



BAIE DE MORLAIX

#PLOGASNOU #LOCQUIREC #MONTSDARREE  
#CARANTEC #MORLAIX

BRETAGNE

# ROUTES AND WALKS



## In Morlaix Bay and the Arrée Mountains

With unspoilt landscapes, unique heritage and a thriving culture, Morlaix Bay and the Arrée Mountains have plenty of surprises in store for you during your stay.

To help you make the most of this diversity, we invite you to follow our trails along the coast and inland so you can explore the most beautiful spots in the area. By following one of these walks or circuits, you can get to know and really appreciate the marvels of this area, even in a single day.

From Morlaix to Carantec

TRAVEL TO THE HEART OF THE BAY  
CARANTEC, IN THE HOLIDAY MOOD

From Morlaix to Plougonven and Saint-Thégonnec

FLAMBOYANT CHURCHYARDS  
AND THE ARRÉE MOUNTAINS  
SAINT-THÉGONNEC, IMMERSED IN SACRED ART

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From Morlaix toward Plougasnou and Locquirec

THE WILD TRÉGOR COAST AND ITS STUNNING VIEWS  
PRIMEL-TRÉGASTEL COASTAL POINT TO  
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## From Morlaix to Carantec

### TRAVEL TO THE HEART OF THE BAY CARANTEC, IN THE HOLIDAY MOOD

#### Carantec in the heart of the Bay

This coastal trail is an invitation to follow the waterways, travelling to the heart of Morlaix Bay. Each step brings its own particular atmosphere: Locquéhol is a charming little market town opening onto the Bay, Carantec is a family resort with the sea wherever you look, and Penzé is a pretty port nestled in a tranquil, tree-filled valley. A walk to Carantec takes you along the beach then the port, via the coastal path once patrolled by Customs Officers.

### CARANTEC, IN THE HOLIDAY MOOD

approx. 1 hour on foot 

Now renowned as a delightful seaside resort, Carantec had rather humble beginnings. At the far end of the peninsula, this community developed after the French Revolution, and people here scraped a meagre existence from fishing and gathering seaweed.

**1 Let's begin with the church,** dating from the 1800s. A storm and a bolt of lightning meant that the original church from the 1600s had to be replaced - at considerable cost for the local parishioners, who commissioned Edmond Puyo to design this Neo-Gothic structure. The result is particularly striking because of the variety of styles and stones used in its construction: a monumental entrance taken from a manor, a processional cross by Hernot, and remains of statues made from kersanton, a stone highly prized by sculptors. The interior features many types of granite, other treasures and an organ played every summer.

**2 Take the road behind the church that leads to Keleenn Beach, then - halfway along this road, after you've passed Hotel de Carantec - take the small path on your left from where you can see the beach.**

In the 1800s, this marshy area was abandoned in favour of the port to the north of the peninsula. This changed with the advent of tourism: Romantic painters and writers were fascinated by the wild, picturesque landscapes, bringing tourism to Brittany from 1850 onwards.

Genteel visitors from the surrounding areas and later 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 villas, guest-houses and hotels sprung up along the seafront. Pleasure-boating became popular, which then led to boat-building. On the Route de Penn-al-Lann, visitors could also enjoy an elegant game of tennis.

**3** Follow the coastal path known as the 'chemin des douaniers' (the Trail of the Customs Officers), and a wonderful view opens up to reveal a chain of islands. Eight of

these form an ornithological reserve renowned for the terns that nest here in early spring, including the common tern, sandwich tern, and the very rare roseate tern. To the south, Île Louët and its lighthouse help to guide seafarers through a bay that's dangerous to navigate, as proven by the ship Alcide that sank in 1747. The silhouette of the Château du Taureau reminds us how serious the Morlaix people were about protecting their prosperity from attacks like the one in 1522, when an English Armada ravaged Morlaix. French military engineer Vauban extended the simple guard tower of 1550 into a fortress that covers the whole island.

**4 Climbing back up the path, you reach the famous viewpoint** called Chaise du Curé. Here, you get fabulous panoramic views: the spires of St-Pol de Léon and Roscoff harbour to the west, Île Callot and its submersible pathway to the north, then Château du Taureau, Diben coastal point and the tiny islands of Plougasnou to the east. Nearby, a panel outlines local hero Ernest Sibiril, a shipbuilder who ran an escape network for the Resistance. The Carantec shipyards produced legendary names, including the Caravelle, the Cormoran and the Catboat.

**To the north, after Grève Blanche,** you'll see Île Callot and its chapel spire. At low tide you can walk out to Île Callot, which is an unforgettable spot. Famous for its granite, its climate and its potatoes, the island has just a dozen permanent residents. Explore the island and allow plenty of time to get back before the tide rises!

