











### IN MORLAIX BAY AND THE ARRÉE MOUNTAINS

With unspoilt landscapes, unique heritage and a culture that's very much thriving, the area has plenty of surprises in store for you during your stay.

To help you discover this diversity, we offer a range of circuits and trails on the coast and inland, so you can explore the most beautiful spots in the area. In the space of a single day, by following one of these circuits, take the time to understand and get to know the riches of this area.

From Morlaix toward Carantec

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CARANTEC. IN THE HOLIDAY SPIRIT

From Morlaix toward Plougonven and Saint-Thégonnec

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THE PRIMEL—TRÉGASTEL COASTAL POINT TOUR DE LA POINTE IN LOCQUIREC











### From Morlaix toward Carantec

From Morlaix to Carantec: a journey to the heart of the Bay with its variety of atmospheres, and a stroll around Carantec.

## CARANTEC IN THE HEART OF THE BAY



½ day (approx. 40km)

tarting at the locks of Morlaix harbour, set off on the beautiful Route de la Corniche (D73), heading to Carantec. With the bridge passing overhead, the left bank of the Corniche is a regeneration area while further on, you'll see the Franciscan Monastery that's now home to a museum full of treasures as well as a pretty chapel.

Over the Pennélé River, the road becomes more sinuous and green, with an occasional, elegant property reminding us of the wealth of Morlaix ship owners. Every six hours, the river empties then swells with the tide, evoking centuries of navigation.

At the mouth of the river, stop off in Locquénolé. Beyond the waters filled with birds, you'll find the shade of a Liberty Tree, a souvenir of the Revolution, and a church's Romanesque remains in a welcoming courtyard.

Pick up the Rout Corniche again, and look out over waters that boast some of Europe's greatest tidal ranges, perfect for oyster-farming.

Stop in front of Carantec Church. Once a small neighbourhood of Taulé, Carantec became a town in its own right in the 1800s, flourishing as tourism developed. Hear more about this story as you follow the walk around Carantec.

As you leave Carantec, heading for Henvic, pause at Pont de la Corde port where you can spot the birds on the River Penzé. Cross the bridge and turn left to Plouénan then continue to Penzé Port.

The outline of a former flourmill looms large, bringing to mind the former linen wash-houses upstream, the various mills for flour, tanning, paper and wool. In summer, this flourmill now hosts contemporary art exhibitions.

If you're a fan of the Middle Ages, follow the river-road, turning right towards the ruins of Château de Penhoat, in Saint-Thégonnec. This genuine medieval fortress is perched on a promontory where the River Penzé meets the Coatoulzac'h, with a visitor trail taking you right through the romantic atmosphere of the site.

#### From Penzé Port, head towards Henvic, then to Taulé.

These two towns, between land and sea, share a particular history: each has two churches, one an admirable 16th-century ruin, the other Neo-Gothic. During the late 1800s, many parishes built a smart new church worthy of new fortunes - at the time, they spoke of 'stone disease' to justify abandoning the old church.

Finally, before returning to Morlaix, you can stop off at Sainte-Sève for a breather on the shores of its pond that is open to everyone. •









## CARANTEC, IN THE HOLIDAY SPIRIT

about 1 h on foot

Carantec does not tend to show off its status as a spa town, although it warrants a national reputation. Right at the end of a peninsula, the community of Carantec was born after the Revolution and previously scraped a living from fishing and collecting seaweed.

We begin with the 19th century church. A storm and a lightning strike brought about the end of the original 17th century church, and local parishioners had to raise the considerable sums needed for the Neo-Gothic edifice designed by Edmond Puyo. The result is particularly striking because of the variety of stones used in its construction.

2 Take the road behind the church that leads to Kelenn beach, then – halfway along this road – take the small path on your left from where you can see the beach. In the 19th century, this marshy area was abandoned in favour of the port which lies to the north of the peninsula.

The advent of tourism soon changed the situation, as genteel visitors from the areas around Morlaix and then Paris arrived by train in order to 'take the waters' at Carantec. Naturally, these out-of-town visitors had to be accommodated and soon enough villa, guest-houses and hotels sprung up along the seafront.

