! Don't pick up everything that you see. Not all species are edible and be sure to check the quotas on some of them, in terms of minimum sizes and total numbers...



Tide tables

Crucial for holidays by the sea. Having a hard time choosing between digging for shellfish and swimming? Do both! This guide contains a tide table, advice on shellfish digging and shore fishing, regulations, useful equipment, recipes and more. In short, an absolute must!

Available at our Tourisme Côte des Légendes Tourist Information Bureaus.



Shellfish museum

The museum of shellfish and other marine animals, founded by the association Brigoudou, aims to help one and all to discover the biodiversity of our coastline, but also to raise walkers' awareness of this precious, fragile environment.

New: An extraordinary, magnificent collection of shells from around the world.

Open, during summer season.
During French school holidays and outside the summer season, check with the association .

Price includes: **Guided tour (90 min)** or audio guide.
Av. du Général de Gaulle - Plounéour-Brignogan-Plages (across from Brignogan Town Hall)

+33 (0)2 98 83 51 35 - +33 (0)6 31 90 07 73

brigoudou@aliceadsl.fr - www.brigoudou.fr

Seaweed discovery excursions

The association Brigoudou offers **excursions** so you can familiarize yourself with seaweed collection and conservation techniques. The outing continues with a **culinary workshop and tasting** before you visit the museum.

Prices: Adults: €15 / Children: €15 / Length: 4½ hrs

Programme available at our Tourist Information Bureaus and on cotedeslegendes.bzh



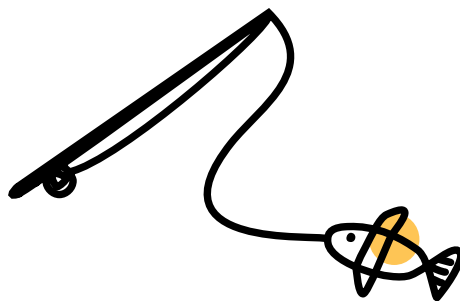


Are they biting?

River fishing

Between the Etang du Pont pond, the Flèche, Quillimadec and Aber Wrac'h Rivers and more, the bodies of water, rivers and tributaries here all offer amateurs the chance at a great catch, in an area with a high density of fish, where the large populations of brown trout, sea trout and wild salmon are unlikely to leave you empty-handed. Not to mention that "gourmet fishers" will love them! Those who prefer carnivorous fish will find what they seek along the Quillimadec, where tench, bream and pike are also well-represented.

Whether you prefer to use insects, minnows, artificial flies or ultralight lures as bait, any fishing technique can be used, given the expanses of water and the diversity of species living in the Côte des Légendes.



Information

Before you head off to indulge in your passion, we suggest you visit the website (in French) of AAPPMA Pays des Abers / Côte des Légendes at aappma-aberslegendes.org/aappma/aappma.html.

There, you will find suggestions of discovery routes to take and a variety of practical information about fishing permits and current regulations. Thanks to its team of volunteers, this association's work includes cleaning up and maintaining our rivers, setting up salmon spawning grounds and improving crossings of obstacles.

Beach fishing

Want to try for some pollack or sea bass? 32 kilometres of broken shoreline and fine sandy beaches await you. Now you just have to choose whether you will clamber over the rocks like a roving angler or set down your gear for a session of surfcasting on one of the beaches on the Côte des Légendes.

A fishing permit is not required here. However, a good understanding of your fishing hole and the weather forecast (tide tables, wind, swell, etc.) is vital to a successful outing... and to ensure you don't find yourself in an unpleasant position. We also recommend that you stay up to date on the latest regulations.

Watersport destination !

Get out your sails!

Water sport centres have all the gear you need. You can hire a windsurf board, a catamaran or a centerboarder (activities may vary from one centre to the next), to take out on your own or take a lesson.

Diving and snorkelling

The Côte des Légendes is the perfect place to discover extremely varied plantlife and wildlife in the deeps. You will feel like you're in the middle of a real underwater tropical forest. The Côte des Légendes has more than 35 diving sites, including the La Brière site where you can explore the wreck of the cargo ship, sunk off the coast from the Plage des Crapauds (Toad Beach) in Plounéour-Brignogan-Plages.

Land yachting for easy sailing

The vast expanse of Goulven Bay makes for a pleasant, safe place to enjoy this speed sport that is both easy to learn and accessible to anyone. The bay is a classified nature reserve that is nearly always windy. It can be used in all four seasons because it boasts the unique feature of remaining uncovered by the sea during neap tides.



