

MAP SHOWING LOCAL PEOPLE'S favourite places



This map was put together by the PEOPLE WHO LIVE IN THE SOUTH OF PAYS BIGOUDEN during a get-together.

It shows their FAVOURITE PLACES to go and things to do in Pays Bigouden

If this map is just up your street, then you're not far off becoming a BIGOUDEN :-)

Visit

HERE FOR 1 DAY, I MUSTN'T MISS ...

- Surfers at the Pointe de la Torche
- The calvary at Tronoën, the oldest one in Brittany
- A plate of langoustines with mayonnaise
- The Phare d'Eckmühl lighthouse and Saint-Pierre harbour
- The fishing boats coming in to harbour at 16.30 by Haliotika
- The village of Ile Tudy, its narrow lanes and bustling main square

More ideas +



More ideas +

HERE FOR A WEEK, SO I'VE GOT TIME TO...

- Take a Zodiac trip to meet the seals at Les Etocs rocks
- Buy fish straight from the boats at Lesconil harbour 11.00
- Spend a week in a holiday cottage right by the water's edge
- Take a cruise to the Glénan Isles or the Ile de Sein by pleasure boat or Zodiac
- Go for a bike ride along La Littorale cycle route
- Have an introduction to surfing or sand-yachting at La Torche
- Take a tour of the canning factory at Saint-Guérolé and sample sardine rillettes (coarse fish paté)
- Rent a paddle board on the lake at Les Sables Blancs
- Take part in a children's cookery workshop at Haliotika
- Go on a shopping spree in Pont l'Abbé before going home

More ideas +

HERE FOR A LONG STAY, LET'S GO FOR TOTAL IMMERSION!



Pays Bigouden



HERE FOR 3 DAYS, I REALLY MUST...

- Visit the market, port and shops at Pont l'Abbé
- See the heritage harbour of Sainte-Marine and the Pointe de Combrit
- Take the passenger ferry between Loctudy and Ile-Tudy
- Wake up in a hotel room overlooking the sea
- Discover the Musée Bigouden and its exhibition of costumes and headdresses
- Go for a little walk along the GR34 coastal footpath
- Have a guided tour of Haliotika Fishing Discovery Centre and Le Guilvinec fish auction



- Go on a guided bike ride to discover standing stones
- Take part in a Wednesday nature workshop with Steven
- See the old pebble-crushing factory at Tréguennec
- Play some traditional Breton games at the Maison des Jeux Bretons
- Walk beside the Ster at Lesconil as far as the Manoir de Kerhoas and the Chapelle de Plonivel
- Visit the Botanic Gardens at Combrit
- Do a 3-day water sport course
- Watch sardines being landed at 06.00 at Saint-Guérolé harbour
- Take part in an edible seaweed workshop with Scarlette
- Visit Quimper and Locronan
- Go to the Pointe du Raz via the Route du Vent Solaire (signposted trail)
- Discover Douarnenez and its 3 harbours
- Explore the walled town of Concarneau and its Museum of Fishing

Brittany uncovered
Bigouden Joy
 PAYS BIGOUDEN / BRITTANIE

Experience amazing, thrilling sensations at the tip of Brittany and share the passion of the Bigouden people for their region. Plenty of unforgettable experiences to... Enjoy!

TO PAYS BIGOUDEN SUD
Welcome
 Pays Bigouden sud
 Destination

A WINNING TEAM AT ANY TIME OF YEAR!

5 GOOD REASONS TO CALL IN AND SEE US

- OUR STAFF ARE ALWAYS SMILING!
- TO BUY TICKETS - SO PRACTICAL!
- OUR SOUVENIR SHOPS
- FREE WIFI
- FOR A COPY OF OUR HOLIDAY MAG

Tourist offices

ÎLE-TUDY
 5 rue du Port - 29980
 02 98 98 47 12

LESCONIL
 9 rue du Port - 29740
 02 98 87 86 99

LE GUILVINEC
 Place de la Petite Sole
 29730
 02 98 58 29 29

LOCTUDY
 Pl. des Anciens Combattants - 29750
 02 98 87 53 78

PENMARC'H
 Place du M. Davout - St Pierre - 29760
 02 98 58 81 44

PONT-L'ABBÉ
 11 place Gambetta - 29120
 02 98 82 37 99

SAINTE-MARINE
 Place Grafenhausen - 29120
 02 98 56 48 41

WWW.DESTINATION-PAYSBIGOUDEN.COM
 pbs@destination-paysbigouden.com

follow us
 #BIGOUDENJOY

TAKE GORGEOUS PHOTOS OF PAYS BIGOUDEN AND SHARE THEM ON SOCIAL NETWORKS!

