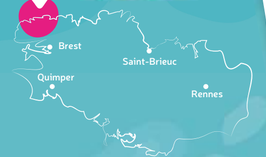
PAYS des ABERS

From the archipelago to the river

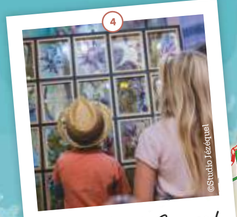
MUST-SEES
available on
www.abers-tourisme.com



1
©Antoine Lazzari
Vierge Island

2
©Mathieu Rivrin
Lanvaon Lighthouse

3
©Alexandre Lamoureux
Iliz Koz


4
©Studio Tesarquel
Centre Algae, Seaweed Harvesters' Ecomuseum

5
©Alexandre Lamoureux
Koréjou Harbour

6
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Marsh of Curnic

20
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Wrac'h Island

19
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Cézon Island and Fort

7
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Paluden Harbour

8
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Coat Valley

9
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Saint-Jaoua Chapel

18
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House of the Abers

10
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Lake of Plabennec

11
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Korn Ar Gazel Dunes

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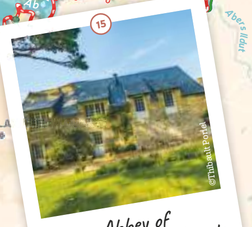
Landéda Semaphore


15
©Thibault Peyrat
Abbey of Our Lady of the Angels

14
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Sainte Marguerite Dunes

13
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Little Valley of Mills

12
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Lakes of Bourg-Blanc

La Manche

KERLOUAN
GLISSENY
GOULVEN
KERNOUÉS
LESNEVEN
LE FOLGOËT
SAINT-MÉEN
PLOUDANIEL
LOC-BRÉVALAIRE
LANARVILY
KERNILIS
LE DIOURIS
LE GROUANEC
LE LEUHAN
SAINT-THONAN
KERSAINT-PLABENNEC
SAINT-DIVY
GOUESNOU
GUIPAVAS
PENCRAN
LA FOREST-LANDERNEAU
PLABENNEC
PLOUVIEN
PLOUGUERNEAU
LANDÉDA
LANNILIS
SAINT-PABU
PLOUDALMÉZEAU
PORTSALL
LANDUNVEZ
ARGENTON
PLOUGUIN
COAT-MÉAL
BOURG-BLANC
TRÉOUERGAT
TRÉGLONOU
LANILDUT
BRÉLÈS
LANVAON
KELERDUT
ST-MICHEL
LILIA
PERROS
LE VILH
COUM
BRENDUFF
SAINT-IBILIAU
TARIEC
LEURÉ
HELLEZ
KÉRIVIN

LA CÔTE DES LÉGENDES
LA CÔTE DES SABLES
Kerjean Castle
Taureau Castle
Parish Enclosures

PAYS D'IROISE
Le Conquet Harbour
Boarding Ouessant - Molène
St-Mathieu Lighthouse
Kermorvan Lighthouse
Trézien Lighthouse

BREST MÉTROPOLE
Brest Harbour
Train and bus SNCF station
Océanopolis & 70.8
National Maritime Museum
Tanguy Tower
Fine Art Museum
National Botanical Conservatory Garden
Capucins Workshops

PAYS DE LANDERNEAU DAOULAS
Leclerc Fund – Hélène and Édouard Leclerc
Rohan inhabited Bridge
Parish Enclosures
Daoulas Abbey

Legend

Tourist Office / *Office de tourisme / Touristeninformationsbüro*

HOBBIES

- **Supervised beach (July - August)** *Plage surveillée Juillet - Août / Überwachter (Juli - August)*
- **Bike rental and repair** *Location vélos, trottinettes, rosalies et entretien / Fahrradverleih und - reparatur*
- **Public toilets** *Toilettes publiques / Toiletten*
- **Equestrian centre** *Centre équestre / Reitzentrum*
- **Swimming pool** *Piscine / Schwimmbad*
- **Picnic area** *Aire de pique-nique / Picknickplätze*
- **Camper van site** *Aire de camping-car / Wohnmobilstellplatz*
- **Camping site** *Camping / Campingplatz*
- **Diving, freediving** *Plongée, balade nautique en apnée / Tauchen, apnoetauchen*
- **Surfing school** *École de surf / Surfschule*
- **Yachting** *Voile / Segeln*
- **Kayaking, paddling** *Kayak, paddle / Kayak, paddeln*
- **Kitesurfing, wingfoiling** *Kite, wing foil / Kitesurfen, wingfoilen*
- **City stadium, skate park, pump track** *City stade, skatepark, pump track / City stadium, skatepark, pumptrack*
- **Seafood** *Produits de la mer / Meeresfrüchte*

