

Landéda / Saint-Pabu

La Littorale



Départ
Landéda

Arrivée
Saint-Pabu

Durée
2 h 03 min

Distance
30,96 Km

Niveau
I cycle often

Thématique
Seaside

Once past l'Aber Wrac'h, La Littorale cycle route guides you on to explore the Aber Benoît, a deep sea inlet with richly varied landscapes. You cross this aber via the Pont de Tréglonou bridge, nestling at the back of the estuary, the looks of whose banks change greatly with the tides. Look out for bird species that thrive in this environment on the divide between fresh and salt waters, such as shelducks, egrets and wild swans. To learn more about the special natural features of the north Finistère abers, dismount to visit the Centre d'interprétation de la Maison des Abers, covering the topic in detail.

The route

From Landéda up to Tréglonou, the fine first portion of this stage offers a mix of stretches along separate cycle paths and on roads shared with motorized traffic. Expect some slopes if you cycle off to Le Brouennou Marsh, but the detour is worth it. The rest of the stage from Tréglonou to St-Pabu guides you a little inland through an area hardly used by cars. However, take care negotiating the D28 road, after leaving the Vallée des Moulin at Plouguin and up to your arrival at St-Pabu.

Link to Brest

When you arrive in Landéda, you can leave La Littorale and head for Brest via Plouvien and Plabennec (37 km and 175 m ascent). You can download the GPX track for this link below (Link n°2).

Practical information

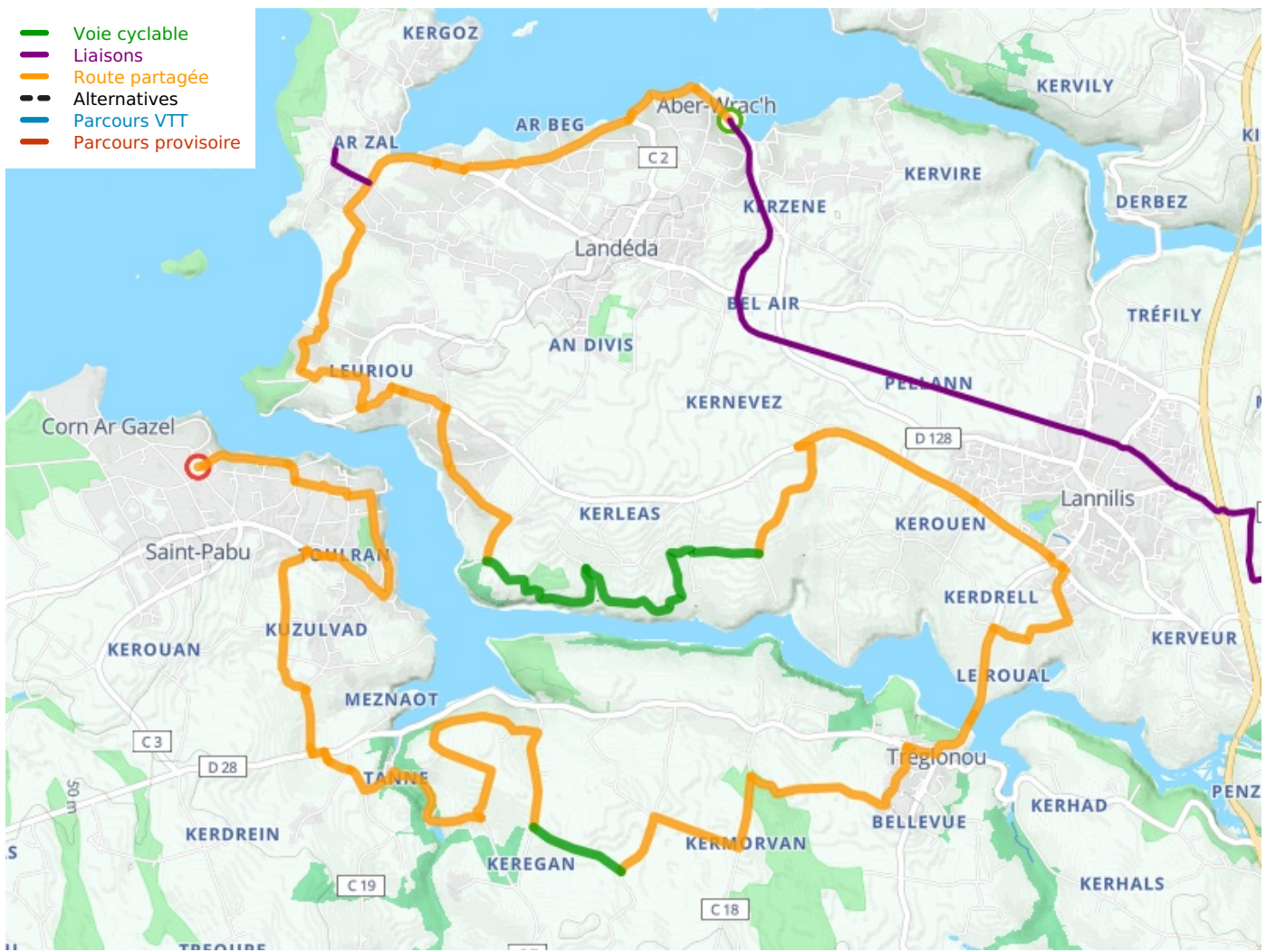
- Abers Tourisme Port de l'Aber Wrac'h 29870 Landéda - 02 98 04 70 93
<https://www.abers-tourisme.com/>

You'll find a designated area offering self-service facilities for cyclists on the Port de l'Aber-Wrac'h, near the port's public toilets. You can carry out repairs, pump up tyres and wash your bike here.

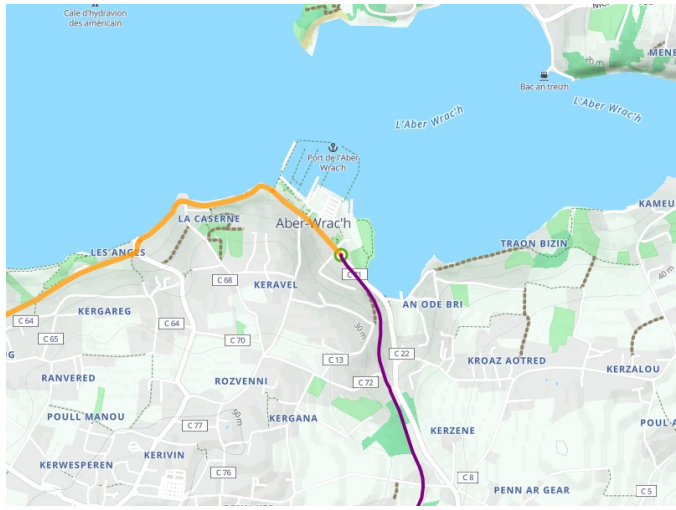
Don't miss

- **Landéda** : Le Brouennou Marsh and its vegetable gardens (potagers in French); the Pointe du Vill, a headland surrounded by oyster-farms (ostréiculteurs in French)
- **St Pabu**: the espace naturel des dunes de St-Marguerite, splendid protected dunes; the Vallée des Moulins de Plouguin; the Plage de Corn-ar-Gazel, a fine beach

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



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