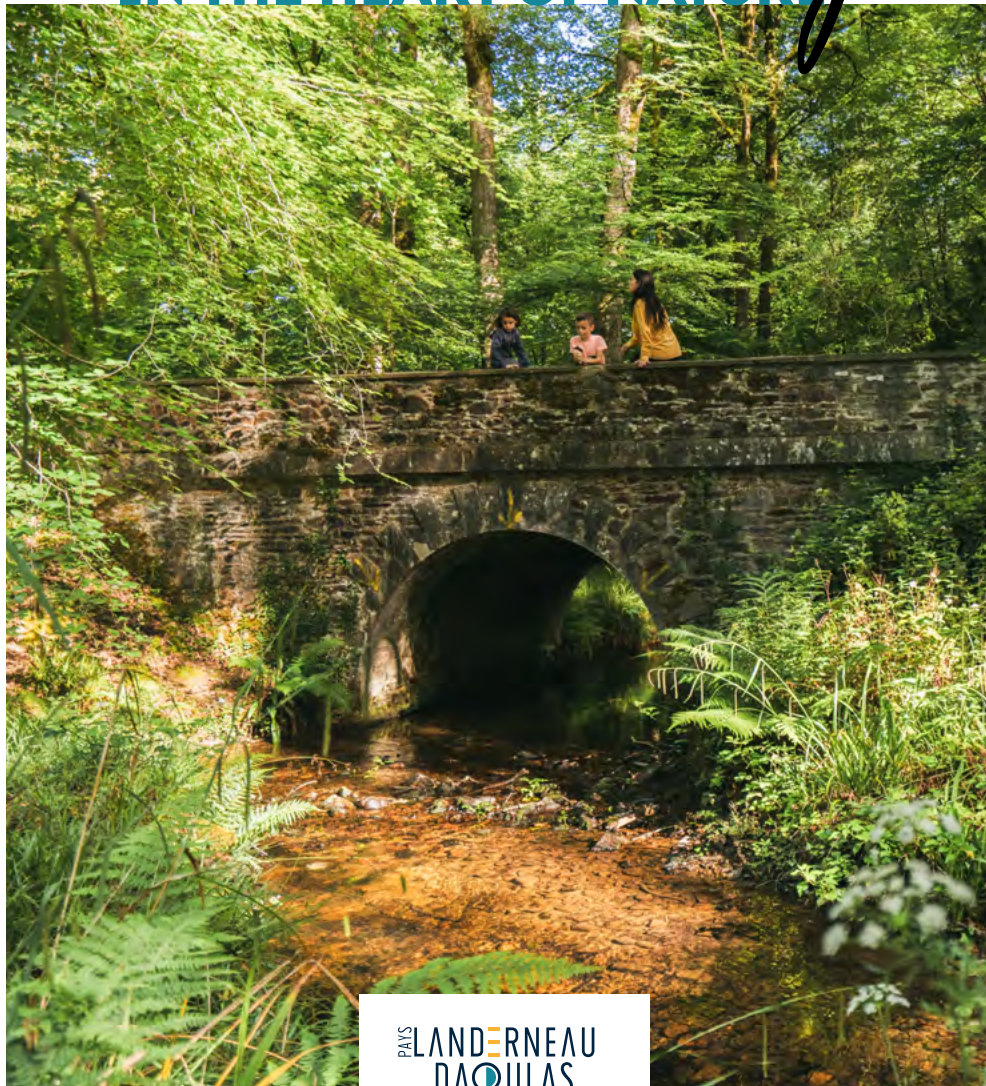


TRAVEL BROCHURE
LANDERNEAU-DAOULAS REGION

BRETAGNE 

holidays

IN THE HEART OF NATURE



PAIS LANDERNEAU
DAOULAS



WELCOME to Landerneau

Come and meet us at the Landerneau Tourist Office, all year round, and in our seasonal offices in July and August.



Offices de
Tourisme
de France

Year-round

16 Place Général de Gaulle, 29800 Landerneau

Tel. +33(0)2 98 85 13 09

+ more

tourisme-landerneau-daoulas.bzh



In July and August

DAOULAS

Moulin du Pont
6 rue du Pont,
29460 Daoulas
+33(0)2 98 25 97 48

LA ROCHE-MAURICE

Heritage House
Château de Roc'h Morvan
29800 La Roche Maurice
+33(0)2 98 63 01 33

Opening days and times are available on the website of the Tourist Office.