**5 Follow the path to the port,** then take rue de Kermenguy back up to the church. The seaside villas represent a century of spa-town

architecture, and one of them hid the family of French Général de Gaulle in World War Two until he came to take them across to England.

**Back in the town centre,** walk as far as the **Tourist Office**, based in

the former girls' school. Here, you can find out about diving, sailing, accommodation, walks and events. •

*Pointe de Pen al Lan, with views of Île Louët and the Château du Taureau*



### TRAVEL TO THE HEART OF THE BAY

½ day (approx. 40 km)



**F**rom the harbour locks, take the D73 coastal road (Route de la Corniche) to Carantec. With the motorway bridge overhead and only partly occupied, the left bank looks rather Bohemian and ripe for development. Further along, you can see the Monastery of Saint-François de Cuburien, built by the Cordeliers, a complex that houses a museum with a rich treasure trove as well as a beautiful chapel.

Once you've crossed River Pennélé, the road becomes greener and more sinuous, dotted with a few beautiful properties to remind us of Morlaix's wealthy ship-owners. Every six hours, the river drops down, just to rise again with the tide, making you think about all those vessels that have passed by over the centuries, from modest coastal boats to steam ships.

**Take a break at the mouth of the river, in Locquéhol.** Here, you'll see plenty of marine birds, and the Liberty Tree - an oak dating from the Revolution - as well as a recently restored church with Roman remains, in a charming little town square.

**Back on the coast road, notice all the oysters: with some of the greatest tidal ranges in Europe, over 1,500 acres of waterways here are dedicated to farming oysters. Pause in front of Carantec Church.** Part of Taulé parish until 1801, Carantec was a poor community that eventually became a tourist resort in the late 1800s, thanks to its many attractions. You can learn more about this in the Carantec Trail.

**Leave Carantec heading to Henvic, and stop off at the port of Pont de la Corde for some bird-spotting on the River Penzé. Cross over the bridge then turn left to Plouénan and keep going to Penzé Port.** The outline of a former flour mill is a reminder of how vital the rivers were in times gone by, from the wash-houses upriver to the water mills for flour, tanning, paper and fulling cloth.

**If you're a heritage fan,** carry on towards Henvic, passing Ti Pennez gite until you reach Taulé. These two villages set between coast and countryside share an unusual quirk: each has two churches. One is an admirable relic from the 1500s, the other is Neo-Gothic. During the late 1800s, many parishes were earning so much from selling their crops that they treated themselves to a new church! At the time, they claimed the stone of the original church was unsound, to justify the modern replacement.

**For fans of the Middle Ages,** follow the river road and turn right towards the ruins of Penhoat Château in Saint-Thégonnec. This castle was a fortress of the Middle Ages perched on a promontory where the Penzé and Coatoulzac'h rivers meet. Follow the discovery trail through the site and enjoy the timeless atmosphere.

Finally, before returning to Morlaix, stop off at Saint-Sève and make the most of the pond that's open to everyone. •

## From Morlaix to Plougonven and Saint-Thégonnec

### FLAMBOYANT CHURCHYARDS AND THE ARRÉE MOUNTAINS SAINT-THÉGONNEC, IMMERSED IN SACRED ART

This trail along the foothills of the Arrée Mountains gives you an insight into how much religious fervour has marked Morlaix and its surrounding areas. The most remarkable evidence of this is the collection of flamboyant parish churchyards hewn from granite, large-scale works of art placed in this landscape of legends and mystery. In Saint-Thégonnec-Loc-Éguiner, a guided visit of the churchyard will help you to understand more about these unique sacred structures.

#### SAINT-THÉGONNEC, IMMERSED IN SACRED ART

approx. 45 minutes on foot



In Saint-Thégonnec-Loc-Éguiner, leave the main car park of An Iliz and head to the church and the Tourist Office, then take the Rue Courte to a showcase of sacred art: all the abandon of Gothic art, the inventiveness of the Renaissance and the pomposity of the Baroque.

From the southern side, the imposing architecture is a visible reminder of the region's wealthy past. Known as an 'enclos paroissial', these extravagant parish churchyards are not exclusive to Brittany but there are more here than anywhere else, and you can't help admiring them. Separated from everyday life by an enclosing wall, the churchyard is a sacred area surrounding the church, often including a monumental calvary cross, an ossuary (bone house) or chapel of rest, and a triumphal entrance.

