

# The gulf of Morbihan by bike

## The Coastal cycle path in Brittany



**Départ**  
Bénodet

**Arrivée**  
Concarneau

**Durée**  
3 h 00 min

**Distance**  
43,51 Km

**Niveau**  
I cycle a lot

**Thématique**  
Seaside, Nature & small heritage

Heading out from the town of Vannes, east round to Port-Navalo, make the most of the exceptional protected maritime atmosphere of the Gulf du Morbihan. On the gulf's south side, the Presqu'île de Rhuys is a wide peninsula crisscrossed by cycle paths, allowing you to admire the many creeks and islands of the gulf, a wildly indented, beautiful inland sea, its aspect changing greatly with the tides and the seasons.

### The route

From Vannes east to Theix, the route is provisional. The way is then signposted from Theix to Port-Navalo. After Noyal, follow the greenway signposted V5 as it runs alongside the D 780 road up to Saint-Armel. Then take the signposted small roads up to Saint-Colombier. Between Saint-Colombier and Sarzeau, the route is along tracks. At Sarzeau, you come to another stretch of laid-out cycle track to reach the town centre. Then continue along small roads with only light traffic up to Kerpont Lake, from where the route is along a greenway up to Arzon and Port-Navalo.

### Alternative routes

At Saint-Colombier, you can opt to follow the Marais de Duer (a marsh), then head on to Kerhouët (via a track). The Presqu'île de Rhuys cycling network offers many alternative routes and links:

- From Saint-Armel to Le Tour-de-Parc
- From Sarzeau to the Pointe de Saint-Jacques Headland

- From L'Etang de Kerpont (a lake), a greenway leads on to the town of Saint-Gildas-de-Rhuys, on the south side of the Rhuys Peninsula.

For further information on [the Presqu'île de Rhuys cycle network](#).

### SNCF train services

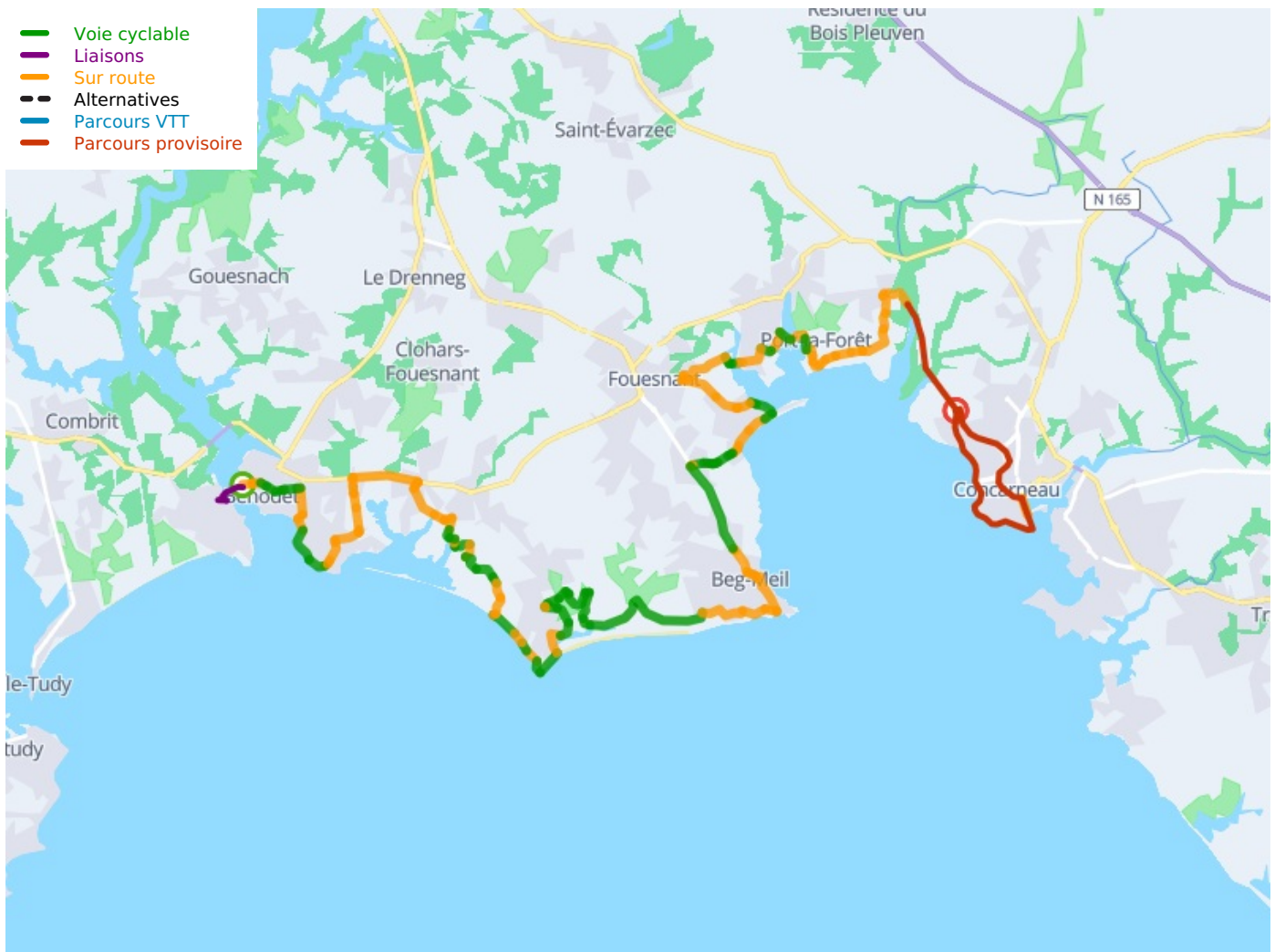
Vannes train station  
TGV high-speed line Paris Montparnasse -Vannes: in 3h15mins (10 trains daily)  
Line Toulouse - Vannes via Bordeaux (2 trains daily)  
Line Lyon - Vannes via Rennes or Paris (3 trains daily)

TER regional trains: Rennes et Nantes - Redon - Vannes - Lorient - Quimper

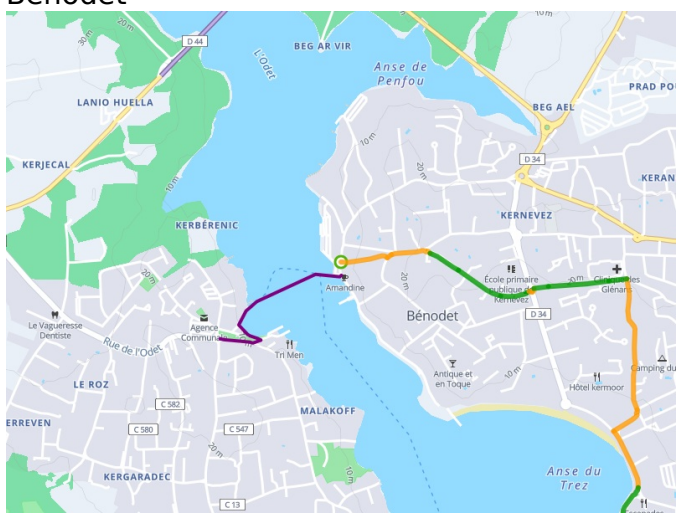
### Ferry links

Note that small ferries operate crossings of the Golfe du Morbihan, for foot-passengers and those with bikes, serving Locmariaquer, Damgan, Séné and the larger islands, notably Arz and the Ile aux Moines. You can therefore easily add a magical outing on the gulf to your bicycle travels around here.

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



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