

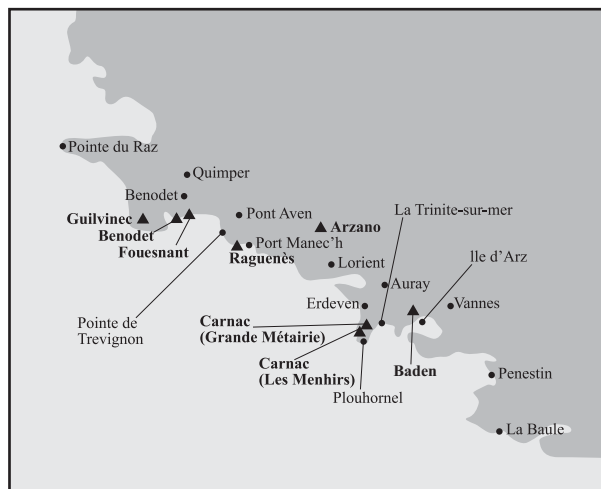
South Brittany Regional Activity Guide

This guide provides detail on the various outdoor activities you can enjoy whilst on holiday with Canvas.

Our customer researched walking, cycling and fishing information will help you find some of the area's most beautiful spots.

They detail route information, what to look out for, terrain, start/finish points, where to hire bikes, where to buy bait and so on - all the information at your fingertips. The golf information details some of the areas' finest courses.

Canvas Active ... something for everyone



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Cycling Routes

Our thanks go to Peter and Catherine Bache and the Thompson family (routes one to four) and Roger, Helen, David and Catherine Vipond (routes five to ten) who carried out the research and provided us with the information for these routes. Please note that all information is correct at the time of research. We recommend you obtain a detailed map of the area to accompany the routes detailed here.

Cycling in France Guidelines

What type of bike do you need?

The most common choice is between a mountain bike (referred to as VTTs in France) and a hybrid bike (VTC). The hybrid bike will suit riding on any hard surface and will probably be more comfortable. It is important that the bike fits you correctly because if not, the longer you ride it, the more uncomfortable you will be. Cycle hire is available at many tourist offices, and from around 30 French railway stations.

Guidelines on bike hire

1. Sit on the saddle and your feet should just be able to touch the ground with your toes stretched down.
2. From the same position, with a pedal at the bottom of its stroke, put the ball of your foot on the axle of the pedal and straighten your leg. Your heel should be below the level of the pedal.
3. Rest your elbow just in front of your hipbone with your hand and arm level. The tips of your fingers should just touch the handlebars.
4. Is the saddle comfortable? If not, it may be possible to get it changed for a more comfortable one.
5. Do you need to carry anything? Is a basket or luggage rack provided, or do you need to carry a child in a child seat? All these can be fitted.
6. A puncture is the most frequent bike breakdown that can occur. You need:
 - A spare inner tube.
 - A pump to re-inflate the tyre with a connection that fits the tube valve.
 - Quick release fastenings on wheels or spanner to release the wheel nuts.
 - A set of tyre levers to take off the tyre.
7. Try the brakes & make sure they work. Check the tyres are inflated hard.
8. Make sure you know how to change the gears using both the front changer for the chain wheels and the rear changer for the wheel sprockets. Do they change smoothly over the chain wheels

(either 2 or 3) there should be at least 5 and up to 8 sprockets.

9. Remember the hirer just wants to hire bikes as quickly as possible so it's up to you to check these points yourself.

French Map Guidelines

Similar regulations apply to those for Great Britain except that you ride on the right side of the road. You must use cycle paths wherever available.

- Major routes are marked in red. These are best avoided as have much traffic.
- Secondary routes are marked in yellow. Most of these are suitable for cycling, but will have steady traffic.
- Minor roads are marked in white of various widths shown with two solid (not dashed) parallel lines.
- Unpaved or semi-paved roads are marked in white shown with a solid line on one side and a dotted line on the other. You rarely see traffic on these.
- Designated cycle routes are marked with a solid red line. But, many bike trails actually still show as small roads or hiking trails.
- Hiking trails are marked with a black dotted line. France has an extensive national network of hiking (Grande Randonnée) trails identified by the prefix "GR" plus a number. They're marked by red and white blazes, but not always reliably. A red and white symbol "X" means you've taken a wrong turn. Most of these trails can be used by a mountain or hybrid bike, but be considerate to the walkers.
- Scenic routes are marked by a green stripe beside a road. If a larger yellow road gets the scenic designation, the unmarked smaller roads nearby will be just as attractive, and offer quieter cycling.
- The Michelin maps tend not to be as good as the ordnance survey maps as they do not show as much detail or contour lines.
- The standard IGN maps offer twice the detail of Michelin. (Scale 1 cm = 1 km.) They show some of the smallest paved roads, which are missed by Michelin, which can be particularly fun for biking.
- IGN série bleue maps have four times the detail of the standard IGN maps. (Scale 4 cm = 1 km.) Elevations are frequently given and contour lines help you evaluate the topography.
- Transportation of cycles on a support fixed to the rear of the vehicle is permitted provided the lights and registration plates of the vehicle are not obstructed.

Don't Forget

French bike brakes are the opposite way round to British bikes i.e. back on right, front on left.

- If you're travelling off the beaten track, remember to take plenty of food and water with you.
- Wearing a helmet is compulsory.
- Wear plenty of sunscreen.
- Remember to take picnic and swimming things with you.
- It is advisable to carry a pump, inner tube patches/spare tube and tyre levers.
- It is advisable to take a bike lock with you.
- It is advisable to secure a map carrier on the front of your bike to avoid having to stop so often.
- The X sign for crossroads seems to be used for any minor junction.
- Water bottles can be filled up in churchyards. The water there is from the town/village supply and is potable (drinkable).
- In hot weather you should drink plenty water on a regular basis before you get thirsty.
- Even on hot days, cycling is cooling as you create your own breeze as you ride along, especially on still days.
- Most shops close for lunch from 12.00 or 12.30 until 14.00 at the earliest.
- Most signposts are at the actual junction, not 50 yards from the junction.

Useful Cyclists' Phrases

Je voudrais louer un vélo	I'd like to hire a bike
Chaussée Déformée	Rough Surface
Chaussée Glissante	Slippery Surface
Priorité à la Droite	Give way to right
Route Barrée	Road closed
Sens Unique	One Way
Sauf Riverains	Motor vehicles prohibited, access for residents, cyclists and walkers.
Sauf cyclistes	Prohibited except for cyclists

For more Useful Phrases see your Canvas Holiday Guide.

Hiring Bikes in the area

If you are staying at Camping les Deux Fontaines, the Renault garage 'Le Gren' at Névez, has mountain hybrid bikes and child seats available for hire. In Carnac, there are bikes available for hire on Camping le Grande Métairie, and our researchers also recommended the following shops. Cycles Lorcy, 6 rue de Courdiec, Carnac and Cycles Brest, 2 bis Ave des Salines, Carnac. Le Randonneur, Cyclo Hiss and Cyclo Tours on Avenue des Druides, Carnac Plage also have bikes for hire.

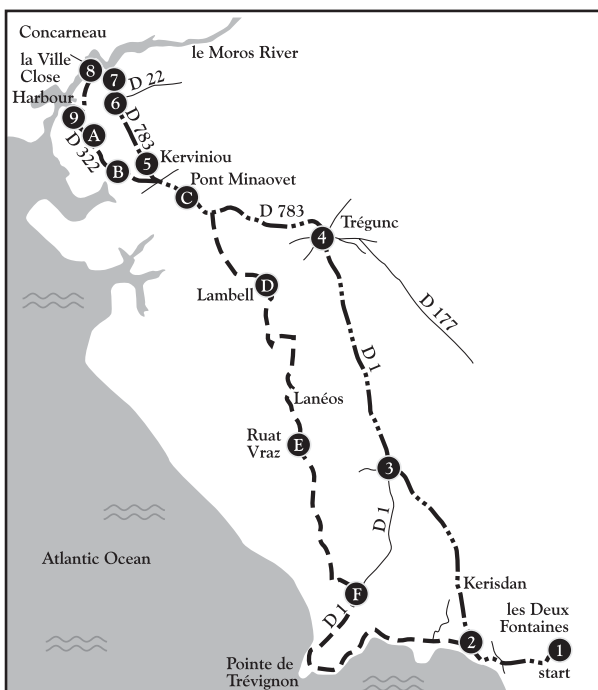
Route One 34mils/54km (up to 4hrs)

An energetic ride to the Pointe de Trévignon and Concarneau

This lengthy route leaves from Camping Les Deux Fontaines. It hugs this attractive part of the rocky coastline to the Pointe de Trévignon. Follow the route inland through Kerviniou and the fishing town of Concarneau. Explore the attractive harbour before crossing to the small-fortified city of La Ville Close set on a rocky islet.

"The terrain around Névez is flat and open, and so tends to be fairly stark. The most pleasing landscapes are found on the coastal stretches where erosion has added some character."

Peter Bache, Southampton.



Route description

1 Turn out of Camping Les Deux Fontaines in the direction of Pointe de Trévignon.

2 Take the 2nd right turn towards Kerisdan, and cycle through the town.

3 Go straight on at the crossroads by the church, SP Trégunc. When the road merges with the D1, continue to Trégunc.

4 When you come to the roundabout at Trégunc, take the 3rd exit, SP D783. You now follow signposts for Concarneau.

5 Cycle two miles to Pont-Minaouët, and continue along the D783 across a tidal creek. Keep on the route through the village of Kerviniou.

6 After another two miles you will come to the outskirts of Concarneau.

7 Continue along the D783 but do not cross the bridge over the Moros River.

8 Turn left down the Rue de Penzance. Continue down this road over the rail tracks, which were used to drag fishing boats into the yards. The road starts to climb again and becomes rue de Trégunc.

9 The road will bear to the left at this point. Turn right at a fork in the road. This will bring you to a car park near the mouth of the harbour and opposite the Ville Close. There is a small ferry from here to la Ville Close. Go to the railings and turn right. Follow the slope down to the departure point and check whether you can take your bike on this ferry. If not, there are plenty of railings to which you can chain the bike. Cross to la Ville Close, which has plenty of well-stocked shops and bars, and an interesting 'Musée de la Pêche.'

