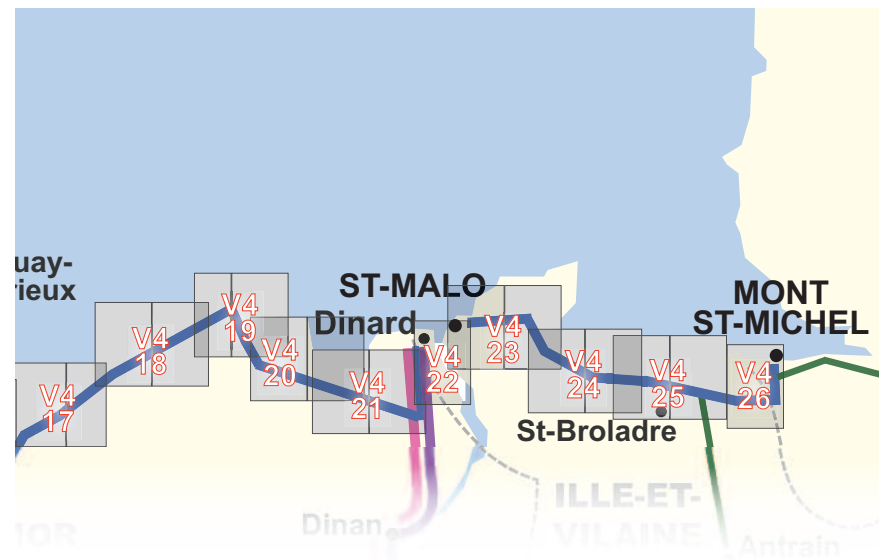


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#### V4. 4: Baie de Térénez - Poul Rodou (23.8kms)

TO Morlaix 02 98 62 14 94 or Plougasnou 02 98 67 35 46 [tourisme-morlaix.fr](http://tourisme-morlaix.fr)  
TO Locquirec 02 98 67 40 83

##### Places of interest nearby

###### Chapelle de St Samson

An atmospheric little dusty chapel, built in 1629. This is, traditionally, where St Samson embarked on his return to Wales and the monastery of Llantwit Major.



Chapelle de St Samson

**Le Diben** A major shellfish processing business overlooks a delightful natural harbour studded with pink granite rocks. In high season the fish factory sells products direct to the public.

**Pointe de Primel** A headland with piles of rocks comparable to those further along the pink granite coast at Ploumanac'h and Trégastel. The end of the point is separated from the rest of the peninsula by a fissure of eroded volcanic rock ("Le Gouffre") which can only be crossed at low tide. The point has been used by people for at least 8000 years: some of the banks have been dated to Mesolithic times. A menhir (discovered and re-erected in the clear-up after the Amoco Cadiz oil spill in 1978) looks out to sea. The obvious building is a *Corps du Garde* hut from the 17th century, later renovated. There are also 20th century blockhouses. Gannets fly past offshore and it is a great place to wander, scramble among rocks, watch the waves and stare across, for perhaps a last time, at Roscoff.



Pointe de Primel - le gouffre

##### Beaches

*Plage de Guerzit* - no facilities, but a defined swimming zone.

*Primel-Trégastel* is a small resort with a lovely beach of white sand.

*Plage de Plougasnou*  
*St-Jean-du-Doigt.*

*Plage de Vilin Izella*  
beneath **Beg an Fry.**

*Plage de Poul Rodou.*



Pointe de Primel - menhir

#### V4. 4: Baie de Térénez - Poul Rodou (23.8kms)

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TO Locquirec 02 98 67 40 83

**Plougasnou** A surprisingly large village with a variety of facilities around the square.

The 16th century church has a ceiling with painted stars. The commune was a hotbed of resistance to the German occupation in WWII. More than 350 of the population left to join De Gaulle's forces in Britain in 1940.

**St Jean du Doigt** The church has a magnificent Parish

Close with a triumphal arch, oratory building and dark granite renaissance fountain depicting God at the top with open arms and John the Baptist. The first joint of the Saint's index finger is kept in the church treasury

in a silver and gold container. Brought here in the 15th century, courtesy of a man from Plougasnou, it is dipped in the sacred fountain several times a year to bless the water. The church, and its relics, used to attract many pilgrims. The building was started in 1440 but only finished in 1513 thanks to the generosity of Anne of Brittany, who had visited on pilgrimage in 1505. The pardon, on the last Sunday in June, is particularly attended by people suffering from ophthalmia.

**Musée Rural du Trégor** Tools and displays about rural life. There are regular demonstrations of farming practices. Open Tuesday and Friday afternoons throughout the year, every day in July and August.

**Beg an Fry** Impressive cliffs.

There was a German lookout bunker here in WWII, yet the beach below, *Plage de Vilin Izella*, was used as a landing point by the resistance network VAR during 1944.

**Poul Rodou** Caplan and Co ([caplanandco.fr](http://caplanandco.fr)) is a famously atmospheric bookshop and café, housed in a multi-coloured, ramshackle building. Nearby is a peaceful beach and wild, collapsing cliffs where sand martins nest.



