

THINGS TO DO IN GOUAREC

Gouarec is well placed for several activities, all within reach by bike. In addition there are several beautiful rides in the countryside around you. To help you this sheet will give you a few ideas on what you might like to do, in addition there will be leaflets available at the campsite and the Mairie in the centre of the village.

GOUAREC has one great asset as a place to go cycling, and that is the tow path that follows the Nantes-Brest canal. This extends for 172 miles so you won't run out of road if you chose to follow it today. The surface is quite good and your bikes will cope with it with ease.

In the village itself there are several bars, though during the week these are fairly quiet, on Friday the bars liven up and don't close `till around 3.00 am! There is a Pizzeria and a Creperie. The bar/restaurant opposite the campsite entrance does food at lunchtime and is quite spectacular value..

THE RIDES

*There follow 11 different routes varying in difficulty from 10 km wobbles to 60 kms through the countryside. All are wonderful... Inevitably some share certain sections but often where this occurs we run that section in reverse so it all looks different (ups become downs etc:-). The ride to Cleguerec is a longer version on the 'Round the Lake' trip, and of course the 'there and back' to Mur de Bretagne uses the same section of cyclepath as the two routes above, but means you stay off the road almost all the time. You really need to sit down on the first evening and read through the routes planning which you are going to do - it's all part of the fun. Of course if you decide to spend a day asleep by the canal no-one will know...PLEASE NOTE! **The maps are only very vague guides to orientate yourself – you need to use the route description and Michelin map.***

SUNDAY - A WOBBLE TO THE MARKET AT BON REPOS - 10 kms

- *After picking up your bikes and getting organized, you need a nice lazy ride to get you used to the bikes, and no traffic to worry you as it is almost all on the canal towpath - note as with most markets this is only open in the morning! The walk to Lucuis is, in my opinion, compulsory. It's one of the most important neolithic sites in Europe and no-one seems to have heard of it. Unlike most such sites, you can walk around and even enter all the tombs.*

Cycle to the canal, cross the bridge over the canal and to the canal towpath where you turn **left** and cycle downstream. After about 5 km you will reach BON REPOS.

- *This is a beautiful spot set by the weir. There is a friendly little bar, a play area and you can even hire canoes. The centre-piece of BON REPOS is the ruined abbey overlooking the canal. The abbey also sports a restaurant and a couple of souvenir shops. There is also another good, though more expensive restaurant by the Abbey.*
- *If you want to do a little walk, cycle up past the abbey and at the main road turn **left**. Take the second **right** after 100m and go up the very steep hill! (push). After 150m you pass the cyclepath on your **right**, go past this and another 50m you'll see a path on your **right** signposted for 'LISCUIS'. Take this up to the top of the hill (leaving your bikes behind) and at the top are a series of spectacular covered tombs that or some of the best in Europe. It also is a wonderful wild place for a picnic.*

If you now take the road that follows the right bank of the canal from BON REPOS it will take you through the forest and after about 2 km to the FORGES DES SALLES, an old industrial site complete with chateau which is open to the public. Then you return retracing your steps, a round trip would entail a few more hills than are good for you on the first day.

TUESDAY IS ROSTRENEN MARKET DAY! - 23 kms

- *It doesn't really matter what order you do this weeks rides, however this ride takes you to the little market town of ROSTRENEN, and today is market day - you need to be there before 11.30 because after this time the market begins to wind down and by 1.00pm most of it has gone!*

Cycle towards the centre of Gouarec and up to the main road. At the crossroads with the main road go **across** signposted PLOUNEVEZ QUINTIN. After 200m you'll see the V6 cyclepath on your left – turn up here and follow the path. After 1 km the path ends and you turn left under the new bridge ***very careful on the gravel surface*** and up the other side and you will see the cyclepath again on your left (the old railway track).

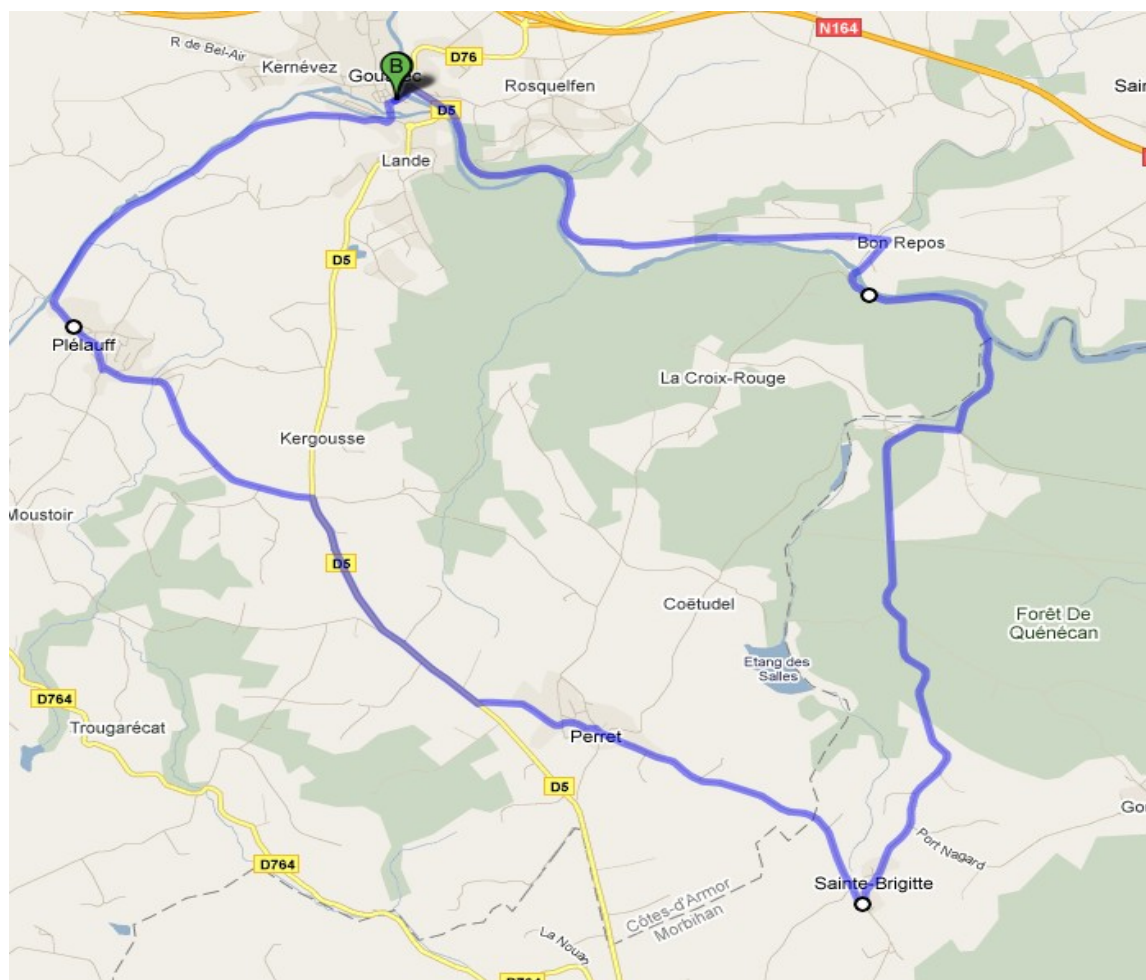
Follow this (you will have to cross several little roads, just follow V6 cyclepath signs). After 9 kms on the path and at the end you reach a main road (BIG main road with white lines down the middle NOT a lane...) where you'll see a big roundabout about 100 metres away on the **left**. Turn round and retrace your steps for 50m or so and turn **right** which is a little road under the main road – after 100m ignore the **left** turn then immediately afterwards at the T-junction turn **left**, then another 100m and at the main road turn **right**. This main road (be careful) will take you into the town centre.

- *The special vans that the traders use are quite incredible, sometimes it's hard to believe there is a van under some of the stalls. The market sprawls all over the town, and unlike the shops doesn't close between 12.00 and 2.00 pm. Make sure you buy something tasty for tea!*

To get out of ROSTRENEN, you need to go to the church main entrance. Running in front is a main road. With your back to the church, turn **left** and go up this road, out of the town centre (it's actually the road you came in on). After 1 km you turn **right** signposted SILFIAC. Stay on this road out of the town and follow it for 7 km until you reach the canal at PONT-AVEN. Turn **left** on to the canal towpath, which will take you back to Gouarec after 6 km. As you pass PLELAUFF you might like to cycle into the village to the bar:-)

Total distance - 22 km.

