

## THE COAST OF CORNOUAILLE

### From Port Manech to Quimperlé

It is difficult not to succumb to the charm of Brittany, nor is it hard to be seduced by this land which has been created by the moods of its waters, winds and weather. The “finis terrae” of the Romans has all the qualities needed to charm its visitors.

Along the coastline, rugged cliffs alternative with beaches of fine sand, while ancient fishing villages lie alongside well-known holiday resorts. Inland, heather gives way to rolling hills, while ponds and reed-beds hide oases of nature.

Brittany is also a land which is proud of its roots, and which knows how to preserve its customs and traditions. Its history and its legends have combined to create an artistic heritage of the first order.

Above all, Brittany is pervaded by an atmosphere of enchantment which makes it unique and special. It's a sensation which is indescribable, and yet is clearly perceived by those who visit, and which makes Brittany unforgettable when they leave it . . .

*Extract from website: [www.tourismebretagne.com](http://www.tourismebretagne.com)*

#### PROGRAMME

**FL010**

7 days, 6 nights and 5 days' walking.

#### **DAY 1: ARRIVAL AT PORT MANECH AT THE END OF THE AFTERNOON.**

If you are travelling by train to Quimperlé, you can plan ahead and call a taxi to take you to Port Manech (see the list of taxis below: cost of taxi fares is not included in the overall price of the holiday).

Port Manech, formerly a fishing port but now a small holiday resort, is situated in the coastal inlet of the river Aven ('la Ria de l'Aven'). If you are arriving by car you should pass through Nevez.

#### **DAY 2: PORT MANECH - PONT AVEN: 13 km**

Follow the GR (Grande Randonnée = long-distance footpath) due north, towards Pont Aven, more or less following the river Aven as you do so.

**To see** : Chapelle St Nicolas (off the GR), Château du Poulguin, the harbour of Kerochet and its old loading-ramps of dressed stone, beautiful thatched cottages, traditional bread-ovens and the village of Kerdruc.

This stage is short, giving you time to explore Pont Aven, a small town famous for its painters and its girdle-cakes. Pont Aven is a place well worth close examination. The charm of the village encourages strolling: you can see the tumult of the river Aven, the art galleries, the Bois d'amour, the chapel of Trémalo, and the association with Paul Gauguin and other painters.

#### **DAY 3: PONT AVEN - KERFANY : 29 km**

This long stage can be shortened by taking a taxi (Taxi Carriou à Pont Aven : 02 98 06 15 11) or by using the regular bus service (the cost of these is not included in the price of the holiday): 15 km. Details of this are given in the guidebook.

The taxi firm CARRIOU should be contacted the evening before. They can drop you off at Goulet de Riec, the Château de Belon, at the Moulin Edouard, at the Chapelle St Léger or at the Pont Guily (the cost of these journeys varies from 11 to 17 euros and between 16 and 25 euros on Sundays and public holidays).



If you wish to do the whole walk on foot: first go to Lann Lothan (pretty thatched cottages), and pass through Rosbras and Pointe de Penquernéo. After this you leave the ria (inlet) of the Aven, and continue along the inlet of the river Bélon.

Making sure you stay on the GR, you pass close to Riec sur Bélon (1.8 km), where the oysters of Bélon come from. Here you will find a chapel, fountains and shaded footpaths. After the Pont du Guily, you go down again to the water's edge, following the other shore, which means that you are now going along the left bank of the Bélon. Off the GR: Hôtel restaurant Blorimond.

*If you are going to spend the night at the base of BEG PORZ: you can also, as you approach the headland of Questelan (at the harbour of BELON RIEC), just opposite the yachting marina of BEG PORZ, telephone the base and a boat will come and collect you (02 98 71 07 98 ).*

*Another possibility is to cross from one shore of the inlet to the other at the port of Belon. AVEN BELON run this ferry-boat every day from the 1<sup>st</sup> July until the 31<sup>st</sup> August. However, the crossing times vary every day with changes in the tides. The crossing times for each day are predictable and are usually made available from the beginning of June. With regard to crossing the Belon in the off season (April to June, and in September) this is possible provided that AVEN BELON is present in the port of Belon, at the time required. Information can be obtained in advance by contacting the following email address: vedettes.aven.belon@free.fr*

#### **DAY 4: KERFANY - LE KEROU: 32 km (This long stage can be shortened by following the GR 34 I: 20 km).**

From the hotel, go back on to the GR, and follow the edge of the river inlet until you get to Kerfany Les Pins. Here there are various things to see: the Pointe de Kerhermen, plage grise (Grey Beach), plage de Trenez. Port de Brigneau (in the commune of Moélen sur Mer). There is a nature reserve at Merrien Pointe de Houard and Port de Merrien has oyster-beds. Follow the Doelan right bank (commune de Clohars Carnoët). After this go along the left bank of the Doélan and the Plage du Kérou.

