

Carhaix-Plouguer / Rostrenen

La Vélodyssée, the Atlantic Cycling Route



Départ
Carhaix-Plouguer

Arrivée
Rostrenen

Durée
2 h 11 min

Distance
32,85 Km

Niveau
I begin / Family

Thématique
Canals & intimate rivers

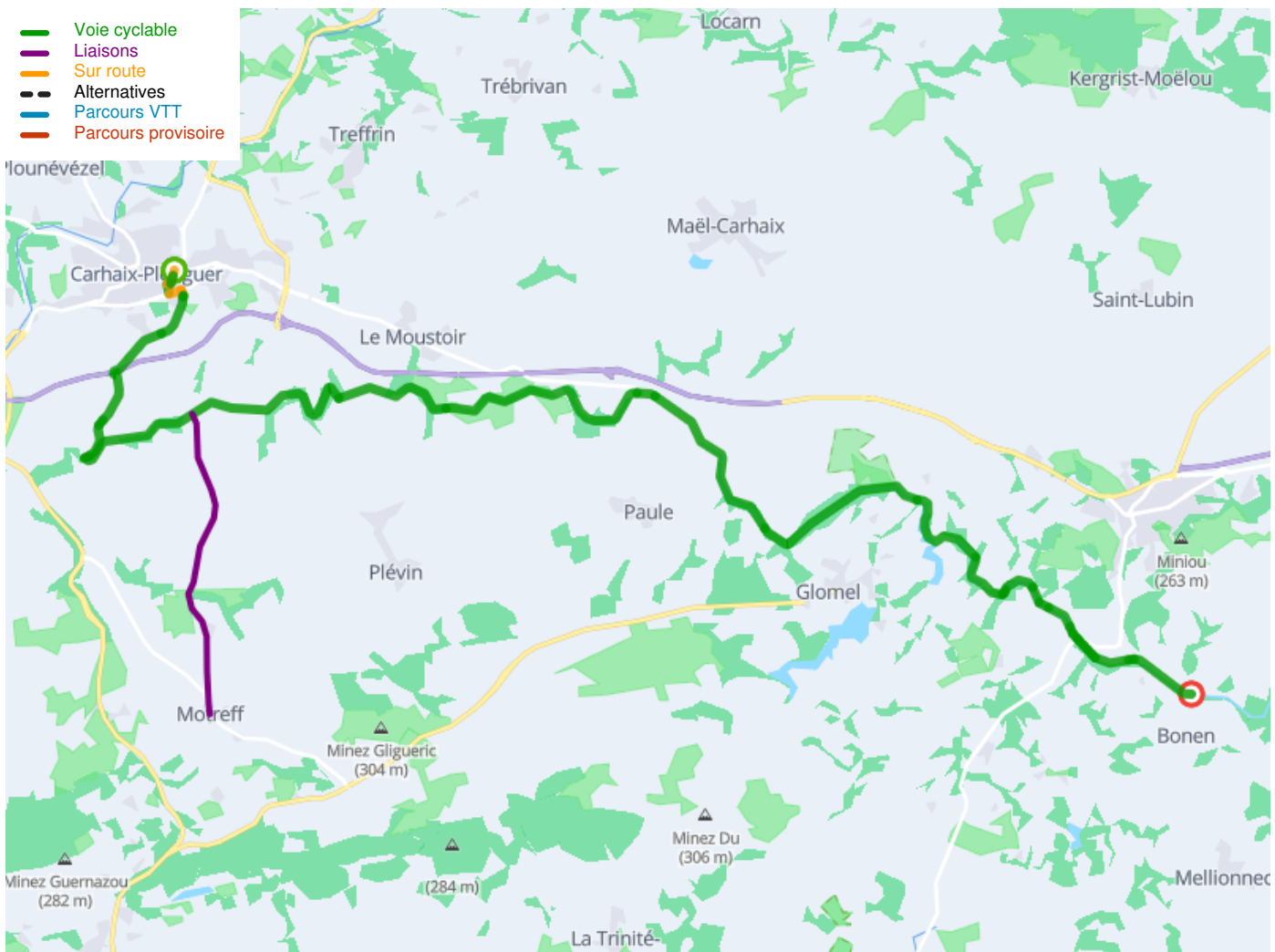
La Vélodyssée goes up past the Kergaden Lock on the Nantes to Brest Canal. The large wooded cutting at Glomel conjures up images of the bad old days of history when the Canal was dug out by prisoners.

Itinerary

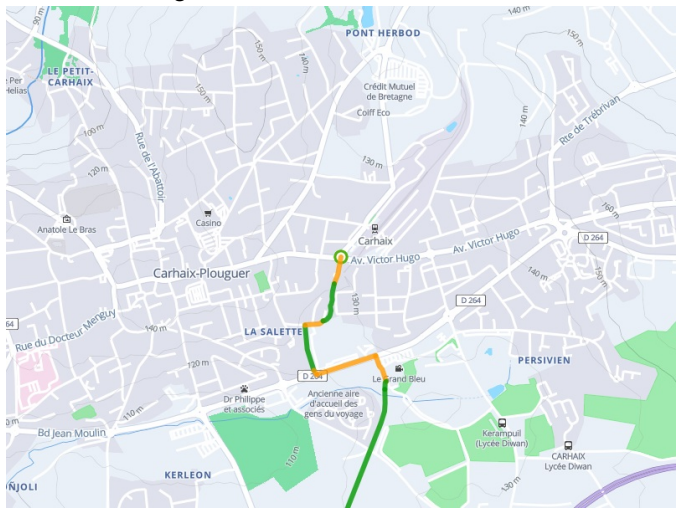
Greenway from Carhaix to the Canal. Then a fast section on the towpath. Take care towards the D 83 crossing at the Goariva Bridge and the D 790 at Pont Auffret.

Connections

Glomel is accessible via a pleasant coastal route. Take care when accessing Rostrenen: the small hilly roads are open to general traffic.



Départ
Carhaix-Plouguer



Arrivée
Rostrenen