St-Jean-du-Doigt



St-Jean-du-Doigt



Café bookshop Caplan & Co.

## V4. 15: Étables-sur-Mer - Plérin (13.3kms)

TO Binic 02 96 73 60 12 [besurmer-tourisme.com](http://besurmer-tourisme.com)  
TO St-Brieuc 02 96 33 32 50 [baiedesaintbrieuc.com](http://baiedesaintbrieuc.com)



## V4. 15: Étables-sur-Mer - Plérin (13.3kms)

TO Binic 02 96 73 60 12 [besurmer-tourisme.com](http://besurmer-tourisme.com)  
TO St-Brieuc 02 96 33 32 50 [baiedesaintbrieuc.com](http://baiedesaintbrieuc.com)

A steady pull uphill brings you into the back streets of Étables-sur-Mer, where the well-signed route chops and changes direction through narrow lanes before bringing you into the main street. Run left through town, before heading out on minor roads across a plateau through houses. The route brings you onto the side of the main road (D786). Cross it near the Super U and then descend steeply through backstreets to the harbour at Binic, where pavement cafés call out to the passing cyclist.

From Binic's harbour, go south along the seafront for a while, then uphill to run alongside the main road. From near the next junction, a steeper stretch zig-zags to the left, on tarmac at first, towards and through an open area known as Les Bernains. After coming almost back on itself, the route joins minor roads and heads into Pordic (note the church with a perforated spire like that of Tréguier Cathedral). Through the village centre, continue south, out of town. Soon, a sandy greenway leads across the Parfond de Gouët viaduct.

**Refreshments:** bars, cafés and restaurants in Étables-sur-Mer, Binic and Pordic

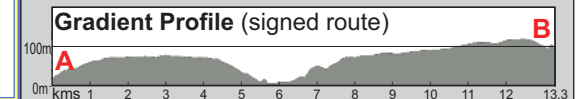
**Provisions:** Étables-sur-Mer, Binic and Pordic - all have a variety of shops and bakeries.

### Beaches

At **Étables**, the *Plage du Moulin* has good facilities and is well-developed.

At **Binic**, the main beach to the south of the town has a seawater pool (off the south wall of the harbour) but is often crowded. The beach a little way past the breakwater to the north is often much quieter.

Just North of the **Pointe du Pordic**, the *Plage du Petit Havre* is attractive and feels undeveloped.



**Signage:** EV4, Le Tour de Manche, Véloroutes de Bretagne, La Littorale

► E - Binic, St-Brieuc

► W - St-Quay-Portrieux, Plouézec, Paimpol

**Route:** After Étables-sur-Mer and Binic, a climb through an open, historic area and minor roads leads to Pordic, and the crossing of an old railway viaduct.

**Surface:** Mostly quiet roads. Off-road compacted sand section south of Binic - some rutting, steep in places. Off-road compacted sand section near the Parfond de Gouët viaduct - good.

**Difficulties:** Steep descent into Binic, ascent on off-road south of Binic.

1. Signage in Pordic: going south from the church, opposite the post office (on right) a sign pointing left is either missing or easily missed.

### Detours:

**Étables to Pordic** - (20.4km) an unsigned on-road alternative to the coastal route, going up and down through farmland. If you have had enough of resorts for a while, this could be for you.

**Pointe du Pordic** - (9.8km) signed alternative running on minor roads, tracks and greenway via the Pointe de Pordic. Some of the greenway is loose and sandy, some is stony and rutted.



#### V4. 15: Étables-sur-Mer - Plérin (13.3kms)

TO Binic 02 96 73 60 12 [besurmer-tourisme.com](http://besurmer-tourisme.com)

TO St-Brieuc 02 96 33 32 50 [baiedesaintbrieuc.com](http://baiedesaintbrieuc.com)



*Binic marina bridge at night*

#### Places of interest nearby

**Binic** The little town of Binic was once the premier cod fishing port in France: *morutiers* (cod-fishermen) spent 6 months of the year fishing off Iceland and Newfoundland. The inshore fishing fleet is now much outnumbered by the pleasure craft moored in the marina. The town markets itself as the “beauty spot of Côtes d’Armor” and there are colourful quayside cafés and restaurants. There is a cod festival in May. The acclaimed museum ([museebinic.fr](http://museebinic.fr)) has exhibits about local traditional life, costume and the fishing industry.



*Les Bernains*

To the south of town, the area known as **Les Bernains**, with its clifftop earthworks, has long been locally known as a “Roman fort”. Following recent work, archaeologists are less sure about the “Roman” and “fort” aspects, but acknowledge that it is an area of old and continuing (since Neolithic times) settlement and agriculture.

**Viaduc du Parfond de Gouët** or **Viaduc de la Percée** Narrow gauge brick and concrete railway viaduct running over one of the steep-sided, deep river valleys in the area. Built by Louis Harel de la Noë for the railway from St-Brieuc to Paimpol, it was opened in 1905 and shut in 1956. In 2011 work was undertaken to convert it into a cycle route. Sad to say, it requires quite a big detour on uncyclable tracks to get a decent view of the viaduct itself.



*Viaduc du Parfond du Gouët*