RIDE TO THE CREPERIE AT ST BRIGITTE - 25 kms NOT MONDAY or TUESDAY - the creperie will be closed!!! (tel:02 97 27 62 66 to be sure (or ask us to)



- *Now that your feeling fit and adventurous, a tour with a few more hills, and the best creperie in Brittany. This is the real thing not the pathetic pancake sellers you get in the tourist traps, but if you have high cholesterol make sure you've left a will...*

Get onto the towpath and follow it upstream (away from Bon Repos!) towards PLELAUFF. After 4 km you reach the bridge where you leave the towpath, turn **left** and climb up into PLELAUFF, past the bar (Very friendly and a great coffee stop), and past our house. Near the top of the village you pass a very old chapel on your **left**, by which the road forks by a menhir. You take the **left** hand fork signposted PONTIVY, and hurtle down the hill, past the monumental mason and begin to climb the steepest hill of the week, this is the only hill you are allowed to push up! After about 2 km you reach a crossroads with the main road where you go straight on, and after about 500m you fork **right**. This beautiful little winding road will bring you to a tiny hamlet called STANGNALIEN after 2km. Here you reach a T-junction where you turn **right** and this road will bring you into the village of PERRET after 1km.

- *There's a bar here if you are gasping, but the creperie isn't far...*

Here turn **left** round the church and after 50 M. you go straight on signposted for St Brigitte which you reach after 2 kms. At the stop junction go **left** to the church, and opposite is the best Creperie in Brittany. Be warned you will find them very filling and you need cider to wash them down.

Once you've eaten turn **right** out of the creperie and then immediately **left** following signposts to BON REPOS. This road will take you back to BON REPOS after 8 kms and is mostly down hill, you then rejoin the canal towpath to take you back to base.

RIDE TO PLOUNEVEZ-QUINTIN - 22 kms

- *Today is Monday, and you will find that many of the shops will be shut. However the supermarket opens in the morning, as does the baker so you can buy any number of scrumptious things to eat!*
- *The ride is a gentle meander through the local countryside, nothing spectacular, just a few pretty villages and quiet roads. There is also a good lunchtime restaurant at Plounevez-Quintin if you feel peckish. Please note that this has just changed hands and opening times may vary,, It is also a very easy route to follow with only a few of hills to test your gear-changing!*

Cycle to the centre of GOUAREC. After 100m go straight across the main road signposted PLOUNEVEZ-QUINTIN. This little road is a gentle climb and will take you all the way to PLOUNEVEZ-QUINTIN. After 5 km you pass a little restaurant/creperie called the “Relais de Chene” tucked back from the road on your **left**.

Keep following the signs to PLOUNEVEZ-QUINTIN which you will get to after 4 km. As you enter the village you are forced **right** by the one-way system where you'll see a small restaurant/bar/brasserie 'Le Broceliande' (02 96 24 53 17), after 75m you pass a little sign for ST TREPHINE on your **right**. This is how you will leave so take a note of where it is before continuing into the centre of PLOUNEVEZ-QUINTIN.

- This is an small village with a BIG church and a couple of bars – makes a good turning point;-)

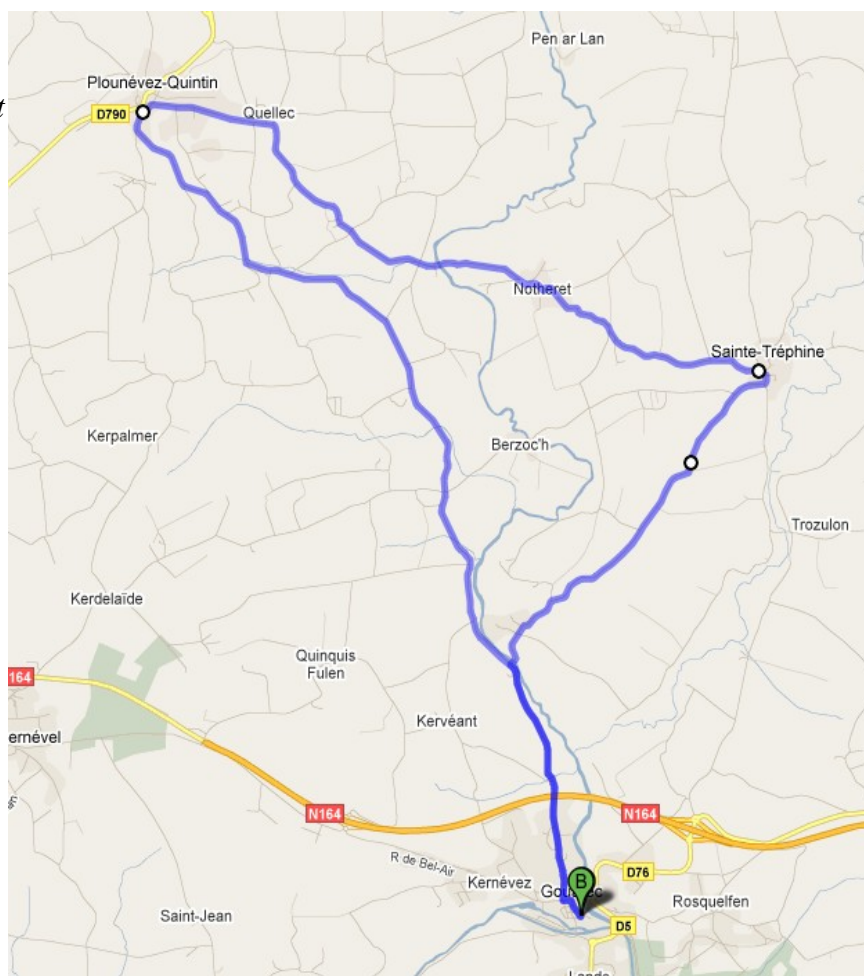
Follow signs for ST TREPHINE out of the village.

- *This is the first real hill of the day, but not too hard, and the road has some good views as it winds its way to ST TREPHINE.*

After 4km you pass an old ruined mill as you cross the river, not a bad place for a picnic if you haven't eaten. Another km takes you through the little hamlet of NOTHERET with lovely old houses. Stay on this road ignoring the little turn offs as these generally are only to farms. After 2 km you reach a stop junction where you turn **right** into the village of ST TREPHINE, which has a lovely little church. This takes you out of the village and after 100m you turn **right** up the **Rue de l'Ecole**. Another 300m you fork **left** signposted KERFOLDEN. After 3 1/2 km you cross the river and get to a T-junction where you turn **left**. This road will bring you into GOUAREC after 2 kms.

- *This road goes down to the river Blavet which it follows for a while, watch out for the Coypu, which look like three-foot long rats! There are also otters.*

Total distance - 22 km



RIDE TO ST TREPHEINE - 22 kms – No lunchtime stop this time so take a picnic.



Cycle back to Bon Repos along the canal as on the first ride. Cycle past the ruined abbey and up to the main road. Here turn **left** signposted GOUAREC after 50m turn **right** signposted LANISCAT on the D34.

