

Brignogan-Plages / Plouguerneau

La Littorale



La Littorale cycle route leads you on by bike along the Route des Phares, dotted with impressive lighthouses. The first you spot is that of Pontusval, said to be the most photographed lighthouse in France. Cycle on towards l'île Vierge, an island boasting the tallest lighthouse in Europe. On this stretch of northern Finistère coast you in fact come to the most intense concentration of lighthouses in the world. They bear witness to the strong sea-faring history and traditions of these parts. On a different scale, the little thatched cottages in the village of Meneham hide among enormous natural blocks of granite; this enchanting place retains an air of mystery.

The route

Ride out west from the resort of Brignogan. After coming upon a truly impressive neolithic standing stone, the Menhir de Men Marz, you continue along little country roads. You get back to the coast at the level of Le Crémiou in the parish of Kerlouan and then stick to the sea for virtually all the rest of the stage. While the roads you use are shared with motorized traffic, they are mostly quiet, but do take care in tourist periods, when there are more vehicles. At the back of Tressény Bay, there is a short stretch where you have to cycle along the busier D10 road. After the little town of Guissény, the roads you ride along are once again quieter, guiding you across Le Curnic's protected nature zone before you arrive at Plouguerneau. Note that there are slopes to negotiate before reaching the end of this stage.

Practical information

- Tourisme Côtes des Légendes Plouéour-Brignogan-Plages 4 rue du Général de Gaulle 29890 - 02 29 61 13 60
<https://www.cotedeslegendes.bzh/>
- Abers Tourisme 6 place de l'Europe 29880 Plouguerneau - 02 98 04 70 93
<https://www.abers-tourisme.com/>

Don't miss

- **Plouéour-Brignogan-Plages:** views of the Manoir du Scluz; the Menhir de Men Marz, one of the four tallest neolithic standing stones in France, measuring 8.5m in height; the Chapelle Pol, a chapel standing amidst rocks; the Phare de Pontusval, a lighthouse amongst the rocks.
- **Kerlouan:** the Site de Meneham, with its exceptionally preserved thatched cottages among the rocks; the Plage de Boutrouilles, a fine beach; the Pointe de Neiz Vran, a headland with views; the Moulin du Couffon a mill with restaurant and B&B rooms
- **Guissény:** Tressény Bay; the Rochers des Barrachou and Croix de la Grève, for their rocky landscapes; the Marais du Curnic, marshlands designated a Natura 2000 site, plus the sea wall.
- **Plouguerneau:** Chapelle Saint-Michel; the Phare de l'île Vierge, the tallest lighthouse in Europe.

