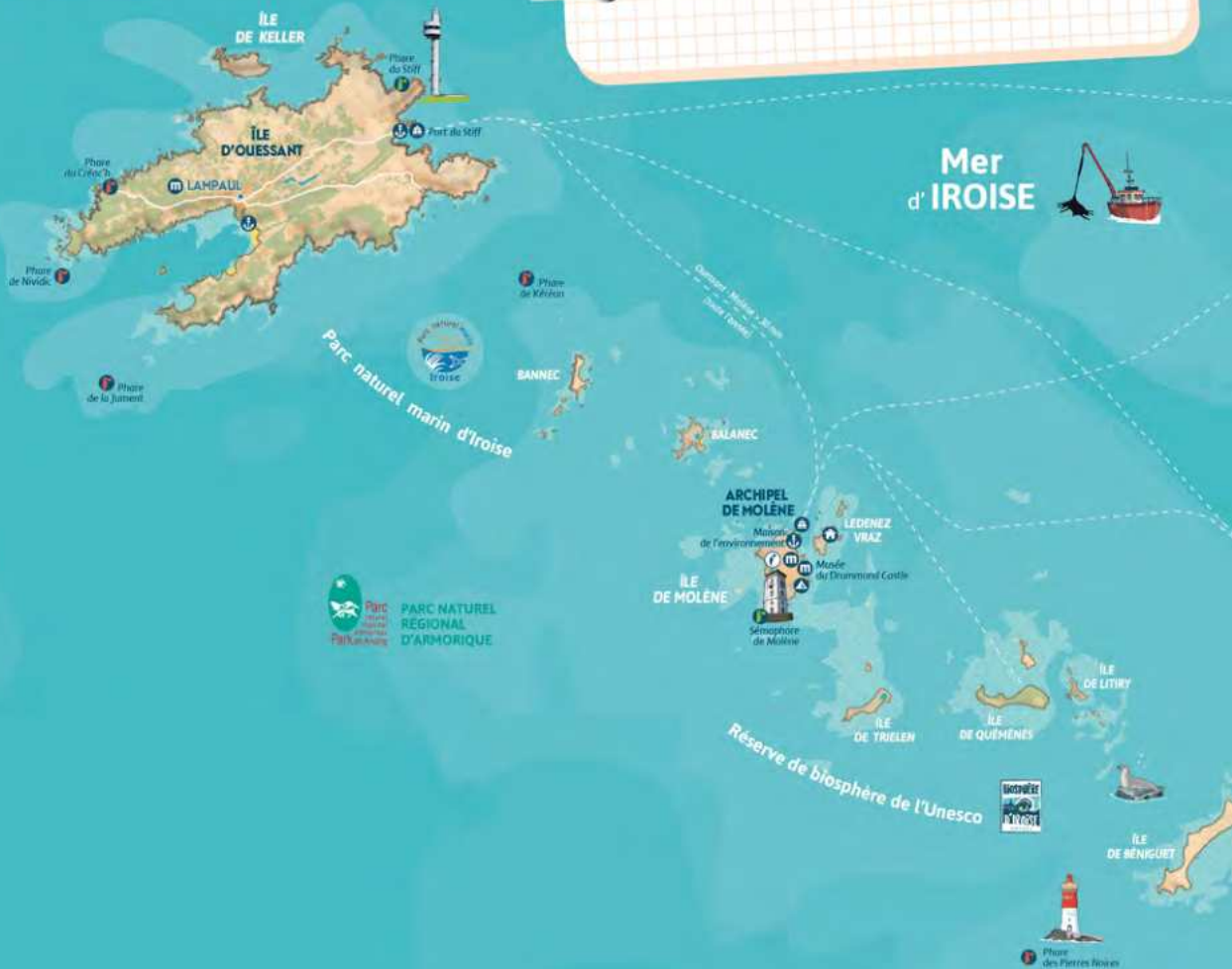


Iroise Bretagne

***From
lighthouses
to islands***

The naturally
briny
destination!

YOUR STAY IN IROISE
OUR GOOD ADVICES!



L'IROISE ET SES ÎLES



Pays des Abers





Degemer mat e bro an hirwazh

WELCOME TO PAYS D'IROISE

Mont a ra mat ? How are you ?

(used to say hello)

Aman Butter

Amzer Weather

Bara Bread

Bihan Little

Bras Big

Breizh Brittany

Bro Country, region

Degemer mat Welcome

Enez Island

Fest deiz Day-time festival

Fest noz Night festival

Kenavo Goodbye

Ker Village, hamlet

Mor Sea

Penn Head, cape

Plou Parish

Ti House, home

Tour-tan Lighthouse (tower of fire)

Unan, daou, tri One, two, three

•



NATURAL SPACES ARE
ENVIRONMENTS
WE MUST PROTECT



GOOD PRACTICES... AND COMMON SENSE!



I stay on **marked trails** to preserve the flora and fauna



I **don't pick flowers** and I leave **pebbles where they are**



I put **caps** on my hiking poles



I carry a bag **to pick up my trash**



I keep my **dog on a leash** (dogs are not allowed on beaches from June 1st to September 30th)



I use designated **parking areas**

Dear visitors, don't forget to dial the +33 international code for your calls in France!

IROISE-BRETAGNE.BZH
SCAN FOR
MORE INFO

ACCOMMODATIONS



RESTAURANTS

EVENTS



WALKING
PATHS

IROISE BY
BICYCLE



TRAIL RUNNING
ROUTES

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Heartland

Guaranteed emotions!



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* paths, roads

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A briny exploration!



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Tide times

LEGAL NOTICE

Produced by Office de Tourisme Iroise Bretagne
ZA de Kerdrioual • 29290 Lanrivouaré
Publishing director • André Talarmin, President
Design/Production • D'une idée l'autre
Printout • Imprimerie du Commerce
Printed on PEFC paper
Photo Credits • Partners of the Office de Tourisme Iroise Bretagne, Pays d'Iroise Communauté, Brest terres océanes, CRTB, Glaz Pictures, T.Poriel, M. Le Gall, E. Ragot, B. Delhalle, Y. Le Gal, M. Viezzer, E. Berthier, P. Bouteille, C. Kerviel, O. Durand, J. de Lachèze-Murel, L. Hervé, P. Gautier, Dunes Studio, L. Philippot, G. Quémeigneur, F. Gicquiaud, R. M. Coulombel, N. Pasquier, E. Liétin
Translation: M. Lansonneur



ALONG THE RIBINES*, DISCOVER

Scan for more info



By bus

The company *Le Roux et Elorn Bus et Cars* connects Brest bus station to most towns in Pays d'Iroise. Bus tickets are available for sale at our tourist offices.

During the summer holidays, additional bus services to beaches are provided.

More information on breizhgo.bzh

ON-DEMAND TRANSPORT SERVICE

Find additional routes on

[breizhgo.bzh/
transport-a-la-demande](http://breizhgo.bzh/transport-a-la-demande)

This service operates by reservation only
☎ 02 99 300 300

BY TAXI

Audrey Taxi ☎ 06 80 65 42 41
Taxi Alba ☎ 02 98 89 40 12

BY CAR WITH A DRIVER

Blanche Hermine VTC ☎ 06 68 64 33 40

CARPOOLING

Information on
ouestgo.fr

RENTING A CAR

Sixt agency at Brest train station and airport ☎ 01 70 97 61 11
✉ service@sixt.fr

BY MOTORHOME

Several motorhome parks are available throughout the region.

Find plenty of useful information to help you get around in Iroise!



• LINE 911

Le Conquet ↔ Brest

This route serves the towns of **Locmaria-Plouzané** (Pen ar Menez, Trégana), **Plougonvelin** (Trez-Hir, town centre), and **Le Conquet** (town centre and ferry terminal).

Passengers travelling to the islands can use this route for free by reserving in advance with the *Penn ar Bed* ferry company.

• LINE 912

Saint-Renan ↔ Brest

• LINE 913

Lampaul-Plouarzel ↔ Brest

This route serves the towns of **Saint-Renan** (bus station), **Plouarzel** (town centre), and **Lampaul-Plouarzel** (multimodal area).

• LINE 914

Ploudalmézeau ↔ Brest

This route serves **Ploudalmezeau** (town centre) and **Portsall**.

• LIGNE 915

Milizac-Guipronvel ↔ Brest

This route serves **Milizac** (town centre), **Guipronvel** (town centre) and **Tréouergat** (town centre).

• LINE 916

Porspoder ↔ Brest

This route serves the towns of **Saint-Renan** (bus station), **Lanrivoaré**, **Plourin**, **Landunvez** and **Porspoder** (parking des dunes).

JUST RELAX
THIS SUMMER. YOU'RE
TAKING THE SHUTTLE

In July and August, the coastal shuttle connects the seaside towns from Locmaria-Plouzané to Lampaul-Ploudalmézeau.

Thinking of walking a section of the GR®34? You can return to your starting point thanks to the shuttle.

IROISE

* PATHS

ASK FOR
OUR 4 FREE
BIKE ROUTES!



The **V45 Coastal cycle route**, which follows the coastline, as well as **4 bike routes**, allow you to leisurely explore Iroise, away from the main roads.



By bicycle

Classic bikes, electric bikes, tandems... You will find multiple rental points across Iroise. To facilitate your exploration, you can find our "bike-friendly" certified tourist offices on page 63.

DID YOU KNOW?

The free **Geovelo** app allows you to ride along secure and suitable bike routes.

Scan for more info



By boat

THE ABER ILDUT CROSSING

It connects Lampaul-Plouarzel and Lanildut in just a few minutes in both directions.

Whether you are a local resident, a hiker along the GR@34, or a cyclist on the Coastal V45, you can come aboard the motorboat "Phine la Passeuse" and enjoy the ride!

Scan for more info



This crossing is available from April to September, depending on staff availability and weather conditions.
Reservation:

☎ 06 31 93 58 71 • 02 98 04 04 98



By foot

The GR@34, the GR@ de Pays d'Iroise, and various other hiking routes pass through Iroise. Find our hiking suggestions throughout this guide.



TOP GUIDES
AVAILABLE AT THE
TOURIST OFFICE!

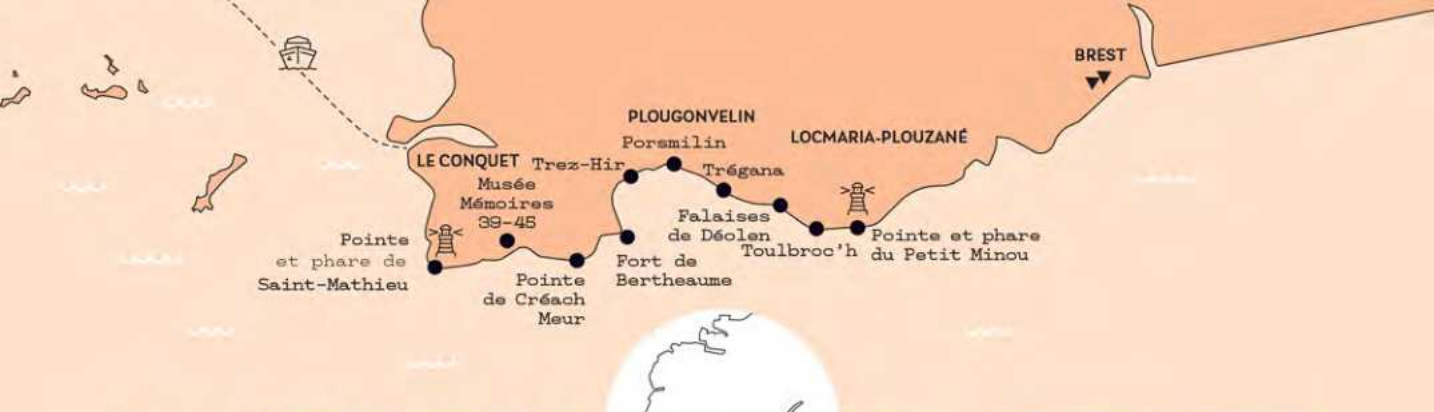
A BRINY EXPLORATION!

From
lighthouses
to islands

✦ TOURIOÛ-TAN HAG INIZI



Plouarzel - near Ségall Island



Spotlight on Iroise

◆ SKLAERIJENN WAR BRO HIRWAZH

From Portez beach in Locmaria-Plouzané, you can fully enjoy this south stretch of Iroise, leading you east to the Petit Minou lighthouse, and west to Trez-Hir beach. A stunning coastline, open to the infinite.

Taking a break



A BEACH FOR EVERYONE!

Portez Beach

Lifeguarded during the summer from 1 pm to 7 pm, this beach is ideal for trying paddleboarding, surfing or bodyboarding.



Trez-Hir Beach

A perfect spot for the whole family! Certified "Handiplage" (accessible for people with reduced mobility) and home to the nautical centre, it is lifeguarded during the summer.

From Trégana beach, enjoy a 500-metre walk along a gently sloping path, enhanced by a stunning sea view.



Portez beach, Locmaria-Plouzané

Discover inclusive sailing with the "Sailing and Disability" event on Saturday 24 May!

On the move



Hiking...

DÉOLEN TRAIL

Beaches, rocky escarpments, and heritage sites – this challenging trail offers you breathtaking views!

Old steel cables can still be seen on Déolen's shore, a reminder of the telegraph cable laid in 1869 between France and Cape Cod in the USA.



...or cycling

THE V45 COASTAL CYCLE ROUTE

Discover the westernmost tip of Brittany, just beyond Brest, by cycling along the coastline for over 100 km. The V45 Coastal cycle route is ideal to explore the seaside by bike.



At your service!

The Plougonvelin tourist office is certified "bike-friendly".



On-site hotels and restaurants invite you to enjoy this wonderful site for a little longer.

Pointe Saint-Mathieu

On this rocky outcrop, you can travel through 2,000 years of history by visiting the Saint-Mathieu lighthouse, the Saint-Mathieu de Fine-Terre Abbey, the Abbey Museum, and the National Memorial to sailors who died for France.

The preserved heritage, combined with the view of the Iroise Natural Marine Park and its islands, make this site one of a kind in Finistère. Almost magical!

The Memorial trail “Aux Marins” (To Sailors) is a 4 km loop around Pointe Saint-Mathieu, which reminds us of the heavy toll paid by the French Navy to the sea.



Pointe Saint-Mathieu

IDENTITY SHEET

Height:
37 m

Number of steps:
163

First lit: 1835

Beacon:
rotating white,
one flash every
15 seconds

Range:
28 nautic miles
(46 km)

Automated in
1996, no longer
manned since
2006

SAINT-MATHIEU LIGHTHOUSE

IROISE FIGUREHEAD

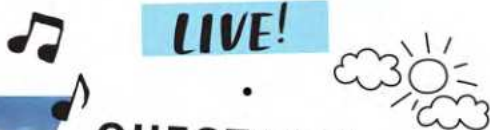
From the elevated round path of this historic monument, you can appreciate a magnificent panorama embracing the Molène archipelago, the island of Ouessant, the chaussée des Pierres Noires, and the Pointe du Raz. Reignite the flame! You are at the heart of the Lighthouses Route: “La Route des Phares”. All year round, chef Nolwenn Corre, awarded one Michelin star, welcomes you to the *Hostellerie de la Pointe Saint-Mathieu*.

During the summer, enjoy a horse-drawn carriage ride following the coastline between Pointe Saint-Mathieu and Les Respects.

By night, the lighthouse turns its beam on, reaching up to 46 km in order to guide approaching ships. The mythical “**Nuits du phare**” (Lighthouse Nights) take place during the summer and offer you a unique experience!

Scan for more info
The Saint-Mathieu
lighthouse
welcomes you
all year round!





LIVE!

QUESTIVAL

27 & 28 JUNE

2nd edition of this music festival at Pointe Saint-Mathieu.



Sponsored article

MUSÉE MÉMOIRES 39-45

Just a stone's throw from Pointe Saint-Mathieu, step back in time into this remarkable German command bunker. Over 5 floors, discover an exhibition focused on testimonies and anecdotes, illustrated with thousands of objects, documents and photographs. As you go down into this fortress, start by immersing yourself in the daily life of soldiers of the Atlantic Wall. Then, through various thematic rooms, learn about the history of war in Brittany, as told by those who truly lived it. Finally, enjoy the unique panoramic view offered by the kiosks and the roof of the bunker, allowing you to see the entrance of the Brest harbour, from the Crozon Peninsula to the island of Ouessant.

Open every day from 1st April to 11th November. Open daily during Christmas and winter holidays (except on public holidays).



Hidden gem!



The Vaéré Garden

Not far from Pointe Saint-Mathieu, in Plougonvelin, lies a hidden paradise: a beautiful garden featuring miniature structures. This peaceful green oasis invites you to embark on a journey



Le Prédic
Route de la Pointe Saint-Mathieu
Plougonvelin
02 29 02 84 56
contact@museememoires39-45.fr

museememoires39-45.fr

The Bertheaume Fortified Islet



Built by Vauban in the 17th century to defend Brest harbour, and incorporated into the Atlantic Wall during World War II, the Bertheaume Fort offers guided tours, storytelling walks, an adventure trail and a zip line for the more daring... Come and visit the fort during the summer to enjoy a magnificent view of the entrance of Brest harbour.

Bertheaume fort, Plougonvelin

Sponsored article

LES DÉLICES DE LANVENEC

Located in Locmaria-Plouzané, near the beaches and on the road to the islands of Molène and Ouessant, the artisan bakery and pastry shop "Les Délices de Lanvenec" offers a

traditional range of homemade products, light meals, and Breton pastries (including its trademark "Les Kouign-Bihan"). Whenever possible, the bakery sources local products through short supply chains. It is open every day from 6:30 am to 7 pm (except on Tuesdays).



📍 LD Kerfily, 3695 Route du Conquet
Locmaria-Plouzané
☎ 02 29 00 89 38
✉ lesdelicesdelanvenec@orange.fr

Sponsored article



📍 Boulevard de la Mer
Plougonvelin
☎ 02 98 38 06 11
✉ contact@treziroise.fr
treziroise.fr

TREZIROISE AQUATIC CENTRE

Facing the Iroise Sea, the Treziroise Aquatic Center is a unique facility at the tip of Finistère. Its sports and leisure pools, filled with heated seawater all year round, invite you to relax, swim, and have fun with friends and family! The cardio area allows you to enjoy a variety of activities and benefit from sessions led by qualified instructors. Whether you are young or senior, a novice or an experienced swimmer, Treziroise has everything you need, set in an incredible seaside location. Accessible to people with reduced mobility.