**Don't confuse a crucifix with a calvary cross.** Made of wood or stone, a crucifix only ever shows Christ on the cross, while a calvary cross can also depict the Virgin Mary or Saint John, who were both witnesses to Christ's crucifixion on Mount Calvary, Golgotha.

Over time, calvary monuments became more elaborate, adding more historical characters from Christ's Passion. Saint-Thégonnec's calvary was a true gospel depiction and was once multi-coloured.

**The ossuaries and chapels of rest** remind us that death is ever-present; rather than being hidden, these structures serve to educate church-goers. The ossuary was used to house the recently deceased, and the chapel of rest reminds us that our time, too, will come. Take time to visit the crypt with its impressive sculpted tombstone.

**The Renaissance Triumphal Arch**

seems to imitate the courtyard gateways of local chateaux and manors, which often boasted beautiful stone creations to showcase their owners' wealth. In the entrance, the raised stones prevent animals from getting inside.

**Inside the twin-spired church,** from the 1500s to 1700s, pieces by the best local artisans added to the church's interior treasures. These include a powerful organ case, a wonderful pulpit dating back to the Reformation, perfect Baroque altarpieces and a gallery of saints called upon for everyday ailments.

Responding to new methods for converting people to Christianity, these flamboyant churchyards were, above all, the result of local prosperity. While other parts of Brittany grew hemp, the area of Morlaix produced linen. Once woven, the linen was sold throughout Europe, protected by the label 'made in Morlaix'. With its high mark-up, linen turned local farmers into rich merchants - known as 'Julods' - right until the late 1600s, which marked the end of these extravagant local churches.

**The Kannidi de Pen ar Park** is a fine example of a wash-house, where linen threads would be whitened. You can get here by taking Rue du Calvaire, Rue de Paris then Rue Lividic.

Linen came from sowing flax seeds in early spring in the fertile coastal soil, then the harvested flax would be turned into threads and washed in autumn inland, where there were plenty of streams and rivers. The small wash-house building had a fireplace to heat the water which, poured into troughs and mixed with ash, would whiten the linen. It was then rinsed in the running water then dried outside. It was this whiteness and the fine quality of the cloth that made Morlaix linen so famous. •

wealthy past. The church was transformed to suit modern tastes, favouring altars over stained glass; the calvary cross disappeared but some of its figures remain in the grounds, and the ossuary chapel houses some splendid statues.

**On the road to Plougonven, pause at Coatélan.** For many years, this nightclub was a hotspot for nights out in Morlaix Bay and a legendary venue for some of the greatest artists including the American jazz musician Archie Shepp. Since it closed in 2018, music-lovers have been able to dance the night away in the new, town-centre venue SEW, which is in the old tobacco factory, Manufacture Royale des Tabacs - known locally as 'Manu'. Coatélan also houses a former railway station, and on the old railway lines you'll now find the Morlaix-Carhaix Green Way. This 43-kilometre trail is surrounded by greenery, taking you from the mountains to the sea, perfect for walkers, cyclists and horse-riders.

**A little further east, Plougonven.** This village is famous for two things: one of Brittany's oldest and most original calvary crosses, and a workshop responsible for most of the churches in the area. This is the Beaumanoir workshop, which raised our spires and filled our churches with light.

**If you need to get out in nature, head from the hamlet of Kermeur to the Rochers du Cragou.** This is the largest nature reserve in Finistère, encompassing moors, woodlands and wetlands that are home to rare species such as harriers and curlews, as well as peat moss and the carnivorous Sundew plants. These natural spaces are maintained by Dartmoor ponies and Nantaise cows. You'll find signposted walks throughout.

**Continue up to Le Cloître St-Thégonnec, a former priory of the Abbaye du Relec.** Calm, light-filled and airy, this village merits a visit as it's home to France's only museum dedicated to wolves. Separate the truth from the facts thanks to the wonderful displays explaining wolves in the wild, in history and in literature. A great visit for all ages!

**Keep heading south towards Le Relec, as the peaks of the Arrée Mountains remind you of this area's wild, untamed side, where Cistercian monks chose to settle among the moors and wetlands 900 years ago.** What remains of nearly ten centuries of monastic residence? The Abbey church is an emotive space, ideal for concerts, exhibitions, ingenious water features with ponds, fishponds and mills. Long ago, this was a peasant settlement governed by the Abbey, with tenant farmers maintaining cleared lands. Now it's a peaceful haven open all year round, from where you can set off hiking or mountain-biking.

**The north side of the Arrée Mountains looms ahead, covered in moorland flowers. Take a detour by Roc'h Trévézel,** whose summit of 384 metres will give you a perfect chance to drink in the unique atmosphere and outstanding panoramic views of the surrounding countryside - in fine weather, you can see as far as the ocean!