CYCLISTS WELCOME

Near the Landerneau Tourist Office, you will find secured bicycle shelter, repair kit, bicycle washing, battery charging and more.



*National label "Accueil Vélo" under the banner of France Vélo Tourisme.

GETTING AROUND



Cycling

From Landerneau, Plouédern, and Trémaouézan, take the Côte des Légendes cycle route towards Plounéour-Brignogan-Plage!



Breizh Go

With Breizh Go, travel to all the destinations in the Brest maritimes and much more! Our Top Tip: take route 39 linking Daoulas and Landerneau (in summer: extends to Logonna-Daoulas).

Fare: €2.50 for a single trip

Routes and schedules:
breizhgo.bzh/itineraires-et-horaires/trouver-mon-itineraire



By train

If you want to explore further, climb aboard the train in La Roche Maurice, Dirinon, La Forest-Landerneau, or Landerneau, towards Brest and beyond!

Schedules available at:
ter.sncf.com/bretagne



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LEGEND




POINTS OF INTEREST

-  Remarkable built heritage
-  Parish enclosures, churches, chapels
-  Cultural sites/Exhibitions
-  Remarkable viewpoints
-  Remarkable natural heritage

RECREATIONAL ACTIVITIES

-  Water-based activities
-  Beaches, coves
-  Sports activities
-  Hiking Trailheads
 - Langazel circuit
 - Sentier du Morbic
 - Champ de course circuit
 - Roc'h an Daol circuit
 - Monts et Vallées circuit
-  GR footpaths with markers every 5 km
-  Cycle routes
-  Curieux de nature circuit
-  Parish enclosures circuit

PRACTICAL INFORMATION

-  Tourist Office
-  Summer Information Point
-  Train stations





9 A.M.

A DAY IN T outd

EARLY MORNINGS!

Lace up on your shoes and set off to discover the Langazel peat bog in Trémaouézan. Between the woods, the rivers, the barrens, and the prairies, it's the ideal place to recharge your batteries. Enjoy the moment! ●



10 A.M. STEP BACK IN TIME

Play knight in shining armour at Château de Roc'h Morvan, perched high above La Roche Maurice since the Middle Ages. From the top of the fortress, enjoy an exceptional panoramic view over the Élorne Valley. ●



11 A.M. UNEARTH TREASURES

Head for La Martyre to discover its magnificent parish enclosure, the oldest in the Léon region. Take your time to look around, the enclosures are filled with the most surprising details! It's a great family activity thanks to our game booklet. ●



LET'S EAT!

Whichever you pick, the local restaurants and producers will keep their best for your plate! ●

12:30 P.M.

THE GREAT doors

IN THE SHADE OF THE TREES

Enjoy the beautiful dusk light streaming through the trees while strolling through the Forêt du Cranou. Its botanical wealth will invite you to slow down and contemplate its beauty. ●



5 P.M.



3 P.M. BECOME A FARMER'S APPRENTICE

Forge unforgettable memories at Domaine de Menez Meur! The beauty of its landscapes and viewpoints will amaze you. Let yourself be charmed by the many animals living on the estate and try the "Farmer for a Day" workshop. ●



CLIMB TO NEW HEIGHTS!

Gain some height in the Monts d'Arrée. At the top of Roc'h an Daol, reaching 298 m high, you can enjoy a 360° view over the Ménez Hom to the south-west, Brest harbour to the west and the Monts d'Arrée to the north-east. A dream photo spot! ●

2 P.M.

TAKE A BREATH of fresh air!

Here, the “country” spirit is expressed in a wide range of atmospheres! Between the barrens, peat bogs, rocky outcrops and forests, the unspoilt countryside invites you slow down even more.

Take the time...



DOMAINE DE MENEZ MEUR

The **Domaine de Menez Meur** unites the unique landscapes of the Monts d'Arrée with its breathtaking scenery and views of the barrens and forests. Animals lovers will be right at home. Menez Meur is a conservatory of Breton breeds: Ouessant sheep, western white pigs, and black and white Breton cows. There are also wild species such as deer and even wolves!

