

Lampaul-Plouarzel / Brest

The Coastal cycle path in Brittany



This stretch, on greenways and small roads, leads you beside the Mer d'Iroise from Lampaul-Plouarzel to Brest. The way reveals remarkable remnants from the Middle Ages to the Second World War. You pass Le Conquet, an historic port linked to Ushant and other islands, and the Pointe Saint-Mathieu, a headland marked by soaring lighthouse and abbey ruins. Then follow the north shore of the Rade de Brest, the great bay protecting the major Finistère naval port of Brest.

The route

The route is signposted along this entire stretch. Some portions are along greenways set alongside roads with motorized traffic. There are a few patches with steep slopes. Take care on the D 95 road between Le Conquet and Plougonvelin.

SNCF train services - TER regional line

Brest train station:

- Many TER trains serve Morlaix, Landerneau and Quimper
- TGV high-speed line Brest > Morlaix > St-Brieuc > Rennes > Paris

Buses

At certain times of year, the Penn-ar-Bed (or Finistère) county network provides buses equipped to carry bikes.

[Line 11 Brest - Le Conquet :](#)

- Reserve a place for your bike on the free-phone N° Azur 0 810 810 029 (in France, costing the price of a local call) the day before departure, before 5pm, if travelling between Tuesday and Saturday; or note, if you're travelling on a Sunday or Monday, make sure to book your place by the previous Friday, before 5pm.
- the reservations centre can be contacted Monday to Saturday, 6.50am to 7.15pm.

Ferry links

From Brest, with the ferry [company Penn Ar Bed](#) :

- island of Ushant (Ouessant in French)
- island of Molène
- island of Sein

From Le Conquet, with the ferry [company Penn Ar Bed](#) :

- island of Ushant
- island of Molène

Départ
Brignogan-Plages

Arrivée
Plouguerneau

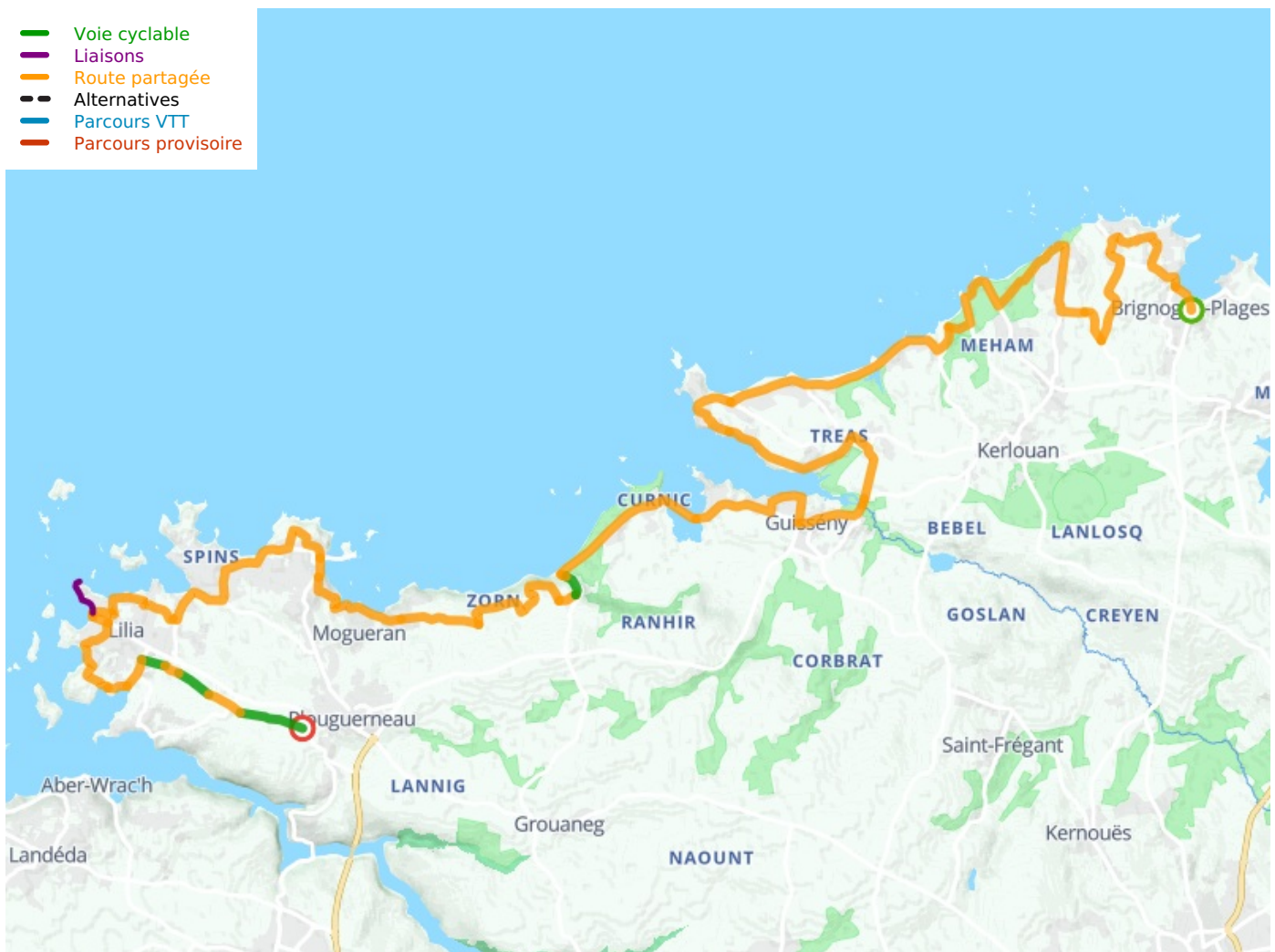
Durée
4 h 02 min

Distance
42,14 Km

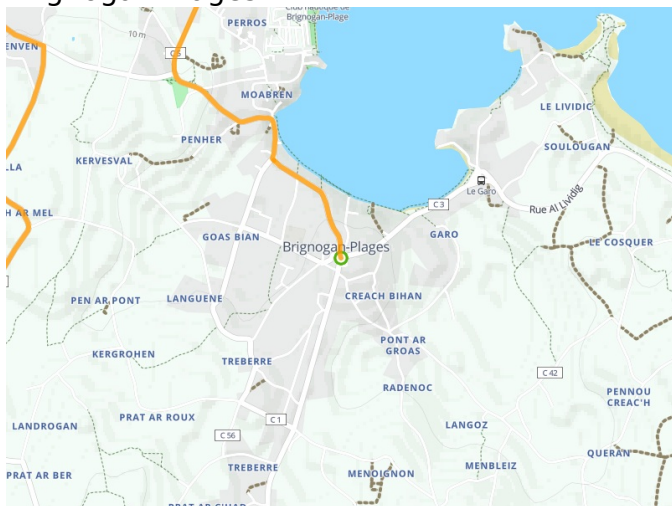
Niveau
I cycle often

Thématique
Seaside, Nature & small heritage

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



Départ
Brignog-Plages



Arrivée
Plouguerneau