Départ
Brignogan-Plages

Arrivée
Plouguerneau

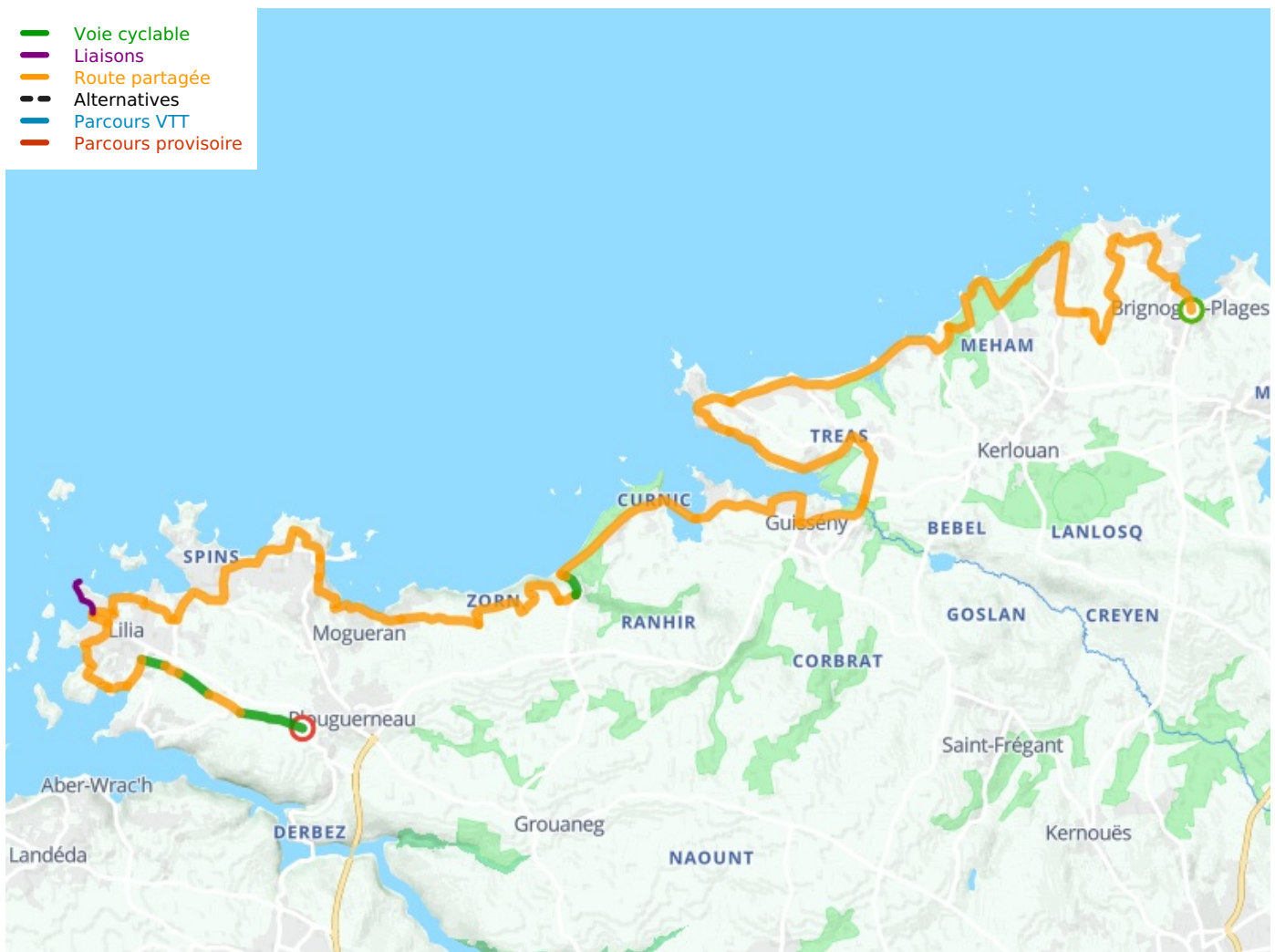
Durée
4 h 02 min

Distance
42,14 Km

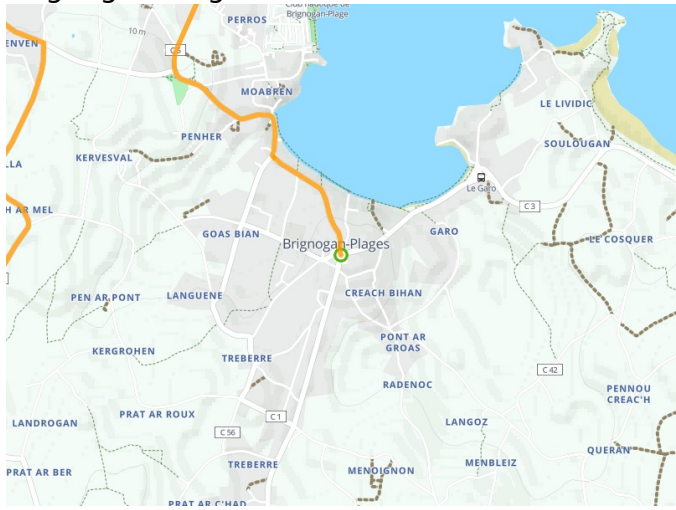
Niveau
I cycle often

Thématique
Seaside, Nature & small heritage

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



Départ
Brignog-Plages



Arrivée
Plouguerneau

