

Plouescat / Brignogan-Plages

La Littorale



You enter a coastal area known as the Côte des Légendes as you cycle west from Plouescat and its fine sandy beaches. The imposing spire rising from Goulven Church seems to stand guard between you and the sea as you cycle by. It reaches 58m in height, dominating the Bay of Goulven, a protected natural area and a paradise for migrating birds. Riding along, the seascapes change by the minute as the tide goes in and out. Admire the views from Beg ar Groas Headland onto a remarkably preserved bay before reaching the charming resort of Brignogan.

The route

From the little town of Plouescat, ride on to Tréfleuz via small parish roads shared with motorized traffic, leading you through the countryside. Next, descend to the little town of Goulven. Take care crossing the D125 road. Between Goulven and Plounéour, there are several stretches on secure cycle paths. Finally, join the coastal road and its chaussidoux (clear markings to indicate that motorized traffic has to share the road with cyclists) to reach Brignogan.

Link to the Véloroute de la Côte des Légendes

Immediately after crossing the stream of La Flèche, you can get onto a smaller coastal cycling loop, the Véloroute de la Côte des Légendes, which leads on to the old town of Lesneven. From there, it's possible to reach the towns of Brest or Landerneau by bus, going via the gare routière (coach station) or by bike, riding on via Plabennec to Brest, or, since 2022, up to the town of Landerneau thanks to the Véloroute Lesneven - Landerneau.

Practical information

- **Tourisme Côtes des Légendes** : Plounéour-Brignogan-Plages 4 rue du Général de Gaulle 29890 - 02 29 61 13 60
<https://www.cotedeslegendes.bzh/>

Don't miss

- **Tréfleuz**: Keremma Dunes
- **Goulven**: Goulven Bay and the Digue Rousseau; Saint-Goulven Church and its parish enclosure; Le Pénity Chapel with its views; the Saint-Goulven lavoir (washhouse).
- **Plounéour-Brignogan-Plages**: the Tréanton lavoir (washhouse); Saint-Pierre Church; the views from Beg ar Groas Headland; Brignogan Bay and its fine villas.

Départ
Plouescat

Arrivée
Brignogan-Plages

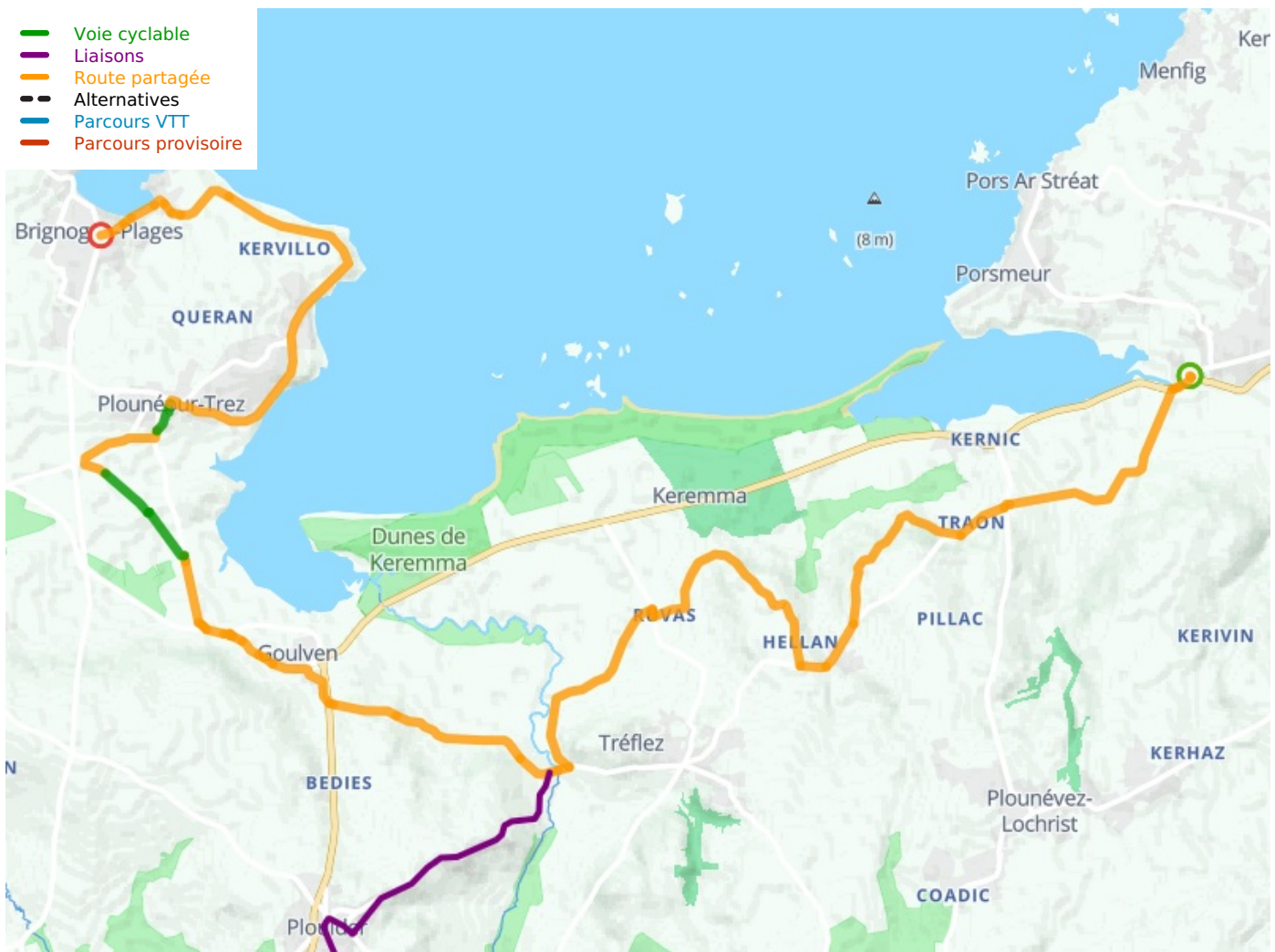
Durée
1 h 55 min

Distance
22,02 Km

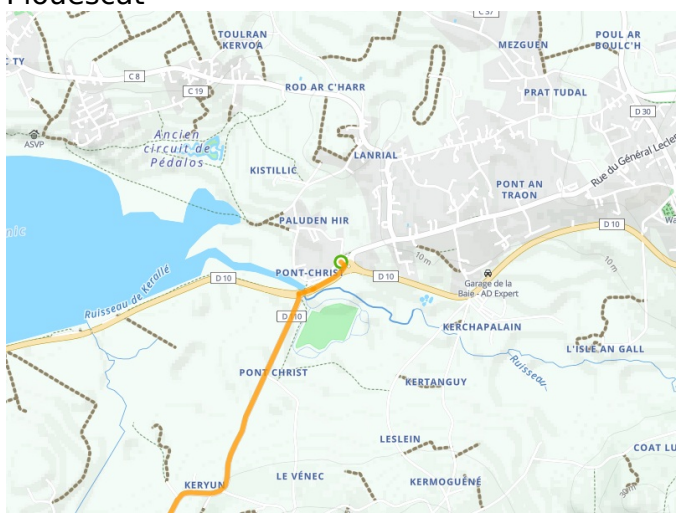
Niveau
I cycle often

Thématique
Seaside

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



**Départ
Plouescat**



**Arrivée
Brignog-Plages**

