

## My travel memo

### TRIP IDEA

# Discover Pays Bigouden

Treat yourself to an active break between the land and the sea on the tip of the southern Finistère. You'll stay in a house entirely renovated with environmentally-friendly materials. With a hot tub in the garden and the beach so close, what more could you want?

## AT A GLANCE

Are you looking for activities in an area of unspoilt natural beauty? With a turn of the pedal, a stroke of the oar or just a few steps, you'll be in the middle of the half-land, half-sea universe of Finistère, with its ocean, its immense white sandy beaches, its secret paths, its chapels and fountains, its picturesque fishermen's houses, etc. You'll visit Quimper, pass by Ile-Tudy in a boat, meet grey seals as you sea kayak and then you'll walk along Pont-l'Abbé river

### Day 1

## QUIMPER, THE HEART OF CORNOUAILLE

You've arrived at Quimper station. Notice the steeples in stone lacework on the cathedral. After dropping your luggage in the concierge service in the old town, discover the ancient streets and their many corbelled houses. For lunch, you can try one of the many crêpe restaurants on Place au Beurre or try "La cantine des chefs" in Rue Kereon; the "all home-made, all in jars" formula will surprise you. After a little tour of the nearby cathedral or a guided tour of the town, it's time to head to your overnight stop. Pick up your luggage and take bus 56C on Quai de l'Odét, direction Loctudy. When you arrive, you'll only have a 50-

metre walk to the bright house of Corine and Laurent. A delicious dinner based on organic products awaits you. Enjoy it in the garden if the weather is good.

- “Quimper seen from above”: from June to September, on the last Sunday of every month, you can climb up to the top of the cathedral’s south spire with a tour guide and discover a panoramic view of the city.
- For gourmets, go to “Les Macarons de Philomène”. This venerable institution proposes around 20 flavours, from old favourites to the most unusual. 13 rue de Kéréon.

## Day 2

# DISCOVER LOCTUDY AND ILE-TUDY BY BIKE

After an organic home-made breakfast, you’re ready to visit **Loctudy**, after picking up your bikes from the rental firm. As you follow the heritage trail, you’ll come across fishermen’s houses, the lighthouse, the former sardine cannery and the beautiful 11th-century Romanesque church. At the marina, take the pedestrian ferry boat across Pont-l’Abbé river. After a 10-minute crossing, you’ll be on **Ile Tudy**. This picturesque little fishermen’s village was an island until the mid-19th century. Walking through the maze of little streets with their squat houses all pressed against each other is like going back in time. For lunch, enjoy an organic zero-waste picnic prepared by Corine, or go to the restaurant on the square opposite the ria. Then pedal along the beach and take a refreshing dip. Feeling fit? Keep going to Sainte-Marine, but keep your eye on the clock because the ferryman won’t wait. For a sunset drink and dinner, go to “La mer à boire” on the Loctudy marina.

- There is a market every Tuesday morning in front of the town hall, where you can buy local products and oysters.
- Depending on the season, Vedettes de l’Odet proposes a range of day cruises to the Glénan archipelago. This is a must to discover the Saint-Nicolas nature reserve or to bathe in a clear-water lagoon.

## Day 3

# KAYAK TRIP TO SEE THE GREY SEALS

To start with, cycle to **Guilvinec port** along “La littorale”, a portion of the V5 cycle route. Once there, Haliotika, the city of fisheries, will reveal the sea fishing universe with the fish market and a discovery area. After a little rest on Grève Blanche beach and an organic picnic, it’s time to go to the water sports centre for a **two-and-a-half-hour sea kayak trip**. Accompanied by a certified instructor, enjoy the magic of the moment in complete safety. You’ll approach a colony of grey seals just off the coast. They won’t be disturbed by your oar strokes and you can get quite close. On the way back, observe the circular traces on the

granite on Pointe de Men Meur. They are the exploitation marks of a former quarry. Enjoy a sunset drink on Lesconil port before abandoning yourself to the benefits of the spa in your guest house. You can dine at “Relais de Lodonnec”, 300 metres from the house.

- **Haliotika, City of Fisheries is:** 90 minutes of interactive routes, guided tours of the fish market, family outings, cooking workshops, children’s activities and more
- **Note:** if you sit on the panoramic terrace at 4.30 pm, you’ll witness the boats returning and unloading their catch.

## Day 4

# THE SECRETS OF PONT-L’ABBÉ RIVER ON FOOT

Today you’ll explore the secrets of Pont-l’Abbé river on a peaceful 6-km walk with just a pair of binoculars. After a little detour to Pen Ar Vir bay, once the only port in Loctudy, follow, opposite the newsagents, the red and white marks of the GR® 34, the mythical “Sentier des douaniers”. As you go upstream towards Pont-l’Abbé, you’ll notice some lovely manor houses and a tide mill before joining the towpath, along which the boats were brought to the port. With your binoculars, observe the many bird varieties: little egret, common shelduck, black-headed gull, European herring gull, etc. At a bend in the path, you’ll get to Pont-l’Abbé, its inhabited bridge (there are only 9 in France) and the surprising bulb-shaped steeple on the Carmelite Convent. Not far from the striking granite mass of “Château des Abbés du Pont”, the former warehouses of Quai Saint-Laurent testify to the activity of this trading port. Stop at the picturesque Café de la Marine, on the corner of the quay, before setting off to discover the historic centre. The coach station is just on the other side of the lake, where your luggage is waiting.

