

Saint-Pabu / Lanildut

La Littorale



Départ
Saint-Pabu

Arrivée
Lanildut

Durée
1 h 46 min

Distance
26,60 Km

Niveau
I cycle often

Thématique
Seaside

La Littorale cycle route now offers you a sobering history lesson connected to these rocky maritime parts, as you ride towards Lanildut via Portsall (in the municipality of Ploudalmézeau); here, dismount to visit the museum spaces of Ancre an eor - Dans le sillage de l'Amoco Cadiz, recalling the environmental catastrophe caused by the sinking of an oil tanker in these parts in 1978. As to the splendid Route Touristique de Landunvez, it has wonderful views down on the sea, giving cyclists the impression that they're almost riding across the waves! The Presqu'île Saint-Laurent, a peninsula, provides one of the finest views across to an iconic lighthouse, the Phare du Four, out to sea. A last place to explore on this stage is the Maison de l'Algue, covering the topic of seaweed and its many uses in these parts, this visitor centre set beside the Aber Ildut, the smallest of the three main abers marking the north Finistère coastline.

The route

This stage is along generally flat roads shared with motorized traffic. Enjoy amazing unbroken views over the coast in parts, although at points you may need to take a short detour to admire the views to the full. Enjoy cycling along the dunes around Lampaul-Ploudalmézeau and Ploudalmézeau, plus there's very little motorized traffic around here... and there are no slopes to speak of between Saint-Pabu and Portsall. Do take care riding between the port and pointe (headland) at Trémazan, while the tour of the bay here involves three short climbs, with motorized traffic to take into account too. Once you reach the coast road, the Atlantic stretches out in front of you in all its majesty, the cars tending to take this part at slow pace to make the most of the views along this wide road, with a few slopes to tackle along the way. Between Porspoder and Lanildut, there's a mix of stretches on faster roads and then through little seaside ports where the speed limit is restricted, for example at Argenton, before you reach Lanildut.

Practical information

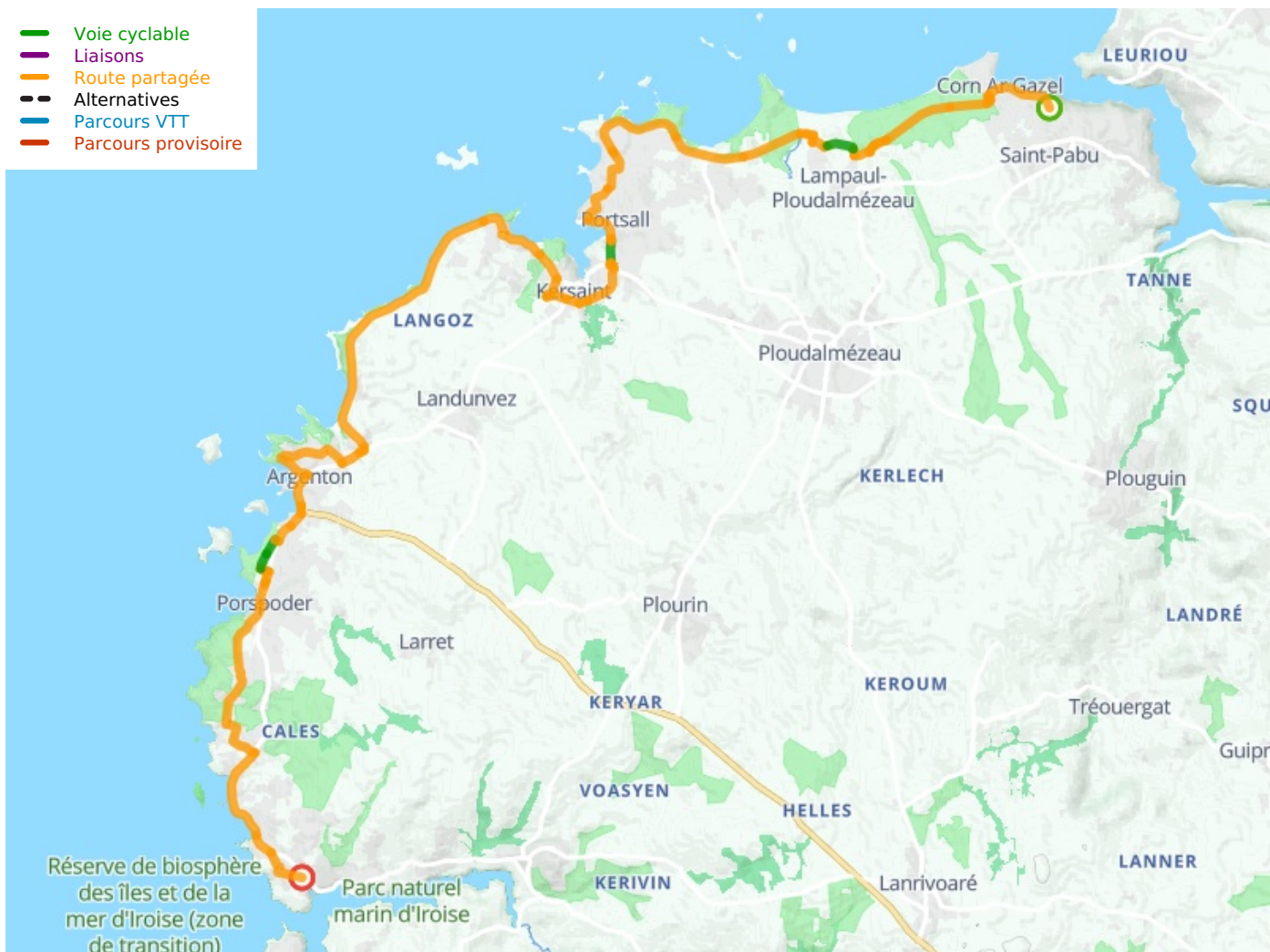
- **Abers Tourisme** : Port de l'Aber Wrac'h 29870 Landéda - 02 98 04 70 93
<https://www.abers-tourisme.com/>
- **Office de tourisme Iroise Bretagne** - 02 98 38 38 38
<https://www.iroise-bretagne.bzh>