**Now, keep going to the market town of Plouñour-Ménez.** Part of the Armorique

Natural Regional Park, Plouñour reveals how mankind has always taken a fair share of this unspoilt natural environment: running water used to wash linen, ground that's rich in soil and shale, and of course peat. The slate quarries are a reminder of this, as are the rural dwellings, often with overhanging upper storeys.

Here, you'll find another unique churchyard, wonderful altars and more works by sculptor Roland Doré. There are few manors in the countryside, but the one in Penhoat is surrounded by magnificent, listed grounds. The Menez mountain is a great place for cycling.

**Take the D111 towards Guimiliau, passing by Saint-Éguiner church.** This modest chapel with its small spire dates from 1566. It has a surprising double nave, high-quality statuary and is enclosed by a simple wall, ensuring tranquillity.

**Once you've reached Guimiliau, in the heart of linen land, you'll find another flamboyant church.** The steeple flanked by an access tower contrasts with the Renaissance-style exterior. The real star here is the calvary monument, adorned with around two hundred characters sculpted from kersantite stone, an extraordinary visual representation of Christ's life.

**The neighbouring village, Lampaul-Guimiliau, was once part of Guimiliau parish.** It can feel justly proud of having an architectural beauty to rival that of its home parish. Notre-Dame Church is topped by an impressive spire that soars nearly 70 metres high (it was struck by lightning in 1809). The interior is an exuberant homage to the Baroque, where you can admire six highly luxurious altarpieces, a theatrical tombstone and baptism font in four-poster style.

**Now let's head east, to Saint-Thégonnec-Loc-Éguiner, a fine example of the region's linen wealth and architectural pride.** The monumental nature of this church certainly sets it apart. After a fire in 1998, the church was wonderfully restored, particularly its brightly-coloured furnishings.

The *kannidi* wash-houses are more humble features, but their role in the linen trade brought the fortune that paid for the surrounding splendour. You can find out more thanks to the guided visit outlined on the left of this leaflet

**The final step of this circuit takes us through woodlands to Pleyber-Christ.** Pleyber took full advantage of its proximity to Morlaix's linen trade, as evidenced by the scale and structure of Saint-Pierre church, its incredible silverware, high-quality sculpted timbers, and the Apostles by Roland Doré, known as the King's sculptor in the 1600s. Do visit the highly honoured Christ chapel, which gave its name to the village. You can also visit the latest exhibition in the Anne de Bretagne room before heading back to Morlaix.

If you'd like to continue discovering the remarkable sacred heritage of these flamboyant churches and churchyards, be sure to visit **Saint-Jean-du-Doigt**, nestling in a seaside valley, as it boasts a monumental fountain and treasure trove of silverware. •

### FLAMBOYANT CHURCHYARDS AND THE ARRÉE MOUNTAINS

1 day (approx. 90 km) 

Leave Morlaix and head for Plourin-lès-Morlaix, a beautiful landscape of woodlands. From the centre, you can head out on an architectural walk: in 1995, architect Philippe Madec redesigned the urban centre by expanding

the public space in the town hall and the Médiathèque (multimedia centre), re-imagining the town's focal point.

The flamboyant church nearby - as with those in other parishes - showcases a



## From Locquirec to Guerlesquin

### HERITAGE TREASURES IN THE TRÉGOR REGION GUERLESQUIN, A TOWN BORN OF GRANITE

This coastal trail towards the Trégor countryside will immerse you in Breton traditions that continue to this day. The bucolic landscapes hold countless architectural gems of the Beaumanoir style. In the market town of Guerlesquin, you can stroll around the characterful streets and admire all the details of the medieval decor.

### GUERLESQUIN, A TOWN BORN OF GRANITE

approx. 45 minutes on foot



**1** Opposite the tourist office, the **présidial** is a feudal prison with the elegant silhouette of a square fortress inspired by the Renaissance. It was built by the Parc family who ruled Guerlesquin for two centuries. Admire the lucarne windows with scrolled pediments and the graceful jutting corner turrets, then search for the coats of arms defaced by revolutionaries. Inside, both the prison and two rather comfortable upper floors make this building a gem of 1600s architecture. Local writer, Prosper Proux, ensured that this building was listed as an historic monument in 1875, thus saving it from any harm. This illustrates how the people of Guerlesquin are committed to protecting their built heritage, and it was their town hall until 1965.

**2** Leaving the prison, have a look at the **mein gaou**, a block of stone with two hollows, once located outside the market. This block was used to measure wheat and therefore any tax payable, until weights were standardized in 1539. In truth, the stone's bushel and half-bushel measures were too generous, earning it the name 'the lying stone'.