QUIZ

I am the westernmost lighthouse on the French mainland. What is my name?

.....
Answer on page 18

Plougonvelin Nautical Centre

Located on Trez-Hir beach, the Plougonvelin Nautical Centre welcomes you from **Monday 14th to Friday 18th April, and every day from 30th June to 29th August.**

It offers a variety of activities to enjoy the turquoise waters of the Iroise sea.

Activities: Jardin des mers from age 4, optimist sailing from age 6, or catamaran and windsurfing from age 10. Older participants can try catamaran, windsurfing, rowing, multi-paddling or wingfoiling.

Information and reservations:

✉ npi.plougonvelin@ccpi.bzh

☎ 02 98 48 22 20

RENTAL AND INDIVIDUAL LESSONS

From spring, come to Trez-Hir beach to rent windsurf boards, windfoils, wingfoils, catamarans, kayaks, trimarans, paddleboard, motorboats (50 HP).

Individual lessons available.

Information and reservations:

Rental point: ✉ location.plougonvelin@ccpi.bzh

☎ 02 98 48 35 10

nautisme.pays-iroise.bzh



OUR TOURISM PARTNERS AROUND YOU

SPORTS AND LEISURE ACTIVITIES

Bertheaume Iroise Aventure • 07 84 46 36 44
Cinéma Le Dauphin • 09 75 85 80 78
Piscine • Espace Aquatique Trez-Iroise • 02 98 38 06 11 (voir P 14)
Balade en calèche • Roulottes en Pays d'Iroise • 06 89 94 29 19
Tennis, paddle-tennis • Tennis de Plougonvelin • 06 62 58 24 10

ART AND EXHIBITIONS

Gyotaku, art de l'empreinte du poisson • Traces de mer • 06 86 47 88 89

DISCOVERY WALKS

Terre d'écume • 06 49 34 86 88
Ribine Expérience • 06 82 02 05 26

BAKERY, PASTRY SHOP, TEA ROOM

Les Délices de Lanvenec • 02 29 00 89 38 (voir P 14)

GOURMET GROCERY

Épicerie fine • La maison du phare • 02 98 89 00 19

RELAXATION AND WELL-BEING

Cabinet de sophrologie-relaxation • 06 67 85 48 34
Holiday's hair • 02 98 48 23 48
Spa • Hostellerie de la Pointe Saint Mathieu**** • 02 98 89 00 19
La Boîte à Magie Artisan Coiffeur • 02 98 48 32 36
Rando bien-être • Terre d'écume • 06 49 34 86 88

PUBLIC GARDEN

Jardin du Vaérié

EQUIPMENT RENTAL

Bateau • Balade en mer et location • flyer 550 • Breizh Boat • 06 95 21 46 70
Vélo • Bureau d'information touristique de Plougonvelin • 02 98 38 38 38
Planche à voile (foil), wing et windfoil, cata, dériveur, kayak, paddle, giant sup • Location nautique de Plougonvelin • Trez-Hir • 02 98 48 35 10
Vélo • Trankilou • 06 60 24 56 99

SEA ACTIVITIES

Jetski, bouée tractée • Activjet • 06 45 47 44 17
Guide de pêche • Ar Mor Fishing • 06 74 96 11 26
Aviron de Mer • Plougonvelin • 06 19 69 14 70
Centre nautique de Plougonvelin • Trez-Hir • 02 98 48 22 20
Surf, body, paddle • Minou Surf School • 06 89 07 75 71
Paddle • OWA: Ocean & Wind Academy • 07 86 96 49 29
Canyoning, snorkeling, natation • Rando Mer • 07 86 99 27 29

FARM MARKET

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

MEMORIAL

Mémorial national des marins morts pour la France • 02 98 38 07 79
• 09 75 85 52 59

MUSEUMS

Musée Mémoires 39-45 • 02 29 02 84 56 (voir P 13)
Le monde des bateaux noirs (Au fort de Bertheaume, l'après-midi)
Musée de l'abbaye de Saint-Mathieu • 06 61 47 21 34

HERITAGE SITES

Fort de Bertheaume • 02 98 48 35 19 (7/7 en juillet - août)
• 02 98 38 03 81 (Accueil de groupe toute l'année)
Manoir de Kerscao • 06 74 36 30 58 (dates de visites en ligne)
Phare de Saint-Mathieu • 02 98 89 00 17 • 06 86 31 03 47

LOCAL PRODUCTS AND HOMEMADE SPECIALTIES

Biscuiterie de la Pointe Saint-Mathieu • 02 98 30 30 98
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 Cabane • 02 98 36 55 10
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
Mille Sabords • 02 98 48 50 96
Ti Mad Eo • 02 98 02 68 25

SNACKS

La Maison du Phare • 02 98 89 00 19
Les Délices de Lanvenec • 02 29 00 89 38

SERVICES

Station de lavage • Lav'Iroise • 06 44 35 13 80

SHOPPING

Magasin nautique, mode et sport • Imer • 02 98 38 00 68



LIVE!



EUROPEAN ART CAREERS DAYS

FROM 31 MARCH
TO 6 APRIL

Authentic!

◆ EN EJU!

Labelled a Small Town of Character, Le Conquet is particularly vibrant. Its many restaurants and shops, opened on weekends in the off-season, make it an attractive place. Nearby, the charming town of Trébabu invites you to enjoy delightful walks through romantic valleys.

Taking a break



A BEACH FOR EVERYONE!

3 "BLUE FLAG" AWARDED BEACHES! This label highlights the commitment of beaches and marinas to sustainable development.



Les Blancs Sablons:

A wonderful playground!



Classified as a Natura 2000 site, this vast 2.5 km beach of fine sand is a paradise for watersports lovers. From Les Blancs Sablons, enjoy a breathtaking view of the Kermorvan Peninsula and the Ilette Fort.

Nearby, the beautiful beaches of Porz Liogan and Portez also hold the Blue Flag label. Portez is a family favourite: a small slice of paradise, easily accessible just 500 metres from Le Conquet town centre.



Blancs Sablons beach, Le Conquet

? QUIZ

The miraculous water of Notre-Dame-du-Val Chapel in Trébabu is said to cure stuttering and other speech difficulties in children. Which fountain is believed to heal scabies and skin diseases?

.....
Answer on page 27

Sponsored article

SURFING IROISE

Surfing Iroise, your surf school in Le Conquet, was founded in 2010 and is located in the stunning spot of Les Blancs Sablons, known for being accessible to all levels. The school offers surfing lessons and courses all year round. It also provides rentals, guided tours, a surf shop, and, for relaxation after a great time on the beach, the Surf Café!



9 route de la presqu'île de Kermorvan
Le Conquet

06 15 33 06 98

surfing.iroise@gmail.com

surfing-iroise.com

Breathtaking view

Kermorvan Lighthouse Le Conquet

THE WESTERNMOST!



Lined up with the Lochrist, Trezien, and Saint-Mathieu lighthouses, the Kermorvan lighthouse overlooks the Iroise Sea from its namesake peninsula. Lit for the first time in 1849, it holds the title of the westernmost in France! With its magical setting and breathtaking views, the coastal path leading to the lighthouse delights hikers and walkers.

IDENTITY SHEET

Height: 20.35 m
Number of steps: 77
First lit: 1849
Beacon: white, one flash every 5 seconds
Range: 22 nautical miles (40.74 km)
Automated in 1994

Scan for more info

Opening days and times



Sponsored article

LA TAVERNE DE KERMORVAN



Welcome to La Taverne de Kermorvan, at the tip of Finistère! Facing the Pointe de Kermorvan, an enthusiastic team welcomes you to the TDK, a unique place blending three atmospheres: a relaxed bar, a fresh-produce restaurant, and a charming guinguette-style terrace. Their mission? To provide you with unforgettable moments! Enjoy lively events such as concerts, themed evenings, sports broadcasts and delicious sharing boards in a friendly atmosphere! For the restaurant, don't forget to make a reservation!



18 rue Saint-Christophe
Le Conquet
02 98 32 58 79
tavernedekermorvan.fr

Sponsored article



To stay informed of the sale dates and available catches, follow Yannick et Laïs on their social media:   @bateaudepechekervouroc or contact them at
06 59 85 99 29
kervouroc@gmail.com

LE KERVOUROC FISHING BOAT

The KERVOUROC II is a trawler. Yannick and Laïs offer direct sales all year round on Wednesdays and Saturdays from their shop located at 10 Rue Poul Conq, at the entrance of Le Conquet, when the boat is at sea (tidal coefficient below 80, approximately every two weeks). The main products available for sale include: monkfish, skate wings, brown crab, spider crab, lobster, spiny lobster, turbot, sole, sea bass, and cuttlefish (depending on the season).



Walking along the aber: a vast salt marsh, a paradise for migratory birds.

In autumn, winter and spring, many migratory birds make a stopover here, sheltered from prevailing winds. An observation point and a birdwatching educational trail are available along the aber. Please, keep dogs on a leash, remain discreet and keep your eyes peeled! Nearby, the sunken lanes of

Trébabu will lead you to the charming Notre-Dame-du-Val Chapel.



On the move

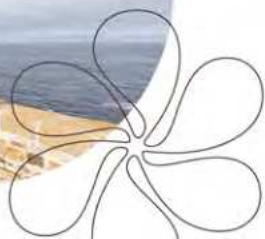


Trail running

KERMORVAN PANORAMIC TRAIL RUN

HEADING WEST - 1 to 2 hours - 9.73 KM

In Le Conquet, this well-paced route will lead you through the Lanfeust wood, across the Blancs Sablons dunes, and to the tip of the Kermorvan peninsula, facing the Molène Archipelago. Breathe deeply!



OUR TOURISM PARTNERS AROUND YOU

ART AND EXHIBITIONS

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
Wild Wáta • 06 68 09 99 80

BOAT TRIPS IN THE IROISE SEA

Archipel Excursions • 06 99 85 47 45 (voir P. 22)
Balade au Parc Marin • 06 26 96 17 98
Cap Iroise Évasion • 06 80 18 84 98

BARS

Au Vieux Logis • 02 98 89 09 17
Surfing Iroise • Café-Shop • 06 15 33 06 98

GOURMET GROCERY

Boucherie Marc • 02 98 32 82 21

MARITIME COMPANIES

BreizhGo Penn Ar Bed (départs du Conquet et de Brest)
• 02 98 80 80 80 (voir P. 21)
Finist'Mer (départs du Conquet et de Lanildut)
• 02 98 89 05 95 (voir P. 29)

RELAXATION AND WELL-BEING

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

EQUIPMENT RENTAL

Vélo • Bureau d'information touristique du Conquet • 02 98 38 38 38
Trotinette électrique • Click & Loc Iroise • 06 78 69 37 28

SEA ACTIVITIES

Plongée • Club Subaquatique de l'Atlantide • 06 89 17 78 12
Surf, bodyboard, stand up paddle, carver skate • Surfing Iroise
• 06 15 33 06 98 (voir P. 17)

FARM MARKETS

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

PARKING FOR ISLAND VISITORS

Parking ANC • 06 46 80 44 05
Parking de la Tour d'Auvergne • 06 07 91 88 28
Parking La Grange • 06 08 61 79 99 - 02 98 89 15 10

HERITAGE SITE

Phare de Kermorvan • 06 86 31 03 47

RESTAURANTS

Auberge de Keringar • 02 98 89 09 59
Auberge du Saoz • 09 61 37 00 45
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
Louise de Bretagne • 02 98 33 10 67
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 (voir P. 18)

TEAM ROOM

La Vinotière • 02 98 89 17 79

TRANSPORTATION

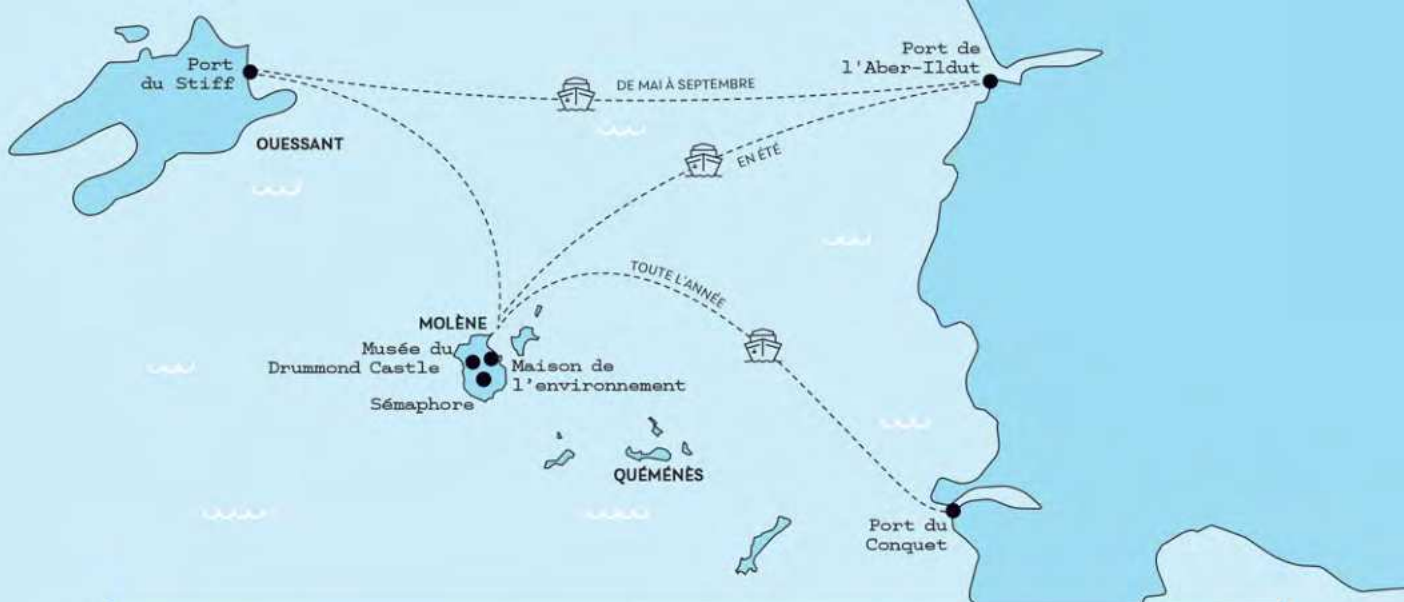
Audrey Taxi • 06 80 65 42 41

SHOPPING

Bouquinerie À l'encre • 06 38 47 75 68 • 02 98 30 43 19
Meubles neufs et anciens • La Grange
• 02 98 89 15 10 • 06 08 61 79 99
Prêt-à-porter • L'Essentiel • 06 42 23 09 26
Boutique déco • L'Îlette • 06 82 37 24 32
Boutique déco • Naturel Déco • 02 98 89 06 19

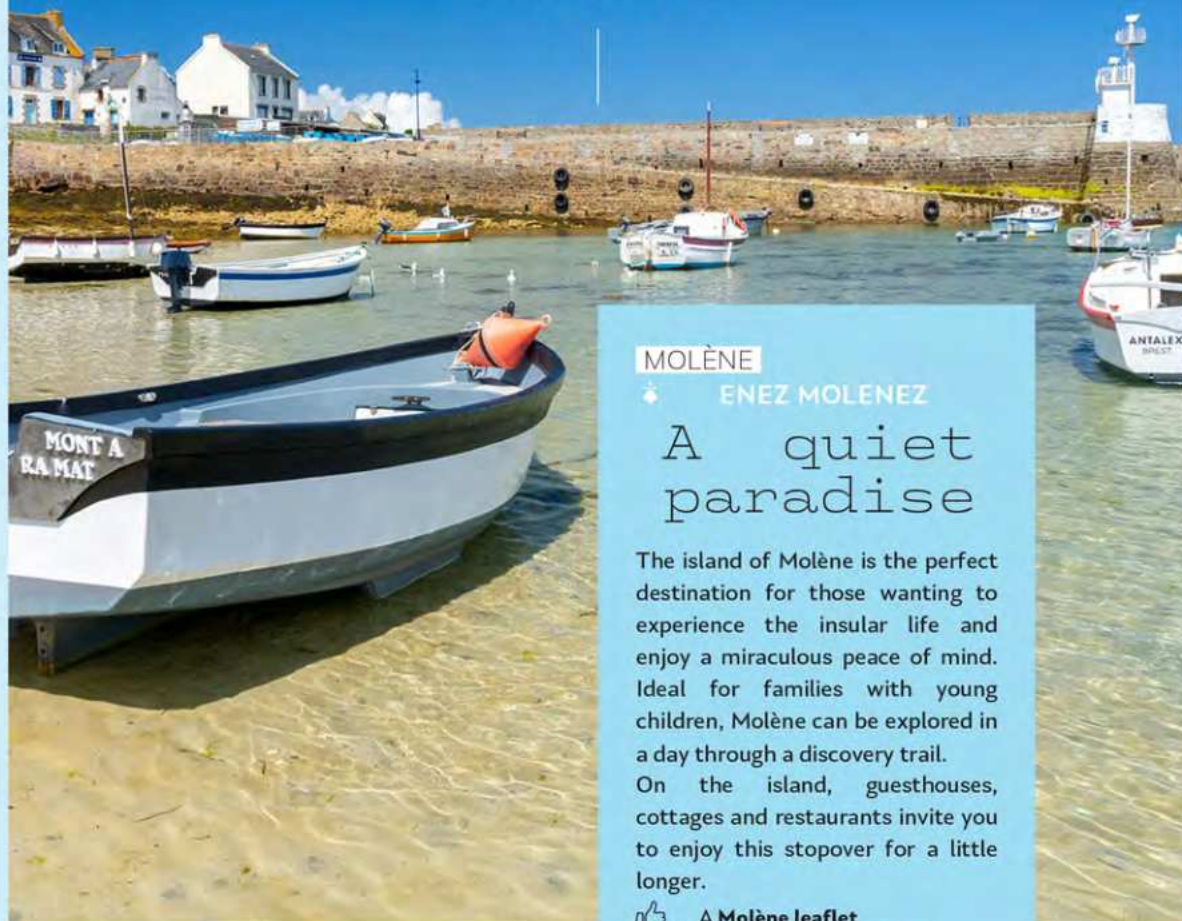
DIRECT SALES, FISH & SEAFOOD

Bateau de pêche Kervouroc • 06 59 85 99 29 (voir P. 18)



Treasure islands

✦ INIZI AN TEÑSOR



MOLÈNE

✦ ENEZ MOLENEZ

A quiet paradise

The island of Molène is the perfect destination for those wanting to experience the insular life and enjoy a miraculous peace of mind. Ideal for families with young children, Molène can be explored in a day through a discovery trail. On the island, guesthouses, cottages and restaurants invite you to enjoy this stopover for a little longer.



