

Perros & Carantec

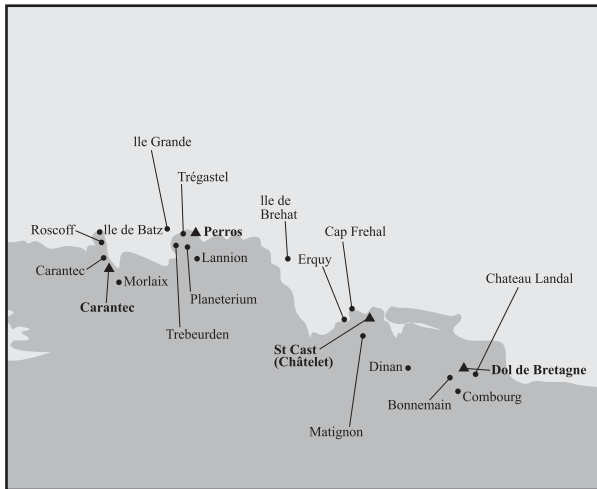
Regional Activity Guide

This guide provides detail on the 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 Maria Oxborrow and David Wilson 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 that you obtain a large scale 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 VTs 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
Col Fermé	Road/Pass closed
Priorité à Droite	Give way to right
Route Barrée	Road closed
Sens Interdit	One Way
Sauf Riverains	Motor vehicles prohibited, access for residents, cyclists and walkers.
Sauf cyclistes	Prohibited except for cyclists

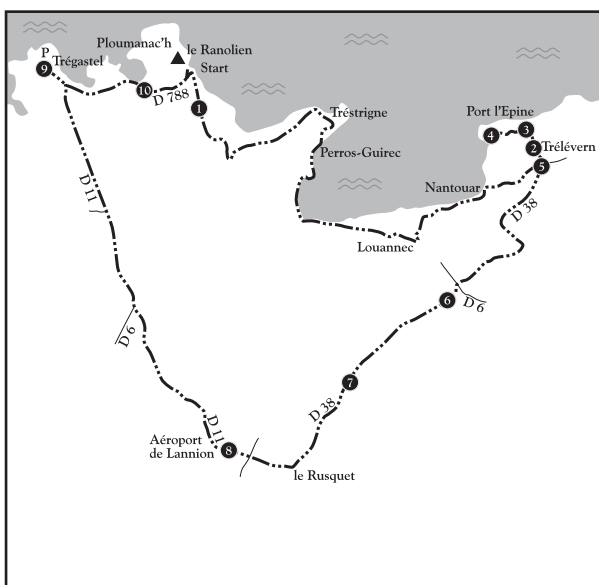
For more Useful Phrases see your Canvas Holiday Guide.

Route One 25mils/40km (up to 4hrs)

Through Perros Guirec to Port L'Epine

This route leaves from Camping Le Ranolien and takes you along gentle hilly roads through Trélévern and onto the pretty port of Port L'Epine. Enjoy the great variety of landscape in this fascinating region as you continue onto Trégastel and Ploumanac'h.

"On this ride you travel through a great variety of scenery and diverse towns and villages. This enjoyable route shows interesting aspects of this region other than the coastal tourist areas." David Wilson, Cumbria.



Route Description

1 Leave Camping Le Ranolien, keep left on the D788. Go straight on at the traffic lights and through the 2nd set of lights. Follow the main road through Perros-Guirec towards Tréstrigne.

2 Turn left at a large intersection SP Louannec on the D6, then go straight ahead at the roundabout as you enter Louannec. Turn left SP Nantouar and left again after 45m. Cycle down the hill through trees and continue along a road, alongside a pebbly beach, before climbing up into Trélévern.

3 Continue left at the intersection and follow SP for Port L'Epine. Take a left turn at the fork by a green signpost with a picture of two walkers, which indicates Port L'Epine. This small, quiet village is fringed by sand at the west end near the breakwater.

4 Leave Port L'Epine by the D73 and as you climb the hill back up to Trélévern - there are wonderful views out to sea.

5 Go straight through the village, past the church and bank, and bear left through the village to a T-junction with the D38.

6 Turn right onto the D38, SP Perros-Guirec and Lannion. Follow a level stretch of road, which then drops downhill through woods with a picnic area on the right. At the bottom of the hill you pass over a stream before climbing out of the valley.

7 At the roundabout take the 2nd right SP D38 to Lannion. Follow the D38 which is flat but carries a fair amount of traffic.

8 Come into Le Rusquet and turn right at the traffic lights. At the roundabout, go straight ahead SP Trégastel on the D11. Pass around the estate at the airport. At the next roundabout continue straight ahead SP Trégastel, D11. You will leave the airport building complex, cycling into open country on a gentle hilly road through small hamlets.

