

## CONTENTS

ABOUT THIS BOOK .....	Page 3
-----------------------	-----------

### SECTION A – Background

General information .....	6
History .....	8
Landscape .....	11
Culture .....	12

### SECTION B – Tours

(See map inside front cover))

#### NORTH FINISTÈRE

1 <b>MORLAIX</b> - Barnenez - Térénez - Pointe de Primel - St-Jean-du-Doigt - Poul Rodou - Locquirec - Lanmeur .....	14
2 <b>LESNEVEN</b> - Le Folgoët - Ménéham - Keremma - Plouescat - Château Kerjean .....	22
3 <b>PLOUGUERNEAU</b> - Grouanec - Devil's Bridge - Aber Wrac'h - Lilia - Iliz Koz - Penn Énez .....	30
4 <b>BREST</b> - Pointe St-Mathieu - Le Conquet - Pointe de Corsen - Phare de Trézien - Château de Kergoadès - St-Renan .....	38
5 <b>LANDERNEAU</b> - Pont-Christ - La Roche Maurice - La Martyre - Daoulas .....	46
6 <b>ST-THÉGONNEC</b> - Pleyber Christ - Cloître St-Thégonnec - Le Relec - Plounéour Ménez - Loc-Eguiner-St-Thégonnec - Guimiliau .....	52

#### CENTRAL FINISTÈRE

7 <b>SIZUN</b> - Moulins de Kerouat - Commana - Mougau Bihan - Lac du Drennec - St-Rivoal - Ménez Meur .....	58
8 <b>HUELGOAT</b> - La Feuillée - Roc Trévézel - Mont St-Michel - Brasparts - Lannédern - Loqueffret - St-Herbot .....	66
9 <b>CROZON</b> - Morgat - St-Hernot - Cap de la Chèvre - 'château' de Dinan - Pointe de Pen Hir - Cameret .....	74
10 <b>Le FAOU</b> - Landévennec - Argol - Ménez Hom - Châteaulin .....	82
11 <b>CHÂTEAUNEUF-du-FAOU</b> - St-Goazec - Trévarez - Laz - Gouézec - Pont Coblant - Pleyben .....	90

#### SOUTH FINISTÈRE

12 <b>DOUARNENEZ</b> - Pointe du Van - Pointe du Raz - Audierné - Pont-Croix .....	98
13 <b>QUIMPER</b> - Pont L'Abbé - Manoir de Kérazan - Loctudy - Penmarc'h - Pointe de la Torche .....	106
14 <b>CONCARNEAU</b> - Pointe du Cabellou - Île Raguénez - Kerascoët - Pont Aven - Quimperlé - Abbaye St-Maurice - Manoir de Kernault - Bannalec - Rosporden .....	114

## SECTION C – Themes

Children's activities .....	Page 122
Parish closes .....	123
Animals and birds .....	124
Sites of archaeological interest .....	124
Gardens .....	125
Specialist museums .....	126
INDEX .....	127



## ABBREVIATIONS

GR .....	Grande Randonnée (major footpath)
HS .....	High Season (July and August)
LS .....	Low Season
TO .....	Tourist Office

## Section B

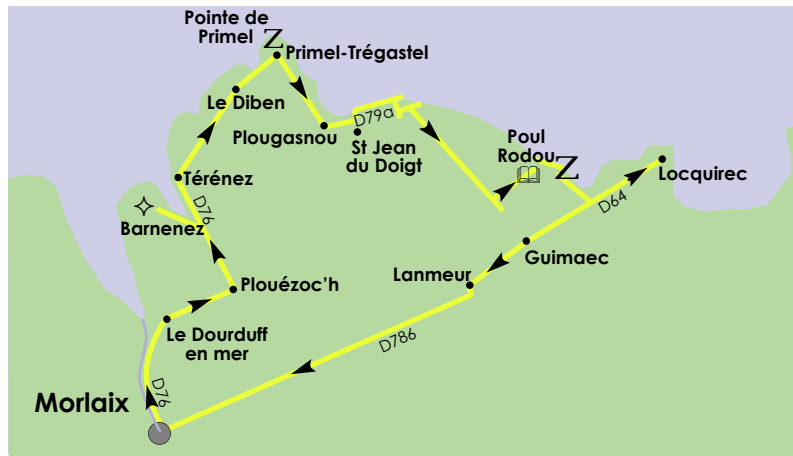
### TOUR 1 (approx. 60kms)

#### The tour starts and finishes in Morlaix

##### THINGS TO SEE AND DO

Medieval city centre	Interesting churches
Unique historic houses	Unusual café
Impressive viaduct	Pretty seaside town
Real ale brewery	Coastal path walks
Megalithic cairn	Exceptional coastal views

This north eastern corner of Finistère is part of the old territory of Trégor. It has a singularly attractive coastal landscape, from the vast Bay of Morlaix liberally sprinkled with rocky islands and lighthouses to many fine beaches further along the coast. Walking the GR 34 at any point here will provide excellent views of the Channel. With an historic city to explore and the contrasting delights of a typical Breton seaside resort, this tour should have enough variety for anyone to enjoy at least one relaxing and entertaining day out.