A **Molène leaflet** including a treasure hunt is available at the tourist information offices.



MOLENE'S RESIDENTS THANKED BY THE QUEEN OF ENGLAND

In June 1896, the British passenger steamship "Drummond Castle" sank off the coast of Molène. A museum dedicated to this tragic event, which marked the island's history, welcomes visitors in the townhall courtyard. It is open daily during school holidays (except February), on weekends and public holidays in May and June, and every day in September.



LIVE!

•
**SEA
FESTIVAL**
15 AUGUST



? QUIZ

How do we say
"island" in Breton?

.....
Answer on page 20

GOOD TO KNOW!

•
Whether in summer or winter, don't forget to make a reservation for the restaurant!

Sponsored article

E TI AN GLESKER IN MOLÈNE

Céline invites you to discover her warm and welcoming crêperie in a simple yet charming setting on the island of Molène! Enjoy delicious crêpes made with fresh ingredients, mainly sourced from local producers in Molène and

Quessant. In addition to the crêperie, you'll also find a bread depot, souvenirs, and fishing equipment. Don't miss the regular events, concerts and karaoke nights for a festive touch! Be sure to book in advance, whether in summer or winter!

📍 Chemin du sillon
Île-Molène
☎ 02 98 07 39 71
✉ delhalle.celine@gmail.com



Sponsored article

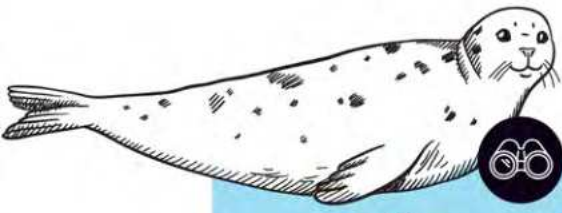


📍 Gare maritime
Le Conquet
📍 Ouessant/Molène
02 98 80 80 80
📍 Sein
02 98 70 70 70
✉ contact@
pennarbed.breizhgo.bzh
pennarbed.breizhgo.bzh

BREIZHGO PENN AR BED COMPANY

Aboard one of our six spacious and comfortable vessels, discover the islands of the Iroise Sea: Ouessant, Molène and Sein. Whether in summer or winter, departing from Brest, Le Conquet, Audierne or Camaret (only in summer), embark with our crew and let them take you to the end of the world, right into the heart of the Iroise Sea Biosphere Reserve.

In July and August, guided crossings are offered by educators from the Iroise Marine Natural Park.



Molène archipelago: a maritime treasure

The Molène archipelago is one of the last shelters for many species, offering them favourable conditions for breeding, resting and feeding. The 19 uninhabited islands and islets of the Molène archipelago, along with their intertidal zones, are classified as Iroise National Nature Reserve. In order to ensure the preservation of species and habitats, the access to the islets and the activities are regulated. The archipelago is also home to an extensive seaweed field with an exceptional diversity.

Scan for more info

Marine Park
Regulations



Discreetly, you can observe bottlenose dolphins and seals in their natural and protected environment. Guided excursions are also offered by professionals committed to the Marine Park's list of environmental best practices.



QUÉMÉNÈS

✦ ENEZ QUEMENEZ

Quéménès island farm

Meet the island's three residents! Amélie, Etienne, and their son Mathurin run an organic farm on this unique island. They also offer short stays (3 days and 2 nights) to visitors. These initiatives aim to preserve the island's biodiversity and landscapes, while making them accessible to all.

Reservations open in early April.
Updates: quemenes.bzh

Sponsored article

ARCHIPEL EXCURSIONS

From Le Conquet, Archipel Excursions offers boat trips in the Iroise Marine Natural Park. Join us for guided tours to explore the wildlife and flora, the Molène archipelago, and the iconic lighthouses of the Iroise Sea. Observe local marine life, including seals, bottlenose dolphins and seabirds. Our experienced guides will introduce you to this natural site with respectful and responsible approaches, ensuring the conservation of the marine environment, habitats and protected species.

- Guided tours with cultural and historical insights
- Rigid inflatable boat (Zodiac, max. 12 passengers)
- 2-hour or full-day excursions with a stopover on Molène Island
- Lighthouse exploration tours (half-day, full-day, or night excursions)
- Sunset trips with an aperitif (available for groups and families of six or more)
- Private tours and tailor-made excursions (contact us for details)



📍 Gare Maritime
Le Conquet
☎ 06 99 85 47 45
✉ archipelexcursions@gmail.com
archipel-excursions.com



OUessant ✦ ENEZ EUSA

Spectacular

OUessant CAN BE DISCOVERED...

... BY FOOT

Ouessant is a paradise for hikers! A hiking trail of approximately 45 km runs around the island. Four walking routes giving you a great overview of the island are available at the tourist office of Ouessant.

... BY BICYCLE, MTB or ELECTRIC BIKE*

Cycling is a great way to explore the island. You can either rent bicycles at the port of arrival, or in Lampaul, the main village.

... BY BUS OR MINIBUS*

For those who do not want to miss a thing, opt for a guided tour by bus or minibus. As soon as you arrive, the guides will take you on a tour of the island.

... BY CAR

Discover Ouessant at your own pace and with complete freedom. Various types of vehicles, from 2 to 9 seats, are available for rent.

A paid shuttle service is available from the arrival port to the centre of Lampaul, where you can find the tourist office.

* Reservation strongly recommended in our tourist information offices.



Where to stay ?

ACCOMMODATION IN LE CONQUET

For a short stopover or a longer stay before heading to the islands, book your accommodation in Le Conquet. Numerous options are available!



Where to park ?

CAR PARKS IN LE CONQUET

As car parks in Le Conquet are regulated, we recommend planning ahead for your vehicle. Reservations are available for certain car parks. Please arrive at least one hour before your boat departure. *More information about private car parks and crossings on pages 19 and 21.*

CAR PARKS IN LANILDUT

Parking is free and located near the ferry terminal. *For more information about the crossings, see page 29.*

OUR TOURISM PARTNERS AROUND YOU

MOLÈNE ISLAND

MARITIME COMPANIES

BreizhGo Penn Ar Bed (départs du Conquet et de Brest)
• 02 98 80 80 80 (voir P. 21)

Finist'Mer (départs du Conquet et de Lanildut) • 02 98 89 05 95 (voir P. 29)

SEA ACTIVITIES

Breizh Kayak Évasion • 06 71 51 53 30

Excursions dans l'archipel de Molène au départ du Conquet (voir P. 19) et du port de l'aber Ilud (voir P. 31)

MUSEUMS

Maison de l'environnement • 02 98 38 38 38

Musée du Drummond Castle • 02 98 38 38 38

Sémaphore de l'Île de Molène • 02 98 38 38 38

RESTAURANTS

Be sure to book your restaurant in advance!

Au Vent des Îles • 02 98 07 37 08 • 06 76 07 29 96

Bar - restaurant • Chez Albin • 06 30 97 16 20

Crêperie • E Ti An Glesker • 02 98 07 39 71 (voir P. 21)

Ô Caillou • 06 12 73 57 85

SHOPPING

Tabac-Pressé, souvenirs • Ar Ran An Tri Maen • 02 98 07 39 71

QUÉMÈNES ISLAND

ORGANIC FARM & GUESTHOUSES

La ferme de Quémènes (Vente en ligne) • 06 30 61 27 48

OUessant ISLAND

CAR RENTAL

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

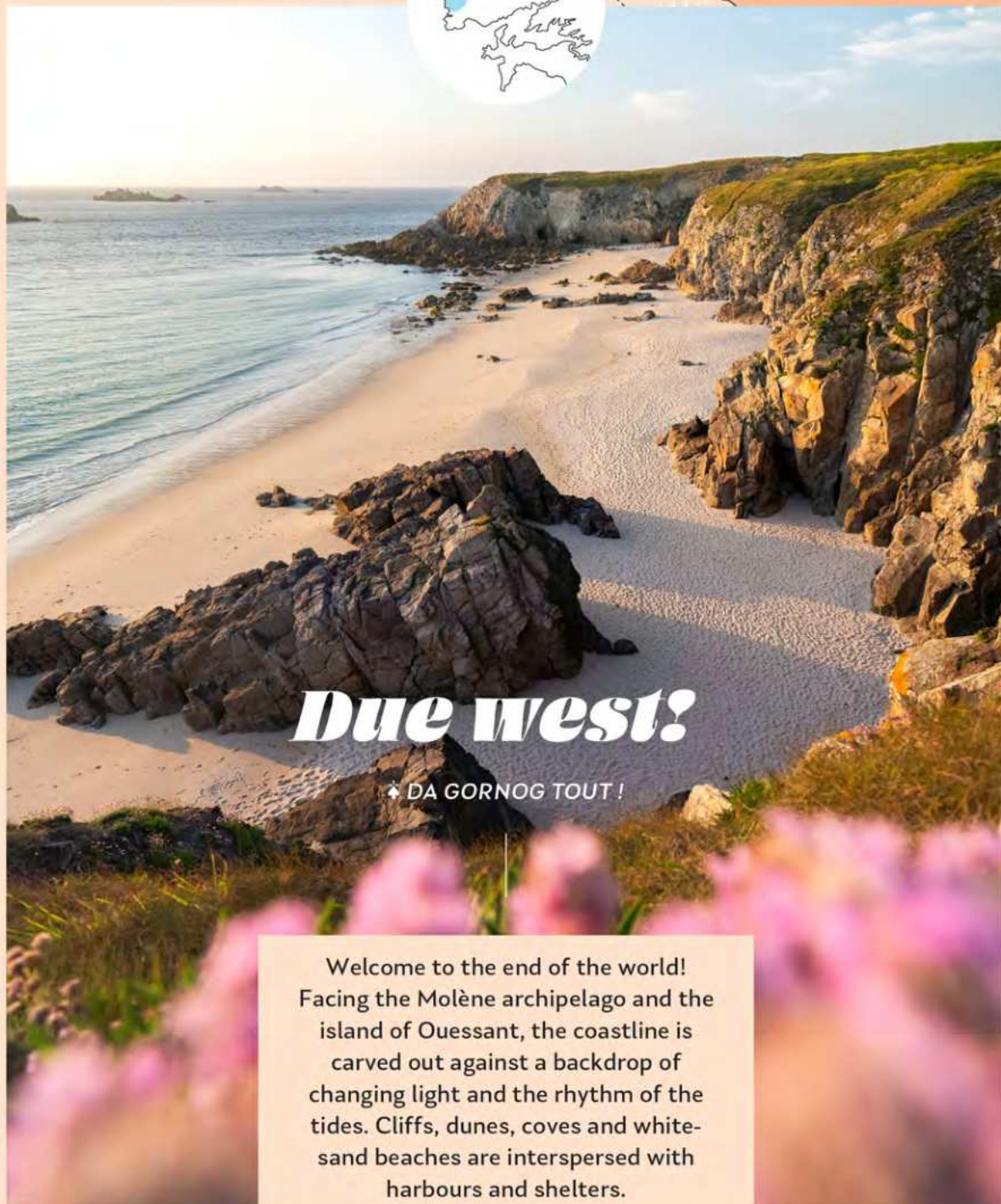
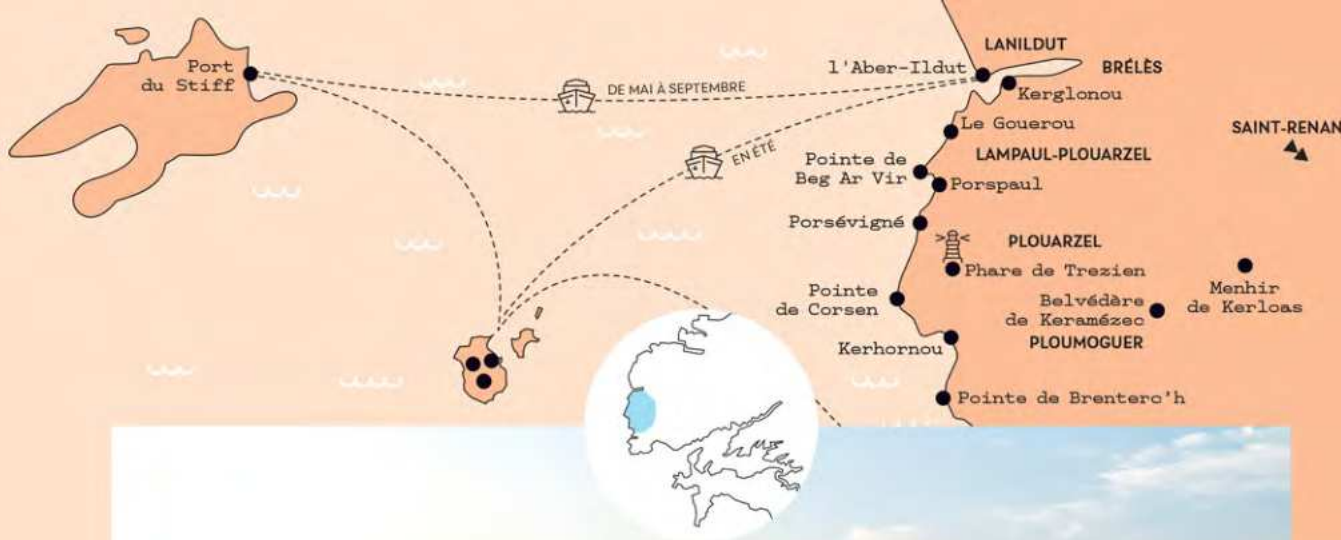
SHUTTLES, GUIDED TOURS OF OUessant

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

BICYCLE RENTAL

La Bicyclette • 02 98 48 81 34 • 06 80 70 94 95

Ouessancycles • 02 98 48 83 44 • 06 81 89 11 41



Due west!

◆ DA GORNOG TOUT !

Welcome to the end of the world! Facing the Molène archipelago and the island of Ouessant, the coastline is carved out against a backdrop of changing light and the rhythm of the tides. Cliffs, dunes, coves and white-sand beaches are interspersed with harbours and shelters.



LIVE!

**LES
PETITES FOLIES**
FROM 6 TO 8 JUNE

The festival awaits you
for a vibrant music lineup!

lespetitesfolies-iroise.com

Breathtaking view

Pointe de Corsen



Pointe de Corsen, Plouarzel

Head for the westernmost point of mainland France! As a privileged spectator, enjoy a unique sunset over the Iroise sea. When the lighthouses light up, the beacons of the world's most illuminated sea reveal before your eyes.



The Corsen site invites you on a journey to the edge of the world, and is accessible to people with reduced mobility. A ludic trail leads you to the orientation table.



The Pointe de Corsen is classified as a Natura 2000 site and shelters natural habitats and species that need to be preserved. A nature guide can help you learn more!

TREZIEN LIGHTHOUSE

BETWEEN SKY AND EARTH

You will be at the top of this lighthouse keeper's "Paradise", between sky and earth, to admire the Iroise sea, the Molène archipelago and the island of Ouessant, as well as the surrounding countryside. At night, its fixed light can be seen up to 40 km away, ensuring safe passage for sailors through the southern entrance of the Four channel.

IDENTITY SHEET

Height: 37.20 m	First lit: 1894	Range : 22 nautical miles (40.74 km)
Number of steps: 182	Beacon: white, two flashes every 6 seconds	Automated in 1986



Scan for more info

Opening days
and times



GOOD TO KNOW!

The Ruscumunoc motorhome park in Plouarzel has been named "motorhome park of the year 2024" by readers of *Camping-car Magazine!*



Plouarzel Nautical Centre

Sheltered between Segal island and the Fourches rocks, the calm waters of Porsman provide ideal sailing conditions for budding sailors. From 7th July to 21st August, this centre offers group lessons: Jardin des Mers for ages 3-5, Moussaillons for ages 6-9, Captain – Fun Boat (small catamaran) from age 10 and up, and for older participants, a kayak course.

Information and registrations:

☎ 02 98 48 22 20 ✉ npi.plouarzel@ccpi.bzh

Offers and reservations on nautisme.pays-iroise.bzh

? QUIZ

A replica of a Parisian monument symbolizing the work of quarrymen stands in a neighbouring town. What is its name?

.....
Answer on page 30

Hidden  gem!

Pointe Beg Ar Vir

Located in Lampaul-Plouarzel, it offers a magnificent panorama of the Iroise Sea and its islands, as well as an orientation table all year round. Here, you'll find remnants of the traditional seaweed burning activity, including stone kilns built in the dunes.



Sponsored article



📍 Place de la Mairie
Plouarzel
☎ 02 57 55 01 81
✉ annexe@finisterra.fr
📱 [finisterra.fr](https://www.finisterra.fr)
@biocoopfinisterra29

BIOCOOP FINISTERRA ANNEX

Located in Plouarzel, Biocoop Finisterra l'Annexe offers a wide range of 100% organic products. You'll find seasonal fruits and vegetables, fresh produce, and a variety of items (food, hygiene and household products). The team will be happy to serve you freshly cut cheese. At Biocoop, we prioritise locally sourced products from within 150 km, as well as fair trade goods from France and North/South partnerships. The team welcomes you from Tuesday to Saturday (also open on Sunday mornings in July and August).

On the move



Hiking...

LOCMEVEN

CHAPEL

11 KM • 3H

On your way, discover Kerhornou beach, the Locmeven chapel, also known as the "chapel of shipwrecked sailors", as well as Illien beach and the Porstheven site.



