



THE LOOP STEP BY STEP

Cap Caval

Start from the Menez Stang car park. From there, turn left and left again onto the **route de Poulele**. After 500 m, turn right towards **Lestemberg**. Go straight on until you reach **Le Pors**, then at the crossroads turn right and left at the end of the road towards **Beuzec**. In Beuzec, take the time to admire the **chapel (2)** and the small surrounding houses. Return to the **Lanvénaël road**. Continue straight on until you reach the end of the road. Along this road, you will pass a field (on the left) where you will see the **Lanvénaël menhir (4)**. At the end of the road, turn left. Continue for 500 m, then turn right towards **Kerharo Huella**, on the **cycling route V45**.

At the end of the path, on your right, you'll find the **Kerharo menhir (5)** in the middle of a wetland (you'll need to dismount). Turn left and continue along the path as far as **Roz an Tremen**. Turn right and go straight on to **Pointe de la Torche**. Here you can stop off to explore the **beach and dolmen (8)**. Alternatively, at the first car park, head left towards **Penmarc'h**. After 450 m, turn left onto the **Chemin de Valordy Vihan** towards **Kermeil**. At the end of the path, you can continue straight ahead to discover **the hamlet of La Madeleine**, its **chapel (10)** and thatched cottages. The **Madeleine alignments (9)** are at the end of the first path, on the left (it is advisable to dismount).

Retrace your steps or make a loop by taking the **route de Lestriguiou and Hent Sant Steven**. Back on the circuit, turn left (if you are coming from **Kermeil**) or right (if you are coming from **La Madeleine**). Continue straight on for 1 km. You will pass a field on the left where the **Roz an Tremen menhir (11)** stands. At the end, turn left and then right at the roundabout. Follow the road back to **Beuzec**. Before the hamlet, take the road south on the right, passing the **Kerugou dolmen (12)**. Watch out for the 3rd road (1 km after **Beuzec**): turn left onto **Keregard ar Prat** and then left again. Then take the first track on the right. Follow it until you reach the town of **Plomeur**. Turn left at the give-way and then immediately left onto **rue du 19 mars 1962**. Continue straight ahead and after 450 m, turn left onto **Méjou an Ilis**. At the crossroads with the housing estate, turn right and continue as far as **Vieux Haffond**. Turn left to find the **Menez Stang road** 250 m further on the right and reach the car park at the end of the road.

S/E : From the Maison de la Baie d'Audierne in Tréguennec or la Torche car park in Plomeur			
Level : Medium	Distance : 19,4 km	Duration : 2h45	Elevation gain : 136 D+
			Recommended bike : Hybrid bike, mountain bike

A REMINDER OF GOOD PRACTICE

- Make sure you are properly equipped before setting off: check the condition of your bike (brakes, lights, tyres) and make sure you have everything you need for repairs.
- Wearing a helmet is compulsory for children under 12 and strongly recommended for adults. Yellow vests are recommended outside built-up areas.
- Share the road and respect the rules: pedestrian areas, pavement, etc.
- Respect private property.
- Do not leave any objects or rubbish behind.
- Respect the fragile balance of flora and fauna.

FIND YOUR WAY



Do not litter

Tourist office of the Pays bigouden sud
CONTACT US - +33 2 98 82 37 99
 pbs@destination-paysbigouden.bzh

Live chat on →
www.destination-paysbigouden.bzh



Photos : A.Lamouroux, T.Poriel, R. Aussenac
 Pictos : Vague Graphique

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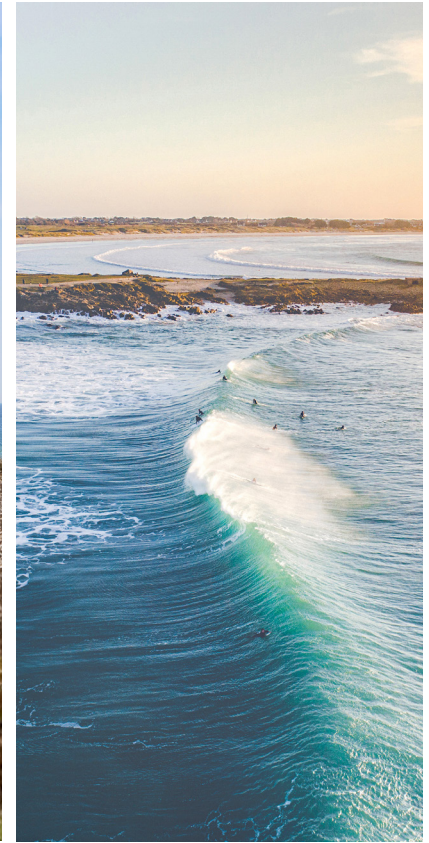
Office de Tourisme
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la Bretagne qui découffe



BIKE

Plomeur



2026 - 2027

PLOMEUR LOOP "CAP CAVAL"