9 Cycle along the fairly flat road through fields surrounded by woodland. Enter Trégastel and continue to a small roundabout. Turn right onto the D788, SP Ploumanac'h and Perros-Guirec. Carry straight on at the roundabout following the same signs.

10 Arrive back at the campsite.

Cycle Notes

Distance 25 miles/40 km.

Grade A combination of flat and hilly sections.

Terrain Well surfaced and can be ridden by any bike.

Suitable Average cyclist, take care with children.

Start/end Camping Le Ranolien.

Time Approx 4 hours inc. stops.

Map IGN 0714 OT 1:25000. Lannion. Perros-Guirec.

Facilities There are bars and restaurants in villages and hamlets.

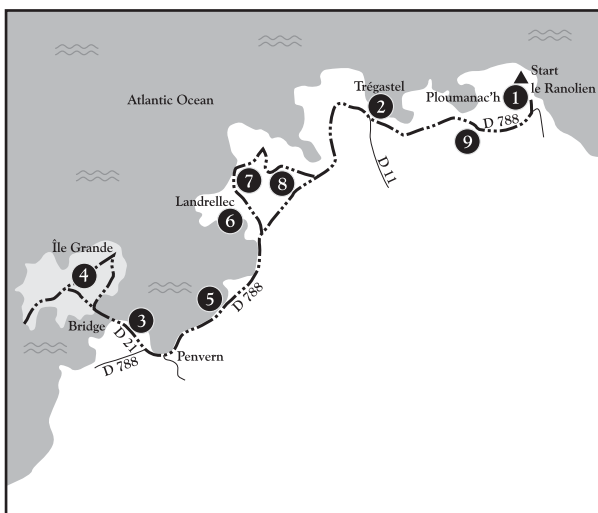
Bikes Bike hire shop in Perros-Guirec and one near Lannion.

Route Two 15mils/24km (2hrs)

Exploration of superb beaches on Île Grande

Follow the D788 to Île Grande, and cycle the maze of small roads and tracks. Divert to Landrellec on your return, which has lovely sandy beaches with rocky islets.

"Île Grande is somewhat off the beaten track and children especially, will enjoy exploring it." David Wilson, Cumbria.



Route Description

1 Leave Camping Le Ranolien and turn right onto the D788 to Trégastel. At a mini roundabout in Trégastel go straight ahead on the D788 and turn left at the next roundabout SP Pleumeur-Bodou/Trébeurden.

2 Turn left at the top of the hill following the same signs. The road takes you through the suburbs of Trégastel where it becomes tree lined and gently descends down towards the coast. The road is fairly level and on the right are excellent views of the bay and small rocky islets. You will see Île Grande ahead.

3 Cross the bridge keeping the bay on your right and a small lake on the left. Continue for around 70m and turn right SP, D21 Île Grande. The road becomes more tree-lined and opens out later giving way to a bay on the left.

4 Cross a narrow strip of land and over the bridge to Île Grande. Carry on up to a T-junction, passing a supermarket on your left. There are many signposts detailing the attractions on the island. There are cafés, restaurants, bars, bakers and an ornithological centre. Île Grande is a maze of small roads and tracks. It has lovely sandy beaches, the harbour of St Sauveur at the west end and a sailing centre at the east end.

5 To return to the campsite, retrace your route off the island to the D788 and turn left. Pass through Trégastel and Ploumanac'h as on the outward journey. Follow the D788 for a few hundred metres, and at the point where the D21 turns off to Pleumeur-Bodou you will see a bridge decked with floral arrangements.

Diversion from the Landrellec

6 About 2.3 miles/3.6 km from the bridge, turn left into Landrellec and continue through the village.

7 Continue for around 700m until you come to a sandy beach with little rocky islets, a good place to stop and stretch your legs.

8 Continue along the road to the right, then after several hundred metres turn right, past the municipal campsite. Turn left 200m further on and follow the road around a corner, before turning left again.

9 Keep right at the junction. Continue until you meet the D788 and turn left. Follow the D788 through Trégastel and Ploumanac'h as on the outward journey.

Cycle Notes

Distance 15mils/24km or add 2mils/3km for detour.

Grade A combination of flat and hilly sections.

Terrain Well surfaced and can be ridden by any bike.

Suitable Average cyclist, take care with children.

Start/end Camping Le Ranolien.

Time Approx 2 hours excluding stops.

Map IGN 0714 OT 1:25000. Lannion. Perros-Guirec.

Facilities There are bars and restaurants in the villages and hamlets.

Bikes Bike hire shop in Perros-Guirec and near Lannion.

