

On Land and Sea, Explore the Trails of The Cornouaille

Water sports activities

Enjoy the pristine natural landscapes of Cornouaille with these tips: Check the weather before setting out, stay within supervised areas, seek advice from professionals, and avoid going out alone.

Here are some must-visit highlights:

From Concarneau to Pont-Aven

Between the Bay of Concarneau, the Aven River, and the wild coast of Névez and Trégunc, water sports enthusiasts will find their happiness: kayaking, surfing, sailing, paddleboarding.

Close to the Concarneau nautical center, the Glénans sailing school, the Brittany Surf School in Névez, the Cardinale Surf nautical center, and Beg-Portz Nautique.

Audierne Bay, from Penhors to Saint-Jean-Trolimon

20-kilometer-long bay with numerous beaches and varying conditions for all skill levels. La Torche in Plomeur is Brittany's most famous surf spot.

Nearby: Several surf schools, including the Brittany Surf School in La Torche and the Penmarc'h Water Sports Center.

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Sillon Beach on L'Île-Tudy

A one-kilometer-long sandy beach, ideal for families. A protected dune area invites you to take walks with panoramic views of Anse de Bénodet, the tip of Île-Tudy, Locudy, and the Pont-Abbé estuary.

Nearby: The water sports centers of Île-Tudy and Sainte-Marine. Further west, the centers of Locudy and Lesconil.

The Beaches and Headlands of Fousnant-les Glénans

In Moustérlin, the beaches stretch from Kerneuc to Kerambigorn, while in Beg-Meil, they extend from Plage des Oiseaux to the vast beach of Cap-Coez—perfect for relaxation, water sports, family activities, or a seaside picnic.

Nearby: Fousnant Cornouaille Water Sports Center and La Forêt-Fousnant Water Sports Center in Kerleven.

In the bay of Douarnenez

Sheltered beaches like Trezmouloven in Kerlaz, Ris Beach, Sables Blancs, and Porz Cod in Douarnenez offer relaxation, swimming, and stunning views of the Crozon Peninsula.

Nearby: The municipal water sports center of Douarnenez in Treblou.

Baie des Trépassés in Plogoff

The beaches of Cap-Sizun, including Baie des Trépassés and Porz Theelen, captivate with their wild beauty—ideal for relaxation, water sports, and surfing.

Nearby: The Brittany Surf School in Audierne, the Cap-Sizun Water Sports Center in Audierne, and the Plouhinec Water Sports Center.

The Rias from Aven to Doëlan

From l'Aven to the beaches of Le Pouldu, you'll find an ideal setting and coastal walks.

Nearby: The Clohars-Carnoët Surf School, Quimperlé Kayak Club, and Pouldu Nautik.

Find the full range of water sports activities on the websites of the local tourist offices.

Legend

Year-Round Tourist Offices

Transports

TGV Train station

Railway line

Maritime connections

Shuttle services

Motorhome parking without services

Motorhome parking with services

Cycling Routes

Simplified Route "V45 - La Littorale"

(partially secured and signposted cycling route)

Cycling connection

Simplified Route "V7 - La Transfinistérienne"

(veloroute qui relie Roscoff à Concarneau)

MTB long-distance trail

Youtar Route (developed cycling track)

Itinéraires de Randonnées

GR® trails and GR® connections

GR® de Pays trails

Explore differently

Cornouaille offers beautiful cycling routes for all levels.

Whether alone, with family, or friends, explore the Véloroute V45, which follows the entire coastline. You can also try the Véloroute V7, perfect for discovering the inland areas.

This is not an exhaustive list, find all detailed routes and trails at the Tourist Office or on their websites.



- From Quimper, take the greenways. Head south to Pont-l'Abbé along the old railway for a peaceful ride to the Bigouden capital. To the north, cycle to Douarnenez, passing through calm, wooded landscapes.
- Quimper, ride inland through state forests or along the rias. Try the Balade des Moulins in Locunolé (20 km) or explore the new 7 km section of the Véloroute V45 between Moëlan-sur-Mer and Riec-sur-Bélon.
- Cap-Sizun, enjoy five marked mountain bike loops for all levels. These trails cover 170 km of varied terrain, from cliffs and valleys to stunning coastal scenery.
- In the Aven region, discover scenic cycling loops. On "La Tréguinoise," admire the Glénan Archipelago from the Pointe de Trévigon. On "La Névezienne," ride through countryside paths and charming thatched villages like Kercanvic and Kercasot.
- In the Fousennant region, follow the V45 from Bénodet to La Forêt-Fousennant. Ride through the Moustérian Marshes or cycle between Beg-Meil and Cap-Goz to enjoy the coastal treasures of Fousennant-les-Grénan.
- In Douarnenez, take a 17 km loop to discover the city's maritime heritage. This hilly, mostly urban route guides you along the coast, through green spaces, and along quiet streets.
- In the Bigouden region, explore safe loops around the V45. Visit the four chapels of Saint-Jean-Troilimon, follow the "Autour du Ster" trails in Plomanelec-Lescoulin, or ride the "Cap Govañ" route in Plomeur for 11 to 20 km of nature and heritage.