- The castle is home to the Musée Bigouden: here you will discover the history of the famous headdress that looks like a delicately embroidered menhir.
- Are you looking for a little souvenir? Pont-l’Abbé is full of nice little shops where you’re sure to find something.

## Get to your accommodation without a car

The nearest railway station is Quimper.

To get to your accommodation after visiting Quimper, take bus 56C on the BreizhGo network at Saint-Corentin on Quai de l’Odet, close to the cathedral.

For an arrival at the end of the day, take line 56 C directly at the bus station that adjoins the railway station. Note that the last bus leaves at around 7pm.

Get off at Loctudy-Lodonnec.

Your accommodation is 50 metres on the same pavement

- ✓ To consult times and book your tickets, go to [www.voyages-sncf.com](http://www.voyages-sncf.com), [ouibus.com/fr](http://ouibus.com/fr) et sur [www.breizhgo.bzh](http://www.breizhgo.bzh)



- ✓ Travel around Brittany with peace of mind with BreizhGo. With this tool, you can calculate your route and find out about the accessibility of each form of transport <https://www.mobibreizh.bzh/>

## Prices

4 days/ 3 nights	From 01/05 to 05/09/2020
Estimated price based on themed break (per adult, based on a double room)	228 € per person

*\*The guideline price (starting price) includes: 3 nights' bed and breakfast accommodation in a double room at Balade Océane, the left-luggage service at Quimper station so you can visit the town, coach transport from Quimper to Loctudy, rental of standard or electric bikes and the return ferry trip for Ile Tudy on Day 2, the sea kayak outing and the visit of the Haliotika discovery centre on Day 3, one dinner and two organic zero-waste picnic baskets during the stay*

## YOUR ACCOMMODATION

### Balade Océane

Corine et Laurent Duranel

28 rue des tulipes

29750 Loctudy

Phone: 06.47.62.13.48.

E-Mail: [c.duranel@gmail.com](mailto:c.duranel@gmail.com)

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

## Contacts and Practical Information

### Day 1

#### La consigne à bagages

La conciergerie - 7 rue de Guéodet

29000 Quimper

Phone: 02.98.98.71.77

1st June - 30th September : every day 10am-8pm.

Low season: 10am-6pm except Sundays.

**La cantine des chefs**

6 rue Kéréon  
29000 Quimper  
02.98.57.63.22

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

**Day 2****La pédale Bigoudène**

13 rue du général de Gaulle  
29750 Loctudy  
Phone: 02.98.87.42.00 / 06.80.22.60.19

**Le passeur**

Embarkation at the Loctudy marina and the Ile-Tudy slipway.  
From 1st to 30th June and in September: every day except Sundays from 9am-12pm to 2pm-7pm.  
From 1st to 8th July and from 16th to 31st August: every day from 9am to 8pm.  
From 9th July to 15th August: every day from 9am to 10pm.  
Passage every 20 minutes, crossing time around 10 minutes.

**L'Estran**

7 place de la cale  
29980 L'Ile-Tudy  
Phone: 02.98.56.43.20 - Fermé le lundi  
<https://www.restaurant-lestran-ile-tudy.fr/>

**Le Malamock II**

9 place de la cale  
29980 L'Ile-Tudy  
Phone: 02.98.56.43.34

**Day 3****Le centre nautique du Guilvinec**

Rue des fusillés de Poulguen  
29730 Le Guilvinec  
Phone: 06.62.63.56.20  
Webiste: [www.centrenautiqueduguilvinec.com](http://www.centrenautiqueduguilvinec.com)

In June, only the weekends. Every day from 1st July to 5th September.  
Advance booking required.

**Haliotika, Cité de la pêche**

Port du Guilvinec  
Phone: 02.98.58.28.38  
[www.haliotika.com](http://www.haliotika.com)

**Le Rabelais**

51 rue Raymond Le Corre  
29730 Le Guilvinec

Phone: 02.98.58.19.86

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

#### **La chaumière**

42 rue Jean Baudry

29730 Le Guilvinec

Phone: 06.13.70.23.46

### **Day 4**

#### **Le relais de Lodonec**

3 rue des tulipes

29750 Loctudy

Phone: 02.98.87.55.34

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

#### **La Marine**

2 quai saint Laurent

29120 Pont l'Abbé

Phone: 02.98.87.02.17

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

## **Discover the territory - Useful links**

Brittany Tourism - <http://www.brittanytourism.com/>

Loctudy Tourist Office - <https://www.destination-paysbigouden.com/en>