3 Follow the coastal path known as the 'chemin des douaniers' (the path of the customs officers), and a beautiful view gradually opens up to reveal the chain of islands called chapelet d'îlots. Eight of these form an ornithological reserve renowned for the terns that nest here in early spring including the common tern, the sandwich tern, and the very rare roseate tern. To the south, the île Louet and its lighthouse help to guide seafarers through a bay full of dangers. Not far away, the silhouette of the Château du Taureau is a testament to how serious the Morlaix people were about protecting their prosperity from foreign attack.

4 Climbing back up the path, near the view-point called Chaise du Curé, an information panel explains Ernest Sibiril's escape network. Sibiril, a name inextricably linked to the Resistance, has also been connected to naval construction since 1830. The Carantec shipyards produced a series of legendary names from here, including the Caravelle, the Cormoran and the Catboat.

To the north, after Grève Blanche, you'll see Île Callot and its chapel bell-tower. At low tides you can walk out to this island, which makes for an unforgettable visit. Seventeen people live all year round on this island, renowned for its granite, its climate and its potatoes. Check the tides, then come and enjoy a walk around the island – but be sure to allow plenty of time to get back before the sea comes in!

**5** Continue on the path to the port, then go back up to the town centre by Kermenguy street. The villas here represent a century of spa-town architecture. On the eve of 18th June 1940, Général de Gaulle came to fetch his family who'd been sheltering here, before embarking for the English coast.

Back in the town centre once more, walk as far as the Tourist Office, based in the former girls' school. Here you can find out about sailing, diving, accommodation, walks and the latest events or two steps further, you can visit Carantec's excellent maritime museum.









## From Morlaix toward Plougonven and Saint-Théaonnec

From Morlaix to Plougonven and Saint-Thégonnec, a circuit where both nature and local heritage share their treasures, topped off with an exploration of the impressively flamboyant parish church of Saint-Thégonnec.

# FLAMBOYANT CHURCHYARDS INTO THE MONTS D'ARRÉE NATURE



1 day (approx. 90 km)

day steeped in nature and history, probing the secrets of the Monts d'Arrée and unique churchyards.

Leave Morlaix taking the direction of Plourinles-Morlaix.

What to see: the 17-18th century church of Notre-Dame, fine statues by Roland Doré, a 16th century baptistery, ossuary chapel with a quality collection of statues in Kersanton stone. A 1000 year-old yew-tree, classified as one of France's 'Remarkable Trees'.

#### Continue in the direction of Plougonven, pausing at Coatélan.

On the route of an old Breton railway network, the Green Way, 43km long, is accessible for all kinds of ramblers (families with young children and push-chairs, persons of reduced mobility, walkers, cyclists and horse-riders). It links Morlaix to Roscoff in the north, and Carhaix and Concarneau to the south. All along the route old stations and station-houses are to be found ... in an unspoilt rural environment.

#### Continue to Plougonven.

What to see: the parish close, church of St.Yves (16th century) and a superb calvary with octagonal base, one of the oldest in Brittany. Around the Passion of Christ, it illustrates the Gospel stories (200 figures carved in granite).

From the bourg, make for the village of Mézédern, with a visit to the Manoir.

This is a private estate, but the courtyard and

garden are accessible to the public for free from June 1st to September 30th, every day except Tuesday, 10am-12noon and 2.30pm to 6.30pm.

Go on to the Kermeur via the D19 (direction of Lannéanou), park at the old station of Kermeur and enter the Landes de Cragou. Essentially made up of moors and peat-bogs, this area shelters rare and protected plants and animals (henharriers, Montagu's harriers, curlews, nightjars, clubmoss, peat-moss and two species of drosera). These natural open spaces are equally remarkable for the presence of 'ecological lawn-mowers' in the form of Dartmoor ponies and Nantais cows. Take the direction Cloitre-St-Thégonnec. Here, you must visit the Musée du Loup (Wolf Museum)! An unusual history of the wolf in Brittany which will delight old and young alike, and maybe send shivers down the spine...

#### Follow D111 to Plounéour-Ménez.

You are now in the heart of the Monts d'Arrée... On your way, make a stop to Le Relec and visit the old abbey of Relec (12th-18th centuries).

A few kilometers away, join the D785 and go up to Roc'h Trevezel.

Leave your car on the parking area and follow the path to the top (384 m) to enjoy spectacular panoramic view on the surrounding landscape.

Drive back to Plounéour-Menez center. What to see: the 17th century church of St. Yves, ancient calvaries, the Triumphal Arch, Manoir de Penhoat.









