



*Chapel of Ste-Thècle, near Lannion (see page 18)*

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### THE WALKS

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## ABOUT THIS BOOK

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A word of thanks too for the many tourist officials and administrators whose advice has been of help in preparing this book and last, but not least, the many unseen, anonymous people who regularly and assiduously maintain footpaths and tracks so that others may enjoy them.

THE WALKS are arranged in three groups according to their length: Short (up to 7kms - colour coded yellow), Medium (7-11kms - colour coded red), and Long (11kms upwards - colour coded blue). The approximate location of each walk and its colour code for length is marked on the department map on the inside front cover. Names for the walks have been chosen to make them easy to locate on any good road map of the department, not necessarily their precise starting point, and they are numbered from west to east within each group. It should be possible to choose a walk of the required length within reach of anywhere in the department.

Some are town walks, some are coastal, some include many points of interest such as megaliths or chapels, whilst others rely on the peace of the countryside for their appeal. Each has a brief introduction to give a clue to what's in store.

In describing the walks, French terminology is used to indicate some features that do not have an adequate English name. Where used, all such terms will be in italics and explained in the glossary on page 10.

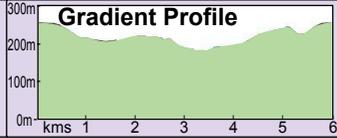
Roads are shown on the maps in yellow. This indicates a tarmac road. For simplicity, these are usually shown at a uniform width but of course on the ground they can vary enormously. The more important roads will be 'departmental' roads and will have a 'D' number. Where these roads feature in the walk directions they will be referred to just by their number, e.g. D34. Tracks are marked on the maps by double lines in black, pathways by a single black line. Those to be followed are indicated by a series of broad arrows.

The text directions are succinct and use standard abbreviations, which are listed on page 8. All distances given are approximate - they are there to give an indication of when to be looking for the next turning or the next point of interest.

Historical, archaeological or topographical background

## WALK 3: Gorges du Toul-Goulic

Length	Time	Level
6 kms	2 hrs	2
<b>Location &amp; parking:</b> St-Antoine, 2kms west of Lanrivain on the D87 to Trémargat. Park opposite the bar/boutique in St-Antoine.		
<b>Refreshments:</b> bar/boutique in St-Antoine; bar/restaurants in Lanrivain. None on route.		



The river Blavet is one of Brittany's most important rivers, flowing from just south of Bourbriac to the Atlantic Ocean at Lorient. From Gouarec to Pontivy the Blavet was used to form the Nantes-Brest Canal, although through traffic ceased in 1927 when the barrage of Lac Guerlédan was constructed. The lower reaches of the Blavet are also canalised from Pontivy to Hennebont. This walk explores the upper Blavet at the Gorges du Toul-Goulic, just south of the barrage of Kerné Uhel. The route follows a high level path along the west side of the gorge, with the option of exploring the more difficult route beside the river, where some agility and confidence are needed to negotiate the tumble of large boulders. The return path is up a parallel valley of quiet woodland.

**St-Antoine**, a 14th-18th century village which was abandoned until quite recently, is now a 'chanvrière' - a site devoted to the production and promotion of products made from hemp (chanvre), ranging from essential oil to building insulation. The ancient granite buildings of St-Antoine are being restored and brought back into use, including a workshop and the bar/boutique. The 15th century chapel is a scheduled historic monument. The site is open all year and visitors are welcome.

## DIRECTIONS

**1.** From St-Antoine rejoin road and turn R  
 • Follow downhill past water treatment works and CA over bridge  
 • At end of log rail on left take path L into woods  
 • Turn L immediately and follow R  
 • 100m follow L behind bank then along it  
 • Turn L through gap in bank, bear R and CA  
 • Follow across open ground and CA into woods



**2.** After path reaches river (field visible on other side), at path fork bear R uphill

**Alternative:** fork L here to follow more difficult path near river, eventually bearing R uphill to rejoin main route.

Main route: CA following path at higher level along valley side  
 • Path from valley bottom joins from L, CA down to path junction

Like the chaos at Huelgoat and the Gorges du Corong (Walking Brittany, Walk Nos. 19 & 20), the granite chaos of boulders in the Gorges du Toul-Goulic is the result of volcanic action and erosion. 300 million years ago the granite was formed below the surface, which afterwards gradually washed away while tectonic action fractured the solid granite. Rain infiltrated the fissures forming boulders and developing a basin. The river Blavet then carried away the spoil, liberating the blocks of granite, which rolled down the slopes and accumulated at the bottom of the valley. This is what you see today, the river Blavet disappearing beneath the tumble of boulders.