HERITAGE

- **Lighthouse or semaphore** *Phare ou sémaphore / Leuchtturm oder Semaphore*
- **Garden** *Jardin / Garten*
- **Museum** *Musée*
- **Megalith** *Mégalithe*
- **Castle, Manor** *Château, manoir / Schloss, Herrenhaus*
- **Church, chapel** *Église, chapelle / Kirche, Kapelle*
- **Unique heritage** *Patrimoine remarquable / Ungewöhnliches Erbe*
- **Viewpoint** *Point de vue / Aussichtspunkt*

MOVE AROUND AND DISCOVER

- **Boarding** *Embarquement / Einstieg*
- **Harbour** *Port / Hafen*
- **Bus lines to Brest** *Ligne de bus Breizh Go : Ligne 914-920-921-922 / Buslinien nach Brest*
- **Airport /** *Aéroport / Flughafen*

ROUTES

- 5 km **Long distance hiking trail GR®34 with markers every 5 km** *Sentier de Grande Randonnée GR®34 avec bornage tous les 5 km / Fernwanderweg GR®34 mit Markierungen alle 5 km*
- 10 km **Coastal Cycle Path V45 with markers every 10 km** *Vélo route avec bornage tous les 10 km / Küstenradweg V45 mit Markierungen alle 10 km*
- **Guided treasure hunt with the Baludik application** *Jeu de piste guidé via l'application Baludik / Geführte Schatzsuche mit der Baludik-App*

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Discover
Pays des Abers

MAP

BRETAGNE

Aber-Wrac'h-Landéda Harbour

zoom on

Lilia - Plouguerneau

zoom on

Legend

- **Bike rental and repair** / *Location vélos, trottinettes, rosalies et entretien / Fahrradverleih und - reparatur*
- **Public toilets** / *Toilettes publiques / Toiletten*
- **Picnic area** / *Aire de pique-nique / Picknickplätze*
- **Camper van site** / *Aire de camping-car / Wohnmobilstellplatz*
- **Diving, freediving** / *Plongée, balade nautique en apnée / Tauchen, apnoetauchen*
- **Yachting** / *Voile/ Segeln*
- **Kayaking, paddling** / *Kayak, paddle / Kayak, paddeln*
- **Craftsman** / *Artisans d'art / Kunsthandwerker*
- **Seafood** / *Produits de la mer / Meeresfrüchte*
- **Guided treasure hunt with the Baludik application** / *Jeu de piste guidé via l'application Baludik / Geführte Schatzsuche mit der Baludik-App*
- **Lighthouse or semaphore** / *Phare ou sémaphore / Leuchtturm oder Semaphore*
- **Megalith** / *Mégalithe*
- **Church, chapel** / *Église, chapelle / Kirche, Kapelle*
- **Unique heritage** / *Patrimoine remarquable / Ungewöhnliches Erbe*
- **Ice cream parlour** / *Glacier / Eisdiele*
- **Viewpoint** / *Point de vue/ Aussichtspunkt*
- **Tourist Office** / *Office de tourisme / Touristeninformationsbüro*
- **Boarding** / *Embarquement / Einstieg*
- **Harbour** / *Port / Hafen*
- **Parking** / *Parking / Parkplatz*
- **Restaurant** / *Restaurant / Restaurant*
- **Bar** / *Bar / Bar*
- **Ecolodge per night** / *Hébergement à la nuitée / Ferienhaus pro Nacht*
- **Grocery** / *Épicerie / Lebensmittelgeschäft*

Get some fresh air in the Pays des Abers

5 HIKING IDEAS

Lace up your boots and get out there!

On foot: Discover the Pont du Diable in Plouguerneau: ***6.5 km***
Bonus: *the Pont du Diable at low tide*

By bike: Rand'Abers 6 in Plouguerneau: ***14 km***
Bonus: *Lanvaon lighthouse*

Horseriding: Rand'Abers 10 in Coat-Méal : ***20,8 km***

Trail running: Rand'Abers 5 in Bourg-Blanc : ***14,7 km***

For pushchairs: Walk from Tromménec to Landéda: ***4,5 km***
Bonus: *Tromménec chapel*

3 TIPS FOR GETTING YOUR FEET WET

Explore the abers from the sea with these exciting activities

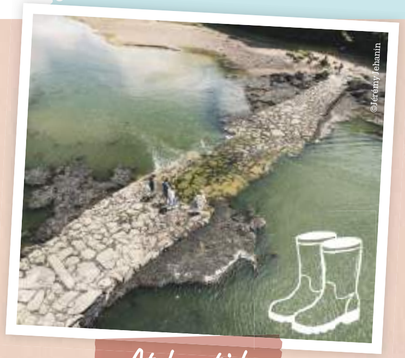
Introductory: boat trips or fishing outings
Immersive: kayaking or paddleboarding
Thrilling: diving or kitesurfing

THE ABERS

This area enjoys a mild and temperate climate all year round and is crossed by long tidal rivers, a rare geographic specificity.