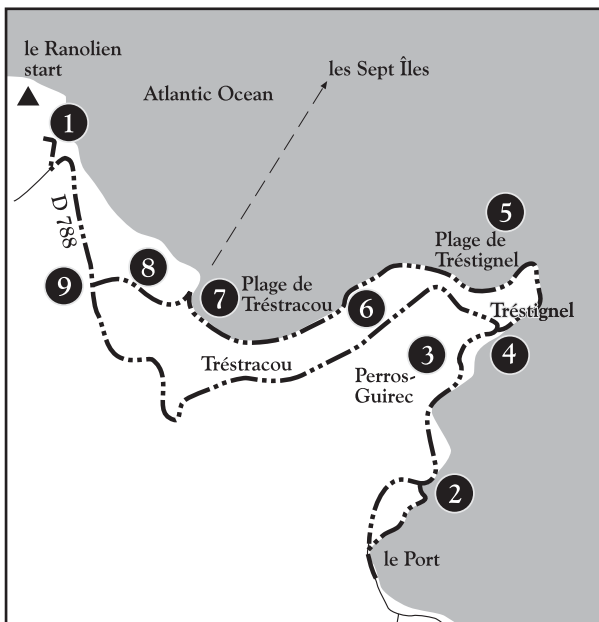
Route Three

8mils/13km (2hrs)

The beautiful beaches of Perros Guirec

This route leaves from Camping Le Ranolien and is a fantastic ride for children, through the loveliest part of Perros Guirec. It avoids the main centre and returns along the coast. The many beaches along the way are a great place to stretch your legs.

"The scenery changes all the time which makes it such an interesting and worthwhile ride." David Wilson, Cumbria.



Route Description

1 Leave Camping Le Ranolien and turn left onto the D788 towards Perros-Guirec. Cross a large intersection at the start of the shops. Turn right SP Le Port par Centre Ville, Place d'Eglise. Go down the Rue Gen. De Gaulle into the Place d'Eglise. Carry on down the hill through a small square with the church on your left, and onto Rue du Marechal Joffre.

2 Come to the boating lake, Bassin de Chasse, and follow the road with the lake on your left, then onto the road which runs alongside the harbour. This is the Chausse de Linkin, which passes the port and marina before leading into the Bvd de la Mer. Follow this road as it rises gently.

3 Turn right onto Rue de Trestrignel and at the junction, turn to the extreme right going down the Rue de Pré de St Maur. You will do a loop following this road and return to the same point at the left hand side of this junction. The road descends at first, then climbs and drops.

4 Back at the junction, go down Rue Maurice Denis on your right. Take a sharp left after 170m and continue to the promenade.

5 Cycle along the promenade overlooking the Plage de Trestrignel and continue along the bay. At the far end take the Chemin de la Messe, SP Centre Ville, and carry on up the hill, which runs parallel to the coastline.

6 When you come to the large square, take the road SP Palais des Congrès and Plage de Trestraou along the Rue des Sept Îles. Continue over the junction onto the Rue du Mal Foch and cycle downhill.

7 You are now at the Plage de Trestraou, the largest beach in the area, which is dotted with bars and restaurants. At the far end of the bay is a quay from where boats leave for 2hr round trips to the bird sanctuary of Sept Îles. Proceed along the road parallel to the promenade.

8 At the end of the road take the Rue de la Clarté, SP Sentier des Douaniers. This is a steep hill with sharp bends at the bottom which gradually lessen as you ascend. Continue to the traffic lights.

9 Turn right onto the D788 & follow this road back to site.

Cycle Notes

Distance 8mils/13km.

Time Approx 2 hours plus.

Grade Some steep sections followed by downhill rides.

Terrain Well surfaced and can be ridden by any bike.

Suitable Average cyclist, take care with children.

Start/end Camping Le Ranolien.

Map IGN 0714 OT 1:25000. Lannion. Perros-Guirec.

Facilities There are cafés, bars and restaurants in Perros-Guirec.

Bikes Bike hire shop just after the Place d'Eglise in Perros-Guirec, and one near Lannion.

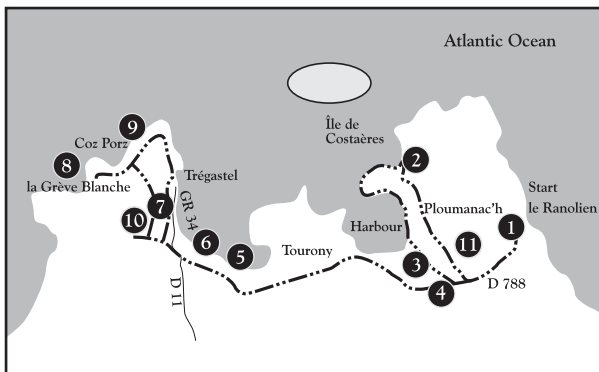
Route Four

9m/15km (2hrs)

Beaches of Ploumanac'h and Trégastel

This route leaves from Camping Le Ranolien and explores the seven different & exquisite beaches of Ploumanac'h and Trégastel.

