

# My travel memo

## TRIP IDEA

# From sea to plate in West Cornouaille.

Caption: Taste the delights of the sea and awaken your taste buds during a stay at the tip of Brittany. On the menu: gulps of salty air and sweet & savoury strolls to consume without moderation!

## AT A GLANCE

Stunning views of Pointe du Raz, endless fine sandy beaches, fishing ports where crayfish and line-caught sea bass are unloaded... In West Cornouaille, the sea is on your doorstep wherever you go! The tip of Brittany is also the birthplace of some essential regional dishes, including kouign-amann and Hénaff pâté From the narrow streets of Douarnenez, a city with a history based on sardine-fishing, to the cookery workshop of a sea fisherwoman in Guilvinec, via a sea trip in Audierne bay, this stay will make your mouth water!

### Day 1

## Douarnenez, in the footsteps of the "Penn Sardin"

First get settled and then discover Douarnenez at your pace. Follow the "Chemin des sardines" to understand the town's rich sardine past. Stroll along the quays. Once thriving thanks to the cannery business, they now bustle with the activity of numerous cafés and restaurants.

For a seaside atmosphere, head to the Tréboul neighbourhood and its beautiful beaches lapped by crystalline water. Don't miss out on the guided tour of Tristan Island. This haven of greenery has a wonderful exotic garden.

Between the sea and the countryside, the natural site of Plomarc'h is an exceptional place for a walk, with its old fishermen's houses. Here you can enjoy a breathtaking view of Rosmeur port. At the end of the day, the light on the coloured façades is superb.

- Feeling peckish? You have to try the kouign-amann by Thierry Lucas at Boulangerie des Plomarc'h.
- Lose yourself in the alleyways of Rosmeur Port, lined with fishermen's houses.

## Day 2

### Boat trip in Douarnenez bay

Ready to set sail? Board the sardine fishing boat "Telenn Mor" for a journey back to the time when the "Douarnenistes" would sail off to the Iroise Sea to fish sardines.

On-board this traditional boat, two sailors will teach you the ropes. Hoist the sails, trim the sheets, take the helm... Or just let yourself be gently carried by the waves.

After the dyke, "Telenn-Mor" quickens the pace in its favourite playground, Douarnenez bay. Appreciate the views of Tristan Island from the sea, the large beaches and the magnificent coast of Cap Sizun... These three hours on the water will seem very short!

- Taste the famous sardines at the Kerbriant traditional cannery
- Don't miss Pointe du Raz at Cap Sizun: the most western tip of France, opposite Sein Island.

## Day 3

### Audierne bay, a visit through food

Start your day with a good bowl of... sea air! The long beaches of Audierne bay are perfect for a morning stroll. Walk all or some of the 10 km of fine sand that connects Kermabec beach in Tréguennec to Penhors beach in Pouldreuzic. These two spots are popular with surfers, whose tricks you can admire.

Feeling hungry now? Pâté Hénaff, in its little yellow and blue tin, is a Breton institution. Enter the house of Jean, its founder, and plunge into the 100 years of history of this cannery. Or visit the shop.

It's 4 o'clock! Don't miss the fish market in Poulgoazec port. Net-fishers and line-fishers unload blue lobsters, spiny lobsters, sea spiders, bass or sea bream caught in Raz de Sein. Freshness guaranteed.

- Discover one of the finest entrepreneurial successes in Brittany
- Steeped in history, the vestiges of the pebble grinding factory in Tréguennec are still visible near the beach. Further south, Pointe de La Torche is an internationally-famous surfing spot.

## Day 4

# Seafood cookery lesson in Guilvinec

Direction Le Guilvinec, a well-known port in France for traditional fishing. Scarlett le Corre is waiting to give you a cooking workshop based on seafood. A sea fisherwoman and seaweed farmer, she will reveal her recipes with passion and enthusiasm.

Donned with your apron, you will learn to cut, prepare and cook the fish that Scarlett caught that very morning. You'll also find out which seaweed you can eat, its benefits and how to incorporate it into your cuisine.

Scarlette Le Corre is an emblematic figure in Guilvinec and she will create around ten quick and easy dishes in front of you that you can repeat at home. On the menu: mix of grated carrots and red seaweed, fish papillotes with green seaweed, sole or mullet carpaccio with wakame, chondrus crispus flan, etc. You can taste all of these delights at the end!