**3** A little lower down are the **market halls**. Their central location shows the importance of trade in Guerlesquin since the 1200s, which was encouraged and supported by the last dukes of Brittany. The halls were not always in stone: the current building was created by the architect Nedelec in 1882 in the neo-Breton style, replacing a wooden market hall from 1525, which included a court of justice. Even though markets are no longer held here, these vast halls remain at the centre of town life, a special place for festivals, celebrations, marriages and other banquets. If you have the chance to dance in this iconic space, don't miss out!

**4** As you head towards the church, look up at the **facades of the houses**: opposite the market halls, there's a fine house in gothic style with ornamental moulding and old windows with crossed bars; a little further on is a Greco-Roman column

in the same Renaissance style as a neighbouring rooflight. These houses have a prime location, overlooking the large square that has hosted a Monday market since the Middle Ages.

**5** Before you stands **Saint-Tenenan Church**, which is interesting on two counts: the spire - created at the Beaumanoir workshop in the early 1500s, like many others in the area - and the nave that, up to the chevet, typifies what was fashionable in the 1800s. The interior contains some fine, multicoloured statues as well as stained-glass windows. Once outside again, stay within the church walls and you will discover a garden of aromatic and medicinal herbs.

**6** Below the church, take a moment to refresh yourself in the shade of the **champ de bataille** (battlefield), an enclosed space that was once a training ground for local soldiers but became a public garden in the early 1900s. Box bushes and roses flourish to the murmur of the fountain, proud of Guerlesquin's three-star status as 'town in bloom'.

**7** It's time to go back up to the town. Note a few gothic doorways in passing, and continue as far as **Chapelle Saint-Jean**. In the late 1600s, this was part of the now-destroyed Dames Paulines convent and school for poor girls, along the lines of the Saint-Cyr school founded by Louis XIV's wife Madame de Maintenon. Inside, the Saint-Jean altar includes one of several statues of Sainte-Barbe that you'll see in town, Patron Saint of firefighters and of quarrymen, to whom we owe all the granite of these beautiful homes.

**8** Above the prison, a town square with a double border of trees is a reminder that cattle merchants would meet here, until the electronic market began in 1972. Today this area remains the site of the **world championship of *boulou pok*** (a special type of boules), held here in Guerlesquin each Mardi Gras for over 350 years.

**9** Nearby, the writer Prosper Proux has been immortalized by sculptor Quillivic, on a pedestal designed by

Hernot. He gazes benevolently over the town, as if encouraging you to keep exploring! Fifty metres away, the **Forge Museum** comes to life every summer during the lively Monday markets.

**10** Head back down Rue du Docteur Quérec and, opposite the old prison, take the small cobbled street of Hent Pors Lann, which is lined with modest workers' houses. Turn right into Park ar Piz where you'll find hidden treasures: ancient roofs, staircase turrets, noble dwellings, private gardens, alleys 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 wash-house. Cross over the walled area where the old fountain was built in 1898. You'll come out opposite the church, in the heart of the town.

Near the Tourist Office, the **Museum of Miniature Agricultural Machinery** brings rural history to life. Further to the east, follow Guic River to cross the old pond and lake. In the country, you can visit the chapels of Saint-Tremeur and Saint-Modez. 'Red eo', as the town motto says: you must! •

### HERITAGE TREASURES IN THE TRÉGOR REGION

½ day (approx. 65 km)



**F**rom Locquirec, head towards **Plouégat-Guerrand following the road down to the bay, then back up again via Rue du Varcq**. On the way, you'll pass the hamlet Pont-Menou on the River Douron which acts as the border between Finistère and the Côtes d'Armor, and it's a favourite spot for fishermen. In days gone by, the watermill made full use of the running water to grind flour, but today it's home to a pony club.

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

**Stop at the pretty market town of Plouégat-Guerrand**. Saint-Agapit Church holds more than a few marvels: the Beaumanoir spire, beautiful statues of saints to whom people prayed to cure everyday ailments, and a magnificent Book of Songs. In the churchyard, there is a calvary cross and ancient yew trees. The remains of a chateau designed by Perrault with grounds by Louis XIV's gardener, Le Nôtre, remind us of the courtly relations of Breton nobility, keen to keep up with the times.

**When you leave, heading to Plouigneau, take a little detour through Lanleya**, a charming hamlet with several traditional houses, Saint-Nicodème Chapel - built in the 1600s and boasting a three-sided radiating chapel and tall bell gable - plus a manor dating from the 1500s, Manoir de Lanleya. This remarkable malouinière-style home has a beautiful square tower containing a spiral staircase and outbuildings that now offer tourist accommodation.