"The best way to visit all these beaches is by bike; one at least can't be reached directly by car. You only need to travel just over 4m/6 km to the farthest beach." David Wilson, Cumbria.



Route Description

1 Leave Camping Le Ranolien and go right along the D788 for about 550m in the direction of Ploumanac'h. Turn right at the traffic lights into the town and continue down the road following signs for La Plage.

2 After passing through the square you come to the beach just beyond. Retrace your route up the main street and follow signs for the port.

3 Have a look around the harbour, which has many brightly coloured moored boats. Turn left along the harbour's edge and continue up a slope to reach the D788 to Trégastel.

4 As you leave the harbour area, you will notice a track going off to the right, which leads to a building which once housed a tide operated mill. If you continue along this track, pushing your bike, it will bring you to the D788 where you turn right.

5 Cross the bridge and pass "Le Moulin à Marée de Trégastel". Cross the bridge and take the 2nd road on the right, Rue de Tourany.

6 You come to an attractive white sandy beach. Retrace

your route back to the main road and turn right onto the D788 towards Trégastel. Continue through the centre of the town. It is worth a visit to the tourist office and the church.

7 Continue to the top of the hill, which leads out of Trégastel and cycle straight ahead down the Ave de la Grève Blanche. Note there is a one-way system, which means you take a right, and then a left turn.

8 At the end of the road, go through the entrance of the sailing centre onto the beach. Grève Rose beach is to your left and Grève Blanche to your right. Return to the Ave de la Grève Blanche and, at the top, turn left onto the Rue de Roi Gradlon. Continue for 200m and turn right up Ave d'Ys. Continue for 135m and turn left at the top of the hill. Continue along the road as it bends round the top of the hill. You will come to an orientation table. Opposite is a path leading to a large rock, which overlooks the east end of the Grève Blanche. Continue around the hill and turn left onto the Rue des Calculots. Follow this road downhill to a T-junction and turn left.

9 This brings you to the Forum, and the Plage du Coz-Pors lies in front. Continue along the shop facade, pick up the footpath around the base of the large rock where you'll have to push your bike, and then descend the shallow steps to a raised path around the top of the Plage de Ker ar Vir. Continue along a wide track to the Grève de Toul Drez set of beaches.

10 Continue along this track until it joins a road. This brings you to the Boulevard du Coz-Pors near the aquarium. Turn left and follow this road until it meets the D788. Turn left and carry on through Ploumanac'h.

11 Return to the Camping Le Ranolien.

Cycle Notes

Distance 9m/15km.

Time t Approx 2 hours inc. stops.

Grade Most of the route is flat with some small hills.

Terrain Well surfaced and can be ridden by any bike.

Suitable Average cyclist, take care with children.

Start/end Camping Le Ranolien.

Map IGN 0714 OT Top 25 1:25000 Lannion, Perros-Guirec.

Bikes Hire shop near Place d'Eglise in Perros-Guirec.

Route Five 10mils/16km (2hrs)

Countryside and Seaside around Trébeurden

A ride through countryside to a Space Communications museum, a Planetarium and a Gauloise village. Stop at the attractive beach resort and marina at Trébeurden.

"This ride takes you through countryside via quiet lanes to the forefront of technology at the France Telecom's museum, the Planetarium, and onto a beach resort at Trébeurden. You'll enjoy some wonderful scenery" David Wilson, Cumbria



Route Description

1 This ride begins from the Aire de Keryvon, which is 4.9mils/ 8 km from Camping le Ranolien on the D788 and 1km from the junction of the D788 and D21 at Penvern. You'll come across a small parking area, picnic tables and an information board. Look out for the '!' sign, and a picnic table sign (fir tree beside table) as you approach from the Trégastel direction.

2 Turn right from the Aire de Keryvon along the D788. As you ride along there are some great views out to a bay fringed by fine sand, where it's possible to swim if the tide is high. Get your bearings by taking note of Île Grande to the left and Landrellec to the right.

3 Turn left at the junction in Penvern SP D21 Pleumeur Bodou and Lannion. There is an attractive little pond on this corner, with pretty flowers adorning the bridge side. You'll find a picnic table at the end of the village on the right. Continue along the D21 until you see a large dome and several large dish aerials ahead, marking the centre for space communications.