10 Return to the campsite taking the road signposted Lambell, on the right just after Pont Minaoet. Follow this road to Pointe de Trévignon, then take the D1 back to the campsite.

Cycle Notes

Distance 34miles/54 km.

Time Approximately four hours.

Grade Gentle gradients along fairly flat roads.

Terrain The route follows good firm tracks and roads.

Suitable The average cyclist, although the route may be too long for young children.

Start/end Camping Les Deux Fontaines.

Map IGN 0519 ET 1:25 000 Quimper. Concarneau
IGN 0620 ET 1:25 000 Quimperlé. Pont-Aven.

Facilities. You are able to purchase food and drink in some of the larger villages you pass through.

Route Two

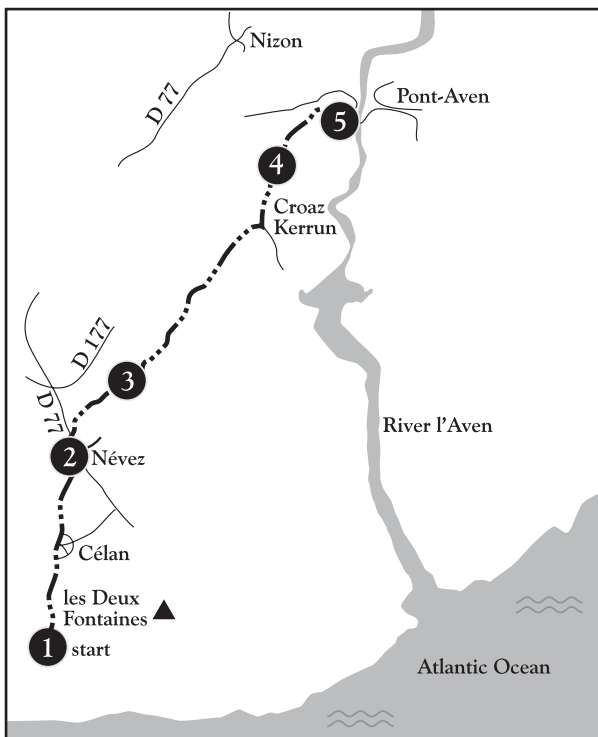
13mIs/20km (1-2 hrs)

A family ride to the pretty port of Pont-Aven

This route leaves from Camping Les Deux Fontaines. A super ride for the whole family along good roads, with only a few hilly sections. You will arrive at the small port of Pont-Aven which has some lovely art galleries and a watermill.

"Pont Aven is a pretty town with an abundance of water wheels, cafés and a Fine Arts museum. The countryside around Pont-Aven is hillier than that around Névez."

Peter Bache, Southampton.



Route description

1 Leave Camping les Deux Fontaines and pass through Célan, in the direction of Névez.

2 Pass through Névez on the D77. A little way after the church turn right on the Rue de Kerouel (C4), passing a cemetery shortly on the left.

3 Do not worry if you miss this turning, as by turning right down the D177 you will rejoin the route further on coming into Kerangosquer, from there following signs for Croas Kerrun.

4 Continue down this road to Croas Kerrun. Turn left at the T-junction and follow signposts for Pont-Aven.

5 Reach the crossroads and turn right for Pont-Aven. Retrace the route to return to Camping Les Deux Fontaines.

Cycle Notes

Distance 13 miles/20 km.

Time One to two hours.

Grade Mostly gentle gradients, occasional hilly sections.

Terrain The route follows good firm tracks and roads.

Suitable All the family.

Start/end Camping Les Deux Fontaines.

Map IGN 0620 ET 1:25 000. Quimperlé, Pont-Aven

Facilities You are able to purchase food and drink in some of the larger villages you pass through, although it is advisable to take provisions with you.

Route Three

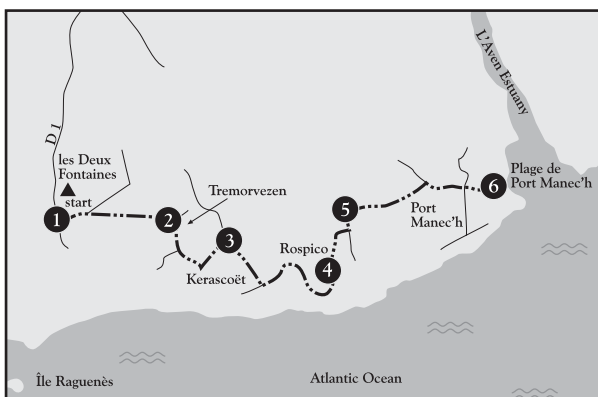
6mils/10km (1hr)

A short scenic route to Port-Manec'h

This route leaves from Camping Les Deux Fontaines. It is a particularly enjoyable scenic ride to the clean and attractive resort of Port Manec'h. It has a well-sited beach on the Aven-Belon estuary. Stretch your legs and wander along the hillside path, which links the beach to the port.

"Port-Manec'h is a nice little resort with a well-sited gently sloping beach on the Aven-Belon estuary. A path which is cut into the hillside links the beach with the port, and offers fine views of the coast."

Peter Bache, Southampton.



Route description

- 1 Leave Camping Les Deux Fontaines and turn a sharp left when you reach the road.
- 2 Head for Tremorvezen and Kerascoët. Kerascoët is well worth exploring with lovely thatched houses and a couple of good cafés.
- 3 From Kerascoët follow the signposts for Rospico.
- 4 From Rospico follow the signposts for Kerangall.
- 5 In Kerangall, take the right fork to Port Manec'h.
- 6 In Port Manec'h, follow signposts for La Plage, which direct you down to the beach. There is a bar by the beach. Retrace your route to return to Camping Les Deux Fontaines.

Cycle Notes

Distance 6mils/10km.

Grade Mostly gentle gradients.

Time Approx one hour.

Terrain The route follows good firm tracks and roads.

Suitable All the family.

Start/end Camping Les Deux Fontaines.

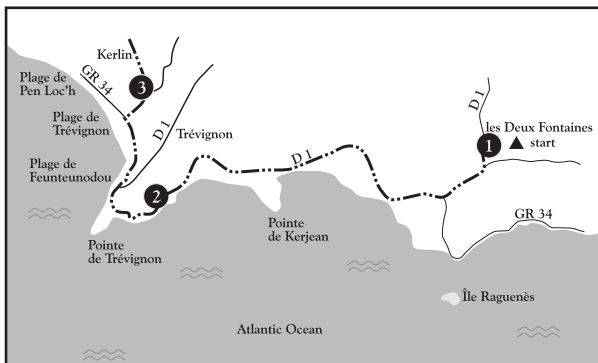
Map IGN 0620 ET 1:25 000 Quimperlé. Pont-Aven.

Facilities You are able to purchase food and drink in some of the larger villages you pass through, although it is advisable to take provisions with you.

Route Four 6mils/10km (1hr)

A coastal ride to the Pointe de Trévignon

Follow this coastal road from Camping les Deux Fontaines, which brings you to the Pointe de Trévignon. The café that overlooks the harbour is popular with the locals and there are some lovely beaches beyond. Outside Trévignon you will pass signs for the nature reserve, which stretches further inland.



Route description

1 Leave Camping Les Deux Fontaines, turning right to reach the D1, then turn left SP Raguenez. Head for Pinte de Trevignon, remaining on this coastal road which has a few small hills.

2 Arrive at Pointe de Trévignon and visit the wonderful beaches which lie on the far side of the Pointe.

3 Turn left at the first junction, SP Kerlin. The beaches are located off this road. The turning for the nature reserve is where the road turns hard right and heads inland.

Retrace your route to return to Camping Les Deux Fontaines.

Cycle Notes

Distance 6mils/10 km.

Grade Mostly gentle gradients with a few small climbs.

Time Approx one hour.

Terrain The route follows good roads.

Suitable All the family.

Start/end Camping Les Deux Fontaines.

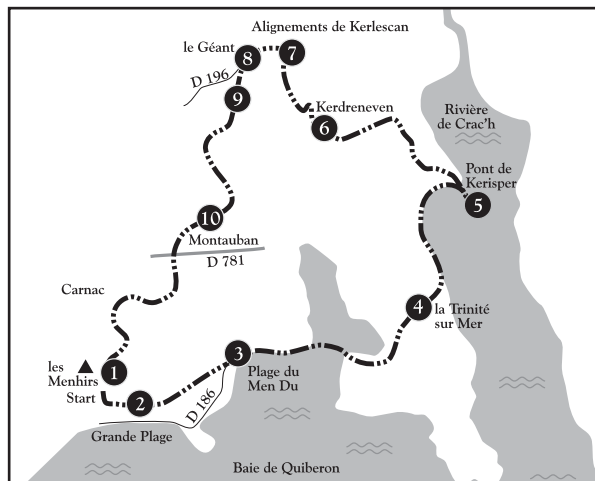
Map IGN 0620 ET 1:25 000 Quimperlé. Pont-Aven.

Route Five 9mils/14km (1-2hrs)

A tranquil ride to Plage du Men Du near Carnac

This route leaves from Camping des Menhirs, Carnac. A circular trip through sandy dunes and fields. It takes in the Plage de Men-Du, one of the prettiest beaches in the area and the port of Trinité-sur-Mer.

"Plage du Men-Du is the best beach for young children within cycling range of Carnac. It has soft sand and shallow water and is well sheltered from the wind." Roger Vipond, London.



Route Description

1 Leave the campsite and go down to the beach front via Allée St-Michel or Avenue des Druides, turn right and then first left down Allée du Cromelec. Turn left onto the Boulevard de la Plage and follow the cycle path to the junction with Ave d'Orient.

2 Follow the road up to the T-junction with Avenue des Druides and turn right towards Le Men Du.

3 The cycle path restarts along the front of Plage du Men Du.

4 Continue along the cycle path and cross the causeway before turning briefly towards the Site Naturel de Kerulan en Poulbert, one of the area's great nature reserves. Follow the cycle path across the entrance and up the main road, Rue du Men Du, for about 500m until you come to a mini-roundabout. Cross straight over and enjoy the downhill ride to La Trinité-sur-Mer.