The **Breterc'h cove** in Ploumoguer is an exceptional site. Along the cliff, a **30-metre vein of dark stone** makes you travel back in time. These magmatic rocks, called dolerites, can be found in Locmaria-Plouzané but also in Canada, Brazil and even Liberia.

Former Quarries of Kerglonou

The educational trail along the banks of the Aber Ildut (Plouarzel) explains the history of the granite quarries, the lives of people from that time, their tools, and the techniques involved in quarrying granite... Free self-guided outdoor visits all year round.

Taking a break



A BEACH FOR EVERYONE!

Bodyboarding lovers gather on the waves of **Gouerou** in Lampaul-Plouarzel. You will find them all year round, despite the wind and swell.



OUR TOURISM PARTNERS AROUND YOU

SPORTS AND LEISURE ACTIVITIES

Golf des Abers • 02 98 89 68 33
Kart Ouest • 02 98 89 34 40
Poney Club Blue Nash • 02 98 89 30 05

BEEKEEPERS

Les Abeilles du Corsen • 06 21 01 56 44
Miel Iroise EARL Le Ru • 02 98 89 60 29 • 06 22 40 38 85

ART AND EXHIBITIONS

Papetier, boutique, stages • S'W Papiers • 06 70 73 49 55
Boutique de créateurs • Ar' Typik • 07 57 87 72 74
Cyanotype • Mélanie Colin • Chez Ar' Typik • 06 65 55 19 24
Artiste peintre, stage, cours • Jean-Noël Riou
• 02 98 84 06 74 • 06 89 67 99 43

BOAT TRIPS IN THE IROISE SEA

Molène Islands Excursions • 06 95 67 41 56 (voir P.29)

DISCOVERY WALKS

Atelier Eco'Lau • 06 10 80 75 20
Iroise Sauvage • 06 99 41 39 25
Sorties algues • Nutrition santé • 06 64 62 86 02

BARS

La Colo • 02 98 89 30 41
L'Auberge du Môle • 02 98 84 00 34

GOURMET GROCERIES

Boucherie-Charcuterie "Au Bout du Monde"
• 02 29 00 31 27 • 06 37 42 08 72
Boulangerie du Menhir • 02 98 89 60 03
Biocoop Finisterra l'Annexe • 02 57 55 01 81 (voir P.26)

RELAXATION AND WELL-BEING

Yoga, massage parent/enfant • Danser sous la pluie • 07 50 25 26 88
Massage, thérapie manuelle, balnéo • Les Galets Bleus • 06 70 54 35 56

FOOD TRUCK

Food Bassan • 06 80 30 59 03

BICYCLE RENTAL

Bureau d'information touristique de Plouarzel • 02 98 38 38 38

SEA ACTIVITIES

Centre Nautique de Plouarzel • Porsman • 02 98 48 22 20

MICROBREWERY

Brasserie Arvarus (le vendredi soir à la ferme de Messouffin)
• 09 81 00 11 08

PARK AND GARDEN

Château de Kerveatoux • 06 99 73 96 78

HERITAGE SITE

Phare de Trezien • 02 98 38 30 72 • 06 86 31 03 47

RESTAURANTS

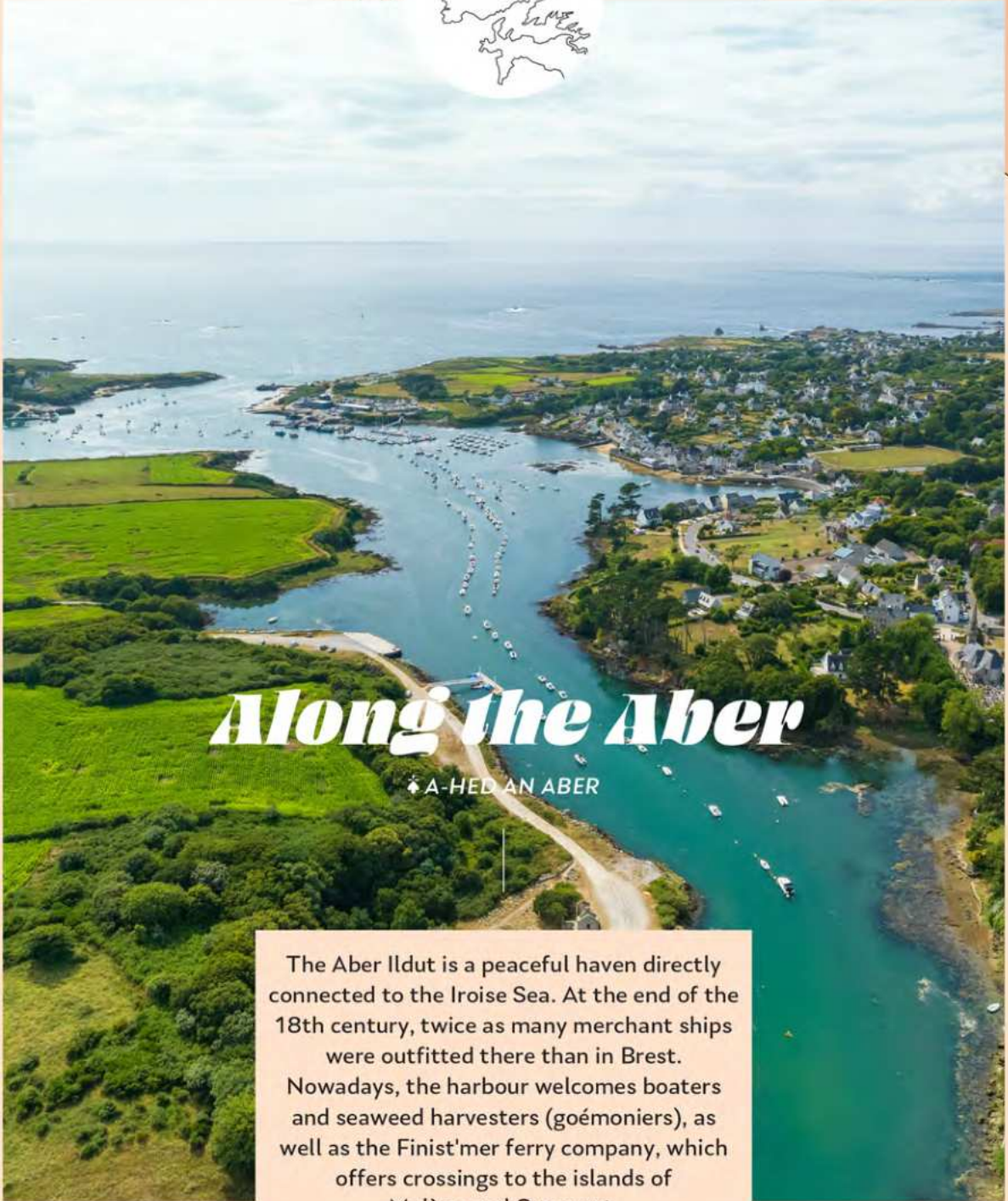
L'Auberge du Môle • 02 98 84 00 34
Le Dorlan • 02 98 03 15 59

ABER ILDUT CROSSING BY BOAT (5 MIN)

Phine la passeuse • 02 98 04 36 40 • 06 31 93 58 71

DIRECT SALE OF LINE-CAUGHT FISH

Annaëlle • Ventes privées du pêcheur • 06 50 28 98 55



Along the Aber

◆ A-HED AN ABER

The Aber Ildut is a peaceful haven directly connected to the Iroise Sea. At the end of the 18th century, twice as many merchant ships were outfitted there than in Brest. Nowadays, the harbour welcomes boaters and seaweed harvesters (goémoniers), as well as the Finist'mer ferry company, which offers crossings to the islands of Molène and Ouessant.

? QUIZ!

Head to Porspoder by bike to find an iconic product of Breton cuisine, a true delicacy made with butter and sugar. What is it called?

Answer on page 33

Aber Ildut, starting point for Ouessant and the Molène archipelago

This "Breton fjord" flows into the Iroise Sea and faces the island of Ouessant, right at the entrance to the Four Channel. Departures to the islands of Molène and Ouessant, as well as boat trips in the Iroise Sea are available from this port during the summer season.



To learn more about the abers and their biodiversity, visit La **Maison des Abers in Saint-Pabu**. This interpretive centre will tell you all about their particularities.

02 98 89 75 03
maisondesabers.fr



GOOD TO KNOW!

In a kayak, in a bay sheltered from the wind and swell, you can enjoy the treasures of the Aber Ildut, including its flora, wildlife, and history.

To rent a kayak, contact La Boutique du Crapaud
02 98 04 30 79

Guided canoe tours are available on the Aber Ildut during the summer!

Information and reservations
06 68 09 99 80
wildwata.com

Sponsored article

FINIST'MER COMPANY IN LANILDUT

Embark with Finist'mer for an unforgettable journey to Ouessant from May to September, and to Molène every Sunday from June to September! From Lanildut, enjoy a fast crossing and free parking area near the port. In 2025, don't miss the new Seaweed Harvesters' Cruise every Tuesday in May, June and September, for groups of 45 and more (reservation required). Embark in the morning for a one-hour guided tour and dive into the fascinating world of seaweed harvesting!

Crossings to Ouessant and Molène are also available from the port of Le Conquet.

Tickets available at our tourist information offices.



Port de l'aber Ildut
Gare maritime du Conquet
02 98 89 05 95
info@finist-mer.fr
finist-mer.fr

Sponsored article



Port de l'aber Ildut
06 95 67 41 56
contact@molene-islands.com
molene-islands.com

MOLÈNE ISLANDS EXCURSIONS

Looking for a unique maritime experience combining adrenaline and adventure in a wild setting? Get closer to legendary lighthouses, deserted islands, seabirds, seals, and, with a bit of luck, dolphins! Set sail with a local guide – professional yet full of humour! A brand-new boat, a bilingual guide (French/English), and a car park just a minute from the boarding point. An unforgettable experience!

Departures from Lanildut or Lampaul-Plouarzel.
Tickets available at our tourist information offices.

Located in Lanildut, the leading European port for unloading seaweed harvested from its natural habitat, La Maison de l'Algue welcomes you! Young and old alike, come and discover the work of seaweed harvesters (goémoniers), the seaweed of the Iroise Sea, and the local heritage through an immersive and interactive tour! After a one-hour visit, kelp will hold no secrets for you!



TYARBZHIN

La Maison de l'Algue in Lanildut

ASK FOR THE PROGRAMME!

EVENTS ALL YEAR ROUND

Don't miss our seaweed identification and tasting outings on high tide days, as well as our introductory seaweed cooking course. Simple homemade recipes with a touch of iodine to awaken your taste buds!



The "Flash'algues" quick and fun guided tour makes you dive into the fascinating world of seaweed, a true natural treasure.

The guide will share surprising anecdotes and enriching information for all ages, while sparking your curiosity about marine nature!

Information and reservations:
Maison de l'Algue ☎ 02 98 04 04 98

A few steps from the museum, take the GR@34 and let yourself be surprised by the *Rocher du Crapaud*, the seaweed kiln, the old defense battery, and the former granite quarries, remnants of an ancestral activity. A great way to extend your exploration of the region!

Hidden gem!



The granite of the aber in the spotlight

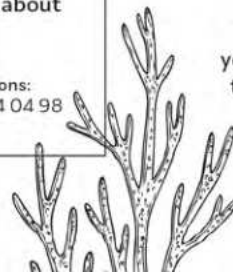
The extraction of granite was once one of the key industries of the Aber Ildut. It provided stones for the London docks and several lighthouses in the Iroise. This heritage is celebrated in Lanildut, on the path facing the church, called the "Rumorvan" (path of the sea men), where you can find stunning residences owned by former merchant captains in the 17th and 18th centuries. A few steps away, a 23-metre-high replica of the Luxor Obelisk (Paris) stands to symbolise the expertise of the former quarrymen.



DIVE INTO THE KELP FOREST

With Madeo Plongée diving club, you'll discover an underwater forest that provides food and shelter for many species!

Information: ☎ 06 72 80 75 65





LIVE!

TRADITIONAL BRETON WEDDING

15 AUGUST IN BRELES

You are invited to take part in a costume Breton wedding from the first half of the 20th century!



Hiking...

ALONG THE ABER ILDUT
15 KM • 4H

This route takes you around the mouth of the Aber Ildut river, crossing the aber aboard the boat called "Phine la Passeuse" (see page 7). Along the way, you'll discover a rich historical and natural heritage.



The municipalities of Lampaul-Plouarzel and Lanildut have both received the **Heritage Port label**.



Lanildut also holds the **Municipality of Brittany's Rural Heritage** distinction.

OUR TOURISM PARTNERS AROUND YOU

ART AND EXHIBITIONS

Atelier le Verre Opaline • 06 25 73 48 75 • 02 98 04 33 78
Coutelier, forgeron, scrimshaw • Patrick Krogenn • croggy@wanadoo.fr

BOAT TRIPS

Molène Islands Excursions • 06 95 67 41 56 (voir P.29)

MARITIME COMPANY

Finist'Mer (départ de Lanildut et du Conquet) • 02 98 89 05 95 (voir P.29)

EQUIPMENT RENTAL

Vélo et kayak • La Boutique du Crapaud • 02 98 04 30 79
Semi-rigide • Le Chantier naval du Crapaud • 02 98 04 42 73

SEA ACTIVITIES

Madéo Plongée • 07 88 60 27 98

MUSEUM

Maison de l'Algue • 02 98 04 04 98

HERITAGE SITE

Château et jardins de Kergroadez • 06 49 70 97 40

RESTAURANTS, BARS

Auberge de Bel Air • 02 98 04 36 01 • 06 68 85 26 65
L'Abri Côtier • 02 98 36 30 18
L'Auberge de la Mer • 02 98 04 43 90

SHOPPING

Épicerie fine, prêt-à-porter • La Boutique du Crapaud • 02 98 04 30 79
Recyclerie Iroise Tri-But • Irois tribut@gmail.com
Savonnerie • Route Mandarine • 09 75 22 91 10 (voir P.31)

ABER ILDUT CROSSING BY BOAT (5 MIN)

Phine la passeuse • 02 98 04 36 40 • 06 31 93 58 71

COMPANY VISIT

Savonnerie • Route Mandarine • 09 75 22 91 10 (voir P.31)

Sponsored article

ROUTE MANDARINE

Located on the port of Lanildut, Route Mandarine offers cosmetics made with natural ingredients, combining softness, effectiveness, and a sensory experience. The fragrances created by Tiphaine are unique, designed to provide you with the utmost pleasure. Founded in 2011, Route Mandarine was the first soap factory in Finistère. Every product is imagined, designed, and made on-site. Discover the production techniques during a guided tour (by reservation only). The shop is open from Monday to Saturday.



📍 Route du Crapaud
Lanildut

Information:

☎ 09 75 22 91 10

✉ contact@route-mandarine.com

Reservation:

route-mandarine.com



Breathtaking!

✦ DA DERRIÑ AN ALAN !

Magnificent panoramas, rugged cliffs, protected dunes, heathlands, islands and beaches will please nature lovers. While strolling along the coastal road, you'll discover a rich historical and gastronomic heritage. Enjoy these wide-open spaces!

Breathtaking view

Saint-Laurent Peninsula in Porspoder



LANDUNVEZ

NAUTICAL CENTRE

From 7th July to 15th August, the "Arc'hantel" nautical centre, located in the Port of Argenton in Landunvez, offers group lessons: Jardin des mers (4/5 years old), Moussaillons (6/7 years old), optimist sailing (8/10 years old), and kayak (age 12 and more). The centre also welcomes all kind of leisure activities in summer.

Information and registrations:

02 98 48 76 23 npi.landunvez@ccpi.bzh
nautisme.pays-iroise.bzh



Hidden gem!



Sheltered from the swells

Mazou is one of the few harbours that has retained its original wooden pile moorings. A safe haven you'd want to keep for yourself.



A heaven on earth that will leave you speechless as you watch the sea crash on the *Four* lighthouse! You will walk around the peninsula in one hour. To enjoy even more this place, book a room with a sea view!

Isolated, the *Four* lighthouse was classified in the "hell" category before it was automated in 1993. For 120 years, keepers have worked and lived there, facing solitude and storms. Since 1874, the lighthouse has guided sailors at the crossroads of the Iroise Sea and the English Channel.



IDENTITY SHEET

Height: 28 m

First lit: 1874

Beacon: 5 white flashes, 15 sec.

Range: 22 nautical miles (40.74 km)

Automated in 1993



Cycling...

AR MOR

23 KM • 2H

This easy ride invites you to enjoy some fresh sea air as you follow the coastline to Portsall, before cycling through the countryside. Make a stop at the biscuit shop to try the famous Breton Kouign Amann!

Breathtaking
view

The tourist route

Take the time to contemplate this wild coast and its stunning landscapes. Don't forget to make a stop at Saint-Samson Chapel.



DISCOVER MORE
HERITAGE TREASURES
ON PAGE 48!

QUIZ

Chantal Thomas, Paco Rabanne, Isabelle Autissier, Nelson Montfort, Élodie Gossuin, Mme Fernandel... these famous names are part of a remarkable collection in Ploudalmezeau. What kind of collection is it?

.....

Answer on page 39



A BEACH FOR EVERYONE!

The Dames beach
in Porspoder

This charming little beach surrounded by rocks is an ideal spot for families.

Sponsored article

TENNIS CLUB IN PORSPODER

The Tennis Club in Porspoder offers children's courses, as well as tennis tournaments for both men and women. Take advantage of the expertise of Damien, a state-certified instructor, and two assistant instructors. The National Circuit of Major

Tournaments will take place from July 20th to August 2nd. The entire team will be delighted to welcome you in a friendly, dynamic, and sporty atmosphere. The tennis club is open all year round, with courts available for hourly rental.



19 rue du Lehou
Porspoder

06 75 72 55 23

tennisclubdehorspoder@gmail.com

tennisclubhorspoder.com

Sponsored article



109, rue de l'Europe
Porspoder

02 98 89 55 54

TY GWECHALL CRÊPERIE

Discover this family-run crêperie in a historic 17th century shipowner's residence, founded in 1987. Traditional recipes have been passed down through generations. Enjoy local specialties such as the Molène sausage and seaweed tartares, as well as seasonal crêpes made with fresh ingredients. Children will love the garden. The crêperie is open all year round, with continuous service 7 days a week in July and August.