4 Turn left SP Metropolis.

5 Turn left again into the Metropolis site. This fascinating spot has plenty to keep you occupied for several hours, or on a rainy day. Leave the Metropolis site and retrace your route back to the main road. Carry on down the main road for nearly 300m.

6 Turn left onto a minor road, SP Chapelle de St Ilzac. After 200m you'll come across the Expo Efflamine which is a small gallery exhibiting lovely paintings, etchings, ceramics and sculptures; principally about cats. Continue along this quiet leafy lane.

7 Turn left at the junction to St Ilzac and continue past the church.

8 Turn right at the next junction into a lane SP Chemin de Kerglet. This quiet leafy lane passes through the village of Kerglet.

9 Arrive at a T-junction and turn right into Rue du Pouldu. You are now on the D6 in the suburbs of Trébeurden. Go straight ahead, SP Le Port, Plages.

10 After a right turn in the road, go left at a junction SP Le Port, Plages. Go straight down to the sea front.

11 Turn left at the sea front and cycle along to the port and marina, where yachts are neatly moored within an artificial breakwater. Trébeurden beach is a pleasant sandy spot overlooking the marina, with quite dramatic rock scenery. Retrace your steps back to your original point on the seafront.

12 Go straight ahead keeping the Hotel Ker au Nod to your right. Climb the hill, which is rather steep for a short distance.

13 Turn left at the junction with the main road D788, SP Perros-Guirec. This brings you to another bay and the Plage de Gooz Trez. Continue along the D788 where a further curving bay comes to view. From here you catch a glimpse of Île Grande and its main harbour, St Sauveur.

14 Continue through the village of Penvern and continue along the D788 until you return to your starting point.

Cycle Notes

Distance 10 miles/16 km

Grade This easy route is mainly flat with minor hills.

Terrain Well surfaced and can be ridden by any bike.

Suitable The average cyclist, although take care with children on the main roads.

Start/end Aire de Keryvon.

Map IGN 0714 OT 1:25 000. Lannion.Perros-Guirec
You will find a selection of local town and area maps in the Office de Tourisme.

Facilities Cafés, bars, restaurants and ice cream bars are never far away.

Bikes There is a bike hire shop just after the Place d'Église in Perros and one near Lannion.

Note: Entrance to the Metropolis site is €7 for an adult and €5.60 for a child. Under 5's go free. It is open from 11am until 6pm (7pm in July and August) and film showings are hourly. For more information, please see www.leradome.com

Walking Routes

Our thanks go to Bev Wilders and Carol Devine who carried out the research and supplied us with the information for route one. Please note that all information is correct at the time of research. We recommend you obtain a large scale map of the area to accompany the routes described 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.
- 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.

Useful Walkers Phrases

- Sauf Riverians – Access only for residents, cyclists and walkers
- Sauf Pieton – Pedestrians only
- Défense d'Entrer – No Entry
- Propriété Privé – Private Property
- Sentier de Randonnée – Footpath
- Sentier Côtier – Coastal footpath
- Variante – Alternative Route
- Quartier – Part/district
- Coteau – Hill/hillside
- La Coeur de Ville – town centre
- Je suis perdu – I am lost
- Pour aller à... – How do you get to...

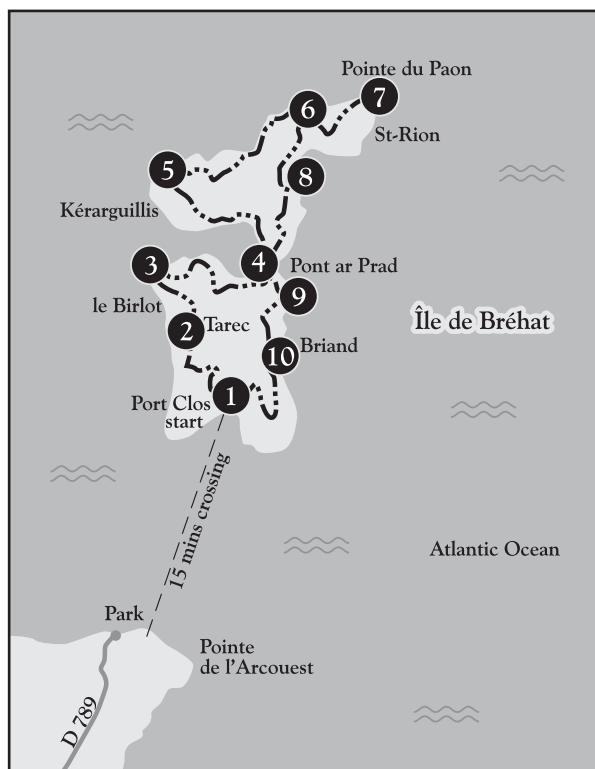
For more useful phrases, please see your Canvas Holiday Guide

Route One up to 8mls/14km (4hrs)

Explore the Île de Bréhat

This route leaves from the ferry landing at Port Clos. This easy walk around the Île de Bréhat can be shortened to suit all ages. The northern island is less inhabited and wilder, while the southern island is a wonderful habitat for palm and eucalyptus trees.