5 Continue along the seafront to the bridge, Pont de Kerisper.

6 Return from the bridge and after 50m turn right down Rue du Passage, then right again at the junction with Route du Latz. Continue for 500m and turn left to Le Penher. Go across the main road D186 and up a short hill to Kerdreneven.

7 Follow this road and take the road off to the left, which becomes a grassy path just before it joins the D186. Turn right at the stone bench along a narrow track. At the end of the track turn right onto Route de Kerlescan, then immediately left up to the first prehistoric site, the Alignements de Kerlescan.

8 Return to the main road, turn right and continue for 200m until you reach a track on the right, SP to 'Le Géant and Le Quadrilatère du Manïo'. The track goes off into the woods.

9 Return to the main road, go straight across into the woodland opposite and down another wide track. Continue past a château for about 1000m until the track becomes a road.

10 Take the right hand track off the lane until it merges onto a road with an industrial estate on the right. Turn left down Chemin de Montauban and continue across the D781. Continue for 250m, when you arrive opposite house No. 74, turn right down the track between dry stonewalls. Follow the track for 400m until it emerges onto the Chemin de Kergouellec then turn left to return to Camping des Menhirs.

Cycle Notes

Distance 9mils/14 km.

Time One to two hours.

Grade Gentle gradients & shaded wooded areas.

Terrain Well surfaced.

Suitable Average cyclist, inc. families with young children.

Start/end Camping Des Menhirs.

Map IGN 0821 OT 1:25 000 Presqu'île de Quiberon, Auray, Carnac.

Facilities There are a good range of shops & bars along the route.

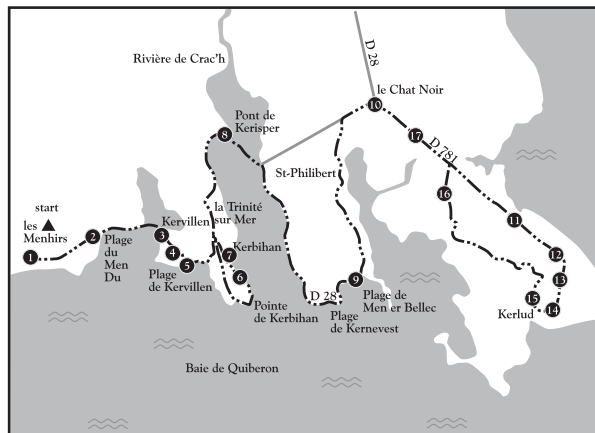
Route Six 31mils/50km (up to 4hrs)

Three peninsulars to the east of Carnac

This route leaves from Camping des Menhirs. A relaxing route passing some of the most beautiful beaches in the area and exploring three peninsulas east of Carnac.

"This is an ambitious route, undertaken to explore the three peninsulas to the east of Carnac. Each of these rides would merit a trip in its own right"

Roger Vipond, London.



Route Description

1 Leave Camping des Menhirs, go down to the beachfront via Allée St-Michel to Avenue des Druides, turn right then first left down Allée du Cromelec. Turn left onto Bld de la Plage and follow the cyclepath to the junction with Avenue d'Orient.

2 Follow the road up to the T-junction with Avenue des Druides and turn right towards Le Men-Du.

3 The cycle path then restarts along the front of Plage du Men Du. Continue along the cycle path and cross the bridge/causeway. Turn off the cycle path and continue along the road into the woods, SP Site Naturel de Kervillen et Poulbert.

4 Follow the road into the car park and pass through the wooden barrier at the far right hand corner. Cross to the red/white way mark at the far left hand corner of the meadow, and follow the well-defined track past a bird watcher's hide and the Grenier à Sel.

5 Continue for around 600m until the track opens out onto the beachfront at Plage de Kervillen. Turn left along the track behind the beach, passing Camping la Plage on your left. The track then merges onto a metalled road directly opposite Camping de la Baie. Turn left down the road for 50m to a mini roundabout, then go up Rue de Kervillen to the right.

6 Turn sharp right at the next T-junction onto Rue de Kerbihan and continue for about 900m to the car park at Plage du Ty Guard. Pass through the wooden barriers signed 'Réservé aux Piétons' and explore the coast path heading north.

7 Alternatively, turn off the coastal path at the large beachfront of Plage de Men Allen onto Rue de la Vanneresse and turn left up Rue de Men Allen and right onto Rue de Kerhino. The road brings you to a set of traffic lights at the intersection with the D186, turn right here down the hill to La Trinité-sur-Mer.

8 Follow the harbour road to Pont de Kerisper, cross the spectacular bridge and continue along the D781 to traffic lights, SP to the right for Saint Philibert. Turn right and continue along the D28, Route Côtière, around the headland and the Plage de Kernevest.

9 Follow the road around to the left until you come to a signpost on the right to Plage de Men-er-Bellec. Follow this lane to re-join the D28. Turn right onto the D28 and continue as far as the T-junction, then bear right to Locmariaquer.

10 Turn right at the main road junction onto the D781, this is not as busy as the section from Plouharnel to La Trinité-sur-Mer. Continue to the roundabout at Le Chat Noir then bear right to continue along the D781 towards Locmariaquer.

11 After about two miles go straight across the traffic lights and continue for another mile to the outskirts of the town with a tourist office on the left.

12 Continue along the main road and pass a church on your left before reaching the waterfront.

13 The return road to Carnac avoids a good part of the D781 and takes in two of the prehistoric sites in the Locmariaquer peninsular. Begin by following the one-way system back to the church Place Frick. From the square turn up Rue Wilson, SP Circuit Megalithes, and go over the crossroads along Route de Kerpenhir to the beachfront, next to the campsite La Falaise.

14 Turn right along the sea front road for 600m until you reach a wooden barrier, SP Dolmen des Pierres Plates. Pass through the barrier and after 200m you reach a tomb like structure.

15 Return to the barrier (still going against the one-way system) down Route de Kérééré to a roundabout where you turn left onto the road, SP Kerlud. Continue through Kerlud to the dolmen at the far end, then take the footpath to the right of the dolmen until it emerges after 600m onto a metalled road. Turn left and continue straight on for 1000m until you reach a telephone kiosk on your left.

16 Turn right past Camping Lann Brick and continue to the T-junction with the main D781.

17 With 6mils remaining return along the D781, via Le Chat, La Trinité-sur-Mer, towards Carnac. Turn left at the Chemin de Kergoullec and follow it down to Camping des Menhirs.

Cycle Notes

Distance 31mils/50km.

Time Approx four hours.

Grade Gentle gradients provide a comfortable cycle ride.

Terrain Mainly quiet country roads.

Suitable Average cyclist, inc families with young children.

Start/end Camping Des Menhirs.

Map IGN 0821 OT 1:25 000 Presqu'île de Quiberon.

Route Seven

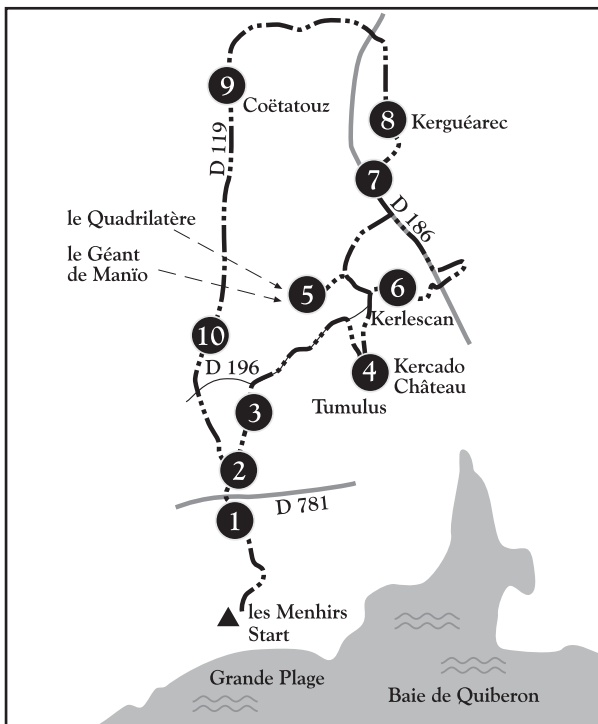
14mls/23km (1-2hrs)

Historic sites in the hinterland of Carnac

This route leaves from Camping des Menhirs and is an interesting way to explore the hinterland of Carnac.

"You will cycle primarily along empty country roads and tracks through woodland. This route includes almost all of the prehistoric sites around Carnac."

Roger Vipond, London.



Route Description

1 Turn sharp left from Camping Des Menhirs up Allée St-Michel and Chemin du Kergoullec. Go straight across the D781 and up Chemin du Cloucarnac.

2 Continue for 200m and ignore the first footpath off to the right. After 10m take the smaller, tree-lined path off to the right. This is shown on the Carnac map as Chemin Croez er Gwen.

3 Turn left at the T-junction with Chemin de Kerluir, then right at the next T-junction with Route de Kerlescan. In front of you is the impressive array of menhirs, Petite Métairie.

4 Turn right at the main road, after 500m you will see a stone tower from where you can view the full extent of this 'alignment'. Continue for a further 700m and take the right turn down a driveway, SP Tumulus de Kercado.

5 After this diversion return to the pleasant tree-lined main road. Continue for another 400m until you reach a signpost on the left-hand side to le Géant et Le Quadrilatère du Manio. Continue along the woodland track until you reach the D186.

6 Turn left along the D186 and continue for 500m. Take the path off to the right, SP Kerguérec, continue down it for another 400m. Go past the farm buildings and follow the lane off to the left, SP Madeleine. Shortly, after passing a stone cross on your left, a chapel appears on the right-hand side.

7 Return to the lane and continue north through lush fields, passing a dolmen on your right. Turn right onto the main road, past a farmhouse on the right, turn left at the T-junction.

8 Continue for 300m, cross the D186 into woodland and follow a quiet lane to the D768.

9 Turn left and continue along the D768 for about 600m, this is a fast and busy road. Turn off at the next crossroads onto the D119, SP to Carnac, and onto a quieter road. Turn left after 1000m at the next crossroads onto Chemin Manè Brizil. Cycle through woodland for 1000m to the next junction, Quatre Chemins. Turn right down Route du Moustoir for 1ml/2km then turn left to rejoin the D119.