# SAINT-THÉGONNEC, STEEPED IN FLAMBOYANT GOTHIC ARTI

about 45 min. on foot

eaving from the main car park, Park an Iliz, head for towards the church and Tourist Office, then take the Rue Courte and discover some sacred art: from the abandon of Gothic art to Renaissance inventiveness, through to Baroque grandeur.

On the south side, the architectural structure is imposing, reminding us of the pride of a thriving land: this is an 'enclos paroissial', which translates as a parish close, and is essentially a flamboyant church. These parish closes are not exclusive to Brittany, but here more than anywhere else their construction and richness demand a certain admiration. Set apart from the everyday world by a surrounding wall, the close is an area of sacred land around a church and usually features a monumental stone cross (a calvary), a bone house (an ossuary) or a mortuary chapel plus a triumphal porch or entrance.

The Renaissance triumphal arch seems to imitate the grand courts of chateaux or manors. At the entrance, the raised stones known as 'échaliers' act as stiles, preventing any animals from entering.

Once a Gospel built from stone, with its gallery of characters enacting the Passion of Christ, the monumental calvary stone of Saint-Thégonnec was once multi-coloured.

The ossuary chapel shows how death was everpresent, not hidden but used to instruct and edify believers. Head down into the crypt to admire the moving depiction of Christ's burial.

The interior of the church, with its two spires, also offers plenty to admire: from the 16th to the 18th century, the best local craftsmen used their skills here. There is an impressive organchest, an admirable pulpit, perfect Baroque altars and a gallery of Saints to be invoked to heal everyday ailments.

Responding to new modes of evangelisation, these parish closes were born from the economic prosperity that came from cloth-making in and around Morlaix. Elsewhere in Brittany, they were growing hemp, but here it was linen. Once woven, these linen cloths were sold throughout Europe, protected by the label 'Created in Morlaix'. This high-value product turned locals into wealthy merchants, right up until the end of the 17th century.

A few hundred metres from the parish close, the 'kanndi de Pen ar Park' is a fine example of a washhouse where linen fibres were washed and whitened. You can see it yourself, if you follow the Rue du Calvaire, then Rue de Paris and finally Rue Lividic. •









## From Locquirec toward Guerlesquin

From Locquirec to Guerlesquin, a trail along the coast and into the countryside to discover well-kept Breton traditions, and a suggestion for a walk around Guerlesquin, an astonishing market town classes as a 'Petite Cité de Caractère'.

## HERITAGE TREASURES IN THE TRÉGOR REGION



½ day (approx. 65km)

rom Locquirec, head towards Plouégat-Guerrand following the road down to the end of the bay, then come back up again via Rue du Varcq.

On the way, you'll pass the hamlet of Pont-Menou, located on the River Douron which acts as the border between our county of Finistère and the Côtes d'Armor, and it's a favourite spot for fishermen. In days gone by, the watermill put the current to good use to power a flour-mill, but today it's home to a pony club.

Heading up towards the hill on the D786, fans of cider and apple juice may well want to stop at the Cidrerie de Cozmezou, surrounded by orchards where you can taste these wonderful examples of local produce and even take some away with you.

Stop off at Plouégat-Guerrand, a pretty market

Saint-Agapit Church holds more than a few wonders: the Beaumanoir bell tower, beautiful statues of saints to whom people prayed for everyday illnesses, as well as a magnificent book of songs. In the churchyard itself, there is a stone calvary cross, and the yew trees of our old ceme-

When you leave, heading to Plouigneau, be sure to take a little detour through Lanleya, a charming little hamlet with several traditional houses, Saint-Nicodème Chapel and the 16thcentury Manoir de Lanleya. Boasting a remarkable 'malouinière' house in the style of Saint Malo. It now offers bed and breakfast and a gîte in its surrounding buildings.

Head back to the D64 and follow this to the town centre of Plouigneau. Near the church square, you'll find the eco-museum, Ecomusée de Plouigneau, the second eco-museum in Brittany, which offers a real step back in time. From field tools to chisels, from school to home, there are objects and scenes that will help you to discover or to relive the daily life of a Breton village in the last century.

Now head for Luzivilly taking the D712 then the D237 at the fork.

Nestling in nature, built above a spring at the location of an old pilgrimage site, the Chapelle Notre-Dame de Luzivilly dates from the 16th century.

A little lower, the old village of Ponthou, overlooked by the viaduct. From here, take the road signed for Botsorhel. The 17th century Saint-Georges Church houses several old statues, and the key is available from the local town hall (the mairie).