Design : SPL Destination Pays Bigouden Sud - 2019- Vincent Imprimerie
 Cover photo Le Guilvinec beach © A. Lamoureux - Do not drop litter. Keep France tidy!

Lots of space JUST FOR YOU...

Enjoy **Take time to**

Take time to go bird watching on Le Ster in Lesconil
 LOSE YOURSELF IN THE 'MARAIS' (MARSHES) DE LESCORS AND THE MARAIS DE LA JOIE, PENMARC'H
 VISIT THE POINTE DE L'ILE CHEVALIER, PONT L'ABBÉ
 Follow the River Odet through the Bois de Roscouré woods, Combrit
 Walk along the Pont l'Abbé river and admire Ile-Tudy in the distance
 TAKE PHOTOS OF WINTER GALES FROM THE WARM COMFORT OF YOUR CAR
Watch the scenery change with the tides
 WALK FROM LA TORCHE TO TRÉGUENNEC TO THE SOUND OF THE WAVES BREAKING ON THE SHORE
 Identify the rocks of Goudal : the giant, the chair and the tortoise
 Hike from Le Guilvinec to Penmarc'h past beaches, harbours and rocks

Pays Bigouden is an unspoilt area, please help to keep it this way by following advice and respecting banning orders.

1,001 WAYS TO ENJOY The sea

Tréguennec © CCPBS

BOATING EXPERIENCES

- Rent a boat (no licence required)
- Go on a fishing trip for a day
- Do a sailing course
- Take a trip aboard a traditional sailing vessel
- Have a Zodiac experience
- Go seal and dolphin watching
- Go sea kayaking along the coast
- Hoist the main sail! Family fun aboard a lugger
- Go to the Glénan Isles or the Ile de Sein for the day
- Take a cruise along the River Odet and see the châteaux
- Drive a jet-ski

SURF CULTURE

- Rent a paddle-board
- Learn to surf with your friends
- Go windsurfing and kitesurfing
- Discover the joys of bodyboarding

ON THE BEACH

- Catch the wind and go sand-yachting
- Go shrimping or digging for clams
- Have a nature discovery walk along the seashore
- Do yoga or fitness sessions facing the sea
- Just go walking or running
- Go horse riding along the coast
- Have a sea-wading session

Enjoy **Relax on the beach at**

Lesconil ÎLE-TUDY
Loctudy Sainte-Marine
 De Penmarc'h au Guilvinec
Tréfiagat-Léchiagat

Water sports and activities at
PLOMEUR Penmarc'h
Saint-Jean-Trolimon
TRÉGUENNEC

LIGHTHOUSES

CLIMB THE **307 steps to the top OF PHARE D'ECKMÜHL LIGHTHOUSE**

ADMIRE THE MAGNIFICENT PANORAMIC VIEW OF THE BAY OF AUDIERNE FROM THE TOP OF THE 66-METRE TALL PHARE D'ECKMÜHL AT THE POINTE DE PENMARC'H HEADLAND, SURROUNDED BY TREACHEROUS REEFS.

- The brightly coloured lighthouse at Le Guilvinec watches over the return of the coastal fishing fleet every day.
- This delightful little red and white lighthouse keeps watch over the Odet Estuary from the Pointe de Sainte-Marine.
- Men ar Groas lighthouse stands next to the menhir of the same name at Lesconil harbour.
- Loctudy lighthouse is the Phare de Langoz. The black and white checked tower called La Perdrix (Partridge in English!) isn't a lighthouse! Situated at the entrance to Loctudy fishing harbour, it is the maritime symbol of Loctudy and Ile-Tudy. Originally painted red, it was redecorated with its unique black and white checked pattern in 1947.
- In Léchiagat, don't miss the red and white daymark and group of little lighthouses.

