

# Carhaix-Plouguer / Rostrenen

## Carhaix to St-Méen-le-Grand - Cycle Route 6 in Brittany

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**Départ**  
Carhaix-Plouguer

**Arrivée**  
Rostrenen

**Durée**  
1 h 29 min

**Distance**  
22,53 Km

**Niveau**  
I begin / Family

**Thématique**  
Old railway, Canals &  
intimate rivers, Nature  
& small heritage

Thanks to its train station, the town of Carhaix today offers easy access to greenways crisscrossing the Breton interior, to towpaths beside major waterways and to many hiking paths. Capital of the Poher area, settled between the Monts d'Arrée and Montagnes Noires hills and between the Hyères Valley and the Canal de Nantes à Brest, Carhaix has been an important crossroads in Brittany since Roman times.

### The route

From Carhaix train station, a linking route leads you to Route 6 (Voie 6) in the direction of Rostrenen. The greenway is well surfaced.

### Links

Towards the Canal de Nantes à Brest and Route 7 in the direction of Port de Carhaix and towards La Vélodyssée/EV1 and Route 7 in the direction of Poullaouen.

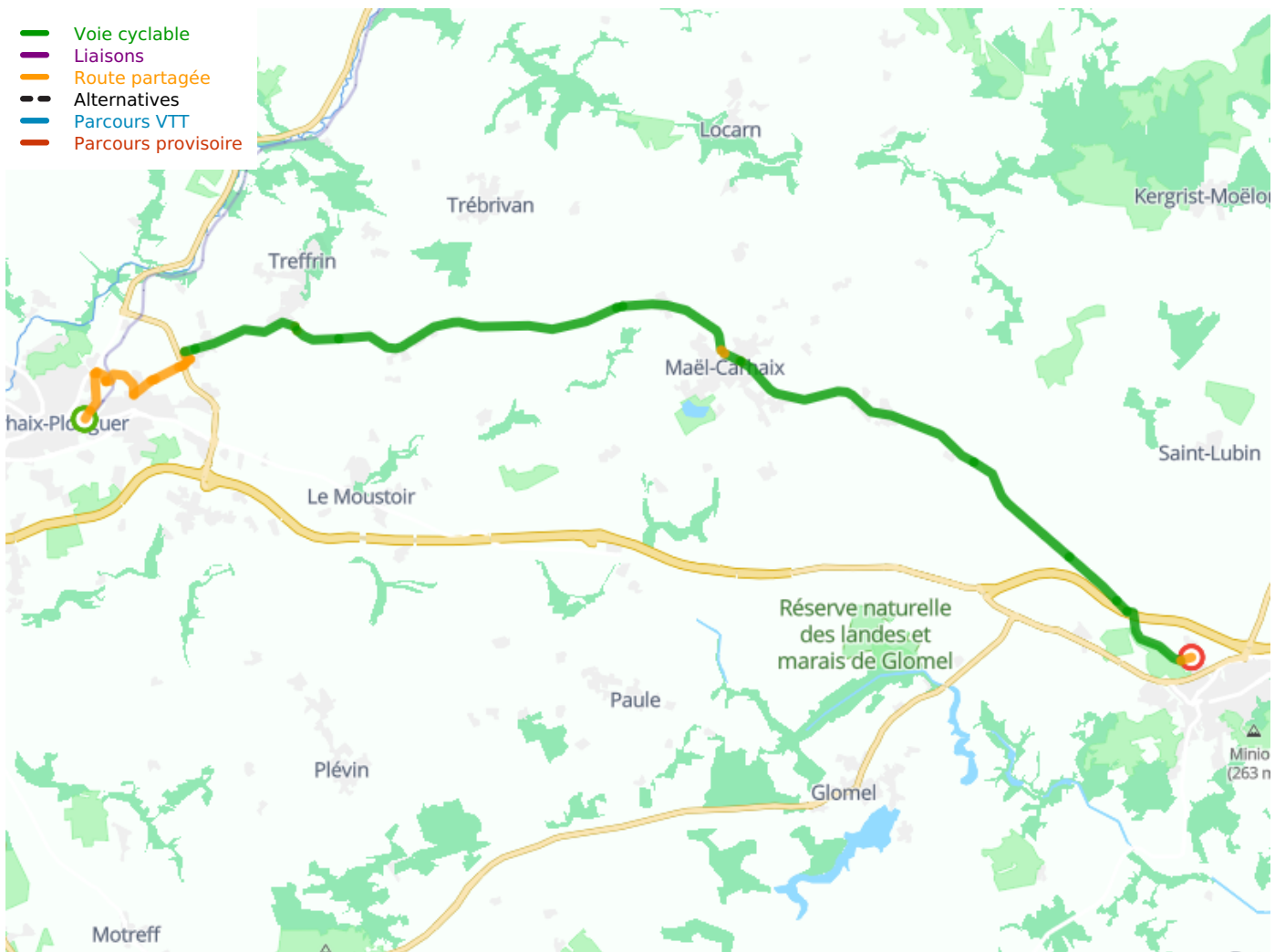
Take care if you want to reach the centre of Rostrenen, as you need to use small roads, given that the greenway passes north of town.

### SNCF Train Services

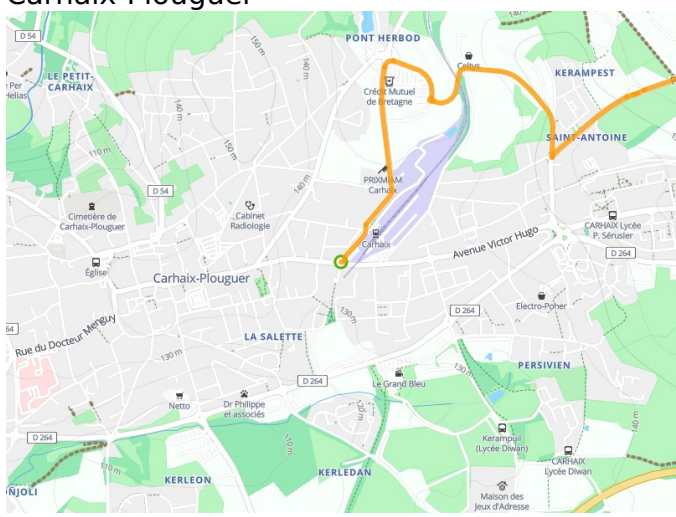
Carhaix train station: on the regional TER line Guingamp <> Carhaix

### Bus

- Tibus Line N°4 Carhaix <> Loudéac, offering the possibility of putting your bike in the hold, **but only outside of rush hour**. For further information, contact CFTA Carhaix - VEOLIA Transport. Tél: 02 98 99 12 18. Buses depart from: Carhaix and Loudéac SNCF train stations.
- Tibus Line N°5, St-Brieuc <> Rostrenen, offering space for up to a maximum of 3 bikes in the hold, by prior reservation. Reserve by 5pm the day before at the latest. For further information, call 0 810 22 22 22.



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