Surf the waves

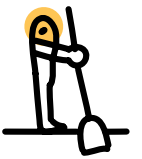
Riding a board attached to your wrist, you will need to learn to choose YOUR wave and then glide along it for several metres. Looking for a spot to get you started? Boutrouilles Beach in Kerlouan was made for you!

Kayaking between the rocks

Climb in for a trip alongside the rocks. The coast as seen from the sea... an experience you won't want to miss. This activity allows anyone and everyone to easily roam along the coastline. Row at your own pace and let the beauty of the omnipresent rocks be your guide. Special excursions can lead you to marine mammals and birds here, and a shipwreck there...

Kitesurfing gives you wings!

This traction sport combining the strengths of the sea and the wind is the fastest sailing activity on the water. There's no need to go to the ends of the earth for the perfect spot... Riding in Brittany: Goulven Bay and Vougo Beach are very popular amongst fans of board sports and adrenaline!



Stand-up paddle:

A smooth body of water and a light wind are your best friends when you engage in this board sport. Once you have found your equilibrium, you will appreciate the view of the ocean floor, through water that has never seemed so clear! It's amazing how much more transparent it seems once you are standing. The Plage du Phare in Plounéour-Brignogan-Plages lends itself perfectly to this activity.



Disconnect to reconnect

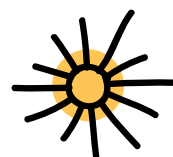
WANT (OR NEED?!) A BOOST AFTER RUNNING OUT OF STEAM? IT HAPPENS TO ALL OF US, BUT DON'T WORRY. HERE ON THE CÔTE DES LÉGENDES, THERE ARE PLENTY OF ACTIVITIES AND PLACES TO FORTIFY YOU!

Our region is dotted with establishments offering relaxation, wellness and treatment options, from the seaside to the countryside. So, are you ready to gently shift back to peace and quiet?

Whatever location you choose, relaxation and tranquillity will reign there. Everything is arranged to put you at ease and ensure you enjoy your time: the setting (country, town or seashore, there's something for everyone), the consideration of the personnel looking after you, and the equipment that is available to you. Here, you will find an infinity pool, there a sauna or a Turkish bath, or simply expert hands that will help you to disconnect completely.

Your body and mind will emerge relaxed and at peace. What a joy! For the hardiest among you, there's no need for a Scottish shower. Head instead to the ocean for a quick dip (it's true, you can do it in any season, we swear!). It will be even more invigorating that a cold shower, we promise, and there are multiple benefits to you.

#SERENITY
#WELLNESS



Beach yoga

What could be a better time to try yoga than on holiday? And what could be a more gorgeous spot to reap the benefits of this activity than the fine sandy beach at Meneham?

Use your stay on the Côte des Légendes to get a first experience or improve your skills in this dynamic yet meditative discipline. If you want to say "scram" to daily stresses and open your chakras, nothing beats a yoga session in a setting that, in and of itself, can enhance your well-being. With your feet in the sand and your eyes gazing out to the horizon, relax and inhabit the moment...

Be at ease... and breathe!



Go out





► Sidewalk café, Plounéour-Brignogan-Plages

Where to go

#DRINKS OUTSIDE
#PURE PLEASURE

WANT TO TAKE A TASTY BREAK WITH YOUR FAMILY OR GO FOR A FRIENDLY DRINK WITH FRIENDS?

There is no shortage of choices, all year round!

In spring, enjoy a drink outside in the middle of Lesneven's market. In summer, enjoy local products with your feet in the sand during an evening of theatre in Guissény or a concert facing Brignogan Bay. In autumn, appreciate the warm atmosphere of a Lesneven pub as you listen to an Irish music session. And in winter, savour a lively night at a renovated old furniture factory...



Lesneven is happening!

THE TOWN BOASTS MANY CULTURAL FACILITIES AND, IN NOVEMBER, FESTIVAL LÉGEND'AIR ECHOES THROUGH THE STREETS!

#FILM
#PERFORMANCES

Cinema

From American blockbusters to animation by way of independent films, the Cinéma Even association has seen several generations since it was created in 1953.

Close to 50 volunteers and two employees help to make it thrive today. They screen seven or eight films a week and organize evening events, particularly with Le Groupe Ouest.

Programme available at our Tourist Information Bureaus

Headliners, music & theatre

L'Arvorik first opened in April 2011.