Motor homes and camper vans welcome!

PONT-L'ABBÉ
 -Parking de la Madeleine - Free overnight parking
 LAT. NORD : 47.86424 LONG. OUEST : -4.23604
 -Rue du Viben - overnight parking : 4€
 Electric hook-up LAT. NORD : 47.88750 LONG. OUEST : -4.15472

COBRIT
 -Aire Hent Ty Plouz - Nuit : Free overnight parking.
 Electric hook-up LAT. NORD : 47.88750 LONG. OUEST : -4.15472
GUILVINEC April - mid-October & during term-time
 -Parking Rue Jacques de Thezac - Service point.
 Overnight parking : 5€
 LAT. NORD : 47.78615 LONG. OUEST : -4.28031
 -Parking du Malamok - 5€ per night
 LAT. NORD : 47.78205 LONG. OUEST : -4.27666
 -Place Allende - 5€ per night
 LAT. NORD : 47.802176 LONG. OUEST : -4.280813

LESCONIL -Parking Place de la Résistance
 free overnight parking LAT. NORD : 47.7999 LONG. : -4.2157

PENMARC'H free overnight parking October-April
 -Parking Rue du Ster - overnight parking : 4€
 LAT. NORD : 47.4756 LONG. OUEST : -4.2100
 -Rue du Viben - overnight parking : 4€
 -Parking de la plage du Ster - overnight parking : 4€
 LAT. NORD : 47.82398 LONG. OUEST : -4.37117
 Service point : Rue du Pont Névez
PLOMEUR -Parking La Torche - free overnight parking
 LAT. NORD : 47.83706 LONG. : -4.3532

LOCTUDY
 -Service point : Rue du Général de Penfentenyo - Cemetery Parking
 LAT. NORD : 47.830210 LONG. : -4.183433
 -Campsite car park - access via Rue des Mouettes
 overnight parking : 12€
 LAT. NORD : 47.49411 LONG. : -4.09563

Identity and Heritage FOLLOW THE BIGOUDEN TIMELINE

STANDING STONES

- There are menhirs, dolmens, gallery graves and burial mounds all over Pays Bigouden. Ask for the map which shows where they are and don't forget to visit the Musée de la Préhistoire at Penmarc'h

CHURCHES AND CHAPELS

- The splendid Calvary at Tronoën is the oldest in Brittany.
- As well as the Romanesque church in Loctudy - an absolute must - many local churches contain statues and votive offerings connected with sailors and the sea.
- Discover our chapels. Some feature ancient and modern stained glass windows. Their holy wells are the source of many legends

HEAD DRESSES & EMBROIDERY

- Although the Bigouden 'coiffe' is no longer worn on a daily basis, young women who belong to local groups wear it with pride on special occasions to display their identity, culture and traditional crafts!
- Brightly coloured Bigouden embroidery can be seen on traditional dresses and waistcoats. It must not be confused with Irish 'picot' crochetwork used for lace gloves and mats.

OUT AND ABOUT

ON FOOT

- Follow the GR34 coastal footpath
- Take a 3-day hike along the GR hiking path
- Go for short walks (signposted 'PR')

BY BIKE

- Cycle slowly along the designated path to Trunvel Lake and watch the birds
- Cycle around Moulin Neuf lake, Tréméoc to keep fit!
- Follow the old railway line from Le Guilvinec to Penmarc'h (guaranteed traffic-free!)
- Go for a whole day bike ride from Lesconil to Bénodet via the 2 passenger (and bike!) ferries
- Rent a quadricycle for all the family and cycle along the coast
- Discover local megaliths on a guided bike ride starting from the Musée de la Préhistoire in Penmarc'h

Flaps and guides for walks, bikes and mountain bike circuits
 Lots of places to hire a bike. Ask us for details...