**Head back to the D64 and follow it to the centre of Plouigneau**. Near the church square, you'll find the Ecomusée de Plouigneau, Brittany's second-biggest eco-museum, offering a real step back in time thanks to its lively reconstructions and high-quality artefacts. From field tools to chisels, from school to home, its objects and

displays 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 over a spring at the location of an old pilgrimage site, the Chapelle Notre-Dame de Luzivilly dates from the 1500s. Nearby, there's a justice cross from the 1400s to mark the jurisdiction of feudal lords.

**Further down, overlooked by the viaduct is the old village of Ponthou**. From here, take the road signed for **Botsorhel**. Saint-Georges Church dates from the 1600s and houses several interesting statues - the key is available from the town hall (*mairie*).

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

**Return to Locquirec now, through Plouégat Moysan, Trémel and Plestinles-Grèves via the D42**. After having passed through the town of Plestin, take the coastal road following the River Douron. This itinerary follows the coast and offers stunning panoramic views over Locquirec peninsula. Probably the best viewpoint is from the Gallo-Roman baths of Hogolo, located to the right after the beach Plage des Curés. Pause for a while and explore a peaceful spot that's steeped in history: the ruins of a Roman village right on the beach! You'll find some information panels offering more details.

**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 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! (Take a look at the trail 'Around the tip of Locquirec' at the end of the next circuit.) •

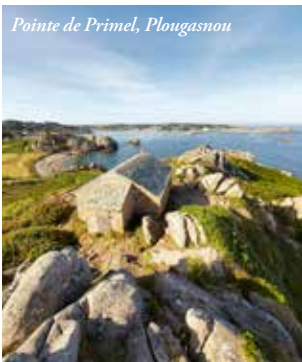


THE WILD TRÉGOR COAST AND ITS STUNNING VIEWS

PRIMEL—TRÉGASTEL COASTAL POINT TO PLOUGASNOU

Around the tip of Locquirec

Taking you along the jagged Trégor coastline, this route showcases Morlaix Bay's stunning views. Wild coastal points, harbours, cliffs and unspoilt natural landscapes reveal their treasures, while the unique heritage will pique your curiosity. On foot, you can explore the hidden secrets of the magnificent coastal point from Primel to Plougasnou and feel yourself unwind as you stroll around Locquirec.



Pointe de Primel, Plougasnou

PRIMEL—TRÉGASTEL COASTAL POINT TO PLOUGASNOU

approx. 1 hour on foot



Known for being rather inaccessible, this point has natural defences that were reinforced by mankind until the 1900s, although you'd never think so now, given the wild feel of the landscapes. Let's find out more!

**1** From the central street of Primel-Trégastel, turn onto **Rue de Karreg-an-Ty**. Just after the public campsite, you'll find an information panel and an overall view of the coastal point. It's made of granite, a rock formed from molten lava and considered to be one of the most ancient. Around this are other minerals: gabbro rock used in construction, and diorite for arrowheads. More than 10,000 years ago, even the greatest high tide would never rise as high as our tides today. Nearby, the remains of flint quarries and an ancient forest now lie underwater.

**2** Various archaeological digs have found evidence of centuries of occupation on this site. Along your path, you'll see the opening of a **gallery grave**, a prehistoric burial chamber similar to dolmens (like at Stonehenge). **The nearby standing stone is named 'des Marsouins'**, the nickname for marine infantrymen, as they discovered the stone during an oil spill. Other underwater treasures include copper bars, proving metal activity here: bronze and iron were certainly exported. At the bottom of Diben Cove, wine vases and ancient coins show that under the Roman Empire, this was a busy trading area.

**3** At the far end of the point, separated by a fault line, is the intriguing **flot du Château**. In the early 1900s, thrill-seeking tourists could venture over on a footbridge, but now you can walk across at low tide. Perched on top, a rock seems to be reddened by fire - perhaps the first lighthouse in Morlaix Bay.

**4** Keep heading up to the **Maison des Douaniers**. Beneath this, hidden by

ferns and gorse, are the remains of an artillery battery from the 1600s, part of the Bay's defensive system that centred around the Château du Taureau. From the summit, the unbeatable views justify the site of a guard house perched above Diben Cove. Nothing remains of the early Middle Ages except for the legend of Saint-Primel, transcribed along with so many others in the 1600s by the Morlaix monk Albert Le Grand.

This rocky spur was certainly occupied during the Viking invasions around 800 AD, supporting their base on the Île de Batz.

