

# Brest / Daoulas

## La Littorale



An unmissable, unavoidable major crossing point along La Littorale cycle route is the massive Pont Albert-Loupe, the bridge spanning the place where the Elorn River flows into the Rade de Brest's huge enclosed bay, with the Plougastel Peninsula on the other, southern side. The Plougastel area is renowned for its strawberry production. To understand the local heritage, stop at the Musée de la Fraise et du Patrimoine. Continue on to the historic town of Daoulas, still marked by the maritime influence of the Rade de Brest. It makes a fine stop, with its remarkable abbey now home to a cultural centre that stages major exhibitions, plus it features gardens with plants and trees from around the world that boast medicinal properties.

### The route

Crossing the Pont Albert Louppe can prove difficult because this massive, high bridge is exposed to the prevailing westerly winds. Take good care, holding on very firmly to your handlebars. As to the views, they'll take your breath away, whatever the season. Continuing on via Plougastel-Daoulas to Daoulas, you ride along roads shared with motorized traffic and along cycle lanes.

### Cycle links

- To Goulven via the Véloroute Côtes des Légendes (via Plabennec and Lesneven) - link no.1, download below
- To Landeda via the Véloroute des Abers (via Plabennec) - route no.1 to Plabennec then link no.2, download below

### Practical information

#### Tourist offices

- **Office de tourisme Pays Landerneau Daoulas** 16 place Général de Gaulle 29800 Landerneau - 02 98 85 13 09  
<https://www.tourisme-landerneau-daoulas.fr/>
- **Office de tourisme Brest Métropole** 8 avenue Georges Clemenceau 29200 Brest - 02 98 44 24 96  
<https://www.brest-metropole-tourisme.fr/>

#### Transports

- **Gare de Brest :**
  - Several regional trains (TER) for Morlaix, Landerneau, Quimper
  - High-speed train (TGV) Brest > Morlaix > St-Brieuc > Rennes > Paris
- **Bus :** possibility of boarding your bike on BreizhGo buses between Lesneven or Lannilis and Brest.

#### Don't miss

- **Brest :** Océanopolis, a major visitor centre dedicated to explaining the oceans.
- **Plougastel-Daoulas:** Musée de la Fraise et du Patrimoine, on local heritage, including strawberry-growing; Abbaye de Daoulas, both for the abbey buildings and gardens as well as the