Penmarc'h © Bodin Lucie et Sylvain

The harbours of Pays Bigouden

Enjoy **Take time to**

WATCH THE FISHING BOATS COMING BACK TO LE GUILVINEC HARBOUR AT 16.30
 Savour local sardines from St-Guérolé
 STROLL AROUND THE HARBOUR AT KÉRITY TO THE SOUND OF CLANKING HALYARDS
 Learn about the life of fishermen at the Abri du Marin, Sainte-Marine
Meet fishermen at Léchiagat
 ENJOY OUR LOCAL TREASURE : LANGOUSTINES!
 Buy fish straight from the boats at Lesconil
 VISIT HALIOTIKA FISHING DISCOVERY CENTRE
 WITH ALL THE FAMILY
 MEET SCARLETTE AND LEARN HOW TO COOK WITH SEAWEED

Have a lovely walk around the bustling fishing harbours and marinas at Loctudy, Sainte-Marine, Lesconil, Kérité and Le Guilvinec

MARKET days

Monday
 LESCONIL Evening 17.00 - 20.00 by the harbour July and August
 ILE-TUDY Morning Avenue de Bretagne in summer By the church the rest of the year
 PENMARC'H Evening Saint Pierre 16.00 - 19.30 July and August

Tuesday
 LOCTUDY Morning Car park by the Mairie All year round

Wednesday
 LESCONIL Morning By the harbour All year round
 SAINTE-MARINE Morning Place Grafenhausen All year round
 PENMARC'H Morning Kérité 15 June - 15 September

Thursday
 PONT-L'ABBÉ Morning Place de la République and Place Gambetta All year round
 09.00 -13.00 by the Château Arts and Crafts Market July and August

Friday
 PENMARC'H Morning St Guérolé All year round

Saturday
 PLOMEUR Morning Place de la Mairie All year round
 SAINT-JEAN-TROLIMON Morning Village centre All year round

Sunday
 LE GUILVINEC Morning Place de la Poste All year round

PLENTY OF IDEAS FOR Children

SUNNY DAYS

- Shrimping and rockpool fishing
- Horse riding by the sea
- Water sports classes
- Nature discovery walks with Steven
- Seashore discovery walk with Haliotika
- Simply go and play on the beach
- Treetop adventure
- Haul up crab and lobster pots aboard a genuine lugger
- Have a crepe and kouign 'teatime' overlooking the sea
- A family trip to Pont l'Abbé
- Surfing classes
- Follow the 'greenway' (traffic-free path) from Pont l'Abbé to Tréméoc

RAINY DAYS

- Aquasud indoor swimming pool
- Traditional Breton games at La Maison des Jeux Bretons
- Cookery, seamen's knots or boatbuilding workshops with Haliotika
- Treasure hunt in Sainte-Marine
- Creative and historic workshops at the Musée Bigouden
- Visit the Château de Kerazan (in summer)
- Exhibitions at the old lighthouse in Penmarc'h
- Ty Marmouz indoor play centre

THERE IS A FULL LIST OF IDEAS FOR FAMILIES ON WWW.DESTINATION-PAYSBIGOUDEN.COM

Become 100% Bigouden

Surfing

- Live the surfing experience! Stay upright too!

Fishing

- Find the best places for rock pool fishing and shrimping with a qualified guide.

Crepe-making

- Billig, rozell and spanell... Learn a few words of Breton as well as how to make crepes!

Being creative

- Embroidery and lace-making are Bigouden crafts. Can you do them?

Tasting goodies in Loctudy

- Come and taste delicious local specialties every Monday at 11.00. Tickle your Bigouden tastebuds!

Cooking : langoustines

- For 1kg langoustines

Drop the langoustines into 1/2 litre of boiling water. Bring back to the boil, cook for 2 minutes then drain

If you tick all 6 boxes, then you're 100% Bigouden

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Discover Evasion Passion

ACCOMMODATION LEISURE ACTIVITIES RESTAURANTS WELLNESS

On sale at all Offices de Tourisme in Pays Bigouden

Design : SPL Destination Pays Bigouden Sud - 2019- Vincent Imprimerie
 Cover photo Le Guilvinec beach © A. Lamoureux - Do not drop litter. Keep France tidy!