LIVE!



LANDUNVEZ CELEBRATES ITS TOURIST ROUTE

29 MAY

Make way
for soft mobility!

Saint-Samson Chapel,
Tourist route, Landunvez

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

These remarkable chapels welcome you for a moment of reflection or daydream. They are open daily from April to October, 10 am to 6 pm, and every Sunday the rest of the year, from 10 am to 6 pm.

chapelleslandunvez.fr

French National Sea Rescue Association (SNSM)

In Iroise, the SNSM station of Argenton-Lanildut-Porspoder, as well as those in Le Conquet, Molène, and Portsall, stay on the alert 24/7.

These sea heroes are always ready to assist, but they rely on your caution! Be sure to get informed before setting sail. In case of an emergency, call 196.



A STOPOVER IN ARGENTON

In summer, the Wednesday morning market and numerous activities await you, allowing you to enjoy the fresh sea air! Extend your stopover by staying in a charming building and discover the delightful spots to taste local specialties.



OUR TOURISM PARTNERS AROUND YOU

SPORTS AND LEISURE ACTIVITIES

Tennis Club de Porspoder • 06 75 72 55 23 (voir P.34)

ART AND EXHIBITIONS

Faiences d'Iroise • 06 28 22 68 21

DISCOVERY WALKS

Bouches à Orelles • 07 52 64 13 29

BAR, TEA ROOM, AND ICE CREAM PARLOUR

Bateau à quai • Le No Name • 02 21 74 64 89

BAKERY, PASTRY SHOP, TEA ROOM

Le Fournil du Port • 02 98 89 90 31

RELAXATION AND WELL-BEING

Massages sur mesure à votre domicile • Effleurâme

• 06 32 89 05 99

Le Château de sable**** • Eco Hôtel Restaurant

• Espace bien-être • 02 29 00 31 32

GALLERY, BOOKSHOP

Le Chenal • 02 98 89 54 36

BICYCLE RENTAL

Livraison Pays d'Iroise et de Brest • Les Frères Complices

• 06 95 37 90 96

SEA ACTIVITIES

Surf, body, paddle, longboard, foil • École de Surf Sweet Spot

• 06 86 14 18 69

FARM MARKET

Jardin des saveurs • 06 02 23 05 67

NAUTICAL ACTIVITIES, WORKSHOPS: WELL-BEING, GASTRONOMY, WILDLIFE, FLORA

Centre Nautique de Landunvez • Argenton • 02 98 89 54 04

LOCAL PRODUCTS AND HOMEMADE SPECIALTIES

Biscuiterie des Abers • 02 98 89 92 74

L'abeille de la mer d'Iroise • 06 28 36 59 79

RESTAURANTS

Le Château de Sable**** - Éco Hôtel Restaurant ☺☺

• 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

Ty Gwechall • 02 98 89 55 54

(Open all day in July and August) (voir P.34)

TRANSPORTATION

Taxi Alba • 02 98 89 40 12

SHOPPING

La Fabrik des artistes • 09 86 15 12 19

COMPANY VISIT

L'abeille de la mer d'Iroise • 06 28 36 59 79

LIVE!

ESTI'VENT FESTIVAL

19 AND 20 JULY

The sky of Porspoder will
host a fabulous kite
ballet!





HOW ABOUT EATING
A CREPE IN A WATER
TOWER?

Taking a break



A BEACH FOR EVERYONE!

**The 3 Moutons Beach
in Lampaul-Ploudalmézeau:
a view of the open sea!**

Before continuing your journey along the Lighthouses Route, take a moment to enjoy the vastness of the 3 Moutons beach. From this white-sand beach, you'll have a view of Europe's tallest lighthouse, the *île Vierge* lighthouse, guarding the English Channel. With its gentle slope, this peaceful and wild beach is a paradise for surfers and kitesurfers.



PLOUDALMÉZEAU

THE FRAGILE DUNE AREA OF TRÉOMPAN

Naturally shaped by sand, wind, and plants, this vast dune area, classified as a Natura 2000 site, is a fragile and precious ecosystem known for its exceptional flora and fauna.



During the Nature Festival, from 21st to 25th May, join guided outings along the coastline to learn about natural spaces and the actions taken to protect and preserve this unique environment. The GR®34 is also a lovely way to stroll along the beautiful beach of Tréompan.

MOTORHOME PARKS

A new 48-space motorhome park welcomes you at Tréompan. With the Kerros park in Portsall, a total of 88 spaces are now available in the town of Ploudalmézeau.



Scan for more info

Motorhome park
in Iroise



Hiking...

TRÉOMPAN DUNES

11,5 KM • 3H

Starting from the Moulin Neuf Garden, follow the waymarked yellow trail leading you to Tréompan and Carn Islet.



Along the way, take a break at the Kerlanou chapel. Dedicated to Saint-Eloi, the protector of horses, its pardon (traditional Breton pilgrimage) is celebrated on the penultimate Sunday of June. The chapel is open from 10 am to 5 pm. If the door is closed, please contact André at 06 09 08 65 94.



Pointe du Guilliguy



In Portsall, gain a higher perspective and admire the port and its turquoise waters from Pointe du Guilliguy.

ANCRE AN EOR MUSEUM: IN THE WAKE OF THE AMOCO CADIZ

16th March 1978: the Amoco Cadiz tanker sank off the coast of Portsall, spilling 227,000 tonnes of oil into the sea along 360 km of coastline.

The disaster resulted in tens of thousands of oil-covered birds, the destruction of 30% of the fauna and 5% of the flora over a total area of 1,300 square kilometres, as well as the economic collapse of part of the region. It is considered “the oil spill of the 20th century”.



The worst part was the silence. We could no longer hear the sea or the birds.

Alphonse Arzel, former mayor of Ploudalmézeau.

The “In the Wake of the Amoco Cadiz” museum describes the circumstances of this disaster, the strong community response, the consequences, and the struggle of the elected officials.

Ancre An Eor,
Port de Portsall,
Ploudalmézeau
02 98 38 38 38

The anchor in the port stands as a symbol, pointing towards the dangerous area where the Amoco Cadiz sank.



CARN ISLET

The islet shelters a cairn, a megalithic structure with three burial chambers dating back to 6,000 years. According to legend, the islet was once home to the castle of Sire Karn, a cruel lord with horse's ears.

Accessible only at low tide with a tidal coefficient of at least 80. A 15-minute walk will get you there.



BLEU PÉTROLE

The comic book “Bleu Pétrole” is for sale at the tourist information offices in Ploudalmézeau and Portsall.

Korejou Plongée
in Saint-Pabu
(06 30 91 75 77)
and Madéo Plongée
in Lanildut
(06 72 80 75 65)
regularly organize guided
dives to explore this
legendary wreck.

PLOUDALMÉZEAU

NAUTICAL CENTRE



Located on the port of Portsall, the Ploudalmézeau nautical centre welcomes you Monday to Thursday, from 14th to 17th April, and every day from 30th June to 29th August.

Courses: Various guided activities are offered by Nautisme en Pays d'Iroise, starting from age 4: jardin des mers, moussaillons, optimist, funboat, catamaran, windsurfing... there's something for everyone!

Rental and individual lessons: Would you like to enjoy sailing freely on cutting-edge equipment? Or practice your favourite sport in complete autonomy? Go to the rental point to choose your equipment: windsurfing board, catamaran, sea kayak, stand-up paddle...for an hour or more!

Don't miss the **Gliss'n Zik event** on 7th June to enjoy various free water activities and music for a full day!

☎ 02 98 48 76 23 ✉ npi.ploudalmezeau@ccpi.bzh

nautisme.pays-iroise.bzh

? QUIZ

Legends are part of the local heritage. One of them tells the story of loaves of breads being turned into stones. Where can they be found?

.....
Answer on page 47



CLIMB THE BELL TOWER OF SAINT-POL AURELIEN CHURCH IN LAMPAUL- PLOUDALMEZEAU!

Guided tours available in summer on Tuesdays and Saturdays.

OUR TOURISM PARTNERS AROUND YOU

ART AND EXHIBITIONS

La Poterie d'Art • 07 67 99 39 12

GOURMET GROCERY

Brasserie, épicerie fine, cave à vin
• Les caves Adam • 02 98 48 10 72

RELAXATION & WELL-BEING

Massage et Médecine Traditionnelle Chinoise
• Domitille In • 06 83 62 67 55
Les Mains d'Anna • 06 46 71 49 58
Océan Yoga • 06 51 03 10 75

EQUIPMENT RENTAL

Vélo • Bureau d'information touristique de Ploudalmézeau • 02 98 38 38 38
Paddle, planche à voile, catamaran, kayak • Location nautique de Ploudalmézeau-Portsall • 02 98 48 76 23
Vélo • Musée de l'Ancre • 02 98 38 38 38

SEA ACTIVITIES

Longe côte • C.N.P.K. • 02 98 48 77 49
Centre Nautique de Ploudalmézeau • Portsall • 02 98 48 76 23

MUSEUM

L'Ancre An Eor, Dans le sillage de l'Amoco Cadiz
• 02 98 38 38 38

PARK AND GARDEN

Jardin botanique et animalier du Moulin Neuf
• 06 40 64 30 94

LOCAL PRODUCTS AND HOMEMADE SPECIALTIES

Algues - 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 Caïman • 02 98 48 69 77
Le Chidourn • 02 98 48 14 00

SHOPPING

Prêt-à-porter, du 36 au 58 • La Boutique de Raymonde
• 02 98 45 14 99

LIVE!

FLOWER FESTIVAL
8th and 9th
JUNE



Hidden  gem!

The Moulin Neuf Botanical and Zoological Garden

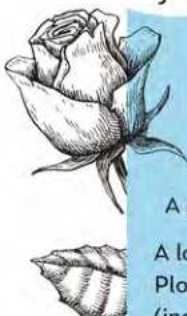
A paradise of flowers, scents, and colours.

A lovely discovery awaits you at Moulin Neuf in Ploudalmézeau: more than 2,000 rose bushes (including some with famous names), hydrangeas, a cactus garden, aquatic plants, animals, and two playgrounds for children!

Open all year round, with free entry (except on 8th and 9th June during the Flower Festival).



The paths are wheelchair accessible, and designated parking spaces for people with reduced mobility are available, as well as adapted toilets.



EMERGENCY NUMBERS

Sea Rescue CROSS CORSEN: 02 98 89 31 31 or mobile 196 • Police: 17 • Fire brigade: 18 • Medical Emergency: 15
 European Emergency Number: 112 • On-duty Pharmacy: 3237

TIDES

The tide table provides information on the times of low and high tides. For safe on-foot fishing, be sure to check the tide times, the weather, and comply with legal size limits.

Scan for more info



Regulations, size limits, quotas and best practices to follow before setting sail, fishing on foot, or scuba diving.



APRIL

Date	HIGH TIDE						LOW TIDE					
	Matin	Haut.	Coef.	Soir	Haut.	Coef.	Matin	Coef.	Soir	Coef.		
M 1	07:47	7.33	107	20:06	7.09	102	01:55	0.59	14:16	0.78		
M 2	08:29	6.92	95	20:48	6.69	87	02:38	0.89	14:58	1.24		
J 3	09:14	6.35	77	21:33	6.18	68	03:23	1.37	15:43	1.82		
V 4	10:05	5.73	58	22:28	5.64	50	04:14	1.93	16:36	2.40		
S 5	11:16	5.18	42	23:51	5.23	37	05:17	2.46	17:46	2.85		
D 6	---	---	---	13:03	4.96	35	06:42	2.77	19:17	3.07		
L 7	01:39	5.20	37	14:34	5.17	42	08:22	2.70	20:51	2.77		
M 8	02:57	5.49	47	15:32	5.55	54	09:36	2.36	21:53	2.38		
M 9	03:50	5.86	59	16:15	5.91	65	10:25	2.01	22:38	2.02		
J 10	04:31	6.17	70	16:52	6.20	74	11:03	1.72	23:15	1.73		
V 11	05:07	6.40	78	17:25	6.40	81	11:37	1.52	23:48	1.53		
S 12	05:39	6.53	83	17:55	6.53	84	---	---	12:07	1.41		
D 13	06:09	6.59	85	18:24	6.59	85	00:19	1.42	12:36	1.38		
L 14	06:37	6.58	85	18:52	6.58	84	00:48	1.39	13:04	1.44		
M 15	07:05	6.50	82	19:20	6.50	80	01:17	1.44	13:32	1.57		
M 16	07:33	6.35	77	19:48	6.35	73	01:46	1.57	13:59	1.77		
J 17	08:02	6.12	69	20:18	6.12	65	02:16	1.78	14:28	2.03		
V 18	08:34	5.84	60	20:53	5.84	54	02:47	2.05	14:59	2.34		
S 19	09:12	5.50	49	21:36	5.50	44	03:24	2.35	15:38	2.66		
D 20	10:03	5.15	39	22:39	5.15	34	04:10	2.66	16:32	2.97		
L 21	11:23	4.89	32	---	---	---	05:18	2.89	17:56	3.13		
M 22	00:12	5.08	32	13:07	4.97	35	06:50	2.88	19:35	2.96		
M 23	01:42	5.32	41	14:26	5.36	48	08:15	2.54	20:49	2.52		
J 24	02:48	5.78	57	15:22	5.88	65	09:18	2.03	21:44	1.97		
V 25	03:41	6.31	74	16:09	6.39	82	10:09	1.50	22:33	1.45		
S 26	04:29	6.78	90	16:54	6.82	96	10:57	1.07	23:19	1.02		
D 27	05:15	7.14	101	17:37	7.12	105	11:42	0.77	---	---		
L 28	05:59	7.31	108	18:20	7.25	108	00:05	0.74	12:27	0.67		
M 29	06:44	7.29	107	19:03	7.21	105	00:51	0.65	13:11	0.77		
M 30	07:28	7.06	101	19:47	6.98	96	01:36	0.75	13:55	1.05		

MAY

Date	HIGH TIDE						LOW TIDE					
	Matin	Haut.	Coef.	Soir	Haut.	Coef.	Matin	Coef.	Soir	Coef.		
J 1	08:14	6.67	89	20:32	6.62	82	02:23	1.04	14:41	1.47		
V 2	09:02	6.17	74	21:22	6.17	66	03:12	1.47	15:30	1.95		
S 3	09:57	5.66	58	22:20	5.73	51	04:05	1.95	16:25	2.42		
D 4	11:06	5.26	45	23:34	5.40	42	05:07	2.37	17:31	2.75		
L 5	---	---	---	12:30	5.09	40	06:21	2.63	18:49	2.87		
M 6	00:58	5.31	40	13:49	5.19	43	07:42	2.64	20:07	2.75		
M 7	02:12	5.44	46	14:49	5.45	50	08:50	2.46	21:08	2.50		
J 8	03:08	5.67	54	15:35	5.73	58	09:41	2.22	21:56	2.23		
V 9	03:53	5.89	62	16:15	5.98	65	10:23	2.01	22:37	2.00		
S 10	04:31	6.07	68	16:50	6.17	71	10:59	1.84	23:13	1.83		
D 11	05:05	6.20	73	17:22	6.31	75	11:32	1.74	23:47	1.71		
L 12	05:38	6.28	76	17:54	6.39	76	---	---	12:04	1.70		
M 13	06:09	6.30	77	18:25	6.41	76	00:20	1.66	12:35	1.72		
M 14	06:41	6.27	76	18:56	6.38	74	00:52	1.66	13:05	1.79		
J 15	07:13	6.18	73	19:29	6.29	70	01:24	1.71	13:36	1.91		
V 16	07:46	6.03	68	20:04	6.13	65	01:57	1.83	14:10	2.08		
S 17	08:23	5.83	61	20:44	5.93	58	02:34	2.00	14:47	2.28		
D 18	09:06	5.59	54	21:31	5.70	50	03:15	2.20	15:31	2.50		
L 19	09:59	5.36	47	22:32	5.51	45	04:04	2.39	16:26	2.69		
M 20	11:08	5.22	44	23:44	5.46	44	05:05	2.52	17:37	2.77		
M 21	---	---	---	12:26	5.27	46	06:18	2.66	18:54	2.51		
J 22	00:57	5.59	49	13:37	5.51	54	07:31	2.31	20:04	2.37		
V 23	02:04	5.87	59	14:39	5.88	65	08:35	1.99	21:04	1.99		
S 24	03:03	6.22	71	15:34	6.27	77	09:33	1.64	22:00	1.60		
D 25	03:58	6.55	83	16:24	6.61	88	10:25	1.34	22:52	1.27		
L 26	04:49	6.79	92	17:12	6.86	94	11:16	1.14	23:43	1.04		
M 27	05:39	6.91	96	18:00	6.98	97	---	---	12:05	1.07		
M 28	06:27	6.89	96	18:47	6.97	95	00:33	0.95	12:53	1.13		
J 29	07:15	6.73	92	19:34	6.82	89	01:23	1.00	13:41	1.31		
V 30	08:04	6.46	84	20:22	6.58	79	02:13	1.19	14:29	1.59		
S 31	08:53	6.13	74	21:12	6.26	69	03:03	1.48	15:18	1.91		