#### **TO SHORTEN STAGE N°4, BETWEEN KERFANY AND LE KEROU :**

*You have to set off from the viewpoint at Kerfany, with Port Manech directly opposite you. Go down to the beach at Kerfany and then follow the GR 34.*

*At the camp site of the Île Percée, leave the GR 34 and follow the GR 34 I. This GR runs above the coast and passes through the village of Keroglouanou, then goes on past the Nautical Centre at Brigneau, before continuing through Kermeurzac'h and Trogan.*

*There are two possibilities now. Before the car park turn left towards the woods of Placamen, or go down to the coast to follow the GR 34 until you get to Moulin l'Abbé. Then leave the coast by turning left and go up to the remarkable village of Penanprat.*

*This stage is described on pages 151 and 153 of the guidebook (NB. The written explanations are set out for walkers going in the opposite direction)...*

#### **DAY 5: CIRCUITS AROUND LE KEROU**

In the morning you could follow the Painters' Circuit (between 5 and 8 km, and you can go as far as 12 km): this takes you to Kerzellec, a magnificent village.

Or you could walk the circuit of la Roche Percée (9 km)

Or indeed the Circuit des Chapelles au Moulin (8.5 km)

Le Pouldu in Clohars-Carnoët, welcomed Gauguin, Meyer de Haan, Filiger, and many other artists.

As a result of this the local government in Clohars-Carnoët decided in 2003 to set up the Painters' Way ('le chemin des peintres'). The starting point is the house of Marie Henry who accommodated these artists of the 19<sup>th</sup> century. This purpose-made walking route in 12 stages allows you to experience for yourself the natural environment from which these artists drew their inspiration.

The longer painters' circuit is about 5km long (green circuit) but it is possible to lengthen it by including a visit to two chapels: the Chapelle Notre Dame de la Paix and the Chapelle de Saint Maudet (about 3 km).

This can be followed by relaxation on the beach at Le Kérou later in the afternoon!!



## DAY 6: LE KEROU - QUIMPERLÉ: 24 km

First you go to the port of Le Pouldu; then you continue along the GR which overlooks the Laïta. You come to Pont St Maurice, where the GR 34 and the GR 34 E join up. You then follow the GR 34 E, which takes you to Quimperlé.

## DAY 7: QUIMPERLÉ

Holiday ends after breakfast.

If you wish, your luggage can be taken to the railway station ('GARE SNCF') by the hotel keeper or the proprietor of the bed-and-breakfast.

If your vehicle has been left at Port Manech it is as well to phone a taxi the day before to take you back there. A list of taxi firms is given below. The cost of this transportation is not included in the cost of the holiday.

## DATES

From Easter until All Saints' Day (1st November), you can choose your own dates subject to the availability of accommodation.

### **Avoid the midsummer period.**

Please indicate on the booking form any alternative dates which might suit you (for example if you would be able to book the holiday for a period of time shortly before or after your preferred date). This may be useful if one or more hotels are already booked on the preferred date.

For similar reasons we ask you to **make your reservation as soon as possible**. We do not keep places reserved in the hotels and some of them can fill up with bookings several months in advance.

## THE PRICE INCLUDES

Half board  
The transportation of luggage  
A guidebook (one guidebook for 1-2 people)  
Accommodation tax

## THE PRICE DOES NOT INCLUDE

Packed lunches/midday picnics  
Insurances  
Drinks and personal spending  
The cost of getting from your home to the starting point, or getting home again after the holiday  
The cost of transportation to get back to your vehicle  
The cost of taxis used to shorten certain stages  
Booking fees  
The cost of sending information overseas

## ARRIVAL / DEPARTURE

Reception takes place at the first hotel the evening before your first day's walking. If you have come by car, your car can be left at the bed and breakfast at Port-Manech.