Experience a unique moment!

Join us for a workshop and discover the domestic and wildlife of Brittany. Birdwatching, discovering farm animals, wolf watching... Our guides will facilitate an unforgettable experience for all ages!

Four discovery trails (3 km to 8 km)

Domaine de Menez Meur, Hanvec

Open from March to November and during the Christmas and winter school holidays.

+33 (0)2 98 68 81 71

menez-meur.pnr-armorique.fr



BETWEEN THE BARRENS AND PEAT BOGS

Unique in Brittany, the **Langazel wetland in Trémaouézan** is home to the oldest peat bog in the region and boasts some remarkable plants and wildlife. Start from the Trémaouézan school and take the hiking trail to discover its rich biodiversity. Want to find out more? Follow the **interpretative trail**.

Let yourself
be charmed





Looking for even more hiking?

Discover the hiking trails in La Martyre, La Roche Maurice, Pencran, and more!

Visit tourisme-landerneau-daoulas.fr/en/trouver-son-activite/randonnee-et-velo/ for more information on all the routes.

3, 2, 1, CLIMB!

Take in the sights **at Roc'h an Daol, Saint-Eloy**. A trail loop guides you to the highest point (298 m), where a 360° view awaits you over the Ménez-Hom, Brest harbour, and the Monts d'Arrée mountain range. The jutting rocks, ferns, gorse, and heather of the surrounding area will seduce you.

LET'S TAKE A WALK IN THE WOODS!

In Hanvec, **follow the many footpaths through the Cranou state forest**. Ideal for hiking, the GR37 crosses the forest. It is one of the wettest forests in Brittany, which explains its botanical richness. Let the enchanting atmosphere envelop you!

Cranou forest, Hanvec
Accessible year-round



Hunt for treasure!

Set off on a life-size treasure hunt and try to find the 30 caches hidden along the trail.

Download the free geocaching app.



Follow the guide!

In summer, enjoy guided outings through the peat bog with the Langazel association.



Marked hiking trail: 9 km (2 hr to 3 hr)

Accessible year-round

Association Langazel, Trémaouézan

+33 (0)2 98 20 90 80

langazel.asso.fr



 Free, by reservation or upon request at the Tourist Office  Entrance fee  Family-friendly
 Reservation/Ticketing at the Tourist Office  Accessible to persons with reduced mobility

A COLOURFUL history

At the heart of the unspoilt countryside between the Élorñ Valley and the Monts d'Arrée, step back in time, spanning the centuries, and discover our heritage gems through a digest of history.

In the footsteps of...



CHÂTEAU DE ROC'H MORVAN

Overlooking the Élorñ Valley on its rocky outcrop, **Roc'h Morvan castle has been perched 70 metres high since the 11th century.** From the fortress, enjoy an exceptional panoramic view of the Élorñ Valley. A exciting step back in time!

Free access all year round. Follow the interpretive trail.



Will you join us?

In summer, the **Maison du Patrimoine opens its doors** and the Tourist Office's team accompanies you on a tour of this unusual place.

**By reservation at the Tourist Office
+33(0)2 98 85 13 09**



THE LEGEND OF "The Dragon of Roc'h Morvan"

Élorñ, lord of the Roche-Maurice, was distressed to learn that his son had just been chosen as a sacrifice for the dragon that had been devastating the country. Consumed by his grief, the lord threw himself into the river, but Derrien saved him from drowning and set off to slay the horrible beast. He ordered the dragon to come out of his lair and throw himself into the sea at Pontusval (Brignogan). Since then, the river has carried Élorñ's name.





A wealth of stories

PARISH ENCLOSURES IN THE ÉLORN VALLEY

Explore the parish enclosures lining Éloron Valley. **The enclosures, a unique heritage in Europe, bear witness to a people's fervour and the region's wealth.** In the 16th and 17th centuries, flax was spun, woven, and exported throughout Europe. The religious heritage has been updated, and churches have been adorned with enclosures to illustrate their richness.

What's an enclosure?

It can be identified by a number of architectural features: a church, an entrance porch, a calvary, an ossuary, and a cemetery, all surrounded by a perimeter wall and a triumphal gate. **These sacred spaces filled religious and social functions:** the parish enclosure serves as a catechism for parishioners. The calvaries, walls, statues, and stained glass windows tell the story of the saints and Christ, as well as Breton legends.