LEGEND

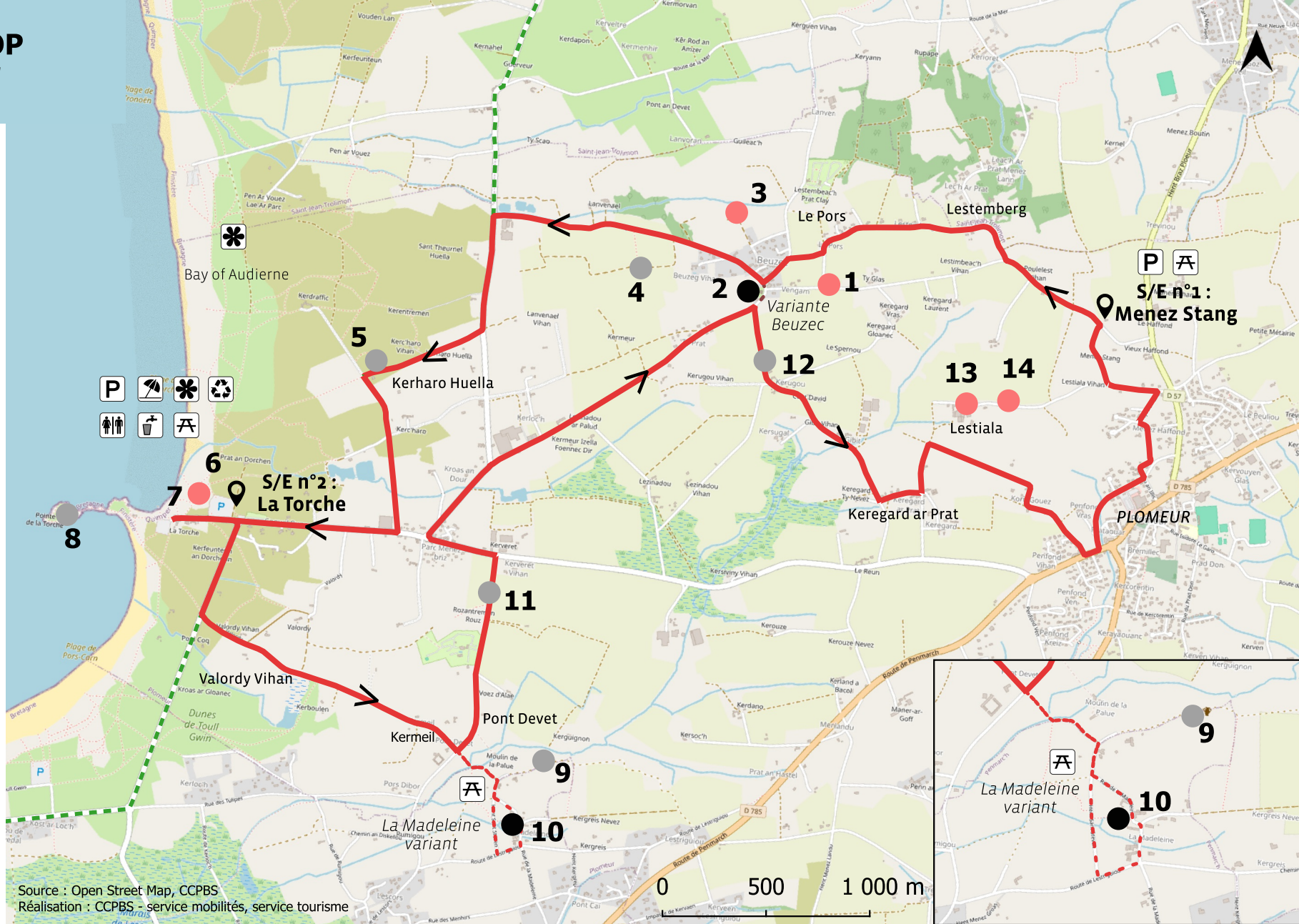
SERVICES

-  DRINKING WATER
-  INFORMATION
-  BINS
-  TOILETS
-  PARKING
-  PICNIC TABLE
-  PROTECTED AREA
-  LIFEGUARDED BEACH (SUMMER)

POINTS OF INTEREST

-  CHAPEL
-  MEGALITH
-  SMALL HERITAGE SITES

-  ROUTE
-  VARIANT 1 - LA MADELEINE (+ 1.4 KM)
-  VARIANT 2 - BEUZEC (6 OR 10 KM)
-  CYCLING ROUTE V45 - LA LITTORALE



ON THE WAY...

- 1 - CROAS VEUR CROSS
- 2 - BEUZEC CHAPEL
- 3 - BEUZEC FOUNTAIN

- 4 - LANVÉNAËL MENHIR
- 5 - KERHARO MENHIR
- 6 - SEAWEED OVEN
- 7 - WAR MEMORIAL

- 8 - POINTE DE LA TORCHE DOLMEN
- 9 - MADELEINE ALIGNMENTS
- 10 - MADELEINE CHAPEL
- 11 - ROZ AN TREMEN MENHIR

- 12 - KERUGOU DOLMEN
- 13 - LESTIALA CALVARY
- 14 - LESTIALA FOUNTAIN

All points of interest are located within 500 m of the loop route.

Parking at the La Torche car park can be tricky in summer. We advise you to use the S/E point at Menez Stang.