Don't miss

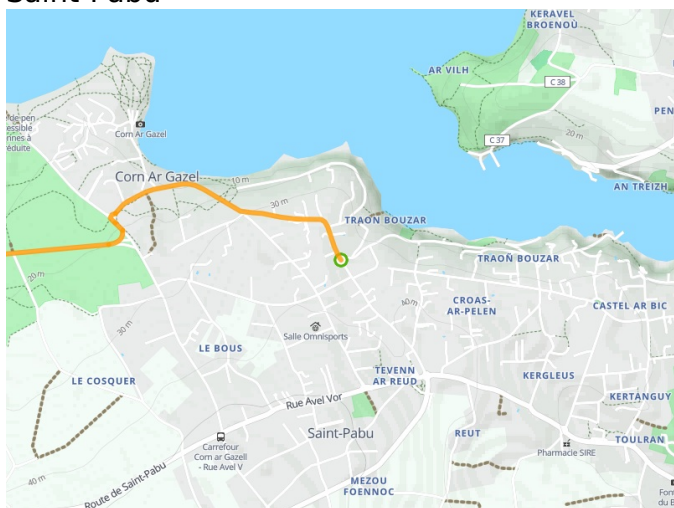
- **Portsall** : the huge anchor of the Amoco Cadiz on display at the port, while the visitor centre, Ancre an eor, tells the story of this tanker that sank off Portsall in 1978; the sailing school, or centre nautique; the Pointe du Guilliguy Headland providing panoramic views over the port and the area.
- **The Route Touristique de Landunvez**, along which you get views of the iconic Phare du Four lighthouse out to sea.
- **The Presqu'île Saint-Laurent**, a dramatic headland at Porspoder.
- **Lanildut**: Europe's leading seaweed-harvesting harbour on the Aber Ildut, listed as a port

d'intérêt patrimonial (Rumorvan) for its extraordinary heritage; on the Aber Ildut, La Maison de l'Algue, a visitor centre focusing on seaweed and its multiple uses, which also organizes boat trips out to the islands of Molène and Ouessant (Ushant) from May to September. Numerous sporting and water sports activities (such as diving or coastal trail running...) also available.=

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



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