

Season

From end of March to middle of November

We recommend you to book this tour 3 or 4 months before the departure date if you plan to walk it in summer time. Great demand and few rooms!

Difficulty: grade 1

The tour is not difficult. Terrain is mostly flat and the length of the stages doesn't exceed 18 km i.e. about 5 hours walking a day. Tour for everybody

Itinerary

6-day and 5-night self-guided walking holidays

Day 1 : Arrival at PERROS GUIREC. This seaside resort offers to the visitor a unique natural beauty of strange and grandiose landscapes, with pink granite rock structures given shape by millions of years of battering by wind and waves. Opposite the bird sanctuary of the Archipel des Sept-Iles, three vast fine-sand beaches await the laughter and running feet of vacationers, and the port opens itself to yachtsmen.

Lodging and breakfast in an hotel close to the port.(all conveniences in the room)

Day 2 : PERROS GUIREC – PLOUMANAC'H (12 km). You will begin at the yachting port and make your way to the coastal line. You will pass by a residential area of villas built at the start of the 20th century. Follow the coast to the Pointe du Château. You will continue along the lovely Trestrignel beach and the large beach of Trestaou, lined with palm trees. You will take the path of Douaniers which runs along the coast, weaving about the pink granite forms until you reach the Ploumanac'h lighthouse, and the beach and oratory of Saint Guirec, situated on the sand. You are only a short distance now from the port of Ploumanac'h, and your hotel.

Half-board accommodation in a two-star hotel

Day 3 : PLOUMANAC'H – TREGASTEL (13 km). Today's hike begins with a tour of the tide mills built at the mouth of the Traouiero valley. Their history dates back to the 14th century, but the building that exists today was built in 1735. Following the coastal path, continue along the Baie de Sainte Anne to the Ile Renote where you will discover a chaos of imposing pink granite formations and a covered path. You will pick up your hike again, crossing the Coz Porz beach, La Grève Blanche, and the Baie de Kerlavos, before entering the city of Trégastel by the same path or by the fields - Half-board accommodation in a two-star hotel



Day 4 : TREGASTEL – TREBEURDEN (18 or 23 km). You will walk the coastal path to the bottom of the Kerlavos Bay where you leave the seaside to go to Kerguntuil hamlet where you will discover the covered alley of Kerguntuil (a burial ground 9 meters in length dating to 2000 BC) and the Kerguntuil's dolmen, one of the most imposing of Trégor. Continue your trek across the Breton countryside towards Saint Uzec's menhir, then on to Penvern's chapel of Notre-Dame-des-Citeaux. Established by the Cistercian monks of Bégard around 1300, it is possibly one of the oldest chapels in the region. The fountain which lies beside the chapel was known to heal maladies. The most courageous adventurers among you will continue the hike along the coast so to visit the Ile Grande (+ 5 km) where you will uncover a landscape of heaths along the seashore, inlets, marshes, and a lovely

covered alley. You will next arrive at the small village of Trébeurden by way of the ponds of Quellern, where a small family of Camargue horses claim residence - Half-board accommodation in a two-star hotel.



Day 5 : TREBEURDEN – LANNION (16 km). Escort by taxi to the Port de Trébeurden. From here you climb up the Castel overlooking the port, greet "PèreTrébeurden", a rock looking like a face! and – if the tide allows – discover the Ile Millau with it's sandy moors, magnificent views, and covered alley. Once again on firm ground, you will follow the large beach of Tresmeur to the Pointe de Bihit. You will make your way across the Baie de Lannion by means of the coastal path, the beaches or the moors, and arrive at the Pointe Serval at the mouth of the Léguer river. You will hike to Lannion along the valley and towing paths which lead into the city. Your journey is at its end. Take time to discover the richness of the city's architectural and patrimonial history. Lodging and breakfast in a small hotel in the city center.

Day 6 : LANNION. The tour ends after breakfast

Access to and from

Outward journey to St Malo

By train : The nearest rail station is Lannion. Several TGV or fast trains from Paris-Montparnasse station to Plouaret or Guingamp (on the Paris-Brest line), and change to Lannion. Taxi or bus to go to the hotel at Perros.

By car : Go to Rennes along A11 and A81 motorways from Paris. Then take N12 road to Guingamp and D767 road to Lannion.

Where to park : free unguarded car parks, available in Lannion or Perros Guirec

Inward journey from Lannion

By train : from Lannion station, trains to Rennes , Paris or Brest with connection at Plouaret

Getting back your car : taxi or bus to Perros harbor

From and to UK

It's easy to cross the channel by ferry and reach St Malo or Roscoff; Trains to Lannion

Accommodation

3 nights with accommodation in 2-star hotels on half-board basis

2 nights with accommodation in 2-star hotel on lodging and breakfast basis

Accommodation is normally in large bed or twin-bedded rooms, with en-suite facilities (at least shower, washbasin and toilet) when available, which is 95% of the time. However, you can stay in remote spots or small villages where there is little or no choice of accommodations and where facilities may be limited. In this case, you will share a bathroom or shower room and toilets with some other people on the same storey.

Picnic lunches are not included in the tour but are available from the hotel on request the previous evening, alternatively picnic materials can be bought at the stop village or at each of the towns and villages along the route. We indicate in the route notes where there are suitable restaurants or cafés for lunch stops. We recommend you to carry food and drinks if there are none convenient to the trail.

Included

- Twin share accommodation with private facilities
- Baggage transfer between hotels (except for STD option)
- Route notes and maps
- 3 dinners
- Emergency phone number (8:00am to 7:00pm every day)

Not included

- Visa fees, transportation fees to and from the walk area
- Insurance (strongly recommended on all trips)
- Transfers except those mentioned above
- Drinks
- Additional meals
- Spending of personal nature e.g. laundry, souvenirs, phone calls...



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