Pick up the road to Guerlesquin, which is our next stop. This little town full of character will share its secrets as you follow our suggested walk.

Return to Locquirec now, through Plouégat-Moysan, Trémel and Plestin-les-Grèves via the

After having passed through the town of Plestin, take the coastal road following the River Douron. This itinerary follows the coast and offers magnificent panoramic views over the peninsula of Locquirec. The very best viewpoint is probably from the Gallo-Roman baths of Hogolo: the ruins of a Roman villa, almost standing on the sand!

A little further on, at Toul an Hery, a bridge connects Finistère to the Côtes d'Armor. Here and there, you can see old ship merchants' houses, and the terribly majestic-looking Manoir de l'Île Blanche.

The circuit ends at Locquirec harbour, where you will still have time for a leisurely stroll or perhaps be tempted to sit on a sunny terrace with a glass in hand! •







## GUERLESQUIN, A TOWN BORN OF GRANITE



about 45 min. on foot

Opposite the tourist office, the seigneurial prison presents the elegant silhouette of a square fortress inspired by the Renaissance. It was built by the Parc family who controlled Guerlesquin for two centuries. Notice the lucarne windows with scrolled pediments, admire the graceful jutting corner turrets, and search for the coats-of-arms defaced by revolutionary fervour. Inside, both the prison and two upper floors of stylish comfort make this building a little  $17^{\rm th}$  century gem. Prosper Proux made no mistake in obtaining from Merimée the classification of this building as an historic monument in 1875, thus saving it from any harm. This illustrates the firm commitment of the Guerlesquinians to protect their built heritage. They chose it to be the town hall up to 1965.

Leaving the prison, have a look at the "mein gaou", a block of stone with two hollows, once situated outside the market. Standardised by the local lord in 1539, this rare wheat measure facilitated the collection of the tax payable on all trade in grain. In reality, as each hollow, a bushel and a half, surpassed the regulated measure, it was soon called the 'lying stone'.

A little further lower down are the market halls. Their central position demonstrates the mercantile tradition of Guerlesquin, attested since the 13th century, and later encouraged and supported by the last dukes of Brittany. They were not always in stone: the current building was created by the architect Nedelec in 1882 in the neo-Breton style, replacing an ancient market hall in wood of 1525, which was endowed with a court of justice.

Even though markets are no longer held here, these vast halls remain firmly at the centre of the town, a special place for fest-noz celebrations, marriages and other banquets.

Moving on towards the church, be sure to examine the facades of the houses: opposite the market halls, a fine house in gothic style with its ornamental moulding and old windows with crossed bars; a little further on is a Graeco-Roman pilaster in the Renaissance style of a neighbouring window. These houses have a choice location, facing the large square which has seen a Monday market here since the Middle Ages.

5 Before you stands the church of Saint-Tenenan, which is interesting on two counts: the bell-tower which is by the workshop of Beaumanoir at the beginning of the 16th century, like so many others in the area, and the nave, which up to the chevet is a typical example of the fashion of the 19th century. The interior

contains some fine painted statues as well as windows worthy of attention. Once outside again, continue round the parish close and you will discover a garden of aromatic and medicinal herbs.

Below the church, take the opportunity to refresh yourself in the shade of the 'champ de bataille' or battlefield, an enclosed space with memories both of an old training ground for local soldiers, and a country chapel fallen into ruin. To the sweet murmur of the fountain, box and roses flourish, proud of the threestar status of this 'flowered commune'.

It's time to go back up to the town. Note a few Gothic doorways in passing, and continue as far as the Chapelle Saint-Jean.

Above the prison a square with a double Above the prison a square border of trees recalls the meeting-place of cattle-merchants before the beginning of the electronic market in 1972. Today this area remains the site of the world championship of boulou pok ( a special type of boules) which has been held here in Guerlesquin each Mardi Gras for at least the last three hundred and fifty years.

Nearby from the height of his pedestal designed by Hernot, the poet Prosper Proux, under the hands of sculptor Quillivic, poses a benevolent regard over his adopted commune, ready to give you advice!