10 Turn left at the traffic lights onto Rue de Kerlescan. After 200m, just before the road bends sharply to the right, take the footpath off to the right into the woods. After 350m turn left onto the path which joins from the right. Continue for another 1000m until you cross the D781. Cycle down Chemin de Kergoullec and Allée St Michel back to Camping des Menhirs.

Cycle Notes

Distance 14mls/23km.

Grade Gentle gradients & shaded wooded areas.

Terrain Mainly quiet country roads.

Suitable The average cyclist including families.

Time One to two hours.

Start/end Camping Des Menhirs.

Map IGN 0821 OT 1:25 000 Presqu' Ile de Quiberon.

Route Eight

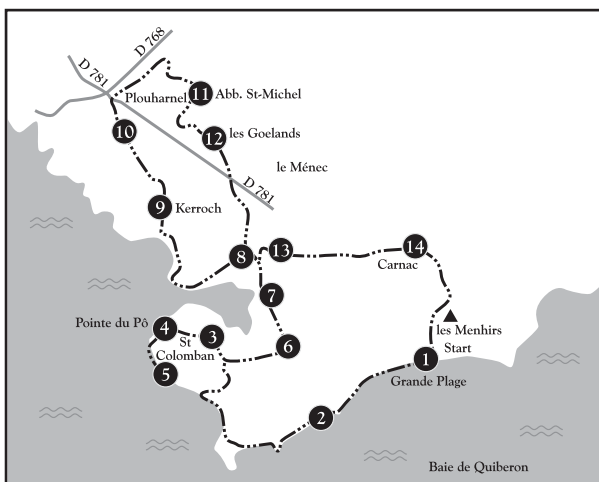
15mils/25km (1-2hrs)

The superb beaches to the west of Carnac

Take your swimming clothes and explore the beaches to the west of Carnac. You may want to leave your bikes and walk along some of the coastal path to Pointe du Pô. Return to Carnac via Plouharnel and the lovely Abbaye St-Michel.

"The beaches to the west of Carnac offer an interesting alternative to those covered in the earlier route, particularly if you enjoy exploring rock pools."

Roger Vipond, London.



Route Description

1 Leave Camping des Menhirs and cycle down Allée St Michel towards the beach. Turn right along Avenue de Kermario.

After 1000m take the left fork out of Leblois square continuing as far as Ave de l'Atlantique, then turn left down to the marina.

2 Turn right onto the cycle path along Boulevard de la Baie Nautique then continue along the seafront, Boulevard de Légenes. Fork left at the mini-roundabout and continue along the seafront past Plage de Légenèse and Plage de Ty Bihon. Follow the road sharply around to the right which becomes Boulevard de l'Océan, and past Plage de St-Colomban.

3 Continue to the end of the beach, the road turns sharply to the right, becoming Avenue de la Grève. At this point you can walk along the coast path to Pointe du Pô, or follow the road around to the crossroads with Avenue de la Chapelle. Turn left, then left again at the chapel onto Chemin de Gourec.

4 Continue for 300m, turn right at the T-junction and then take the left fork along Chemin de Kerivor, SP Pointe du Pô.

5 When you arrive at the sea front you can leave the bikes and walk along the coast path to the left, as far as the headland. After 500m you will reach the ruins of two stone chimneys, les Deux Frères, with a clear view across to Plage des Sables Blancs and the Quiberon peninsular.

6 Return to the road, go back to the first fork and turn sharp left, SP Le Gourec. From Le Gourec, look across to Le Pô before you return once more to the road fork.

7 At the next junction take the left fork and follow the road for 500m before turning left onto Avenue de la Chapelle, with the Fontaine de St-Colomban on the right. Continue for 100m and turn left onto Avenue de Ponthièvre and then left again, past a stone cross on the right onto Chemin du Mané er Groez, SP Parc à Huitres du Pô.

8 After 1000m you reach the T-junction with Rue du Pô. Here you can turn right and cycle 300m into Carnac.

9 From the T-junction continue along Rue du Pô as far as the headland and the oystercatchers' dock. Continue north along the coast road for 400m to Kerroch, passing a dolmen on your left and looking southwards to le Pô. Turn left at the T-junction onto Route de Kerroch, heading towards Plouharnel.

10 Continue for 1000m and turn left at the T-junction onto Rue St Anne. At the end of an elaborate flower garden turn right, then left to enter the Nôtre Dame des Fleurs, the main church square of Plouharnel.

11 From the traffic lights at the main junction, follow the Carnac road for 20m, before taking the track off to the left which looks like a private driveway. Continue for 600m until the track turns into a metalled road and opens out to a large tarmac area. Go straight across to the entrance of the lovely Abbaye Ste-Anne. Immediately in front of the main abbey gate turn right along a track, SP Abbaye St-Michel, keeping the abbey wall on your left hand side. After 400m turn away from the abbey wall to follow a footpath to the right, which leads after another 400m to the Abbaye St-Michel.

12 Take the road leading away to the right of the abbey and turn left after 150m down the road, signposted to Camping les Goelands. After 1000m go straight across the D781 onto the track directly opposite. After 400m the track becomes the Chemin de Kervignahouët. After a further 200m, take the footpath Chemin des Calfats off to the right, which is marked by a cycle sign.

13 Go straight over the next crossroads and cycle down Chemin du Pouldu. Follow the second cycle sign down an alley behind a row of houses on the right hand side. At the last cycle sign, turn right onto Chemin du Mané er Groez. Continue for 800m and turn left onto Avenue St-Colomban. Cross over Avenue des Salines at the traffic lights, and turn right at the T-junction onto Avenue de la Poste.

14 Follow the cycle path down to the sea front, turn left onto Boulevard de la Plage and continue for another 600m to Allée du Cromelec. Turn left up Avenue des Druides, then right and next left up Allée St-Michel back to Camping Des Menhirs.

Cycle Notes

Distance 15mils/25km.

Time One to two hours.

Grade Gentle gradients provide a comfortable cycle ride.

Terrain Mainly quiet country roads, some good firm tracks.

Suitable The average cyclist including young children.

Start/end Camping Des Menhirs.

Map IGN 0821 OT 1:25000 Presqu'île de Quiberon.

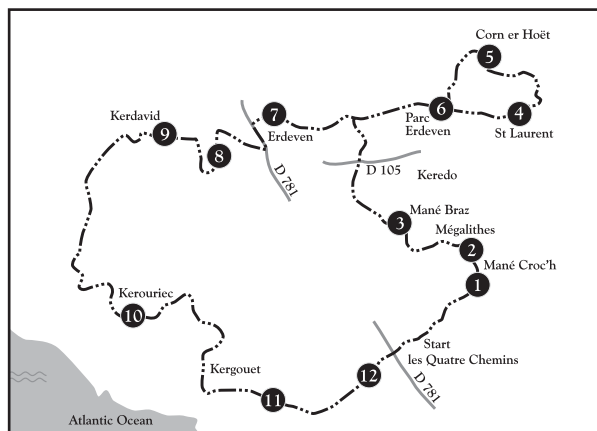
Route Nine

17mils/27km (1-2hrs)

A tour from les Quatre Chemins roundabout

This is an easy route from Les Quatre Chemins roundabout on the D781 and consists of two "legs" around Erdeven.

"This is a well signposted tour around Erdeven - the only route where I began with a 'lift' to the start-point, although it would be perfectly feasible for adults to begin in Carnac." Roger Vipond, London.



Route description

1 Take the road signposted to Crucuno and follow for about 500m. Follow around to the left, SP to Mané-Croc'h.

2 Follow the road for 700m and take a track off to your left into the woods, SP 'Sentier des Mégalithes'. After another 400m, detour down a track on the right, SP 'Chaise de César'.

3 Return to the main track and continue to a junction. Take the left fork, SP Mané Braz/Erdeven. Continue for 600m and turn right at the T-junction, SP as above. Continue down the track for 200m, detour down a track to the right and continue 100m up a small hill to see the four dolmen known as 'Mané Braz'.

4 Return to the main track and follow the road for a further 400m to a 4-way junction; go right SP Keravéon. After 600m take the right fork, SP Kercadio, and continue to the D105. Follow the track on the other side of the road, 10m or so to the right. Turn right at the T-junction shortly afterwards, SP St-Laurent. After 1000m go straight over a forest crossroad, and after a further 1000m the track narrows sharply before emerging directly opposite the village church.

5 Turn left along the road in front of the church. After 800m take the track off to the left, SP La Vieille Route. Cycle for 700m back to the forest crossroads. Turn right, SP Keravéon. After just over 1000m the track emerges onto a road at Corn er Hoët.

6 Turn left along the main road and after 400m take the track to the right, SP Kerroch.

7 At the T-junction with the main road, turn left to the church in the centre of Erdeven.

8 Follow the D781 (direction Lorient), and turn left along Rue Soeur Maurice. Follow the road for 500m and turn left down Rue des Îles to the end, then right onto Rue du Stade. After 150m, turn right onto a track SP St-Germain, which you follow for 1.5 km. Turn left at the T-junction onto a road, SP St-Germain.

9 Continue for 300m and bear left in front of the Kervavid farm buildings, SP Kerangre and Kerascoët. Continue for 100m and take the track to the right, SP St-Germain.

10 After 200m, follow a track to the left, SP Kerouriec. Pass through farm buildings then cross a wider road, SP Kerouriec/Kerdelam. Follow this track for another 700m and then turn right at a T-junction, SP Kerouriec. Continue for 700m then turn left at the T-junction with the main road. After 500m turn left towards the village and 500m further on turn right onto a road, SP Kerhilio.

11 After 500m take the track off to the left, SP Lisveur, immediately before a 2.1m height gauge across the road.

12 Continue along the track for almost 1 mile to the edge of Lisveur. Turn right at the stone well, then right onto the main road just past the chapel. Follow the road for 1000m and then turn left at the crossroads. Follow the main road back to the Quatre Chemins roundabout.

Cycle Notes

Distance 17mils/27km

Time One to two hours.

Grade Gentle gradients provide a comfortable cycle ride.

Terrain The route follows mainly quiet country roads.

Start/end Les Quatre Chemins roundabout.

Map IGN 0821 OT 1:25000 Presqu'île de Quiberon.
Auray. Carnac. Plan of Carnac/Plouharnel/La Trinité (la Côte des Mégalithes).