**Départ**  
Brest

**Arrivée**  
Daoulas

**Durée**  
1 h 51 min

**Distance**  
27,91 Km

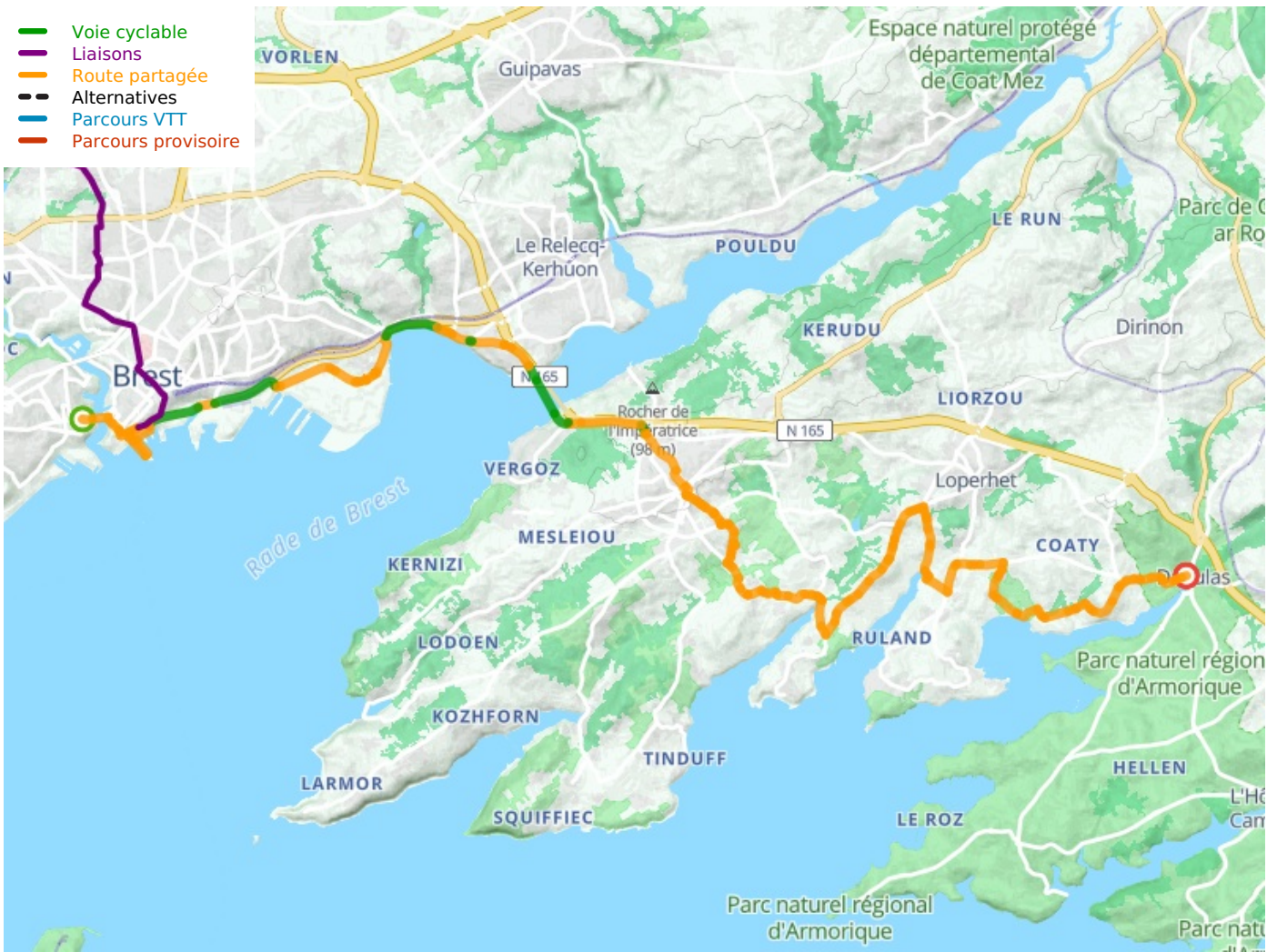
**Niveau**  
I cycle often

**Thématique**  
Seaside

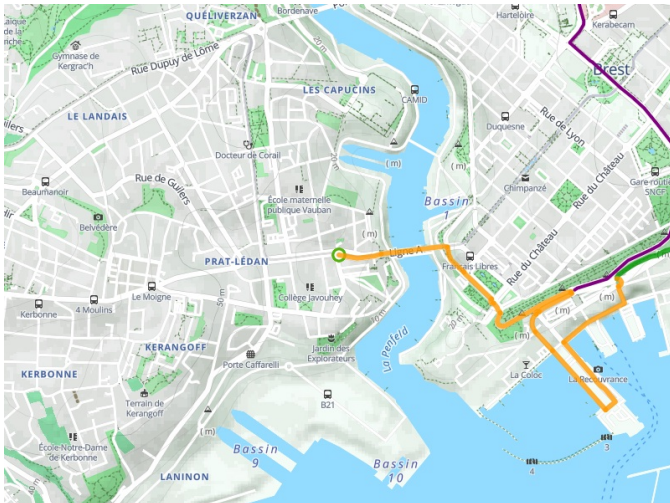
exhibitions

- **Daoulas's** historic heritage and special photography walks  
Splendid viewing points across the Rade de Brest, a huge enclosed bay  
Daoulas market on Sunday mornings

- Voie cyclable
- Liaisons
- Route partagée
- - - Alternatives
- Parcours VTT
- Parcours provisoire



**Départ  
Brest**



**Arrivée  
Daoulas**