- *This road takes you winding up the Gorge du Daoulas - it's beautiful.*

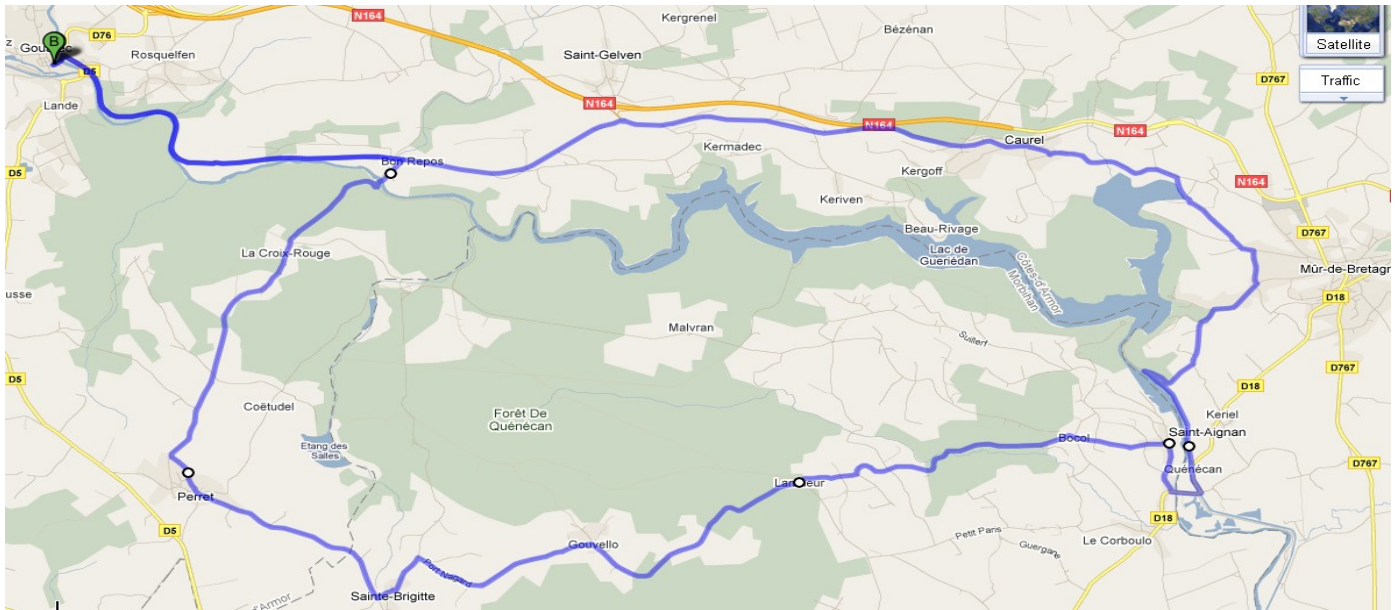
After 4km you reach the centre of LANISCAT. There's a little bar here (closed Monday). At the T-junction turn **left** signposted ST TREPHEINE on the D44. Follow the road around the church and at the junction with the main road turn **left** signposted ST TREPHEINE on the D76. 100m on turn **right** onto the D95 signposted ST TREPHEINE. After 3 kms you reach a T-Junction by a little chapel where you turn **right** signposted ST TREPHEINE, then immediately **right** again up a little lane signposted LE PORZO. After 2 kms you go through the little hamlet of FONTAIN LEUR and here you reach a T-Junction. Here turn **left** - there's no signpost but the house on the **left** has a black and white name board 'DUNCARA'. 600m on you reach a T-junction where you turn **left**. Another 1 1/2 kms brings you to the ST TREPHEINE sign where you fork **left** into the centre of the village.

- *The Church is well worth a look..*

Go past the church and at the 'give-way' turn **left**. This takes you out of the village and after 100m you turn **right** up the **Rue de l'Ecole**. Another 300m you fork **left** signposted KERFOLDEN. After 3 1/2 km you cross the river and get to a T-junction where you turn **left**. This road will bring you into GOUAREC after 2 kms.

RIDE - ROUND THE LAKE 45 kms.

please note the guide map below doesn't show exactly the correct cyclepath (limitation of the software) – you can also deviate a little into the centre of Mur-de-Bretagne



Cycle to Bon Repos downstream along the towpath. There turn **left** over the bridge and up to the junction with the main road. Here turn **left** then almost immediately second **right**.

- *This quickly becomes very steep, and is really the only serious hill of the day. As beginners you are allowed to push this time! After only about 200 metres, you will see the cyclepath on your **right**.*

This path takes you over the valley floor on a viaduct (it follows the old railway line) and through the woods.

After 1 km the path stops where it meets the main road, but don't panic, just cross the road, and after 100 m the lane will bring you to a junction where you can see the cyclepath ahead of you about 50 m away on the **left** hand side of the road. and the path continues from here all the way to MUR DE BRETAGNE after another 10 kms. The path ends at a sort of builders yard at the old station. Here get off the cyclepath.

- *If you now go straight-on you'll find yourself in the centre of MUR DE BRETAGNE where you can get food and wander round this large village. The route assumes you don't do this, but if you do get lost in MUR just follow signs to ST AIGNAN which will get you straight back onto the route.*

Immediately after the end of the cyclepath you turn right signposted 'CANAL DE NANTES_BREST 4kms' and after 50m this joins the main ST AIGNAN road and takes you swooping the 3kms down to the canal, and after another 200m you cross the canal. Another 200m and you turn right on the D31 signposted ST AIGNAN which you cycle into. After 500m you reach the centre (good bar/restaurant) and, sorry about this, turn **left** up a very steep hill signposted C2 LAC DE GUERLEDAN. It's a short hill and so you get to push:-) After 1km you reach a junction where you go sort of slightly right then immediately left signposted ST BRIGITTE on the C5.

Follow this little lane for 7kms to bring you to a T-junction signposted ST BRIGITTE, here turn **left** and after 200m you reach the centre of the village where you'll find 'Riks Bar' and the excellent Creperie. Here turn **right** past the (pretty) church. After 200m turn right signposted PERRET which you reach after 3 kms. As you come into the village you'll see a **right** turn by a house with mauve shutters - this is marked the ROUTE DES FORGES. After 3 kms this degenerates into a track (don't panic) and 200m along this brings you to the 'FORGES'. At the road turn **left**.

Another 300m and bear left signposted for 'BON REPOS' which you'll reach after 2 kms - then back home along the canal.

RIDE TO PONT SAMOUEL not Tuesday or Wednesday (closed...) out of season it's opening is erratic so carry emergency rations just in case – or telephone in advance - **02 97 27 62 66** - 30 kms

- *Another fantastic creperie... There's also a lake and play area by the creperie, you can walk around the lake, there are no cars, in fact a magic spot... again Google maps won't let me follow the cyclepath so the map below is only a guide...*

Get onto the towpath and follow it upstream (away from Bon Repos!) towards PLELAUFF. After 4 km you reach the bridge where you leave the towpath, turn **left** and climb up into PLELAUFF, past the bar, and past our house. Near the top of the village you pass a very old chapel on your **left**, by which the road forks by a menhir. Here fork **right** signposted MELLIONNEC. Then after 1 1/2 kms you turn **left** signposted LESCOUET-GOUAREC on the V1. After a km you reach a T-junction with the main road where you turn **left**.

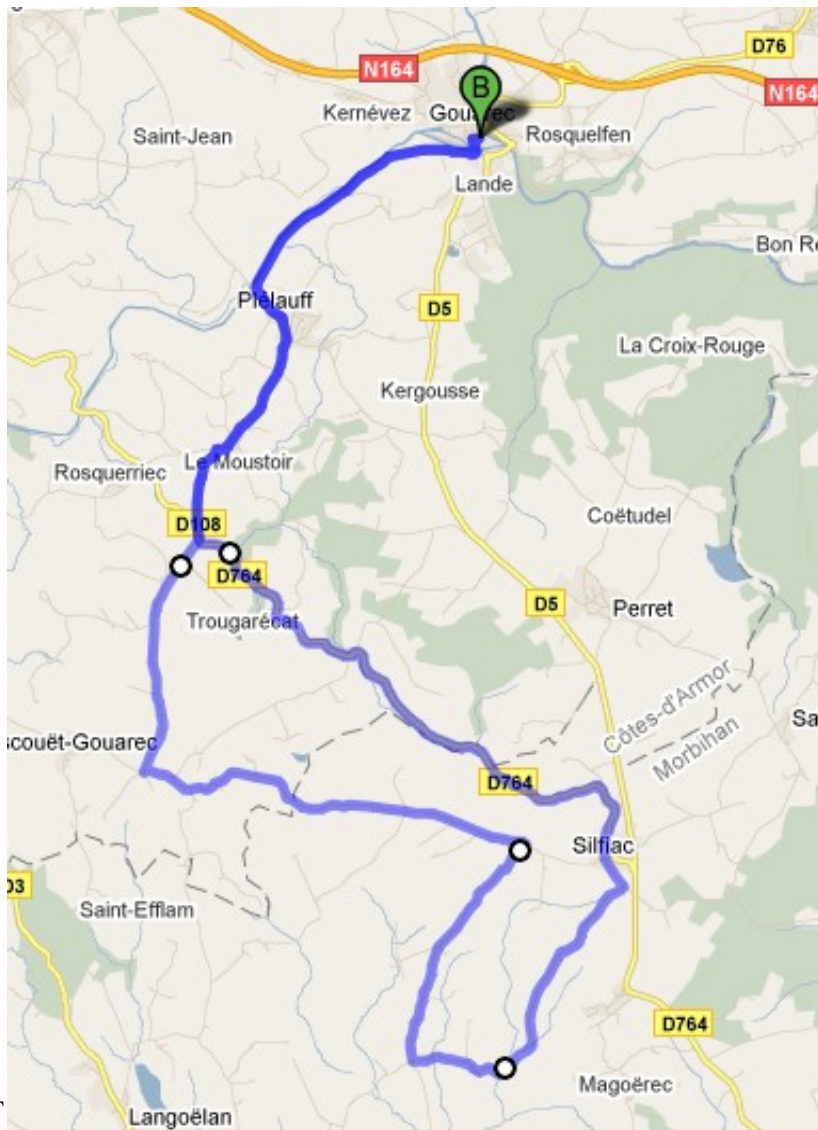
- *This is a winding, by-passed, old main road, it's a gentle uphill most of the way but you'll get a pay-back later...*

