

Getting to Iroise

- * Train station at Brest (TGV) www.sncf-connect.com
Brest-Saint Mathieu: 25 km (15 mi), Brest-Saint-Renan: 13 km (8 mi)
- * Ferry to Roscoff, 1 hour by car to reach Iroise
- * Airport Brest Brittany, 16,5 km (10 mi) from Saint-Renan

Discover Iroise on foot, by bike, by boat or by bus

- * Public transport, [bus www.breizhgo.bzh](http://bus.breizhgo.bzh)
- * Coast [shuttle](http://shuttle.pays-iroise.bzh) from 4th July till 31 August 2023 (Navette du littoral) www.pays-iroise.bzh
- * By [bike](http://bike.iroise-bretagne.bzh/sorganiser/randonnee). Choose your rental point from the list at the tourist map and rent a bike. 4 cycling routes are available at the tourist office or online in GPX format www.iroise-bretagne.bzh/sorganiser/randonnee
- * On [foot](http://foot.iroise-bretagne.bzh/sorganiser/randonnee). Different marked trails are available online in GPX format (same internet address as above, bike) or at the tourist office. Guided walks on foot or carriage are organised.
- * By [boat](http://boat.iroise-bretagne.bzh/sorganiser/randonnee). Rent a boat or embark on an incredible sea excursion to discover the wildlife.

THE IROISE BRETAGNE TOURIST OFFICE,
PARTNER OF YOUR HOLIDAYS

- ✓ Ideas
- ✓ Good plans
- ✓ Practical information
- ✓ Quality accomodation
- ✓ Events calendar
- ✓ A year-round ticketing service :
excursions, entrance tickets,
bus tickets, bicycle hire, shuttle
to the islands,

IROISE BRETAGNE WELCOMES YOU.
OUR TOURIST OFFICES

- Le Conquet, Parc de Beauséjour
- Plougonvelin, Boulevard de la
mer
- Saint-Renan, Place du Vieux
marché
- Plouarzel, Place Saint-Arzel 1
- Ploudalmézeau, Rue François
Squiban and Portsall

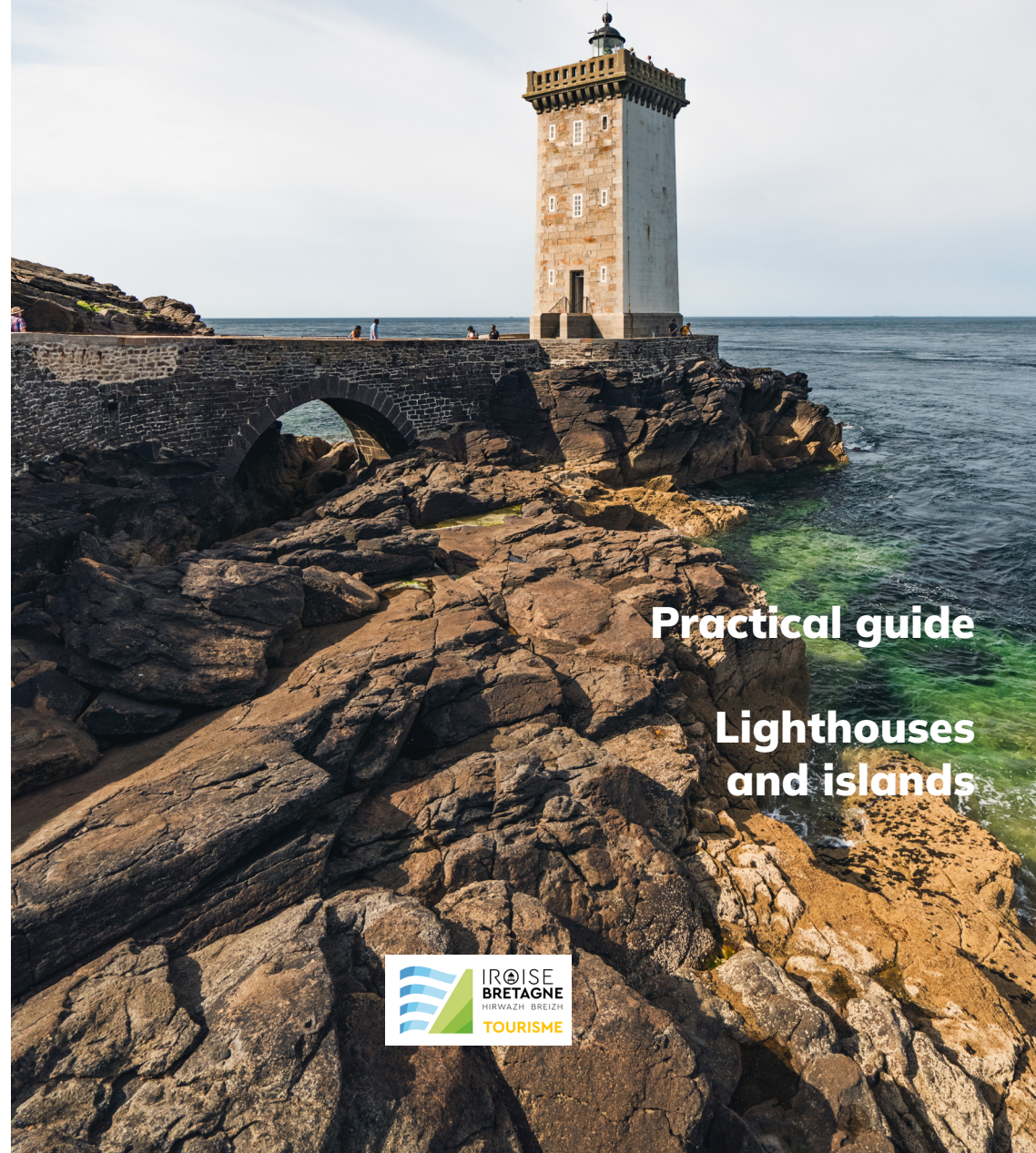
www.iroise-bretagne.bzh
tourisme@iroise-bretagne.bzh
phone 0033 2 98 38 38 38