Some 15 shows are performed there each year.

The organizers always put together an eclectic programme (theatre, blues, comedy, diverse and varied music, dance and more) to guarantee wonderful encounters, a sense of exoticism, daydreams and magical moments to share with family or friends.

**Tickets for sale year round at the Lesneven Tourist Information Bureau
Calendar of shows available on cotedeslegendes.bzh**



Festival Légend'Air

The festival echoes through Lesneven each November as the town gets its fill of live music!

It features rock, reggae, rap and pop from local and national groups!

**Tickets for sale at the Lesneven Tourist Information Bureau
Information:
cotedeslegendes.bzh and legendair.fr**



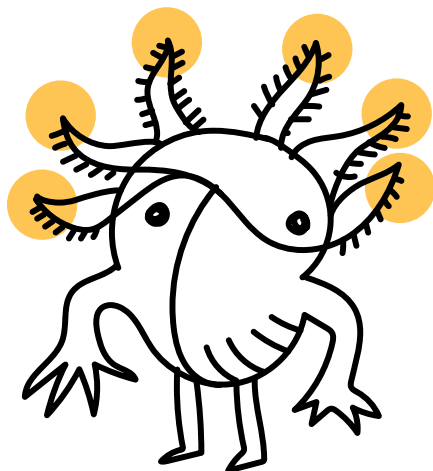


Binioù & bombards!

THE CÔTE DES LÉGENDES REGION PROUDLY SHOWS OFF ITS LOVE OF TRADITIONAL CULTURE AND MUSIC. THIS COMES IN THE FORM OF ANNUAL FESTIVALS AND ACTIVITIES.

#FEST-DEIZ
#FEST-NOZ

*An all-ages
party!*



Fest Bro Pagan

Created in Guissény in 2006, it takes place each year in July.

After its first few editions, the association was able to perpetuate this event combining art, traditional and contemporary culture and a very strong attachment to Pagan Country.

The result is ever-increasing audience numbers!

People originally came from neighbouring communities, but now the festival's loyal spectators flock from the whole department and even the region.

Offering theatre, music, dance and so on, this is without a doubt a major family-friendly event.

By taking over the site in Saint-Gildas, with its natural amphitheatre, the festival brings people together in a setting that encourages interaction. The organizers work to offer a varied programme throughout the weekend, with areas set aside for relaxing, discovering arts and crafts, and more.

Fest-deiz

At Meneham in Kerlouan, the association Avel Deiz offers activities throughout the year, with an emphasis on ancient and folk traditions, local dances and the crafts of yesteryear, amongst others.

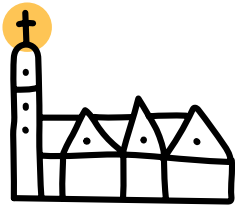
And this includes *festoù-deiz*! These Breton music fêtes come to life in the centre of town. Each Sunday in summer, two groups perform, pulling participants and visitors into the traditional dances of Léon. Accordions, *binioù*, bombards and fiddles all join in on the fun. It's impossible to resist the call of the music.

You don't want to miss the local dance, the *dañs* round.

Let the chapels & churches ring out

EACH YEAR, OUR REGION'S CHAPELS AND CHURCHES EAGERLY AWAIT THE SOUNDS OF THE CLASSICAL MUSIC CONCERTS THAT TAKE PLACE WITHIN THEM.

Thanks to their fantastic acoustics, these sites are dream venues for listening to a programme of music which is as eclectic as it is surprising: classical, operatic, folk and traditional, French song and world music, but also more instrumental concerts, lesser-known pieces and jazz. And the goal is always to share moments of music, discovery, encounters and dialogue.



Le Folgoët

Five or six organ recitals are given throughout the year at a basilica which possesses the most beautiful instrument in the north of Finistère. Its German Baroque style makes it perfectly appropriate for performing the work of the masters of the 17th and 18th centuries.

Plounéour-Brignogan-Plages

The classical, world and jazz music festival Les Mercredis de la Chapelle Pol ("Wednesdays at Pol Chapel") is an invitation to share our love of music and musicians.

Tickets and programme available at our Tourist Information Bureaus and on cotedelegendes.bzh and festivalchappellepol.com



Lesneven

At the town's summertime markets, the organs of Saint-Michel Church resound on Lundis de l'Orgue ("Organ Mondays").

