

# Carhaix-Plouguer / Gourin

## Roscoff to Concarneau - Cycle route 7 in Brittany



Leave Carhaix town for Port-de-Carhaix on a greenway taking you to the confluence of the Hyères River and the Canal de Nantes à Brest. This stretch, free from motorised traffic, has remained largely untouched, with its unspoilt woods. Continue to Gourin, little capital of the Montagnes Noires hills. Here, in late July, there's a big celebration of traditional Breton crêpes (pancakes).

### The route

This stage is clearly signposted. The greenway is fairly steep, plus there are ramps with slopes of over 6% to negotiate, enabling you to avoid the D 769 road. You cross the Canal de Nantes à Brest via a railway bridge. This stage has a good, compact surface.

### SNCF train services

Carhaix train station: on the regional TER line  
Guingamp - Carhaix

### Buses

The following buses on the Penn-ar-Bed network have bicycle racks: line 36 Morlaix - Carhaix and line 35 Carhaix - Châteaulin.

[For further information, see here.](#)

**Départ**  
Carhaix-Plouguer

**Arrivée**  
Gourin

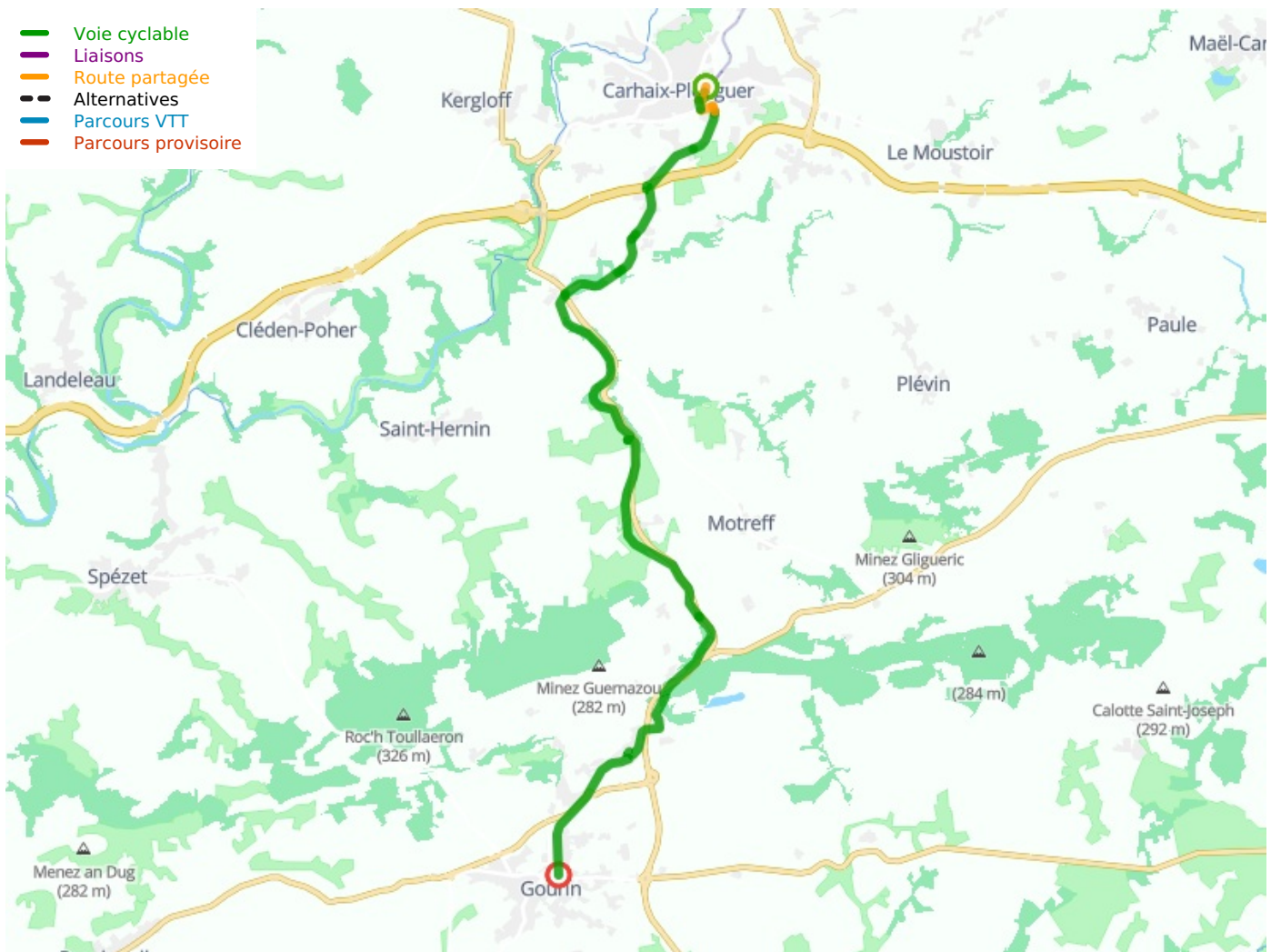
**Durée**  
1 h 23 min

**Distance**  
20,75 Km

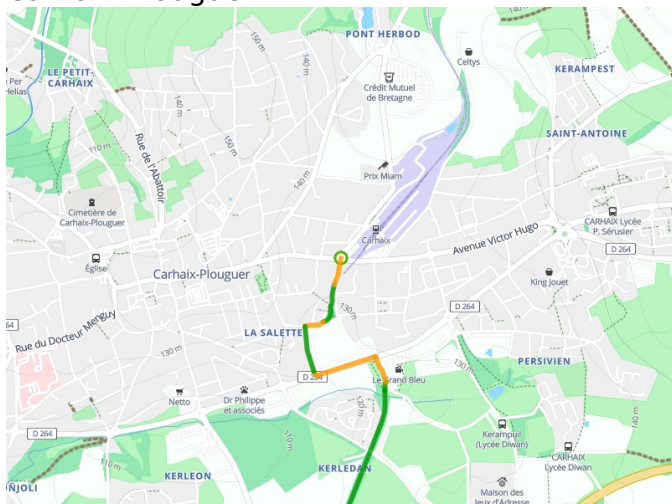
**Niveau**  
I begin / Family

**Thématique**  
Old railway, Nature &  
small heritage

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



**Départ**  
**Carhaix-Plouguer**



**Arrivée**  
**Gourin**