After 7 1/2 kms you see the SILFIAC sign in front of you and the church a few hundred metres in front of you. Here you'll see a fork in the road off to the **right** which you take. This takes you the 300m into the centre and past the church.

- *There's a bar and a little supermarket here, but it should be coffee time rather than lunch - save that for the creperie...*

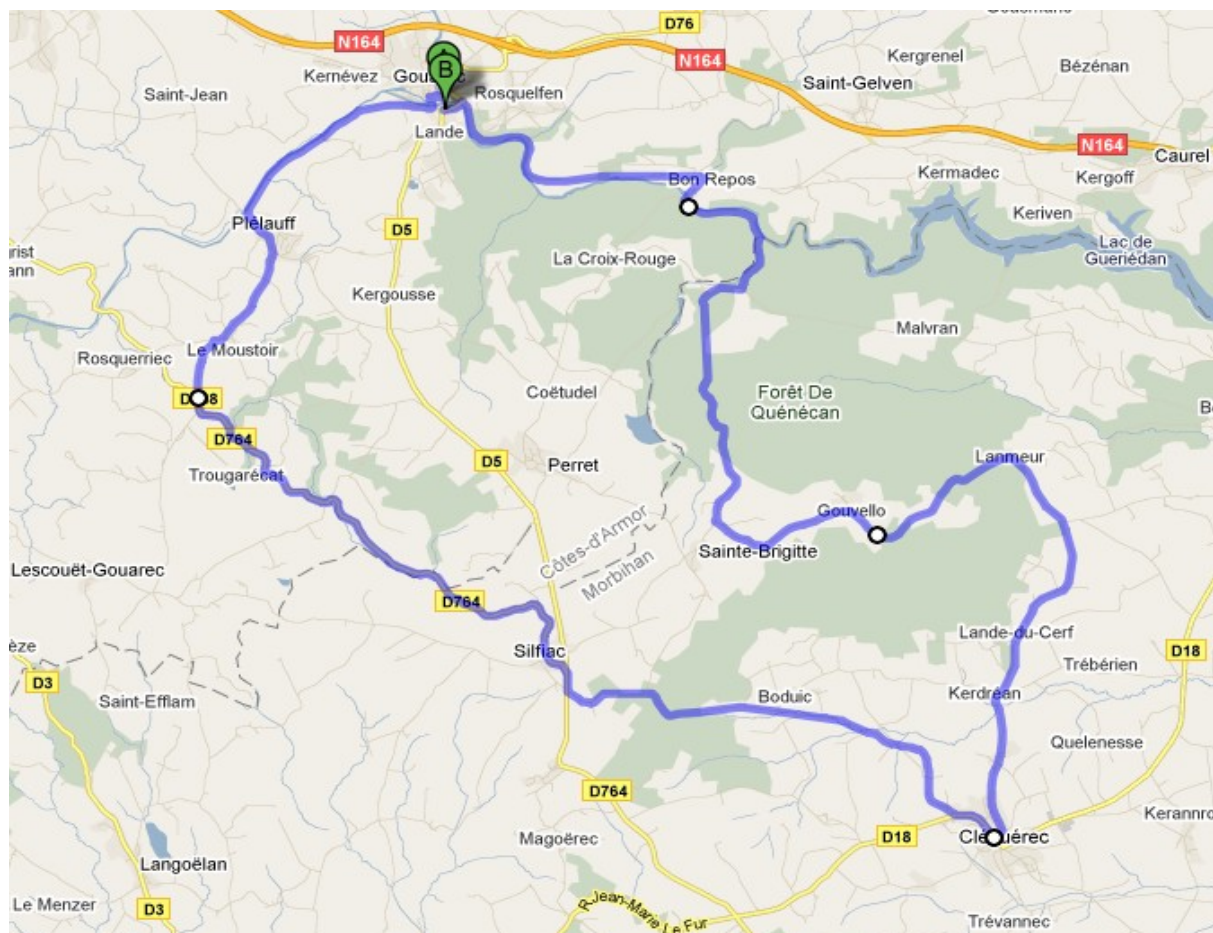
At the crossroads by the church go straight -on and after 300m turn right signposted for PONT SAMUEL. Carry on this little road for 2 ½ kms and you'll reach the Creperie by the lake.

To return turn **right** from the creperie, and follow this road for 1 km. At the crossroads turn **right** and follow this road for 3 kms which takes you to the outskirts of SILFIAC. Here turn left away from the village and follow this road for 5kms where you turn right (just outside LESCOUET-GOUAREC) signposted for PLELAUFF. After 2 kms you reach a crossroads with the 'main' road where you turn **left** and this will take you to the canal after 1 km. Here turn **right** onto the towpath and follow it back to Gouarec after 6 kms.



RIDE TO CLEGUEREC - 44 kms

Cleguerec is a bustling little village – several places to stoke up on calories;-)



Get onto the towpath and follow it upstream (away from Bon Repos!) towards PLELAUFF. After 4 km you reach the bridge where you leave the towpath, turn **left** and climb up into PLELAUFF, and past the bar 'Le Pelanne'. Near the top of the village you pass a very old chapel on your **left**, by which the road forks by a menhir. Here fork **right** signposted MELLIONNEC. Then after 1 1/2 kms you turn **left** signposted LESCOUET-GOUAREC on the V1. After a km you reach a T-junction with the main road where you turn **left**.

- *This is a winding, by-passed, old main road, it's a gentle uphill most of the way but you'll get a pay-back later...*

After 7 1/5 kms you see the SILFIAC sign in front of you and the church a few hundred metres in front of you. Here you'll see a fork in the road off to the **right** which you take. This takes you the 300m into the centre and past the church.

- *There's a bar and a little supermarket here, but it should be coffee time rather than lunch - save that for Cleguerec...*

At the crossroads by the church go straight on signposted for the **Salle Polyvalent**. After 500m you reach the crossroads at the main road where you go straight on (and seemingly downhill forever) signposted CLEGUEREC on the D15 which you reach after 6 1/2 kms. At the Stop-Junction turn **left** signposted CLEGUEREC CENTRE which you reach after 500m

- *Quite a big village this with plenty of places to eat and walk around.*

Cleguerec pt 2

After you've wandered around CLEGUEREC you need to find the way out... Just opposite the church, on the mainstreet, is a Pharmacy. Next to it is a lane going off the main road. Take this and it will curve left and then take you out of the Town.

After 4 kms nearly all downhill you enter the Hamlet of KERDREAN, and on the way out you reach a fork in the road where you bear **left**. Another 2 kms on this road will bring you into the tiny Hamlet of LANMEUR. Keep straight on and you'll reach a T-Junction where you turn left signposted ST BRIGITTE which you reach after 4kms. At the T-junction turn right onto the D 15a. This road will take you all the way down to BON REPOS after 4 kms. Then get back onto the tow-path to bring you back to GOUAREC after another (easy) 5 kms.