Guissény

Brendaouez Chapel holds concerts every Sunday in the summer. The singers and musicians lead the audience on a lovely musical journey.

Goulven

The magnificent church in Goulven, with its monumental bell tower, also hosts four or five concerts every year.

Detailed programme available on the calendar on cotedelegendes.bzh and in our spring and summer activities guides



► The organs at Goulven's church

► Compagnie Sumak, Le Folgoët

Les P'tites Fabriques

Each year sees P'tites Fabriques, produced monthly.

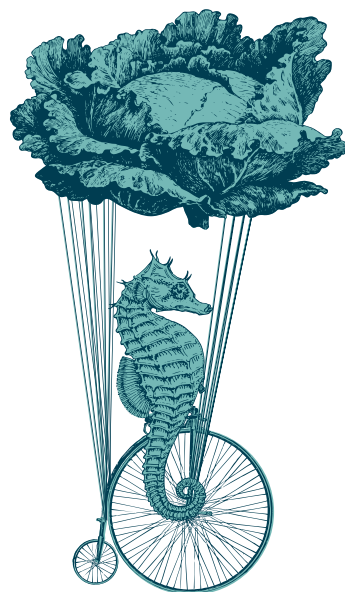
The idea is a simple one: every month, storytellers, poets and actors come to perform on makeshift stages in unexpected locations. Chapels, mills and manors make ideal scenes for fabricating memories in small groups.

Information and reservations available at our Tourist Information Bureaux, on +33 (0)2 29 61 13 60 and on fabriquedimaginaire.bzh

*8 shows
unusual venues*

#INTIMATE
#FRIENDLY

► Compagnie du Septième Cercle, Saint-Frégant



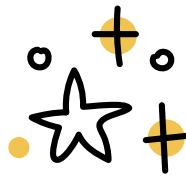
La Grand' Fabrique

La Grand'Fabrique is the third and final component of La Fabrique d'imaginaire.

The first edition of this major event in the world of imagination was held in the towns of Lesneven and Guissény in 2022.

Between sound travel and art installations, La Grand'Fabrique allowed us to step out of time in May 2022, in the unspoilt site of Saint-Gildas. Concerts, shows and local food : a festive, family-friendly getaway in an ideal setting for an escape from reality.

Information and reservations available at our Tourist Information Bureaux, on +33 (0)2 29 61 13 60 and on fabriquedimaginaire.bzh



In Lesneven

Imagination came to town in Lesneven!

Saturday, 21 May 2022, began with offbeat art walks: an unusual way to rediscover the town together! In the evening Le Grand Banquet de l'Imaginaire transported us to a magical place whose ambiance and lighting were an incitement to dream and celebrate, similar to our own Breton dance nights.

In Guissény

Imagination swept us off our feet in Guissény!

Between voyages by sound and art installations, La Grand' Fabrique allowed us to step outside of time in May 2022, against a backdrop of nature at Saint-Gildas. Concerts, shows and local foods: a festive, family-friendly getaway in a setting ideal for an escape from reality.

FABRIQUE D'IMAGINAIRE

CÔTE DES LÉGENDES

Fabrique de l'Imaginaire wasn't founded just anywhere. It has solid roots in a region that possesses a voracious appetite for tales of all kinds: the Côte des Légendes. Our region, like so many others in Brittany, is rich in legends which are passed down from one generation to the next. Kerlouan's shipwreckers, Pontusval's dragon in Brignogan, the king with a horse's head in Saint-Frégant and the Roman ghost town of Ocismor in Saint-Méen – to name just a few – bear witness to this. But here, legends are everywhere. Each stone, spring and tree inhabited by a story. While it clearly shows its affection for our region and its traditions, Fabrique de l'Imaginaire remains firmly contemporary. Rather than rehashing old tales, it would rather create and play with its stories.

fabriquedimaginaire.bzh

@fabriquedimaginaire





Savour





Rooted in the land

AGRICULTURE IS AN ESSENTIAL SECTOR IN THE ECONOMY OF THE CÔTE DES LÉGENDES, AS IN THE REST OF NORTHERN FINISTÈRE.

#LOCAL
#RURAL



On the edge of the "golden belt", an extraordinary land for market gardening, all sort of vegetables are grown here: cabbages of all kinds, leeks, tomatoes and shallot, not to mention endives, a local speciality, whose cultivation was introduced in Kerlouan in the 1950s.

Even today, the vast majority of Breton endives come from the Côte des Légendes!

