



THE LOOP STEP BY STEP

Tro Ar Gumun

From the car park, you can head down to the **Moulin Neuf lake (1)** to take the longer alternative route. Otherwise, when leaving the car park, head left. At the first junction, turn right then immediately left onto **Villory Névez**. Take the next left. At the end of the path, follow the road then turn right at the junction. Continue straight on until you reach **Saint-Alour Church (8)** in Tréméoc. Turn left to go round the **town hall** car park and head right on to **rue de la Gare**. Take the first left, **rue de l'école**. After the **galochodrome** (place where people play the galoche, a Breton game), take the path on your left.

Back on the road, continue straight on until you reach the **Saint-Sébastien chapel (10)**. Carry on and take the second right towards Prat Meur. You can continue on the same road. **Be careful, the next path is difficult to spot**. When you reach the hamlet of **Prat Meur**, carry on straight ahead. After 900 m, you will arrive at Kerglaz Coz, which has a few houses. There are two property entrances on your left. After the second one, there will be a small path on your left leading into the woods. Follow this path.

Back on the road, turn left and continue for 150 m until you find the **greenway** on your right. Follow it for 5 km; keep an eye out as there are hidden heritage gems along the way, such as the **Kervay lavoir (11)**, or the **Kerlagadec fountain (13)**. Leave the greenway at the Pen Enez lavoir (19) (where you'll find an information panel about the Bigouden region). At this point, turn left, and after 800 m, turn left again towards **Roc'h Nevez**. Follow the road to return to your starting point.

S/E : Moulin Neuf lake car park (Roc'h Huella)

Level : Moderate	Distance : 15.5 km	Duration: 1h30	Elevation gain : 150 D+	Recommended bike : Hybrid bike, mountain bike, e-bike
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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



This route will be signposted during 2027



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Find our opening times here



THE TOURIST OFFICE AND THE COMMUNAUTÉ DE COMMUNES DU PAYS BIGOUDEN SUD CAN UNDER NO CIRCUMSTANCES BE HELD RESPONSIBLE FOR ANY DAMAGE CAUSED OR SUFFERED IN THE EVENT OF AN ACCIDENT, DAMAGE OR DETERIORATION.