These rivers are called «abers», a Celtic word meaning estuary. The Aber Wrac'h and Aber Benoît are in fact old coastal valleys submerged by the sea at high tide. They are a fabulous destination to discover.

The Abers have a strong cultural identity and their environment is totally unspoilt and preserved, especially the dunes of Sainte-Marguerite in Landéda and the banks of the Aber Benoît. These are the home for unique species of birds and flora.



At low tide

When the sea recedes, vast areas are revealed—ready to explore with boots on... or barefoot. Depending on the tide coefficient, the foreshore uncovers rocks, seaweed and shellfish: an ever-changing landscape with 5 must-see spots!

1) Île Wrac'h is a small oasis at the entrance to the Aber Wrac'h. A 15-minute walk from Saint-Cava beach. Accessible 3 hours before and up to 3 hours after low tide.

2) A strange hunched silhouette appears on the shore: the **Menozac'h menhir** in Lilia, standing proudly among seaweed -a unique Neolithic find!

3) Another adventure awaits on **Cézon Island**. About 20 minutes on foot from Penn Enez point to reach the island and its fort, built by Vauban in 1695. Open from May to September by reservation at the Tourist Office. Enjoy breathtaking panoramic views from 14 meters above sea level.

4) Beware of still waters! In the heart of the Aber Wrac'h, between Lannilis and Plouguerneau, the **Pont du Diable** and its intriguing legend add mystery to the landscape. This medieval relic can be crossed at low tide.

5) Don't forget your binoculars **at the birdwatching hide** near Tréglonou bridge. The banks of the Aber Benoît become a rich feeding ground for birds, which can be observed discreetly!

To avoid being caught by the tide, always check the day's tide times. For example, shore fishing guidelines recommend heading out 1h30 before low tide and returning 30 minutes after.

Meet local treasures

Let yourself be carried away by artistic and culinary worlds.

Take time to see, hear, touch, smell and taste these treasures... and fall in love with authentic souvenirs from the Abers!

Enjoy on site or take home: oysters, seaweed products, crêpes, sweet treats, jewelry, soaps, paintings, sculptures...

Learn more about visits and local know-how

Escape along the lighthouse route

4 BRIGHT IDEAS!

Brittany alone is home to more than 75% of France's lighthouses. The highest concentration can be found at the tip of Finistère -true symbols of the region's history and culture.

1) Start with **Île Vierge** and its two lighthouses. The first (33 m) dates from 1845, with a former keeper's house now converted into an eco-lodge. The second (1902) is the tallest lighthouse in Europe at 82.5 m. The island offers stunning views year-round.

2) On **Île Wrac'h**, the lighthouse is now an artist residence and alignment light, open in summer to view artworks.

3) Discover the **Landéda semaphore**, set in an exceptional location overlooking the Aber Wrac'h channel. Now a cultural center hosting summer exhibitions.

4) Be charmed by **Lanvaon lighthouse** in Plouguerneau, once considered a paradise for lighthouse keepers, now still in operation as an alignment light, with summer exhibitions in its gardens.

Local markets

MONDAY
- **Lesneven:** ***morning***

TUESDAY
- Landéda: morning (summer season)
- Plouguin: from 3:30 pm (small local producers' market)
- Tréglonou: from 4:30 pm in July/August – farm market at Manoir de Trouzilit

WEDNESDAY
- **Lannilis:** ***morning***

THURSDAY
- **Plouguerneau:** ***morning***

FRIDAY
- Plabennec: 3:30 pm – 7:00 pm
- Aber Wrac'h Harbour – Landéda: from 2:30 pm in July/August (small craft market)
- Lanvaon - Plouguerneau: from 6:00 pm in July/August

SATURDAY
- **Saint-Renan:** ***morning***

SUNDAY
- **Brest Saint-Louis Market Hall:** ***morning***
- Saint-Pabu: morning (summer season)
- Lilia – Plouguerneau: 9:00 am – 1:00 pm in July/August

Abers TOURISME
Finistère - Bretagne

Step into the tourist office!

LANDÉDA- L'ABER WRAC'H
Port de l'Aber Wrac'h +33 (0)2 98 04 70 93

PLOUGUERNEAU
6 Place de l'Europe +33 (0)2 98 04 70 93

LANNILIS
1 Rue Jean Tromelin +33 (0)2 98 04 05 43

www.abers-tourisme.com **office@abers-tourisme.com**

TICKETING

We make your life easier!
Book your excursions and visits in one place: Île Vierge, Ouessant Island, Océanopolis, events and transport...

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Discover unique souvenirs and exclusive gift ideas, including our hiking guides! Posters, books, puzzles, home décor and more await you.

Discover the region's best adresses for

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