Head back down the Rue du Docteur Quéré and, opposite the old prison, take the small cobbled street called Hent Pors Lann, which is lined with more modest workers' houses. Turn right into Park ar Piz where you'll find hidden treasures: ancient roofs, turrets containing staircases, noblemen's houses, private gardens, alleyways and boundary walls that date back hundreds of years. When you reach the walled garden called Porz ar Gozh Ker - meaning 'the courtyard of the old village - you'll discover an old hemp washhouse. Cross over the walled area where the old fountain from 1898 was built. The alley brings you out opposite the church, in the heart of the town.

Continue up to the Tourist Office to visit the Museum of Miniature Agricultural Machinery and the summer art exhibition on the first floor of the market hall.

Further to the east, Guic lake is a wonderful spot for walks and picnics.

In the countryside, you can visit the chapels of Saint-Tremeur and Saint-Modez. •







## From Morlaix toward Plougasnou and Locquirec

From Morlaix to Plougasnou and Locquirec, a coastal route that offers spectacular panoramic views, with two walks on offer: the awe-inspiring, wild coastal point, Pointe de Primel in Plougasnou and the charming little port of Locquirec.

# GRAND PANORAMAS ALONG THE TRÉGOR PROTECTED COASTLINE



1 day (approx. 70 km)

rom Morlaix port, follow the road along the river in direction of Plouezoc'h. Make a stop in Dourduff-en-mer, a delightfully picturesque little port to explore on foot, leaving your car in the parking area. What to see: the oysters farms with produce for sale.

Continue until Plouezoc'h: church of St-Etienne, Hosanna Cross and the chapelle St-Antoine, (500m from the centre, in direction of Plougasnou - exhibitions and concerts in summer).

Follow the direction Cairn de Barnenez. On its peninsula, the impressive megalithic funerary monument dates from the Neolithic period (6000 BC). It is one of the most important in Europe. You can visit the site all year round.

Continue on the coastal road. On your way to Plougasnou, the port of Térénez with a view of Ile Stérec and the Château du Taureau. Nautic activities

Then, Saint-Samson, where the coastal path follows the long beach, dominated by the great villa « Les Roches Jaunes ». A little further, you will reach the Port du Diben. Departures to Château du Taureau (information at the Tourist Office). Bike and kayak rentals, snorkeling. Coastal path to Annalouesten point (360° view over the Bay of Morlaix).

Continue until Primel-Trégastel. Here make a stop to explore on foot the majestic Pointe de Primel, a place steeped in history and legend (see the walk on the flap).

Reach Plougasnou town centre. You can have a look at the restored church of St-Pierre and at the exhibition in Maison Prevôtale where the Tourist Office welcomes you.

Drive along the beach and turn right to Saint-Jean du Doigt. The church of St-Jean-Baptiste is an architectural gem with its unusual bell-tower and magnificent parish close, enhanced by a superb fountain.

Join back the coastal road to Locquirec. In Le Prajou, park your car in front of Trégor rural museum and walk down to the beach of Venizella. On your left, the Beg an Fry point that you can reach by foot for a spectacular view on the ocean.

Take the direction of Locquirec by Poul Roudou, following the Route de la Corniche (coast road) for a beautiful view over the bay of Lannion. Once in Locquirec, take time to explore the charming peninsula (walk on the flap).

Take the direction of Lanmeur, last stopover before going back to Morlaix. Here, don't miss the Pre-Romanesque crypt from the 6th century in Saint Mélar church, carved pulpit, and church of Notre-Dame de Kernitron (Romanesque and English Gothic styles). •









about 30 min. on foot

From the main street in Primel-Trégastel, turn into rue de Karreg-an-Ty. Just next to the Municipal Campsite, you'll notice an information panel showing you an overview of the point, known as éperon barré (closed spur). This natural defensive site was used by generation after generation, who fortified its weaker points to ensure its effectiveness. The rock is granite, a volcanic rock believed to be among the oldest in the world.

Several archaeological digs have unearthed 2 Several archaeological ungo acception of occupation spanning many central state opening turies. On this circuit, you'll find the opening of an allée couverte, a gallery grave made from standing stones. Not far from here, there's a standing stone (Menhir) known as "des Marsouins", a reminder of soldiers who raised the stone following an oil slick.

