

50 KM loop to the wonderful 'Coriandre' Restaurant at Tremargat

Today's ride takes you through the usual pretty countryside, past the beautiful church at Kergriste and on to your real target – the special little restaurant 'Le Coriandre'. This place is in a tiny village and produces, for 14 Euro, a delightful and often original daily menu all made with organic and almost entirely local produce. The good news is that the return is (with one short but very steep hill) almost all downhill so that your groaning stomachs will not suffer too much...

To reserve tel: **02 96 24 59 63**

1 - Cycle to the centre of Gouarec by the Bar 'Le Lion D'Or'. Cross the main road signposted **Plounevez-Quintin** which you reach after 9 kms.

Plounevez-Quintin has a couple of bars and a small restaurant – coffee?

2 – Cycle into the centre turning right onto the main road and past the Church then turn immediately left after the church signposted in blue for '**Valee du Blavet**'. After 200m fork left. Another 100m and turn right signposted '**Le Helou**'. After 1 km turn left at the T-junction. After 7km turn right at the T-junction signposted **Kergriste-Moelou** which you will reach after 1 km

Kergrist is a tiny village with a magnificent 800 year-old church. Well worth going in and the hollow Yew trees in the churchyard, along with one of the best 'calvaries' in Brittany are must-sees. There is a small bar and a shop in the village.

3 – As you enter **Kergriste** you turn right signposted for the restaurant '**Coriandre**' and **Tremargat (D87)** to take you past a tiny bar.

This winding, hilly and very pretty road takes you up into the hills past field with huge granite boulders – for me it's reminiscent of Exmoor.

4 – You arrive in **Tremargat** after 5 kms. Cycle into the centre past the church then turn immediately left by the bar '**Tremargat Kafe**' and you'll see the '**Coriandre**' 100m down the lane.

The church is lovely but let's face it, you're here for the food...

5 – Cycle back to the T-Junction by the bar and turn left signposted Lanrivain (D87) you cycle straight across the main D8 after 4 kms then into Lanrivain after 500m. Cycle into the centre (small bar here) past the church and follow signs for St Nicolas du Pelem (D50) out of the village. You Reach St Nicolas after 7 kms.

This is a large village with a very large supermarket (which you pass on the way out), bars, restaurants etc.

6 – At the double roundabout take the Ver D790 sign i.e. straight-on then after 100m go straight-on signposted Gouarec (D5). After 500m you go straight-on at the big roundabout signposted Gouarec (D5) then on past the big 'Super U'. After 5 kms you cycle through St Trephe (lovely Church) and then another 4 kms you cross the dual-carrageway (two roundabouts) following signpostes for Gouarec (D5) which you'll reach after another km.

