

# Rostrenen / Mûr-de-Bretagne

## La Vélodyssée

---



**Départ**  
Rostrenen

**Arrivée**  
Mûr-de-Bretagne

**Durée**  
2 h 01 min

**Distance**  
30,50 Km

**Niveau**  
I cycle often

**Thématique**  
Lake & Swim

At the heart of the Guerlédan-Argoat Country is a steep sided valley where the Blavet winds through the woods until it reaches Gouarec. The Coat Natous double lock in the middle of this stage of La Vélodyssée provides an ideal resting point. Two of the highlights of this stage are the beautiful Cistercian Abbey of Bon-Repos and Brittany's largest lake, the magnificent Lac de Guerlédan: the perfect place to stop for a swim and sunbathe! This varied leg of the trail follows a towpath, a short stretch of coastal route and the greenway.

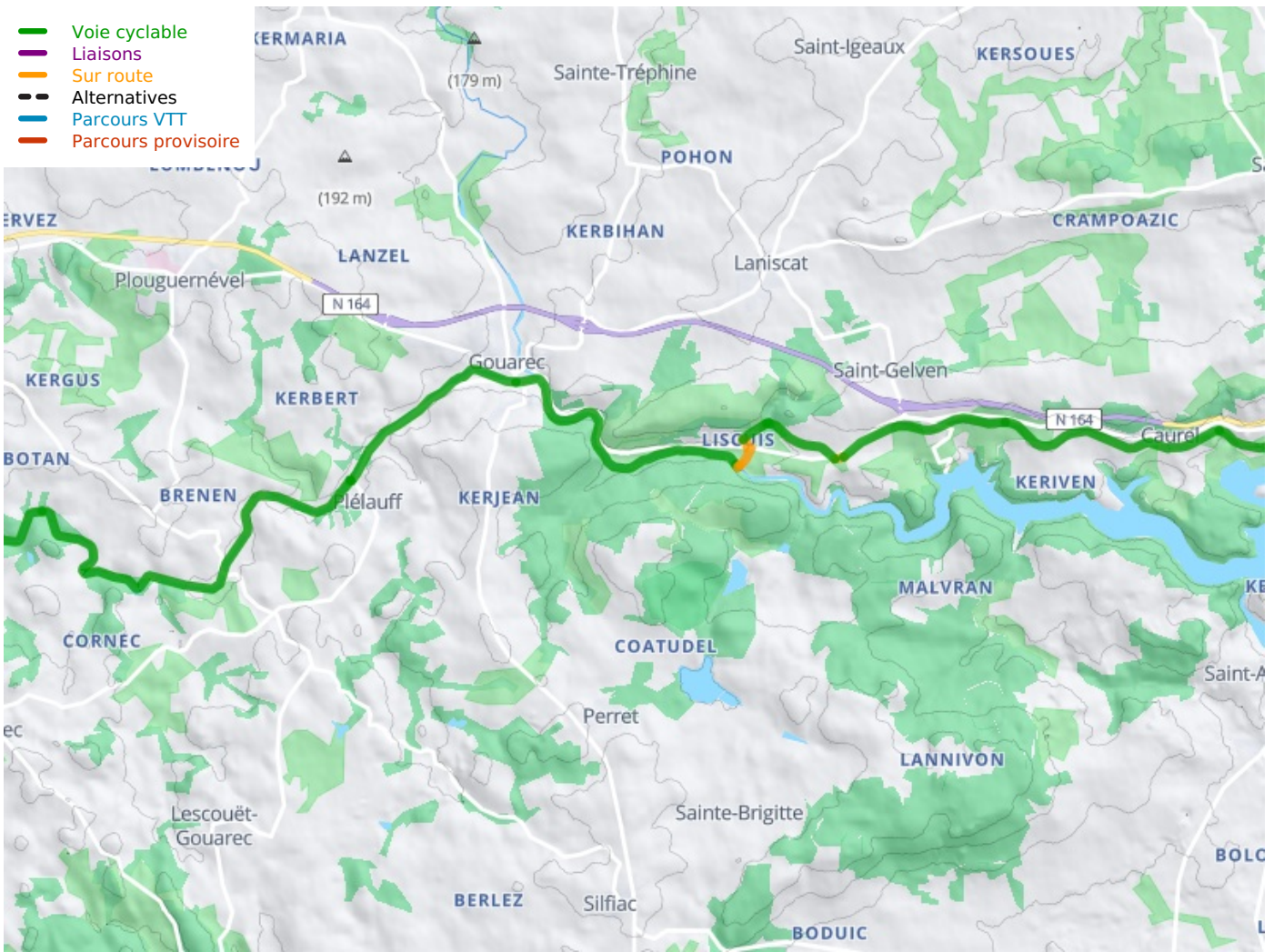
### Itinerary

A fast section along the towpath.  
Towpath up to the Bellevue Lock and very uneven ground to reach the former steam train tracks (shared section EV1-V6 through to Mûr-de-Bretagne).

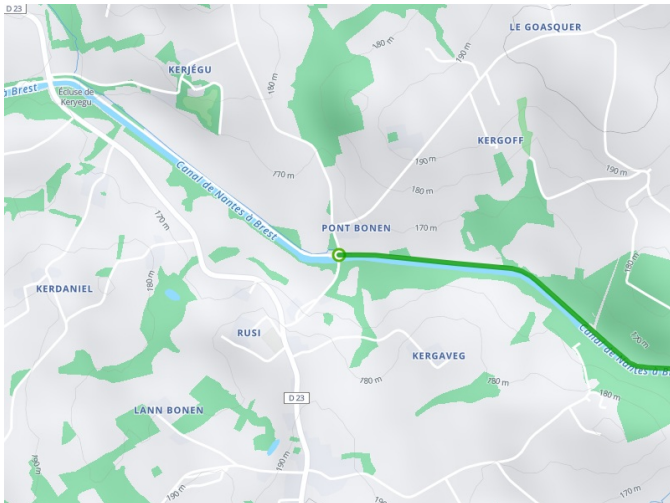
### Connection

Very short connection towards the anglophile village of Gouarec.

- Voie cyclable
- Liaisons
- Sur route
- - - Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
Rostrenen



**Arrivée**  
Mûr-de-Bretagne