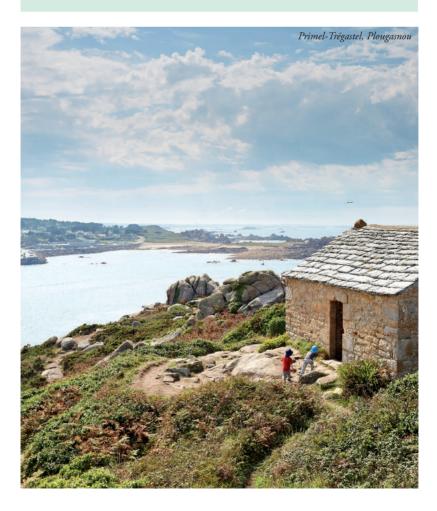
At the far end of the point, separated by a fault in the land, you'll notice the intriguing l'îlot du Château (Castle island). In the early 20th century, this island was linked to the mainland by a footbridge.

Climb up to the maison des douaniers (the customs house). The incomparable view from the summit of Diben Cove explains why there's a guard-house perched on top of it.

**5** Head down on the south side, towards a rocky waterfall surrounded by streams. Outside you'll see a cave once used by local quarrymen and later by the German army. Inside, an impressive clearing gives you an idea about an ancient fortified dwelling that once stood here, the le Château des Salles. During the religious wars of the late 16th century, this place was dismantled so that it couldn't be occupied by bandits.

Leave this 'castle' to the south, and on your right you'll see an old German battery looking over the port. Finish your walk with a stop at the Place des Frères Poupon. Now a simple residence, the former Poupon hotel from the late 19th century stands as a reminder of early tourism, brought by the Morlaix-Primel railway lines (1912-1937). Elegant town houses, guest-houses and holiday centres grew to welcome the visitors.

On the site of the old Poupon tennis courts, there are now lanes for boules and in summer, an outdoor market on Friday evenings. Come and enjoy a thoroughly pleasant outing









about 30 min. on foot

On the border between Finistère and the Côtes d'Armor, the little seaside resort of Locquirec plays up to its charm. This peninsula and cove have been sought-after spots for many years, as shown by the Roman spa villa, pretty seaside manors and the very old port that is now used as a marina.

Stop at the port and head to Saint-Jacques church: this is where the town's history begins. Locquirec was once the home of Saint-Guirec, and he built a monastery here around a basic chapel, on the site where the church now stands. The monks were based at sea-level and the rest of the people settled further up.

Saint-Jacques church looks to have a very ancient north wing, but it dates from the Renaissance. The interior of the church is especially impressive: don't miss the frescoes on the walls, the Tree of Jesse or the votive offerings in memory of those lost at sea.

To the east of the church, where monks once lived in their cells, there now stands the Grand Hôtel des Bains

At the end of the 19th century, Locquirec made the most of the new trend for tourism. Its coastline certainly lent itself to this, shaped like a peninsula and offering a diverse range of beaches: that at the port, ideal for families and southfacing, other, more secluded beaches around the point, then to the west, the beaches of Pors ar Villiec or Moulin de la Rive with their famous surf spots, and the large Sables Blancs beach.

**2** Go past the contemporary art gallery of Réjane Louin, then take the road leading around the coastal point. You'll already spot a

Locquirec village

route onto the first beach. Beautiful Englishstyle villas can be seen along the path. Here, tourism urbanisation has meant that the coast is largely untouched. Opposite, Lannion Bay has no islands but is dotted with the bell-towers of various villages.

To the north of the point, spiky rocks stick out of the sea. This the type of stone for which Locquirec is famous: green schist. Very sought-after for covering the ground and the roofs of manors and churches, it was even used for horse stalls in local farms.

Once your each the beach of Pors ar Villiec, one of our local surf spots, take the church road and turn right into the small Rue de Rivoli to get back to the port.

Walk along to the far end of the jetty and enjoy the panoramic view. This port never became especially busy because of how much waste slate piled up here. Nowadays, it's a marina, where boats moor up every summer. As you head back, linger a little longer to enjoy the calming atmosphere of the little port-side beach or to sip a drink at a pavement café! •





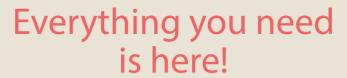




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WANT TO HAVE A FABULOUS TIME!

WHERE CAN I EAT REAL BRETON CRÊPES?!

**BAIE DE MORLAIX** .bzh

WHERE ARE THE BEACHES? AND FREE WIFI, WHERE CAN I FIND THAT?

WHERE CAN I BUY CIDER AND OYSTERS?











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Morlaix Tourist Centre has been awarded the Quality
Tourism national label and is classified in category 1.
Our visitors satisfaction is central to our concerns, before,
during and after the stay.

All your comments and suggestions are welcome!





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