Do not litter

Photos : T.Poniel, J.Jéhanin / Pictos : Vague Graphique

Office de Tourisme
Pays Bigouden

la Bretagne qui décoiffe

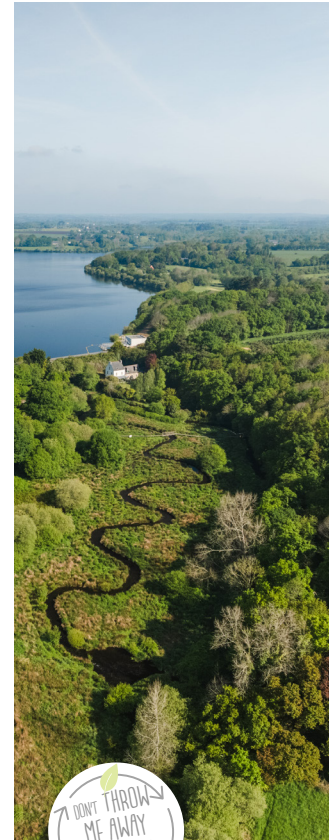


BIKE

Tréméoc



8






2026 - 2027

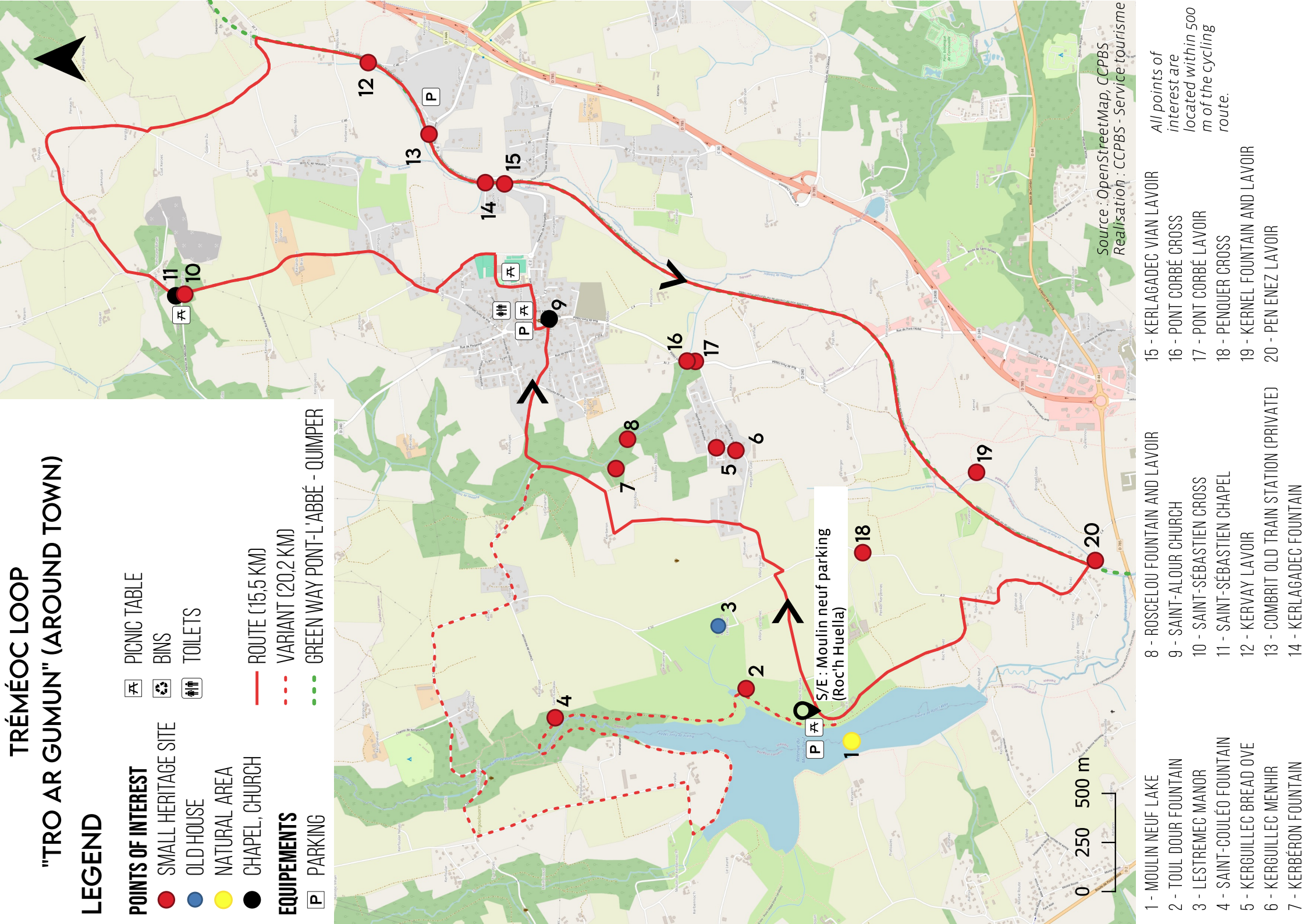
TRÉMÉOC LOOP "TRO AR GUMUN" (AROUND TOWN)

LEGEND

- POINTS OF INTEREST**
- SMALL HERITAGE SITE
 - OLD HOUSE
 - NATURAL AREA
 - CHAPEL, CHURCH

-  PICNIC TABLE
-  BINS
-  TOILETS

- EQUIPEMENTS**
-  PARKING
 - ROUTE (15,5 KM)
 - - - VARIANT (20,2 KM)
 - - - GREEN WAY PONT-L'ABBÉ - QUIMPER



Source : OpenStreetMap, CCPBS
Realisation : CCPBS - Service tourisme

- 1 - MOULIN NEUF LAKE
- 2 - TOUL DOUR FOUNTAIN
- 3 - LESTREMEC MANOR
- 4 - SAINT-COULÉO FOUNTAIN
- 5 - KERGUILLEC BREAD OVE
- 6 - KERGUILLEC MENHIR
- 7 - KERBÉRON FOUNTAIN
- 8 - ROSCELOU FOUNTAIN AND LAVOIR
- 9 - SAINT-ALOUR CHURCH
- 10 - SAINT-SÉBASTIEN CROSS
- 11 - SAINT-SÉBASTIEN CHAPEL
- 12 - KERVAY LAVOIR
- 13 - COMBRIT OLD TRAIN STATION (PRIVATE)
- 14 - KERLAGADEC FOUNTAIN
- 15 - KERLAGADEC VIAN LAVOIR
- 16 - PONT CORBÉ CROSS
- 17 - PONT CORBÉ LAVOIR
- 18 - PENQUER CROSS
- 19 - KERNEL FOUNTAIN AND LAVOIR
- 20 - PEN ENEZ LAVOIR

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