A DAY AT THE BEACH AT MAEL-CARHAIX...45 kms but pretty easy

- *If you are happy with the distance this is a really lovely place to go for a picnic and a good ride as well. Kids will love it but it's really too far for tinies on their own bikes.*

Cycle towards the centre of Gouarec. After 100m go across the main road signposted PLOUNEVEZ QUINTIN. You'll arrive here after 9 kms, just follow the one way system to the **right** then after 100m turn **left** signposted ROSTRENEN. After another 75m turn **left** at the main road.

- *Plounevez Quintin is a bit of a 'through' village, but has several bars for a quick coffee. The main road though is pretty busy but you're only on it for a short while.*

After 1 1/2 km you turn **right** on to the D49 signposted MAEL-CARHAIX. After 5 kms you enter the little village of St Lubin and go **straight** across the crossroads signposted MAEL-CARHAIX. Another 4 1/2 km and you reach the D23 where you turn **right** signposted MAEL-CARHAIX

- *Like so many roads this week this is an old main road which has been bypassed. It means it's wide with a good surface, but is quiet.*

You get into MAEL-CARHAIX after another 3 1/2 km.

- *This is a small village but has a few bars, a restaurant (closed on most Sundays) and bakers etc that will be open in the morning.*

Go into the centre and turn left signposted for the campsite. After 400m you again turn left signposted for the campsite. Then another 200m and you turn right into the campsite/lake area.

- *This has a beautiful lake, beach, play areas, formal gardens etc - a lovely place to spend an afternoon*

From the campsite turn left then when you reach the main road turn left again away from the village. This road is quite big but very quiet. It 'rolls' for a while and then after 4kms it crosses the main road (be careful...) and on down to the canal after another 1/2 km. At the canal turn left and just follow it for 25kms all the way back to Gouarec.

- *This is one of the most beautiful stretches of the canal, though you may notice that you climb quite a way, passing many locks.*

SIMPLE ROUTE TO MUR DE BRETAGNE OR (FOR KIDS) BEAU RIVAGE

- *Today you have a choice. This route will take you all the way to Mur De Bretagne, but if you break off half way and dive down to BEAU RIVAGE then you'll find the most beautiful beach and a very good creperie. If you have kids then this is the No 1 Choice... If you continue to MUR DE BRETAGNE then it is long but easy, taking you via the canal towpath and the cyclepath all the way with beautiful views of the Lac De Guerledan. There are places to eat in Mur.*

The first 4 km is easy as you simply cycle back to Bon Repos. Here turn **left** up to the main road, turn left and then second **right** after 100m. After about 200m you reach the cyclepath on your **right**, this will take you over a beautiful viaduct. After 1 km the cyclepath ends and you need to cross the main road to pick it up again - cross the road and follow the lane opposite. After 100m you see a '**No Entry**' sign where you go up and after 50m you'll see the cyclepath up on the **left**.

For BEAU RIVAGE cycle along this path for 2 kms and you will pass a pretty house converted from a station building. 100m on you cross a small road, then after 1 more km you reach another road where you turn **right** down the hill. This will take you down to the lake at BEAU RIVAGE. Now this road is easy to miss... If you do make a mistake then it's just a case of riding another km and there is another road crossing the path – this now in Caurel (there's a football ground in front of you and a bar/restaurant 100m up to the left) if you turn right off the cyclepath here this will also take you to BEAU RIVAGE.

Just reverse this to return.

For MUR DE BRETAGNE just ignore this road and continue along the path. This will then take you past the football ground at CAUREL and then all the way to Mur-De-Bretagne, a lovely little town which is well worth a walk around, you can tell it's MUR because the path simply stops by a big fenced yard. Then simply retrace your steps back to GOUAREC. Simple and you shouldn't get lost!

Total distance - 30 km

RIDE TO GUEMENE - 48 KMS.

- *Today takes you to the little market town of Guemene-sur-Scorff, this has several restaurants and it is a really beautiful ride though longer than the others it can also make a lovely ride to the restaurant and lake at Langoelan – only 30 kms in this case..*

Cross over the canal and turn **right** onto the canal towpath going upstream. After 3 kms you'll reach a roadbridge where you get onto the road and turn left to take you into PLELAUFF. Don't worry this is the worst hill of the day, so just get into a low gear and stroll up.

Take the **right** hand fork at the little chapel by the large standing stone (NOT the church opposite the Marie) signposted LESCOUET-GOUAREC.. Keep straight on for another Km then you come to a junction with another standing stone (this time a Roman km post) Keep **right** then turn **left**, again following signs to LESCOUET-GOUAREC. Follow this road until you reach a T-junction where you turn **left**, then after 100m turn **right** signposted LESCOUET-GOUAREC. After another 2km you reach a T-junction where you take a **right** turn which will take you into LESCOUET-GOUAREC.

At the church in the centre of the village take the **left** hand fork signposted LANGOELAN. This pretty little country lane will take you to a T-junction after 3 km where you turn **left** onto the D3 and on into LANGOELAN. Total distance so far - 15Kms.

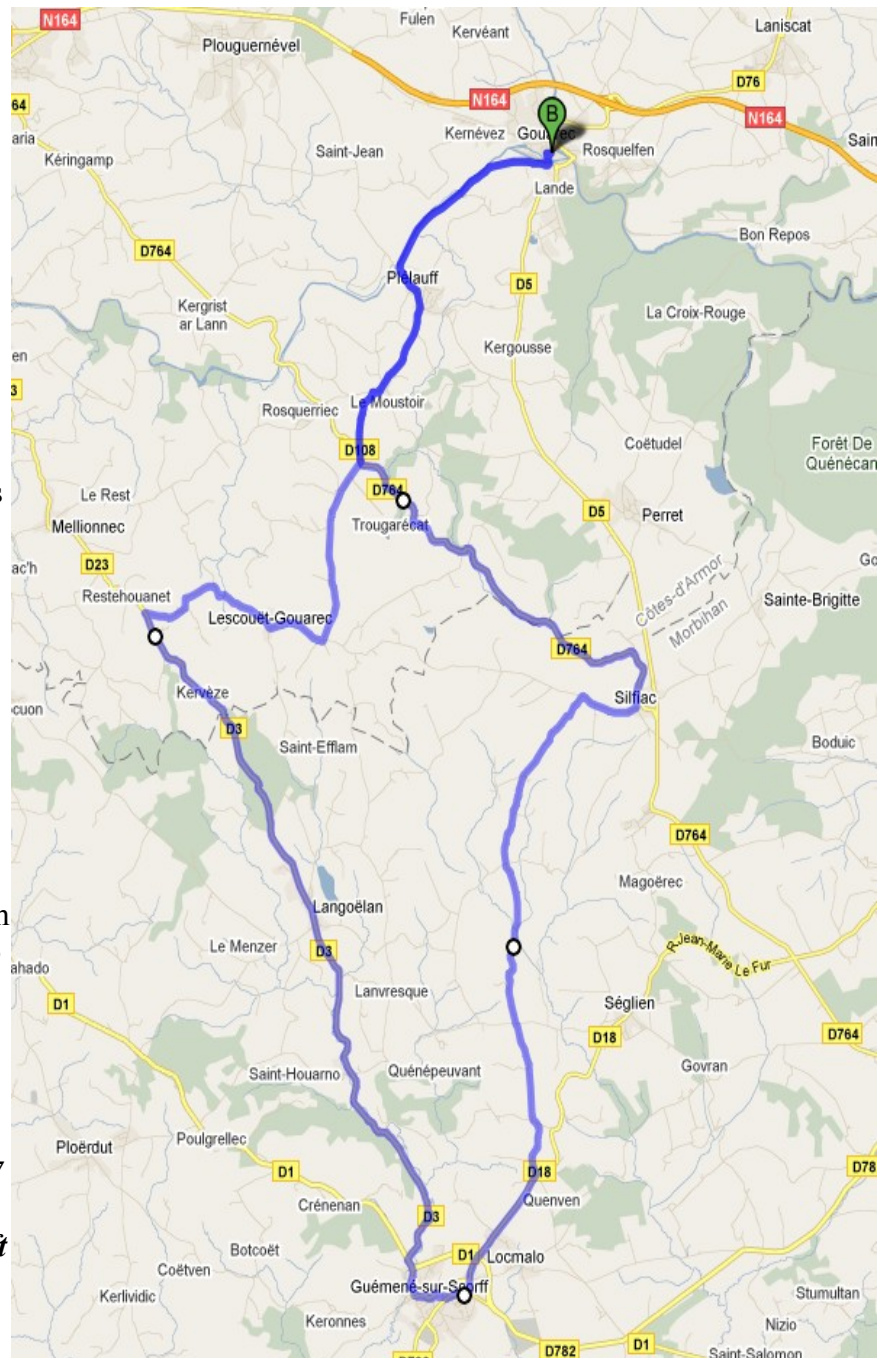
- *In LANGOELAN, there is a baker and small shop in the old schoolhouse and the excellent restaurant 'L'etalier' 02 97 51 37 81. As you leave the village there is a garage on your **right** if you turn **left** here the road will take you down to the lake after 1/2 km which is perfect as a picnic spot. If that's enough, just come home:-)*

(Guemene pt 2)

Or...