Facilities There is a café in the main square in Erdeven.

Route Ten

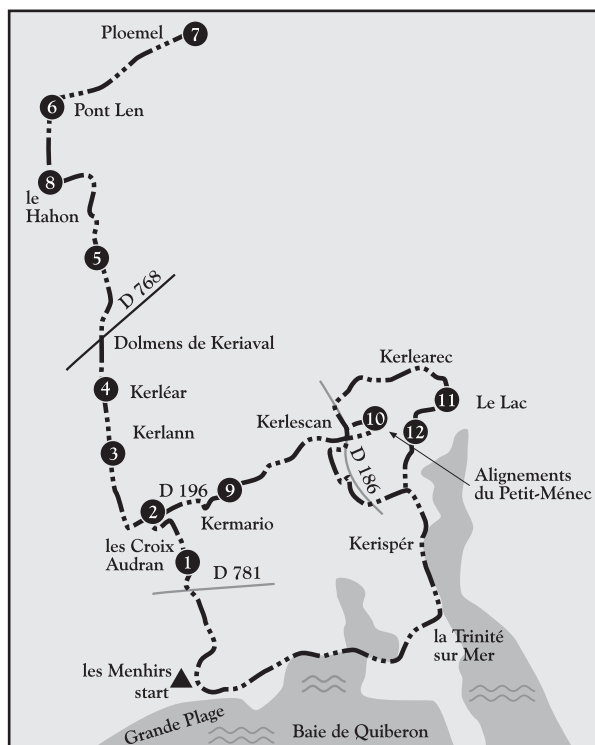
22mils/35km (3-4hrs)

An extended ride around prehistoric sites near Carnac

This route leaves from Camping des Menhirs. It is an extended ride for those cyclists who would like to cover all the principal sites around Carnac. It follows quiet country tracks and roads through areas of woodland. There is a particularly pretty picnic spot by Le Hahn.

"This route is an extensive tour to the north of Carnac. Although most of the route is covered by the local Carnac map, this route is based on the 1:25000 IGN map of the area, which I would advise using."

Roger Vipond, London.



Route description

1 Turn sharp left from Camping des Menhirs and cycle up Allée St-Michel/Chemin de Kergouellec. Go straight across the D781 and up Chemin du Clouarnac. After 500m take the right fork in the footpath, signed by a red and white way mark and continue for another 500m. Take the path off to the left with a dry-stone wall on your right. After 200m the path emerges onto a main road with a large stone cross, Croix Audran, on the opposite side.

2 Turn right and go down to the crossroads. Turn left at the lights onto the D196, SP Alignements du Ménéec. Continue for 400m and turn right at the crossroads onto Route du Hahon, SP Ploëmel.

3 Cycle for 200m and take the right fork onto Route de Kerlann. Continue for a further 500m before taking a track off to the left by a green signpost. Cycle for 200m before you head straight across a campsite track, then cross a metalled road and a second campsite track 400m further on.

4 After a further 300m turn sharp right to follow the track, and then turn left along a wire fence keeping four concrete blockhouses to your left. After 50m the track emerges onto a metalled road at Kerléar. Continue straight ahead for 400m then detour along a track to the right, SP Dolmens de Keriaval.

5 Return to the road and continue for another 50m to the D768.

6 Go straight over this busy road into the quieter woodland opposite. Continue for just over 600m to a level crossing. Go past a large farmhouse, Quéric la Lande, and into flatter, more open farmland. Continue for 600m and turn right at the T-junction. Cycle for a further 1000m to the next T-junction with the D105, at Pont Len. Turn right towards Ploëmel.

7 The road from Erdeven has been closed to traffic for resurfacing for several years, at the time of printing, but is due to re-open so please check before departure.

8 Retrace the route back to Pont Len and turn left to Le Hahon.

9 Continue for 1 mile before you go over another level crossing and then a further 1000m before crossing the D768. Continue past the road fork and arrive back at the crossroads with the D196 at the Alignements du Ménéec. Turn left onto the D196 and go straight across the traffic lights towards Kermario. Note: From this point it is possible to retrace the outbound route back to the campsite.

10 Continue to the T-junction with the D186. Turn left and after 100m take the narrow footpath off to the right just in front of a crossroads sign. Follow this path for about 400m, observing the 'miniature menhirs', which are only four feet high on either side, known as the 'Alignements du Petit-Ménéec.'

11 Turn left onto the metalled road, then right at the T-junction with the D186. Carry on down this road for 300m and take the road to the right, SP Kerlagad, Castellie, Kerhouant, Kerlearec and Le Lac.

12 Continue for 600m, take the right fork, SP Kerlearec and Le Lac, then turn right at the T-junction, SP Le Lac. Go left around the edge of the lake then across the causeway and past a stone château on your left. Continue straight across the crossroads and continue into La Trinité-sur-Mer. Go along the harbour front, then up the steep hill and down again via Plage du Men du and Avenue des Druides and back to Camping des Menhirs.

Cycle Notes

Distance 22mils/35km.

Time Three to four hours.

Grade There is a gentle uphill gradient outbound and a welcome downhill return. The shaded wooded area provides a comfortable cycle.

Terrain The route follows mainly quiet country roads and good tracks.

Suitable The average cyclist, including families with young children.

Start Camping des Menhirs.

Map IGN 0821 OT 1:25 000 Presqu'île de Quiberon. Auray. Carnac.

Facilities Beyond the coast the only villages or small towns where food can be obtained are Carnac, Plouharnel, La Trinité-sur-Mer, Locmariaquer, Erdeven and Ploemel.

Walking Routes

Our thanks go to the Thompson family who carried out the research and supplied us with information for the routes. Please note that all information is correct at the time of research. We recommend that you obtain a large scale map of the area to accompany the routes detailed here.

Walking trails in France

France has an extensive network of trails throughout the country and more than 36,041 miles/58,000 km of long distance footpaths and 74,568 miles/120,000 km of local footpaths have been created. The organisation that established, and which maintains, the trail system is called the Fédération Française de la Randonnée Pédestre (FFRP) or French Long Distance Walking Association. The FFRP also publishes over 200 walking guidebooks called Topo guides.

National long distance paths

Sentier de Grande Randonnée (GR: national long distance path). These are numbered—GR 3, GR 76 etc. There is 38,000-miles/61,153 km of GR trails in France, which are laid out to connect one point with another. They are fully signposted and way marked with white over red blazes.

Regional paths

Sentier GR de Pays (GRP: regional long distance path). There are 25,000 miles/40,225 km of GRP trails in France and each covers one region thoroughly, often in a circular layout. Individual GRP trails can be well over 100 miles/ 160 km long. They are marked with yellow over red blazes.

Local paths

Sentier de Petite Randonnée (PR: local path). These trails radiate out from many towns and villages in France, offering the visitor the opportunity for an hour to a day's walk to a local beauty spot or to a place of historical interest. These paths are marked with a single yellow blaze or, if there are many paths that intersect as is usually the case, a single blaze of any colour.

A useful website is www.franceonfoot.com which has an index, updates and current information about walking in France.

Maps

The best maps to use if you plan to walk or cycle are the French IGN maps. The green IGN maps (1:100 000) provide the smallest scale available (which have the contours marked), and is essential for the cyclist who may cycle off the 1:25 000 map in a few hours. Walkers will use the more detailed blue (1:25 000) map where an entire map covers roughly 16-20 km (less than 12 miles). These maps show land contours, trails, cattle tracks, rail lines and more. IGN maps are available from most major supermarkets, and the local tourist office will usually have copies of those relevant to the local area. Alternatively, visit www.ign.fr, for details on all of the maps and ordering.

Don't Forget

- o Wear good strong shoes or walking boots.
- o Take plenty of food and drink with you.
- o Do not wander off the paths.
- o Do not trample on, or pick any of the plants.
- o Lighting fires is prohibited.
- o Throw your rubbish in the dustbins provided along the way or take it home with you.
- o Beware of sunstroke and take plenty of sunscreen and a sunhat.
- o Always close barriers behind you.
- o When going on a walk, always tell someone where you are going and when you plan to return.

Useful Walkers Phrases

Sauf Riverains – Access only for residents, cyclists and walkers
Sauf Pieton – Pedestrians only
Défense d'Entrer – No Entry
Propriété Privé – Private Property
Sentier – Footpath
Sentier Côtier – Coastal footpath
Itinéraire de Délastage – Alternative Route
Quartier – District
Coteau – Hill/hillside
Centre Ville – Town Centre

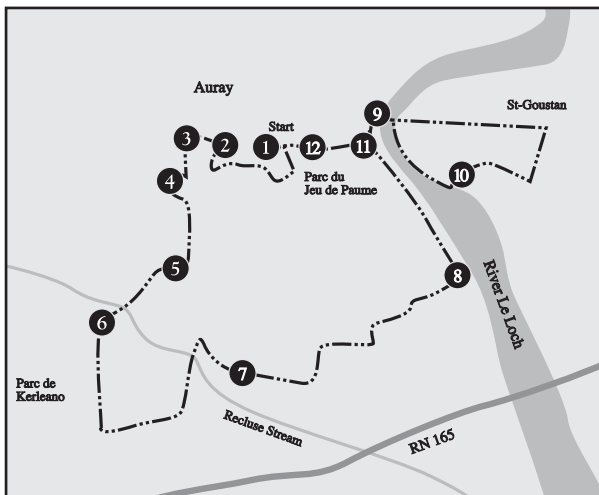
For more useful phrases, please see your Canvas Holiday Guide

Route One

(up to 2hrs)

Auray – An Historical Tour

This historical tour will help you to discover hidden treasures of the town of Auray. The town was once a major centre of the 'Chouannerie', the peasants' warfare, the name for a revolt led by the peasants of France who rose against the revolutionary government in 1793 and was the scene for a famous battle that took place underneath the town walls. Today, as you wander through the town you can see a variety of architectural styles – a typically Breton melange of Baroque, Gothic and Renaissance buildings. At the bottom of the town is the beautiful little port of Saint Goustan. This is particularly picturesque and a favourite spot for tourists!



Directions to start point by car

Auray is located on the N165 from either Vannes or Lorient. This route starts and finishes from the Hotel de Ville (town hall). There is car parking behind Place de Kériolet or in Parc du Jeu de Paume.