An agricultural region par excellence, it is also home to a large number of livestock farms, many of which have been able to innovate and adapt to new consumer habits.

Short supply chains are thriving!

At our farms and markets, you will find a variety of local goods, sold directly by their producers.

Always happy to explain their work, a number of them open their doors to the public each year for economic tourism.

Economic tourism

Open days to learn about our know-how! The companies of the Côte des Légendes form our region's true economic identity, and they open their doors to you in the summer, inviting you to explore their worlds.

This is a great opportunity to satisfy your curiosity and, for those companies, to boost your visibility of their products and what we consume.

A rich moment of dialogue behind the scenes of these "passion professions"!

Programme and registration available at our Tourist Information Bureaus

Ty Guillerm farm

At Ty Guillerm farm in Guissény, they cultivate difference by choosing to rear two rustic breeds from Scotland which are suited to the local land and climate and are known for their premium tender, marbled meat: Aberdeen Angus, of average size and naturally hornless, and Highland, with its large horns and shaggy coat that make it seem to have come straight out of another age!

Since 2017, a small gift shop in the heart of the farm and close to the herds allows you to leave with a whole array of products in hand, which come directly from the farm: beef, pork, veal and free range chicken.



► Gladys at Ty Guillerm farm

Markets

GUISSÉNY

Tuesday, in season

8:30 am to 12:30 pm / ± 15 stalls

Food, local products and crafts.

Entertainment.



KERLOUAN

Sunday, year round

9 am to 1 pm / ± 20 stalls from mid-June to mid-September /

± 5 stalls in winter

Food, local products, organic goods, clothes and crafts (food only in winter).

Musical entertainment in the summer.

LESNEVEN

Monday:

Off season: 9 am to 1 pm / ± 90 stalls

Summer: 8:30 am to 3 pm / ± 120 stalls

Food, local products, organic goods, seafood, clothes and crafts.

Monday, 9 am to 11:30 am - Small animals market, Place du Pont.

Friday, 8:30 am to 12:30 pm / 7 stalls - Food

PLOUNÉOUR-BRIGNOGAN-PLAGES

Friday:

Off season: 8:30 am to 1 pm / 5 stalls (food)

Summer: 8:30 am to 1 pm / ± 80 stalls

Food, local products, organic goods, clothes and crafts.



Lesneven's market

Every Monday, a crowd from across the region gravitates to and takes over Place Le Flo and the adjoining squares. The town becomes a preferred place for strolling, meeting up, reconnecting and, above, for "good deals"! So, why not settle in at a sidewalk café to prolong your enjoyment of this friendly atmosphere?

In the summertime, there are more than 120 shops, and the delicious smells of rotisseries and other prepared meals will compel you to give in!

To the delight of young and old alike, the small animals market sets up on Place du Pont. How can anyone not be moved at the sight of these living cuddly toys, so easily within arm's reach for a pet!

This great eclectic and colourful jumble has been a fixture since the Middle Ages and remains one of the biggest events in Finistère.



Our three brewers

DO THE NAMES D'ISTRIBILH, LE COUREUR DE GRÈVE OR LA CORBELLE RING A BELL? THEY ARE THE THREE BREWERIES ON THE CÔTE DES LÉGENDES!

Beer & Brittany

Hops, barley and other grains have long thrived in northern Brittany.

During half of the 19th century, brewing spiked in parallel to scientific discoveries. In 1880, Brittany was at its heyday with nearly 100 breweries! They were small batch beers which didn't tend to travel, being sold within a close range.



But by the 1950s, almost all of them had disappeared!

France went from 3,160 breweries in 1903 to fewer than 300 in the 1950s, just three of which were in Brittany.

The early 1980s were catastrophic: fewer than 20 breweries remained in all of France. The boom in microbreweries, which started in the US and then moved over to the UK, began to sweep across Brittany. The first craft brewery in France, Coreff (Breton for "barley beer"), was launched in Morlaix in 1985 and immediately faced resistance from industrial beer. It was followed by Lancelot, near Ploërmel, in 1990 and then by Sainte-Colombe, near Janzé, in 1996.

Nowadays, they're coming back in force!

The Côte des Légendes is no exception to the trend of this revival, with no fewer than three breweries setting up shop here. Brittany is currently the third largest beer-producing region in France. At the end of the day, it's just back to business as usual for a country that is more of a brewer than we might have thought!