Your holiday ends at Quimperlé the morning after your last day's walking, after breakfast.



## LEVEL OF DIFFICULTY

Moderate. No special difficulties  
Two long stages: Day 3 and Day 4.

## ACCOMMODATION

Hotels\*\* and very comfortable bed and breakfasts.

**ATTENTION: If two accommodations are full, we will keep you in the same accommodation for two nights and organise transportation. This means there will be no change to the actual walking you do. If this turns out to be the case, you will be told about it at the time your holiday is confirmed. In these circumstances we may ask you to pay a supplement.**

## FOOD

Breakfasts are traditional (often taking the form of a buffet) and are served around 8am.  
Dinners are usually served from 7.30pm onwards. Most of them consist of the dishes of the day ('menu du jour'); there is no choice of menu in most of the establishments.

## MIDDAY MEALS

The cost of packed lunches is not included in our prices.

You may be able to order them the night before direct from the hotelkeeper. In such cases you will need to pay then and there, and it will cost from 7 to 10 € per person depending on the establishment. Alternatively you can buy food from shops etc in the villages you pass through.

The number of shops, though, is very limited except at Le Pouldu in the tourist season and of course at Quimperlé and Pont Aven. However, you will be able to taste oysters at Belon, near Doëlan.

## TRANSPORT OF LUGGAGE

Your luggage will be carried for you between each hotel by taxis at the end of every morning or during the afternoon.

We ask you to put your luggage in the entrance hall of each hotel in the morning before you set off walking.

**Make sure that you have only one bag per person and that each bag does not exceed 14kg weight.**

You are advised to have a small rucksack (30 litres) to carry whatever you will need during the day.

*If you are a member of a group we ask you to show on your luggage labels the NAME of the group leader (the person who booked the holiday).*

## TAXI INFORMATION

If necessary you can contact certain taxi firms if you find that you need to shorten walks that are too long.

Your places of accommodation or the tourist offices in places that you pass through will also be able to contact taxis for you.

**We are not able to pay for booking these taxis and the costs of taxi journeys are not included in our holiday price.**

## ACCESS

NB: People coming from the UK may well wish to take the cross-channel ferry to Cherbourg or to a port in Brittany.

### **Train :**

Railway station (High Speed Train) Gare TGV at Quimperlé



Examples of TGV (High Speed Train) times from Paris (these should be checked before you travel):

Depart Paris 10h	Arrive Quimperlé	14h01
Depart Paris 12h	Arrive Quimperlé	16h12
Depart Paris 14h	Arrive Quimperlé	18h44

Try to avoid departing after your walking holiday at the weekend or on a public holiday, as train travel is much more difficult at these times.

**Information on French rail services: SNCF telephone 3635 or visit [www.sncf.com](http://www.sncf.com)**

To get back to Port Manech you will need to take a taxi (see taxi information above).

### **By car:**

If you are coming from Paris or the north of France or from any channel port except Roscoff, head for Rennes. If you are coming from Nantes or from the south, head for Vannes. Quimperlé is 21 km de Lorient, on the road leading to Quimper (N 165). De Quimperlé, go through Pont Aven to reach puis Port Manech. If you are coming from Roscoff, go to Quimper and then follow the N 165 south-east to Port Manech. You can leave your vehicle at the bed and breakfast.

**By air:** There is an airport at Lorient (21 km from Quimperlé).

There are flights to Lorient from London.

There are direct flights to Lorient from many towns in France (Paris Orly, Lyon, Avignon, Béziers, Nice, Rodez, Bordeaux, Clermont Ferrand ...etc ...).

### **RETURN AT END OF HOLIDAY**

**Train:** Leave from the railway station (gare SNCF) at Quimperlé.

**Car:** Take a taxi back to Port Manech where you left your vehicle on the first day.

### **In English**

French tourist office in London:

<http://uk.franceguide.com/home.html?NodeID=1>

### **MORE HOLIDAY INFORMATION**

So you can follow the walking route, we will supply you, on receipt of your holiday payment, a holiday file giving a list of all the establishments you will be staying at and a guidebook **(1 guidebook for 1 to 4 people)**.