Follow the D3 out of the village along the valley of the river Scorff, for 7Kms until you reach a T-junction where you turn **left** and then after 150 m **right** for GUEMENE town centre.

- *There are several restaurants and bars, bakers etc...*



For the return you can of course just reverse the route or take the following...

In Guemene cycle up the mainstreet. After 800m you reach a crossroads where you turn **left** signposted CLEGUEREC on the D18. Another 200m and you go straight on signposted SEGLIEN on the D18. After 2 kms turn **left** signposted SILFIAC. After 2 1/2 kms you reach a crossroads where you go straight on signposted SILFIAC. After 3 1/2 kms you go through a little hamlet called CROIX DE ROZE. Another 3 kms brings you to a T-Junction where you turn **right** to take you the 800m up into SILFIAC. Just before the church turn **left** then after 500m you join the 'main road' by turning **left**. Follow this twisty and very quiet road all the way - 10kms - to the canal where you turn **right** onto the towpath. Now just follow this the 6kms to GOUAREC.

RIDE to the swimming pool at ST NICOLAS DU PELEM

- **and its outdoor swimming pool - about 30 kms total... Closed Mondays - You can cut that down to only 20 kms - If you wish to do that see the addenda at the end of this route. The alternative, longer route described below is wonderful and in a maze of lanes – some little more than tracks and not on the map. You need to have your wits about you!...**

Get onto the canal towpath where you turn **left** and cycle downstream. After about 5 km you will reach BON REPOS. Cross the bridge and cycle past the ruined abbey and up to the main road. Here turn **left** signposted GOUAREC after 50m turn **right** signposted LANISCAT on the D44.

- *This road takes you up the lovely Gorge du Doulas*

After 3km you turn right signposted LANISCAT then after 1 km you reach the centre of LANISCAT. There's a little restaurant and bar here. At the T-junction turn **left** signposted ST TREPHINE on the D44. Follow the road around the church and at the junction with the main road turn **left** signposted ST TREPHINE on the D76. 100m on turn **right** onto the D95 signposted ST TREPHINE. After 2 kms turn **right** signposted (very small!) FONTAIN LEUR which you reach after 1 km. Just beyond the village sign fork **right** and then after 500m turn **right** then immediately **left** by an old stone cross signposted NONENO.

After 500m turn **right** up a hill (no markings but if you pass a house with criss-cross wooden gates you've missed it by 50m;-). After another 500m you turn **left** up hill (again no markings but 200m in front of you will be a large green barn with a grey roof so you 'can't' miss it...). After 500m turn **left** at the T-junction. Then after 3 kms you come to a T-junction where you turn **left** to take you over the bridge signposted ST NICHOLAS. After 100m you reach the main road where you go **straight across** signposted ST NICHOLAS DU PELEM which you reach after another km. Cycle into the centre past the church then fork right up the hill. After 100m you reach a roundabout where you turn left down hill and after 100m turn right signposted for the swimming-pool 1km away.

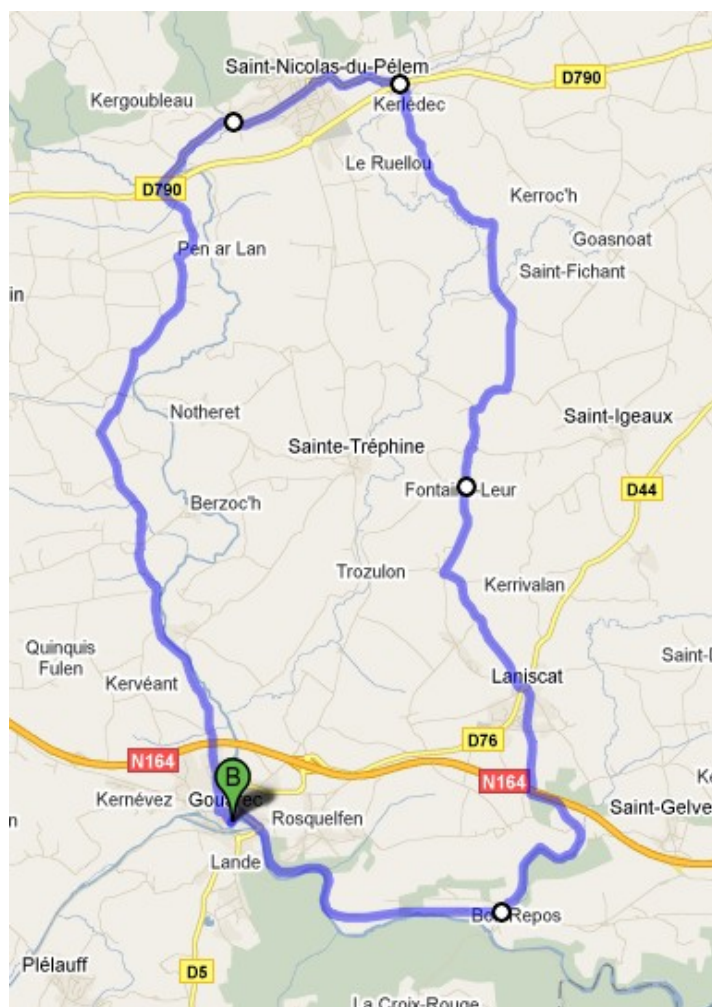
- *The village has shops and a couple of hotel restaurants.*

RETURN

From the swimming pool turn **right**, away from the centre. After 1 km you reach the main road and **go straight across** signposted KERGLOFF. Stay on this twisty little track for 2 kms ignoring all turn-offs. You then go through a hamlet called KERDENES – 300m on you pass a left turn signposted KERIQUEL then after another 400m turn **left** down a track. Another 1 km and you go **straight on** at the crossroads, and then another 200m brings you to a fork where you fork **right**. 500 m on you reach a Stop-junction where you turn **left**. This will bring you all the way home after 6 kms.

SHORT EASY THERE AND BACK - (just reverse it).

Turn **right** out of the gite and towards the centre of Gouarec. After 100m go across the main road signposted PLOUNEVEZ QUINTIN. After 1 kms cross the two roundabouts signposted St NICOLAS. After 9 kms you pass a big supermarket on your left and then go across the big roundabout following signs for 'Centre Ville' into ST NICOLAS DU PELEM. After 500m you reach a crossroads where you turn left following signs (blue) for the 'Piscine' and 'camping' which you will reach after another 500m.



Ride to the 'Coriandre' restaurant – 43 kms

14 euro for a lovely and unusual meal in a restaurant (tel: 02 96 24 59 63) in the middle of nowhere;-) This route is quite hilly, but the return (apart from one you might push up!) is almost all downhill – ideal after lunch...