D'Istribilh



Location: Plouider

Founded: 2013

Production: 300 hl/year

Range: 4 beers

Added bonus: the pioneer on the Côte des Légendes

All these brews are of course to be enjoyed in moderation.

La Corbelle



Location: Kerlouan

Founded: January 2017

Production: 50 hl/year

Range: around 20 beers

Added bonus:
rotating beers to celebrate
the start of each new season,
returnable bottles

Le Coureur de Grève



Location:

Plounéour-Brignogan-Plages

Founded: 2017

Production: 200 hl/year

Range:
3 beers + 1 special beer
per season made with an
ingredient from the shore
(grève in French)

Added bonus:
eco/logical, local ingredients,
bottle deposit

Watch
"The Côte des Légendes as
seen by Gwenole Ollivier"



Our two local specialities

IF LÉON AND THE CÔTE DES LÉGENDES HAD TO BE REDUCED TO TWO TYPICAL DISHES, IT WOULD BE THESE!
BONNES ADRESSES DANS LA RUBRIQUE RESTAURANT DE CE GUIDE.



► Kig ha farz

Variation: pesked ha farz

You can find the seafood version of the dish, which is lighter and possibly has fewer calories, at certain restaurants.

Simply put, the meat is replaced with fish and shellfish!

Pastes

Pastes is a brioche with very small air pockets. It is a speciality of Léon (from Brest to Morlaix).

It comes in plain, raisin and prune versions. Enjoy it on its own or with butter (salted of course!).

You can find it in most bakeries on the Côte des Légendes, but if you want the real "*pastes* experience", head on over to the site at Meneham. The bread oven is put back to work when events are held there, and a retired baker makes *pastechoù*, to the delight of visitors eager to sample flavours of old.

Kig ha farz

Code name: KHF, pronounced "kee-ga-farz", is a restorative dish from northern Finistère (formerly Léon). Made with meat and vegetables, it is similar to a stew, but with a Breton touch. You see, KHF is accompanied by black or white *farz* (a sort of thick pancake cooked in broth) and a succulent butter sauce with shallots known as *lipig*.



Recipe for KHF

by Hervé Bécam of the restaurant La Butte in Plouider

INGREDIENTS (SERVES 8-10 PEOPLE):

Dumpling: 1 kg buckwheat flour, 60 cl cream, 4 eggs, approx. 500 ml milk, 20 g salt.

Stew: vegetables (1 cabbage, about 10 carrots, celery, rutabaga and onions), lightly salted pork (knuckle and lard), beef (tail and cheek).

DUMPLING PREPARATION:

Mix the buckwheat and eggs. Salt and gradually add enough milk to achieve fairly compact dough. Stir until even, then add cream and mix. The dough's consistency should be even and creamy, but not too thin. Put it in a linen sack that you previously soaked in water. Tie the sack shut with cooking twine (above the dumpling) and plunge it into boiling water with the pork knuckles. Boil for 3 hrs.

STEW PREPARATION:

Put the beef and vegetables (except the cabbage) in a pot. Cover them with water and salt with coarse salt (40 g). Bring to a boil and cook for 2 hrs. Add the cabbage and cook for another 45 min.

Arrange the meat and vegetables on a service dish. Remove the dumpling from the sack and crumble it little by little, then present in a shallow dish. Serve as is or accompanied by *lipig* (a sauce with a butter and shallot base).



Regional products & expertise

Gift shop at the Maison de Territoire in Meneham

JUST ONE RULE: LOCAL GOODS ONLY!

We offer a broad selection of products made in the Côte des Légendes and Finistère:

country pâté and fish rillettes; honey, jams, salted caramel and other tasty treats... Not to mention herbal tea, beer, hard cider and apple juice. A lovely sample of our region's products, made with our recognized expertise, is offered up for the enjoyment of your taste buds.

As a new addition in 2019, you will find a range of seaweed-based products, known for their many

properties thanks to the vitamins, minerals and antioxidants they contain. For gourmet palates, try seaweed in tartares, salads and seasonings. You can also find it in the form of cosmetics that will deliver its benefits straight to your body.

If you are curious of mind, a selection of books is available for young and old: local history, fun theme books to help understand the different aspects of nature and the sea, a selection of kids' books, colouring books, and more. There's something for every taste!



Crafts studios

The old customs officers' barracks now houses arts and crafts studios. There, you will discover a wide array of all kinds of objects: jewellery, ceramics, raku, glasswork and more...