Route description

1 From the town hall (dated 1776) walk down Vle de Trévegat towards the Jeu de Paume car park. To the right of the car park you will see the old prison that today houses the historical centre. Before passing the car park go right, keeping the car park to your right and then turn right up Rue du Jeu de Paume.

2 This then becomes Rue Gachotte, and then Rue Quatre Vents. When you reach Place des Quatre Vents, take the small Saint Gildas Street to take you back on to the Rue du Lait. Here you can see the Congregational Chapel (dating from 1672).

3 Continue along Rue du Lait towards the imposing St Gildas Church (c.1641). This is one of the most striking buildings in the old centre, it is worth taking time to have a look around it.

4 From here cross the Place Notre Dame. Turn right at the bottom onto Rue du Four du Roy and go immediately right onto Place Mal Joffre. Walk through this square and exit at the bottom onto Rue A. Jardin. Take the first main right hand turn onto Rue des Fèvres. Along this road you will see the Chapelle du Saint-Esprit (e.1400) on the right.

5 At the crossroads you should go right along Rue du Golheres. Cross over Rue Henri Dunant and head down Ch. du Gaillec towards Le Recluse. On the left you can see the 16th Century Saint Caldo Chapel. Continue along the same road crossing over the stream and onto Rue du Reclus.

6 After a short distance turn left onto Chemin de Kerdauid. Enter the Parc de Kerleano, where you will find a memorial to the Chouan Hero, G. Cadoudal Mausoleum. Exit the park back onto Chemin de Kerdauid and continue straight on until you meet Boulevard Anne de Bretagne. Turn left and follow this road until you pass back over the Recluse Stream. Shortly after the stream, take the path to the right (Rue de Paul Er Vran.)

7 Follow this to the crossroads, then go left onto Rue du Leurch. At the next crossroads go right, then take the second left onto Rue des Chines. At the end of this street, turn right onto Rue de Roses. At the end of the street, turn left onto Rue Abbé Joseph Martin, and then almost immediately right onto Rue St Yves. A small staircase at the end of the street leads you down to an old washroom and the River Le Loch.

8 From here, turn left and walk along the river on Quai Abbé Joseph Martin. On the left you will see the Fontaine Chezelles and the picturesque Saint Sauveur schooner.

9 At the end of the Quai you will reach the Saint-Goustan Bridge, which dates back to 1825. Cross over the river on the bridge to get across to Saint Goustan. The old quarter is particularly picturesque, with houses dating back to the 15th century. Follow the Quai Franklin round to the right, where you will find the harbourmaster's house and the embarkation point for the 'Promenade du Golfe du Morbihan', a boat trip around the bay.

10 At Place du Rolland, turn onto Rue du Rolland which leads you past the 15th century Eglise Saint Sauveur and towards the cemetery. Along this road you will also find the chapel of Notre Dames des Lourdes. Turn right onto Chemain Bellevue and then left onto Rue Saint Sauveur and Rue Saint René, leading you back to the harbour.

11 Cross back over the bridge and go left towards the Rampes du Loch, which are built where the old castle used to be. It is worth climbing the stairs for a fabulous view from the top.

12 Walk along Rue du Belvédère, which takes you back to Place de la République and the town hall.

Trail Notes

Distance Baden 5mls, Carnac 11mls.

Time This route can easily be covered in 2hrs, but it is worth allowing half a day to explore properly.

Suitable All family. Route is flat; should be managed by all.

Terrain Surfaced town roads, which are mostly quiet, but watch out for traffic in the busier areas.

Start/end The town hall in Auray.

Car Park Either Place de Kériolet or Parc du Jeu de Paume. The town centre can get very busy on market day (Mon & Fri) and parking can be difficult.

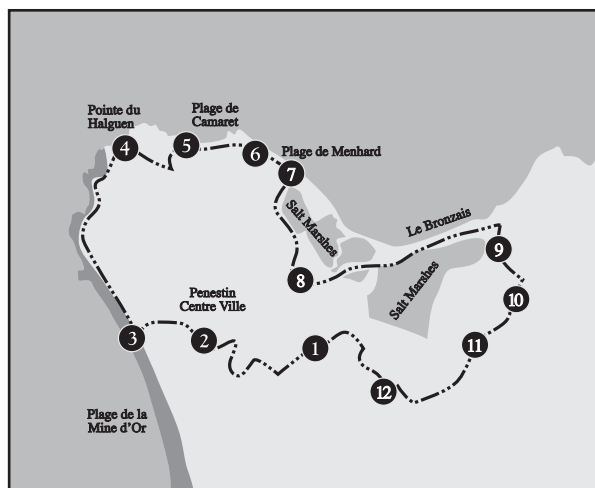
Map: Use the free map of the town centre available from the tourist office. Otherwise, use IGN 0821 OT 1:25 000 Presqu'île de Quiberon, Auray & Carnac.

Facilities: Plenty of bars, restaurants & shops along the route. The tourist office is located on Rue du Lait.

Route Two 8mls/13km (3-4hrs)

Pénestin – A Walk of Contrasts

This route starts and finishes at the tourist office in Pénestin. It is an exploration of the high cliffs that sit along the seacoast and of the salt marshes in the estuary. By contrast, it then takes you inland to explore the ancient Breton countryside. The small town is quiet and pleasant and became renowned in the 19th century, when gold was discovered there and a gold mine was opened just outside the town. The activity was somewhat short lived, today the only reminder is the name of the beach, Mine d'Or.



Route Description

1 From the Office du Tourisme, take the road leading away from the town towards the roundabout. At the roundabout you should turn right, heading towards the sports hall. Take the path that runs behind this and between the football pitch and the tennis courts.

2 At the end of the football pitch turn right onto the grassy track. After 100 metres you should bear left and then after about 15 metres, bear left again. This track bears right and then passes to the right of the houses onto a surfaced road. When you come to the fork in the road you should bear left, which takes you to the cliff top path. On the left you can see the Plage de la Mine d'Or.

3 Turn right onto the cliff path and follow it along the coast. From here you can enjoy some spectacular views of the whole of the south coast of Morbihan. As you come to the end of the cliffs and towards the sand dunes, you should keep on the coastal path that continues around the bay.

4 At the Pointe du Halguen, the green waymarks direct you away from the coast and around the building at the end. Follow these and you will return to the coastline for some more stunning views across the estuary.

5 When you reach a small road that leads down to a little beach, you should turn right still following the green waymarks. Bear left at the top and then follow the road for about 300m to the point where a road takes you down to the Plage de Camaret, where you will find another attractive little beach.

6 Climb up to the Plage de Menhard, where you will find yourself in a wide, grassy area by the estuary with the salt marshes ahead of you.

7 Here you should turn inland, following the wide, grassy track. Bear left and follow the path behind the salt marshes, crossing over a small stream. This path approaches the town and reaches a junction on the right with the Manoir de Brambert, where you should turn left.

8 At the next T-junction, turn left again, following the Rue de Lienne. At the end of the road, turn left onto the wider road. There is a good picnic spot on the left to the side of the estuary. Continue along the main road through the village of Le Bronzais and then turn right onto Route de Berniguet.

9 This road bears a sharp left and then turns right, up a hill. Here you should take the track on the right between the high banks – there is a green waymark at its entrance.

10 Continue along this track until you pass a lake on the right and can see farm buildings ahead. Keep to the right hand track. This takes you round and uphill, coming out at a surfaced road, which eventually leads to the main road.

11 Cross over the main road and follow the road opposite around a campsite on the left and down. At the road junction, turn left and then right after 30 metres onto a track. This continues past some new housing and then bears right to reach a main road.

12 Turn left towards the church and just before the end of the road, turn left onto Chemain de Lavoit. At the end of this track, bear right to bring you to the main road just opposite the tourist office.

Trail Notes

Distance 8mils/13km

Grade Easy/Moderate.

Terrain Firm paths and surfaced road. Suitable for trainers as long as the weather is dry.

Suitable All the family.

Time 3-4 hours, excluding stops.

Start/end The tourist office in Pénestin.

Car park There is adequate space outside the tourist office.

Map IGN 1022 OT La Roche Bernard.

Facilities There are several bars and restaurants in Pénestin, but nothing along the route. It is advisable to take food and drink with you.

Route Three

10mls/16km (4hrs)

Exploring the Île d'Arz

This route follows the coastal footpath around the Île d'Arz, offering a sea view all the way. The path is waymarked around the island and is simple to follow. Proverb has it that there are 365 islands in the Gulf – one for every day of the year - and you get a good view of nearly all of them from some point along this route.



Getting There

Le Passeur de Île d'Arz runs a regular ferry service throughout the season. This departs from Conleau, which is 3mls south of Vannes (from the town centre follow signs to 'Le Port' & 'Conleau'). The ferry journey takes about 20mins. Contact the company on 0033 6 08 32 81 14 or call 0033 2 97 50 83 83, for an answering service with the ferry times on it in French.

Route Description

1 Leave the boat at the slipway (La Cale) and walk down the road past the hotel and restaurant. Ignore the signpost for 'Sentier Côtier (coastal path)' to the left and continue straight on, passing a campsite on the left. To the right you have the Plage de Falaise and across the water you can see the Île aux Moines. Ahead, you can see the Pointe de Berno.

2 As you get to the end of the beach, the road temporarily leaves the shore and heads inland. You should leave the road here, by some conifers just before the first houses of the town. Stay by the shore side on a wide grassy track, which takes you onto a pine clad headland.

3 The view changes as you reach the tip. In front is a small wall surrounding the Etang de Moulin, a lake that is habited by wading birds and you can see the remains of boats in the marshes. You need to take the path that runs behind the lake and cross the causeway, to reach the Pointe de Berno. If you look north, you can see some of the other islands including the Île Drennec, which is the largest.

4 Continue along the path and cross back over the causeway, keeping the Plage de Berno on the right. Keep straight on and walk past the small harbour towards the rocky coastline. From here, there are paths that will lead you back into the town and the main harbour if you want to cut the walk short.

5 Continue along the coast following the 'Sentier Côtier' signs which direct you to the right. This path takes you around the edge of the bay and towards the Pointe de Brovél ahead. The Pointe is reached by crossing a narrow strip of land, from where the Île aux Moines is just a narrow channel away.