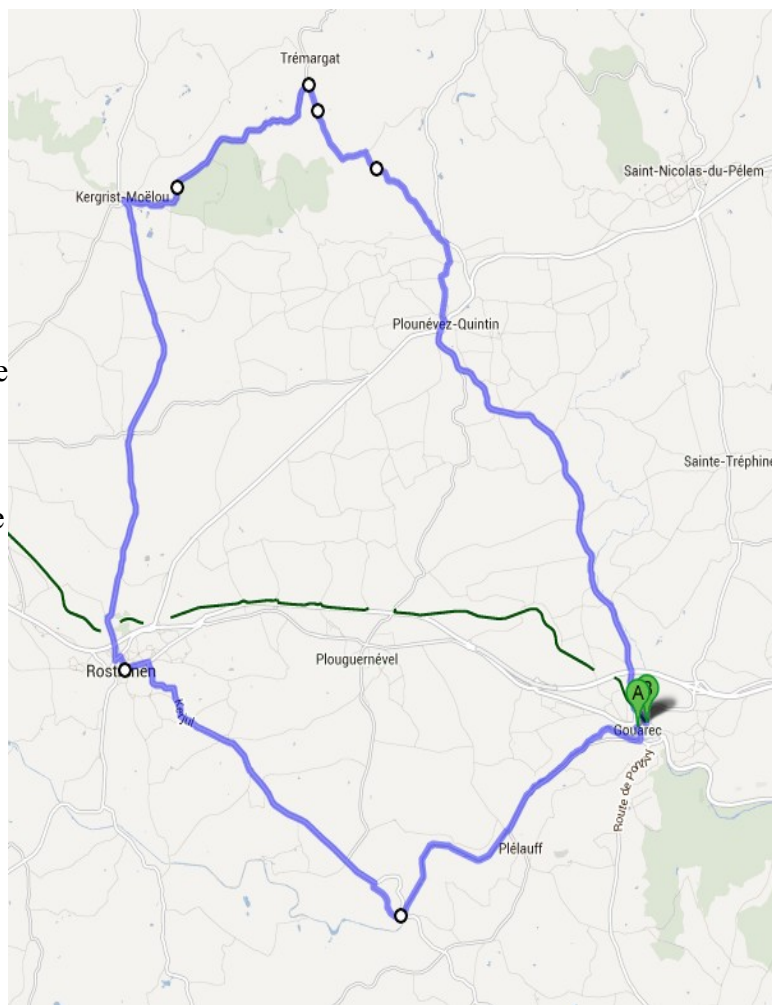
Cross the canal and turn right to follow the canal towpath. After 4 kms you reach PLELAUFF where you cross the roadbridge (and swap over to the other side of the canal). Another 2 kms you reach another roadbridge where you turn right to take you away from the canal - this is a long hill so take your time. This road will take you to Rostrenen after 4 kms. At the T-Junction turn **left** into the centre. This road will take you past the church after 300m and then after another 200m you reach a mini roundabout where you take the first exit signposted KERGRIST MOELOU on the D790 then after 100m turn left again signposted for KERGRIST.

Just follow this road all the way to KERGRIST which you will reach after 8 kms.

- *It's well worth having a look at the amazing church here.*

Just before the church you turn right signposted for TREMARGAT on the D87 (and the Coriandre restaurant). This amazing little lane will wind up and down for 5 kms after which you'll arrive in TREMARGAT. Keep on into the centre and just past the church turn left by the bar and the restaurant is 100m down the road – fantastic;-)

To return go back the way you came and you leave TREMARGAT and after 400m you fork left signposted FERME ACCUEIL – and after 4 kms you hit the main road (quiet but be careful – you'll see it in front of you when you get to the junction at the bottom of the hill) where you turn right. This swoops downhill for 1 km after which you hit the D 790 where you turn right into Plounevez-Quintin. Cycle up into the centre and past the church then turn left signposted GOUAREC and this will bring you all the way back after 10 kms...



60 km loop from Gouarec to Rostrenen, Mael-Carhaix and Glomel

From Gouarec get onto the Canal towpath and cycle UPSTREAM!

1 - Cycle on the path for 3.5 kms after which you cross a tarmac road and change canal sides.

If you turn left up the hill into Plelauff at this point you will find the Bar 'Le Pelanne' 200m up the hill – excellent coffee and welcome.

2 – Continue on the canal towpath for 3 kms then when you reach the next road (at Pont Even) you turn right to cycle 8 kms up into Rostrenen. At the T-Junction turn left to cycle down the mainstreet to take you to the church and the town centre after 300m.

Rostrenen is full of bars and restaurants and three bakeries.

3 – Continue on the mainstreet past the church for another 200m where you will meet a roundabout where you take the first exit signposted for Kergrist-Moelou. After 100m turn left signposted Kergrist Moelou. After 500m you turn left onto the cyclepath signposted for Mael-Carhaix.

The cyclepath will now take you all the way to Mael Carhaix. You can see that the road parallels the path for almost the entire distance and has a faster surface – you may well prefer to get onto this.

4 – The cyclepath will take you into Mael-Carhaix after 10 kms. Just go into the centre – to your left - (and the church square).

Mael-Carhaix has a small restaurant – 'Le Relais des Sources' (02 96 24 62 64) and several bars for lunch. From the centre you'll see the campsite and lake signposted just 500m away – this is a beautiful picnic spot which also sports a bar and 'chippy' – you can even paddle in the lake...

5 – From the centre take the D17 signposted Paule. This road will take you down to the canal and following signs at the roundabout to Paule you will reach Paule after 7 kms.

This little village has a couple of bars but opening times are 'flexible' so don't count on it...

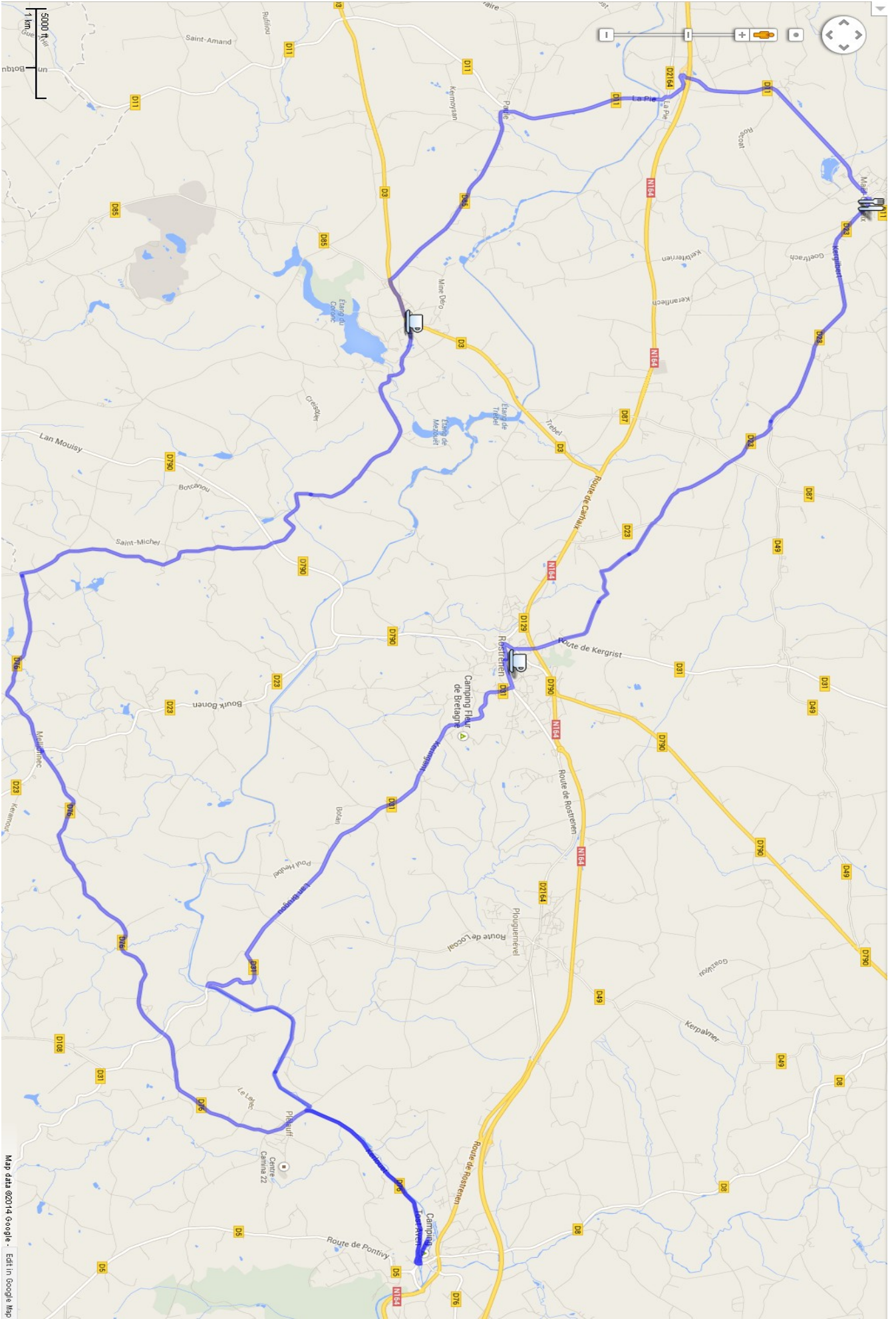
6 – In Paule turn left onto the D85 signposted Glomel. You'll reach Glomel after 4 kms – at the main road T-Junction turn left to cycle down the main road into the centre.