**5** Head south, towards a tumble of boulders bordered by waves. Here, you'll see a cave used as a quarry by locals and then by the German army. Inside, there's a clearing that suggests an ancient fortified dwelling: the **Château des Salles**. During the wars of the late 1500s, this dwelling was dismantled so that it wouldn't be used by robbers.

**6** Leave the 'chateau' remains heading south, and to your right you'll see remains of Germany artillery overlooking the port. Finish your walk at the **Frères Poupon** square: the Hotel Poupon dating from the late 1800s accommodated countless tourists brought by the Morlaix-Primel railway between 1912 and 1937, helped by other elegant villas, boarding houses and holiday camps.

**7** Where Hotel Poupon's tennis courts once stood, you can now enjoy the bowls ground and **twilight market** in summer (on Fridays). Visit if you have the chance: grab a snack, browse the stalls and enjoy the music until nightfall. •

**F**rom Morlaix port, head towards Plouezoc'h on the coast road that traces an old railway line. Running from 1912 to 1934, this line took tourists from Morlaix to Primel in 1 hr 23 minutes.

**Follow the river up to Dourduff-en-mer**, where two rivers join. At one time, a royal military port was planned here, but ultimately Dourduff became one of Brittany's top oyster producers (you can buy them onsite). Enjoy a pleasant walk with views across to Locquéolé, Morlaix Bay and of course the Château du Taureau, for which Dourduff was the original connecting port.

**Continue to Plouezoc'h centre**, home to St-Étienne church and its archive, St-Antoine chapel - which hosts summer exhibitions - and **Barnévez Burial Cairn** on the peninsula. Dating back 6,500 years, this historic monument is nicknamed 'the Breton Parthenon', comprising two series of sacred and funereal chambers. The visitor centre presents traces of human occupation here dating back to prehistoric times, and offers guided visits of this exceptional site overlooking the Bay.

**On the road to Plougasnou**, you can stop at the little marina of Térénez (buy direct from the oyster farms here) or the larger beach of Saint-Samson, another great spot for gazing over the tiny islands of the Bay, the Château du Taureau and the spires of St-Pol-de-Léon.

**Follow the road around the Bay up to Diben, a true fishing port**. At the bottom of the cove there's a boat cemetery and shipbuilders, revealing this spot's maritime roots, from those who perished at sea during the war, to the fishermen who go out with the tides. Enjoy a spot of snorkelling or kayaking, boat trips to Taureau, or just gaze at Annalouestren Point.

**Continue to Primel-Trégastel**. Thousands of remains show that this wild point has been inhabited for centuries - see overleaf for a guided walk.

**Head to the centre of Plougasnou**, where you'll see dismantled walls around a recently restored Renaissance church. Two prayer oratories, a local feature, are a reminder of the great open-air masses held at the cemetery and at Notre-Dame-de-Lorette. Plougasnou is

an extended community of 100 manors, its Tourist Office based in the former Provost's home. Pop in to see its painting exhibitions in summer!

**Head to Locquirec, following a protected coastline where growing crops is an art form. Stop off at Saint-Jean-du-Doigt**, a pilgrim site for over 500 years. Its wonderfully gothic chapel is home to a fragment said to be the index finger of Saint John the Baptist. The popularity of holy relics, splendid architecture and ducal power made this church and churchyard into a real gem, enhanced by a striking fountain and richly decorated oratory. The beautiful surroundings add to the charm, and inspired many artists who settled in the Maison des Peintres.

**Return to the coastal road to Guimaëc and cross the Prajou Valley**. The surprising museum - Musée Rural du Trégor - brings lost trades back to life, while further down, you'll see Trobodec mill and the secret beach of Venizella, where those fleeing occupied France boarded boats to escape. From here, you can also walk along the **Began Fry cliffs**.

A little further on, after the Christ Chapel and its calvary monument, go down to Poul Rodou where the coffee-shop and bookshop, Le Caplan, has earned its fine reputation for over 20 years. Follow the coast road and enjoy the fabulous viewpoints over Lannion Bay.

**When you arrive at Moulin de la Rive, head up to Locquirec centre**. This old monastic market town enjoyed a new lease of life in the late 1800s, which you can discover thanks to the walk overleaf.

**Head for Morlaix**. As you pass through Guimaëc, you might stop at the renowned Kerveguen cider house for a little refreshment.

**One final stop might surprise you in Lanmeur**. As you enter the town, turn right to the old Kernitron Chapel, a rare Breton example of Romanesque art. From here, walk to the parish church: built over an intriguing, ancient crypt, the church tells the tragic tale of Prince Mélar. In the 1100s, once the barbarian invasions were over, Brittany was finally ruled by the Breton Dukes.