### **THINGS TO BRING WITH YOU**

A small rucksack for packed lunches and whatever you may need to carry with you when walking

A small individual first-aid kit, including Elastoplasts (sticking plasters), 'new skin', disinfectant/antiseptic for treating blisters or small wounds etc

A pair of strong, comfortable walking shoes suitable for long-distance walking on stony tracks. Beware of bringing new footwear which has not been tested for comfort!

Sun-glasses, sun-cream and a sunhat

Rain-wear

Swimming costume/trunks (optional)

Sandals/plimsolls for paddling (optional)

Light footwear for the evenings.

A water-bottle: you will need to drink 1.5 to 2L of water each day.

A knife

A woolly hat in case the wind is cold

A small torch (optional)

Binoculars (optional)

Camera

Paper handkerchiefs/tissues



Needle, thread and a couple of safety pins

Oyster-knife

Airtight containers in case you want to take salads on your picnics.

## INSURANCE

Our insurances, Contrat Assistance Plus (Assistance étendue) and Contrat Sérénité (Premium) are individual and optional. If you sign up for them it must be **AT THE LATEST, 14 WORKING DAYS** after booking the holiday, and the insurance cannot take effect until after you have paid the full cost of the holiday. Anybody can take out one of our insurances, whatever their country of residence.

The total cost of the Contrat Assistance Plus (insurance for Assistance/Rapatiation) is set at 1.70% of the cost of the holiday. It takes into account only the cost of the holiday.

The total cost of the Contrat Sérénité (insurance for Assistance/Repatriation, cancellation and interruption of the holiday) is set at 3.6 % of the price of the holiday. It takes into account the cost of the holiday and the extra charges (for individual bedrooms, for a single holidaymaker, extra nights and possible extra transportation etc).

If you cancel the holiday yourself, if you haven't taken out our insurance for cancellation, the cancellation fees will be retained by us.

The size of the cancellation fee depends on the date of cancellation:

- 1) more than 30 days before the planned departure: 50 € of administration fees per person.
- 2) between 30 days and 22 days before departure: 25% of the total cost of the holiday.
- 3) between 21 days and 15 days before departure: 50% of the total cost of the holiday.
- 4) between 14 days and 8 days before departure: 75% of the total cost of the holiday.
- 5) between 7 days and 2 days before departure: 90% of the total cost of the holiday.
- 6) less than two days before the departure date: 100% of the total cost of the holiday.

In all cases of cancellation, even if it is more than 30 days before the planned starting date of the holiday, a fee of 50 € per person will be retained by us to cover administration costs.

➤➤ If the person with whom you planned to share a bedroom cancels their holiday, you will be billed for the individual supplement for that bedroom.

If you have to cancel your holiday **before you set off**, contact La Pèlerine on +33 (0)4 71 74 47 40, and we will do whatever is necessary.

**During your holiday**, your first action in such a situation should be either to contact **ASSISTANCE MUTUAIDE** on +33 (0)1 45 16 43 47 (if you have taken out the insurance contrat assistance plus) or **SERVICE SINISTRE ASSURANCE** on +33 (0)5 32 09 21 81 (if you have taken out the insurance contrat sérénité).

If you have any questions about your insurance contract, please contact the Hot Line on **05 32 09 21 81**.

Not turning up at the beginning of the holiday, or abandoning the holiday after you have begun it with no explanation, will disqualify you from reimbursement.

An example of an insurance contract, detailing the guarantees it gives you and the procedures you have to follow to make a claim, will be sent to you either at the time you make your booking – or at any other time if you ask for it.

CHANGING YOUR BOOKING:

**LA PELERINE - WALKS IN FRANCE**  
**32 place Limozin - 43170 SAUGUES**  
**04 71 74 47 40 / [contact@lapelerine.com](mailto:contact@lapelerine.com) / [www.walksinfrance.co.uk/](http://www.walksinfrance.co.uk/)**



**ATTENTION!**

Administration fees (50 €) will be kept by us for **any change you make in a booking already made** (e.g. for type of bedroom, departure dates, number of people etc).

If you want to book **extra nights** at the beginning or the end of your holiday this **must** be done **at the time of booking** and be specified on the booking confirmation sheet. Once bookings have been confirmed, if you want to arrange extra nights this must be done directly with the establishments concerned, and paid for at the time.