- Go into the "Haliotika" fishing city to discover and understand the work of the sea fishermen.
- From the top of Eckmühl lighthouse in Penmarc'h, you can see the whole of the Audierne bay. An astonishing view that is well worth the effort of climbing 307 steps.

## WE LIKE



The boat trip in Douarnenez bay, where, according to legend, the mysterious city of Ys lies.



Watch the fishing boats returning, escorted by gulls and seagulls, from the terrace of the fish market on Guilvinec port.

## Prices

	From April to October
4 days / 3 nights	230 €*
Estimated price based on themed break (per adult, based on two people)	

\* **The estimated price includes** bed and breakfast accommodation in Douarnenez, Audierne and Penmarch, the trip on "Telenn Mor", the visit of the centre in Haliotika, the cookery workshop with Scarlett Le Corre.

## Contacts and practical information

Attention: The opening days and times / availability may vary depending on the sites mentioned and depending on the selected period. Don't forget to enquire.

### Day 1

#### Office de Tourisme du Pays de Douarnenez

1 Rue du Dr Mevel

29100 Douarnenez

Phone: 02.98.92.13.35

Website: [www.douarnenez-tourisme.com](http://www.douarnenez-tourisme.com)

#### Boulangerie des Plomarc'h - Lucas Thierry

20 Rue des Plomarc'h

29100 Douarnenez

Phone: 02.98.92.37.24

Website: [www.kouign-douarnenez.com](http://www.kouign-douarnenez.com)

### Day 2

#### Centre Nautique Douarnenez

Rue du Môle

29100 Douarnenez

Phone: 02.98.74.13.79

#### Conserverie Kerbriant

Parc Activités de Lannugat Nord

32 Rue Jean Kervoalen

29100 Douarnenez

Phone: 02.98.70.52.44

Website: [www.kerbriant.fr](http://www.kerbriant.fr)

### Day 3

#### La Maison du Pâté Hénaff

Lieu-dit Pendreff

29170 Pouldreuzic

Phone: 02.98.51.53.76

Website: [www.henaff.com](http://www.henaff.com)

### Day 4

#### Office de Tourisme du Guilvinec

Rue de Men Crenn

Place de la Petite Sole

29730 Guilvinec

Phone: 02.98.58.29.29

Website: [www.destination-paysbigouden.com](http://www.destination-paysbigouden.com)

#### Haliotika - La Cité de la Pêche

Terrasse Panoramique - Le port - BP18

29730 Guilvinec

Phone: 02.98.58.28.38

Website: [www.haliotika.com](http://www.haliotika.com)

**Phare d'Eckmühl**  
Place du Maréchal Davout  
29760 Penmarch

## Accommodation suggestion

### Night 1

**Hôtel Ty Mad**  
Plage Saint Jean 3 rue Saint Jean Tréboul  
29100 Douarnenez  
Phone: 02 98 74 00 53  
Website: [www.hoteltymad.com](http://www.hoteltymad.com)

**Hôtel de France - Restaurant "L'Insolite"**  
4 rue Jean Jaurès  
29100 Douarnenez  
Phone: 02 98 92 00 02  
Website: [www.lafrance-dz.com](http://www.lafrance-dz.com)

### Night 2

**Hôtel Au Roi Gradlon**  
3 Avenue Manu Brusq  
29770 Audierne  
Phone: 02 98 70 04 51  
Website: [www.auroigradlon.com](http://www.auroigradlon.com)

**NAÉCO Audierne**  
Bois de Loquéran, BP 6  
29770 Audierne  
Phone: 02 98 74 95 06  
Website: [www.naeco.bzh/fr](http://www.naeco.bzh/fr)

### Night 3

**Hôtel Restaurant Le Sterenn**  
432 Rue de la Joie  
29760 Penmarch  
Phone: 02 98 58 60 36  
Website: [www.hotel-sterenn.com/fr](http://www.hotel-sterenn.com/fr)

Find all the addresses for your trip directly on this [personalized map](#), accessible on-line.

## Discover the territory - Useful links

Office de Tourisme Cap Sizun - Pointe du Raz - [www.capsizun-tourisme.bzh](http://www.capsizun-tourisme.bzh)  
Office de Tourisme du Pays de Douarnenez - <https://douarnenez-tourisme.com>  
Brittany Tourism - [www.brittanytourism.com](http://www.brittanytourism.com)