

My travel memo

TRIP IDEA

History and legends at the heart of Brittany

Discover the tales of Kalon-Breizh! Stroll through preserved and mysterious nature, the birthplace of many Breton legends, and discover a not-so distant past.

AT A GLANCE

History and Breton legends intermingle at the heart of Brittany. In Monts d'Arrée, plunge into the life of peasants from a time past and mystical landscapes. Who knows, at dawn you might even come across some of the elves and korrigans who have found refuge here. Or perhaps you'll meet them in the middle of the rocky chaos of Huelgoat forest. In Carhaix, you can return to the Gallo-Roman period. At Trévarez castle, you'll be surprised by its modernity.

Day 1

Plunge into the rural life of times gone by in Monts d'Arrée

Welcome to Monts d'Arrée, land of peat bogs, moors and ferns. Visit the Ecomusée to better understand the life of peasants in times gone by in Central Brittany. There are two parts.

In Commana, around 15 buildings form the authentic millers' village of Kerouat. Nestled at the bottom of a valley, this site is now a moving site that remembers the past and an ideal site for walking. Discover its watermills, open the doors to the houses, the bakeries, the stables... Walk through the orchard, the vegetable garden and the woods on the estate. Continue your rural pilgrimage to Maison Cornec in Saint-Rivoal. This was the home of a rich peasant family in the 18th century. How can you tell? The protruding wing and the outside staircase are symbols of wealth of the time.

- In Rivoal, go to the top of Saint-Michel de Brasparts mountain and enjoy the 360° view of Monts d'Arrée.

- Why don't you try the experience of unusual accommodation? Built on the hillside and with green roofs, the "Troglodites" blend in naturally with the surrounding landscape.

Day 2

Monts d'Arrée at dawn, rocky maze in Huelgoat and Vallée des Saints

At dawn, set off for a hike with the ADDES association. Mist, sunshine, whatever the weather, you'll love watching the sun rise over the moors and on the ridges of Monts d'Arrée. Marvel at nature waking up and, on the way back, appreciate a copious breakfast of local products.

Once full, head off to the enigmatic Huelgoat forest. Oh look, a giant mushroom! Over there a shaking rock, further still a granite chaos... Be surprised by the beauty and curiosity of these rocks that have been polished by time. This maze of stones and plants has inspired many tales.

At the end of the day, experience the particular atmosphere that reigns in Vallée des Saints, a mini Breton version of Easter Island. Nicodème, Haude, Mœé, Ginnery... Can you recognise the Breton saints immortalised in granite giants? A map is available that will help you to find them!

- Have lunch at Les Myrtilles crêpe restaurant in Huelgoat, one of the oldest in the region. The interior is typically Breton and the reception is warm.
- Don't leave without tasting the traditional jams and the caramel cream from the "Les 4 Saisons" shop.

Day 3

From Carhaix in the Gallo-Roman period to the modern Trévarez estate

Dedicate your morning to a visit of the archaeological interpretation centre of the site of Vorgium. Today it is Carhaix!

In the town centre, Vorgium proposes two spaces for an immersive and interactive experience. With a digital tablet, rediscover the Gallo-Roman district that has been rebuilt in the garden. Thanks to augmented reality, you can even enter one of the luxurious dwellings. Captivating! Inside the centre, a permanent exhibition plunges you into the daily life of the period. Don't hesitate to use the touch screens.

In the afternoon, go to Trévarez Castle, which boasts the "20th-century heritage" label. Discover the Neo-Gothic "pink castle" and its beautiful garden on your own or with a guide. Don't miss the exceptional collections of rhododendrons and camellias!

- For a take-away lunch, opt for La Cantine des Chefs: dishes based on fresh and seasonal products, all served in jars!
- Linger in the splendid Trévarez grounds and enjoy the show of flowers over the seasons: camellias, rhododendrons, hydrangeas, andromeda, skimmias, etc.

WE LIKE



Falling under the charm of the very special landscapes of Monts d'Arrée! Bare ridges, rocky outcrops, moors, bocages, etc. Here, nature is both wild and mysterious.



Wandering through the Vallée des Saints and marvelling at the monumental statues, real works of modern art to remember and honour the Breton history and culture.

Prices

	From April to September
3 days / 2 nights	116 €*
Estimated price based on themed break (per adult, based on two people)	

** The estimated price includes the two nights at Troglodites, rental of the augmented reality table in Vorgium, entrance to Domaine de Trévarez, the morning hike with the addes association.*

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 des Monts d'Arrée
1 Place des Monts d'Arrée, 29190 Brasparts
Phone: 02 98 81 47 06
Website: www.montsdarreetourisme.bzh

Ecomusée Des Monts D'Arrée
Moulin de Kerouet, 29450 Commana
Phone: 02 98 68 87 76
Website: www.ecomusee-monts-arree.fr

Maison Cornec
12 Le Bourg, 29190 Saint-Rivoal
Phone: 02 98 68 87 76

Day 2

Addes
Bourg, 29690 Botmeur
Phone: 02 98 99 66 58
Website: www.arree-randos.com

La Vallée des Saints
Quénéquillec, 22160 Carnoët
Website: www.lavalleedessaints.com

Creperie Les Myrtilles
26 Place Aristide Briand, 29690 Huelgoat
Phone: 02 98 86 47 12

Les 4 Saisons
Phone: 02 98 99 82 22

Day 3

Vorgium
5 Rue du Dr Menguy, 29270 Carhaix-Plouguer
Phone: 02 98 17 53 07
Website: www.vorgium.bzh

Domaine de Trévarez
Trévarez, 29520 Saint-Goazec

La Cantine des Chefs
74 Avenue Victor Hugo, 29270 Carhaix-Plouguer
Phone: 02 98 93 71 56
Website: www.lacantinedeschefs.com

Accommodation suggestion

Troglogîtes des Monts d'Arrée
Roc'h Gwell Yann, 29190 Brasparts
Phone: 02.98.81.40.19
Website: www.troglogites.com

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

Discover the territory - Useful links

Destination Cœur de Bretagne - www.coeurdebretagne.bzh/en
Brittany Tourism - www.brittanytourism.com