OUR TREASURES

- **La Martyre:** welcome to the oldest parish enclosure in Leon! Altered several times over the centuries, it is considered to be a condensed version of Brittany's religious architectural history.
- **Roche Maurice:** look up! Its bell tower is said to be one of the most beautiful in the Léon region. Discover the large Passion window, the second-largest stained glass window in Brittany.
- **Ploudiry:** until the Revolution, Ploudiry was the largest and richest parish in the Léon region. This explains the sumptuousness of its enclosure and monumental porch.

Discover the enclosures at Pencran, Dirinon, Tréflévénez, Trémaouézan... and many more!

Our Top Tip: follow the enclosure discovery trail (see map).

Free access, open all year-round



Follow the guide

In summer, volunteers give a guided tour of the enclosures (at La Martyre, La Roche Maurice, and Landerneau).



- Free, by reservation or upon request at the Tourist Office
- Entrance fee
- Family-friendly
- Reservation/Ticketing at the Tourist Office
- Accessible to persons with reduced mobility

1001 ways to visit



Young detectives

INVESTIGATE WITH THE FAMILY!

Have fun discovering the castle of Roc'h Morvan or the parish enclosure of La Martyre at your own pace by trying **the family game booklets**.

Game booklets for ages 7 and up

Available for La Roche-Maurice, La Martyre, Landerneau, and Daoulas.

Upon request at the Tourist Office
and available for download from
[tourisme-landerneau-daoulas.fr/en/sejourner/
cote-pratique/consultez-les-brochures/](http://tourisme-landerneau-daoulas.fr/en/sejourner/cote-pratique/consultez-les-brochures/)
+33 (0)2 98 85 13 09



For the curious people

Take advantage of the Tourist Office's "Pépites" **events** to discover a new place and meet local producers and heritage enthusiasts... (according to the programme).

+33 (0)2 98 85 13 09



THE KANNDI

On the way, stop off to visit the **kanndi de Mescoat in Ploudiry**. Kanndi used to be rural laundries, typical buildings in North Finistère linked to the flax industry, which was a major economic boon for Brittany for many years.

Free access all year round.



EVEN MORE TREASURES!

Head over to the **Chapelle de Pont-Christ** in La Roche Maurice or the **Chapelle Saint-Antoine** de Ploudiry.

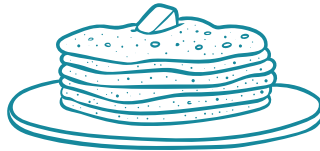




Food's ready!



Along your way, discover our partner restaurateurs and producers.



WORKING-CLASS RESTAURANTS

L'AUBERGE'IN

103 Ty Croas, La Martyre
+33 (0)2 98 43 27 61

LE KEFF

7 Le Keff, La Martyre
+33 (0)2 98 25 14 50

LE RELAIS DU ROUAL

13 rue de l'église, Dirinon
+33 (0)2 98 36 27 41

TRADITIONAL CUISINE

AUBERGE DU VIEUX CHÂTEAU

4 Grand Place, La Roche Maurice
+33 (0)2 98 20 40 52

CRÊPERIE



MILIN AN ÉLORN

Kerigeant, La Roche Maurice
+33 (0)2 98 20 41 46

AT THE FARM

GIE DOUAR BEV

Organic vegetables and fruits, and eggs
Penarun, La Roche Maurice

LE PÉPIN ET LA PLUME

Organic fruits and vegetables
Penavern, La Roche Maurice

Opening hours and Contact

More Info Here



LES ORTIES

Grocery store with local products and craft beers, a third party venue
1 route du Moulin du Pont, Tréhou

LES RUCHERS DE LANGAZEL

Honey and honey products
2 Kervalquez, Trémaouézan

MIELLERIE DE LA VALLÉE DE L'ÉLORN

Honey and candles
Trémaouézan

PAYS LANDERNEAU DAOULAS

TOURIST OFFICE
16 place Général de Gaulle
29800 Landerneau
Tel.: +33(0)298 85 13 09

 **MORE INFO**

tourisme@capld.bzh
tourisme-landerneau-daoulas.bzh



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