6 Cross back over the causeway, you will find a good picnic spot on the right. It is worth taking a break on the Plage de Brovél, one of the prettiest beaches on the island. Continue along the path to the Pointe de Liouse, the most southern point on the island and an excellent viewpoint.

7 From here, the path swings round and follows the cliffs north towards the town. As you approach the harbour, you will pass a sailing school and another good picnic spot. Just past the slipway there is a track that will lead you to the town centre. If you do not want to visit or to shorten the route, you can continue straight along the beach.

8 The track to the town takes you uphill towards the square, where there is a bar and restaurant. Turn right by the restaurant and then keep straight ahead, returning to the coastal path.

9 You should now bear left and after passing through a metal barrier, turn left on the track to reach a metalled road. Ahead, you will see the Manoir de Kernoël. Turn left and then right into a field after about 20 metres.

10 This path takes you to another track that leads to the sea. Turn left between the houses and onto a road by a restaurant. At the T-junction after 200 metres, turn right and cross over the causeway onto the Île de Bilhervé.

11 (This next section can be missed, as it will take around an hour to explore this part of the island) Follow the path around the perimeter of the island. En route you will find a good beach and viewpoint at the Pointe de Bilhervé. The Pointe de Nénézic is also of some interest, as you will see a granite house sitting on its own island. The path then passes by a wide marsh, where at low tide you will discover a wide variety of sea birds. As you cross back over the causeway, there is a beach on one side and the salt marshes on the other.

12 From here you should follow the 'Sentier Côtier' sign, which takes you past the marshland. This path continues around the coast. Just before the harbour it takes a sharp left turn into a field and then turns right, back to the road and the harbour.

Trail Notes

Drive Baden 8mils, Carnac 22mils. Boat journey takes about 20mins from here.

Distance 10mils/16km if you complete the full route.

Grade Moderate

Terrain Follows a coastal footpath, generally firm paths.

Suitable Families with older children because of the distance

Time 4 hours excluding stops

Start/end The harbour at Cale de Beluré

Car park Leave car at the harbour in Conleau.

Map IGN 0921 OT, Vannes, Golfe de Morbihan

Facilities There is a hotel and restaurant at the harbour and a small shop, bar and restaurant in town.

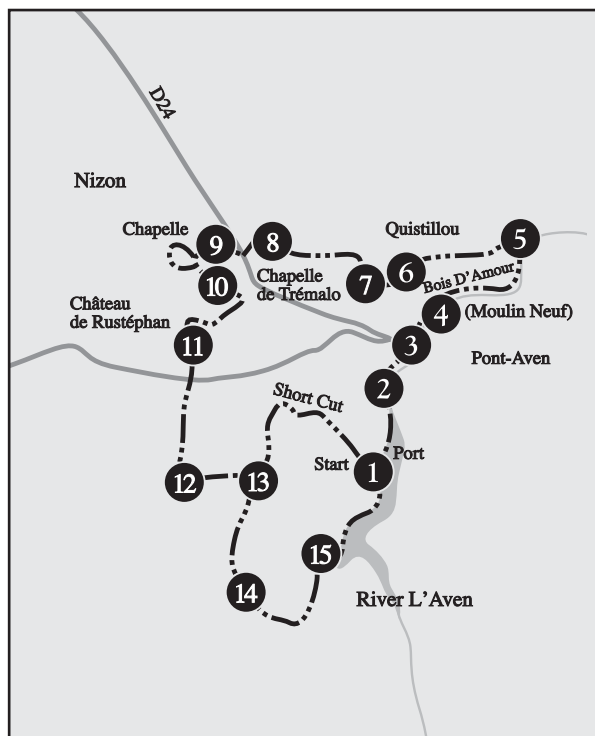
Note There is plenty of potential for bird watching, so take binoculars if you have them.

Route Four

7mils/11km (3hrs)

Bro Goz ar Milinou, Baradoz an Arzou

(Old country of millers, paradise for artists – around Pont-Aven) This route starts and leaves from the port at Pont-Aven, a pretty little town with an artistic flavour. The village attracts painters from all around the world, of whom Paul Gauguin is the most famous. This walk takes you past the scenes that inspired some of his paintings and returns along the winding banks of the river.



Route description

1 From the port walk towards the bridge in the centre of the town. Pass by watermills on both sides of the river. Continue straight on, not crossing over the bridge, on Rue Émile Bernard.

2 Take the first turning on the right onto Promenade Xavier Graal, which takes you over a footbridge onto an island. At the end of the bridge turn left and then left again, crossing over another footbridge to leave the island and onto a road.

3 Here, turn right and follow the road almost to the top of the hill. At the SP Bois d'Amour, go right, crossing under a bridge and emerging in a beech wood.

4 For the next 800m stay on the broad path to the side of the river. You will pass three small, grey buildings. Do not cross the bridge to the car park, continue between the buildings along the path until you reach the tarmac road. You should turn left and then go immediately left, up a hill, onto a track in the woods.

5 At the top of the hill is a junction. Here, leave the Bois d'Amour circuit and turn right onto a track lined with tall trees. After 200m you will arrive at the gates of the Château de Pléssis.

6 Turn left between an avenue of trees, which ends at the farm of Quistillou. Here the road bends left and if you follow it round, you will come to a junction at the corner where the road bends sharply to the left.

7 Here, take the lane that goes straight on to reach the Chapelle de Trémalo. This is usually left open and is well worth exploring.

8 Just after the chapel, you need to take the tree-lined track to the right. At the top of the track, bear left keeping the woods on your right. Keep straight on when you meet another track. Cross a metalled road with a municipal services building on your left and follow the path directly opposite. After you have passed cottages on the left, you will reach the D24, where you should turn right.

9 After about 30m, you should turn left onto a metalled road that leads to Nizon. Pass the lavoir and you will arrive at a car park. Double back to the right on a small road, climbing up towards some oak trees. Turn left at the T-junction to reach the church, the inspiration for Gauguin's painting, 'Christ Vert'.

10 From the church take the Rue des Grands Chênes back to the car park in the square. Keep the car park to your left. After 400m you will reach a crossroads, turn right, and then right again after another 400m, SP Rustéphan.

11 Take the track into the woods on the left, just before the farm buildings. Through the trees to the right you can see the remains of the Château de Rustéphan. Continue ahead on the woodland track and you will find you are following the wall that once lined the château. When you reach the tarmac road, you should turn right to reach the D783.

12 Cross over the main road and take the road opposite, walking through the layby (SP Kernonen). Follow this to the crossroads, where you turn left through the woodland. After 0.3m/0.5km, you will reach a larger road. You can take a short cut back to Pont-Aven (See end of route description).

13 Turn right and walk along side the road for just under 1km, until you come to a road junction with the village Kerrun. Here, you should bear left and then go straight over at the next junction. Follow the road downhill and just after the road bends to the right, you should turn left where a track meets the road by a stone arch (SP Kerscaff Tal-Moor).

14 Follow this track alongside the stream to the right until you reach a fork in the road, where you should keep left away from the houses. At the junction, bear left again. This path takes you through an alley in the trees. When you come to the bottom, you need to cross over the wall and continue on the path through the woods.

15 After a short distance you will find SP for Sentier Côtier, which you should follow. This takes you along a winding path through the trees beside the estuary. When you reach the car park, you should continue along the road beside the estuary to return to the start point of the port at Pont-Aven.

Short Cut - At point 12, turn left onto the road and follow it along for just under 1km. At the crossroads in the village, turn right onto the little track, walking past the houses for about 0.5km. When you reach the tarmac road, cross straight over and go straight down. At the end of the road, you will reach a stone wall. Here you should take the track that goes straight ahead, following it downhill. It emerges on the promenade near the bridge, where you turn right to reach the port.

Trail Notes

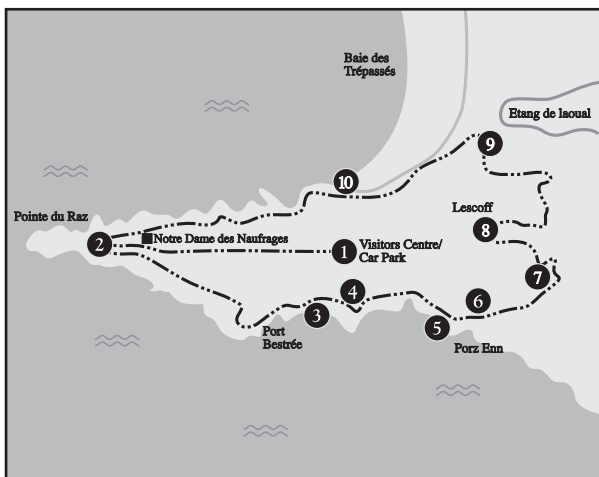
Drive Raguénès 6mls, Bénodet 21mls, Fousenant 15mls
Distance 7m/11km (shortcut 5m/8km)
Grade Easy
Terrain Mainly paths. Wooded sections, muddy after rain.
Suitable All the family, parts may be tricky with a buggy
Time 3 hours (2 hours for the shorter route)
Start/end The port in Pont-Aven
Car park Free spaces around the start point.
Map IGN 1:25 000 0620 ET, Quimperle, Pont-Aven

Route Five

5mls/8km (2-3hrs)

The Pointe du Raz

The walk takes in some of the stunning scenery along the footpaths of the high cliffs. The point itself sits on a high, rocky outcrop, high above the sea.



Directions to start

From the N165 Express way, take the first exit for Quimper, towards the D765, then take the D784 to the Pointe du Raz.

Route Description

1 From the car park at the visitors centre, head to the information bureau and the start of the walk out to the Pointe. Follow this for about 10mins to reach the signal station and the statue on the cliffs. Straight-ahead is the Pointe du Raz.

2 Bear left keeping the sea on your right, along a wide path on the cliff top. When the track forks, take the narrow, right hand path, SP Sentier Côtier, which follows the edge of the cliff.

3 At the next fork, the right hand path goes to Port Bestrée, the left hand path continues to the port road.

4 From here continue along the coastal path. The path eventually passes an arch through the rock and winds down into a cove. At this point continue along the coastal path, not following the path ahead, and begin to climb again.