JUNE

Date	HIGH TIDE						LOW TIDE					
	Matin	Haut.	Coef.	Soir	Haut.	Coef.	Matin	Coef.	Soir	Coef.		
D 1	09:44	5.78	63	22:04	5.93	58	03:53	1.82	16:09	2.23		
L 2	10:39	5.48	53	23:01	5.64	49	04:46	2.15	17:04	2.49		
M 3	11:40	5.28	46	---	---	---	05:43	2.41	18:03	2.67		
M 4	00:03	5.44	44	12:45	5.22	43	06:44	2.57	19:07	2.72		
J 5	01:07	5.36	43	13:48	5.29	44	07:47	2.59	20:09	2.66		
V 6	02:10	5.40	46	14:44	5.45	48	08:45	2.52	21:06	2.53		
S 7	03:04	5.52	51	15:32	5.65	53	09:35	2.38	21:55	2.36		
D 8	03:51	5.67	56	16:13	5.84	59	10:19	2.24	22:38	2.18		
L 9	04:32	5.81	61	16:52	6.02	64	10:59	2.11	23:18	2.03		
M 10	05:11	5.94	66	17:29	6.16	67	11:36	2.02	23:56	1.90		
M 11	05:48	6.03	69	18:05	6.25	70	---	---	12:11	1.95		
J 12	06:24	6.08	71	18:41	6.31	71	00:32	1.81	12:46	1.92		
V 13	07:00	6.09	71	19:18	6.32	71	01:09	1.76	13:22	1.92		
S 14	07:38	6.06	70	19:57	6.28	70	01:46	1.75	14:00	1.96		
D 15	08:18	5.98	68	20:39	6.19	67	02:26	1.78	14:41	2.03		
L 16	09:01	5.87	65	21:25	6.07	63	03:09	1.86	15:25	2.13		
M 17	09:50	5.74	61	22:16	5.95	59	03:55	1.96	16:16	2.25		
M 18	10:45	5.62	58	23:13	5.84	56	04:47	2.07	17:12	2.33		
J 19	11:46	5.57	56	---	---	---	05:45	2.15	18:15	2.36		
V 20	00:16	5.80	56	12:52	5.62	57	06:49	2.16	19:22	2.28		
S 21	01:22	5.84	58	13:59	5.77	61	07:54	2.09	20:28	2.11		
D 22	02:29	5.97	64	15:03	6.01	67	08:59	1.94	21:33	1.87		
L 23	03:33	6.15	71	16:02	6.28	75	10:01	1.75	22:33	1.60		
M 24	04:32	6.33	78	16:57	6.52	82	10:58	1.57	23:30	1.37		
M 25	05:27	6.48	84	17:48	6.70	86	11:52	1.44	---	---		
J 26	06:18	6.55	87	18:37	6.78	88	00:24	1.21	12:42	1.39		
V 27	07:07	6.53	88	19:24	6.77	86	01:15	1.15	13:31	1.41		
S 28	07:53	6.43	85	20:10	6.65	82	02:03	1.20	14:17	1.52		
D 29	08:36	6.25	79	20:53	6.44	75	02:49	1.36	15:01	1.70		
L 30	09:19	6.01	71	21:36	6.17	67	03:32	1.60	15:43	1.93		

✦ Bloavezhioù houl, bloavezhioù pesked

YEAR OF WAVES, YEAR OF FISH

JULY

Date	Matin	HIGH TIDE			LOW TIDE					
		Haut.	Coef.	Soir	Haut.	Coef.	Matin	Coef.	Soir	Coef.
M 1	10:01	5.75	62	22:19	5.87	57	04:14	1.90	16:26	2.19
M 2	10:46	5.50	53	23:06	5.57	49	04:55	2.20	17:11	2.45
J 3	11:37	5.29	45	23:58	5.33	42	05:41	2.48	18:01	2.67
V 4	---	---	---	12:36	5.17	39	06:33	2.69	19:00	2.81
S 5	01:00	5.17	38	13:42	5.16	38	07:35	2.80	20:07	2.83
D 6	02:07	5.15	39	14:46	5.29	41	08:42	2.78	21:12	2.71
L 7	03:10	5.26	44	15:41	5.51	47	09:41	2.64	22:07	2.51
M 8	04:04	5.46	50	16:27	5.76	54	10:31	2.45	22:54	2.27
M 9	04:50	5.67	58	17:10	6.00	62	11:14	2.24	23:37	2.02
J 10	05:32	5.88	65	17:50	6.22	68	11:54	2.04	---	---
V 11	06:12	6.06	71	18:28	6.40	74	00:17	1.80	12:33	1.87
S 12	06:50	6.20	76	19:07	6.53	78	00:56	1.61	13:11	1.72
D 13	07:28	6.30	80	19:46	6.61	81	01:35	1.47	13:50	1.63
L 14	08:07	6.33	81	20:26	6.61	81	02:15	1.39	14:30	1.60
M 15	08:47	6.28	80	21:08	6.52	78	02:55	1.40	15:12	1.65
M 16	09:30	6.17	76	21:53	6.35	72	03:38	1.50	15:56	1.78
J 17	10:16	5.99	69	22:42	6.11	65	04:23	1.69	16:45	1.97
V 18	11:09	5.79	62	23:39	5.86	58	05:13	1.93	17:41	2.18
S 19	---	---	---	12:12	5.61	55	06:11	2.17	18:47	2.33
D 20	00:48	5.65	53	13:27	5.56	52	07:20	2.33	20:02	2.35
L 21	02:07	5.59	53	14:45	5.69	56	08:36	2.33	21:19	2.18
M 22	03:24	5.73	59	15:54	5.98	64	09:49	2.15	22:28	1.88
M 23	04:29	5.99	69	16:52	6.30	73	10:51	1.89	23:27	1.56
J 24	05:24	6.24	78	17:43	6.58	82	11:46	1.63	---	---
V 25	06:11	6.44	85	18:28	6.77	87	00:18	1.30	12:34	1.44
S 26	06:54	6.54	89	19:10	6.83	89	01:05	1.14	13:17	1.34
D 27	07:34	6.54	89	19:49	6.78	87	01:47	1.12	13:58	1.35
L 28	08:11	6.44	85	20:25	6.61	82	02:25	1.22	14:34	1.46
M 29	08:45	6.25	78	21:00	6.36	74	03:00	1.43	15:09	1.68
M 30	09:19	6.01	69	21:34	6.04	64	03:33	1.71	15:43	1.96
J 31	09:54	5.73	58	22:10	5.70	53	04:06	2.05	16:19	2.28

AUGUST

Date	Matin	HIGH TIDE			LOW TIDE					
		Haut.	Coef.	Soir	Haut.	Coef.	Matin	Coef.	Soir	Coef.
V 1	10:33	5.44	47	22:52	5.35	42	04:42	2.40	17:00	2.61
S 2	11:22	5.16	37	23:48	5.04	33	05:24	2.73	17:52	2.91
D 3	---	---	---	12:33	4.98	30	06:21	3.00	19:03	3.08
L 4	01:07	4.87	29	14:00	5.01	31	07:41	3.11	20:30	3.02
M 5	02:36	4.95	34	15:14	5.26	38	09:06	2.98	21:41	2.75
M 6	03:43	5.23	43	16:08	5.62	49	10:07	2.68	22:34	2.37
J 7	04:33	5.58	55	16:52	6.00	61	10:55	2.32	23:18	1.98
V 8	05:15	5.93	67	17:32	6.36	73	11:37	1.96	23:59	1.62
S 9	05:55	6.25	78	18:11	6.66	83	---	---	12:16	1.64
D 10	06:32	6.51	87	18:49	6.90	90	00:38	1.31	12:54	1.38
L 11	07:10	6.68	93	19:27	7.03	95	01:17	1.08	13:33	1.20
M 12	07:47	6.76	95	20:05	7.04	95	01:55	0.97	14:11	1.14
M 13	08:25	6.72	93	20:45	6.89	90	02:34	1.00	14:51	1.23
J 14	09:05	6.54	86	21:27	6.60	81	03:14	1.19	15:32	1.45
V 15	09:47	6.25	75	22:13	6.19	68	03:56	1.52	16:18	1.79
S 16	10:36	5.89	62	23:09	5.73	55	04:43	1.94	17:13	2.19
D 17	11:40	5.53	49	---	---	---	05:41	2.37	18:24	2.52
L 18	00:26	5.35	45	13:09	5.34	43	06:58	2.67	19:52	2.61
M 19	02:06	5.28	44	14:46	5.51	48	08:28	2.67	21:21	2.38
M 20	03:29	5.54	54	15:56	5.91	60	09:48	2.39	22:30	1.97
J 21	04:28	5.92	67	16:49	6.32	73	10:49	1.99	23:23	1.58
V 22	05:16	6.27	78	17:33	6.65	83	11:38	1.64	---	---
S 23	05:57	6.52	87	18:12	6.85	87	00:07	1.28	12:19	1.38
D 24	06:33	6.65	91	18:48	6.92	91	00:46	1.12	12:56	1.25
L 25	07:07	6.68	92	19:21	6.87	92	01:21	1.09	13:31	1.24
M 26	07:38	6.61	89	19:52	6.72	89	01:53	1.18	14:02	1.34
M 27	08:08	6.45	82	20:22	6.48	82	02:23	1.38	14:32	1.55
J 28	08:37	6.23	73	20:51	6.17	73	02:52	1.66	15:02	1.84
V 29	09:06	5.94	62	21:20	5.81	62	03:20	2.00	15:33	2.19
S 30	09:38	5.62	50	21:55	5.42	50	03:50	2.38	16:08	2.57
D 31	10:18	5.27	37	22:42	5.03	37	04:26	2.76	16:54	2.95

SEPTEMBER

Date	Matin	HIGH TIDE			LOW TIDE					
		Haut.	Coef.	Soir	Haut.	Coef.	Matin	Coef.	Soir	Coef.
L 1	11:22	4.95	27	---	---	---	05:17	3.12	18:04	3.22
M 2	00:08	4.73	24	13:14	4.86	24	06:41	3.33	19:49	3.22
M 3	02:06	4.80	28	14:47	5.16	34	08:32	3.20	21:15	2.86
J 4	03:21	5.18	41	15:44	5.62	49	09:42	2.79	22:10	2.37
V 5	04:10	5.65	56	16:28	6.11	65	10:31	2.30	22:53	1.86
S 6	04:51	6.12	72	17:08	6.58	80	11:12	1.82	23:33	1.39
D 7	05:29	6.53	86	17:46	6.97	92	11:51	1.39	---	---
L 8	06:07	6.86	97	18:24	7.25	101	00:12	1.02	12:30	1.06
M 9	06:44	7.07	104	19:02	7.38	106	00:51	0.77	13:09	0.87
M 10	07:22	7.14	106	19:41	7.33	104	01:30	0.70	13:48	0.84
J 11	08:00	7.05	101	20:21	7.08	96	02:09	0.81	14:28	1.00
V 12	08:40	6.79	90	21:03	6.66	83	02:49	1.12	15:10	1.34
S 13	09:22	6.38	75	21:50	6.11	66	03:31	1.59	15:57	1.81
D 14	10:12	5.90	58	22:51	5.53	49	04:20	2.13	16:55	2.32
L 15	11:22	5.44	43	---	---	---	05:23	2.64	18:14	2.71
M 16	00:24	5.14	38	13:11	5.27	38	06:49	2.93	19:54	2.74
M 17	02:13	5.22	41	14:45	5.55	47	08:27	2.83	21:22	2.40
J 18	03:24	5.60	54	15:46	5.99	61	09:44	2.43	22:22	1.96
V 19	04:14	6.01	68	16:33	6.40	74	10:37	1.99	23:06	1.59
S 20	04:56	6.36	79	17:13	6.70	84	11:19	1.64	23:44	1.33
D 21	05:32	6.60	87	17:48	6.86	89	11:56	1.41	---	---
L 22	06:05	6.73	91	18:20	6.91	91	00:18	1.21	12:29	1.29
M 23	06:36	6.76	91	18:50	6.86	90	00:49	1.20	13:00	1.29
M 24	07:05	6.70	88	19:18	6.72	86	01:19	1.29	13:29	1.39
J 25	07:33	6.57	82	19:46	6.50	78	01:46	1.47	13:58	1.58
V 26	08:00	6.37	74	20:14	6.22	69	02:13	1.73	14:27	1.85
S 27	08:28	6.10	63	20:42	5.88	58	02:41	2.05	14:56	2.19
D 28	08:59	5.78	52	21:16	5.50	46	03:09	2.42	15:30	2.55
L 29	09:37	5.42	39	22:01	5.10	33	03:44	2.80	16:14	2.92
M 30	10:36	5.06	28	23:23	4.77	25	04:33	3.15	17:21	3.21

OCTOBER

Date	Matin	HIGH TIDE			LOW TIDE					
		Haut.	Coef.	Soir	Haut.	Coef.	Matin	Coef.	Soir	Coef.
J 1	---	---	---	12:26	4.91	24	05:56	3.38	19:06	3.23
V 2	01:29	4.83	28	14:08	5.19	34	07:51	3.25	20:38	2.86
S 3	02:46	5.25	42	15:08	5.69	50	09:07	2.80	21:35	2.33
D 4	03:36	5.77	59	15:54	6.23	68	09:57	2.26	22:20	1.77
L 5	04:18	6.29	76	16:36	6.74	84	10:40	1.72	23:02	1.27
M 6	04:58	6.75	91	17:17	7.16	98	11:21	1.26	23:42	0.90
J 7	05:37	7.10	103	17:57	7.43	107	12:02	0.92	---	---
V 8	06:17	7.31	109	18:37	7.52	110	00:23	0.69	12:43	0.74
S 9	06:57	7.35	109	19:19	7.40	106	01:04	0.67	13:25	0.76
D 10	07:37	7.20	102	20:01	7.06	96	01:45	0.87	14:08	0.98
L 11	08:20	6.88	89	20:46	6.56	81	02:28	1.25	14:54	1.38
M 12	09:05	6.42	72	21:38	5.98	63	03:13	1.76	15:45	1.89
M 13	10:00	5.91	55	22:45	5.44	47	04:06	2.32	16:48	2.40
J 14	11:17	5.49	41	---	---	---	05:15	2.78	18:10	2.73
V 15	00:23	5.16	39	13:01	5.39	40	06:41	2.98	19:45	2.71
S 16	01:57	5.31	44	14:24	5.64	49	08:13	2.82	21:03	2.40
M 17	03:00	5.66	55	15:21	6.00	61	09:21	2.45	21:56	2.04
D 18	03:47	6.03	67	16:06	6.33	71	10:10	2.08	22:38	1.75
L 19	04:27	6.33	76	16:44	6.56	79	10:51	1.79	23:14	1.55
M 20	05:02	6.55	82	17:19	6.69	84	11:26	1.59	23:46	1.45
S 21	05:35									

GUARANTEED EMOTIONS!

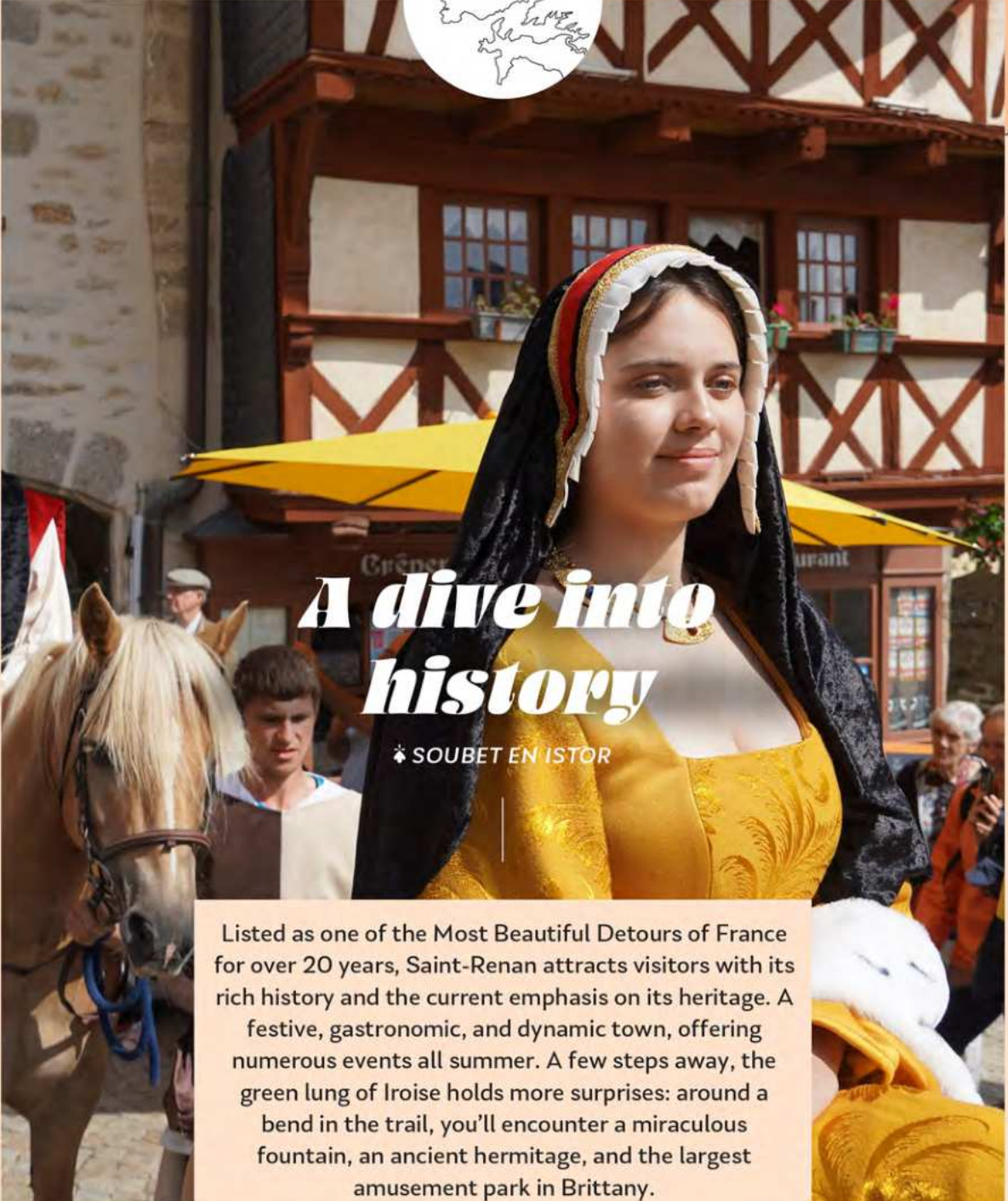
Heart - land

✦ KREIZ BRO





Milizac-Guipronvel, near Le Garo



A dive into history

✦ SOUBET EN ISTOR

Listed as one of the Most Beautiful Detours of France for over 20 years, Saint-Renan attracts visitors with its rich history and the current emphasis on its heritage. A festive, gastronomic, and dynamic town, offering numerous events all summer. A few steps away, the green lung of Iroise holds more surprises: around a bend in the trail, you'll encounter a miraculous fountain, an ancient hermitage, and the largest amusement park in Brittany.