"Sailings with Vedettes de Bréhat are roughly every hour during the summer and every two hours during the rest of the year. Get there in plenty of time and follow the crowd if your French isn't up to translating the information given on the boat,"
Bev Wilders and Carole Devine, Cheshire.



Start and finish point

The walk starts and finishes at the pier at Port Clos. Île de Bréhat lies 2km off the coast at Pointe de l'Arcouest, 4 mls/6km northwest of Paimpol along the D789. The ferry crossing takes 15 minutes.

Route Description

1 From the ferry point walk up the road and turn left past white-walled villas. Turn right at the T-junction then over the crossroads and follow the narrow road bearing right. Turn left, then left again after 50m and head towards the coast. Fork right at the next junction, walk towards a line of trees and turn right again. Continue along the road and turn left at the fork, then almost immediately right and follow a narrow track past a T-junction and towards the sandy bay of Crec'h Tarec.

2 The Chapelle St Michel sits on a high hillock and offers the finest views of the island. To get there, join a slightly wider lane and follow it around the bay towards the chapel on a slight rise ahead. Bear left at the junction below the chapel, then right at the next fork. Walk ahead, ignoring side turnings, towards the narrow scrub-covered point, which juts out into the open channel.

3 At low tide the tiny Île Modez is linked to the mainland by a huge expanse of rocky foreshore. Walk back from the point and bear left onto a lane, which passes a group of cottages. Turn left at the next junction towards the bay. Continue past the house at the end of the lane and walk out onto the foreshore. Turn right and follow a footpath along the shoreline. Turn left where the path meets a narrow road and continue past several cottages and an old farmhouse. Bear left at the road junction.

4 The route splits at the 18th century bridge "Vauban's Pont ar Prad", which links the two islands. Vauban, the great military engineer who also rebuilt many of the fortresses on France's eastern frontier, built the bridge. At high tide the sea fills the channel beneath the bridge, cutting the island in two.

Short route option: Turn right before the bridge and follow the instructions from point 9.

Longer route option: Continue ahead across the bridge, turn left at the road fork and follow the road around the bay. Turn left at the next fork, onto an unsurfaced lane, which gradually turns inland, and winds between low hillocks, to reach the northern shoreline.

5 The northern island is the least inhabited and probably offers the greatest scope for more remote walking.

Turn right at the shoreline and follow a grassy path above it for approx. 2km. You will pass a small pond and the path eventually joins a narrow road at the hamlet of Kervarabès.

6 Turn left at the road and walk to the end by a cluster of houses at St-Rion. You now have the option of following the footpath ahead across open scrub towards the lighthouse at the rocky outcrop of Pointe du Paon.

7 The lighthouse at Pointe du Paon looks out onto the Channel. Retrace your steps back to point 6 and follow the road past the houses on the left to a staggered crossroads.

8 At the southern island you will find yourself in the midst of palm trees, mimosa and eucalyptus. This is very different from the windswept meadows on the north island. Bear left at the crossroads, then right along a farm lane until it meets the road again. Continue along the road towards the bridge. Walk across the bridge and turn left at the next road junction.

9 Le Bourg is the island's capital and consists of a tiny cluster of houses around a 12th-18th century church. Go left and then right over the staggered crossroads towards the sea, and turn right to follow a track into the island's main village, Le Bourg. Walk up to the square and turn left to go past the church down to the coast. Bear right inland again.

10 You will come to the small 19th century citadel of Le Goaréva which is set amongst pinewoods and which still guards over Port Clos. Bear left at the crossroads and follow the narrow road towards the headland. Follow the road round to the right and walk inland between tiny fields and attractive villas. Turn left back on yourself, down a narrow lane, which winds its way back to the ferry landing stage.

Trail Notes

Distance 4 mls/7km for shorter route.

8mls/13km for longer route.

Grade An easy walk, can be shortened to suit all fitness levels.

Terrain Well trodden paths and small roads.

Suitable All ages.

Time 2hrs short walk, 4hrs longer route inc stops.

Start/end Ferry landing at Port Clos.

Car Park Plenty of parking available at Pointe de l'Arcouest.