Take the main road back to the viaduct, where the circuit finishes. •



Saint-Samson, Plougasnou

## TOUR OF LOCQUIREC COASTAL POINT

approx. 30 minutes on foot



Known as Finistère's top seaside resort, Locquirec is separated from the Côtes d'Armor thanks to the River Douaron, flowing into Toul an Héry Cove. This cove has been a sought-after spot for centuries, proven by traces of a Roman spa villa, an ancient port, and beautiful seafront manors.

**1** Stop on the harbour and head to **Saint-Jacques Church**, where the parish's history began. As with many others on the north coast, it developed when Bretons migrated from the islands to the mainland to flee Anglo-Saxon invasions. These clans, already Christianized by the Romans, were led by warrior chiefs and religious leaders. The latter gave their names to most of our local towns.

Locquirec was once the home of Saint Guirec, who built a monastery here around a primitive chapel, on the site where the church now stands. The monks were based at sea-level and the rest of the people settled further upon Pennenez. The north wing appears to be very ancient, but it dates from the Renaissance. The interior is especially impressive: don't miss the frescoes on the walls, the Tree of Jesse and 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. In the late 1800s, Locquirec made the most of the **new trend for tourism**. Its coastline was ideal for this, shaped like a peninsula and offering diverse beaches: that at the port, ideal for families and south-facing; more secluded beaches around the point; then the large Sables Blancs to the west, along with the beaches of Pors ar Villiec or Moulin de la Rive famous for surf spots.

**2** Pass the Réjane Louin contemporary art gallery, then take the **trail leading around the coastal point**, and you'll already spot a first beach. Beautiful English-style

villas line the path as if suspended in time: tourism has meant that the coast has been largely untouched. Opposite, Lannion Bay has no islands but is dotted with the spires of Saint-Michel-en-Grève, Ploumiliau, Trédrez, Locquémeau, Trébeurden and Île Grande.

**3** To the north of the point, spiky rocks stick out of the sea. This is green shale, the stone for which Locquirec is famous. Highly sought-after for covering the floors and roofs of manors and churches, it was even used for horse stalls in local farms. Nearby, in one of the abandoned quarries, a panel explains the history of slate roofers.

**4** Once you reach the beach of Pors ar Villiec, one of our local surf spots, take the church road then turn into Rue de Rivoli to get back to the port.

**5** **Walk to the far end of the jetty.** Originally, the estuary port was located opposite, in Toul an Héry, as this side of the estuary was less sheltered. However, in 1871, Victor Fenoux - the architect of Morlaix's viaduct - completed his plans for a port and breakwater here, although up it failed to develop any major activity, as the strong undertow at the head of the bay has always brought slate waste into the harbour. Nowadays, yacht and pleasure boats anchor here every summer. Before you head back, take a break at the little harbour beach or a pavement café to drink in the fabulous views.\*

# Everything you need is here!

WHAT SHALL WE SEE TOMORROW?

WHERE CAN I FIND AUTHENTIC CRÊPES?

I WANT TO HAVE AMAZING TIME!

BAIE DE MORLAIX  
.bzh

WHERE CAN I GET FREE WIFI?

WHERE ARE THE BEACHES?

WHERE CAN I BUY CIDER AND OYSTERS?

Baie de Locquirec



Follow us and tell us all about your visit, share your memories and photos on our social media platforms using #baiedemorlaix

Photos by : Thibault Poriel, Alexandre Lamoureux  
Traduction by : Annaliza Davis



**MORLAIX BAY HAS BEEN AWARDED  
THE 'TOWN OF ART AND HISTORY' LABEL**

Carantec, Plougasnou and Locquirec are members of the Sensation Bretagne network, which unites 30 seaside resorts.

Saint-Thégonnec is a 'Village Étape' ideal for stopovers

Guerlesquin has the label of 'Small town of character'

**LET'S TRAVEL TOGETHER**

Our Tourist Office is committed to the Travel Charter initiated by the Brittany Tourist Offices network.

For more info:

**OUR TOURIST OFFICES**

*The Tourist Offices of Morlaix Bay are committed to offering you an excellent welcome. Proud to have been awarded the Quality Tourism label and classed in the top category, we place visitor satisfaction at the heart of our work - before, during and after your stay. Do get in touch and share your feedback, and please fill in our visitor questionnaire at reception or online. We're always happy to hear from you!*

**We want to hear from you!**

Have you visited one of our Tourist Offices?

Give us your feedback on TripAdvisor, Google or Facebook.

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