LIVE!

**19th edition of the
MIEVEAL FESTIVAL OF
SAINT-RENAN
"Heirs of the Middle Ages"**
19 AND 20 JULY

New locations, new activities, new sets... And, as always, free access, including for activities. There will be music, encampments, short plays, a banquet (paid), and a parade with nearly 1,000 costumes – all of this in a family-friendly atmosphere, thanks, among other things, to games specifically designed for children.

? QUIZ

The tallest menhir in the world stands in the countryside between Saint-Renan and Plouarzel. What is its name?

.....
Answer on page 50

Historical trail

To learn more about this historic and cultural town, a 45-minute self-guided walking tour is available at the tourist information office. Along the way, you'll discover 15 exhibition sites – a wonderful opportunity to explore the local heritage.



Hidden  gem!

**Musée
du Ponant**

Step into this museum to explore the history, art, economy, culture and traditional way of life in the Pays du Léon.

museeduponant.com

**Head in the
Stars?**

Join us to contemplate the night sky at the Kerzouar astronomical observatory every Tuesday evening during the summer.

Programme:
pegasi.fr

**A Touch of
Exoticism**

Plants from four continents, a bamboo garden, and much more... The exotic garden is open from April to October. Take a moment to recharge and dream.

jardin-exotique-de-saint-renan.com

La Récré des 3 Curés



Since its opening in 1989, La Récré des 3 Curés has become the largest amusement park in Brittany! From the colourful tractors to the *Grand Huit* roller coaster, the *Drakkars* and *Vertika*, there's something for everyone. A dining area is open all day. Wonderful moments of togetherness with family and friends are guaranteed!



COMING SOON
AT LA RECRE



THE TALLEST DROP TOWER IN WESTERN FRANCE!

Standing at **80 metres high**, La Récré des 3 Curés' brand-new attraction, "Tremor", will be the **third tallest drop tower in France**. Opening in June 2025.

SAINT-RENAN MARKET

A RENOWNED GOURMET STOPOVER!

Saint-Renan, a former ducal and then royal *sénéchaussée*, has preserved its stunning historic houses and its vibrant market. Every Saturday morning, all year round, this market is a traditional meeting place for locals and food lovers! In summer, the sounds of sea shanties echo through the *Place du Vieux Marché*. From mid-July to mid-August, "Les Mardis de l'Été" bring together music, Breton culture, and gastronomy, from 6 pm to 9 pm.



On the move



Hiking...

FROM SAINT-HERVÉ TO SAINT-ERGAT

11 KM • 2 H 45

This countryside of Bas Léon is an oasis of solitude and silence, where the fighters of the Kergoff Maquis prepared for the liberation of the country.

On the way...

...you'll discover the village of Tréouergat, the Enez Rouz manor, the Saint-Hervé hermitage, the Saint-Ergat fountain, the Pen ar Prat cross, and, finally, the Pont Prenn mill.

THE LAKES TRAIL

7 KM

The five lakes of Saint-Renan bear the marks of a significant activity from the 1960's: tin ore extraction. Today, a pleasant 7 km stroll allows you to explore the area.

Walking around Ty-Colo lake

A 1.7 km trail around Ty-Colo lake is accessible for wheelchair users.

This lovely trail also includes a fishing pontoon accessible to people with reduced mobility (a fishing licence is required).



...cycling



AL LENN ROUTE

LOOP 1 : 17,5 KM • 1 H 30

LOOP 2 : 19,5 KM • 1 H 30

Loop 1 will take you to Lanrivouré, to the church and the cemetery of the 7,847 saints. Take a break and discover why loaves of breads were turned into stones!

Be careful, uphill ahead!

Along the way, take a moment to stop and read the heritage information panels.

MTB TRAIL No. 5

29 KM LOOP

This loop also takes you through woodland trails to explore the local heritage.

And there's more...
17 other MTB loops can be found in the Pays d'Iroise mountain biking guide.

LIVE!

HORSE FESTIVAL
11 MAY
RED KURI
SQUASH FESTIVAL



Don't miss these two events in Tréouergat!

A VARIETY OF ACTIVITIES!

To have fun with the family, head to Ty-Colo lake, where plenty of activities await you: a water park with giant inflatable structures, a waterski lift, pedalos, and, nearby, outdoor laser tag, playgrounds for children, and sports fields.





Inland Treasures

✦ TEÑSORIOU KUZHET



- ❶ Saint-Sébastien Chapel, Locmaria-Plouzané
- ❷ Saint-Pierre-aux-Liens de Lamber Church, Ploumoguer
- ❸ Saint-Yves Chapel, Saint-Renan
- ❹ Saint-Ergat Fountain, Tréouergat
- ❺ Saint-Hervé Hermitage, Lanrivoaré
- ❻ Saint-Roch Chapel, Plourin

An exhibition on the chapels of Pays d'Iroise is open during the summer at the Saint-Yves chapel in Saint-Renan



BRÉLÈS

KERGROADEZ CASTLE AND GARDENS

This classical-style castle, built from 1602 to 1613, blends 16th century architecture with Louis XIII influences. The castle is open to visitors and offers a rich programme of activities for all ages (including a tree-lined trail and maze, the new escape game "The Marquise's Kidnapping", murder mystery events, guided tours, concerts, candlelit night visits and nature workshops), as well as several events: Le château en Jeu on 25 April, Le Tantad – a sound and light show on 18, 19 and 20 July, and the castle festival on 9 and 10 August.

Programme: kv2.kergroadez.fr



The Columns of Justice in Plourin

Not far from the castle stand the columns of Justice in Plourin. They surround recently renovated gallows that symbolised, more than it applied, the right of justice related to the Kergroadez seigniory.

On the move



Hiking...

THE MILIZAC TRAIL

13KM • 3H15

This charming walk crosses the Milizac countryside following a picturesque stream.



Along the route, you'll encounter numerous crosses, the Tréléon mill, the Keradraon lavoir, and the banks of the Garo river.

MILIZAC-GUIPRONVEL

KERANFLEC'H MANOR

Primarily a reception venue, the manor also hosts the traditional "Fest ar Maner" festival, with storytellers, lavandières, artisan crafts, horse-drawn carriages, and more, on Sunday, 13th April.

Information: domainedekeranflech.fr

LOCMARIA-PLOUZANÉ

KERSCAO MANOR

During the summer, the owners welcome you for a guided tour of the Kerscao manor, its chapel, dovecote, garden, and more.

Opening days: manoirdekerscao.fr



Erected over 4,000 years ago, the Kerloas menhir in Plouarzel is the tallest standing megalith in the world with its 9.50 metres high! Located in the countryside between Plouarzel and Saint-Renan, its top is irregular due to a lightning strike.



Kerloas menhir in Plouarzel

A SITE OF LEGENDS

It is said that, once, newlyweds would rub their bellies on the menhir, in the hope that the man would have male children and that the woman would be able to rule her household with strength.

The legend also claims that a treasure is hidden, visible only on Christmas Eve. According to this legend, the menhirs would run to drink from the ocean at the first stroke of midnight. But by the last stroke of midnight, they would already have returned to their place, stoic, motionless, and unaffected by the ravages of time. And woe to those who, dazzled by the riches revealed, had forgotten the time: they would be crushed.



Kervéatoux Castle

Near the menhir, hidden among the trees, the Kervéatoux castle welcomes you in its gardens and invites you to enjoy joyful family moments, with the **carnival** on 1st March, and the castle **big festival** on 5th July.

Events programme and reservations:

Kerveatoux.fr

Sponsored article



Zone de Mespaol
Saint-Renan

02 98 32 61 02

bio-abers@finisterra.fr



@biocoopfinisterra29

finisterra.fr

BIOCOOP BIO ABERS

Located in Plouarzel, Biocoop Finisterra l'Annexe offers a wide range of 100% organic products. You'll find seasonal fruits and vegetables, fresh produce, and a variety of items (food, hygiene and household products). The team will be happy to serve you bread, sliced cheese, and mouth-watering products from the catering section. At Biocoop, we prioritise local products made within 150 km of the store (more than 80 local producers), as well as fair trade goods from France and North/South partnerships.

The team welcomes you Monday to Saturday, from 9 am to 7 pm.

Breathtaking view

Ploumoguier Belvedere

Located at an altitude of 142 metres, it is the highest point in the Pays d'Iroise and offers a breathtaking view of the entire region and the Molène archipelago.



OUR TOURISM PARTNERS AROUND YOU

LEISURE AND SPORTS ACTIVITIES

Parc aquatique • Aqua West Park • 07 72 55 50 29
Cinéma Le Bretagne • 09 66 42 32 20
Golf de Pen Ar Bed • 02 98 84 98 92
Parc de loisirs • La Récré des 3 Curés • 02 98 07 95 59
Laser Tag Expérience • 06 98 37 73 53
Observatoire de Kerzouar • 06 61 04 10 28 • 02 98 84 36 36
Piscine • Spadium de Saint-Renan • 02 98 32 44 00
Téléski nautique • Wakepark Advance Ride • 02 98 36 28 05

BARS

Bar Le 84 • 02 98 38 63 04
Le Café du Marché • 06 66 56 13 03

GOURMET GROCERIES

Thé, café, chocolat • Avel Cafés • 02 98 32 66 41
Biocoop Bio Abers • 02 98 32 61 02 (voir P 51)
Boulangerie • La Croustine • 02 98 38 37 79
Épicerie fine • Breizhtalia • 02 98 30 17 84
Cave • Le Corps de garde • 02 98 84 20 06
Les fromages de Bacchus • 02 98 03 27 82
Boucherie-Charcuterie-Rôtisserie-Traiteur • Maison Feuvrier • 09 67 80 21 39

STORYTELLER

Paroles aux mille couleurs • 06 99 19 86 75

BOOKSHOP, TEA ROOM, ART GALLERY

L'Équilibre du monde • 09 77 58 56 03

BICYCLE RENTAL

Saint-Renan Animations • 02 98 84 20 08

FARM MARKET & FARM VISIT

La ferme de Keroudy • 06 87 13 64 54

MUSEUM

Musée du Ponant • 02 29 02 86 92 • 02 98 84 99 12

PARK AND GARDEN

Jardin exotique de Saint-Renan • 06 60 96 35 98

HERITAGE SITE

Domaine de Keranflech (sur réservation, 10 ps minimum) • 06 87 68 84 45

LOCAL PRODUCTS & HOMEMADE SPECIALTIES

Torréfacteur • Avel Cafés • 02 98 32 66 41
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
L'Atelier du 84, Bistrot & Burger • 02 29 02 73 70
Le Café du Marché • 06 66 56 13 03
L'Expo (La Récré des 3 Curés) • 02 98 07 95 59

FAST FOOD

Breizhtalia • 02 98 30 17 84

SHOPPING

Prêt-à-porter • Armor-lux • 02 98 84 33 47 (voir P 57)
Saint-Renan Tabac Presse Souvenirs • 02 98 36 42 28
Prêt-à-porter • Sport 2000 • 02 98 84 36 60

BIKE SALES, MAINTENANCE & REPAIRS

Durant-Le Gléau • 02 98 84 22 05

Kig ha farz from Bro Leon

SERVES 6 PEOPLE

500 g buckwheat flour • 125 g semi-salted butter • 20 cl fresh cream • 4 eggs • 3 tablespoons sugar (optional) • 1 tablespoon fine salt • ¼ litre whole milk

Mix all the ingredients with a wooden spoon: start with the flour and a little bit of milk; then add the softened butter, beaten eggs, cream, sugar, salt, and the rest of the milk. Pour the mixture into a food cotton bag, tie it (use two strings for safety), leaving some space for the farz to grow.

Submerge the bag in boiling water (about 3 litres), add a piece of salted pork and a piece of pot-au-feu meat (boneless shank or, preferably, gîte, which is easier to slice).

It is possible to cook the pot-au-feu separately with vegetables, while cooking the gîte, the farz and the pork in another pot.

Unan, daou, tri... Let it simmer for at least 2 hours. Once cooked, the farz will come out crumbled, or "bruzunog" in Breton.



AWAKEN
TASTE



Fish Rilletes with Sea Beans

270 g fish fillets (sardines, mackerel, etc.), ideally fresh or even canned • 1 tablespoon finely chopped parsley • 1 finely chopped shallot • 40 g cooked sea beans • 20 g butter • 1 teaspoon lemon • salt • pepper (and spices of your choice)

Mash the fish with a fork, then add the other ingredients and mix. Add the sea beans. Serve on toast for an appetizer. Bon appétit!

WILL YOU DARE TO SING THE FAMOUS BRETON CRY?

✦ AMAÑ ZEUS ?! KIG !
AMAÑ ZEUS ?! FARZ !
AMAÑ ZEUS ? KIG HA FARZ !

WHAT'S IN HERE? MEAT!
WHAT'S IN HERE? FARZ!
WHAT'S IN HERE? MEAT
AND FARZ!

Brav eo !

N'eo ket tomm an amzer !

It's market day!

✦ DEIZ AR MARC'HAD EO !

TUESDAY

📍 **LE CONQUET** • Pl. de Llandeilo

All year round • from 9 am to 1 pm

📍 **SAINT-RENAN** • Town centre

Mid-july to mid-august • from 6 pm to 9 pm

Concerts, dance, and games

WEDNESDAY

📍 **LANDUNVEZ** • Port of Argenton

July and august • Morning

THURSDAY

📍 **LAMPAUL-PLOUARZEL** • Pl. de la Poste

All year round • from 9 am to 1 pm

FRIDAY

📍 **LOUDALMÉZEAU** • Town centre

All year round • Morning

📍 **LOCMARIA-PLOUZANÉ** • Town centre

All year round • from 4 pm to 7 pm

📍 **PLOUMOGUER** • Ferme de Messouflin

All year round • from 5 pm to 7 pm

SATURDAY

📍 **SAINT-RENAN** • Town centre

All year round • from 8 am to 1 pm

A renowned gourmet stopover • concerts in summer

SUNDAY

📍 **PLOUGONVELIN** • Trez-Hir

All year round • Morning

Patatez, karotez, avalou... mar plij



YOUR BUDS

Farm markets

LE JARDIN DES SAVEURS DE TRÉMAZAN

📍 **LANDUNVEZ**

On Tuesdays and Saturdays from 9 am to 12:30 pm, on Wednesdays and Fridays from 9 am to 12:30 pm and from 4 pm to 7 pm, and on Thursdays in summer from 9 am to 12:30 pm.

LA FERME DE PENZER

📍 **LE CONQUET**

On Mondays and Wednesdays from 5 pm to 7 pm, on Fridays and Saturdays from 4 pm to 6:30 pm.

TY GWEN LÉGUMES

📍 **LE CONQUET**

On Wednesdays and Fridays from 5 pm to 7 pm and on Saturday mornings from 10 am to 12 pm.

LA FERME DE KEROUDY

📍 **MILIZAC-GUIPRONVEL**

On Fridays and Saturdays from 9 am to 12 pm and 2 pm to 6:30 pm

LE POTAGER DE SAINT-MATHIEU

📍 **PLOUGONVELIN**

On Friday evenings from 4 pm to 7 pm

AND ALSO...

LA FERME DE QUÉMÉNÈS

📍 **ÎLE DE QUÉMÉNÈS**

On-line sales

IT'S FROM THE REGION! OUR LOCAL PRODUCERS

SEAWEED

Algoëmanne • 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 • 02 98 89 60 29 • 06 22 40 38 85 • Plouarzel

BISCUIT SHOPS

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

BREWERIES

Brasserie Arvarus • 09 81 00 11 08 • Ploumoguier
Les caves Adam • 02 98 48 10 72 • Ploudalmézeau

ICE CREAM PARLOUR

Les glaces de Kergonc 06 75 28 71 95 • Tréouergat

SEA PRODUCTS

Ormeaux • France Hallotis • 02 98 37 17 39 • Plouguermeau
Hûîtres Legris • 02 98 04 56 87 • Plouguermeau (voir p. 59)

ARTISANAL COFFEE ROASTER

Avel Cafés • 02 98 32 66 41 • Saint-Renan

DIRECT SALE - FISH, CRABS

Annaëlle - Ventes privées du pêcheur • 06 50 28 98 55 • Plouarzel
Bateau de pêche Kervouroc • 06 59 85 99 29 • Le Conquet (voir p. 18)
Poissonnerie La Conquetoise • 06 66 28 08 59 • Plougonvelin

Come and enjoy
the peace and
quiet outside the
summer season.

You can hike,
sail, stroll... Your
holiday in Iroise
will naturally be
lively and
colourful!




Plenty of ideas all year round!

✦ MENNOZHIOÙ E-LEIZH A-HED AR BLOAVEZH



Sheltered from the rain...

When the weather is unsuitable for outdoor activities, head to...

- La Maison de l'Algue  P. 30
- Musée Mémoires 39-45  P. 13
- Musée du Ponant  P.45
- "Ancre an eor - in the wake of the Amoco Cadiz" museum  P. 38
- Cinemas and swimming pools in Plougonvelin and in Saint-Renan
- Well-being spaces
- Cafés and restaurants
- Lovely souvenir shops
- Castles and manors
- Chapels
- Bookshops and media libraries
- Art galleries and artisans

Going a little further...

La Maison des Abers in Saint-Pabu
Océanopolis in Brest
Les Capucins and 70.8 by
Océanopolis in Brest
Le Fonds Hélène & Édouard
Leclerc pour la Culture
in Landerneau

**ASK FOR OUR LIST
OF BEST ADDRESSES!**





To capture the coastal flowers, feel free to photograph them and mention the Iroise Marine Natural Park, which will be happy to share your digital herbariums.

To make your stay with your pet more comfortable, ask for our information leaflet!



Scan for more info



In spring

A midweek, 4 days and 3 nights, for families with children.

Tuesday, Day 1

MORNING


Le Conquet and its market awaits you with fresh fish and local products in a friendly atmosphere. Seize the opportunity to discover this Small Town of Character, through an historical self-guided tour... Follow the crab!

AFTERNOON

Set sail for a getaway on the Iroise Sea and discover its islands, lighthouses, seals, dolphins and seabirds.