They will be delighted to see you any time of your, explain their production techniques and guide you in your purchases.

Plan ahead



Tourisme Côte des Légendes



**CÔTE DES
LÉGENDES**
NORD BRETAGNE

About us

Tourisme Côte des Légendes is a publicly owned enterprise (EPIC) which was set up on 1 January 2011. Tourisme Côte des Légendes was created by a decision of the Communauté Lesneven Côte des Légendes.

Today, it represents a team of 10 passionate employees working to develop tourism in our unique corner of Brittany.

With the financial support of the Communauté Lesneven

Côte des Légendes.



Communauté Lesneven
Côte des Légendes
Kumuniezh Lesneven Aod ar Majenned

Our quality commitments

Tourisme Côte des Légendes was awarded the Qualité Tourisme trademark in 2019.

As part of this approach and in the interest of continuous improvements, the team are committed to:

- Offering you a warm welcome
- Greeting you personally
- Providing clear, accurate and up-to-date information
- Responding to queries as soon as possible
- Taking feedback and suggestions into account



Tickets for sale

Take advantage of your visit to book your tours and other activities:

- **Island crossings:** to Ouessant, Molène and Sein Islands with the companies Finist' Mer and Penn ar Bed
- **Ocean excursions:** Château du Taureau, the Port of Brest (with Le Brestoâ), The Crozon peninsula with the Sirène company
- **Leisure facilities:** Océanopolis ocean discovery park and La Récré des 3 Curés leisure and theme park La Récré des 3 curés.
- **Coach tickets** for the Penn ar Bed network
- **Activities and tours:** shows, festivals, guided tours, etc.
- **Bicycles for hire:** at the Guissény and Plounéour-Brignogan-Plages Tourist Information Bureaus in July and August. Rentals by the half-day, day or week. Child bike trailers and seats also available.

The tickets you can buy from our Bureaus are indicated by this image.



Accepted payment methods:

bank cards, cash, cheques and holiday vouchers

Getting here and getting around

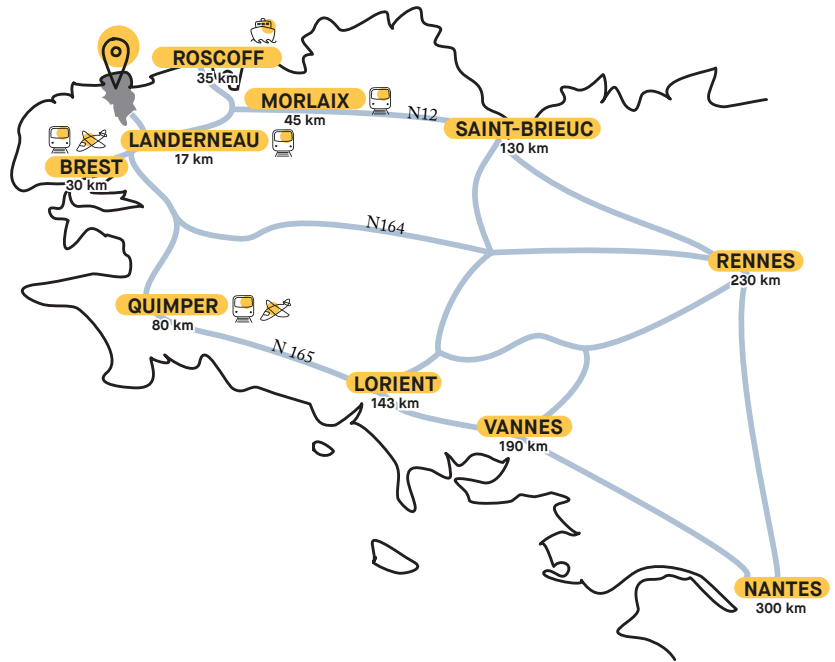


Coaches

There is a bus service between the towns of the Côte des Légendes and nearby towns:

- Brest ►◄ Lesneven (No. 21)
- Kerlouan ►◄ Lesneven (No. 23)
- Plounéour-Brignogan-Plages ►◄ Lesneven (No. 24)
- Roscoff ►◄ Lesneven (No. 25)
- Landerneau ►◄ Lesneven (No. 26)

Timetables and information available at our Tourist Information Bureaus, on bihan.fr and on breizhgo.bzh



Tourisme Côte des Légendes - Northern Brittany

Category 3

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Open year round