Map IGN 0814 OT 1:25 000 Paimpol, Tréguier, Île de Bréhat.

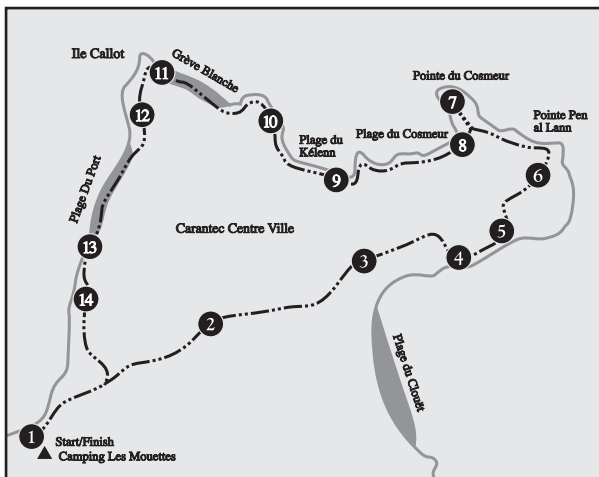
Facilities The Island has small cafés and restaurants.

Route Two

6mls/10km (2 to 3hrs)

Carantec – Around the Bay of Morlaix

This is a delightful circular walk from Camping les Mouettes, Carantec, which follows the coastal path, looking out onto the Bay of Morlaix and its islands. This is a good walk for the whole family, and there is the opportunity to visit the Île Callot only accessible by the causeway in low tide.



Route description

1 Leave Camping les Mouettes from the front entrance and walk up the hill along Route de la Grande Greve. At the crossroads, go straight over, which will lead you to a main roundabout. Here, you should go straight over, following signs for Centre Ville.

2 After about 200 meters, you will come to a second roundabout, where you should go right, still following signs for Centre Ville. After another 300 metres, you come to a third roundabout, which you should go straight over, onto Rue François de Kergrist.

3 At the end of this road, turn right onto Rue Tourville, SP Plage de Kélen. After 400 metres, you will come to another roundabout, where you should go straight over, SP Pointe de Cosmeur, picking up the waymarks for the GR34. After 100 metres, you need to turn right into a little road that follows the sea, still following the GR waymarks. Along here, you can enjoy some fine views across the Morlaix River.

4 At the oyster culture centre, you should keep straight ahead between the buildings. As you come to the end of the road, you will find the Maison de Huitres – a good place to buy fresh oysters! Pass this and then continue behind the building – ignore the uphill track.

5 Still following the GR waymarks, you walk a short distance along the beach and then turn up some steps towards the tall pine trees and into Parc Claude Goudo. This is a municipal park that was founded in 1974 on the spot where the Chateau de Méziers stood. A fire destroyed the chateau in 1935. Today the park is the home to a collection of rare and exotic species, unique in this area of France. There is almost a Mediterranean feel to the park, and it is worth exploring.

6 Continue straight ahead to the Pointe Pen al Lann, where you can enjoy some fantastic views of the Chateau de Taureau and the Île Louët. You can see a white wall which lines up with another at sea and is used to guide boats to land through this dangerous stretch of water.

7 From here, continue straight on along the coastal path, following the GR markers. You are walking above the beach and the track gently undulates. When you come to a junction in the road, keep straight ahead, and then turn right to go out to the Pointe de Cosmeur.

8 Retrace your steps from the point and follow the track straight ahead until you come to a track on the right, SP Plage du Kélen, which you need to follow.

9 This track now passes past the Plage du Cosmeur and then climbs uphill to a viewpoint, from where you can see across to the Plage du Kélen. From the viewpoint, you should descend to the beach. You will pass a picnic site, which will make a good stopping point.

10 Still following the waymarks, you will arrive at the Chaise du Curé, and from here, the path continues downhill. When you reach the surfaced road, you should turn right to go back down to the beach.

11 Cross the first beach, keeping to the right around the stone wall, and then cross the second beach to an alley on the far side. Still following the waymarks, you will come out in a parking area. Keep to the right and go down to the beach in order to reach the start of the causeway to the Île Callot

12 From the end of the causeway, walk along Rue du Port, keeping the sea on your right. At the end of the road, go down onto the beach, still following the GR waymarks. You should continue along the shore for about twenty minutes.

13 Just after you pass the Sibiril monument out to sea (in commemoration of a wartime resistance fighter) and as you reach the Sibiril Boatyard, cross over the slipways and look out for a narrow alley on the left before the oyster farm.

14 This alley emerges onto the road. Cross over onto the track that is immediately opposite, climbing uphill. At the fork in the road, keep right, this will bring you to a T-junction. Turn right, and walk back down Rue de la Grande Greve to reach the campsite.