MTB routes

Two Major Cycling Routes Cross the Destination

- **The Véloroute V45 - The Coastal Route**
Like the famous GR8 34 Customs Path, the Véloroute V45 - The Coastal Route will eventually follow the Breton coastline from Roscoff to Nantes. You can already explore eight beautiful stages in the Quimper Cornouaille region.
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- **The Véloroute V7**
The Véloroute V7 connects the English Channel to the Atlantic, running from Cancaleau to Roscoff along a former railway line in the V. Guimper Cornouaille region, it stretches for about 30 km, passing through Scaër and Rospenden before reaching Cancaleau.
- **Connecting Routes to the V5/V45 - The Coastal Route**
Several routes link Quimper to the V5/V45 Coastal Route, including the Quimper-Dourneuzenn and Quimper-Port-I-Abbé connections. Quimper-Fouesnant connection is partially completed, starting from Moulin du Pont.

A Multi-Day MTB Circuit in the Pays de Quimperlé

Unique Uniquely in Brittany, the MTB circuit in the Pays de Quimperlé covers 163 km of marked trails (MTB circuit No. 1). Between forests, countryside and coastline, this route challenges mountain bikers of all levels. The journey can be completed in two to three days.

Plan Your Cycling Trip

The go-to website for organising your bike trip, whether for a weekend getaway or a longer vacation. Find and follow dedicated cycling routes all across France.

www.francevelotourisme.com

A photograph showing three people riding bicycles on a paved path. The path is lined with tall, slender trees. In the background, a sandy beach and the ocean are visible under a clear sky. The photo is presented with a white border and a slight tilt.

Hiking in Cornouaille

The GR® 34
A true gem among hiking trails, the GR® 34 is open to everyone, all year round.

This historic coastal path, shaped by the sea and salt, stretches for nearly 350 km across Cornouaille.

The GR® 38
This 80 km trail runs through Cornouaille.

From Douarnenez, passing artistic towns, rolling landscapes, and museums, it reveals the Argot, Brittany's inland region, with key stops in Quimper and Lorient.

Connecting Trails

between the GR® 34 et le GR® 38 :

- Pont Saint-Maurice to Pont-Néuf Plouay : 45.5 km de distance ;
- Quimper to Pont de Cornouaille Combrit : 23 km de distance.



Three Long-Distance Trails GR® in Cornouaille :

- o GR® de Pays Cap-Sizun : 120 km
Explore the Grand Site de France of Pointe du Raz. Starting from Audéme's lively port, the trail takes you along dramatic cliffs and a unique ecosystem, with key stops at the Cap-Sizun Nature Reserve and the Maison de Site in Plogoff.
- o GR® de Pays Bigouden : 96 km
Discover Bigouden history and culture on this scenic hike. Starting in Pont-l'Abbé, the cultural capital of the region, follow the coast and immerse yourself in the life of the local fishermen.
- o GR® de Pays Tour des Portes de Cornouaille : 192 km
Walk in the footsteps of artists like Paul Gauguin, Paul Sérusier, and Gustave Flaubert. From Clohars-Carnoët to Quimperlé, then Pont-Aven to Rosperden and Concarnéau, this trail loops back to your starting point, passing rias and coastal paths.

Plan Your Hike

Build your own itinerary for a GR®, GR® de Pays, or day hike with route suggestions and geo-guided trails on mogrif.fr, bretagne.frandonnée.fr, or the Maitrande@.app.

Report Trail Issues

Help maintain the trails by reporting any problems via [Suricate](http://Suricate.sentinelles.sportsdenature.fr) (sentinelles.sportsdenature.fr)




The destination showcases its traditional craftsmanship

It's in the can ! Sardines, of course

Cornouaille, shaped by the ocean, is a key hub for maritime trades. From fishing to seafood processing, local artisans proudly showcase the region's marine treasures.

For the curious:

- 📍 Kerbriant Cannery Douarnenez
- 📍 La Compagnie Bretonne Penmarc'h
- 📍 Haliotika, The Fishing City Guilvinec
- 📍 JB Océanne Cannery Concarneau
- 📍 Courtin Cannery Trégunc
- 📍 Viviers de Penfoullec et Viviers de la Forêt La Forêt-Fouesnant

Butter, galettes and kouign from Cornouaille

The biscuiteries of Cornouaille uphold a rich gourmet heritage, where family recipes and local ingredients come together.

