

Bénodet / Concarneau

La Littorale



Départ
Bénodet

Arrivée
Concarneau

Durée
1 h 25 min

Distance
38,80 Km

Niveau
I cycle often

Thématique
Seaside

While awaiting a fuller connection to other Breton routes, from Férel (west of La Roche-Bernard on the Vilaine River), a slightly hilly cycle route takes you along quiet roads and tracks to Pénestin at the Vilaine's estuary. The Pointe du Scal Headland makes for a particularly special stop on this stage split between countryside, riverbanks and the ocean's edge.

Cycle route

On signposted, quiet roads with some stretches along tracks.

A few portions are shared with a hiking trail.

Around Camoël, there are some quite hilly stretches; also note the narrow stretch passing through Le Haut-Pénestin.

Tourist offices

[Pénestin](#) : 02 99 90 37 74

Don't miss

Arzal Dam seen from the old ferry stop, Le Passage du Bac; Camoël; La Pointe du Scal Headland and port of Tréhiguier; La Mine d'Or Beach at Pénestin