Wednesday, Day 2

MORNING

 **The Pointe de Corsen** is the westernmost tip of mainland France, a true gift from nature. Explore this Natura 2000 site on foot and discover its exceptional biodiversity. Guided tours are also available.

AFTERNOON

Cycle along the "An Envor" historical trail before climbing to the top of the Saint-Mathieu lighthouse to enjoy the stunning panoramic view and hear the story of this legendary site.

EVENING

Taste our delicious crêpes! A flavourful experience that will delight the whole family!

Thursday, Day 3

MORNING

Visit the **port of Lanildut**, where the kelp harvest is in full swing! La Maison de l'Algue celebrates this emblematic activity of the Iroise region. And what about tasting some fresh seaweed? It's particularly delicious in spring!

AFTERNOON

Let's get back to the sea! The nautical centre of Portsall offers **sailing courses** in a sheltered bay.

EVENING

The sky is clear and bright? It's the perfect moment to borrow a "Go out at night" backpack with its booklet full of fun activities! *Reservation is required at la Maison des Abers, in Saint-Pabu : 02 98 89 75 03.*

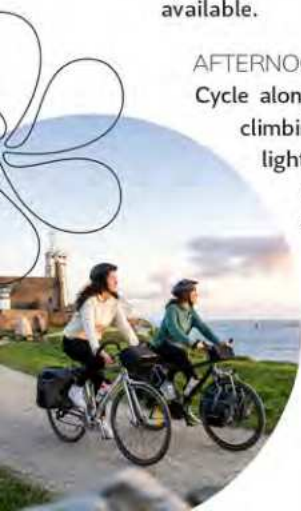
Friday, Day 4

MORNING

Go on a **canoe trip** and experience a fresh immersion in the awakening nature.

AFTERNOON

The gardens are in full bloom. Come recharge your energy in the botanical paradise of the **Exotic Garden in Saint-Renan**.



In summer

A week with the family... relaxation and fun guaranteed!

Sunday, Day 1

MORNING

Visit the **Plougonvelin market** to discover local products. Picnic and games!

AFTERNOON

How about a **canyoning outing** at the foot of the cliffs in Plougonvelin? Or a **"accro-rock" trail** at the Bertheaume Fort, followed by a treasure hunt!

Monday, Day 2

MORNING

Enjoy a **stroll along the coastline** in Lampaul-Plouarzel, starting from Pointe Beg Ar Vir, and then relax on the beach.

AFTERNOON

Join a **nature workshop** that invites you to see the incredible world around you in a new light.

Tuesday, Day 3

MORNING

An **introductory scuba diving session** to contemplate the beauty of the seabed in the clear waters of the Iroise Sea.

AFTERNOON

After visiting **La Maison de l'Algue** in Lanildut, make a stop at the "Route Mandarine" soap factory to discover the expertise of a local artisan and take home your favourite soap!

EVENING

Stargazing with a telescope to observe the Iroise sky, its stars, planets, and other hidden treasures at the Kerzouar astronomical observatory in Saint-Renan.

Wednesday, Day 4

ALL DAY

Embark on a wonderful adventure on the **Island of Molène**. Departing from Le Conquet, you'll reach Molène in only 30 minutes, arriving on an island with almost no cars. You can discover it through a treasure hunt!

Thursday, Day 5

ALL DAY

At **La Récré des 3 Curés** in Milizac-Guipronvel. Several fun activities await you in this amusement park: thrilling rides like *Le Grand huit* roller coaster, the *Vertika*, and plenty of games for children!



Friday, Day 6

MORNING

Visit the **Moulin Neuf Garden** in Ploudalmézeau, with its animals, playgrounds, flowers, and ponds. And it's free!

AFTERNOON

Go for a **bike ride** along the Ar Mor (the sea in Breton) route with your family. You can rent a bicycle at the port of Portsall!

Saturday, Day 7

MORNING

Visit the **Saint-Renan market** and stroll through the lovely shops to pick up souvenirs and small gifts before going back home. Goodbye, see you next time! *Kenavo, ar wech all !*

Friday, Day 6

AFTERNOON

Head to Le Conquet and its lovely shops! Put on your hat and scarf, and take a walk to the **Kermorvan peninsula**. This walk will lead you to one of the most beautiful views over the Iroise Sea. And who knows, you might even have the chance to spot seals and dolphins.

EVENING

Enjoy a delicious seafood platter while watching the sunset at the end of the world!



Sponsored article

ARMOR LUX

Founded in 1938 in Quimper, Armor-Lux promotes exceptional expertise in the production of knitted and cotton products. More than just a brand, Armor-Lux represents a way of life, offering marine-inspired collections, authentic and timeless clothing, as well as strong commitments to preserving jobs and the environment.

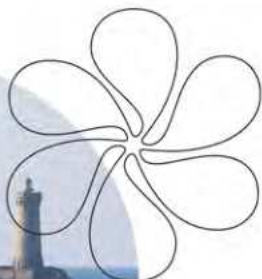
📍 Espace Commercial
Les Rives du Lac, Saint-Renan

📍 5 rue Gaston Planté
et 51 rue de Siam, Brest

📍 13 pl. du Général de Gaulle,
Landerneau

📍 11 pl. du Général Le Flo,
Lesneven

armorlux.com



Romantic *In* Weekend *Autumn* - *Winter*

Saturday, Day 2

MORNING

Flavours, colours, and an authentic atmosphere... Come and meet our local producers at the **Saint-Renan market!**

AFTERNOON

The **Saint-Laurent peninsula** in Porspoder is one of our favourite places in winter. Its wild landscapes, facing the famous *Le Four* lighthouse, are truly enchanting!

EVENING

Warm up by a cosy fireplace and enjoy the traditional **kig ha farz**. It is served with lipig (traditional Breton sauce) – the local antidote that will give you strength for the winter!

Sunday, Day 3

MORNING

The waves are here! It's a perfect time to experience sliding sports! Blancs Sablons beach is the ideal spot to **try surfing** with individual lessons. Or simply enjoy the benefits of the sea with a refreshing and invigorating water walk.

AFTERNOON

For absolute relaxation, don't leave without a **cocooning spa massage session**. With your partner, let yourselves be pampered before chilling on a sofa, watching the sea.

*Going a little
further...*

✦ O VONT PELLOC'H



The Must-See Spots in Brest terres océanes

The Récéré des 3 Curés and the Saint-Mathieu lighthouse are among the 12 must-see spots in the Brest terres océanes destination. Do you know the other 10?

- The Île Vierge Lighthouse in Plouguerneau
- Ateliers des Capucins in Brest
- Musée national de la marine in Brest
- Océanopolis in Brest
- The Jardin du Conservatoire Botanique National in Brest
- Le Fond Hélène & Édouard Leclerc pour la Culture in Landerneau
- Meneham Site in Kerlouan
- The Daoulas Abbey
- The Menez-Hom
- Tour Vauban in Camaret-sur-Mer



GOOD TO KNOW!

Brittany alone is home to more than 75% of France's lighthouses.



Take the Lighthouses Route in the Brest terres océanes region! From the Côte des Légendes to the Crozon Aulne Maritime peninsula, embark on a journey to discover the highest concentration of lighthouses in the world! Our ambassadors are here to welcome you for unforgettable experiences.

ASK FOR THE MAP AND THE LIGHTHOUSES ROUTE GUIDE AT THE TOURIST OFFICE!

Sponsored article

ÎLE VIERGE LIGHTHOUSE



abers-tourisme.com

Explore the world of the Île Vierge lighthouses! This island is home to the tallest lighthouse in Europe, standing at 82.5 metres. Be amazed by its stunning interior, adorned with opaline plaques. Climb its 383 steps, captivated by the bluish reflections, and enjoy a breathtaking panoramic view of the sea and the unspoilt, beautiful, and wild Breton coastline. A unique and unforgettable experience to enjoy during your stay in Brittany!

Sponsored article

MAISON LE GRIS SEAFOOD ARTISAN OYSTER BAR

A seafood artisan since 1986 in the heart of the Lilia archipelago, Maison Legris delights oyster lovers and curious food enthusiasts seeking new culinary experiences. Enjoy a lovely terrace facing the open sea – perfect for admiring the sunset and the stunning landscapes of the Côte des Abers, while enjoying the briny flavours of Legris oysters and their variety of local specialties. Their signature dishes, including abalone, the catch of the day, and the famous oysters with a golden crust, will delight your taste buds.



20 Kastell Ac'h
Plouguerneau
02 98 04 56 87
info@legris.bzh
legris.bzh

Sponsored article



☎ 02 98 33 95 40

✉ contact@larecouvrance.com

larecouvrance.com

LA RECOUVRANCE

A symbol of Brest and the ambassador vessel of the city, La Recouvrance reflects both the tradition and modernity of Brittany's maritime vocation. This schooner welcomes one-time sailors for a unique sailing experience. You can choose from a multi-days cruise, a full-day, or a half-day trip, departing from Brest, or another port depending on the programme. Take the opportunity to experience life on board and even join in the manoeuvres if you wish! Inside, you'll find all the comfort needed to have a great time.

Sponsored article

GLAZ ÉVASION

Escape in a kayak or a stand-up paddle through the abers, where nature, history, and an enchanting atmosphere blend together.

Whether on guided tours in the Lilia archipelago, on a descent with a shuttle from the Abers Wrac'h and Benoît, or during a mini-camp along the "Lighthouses Route" between Portsall and Plouguerneau, you'll witness a rich natural and maritime beauty.



📍 Plouguerneau

☎ 07 69 89 97 27

glazevasion.com

Sponsored article

LE 70.8 BY OCÉANOPOLIS

A science museum like no other, entirely dedicated to the ocean. With a focus on maritime technologies, 70.8 invites you to discover the ocean from a fresh perspective! Did you know that our plates and medicine cabinets are filled with molecules derived from marine organisms? Or that 90% of our daily consumer goods have been transported by sea? The ocean is home to many incredible resources, which need to be exploited and used with the utmost care. Because the ocean is at the heart of today's global challenges, 70.8 helps you understand its complexity and fragility. Learning helps us protect better, and

more sustainably. A visit for the whole family, from age 6.



© Justine Anquetier

📍 Les Ateliers des Capucins
Brest

☎ 02 29 00 84 95

70point8.com

Sponsored article



📍 Place de la Mairie,
Landévennec

☎ 02 98 23 63 05

breizh-odyssee.bzh

BREIZH ODYSÉE

Breton by birth or in your heart, passionate minds or curious explorers, come and enjoy an unforgettable experience! Breizh Odyssee opens the doors to Breton heritage, culture and history. From ancient legends to key historical periods, from traditions and customs to modern-day Brittany, Breizh Odyssee offers an immersive journey. Explore our four exhibition areas, our restaurant-café with a view over Brest harbour, as well as our artisanal liqueur distillery and unique boutique.

IT'S WORTH A LOOK

DISCOVERY WALKS

Brest et environs - Bretour • 07 86 84 09 80 • Brest

BOAT TRIPS

Excursion nautique • Aber Wrac'h Odysée • 06 63 68 85 34 • Landéda
 Catavoile29 • 06 69 18 07 76 • Crozon-Morgat
 Compagnie maritime Brest Ouest • 07 78 37 03 23 • Brest
 La Recouvrance • 02 98 33 95 40 • Brest (voir P. 60)
 Vedettes des Abers • 02 98 04 74 94 - 06 71 04 25 40 • Landéda
 Vedettes Sirènes • 06 60 93 97 05 • Crozon-Morgat

OYSTER BAR

Maison Legris • 02 98 04 56 87 • Plouguerneau (voir P. 59)

CONTEMPORARY ART CENTRE

Fonds Hélène & Edouard Leclerc pour la Culture
 • 02 29 62 47 78 • Landerneau

MARITIME COMPANY

BreizhGo Penn Ar Bed (départ du Conquet et de Brest)
 • 02 98 80 80 80 • Brest (voir P. 21)

GALLERY

Galerie iD Pod • 06 14 64 90 09 • Brest

EQUIPMENT RENTAL

Vélo et kayak • Méli Mélo • 06 09 14 50 09
 • 07 81 93 34 63 • Landéda
 Vélo • Véloc'Ouest • 06 23 36 24 98 • Brest
 Aber kayak location • 07 82 04 25 41 • Saint-Pabu



SEA ACTIVITIES

Kayak • Glaz Évasion • 07 69 89 97 27 • Plouguerneau (voir P. 60)
 Korejou Plongée • 06 30 91 75 77 • Saint-Pabu
 Centre de Glisse et char à voile • Rêves de Mer • 02 98 83 54 77
 • Plouneour-Brignogan-Plages

MUSEUMS

70.8 by Océanopolis • 02 29 00 84 95 • Brest (voir P. 60)
 Breizh Odysée • 02 98 23 63 05 • Landévennec (voir P. 60)
 Maison des Abers - Ti an Aberioù • 02 98 89 75 03 • Saint-Pabu
 Cité de la Voile Éric Tabarly • 02 97 65 56 56 • Lorient
 Écomusée des Monts d'Arrée • 02 98 68 87 76 • Saint-Rivoal

DISCOVERY PARKS

Océanopolis • 02 98 34 40 40 • Brest
 Aquarium, spectacles d'oiseaux • Aquashow • 02 98 70 03 03
 • Audieme

HERITAGE SITES

Phare de l'île Vierge • 02 98 04 05 43 • Plouguerneau (voir P. 59)
 Chemins du patrimoine en Finistère, 5 sites à visiter
 Abbaye de Daoulas, Abbaye du Relec, Château de Kerjean,
 Domaine de Trévarez, Manoir de Kernault • 02 98 25 84 39

SEAFOOD PRODUCTS

Ormeaux • France Haliotis • 02 98 37 17 39 • Plouguerneau
 Huitres Legris • 02 98 04 56 87 • Plouguerneau (voir P. 59)

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

TRANSPORTATION

Alternative au taxi • Blanche Hermine VTC • 06 68 64 33 40 • Brest
 SIXT location de voitures et VTC • 01 70 97 61 11 • Brest

COMPANY VISITS

Ormeaux • France Haliotis • 02 98 37 17 39 • Plouguerneau
 La ferme aux insectes - Savéol • 02 98 40 09 39
 • Guipavas (voir P. 61)

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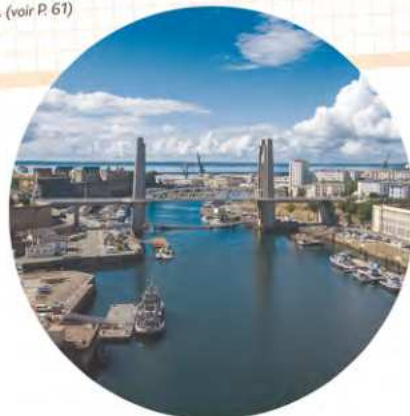
THE INSECT FARM

Come and discover how nature protects our crops... and we promise, it won't sting! Learn how insects protect and pollinate vegetable crops. During a one-hour guided tour, you'll meet bumblebee, Encarsia formosa (tiny wasps), and Macrolophus (mirid bugs), essential allies in growing pesticide-free tomato plants! A fun and educational experience for the whole family. Open from March to September by reservation.

📍 Kervao
 Guipavas

☎ 02 98 40 09 39

🌐 saveol.com





Offices de
Tourisme
de Bretagne

Let's Travel Together

The Traveller's Charter



*“ In Brittany,
across this maritime, urban, and rural land,
it is said that...*



*Travellers are always welcome—no half measures here.
The coastline is wilder than the locals.
Waves of emotions hit just as hard as the storm.
Every moment is etched in memory, not in stone.
We clean up after ourselves—because it's not too much to swallow.
We turn the soil in the fields, not the sand on the shore.
Eating local comes as naturally as enjoying a crêpe.
We gladly put down our cider to dance at a fest-noz.
We tiptoe in awe at the egrets' ballet.
We embrace freedom without wandering off the trail.
Our guides bring stories to life—and that's no legend.
A journey to Brittany is meant to be shared with pride. ”*



The Tourist Offices of Brittany welcome you! Degemer mat!

Share and sign the Traveller's Charter:

www.charte-du-voyageur.bzh

Project supported by:



CONTACT US

IROISE-BRETAGNE.BZH



☎ 02 98 38 38 38

✉ tourisme@iroise-bretagne.bzh

JOIN US ON SOCIAL MEDIA !

📍 @IroiseBretagne 📺 @iroise.bretagne

Share your best memories with #iroisebretagne !

iroise-bretagne.bzh



Iroise Mobile, the roaming tourist office, travels across Pays d'Iroise from June to September to meet you.

Our Tourist Information Offices

OPEN ALL YEAR ROUND!



LE CONQUET
Parc de Beauséjour



PLOUARZEL
1 Place Marie Curie



PLOUDALMÉZEAU
1 rue François Squiban



SAINT-RENAN
Place du Vieux Marché



PLOUGONVELIN
Boulevard de la mer



Our Tourist Information Points:

La Maison de l'Algue in Lanildut • Trezien Lighthouse in Plouarzel
In the Wake of the Amoco Cadiz - Portsall, in Ploudalmézeau
Saint-Mathieu Lighthouse in Plougonvelin • Porspoder City Hall • Molène City Hall

SAVE TIME AND RELAX! THE IROISE BRETAGNE TOURIST OFFICE MAKES YOUR STAY EASIER BY BOOKING YOUR ACTIVITIES!

For sale in our tourist information offices



Scan for more info

OUessant, MoLÈNE, SEIN
BREIZHGO PENN AR BED
COMPANY



OUessant, MoLÈNE, SEIN
FINIST'MER
COMPANY



LA RÉ CRÉ DE S 3 CURÉS
FAST-TRACK TICKETS



BIKE RENTAL IN
IROISE



IROISE LIGHTHOUSES



MAISON
DE L'ALGUE



ARCHIPEL
EXCURSIONS



CAP IROISE
ÉVASION



MoLÈNE ISLANDS
EXCURSIONS



BREIZHGO
BUS TICKETS



OCÉANOPOLIS
FAST-TRACK TICKETS



BIKE RENTAL IN OUessant
LA BICYCLETTE
DISCOUNTED RATE



OUessant ISLAND TOUR
EUSA
DÉCOUVERTE



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CROZON PENINSULA
VEDETTES SIRÈNES