#### MORLAIX (TO - 02 98 62 14 94)

Morlaix has a small city centre with cobbled streets and half-timbered houses, as well as good shops, cafés and restaurants. There is an excellent Saturday morning food market in Place Allende. Further out in the commercial

district of St Martin there is a hypermarket and shopping mall (follow signs to Géant), if this is a desired leisure activity.

In Morlaix, park beyond the viaduct. The docks were on this spot before they were filled in as commerce declined at the end of the 19<sup>th</sup> century. In Morlaix's long, colourful history, the river and port were crucial to lucrative European trade (in cloth and tobacco, amongst many other commodities), piracy and violent spats with the English, which inspired the clever pun of its motto: SI ILS TE MORDENT, MORLAIX (= mords les) - if they bite you, bite them back!

The city is now dominated by the pink granite viaduct, nearly 60m high, built in the 1860s by engineer Victor Fenoux for the Paris/Brest railway. The lower tier is accessible in the company of a town guide or at certain times of year. Evocative stepped passageways called **venelles** give access to the steep hillsides enfolding the city centre: excellent views reward the climb. The friendly tourist office beneath the arches of the viaduct in Place des Otages has a leaflet for exploring the city by these routes.

For a fascinating glimpse of Morlaix's social and commercial history, visit **No.9 Grand'Rue**, a wonderful house of a unique architectural type, often called 'pondalez'. This remarkable



The old tobacco factory and riverside



Half-timbered houses on the Market Place

around the harbour, and shops or galleries to browse in. The **church** has a Renaissance bell-tower, lovely 18<sup>th</sup> century painted ceiling in the transept and a fine statue, once enclosed by panels, of Notre Dame de Bon Secours.



One of Locquirec's nine beaches

The pardon and Festival of the Sea are held at the end of July, but there are many entertainments, such as regattas and Breton music events, throughout the summer.

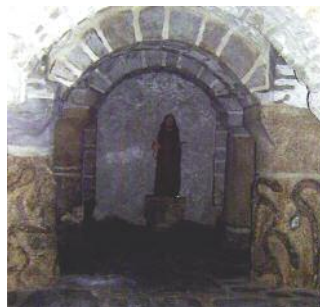
Take the D64 through Guimaec to Lanmeur.

## LANMEUR

The church here is well worth a visit for its remarkable **8<sup>th</sup> century crypt** with sinuous carvings on the low squat pillars. Enter down stone steps from a recess to the left of the main altar. Its origins lie in the legend of Saint Mélar, whose wicked uncle had killed his father in order to seize power. He then tried to prevent Mélar from ever being a threat by ordering the young man's right hand and left foot to be cut off. Miraculously a silver hand and brass foot were substituted and he was again able to ride a horse and wield a sword. (A statue in the church shows the saint holding his own severed hand). Mélar, however, was preparing to devote himself to a life of study and prayer, when he was treacherously attacked and killed by the son of his guardian, Count Keryoltan. The terrible story of his young life is depicted in relief carving on the pulpit. According to the legend,



St.Mélar with his severed hand



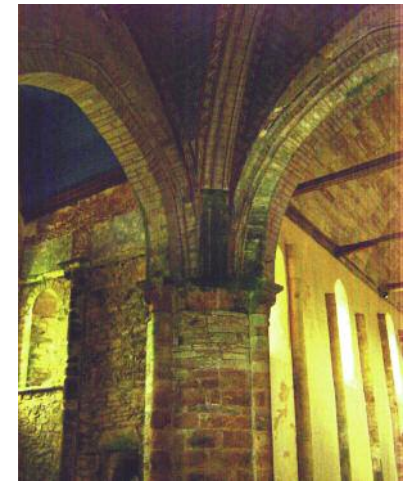
Lanmeur - the crypt

when the cart carrying the beheaded body on its way to the family tomb reached Lanmeur, the horses refused to budge further and the cart collapsed, which was taken as a sign that Mélar should be buried on this spot. The underground chapel became his shrine and the church above is dedicated to Saint Mélar and Saint Samson.

The nearby **Chapelle de Kernitron**, once part of a Benedictine priory and dedicated to the Holy Trinity, has an impressive Romanesque south porch. Inside it displays the striking simplicity of early 12<sup>th</sup> century design in its nave and transept.



Chapelle de Kernitron



12<sup>th</sup> century simplicity

Return to Morlaix via the D786.

## COMMENTS

Do not miss the fabulous maison pondalez at No.9 Grand' Rue in Morlaix, which for me is the highlight of this fine old centre, my favourite city in Finistère. The food market, a regular haunt of ours, is also excellent in a rather different way! On the coast, I love Caplan & Co for its ambience and impressive location, and recommend that vegetarians (and others) should head for the Italian restaurant in Plougasnou where I've enjoyed the best mushroom omelette on French soil. On a food for thought note, the cairn at Barnenez is a unique site and should be a priority for history-lovers.