5 You will pass another little cove, which is Pors Enn and then climb back up the cliff. When you are at the top, follow the yellow waymarks that direct you to turn inland.

6 Follow this track across the grassland until you reach a surfaced road. Here, turn right and follow to the village. At the road junction by the first houses, turn left, walking uphill. Take the first left, which takes a sharp bend around to the right. Ahead you will see two traditional fisherman's cottages.

7 Walk past these, then take the first track to the left, which leads you down hill to a lavoir and a stream at the bottom, then climbs back up past the chapel of St Michel. The path bears right between two walls and emerges in a little square.

8 Turn right and then right again at the junction, following the waymarks, which takes you back to a track between stone walls. At the end go left and left again to bring you back out on the main road, which you should cross over.

9 Take the road on the other side which will bring you to a grassy area, a track leads down between some houses on the left. It levels out along the top of a field. At the next junction turn right, you will meet another lavoir and eventually join the road where you descend to the Baie de Trépassés.

10 Before you reach the bay, turn left, SP Sentier Côtier. This is the part where the path is steepest, with some sharp drops. Follow the path across the heather and back to the visitor centre.

Trail Notes

Drive Fousenant 43mls, Benodet 35mls, Guilvinec 34mls (the drive can be long during high season as roads and towns are busy with traffic)

Distance 5mls/8km.

Grade Moderate.

Terrain Coastal path and surfaced roads.

Suitable Families with older children.

Time 2 to 3 hours.

Start/end Car park at the visitors centre at Pointe du Raz.

Car park There are ample parking spaces here (€5).

Map IGN 1:25 000 0419 ET Audierne, Pointe du Raz, Sein

Route Six

3.5mls/6km (2 hrs)

Kerascoet - A Coastal Walk

This route follows the coastal path to Kerascoet, a lovely village full of thatched houses and a couple of good cafés then returns to Cam[ing les Deux Fontaines by an inland route. It is an easy 2 hour stroll, allowing plenty of time to explore the village and is suitable for everyone.

Route Description

1 Leave the campsite and cross the road to take the farm track directly opposite which leads to the beach. At the end of the track turn left on the road, SP Plage.

2 When you reach the coast turn left and follow the coastal path, keeping the sea on your right. Keep on the coastal path, ignoring all other paths until you reach a rocky inlet and then two benches at the viewpoint.

3 Turn left opposite the benches and go inland following a path signposted with blue and yellow markers. There is also a signpost for the Café Vert in Kerascoet.

4 At the top of the path turn left onto a road. Follow the road for a short distance and where the road goes right follow the path straight ahead into Kerascoet. (When you reach the café L'île Vert, you can turn right to explore the village.)

5 Turn left down the road on front of the café. At the bottom of the road turn right and follow the road through Keilou, into Tremorvezen.

6 Turn left along a path just before the chapel in Tremorvezen. (Don't worry if you miss this turn, just turn left on the Rue des Iris after the chapel). When the path reaches the road (Rue des Iris) turn left and you will see the campsite entrance ahead on the right.

Trail Notes

Distance 3.5mls/6km.

Grade Easy.

Terrain Well defined paths and quiet roads.

Suitable All the family.

Time 2 hours allowing time for exploring Kerascoet.

Start/end Camping Les Deux Fontaines, Raguenez.

Map IGN 0620 ET Quimperle Pont Aven

Facilities There are two cafés in Kerascoet

Golf Guide

With its mild climate, Brittany is an ideal destination for the avid golfer & is perfect for those looking for quieter courses. Here, we have listed some of the best courses. We advise you to book tee times in advance, particularly in high season & at weekends.

Formule Golf Pass

This pass offers unlimited access to different courses. You have double the length of the pass to use it. It offers a reduction in the price of green fees, and costs €78 for two days (extra days €39). Half price for under 21's. See www.formule-golf.com

Useful Web Addresses

Blue Green: 16 golf clubs; www.bluegreen.com

Formule Golf: 15 golf clubs; www.formule-golf.com

Nouveaux Golf de France: 13 clubs; www.ngffr

Open Golf Club: 8 golf clubs; www.opengolfclub.com

French golf on-line: www.backspin.com

Yahoo golf listings: www.fr.sports.yahoo.com/golf/france

Brittany Golf: www.golfouest.com

Golf de l'Odet

18 Holes, Par 72; 9 Holes, Par 27

Length: 6390yds, 5843m; 1084yds, 991m

Green Fees: 18 holes: €49, 9 holes: €23 - 37.

Address: Clohars Fouesnant, 29950 Bénodet; Tel: 02 98 54 87 88
www.formule-golf.com; email: golf.odet@formule-golf.com

Location: Bénodet 3mls; Quimper 8mls; 22 mls west of Lorient.

Distance from Canvas Sites: Bénodet 3mls, Fouesnant 7mls,

Guilvinec 17mls, Raguenez 17.5mls, Arzano 35mls.

Course Description: Excellent golf for both high & low handicapper. Has water hazards, large bunkers, pine trees & long, wide fairways.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, practice area, putting green, mini golf.

Golf de Cornouaille

18 Holes, Par 71

Length: 6214yds, 5682m

Green Fees: €48.

Address: Manoir de Mesmeur ; 29940 La Forêt Fouesnant

Tel: 02 98 56 97 09

www.golfdecornouaille.com; email: golf-de-cornouaille@wanadoo.fr

Location: 10mls from Quimper.

Distance from Canvas Sites: Fouesnant 6, Bénodet 8, Raguénès 13, Guilvinec 22, Arzano 30mls.

Course Description: An undulating course with expansive fairways, water hazards and woodland.

Facilities: Trolley and club hire, pro-shop, restaurant, bar, practice area, lessons.

Val Quéven

18 Holes, Par 72

Length: 6679yds, 6107m

Green Fees: 18 holes €49; 9 holes €35-37.

Address: Kerruisseau, 56530 Quéven; Tel: 02 97 05 17 96

www.formule-golf.com; email: golf.valqueven@formule-golf.com

Location: 3mls west of Lorient; 16mls west of Auray.

Distance from Sites: Arzano 17, Raguénès 25, Carnac 28, Fouesnant 38, Bénodet 40, Baden 34mls.

Course Description: One of the best courses in western France. Set in secluded wooded parkland with two lakes. Hilly in parts.

Facilities: Trolley and club hire, pro-shop, restaurant, practice area, putting green.

Golf de St Laurent-Ploëmel

18 Holes, Par 72; 9 Holes, Par 35

Length: 6702yds, 6128m; 2958yds, 2705m

Handicap Requirements: Max. 35.

Green Fees: 18 holes: €49, 9 holes ; €30 - 37.

Address: 56400 Auray; Tel: 02 97 56 85 18

www.formule-golf.com; email: golf.stlaurent@formule-golf.com

Location: 5mls from Auray; 10mls east of Lorient; Vannes 20miles.

Distance from Canvas Sites: Carnac Metairie 5.5mls, Carnac Menhirs 5.5mls, Baden, 7mls, Arzano 41 mls, Raguénès 49mls.

Course Description: A first class, easy walking course with long tree lined narrow fairways in traditional parkland with lakes.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, putting green, practice area, bunkers.

Golf de Baden

18 Holes, Par 72; 3 Holes, Par 9

Length: 18 holes; 6509yds, 5952m, 9 holes; 585yds, 535m.

Green Fees: Approximately 18 holes: €49, 9 holes: €35 - 37.

Address: Kernic, 56870 Baden; Tel: 02 97 57 18 96;

www.formule-golf.com baden.golf@formule-golf.com

Location: 8 mls east of Auray; Vannes 10mls.

Distance from Canvas Sites: Baden, 0.5mls, Carnac Métairie 14.5mls, Carnac Menhirs 14.5mls, Arzano 46mls.

Course Description: Set in the valleys surrounding the village of Baden. Lakes, sea inlets and pine forests all add to the challenge.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, practice area, putting green.

Golf de la Bretesche

18 Holes, Par 72

Length: 6578yds, 6015m

Handicap Requirements: Max. 35.

Green Fees: 18 holes €45-60; 9 holes €43-54.

Address: Domaine de la Bretesche, 44780 Missillac

Tel: 02 51 76 86 86

www.bretesche.com Email: bretesche@relaischateaux.com

Location: Redon 15mls, 18 mls north of La Baule.

Distance from Canvas Sites: Carnac Métairie 53mls, Carnac Menhirs 53mls, Baden 44mls.

Course Description: Situated deep in a forest bordering a picturesque castle and surrounded by a large lake. This elegant old parkland course is one of the best known in France.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, bar.

Golf de la Baule

18 Holes, Par 72, 18 Holes, Par 72, 9 Holes, Par 36

Length: 6740yds, 6301m; 6375yds, 6055m; 3238yds, 2961m

Handicap Requirements: Max. 30 on 18 hole, Max. 35 on 9 hole.

Green Fees: 18 holes: €54-74, 9 holes: €30 - 41.

Address: 44117 Saint André des Eaux

Tel: 02 40 60 46 18

www.lucienbarriere.com; golfinterlabaule@lucienbarriere.com

Location: La Baule 18mls.

Distance from Sites: Carnac 61mls, Baden, 55mls.

Course Description: Set around the National Park of La Grande Brière. Former venue for the French Open.

Facilities: Buggy, trolley and club hire, pro-shop, restaurant, bar, putting green, practice area

Free Canoe Hire

At Camping Ty-Nadan (Arzano), Canvas Holidays provide a canoe to give you a taster session (up to four hours per party.) Then, if you get 'bitten by the bug', you can hire equipment and arrange instruction locally. The canoe is equipped with buoyancy aids, but we do not offer tuition. Please ask your couriers for more information.

Up to date information.

The information contained in this guide has been compiled from reports written by Canvas customers. This information was last updated in 2002/2003/2006. We have not verified the information herein and cannot attest to its accuracy.

Have we got it right?

We are constantly looking for ways to improve our service and would be grateful for your comments about our activities booklets. If you have any suggestions, or if any of the information in this booklet is inaccurate, we would like to hear from you.

Please send your comments (quoting ref AB0406) to:

Canvas Holidays (Activity Guides)

Freepost EH2 526

Dunfermline

Fife

KY12 7BR

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