Find all the must-sees on the touristic map of Iroise



WELCOME IN IROISE

BRETAGNE[®]



Practical guide

Lighthouses
and islands





Visit the islands

Visit the islands Molène and Ouessant (Ushant). Embark at Le Conquet, all year round and every day, or at Lanildut during the summer. pennarbed.fr and finist-mer.fr

Parking is limited (2 to 4 hours with a blue disk) in Le Conquet. Park your car for a day or more at the Parking des îles or in one of the private parking spaces. A list is available at the tourist office.



Kids-friendly

- La Récré des 3 Curés, Milizac, the largest amusement park in Brittany for the whole family ! larecledes3cures.fr
- Marked tour in Le Conquet and Saint-Renan: follow the routes marked with a crab or a horse to discover these two cities rich in history. Document for Saint-Renan in English available at the tourist office
- Cinema and swimming pool in Saint-Renan and Plougonvelin.

1, 2, 3

Visit three lighthouses

Have a unique experience and enjoy a magnificent view at Saint-Mathieu, Kermorvan and Trézien!
In July and August you can also visit the lighthouse of Saint-Mathieu by night, every Thursday. Reservation necessary for the night visits. Daytime visits without reservation.
phares@iroise-bretagne.bzh
phares-iroise.bzh



Sun, sea and watersports!

Four watersports centres offer you a multitude of water fun: stand up paddle, kayak, sailing. You can take a course or rent equipment. Find the full list (including diving and surf) in our leisure guide *Guide des activités de loisirs*.

For rainy days

- Musée du Ponant, Saint-Renan
The museum presents the history, art, economy, culture and life of the past in Léon, Brittany.
museeduponant.com
- Musée Mémoires 39-45, Plougonvelin
A German command blockhouse with 5 floors and 500 m2 of exhibition space.
museememoires39-45.fr

Gardens and castles

- Château et Jardin de Kergroadez, Brélès.
Visit the castle and gardens.
kergroadez.fr
- Jardin exotique, Saint-Renan
A beautiful exotic botanical garden.
jardin-exotique-de-saint-renan.com
- Château de Kervéatoux
Guided tours of the garden.
kerveatoux.fr



Market time

Tuesday

- LE CONQUET Place de l'landeilo
all year round * 9 AM - 1 PM

Wednesday

- LANDUNVEZ Port d'Argenton
July and August * in the morning

Thursday

- LAMPAUL-PLOUARZEL
all year round * 9 AM - 1 PM

Friday

- PLOUDALMÉZEAU city centre
all year round * 9 AM - 1 PM
- PLOUMOGUER Ferme de Messouflin
all year round * 4 PM - 7 PM

Saturday

- SAINT-RENAN
An unmissable gourmet halt, one of the largest markets of the department: local products from the sea, clothing, etc.
all year round * 9 AM - 1 PM.

Sunday

- PLOUGONVELIN Trez Hir
all year round * in the morning

Farmers markets

- La ferme de Kéroudy (Milizac-Guipronvel) Friday and Saturday 9 AM - 12 PM and 2 PM - 6.30 PM
- Le potager de Saint-Mathieu (Plougonvelin) Friday evening 4 PM - 7 PM
- La ferme de Penzer (Le Conquet) Monday and Wednesday 5 PM - 7 PM, Friday and Saturday 4 PM - 6.30 PM
- Ty Gwen légumes (Le Conquet) Wednesday and Friday 5 PM - 7 PM and Saturday morning 10 AM - 12 PM
- Le jardin des saveurs de Trémazan (Landunvez) Tuesday and Saturday 9 AM - 12.30 PM, Wednesday and Friday 9 AM - 12.30 PM and 4 PM - 7 PM
+ during summer Thursday 9AM - 12.30 PM

Dogs are not allowed on the beaches from 1st June till 30th September.