A couple of restaurants and bars here plus a small 'superette'. Here you may well wish to take a detour down to the Lac de Glomel to cool your feet...

7 – At the end of the mainstreet fork right signposted St Michel. After 5.5 kms you cross a major road then after another 4kms turn left signposted Mellionnec which you will reach after 3 kms.

Mellionnec has a small bar/creperie and a beautiful old church. You'll also see evidence of the sculpture exhibition that takes place every year.

8 – In the centre turn left then immediately right signposted for Plelauff – just keep straight on and you'll reach Plelauff (and of course the bar 'Le Pelanne') after 8 kms. Follow the road through the village and then all the way the 3.5 kms back to Gouarec.



75 km loop from Gouarec to Plounevez-Quintin, Callac and Rostrenen.

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 – Continue past the church and out of the village. After 9 kms turn left signposted Callac. After 4kms you reach St Servais.

St Servais is yet another tiny village with a massive church and a cosy little bar as well...

4 – Continue straight-on out of St Servais. After 3.5 kms you reach a small roundabout where you take the last exit and then immediately go straight across the large roundabout signposted Callac which you will enter after 1 km.

Callac is a small market town with a choice of restaurants, bars, bakers and shops.

5 – In the centre of Callac (the main road you came in on rather than the square) take the road signposted Dault. After 1 km you reach a large roundabout where you take the first exit signposted Dault. **This is a busy road.** After 1 km turn left onto the D11 signposted Dault which you reach after 4 kms.

Dault is a small village but manages to have a bar/shop.

6 - Cycle past the church then immediately turn right signposted Locarn which you reach after 6 kms.

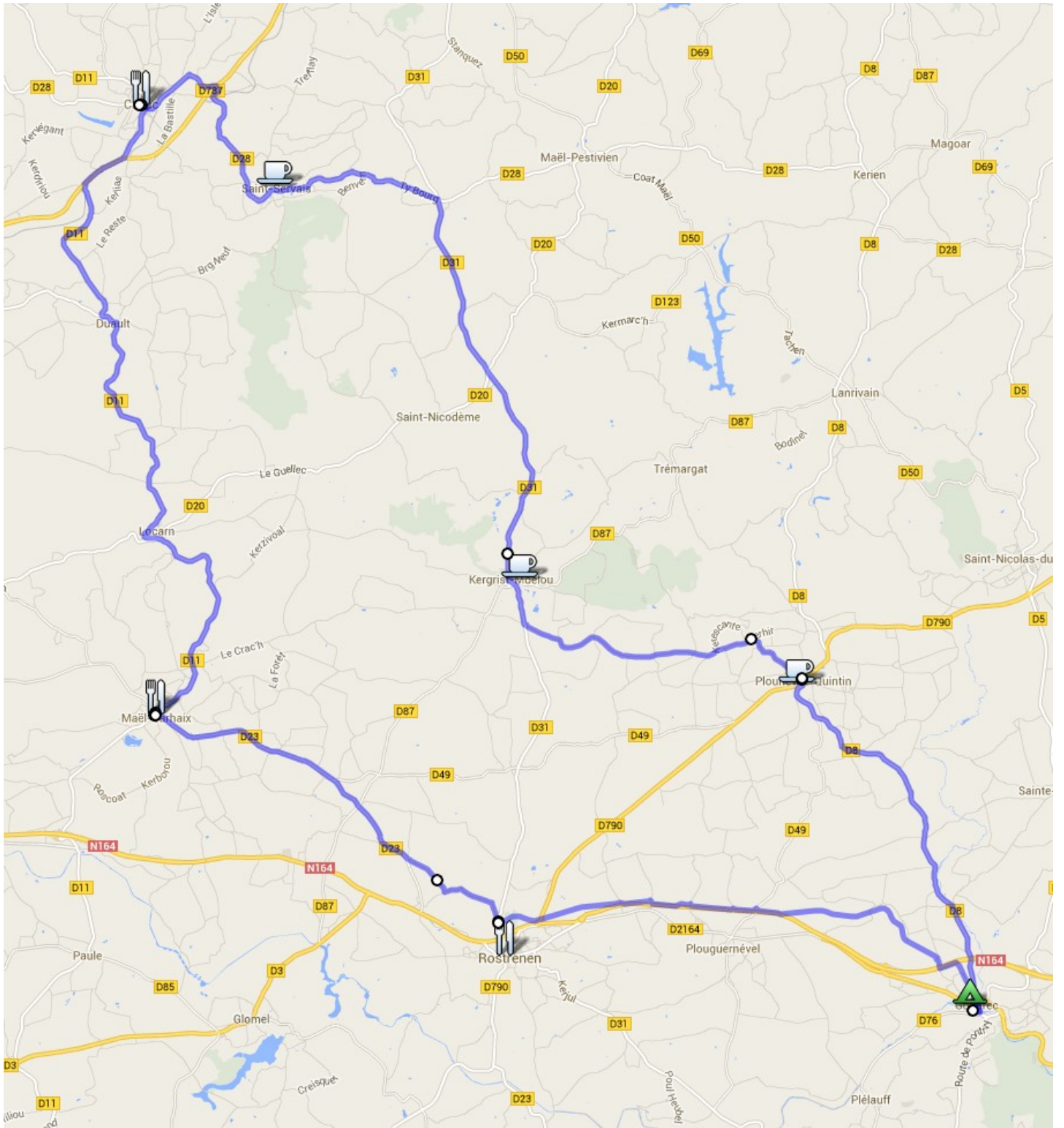
If you fork left up into Locarn you'll find a small bar there, but normally you keep straight-on.

7 – Cycle past Locarn, following signposts for Mael-Carhaix staying on the D11 which you will reach after 6 kms.

Mael Carhaix is a village with bakers, shops, bars and a small restaurant – from the centre you'll see the campsite/lac indicated and this makes a lovely picnic spot – there is a small bar at the lake which in summer is open and sells chips;-)

8 - In the centre by the church follow signs to Rostrenen to take you out of the village. After 2kms you will see the cyclepath paralleling the road on your left. This is the V6 – get onto this and it will take you all the way first to Rostrenen (10kms) and then on to Gouarec after another 12 kms.

Rostrenen is full of bars and restaurants and three bakeries, but there's no need to detour into it if you don't want to as a ride to Rostrenen is highly recommended for a Tuesday morning when the market is on....



HOT WATER

We will leave the electricity on so you should have hot water when you arrive. The water heats overnight. We set the temperature fairly low so that families don't risk scalding their children - the result is that if you have lots of baths and showers there's a chance the hot water will run out - possible rather than probable... If this happens you can override the day/night clock. If you go into the garage via the internal door you'll see a fuse box there and a large white switch labelled N (night) and J (jour - day). Just set it to 'J' and the water will heat from that moment, but it is a slow heater so if you are having problems it's best to flip this in the morning after you've used lots of 'hot' and then it will be hot again in the evening when you return.

ELECTRICITY!

French electricity is ... a bit odd... Every house has an amperage limit beyond which the tripswitch will cut the power. The problem is that in most houses it's easy to overload the system and the Gite is no exception. For example if all the radiators flick on at the same time (thermostat on each) then it may trip – if the water heater is flat out at the same time that may do it. Washing machine + radiators etc... It doesn't happen often, but luckily it's easy to fix.

The 'trip' is at the back of the garage on the left hand side (looking from the internal door from the house) right by the big sliding door. Just put the switch up and everything will come back on – if it trips again, best to switch off one of the radiators. It's a bit of a pain but all part of the character of French houses...