Trail Notes

Distance 6mls/10km

Grade Easy

Terrain Coastal path and some surfaced roads.

Suitable All the family

Time 2-3 hours excluding stops

Start/end Camping les Mouettes, Carantec

Map IGN 1:25 000 0165 ET, Morlaix, Plestin-les-Greves

Facilities There are bars, shops and restaurants in Carantec.

Info Tourist Office located in Carantec at 4 Rue Pasteur.

Golf Guide

With its mild climate, Brittany is an ideal destination for the avid golfer and is the perfect choice for those looking for quieter courses. Often spectacular, coastal golf awaits you at courses such as Pléneuf Val André, Val Quéven and St Laurent-Ploëmel. In addition, our campsite at Dol-de-Bretagne includes its own 18 hole, parkland course that has hosted a number of major tournaments.

Local Golf Courses

We have listed some of the best courses, offering a variety to suit all golfing requirements. We would advise you to book tee times in advance, particularly in high season and 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

Golf Chains

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

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

Nouveaux Golf de France: 13 clubs; www.ngf.fr

Open Golf Club: 3 golf clubs; www.opengolfclub.com

Other useful addresses

French golf on-line: www.backspin.com

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

Brittany Golf: www.golfouest.com

Golf de Pen Guen

18 Holes, Par 68

Length: 5481yds, 5012m

Handicap Requirements: Any.

Green Fees: Between €27-51

Address: Chemin de Golf Pen Guen, Saint-Cast-le-Guildo

email: golfstcast@wanadoo.fr; www.golf-st-cast.com

Tel: 02 96 41 91 20

Location: In St Cast; St Malo 20mls.

Distance from Canvas Sites: Perros 80mls, Carantec 95mls.

Course Description: A short course with impressive sea views. The fairways are narrow and overall the course demands respect.

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

Golf de Pléneuf Val André

18 Holes, Par 72

Length: 6382yds, 5836m

Handicap Requirements: Not required.

Green Fees: €45-49; 9 holes €27-33.

Address: Rue de la Plage des Vallées, Pléneuf Val André

Tel: 02 96 63 01 12

www.bluegreen.com; email: pleneuf.val.andre@bluegreen.com

Location: Pléneuf Val André 2mls; Dinard 28mls west; Saint Brieuc 20mls; Lamballe 10mls.

Distance from Canvas Sites: Perros 67mls, Carantec 82mls, St Cast 18mls

Course Description: Built on the edge of the Emerald Coast with dramatic sea views. Well-maintained and suitable for players of varied ability. A mix of links and moorland, somewhat hilly.

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

Golf de Saint-Samson

18 Holes, Par 71

Length: 6281yds, 5743m

Handicap Requirements: None required.

Green Fees: Between €40-48.

Address: Rte de Kéréroc, 22560 Pleumeur-Bodou; Tel: 02 96 23 87 34

www.golf-saint-samson.com; email: golfhotelstsamson@hotmail.com

Location: In Pleumeur-Bodou; Lannion 5mls.

Distance from Canvas Sites: Perros 6mls, Carantec 35.5mls, St Cast 76mls.

Course Description: Ideal for the middle handicapper. A heathland course, which is wooded, and undulating with a number of natural hazards and fine sea views.

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

Golf de Carantec

9 Holes, Par 34

Length: 2691yds, 2451m

Handicap Requirements: Any.

Green Fees: Between €22-33.

Address: Rue de Kergrit 29660 Carantec; Tel: 02 98 67 09 14

Email: carantec-golf@wanadoo.fr

Location: Morlaix 8mls.

Distance from Canvas Sites: Carantec 2mls, Perros 39mls, St Cast 94mls.

Course Description: Adjacent to the sea, this nine hole layout is not difficult. Wooded and undulating course.

Facilities: Trolley and club hire, pro-shop, restaurant, practice area, driving range.

Golf de Brest Iroise

18 Holes, Par 72; 9 Holes, Par 37

Length: 6521yds, 5963m; 3509yds, 3209m

Handicap Requirements: Max. 35.

Green Fees: 18 holes: €40-45, 9 holes: €25 - 30

Address: Parc de Lann-Rohou, Saint Urbain, 29800 Landerneau

Tel: 02 98 85 16 17

www.brest-iroise.com; Email: golfhotel@brest-iroise.com

Location: Next to the town of Landerneau; Brest 12mls.

Distance from Canvas Sites: Carantec 28mls, Perros 56mls

Course Description: One of the most challenging courses in Brittany. Has tight fairways, punishing rough and exceptional greens.

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

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. 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 AB0306) to:

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