

Carhaix-Plouguer / Gourin

Roscoff to Concarneau - Cycle route 7 in Brittany

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Départ
Carhaix-Plouguer

Arrivée
Gourin

Durée
1 h 23 min

Distance
20,75 Km

Niveau
I begin / Family

Thématique
Old railway, Nature &
small heritage

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

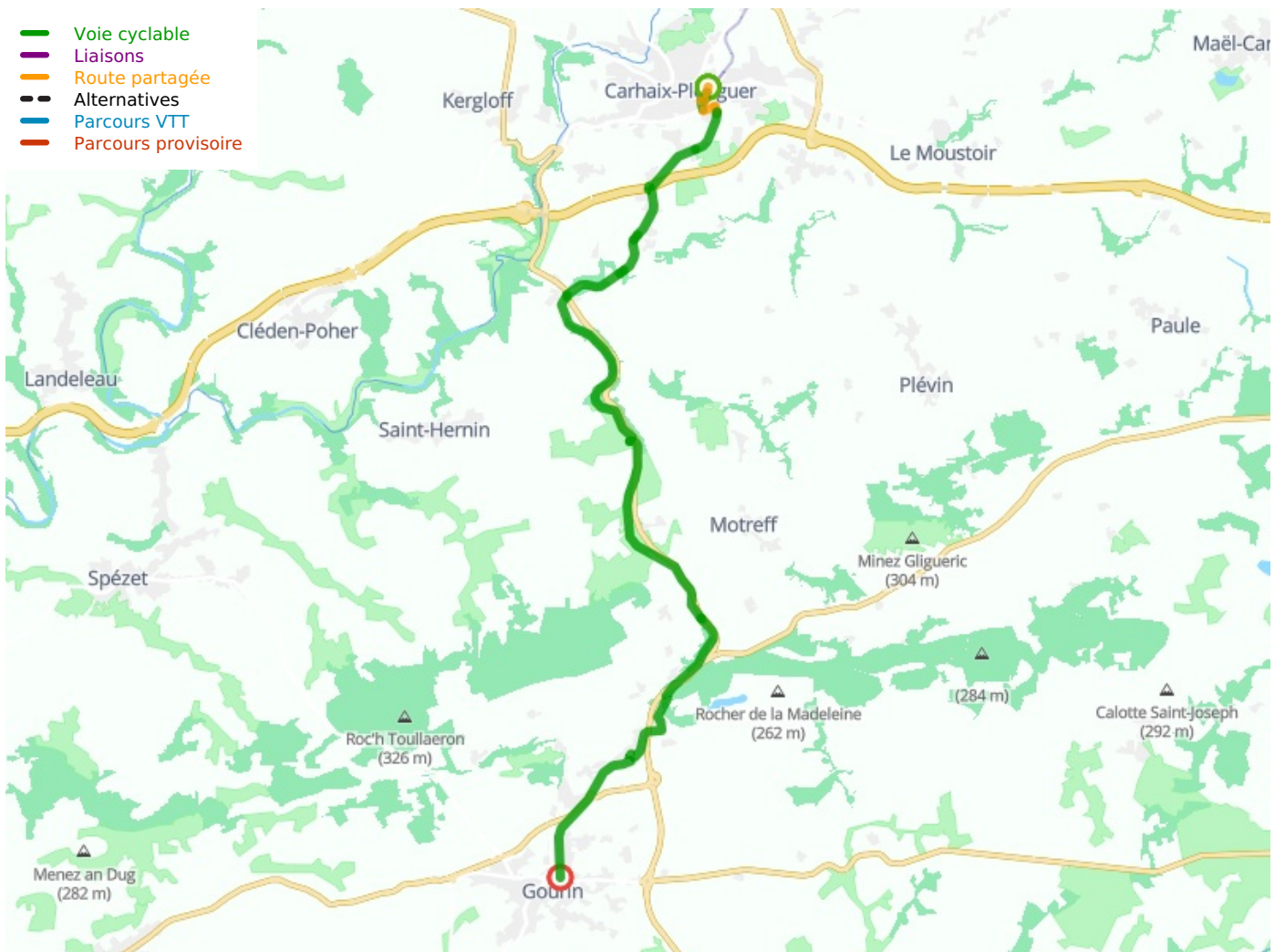
Carhaix train station: on the regional TER line
Guingamp - Carhaix

Buses

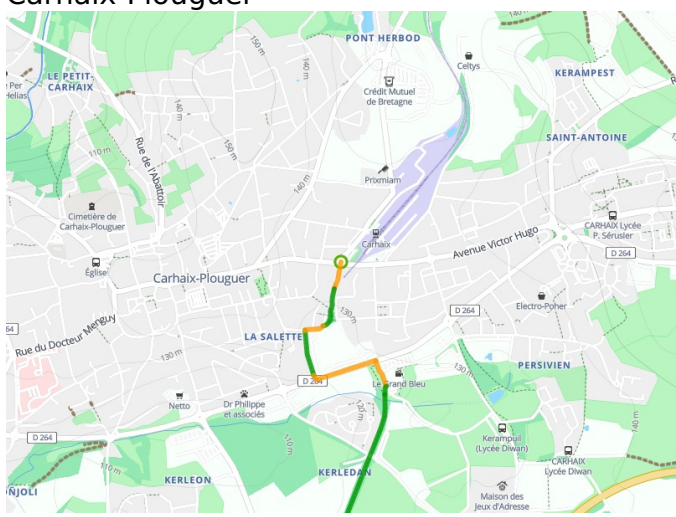
The following buses on the Penn-ar-Bed network have bicycle racks: line 36 Morlaix - Carhaix and line 35 Carhaix - Châteaulin.

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

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



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