For a delicious treat:

- 📍 Biscuiteries de la Pointe du Raz Plougoff
- 📍 Biscuiterie François Garrec Bénodet
- 📍 Biscuiterie de Quimper Quartier de Locmaria
- 📍 Biscuiterie de Pont-l'Abbé
- 📍 Biscuiterie Marin Coathalem Kerlaz
- 📍 Chocolaterie La Cabane à Cacao Douarnenez

Brewing & Distilling the Spirit of Brittany

Passionate and innovative brewers craft artisanal beers inspired by the Breton terroir, using local malt, hops, and hints of buckwheat. Cornouaille is also home to one of Brittany's finest distilleries — Distillerie des Menhirs, renowned for its Breton buckwheat whisky, exported worldwide.

For a taste of Cornouaille:

- 📍 La Distillerie des Menhirs Plomelin
- 📍 Plijadur Brasserie Douarnenez
- 📍 Microbrasserie Diaoul Le Juch
- 📍 Brasserie L'Amér d'Iroise Plougoff
- 📍 Distillerie Mammen Pouldreuzic
- 📍 Distillerie Tri Martolod Concarneau
- 📍 La Route du Cidre en Cornouaille - Cider Road Protected Designation of Origin Cider routeudidre-cornouaille.bzh
- 📍 Brasserie Lokorn Locronan

Timeless Craftsmanship

Cornouaille's "bols à oreilles" (two-handled bowls) are a strong symbol of its identity. Local artists and artisans keep these traditions alive while exploring modern creations, blending heritage with innovation.

To discover and admire:

- 📍 Faïencerie Henriot Quimper
- 📍 Atelier de céramique Metel Terre de l'Ouest Douarnenez
- 📍 Les Céramiques de Cornouaille Quimper (la boutique)

Other initiatives:

- Les Secrets de nos Boîtes - CCI Finistère visitesentreprises29.com
- Semaines Tourisme Economique et des Savoir-Faire - Economic & Craft Tourism Week semaines-tourisme-eeconomique.bzh

In a camper van

The quality of your stay in Cornouaille depends on respecting these services. Find all this information and the full list of campsites in Cornouaille on the websites of the Tourist Offices.

Overnight parking without services

Clabazac-Carnoët

- ♥ Parking Le Poulaü
Rue Anne de Bretagne
Free - 10 spaces
- ♥ Parking Doelan
Place B.Favereau
Free - 5 spaces
- ♥ Parking de Saint-Jacques
Free - 6 spaces

Dauwannenez

- ♥ Parking des Ateliers de l'Enfer
25 Bd du Général de Gaulle
Rue du Couliniec
Free - 4 spaces

Fauennant-les Glénan

- ♥ Parking de Moustérian
Plage de Kerneuc

Iezanité

- ♥ Place de la Résistance
Free - 4 spaces

Le Guibinec

- ♥ Place Allende
Rue de la gare
11 spaces

Le Juich

- ♥ Parking terrain des sports
Free - 2 spaces

Le Thevaux

- ♥ Parking du plan d'eau
Behind the church - Free

Loctudy
(Maximum 48 consecutive hours)

- ♥ Le Port
Rue des Perdrix
Gratuit - 6 emplacements

Nevez
(Maximum 48 consecutive hours)

- ♥ Parking Saint-Nicolas
Port-Manech
Free - 5 spaces
- ♥ Parking de la plage de Rospico
Free - 5 spaces
- ♥ Parking du stade municipal
Free - 20 spaces
- ♥ Parking du village de Kerascoët
Free - 10 spaces
- ♥ Parking de la plage de Tahiti
Free - 10 spaces

Moëlan-sur-Mer

- ♥ Parking du Garage
Free - 5 spaces
- ♥ Parking de Kersécol
Porz Balli
Free - 9 spaces
- ♥ Parking Rue des Moulins
Parc-ar-C'hoat
Free - 6 spaces
- ♥ Parking de Brigneau
Free - 8 spaces

Pennauzh
(Maximum 48 consecutive hours)

- ♥ Menez Gad
Route de Plomeur
€5/night - 10 spaces
- ♥ Port de Bouc
Rue Victor Hugo, Kériy
€5/night from 1/04 to 30/10
12 spaces
- ♥ Le Viben
Rue du Viben
€5/night from 1/04 to 30/10
42 spaces

Plagannec

- ♥ Super U
Route de Quimper
Kerantous - D63
Free - 20 spaces

Plameur

- ♥ Parking la Torche
(Maximum 48 consecutive hours)
29 Cohuel Runour
Free - 15 spaces

Plazzeut

- ♥ Parking de Kerbouron
763 Kerbouron
- ♥ Parking de Porzebrevael
969 Porsambrevael
- ♥ Parking du Menhir
Menhir des droits de l'Homme,
Kerrest

Plagastard-Saint-Germain

- ♥ Parking de Leurré

Plagoff

- ♥ Parking du stade
Rue du stade
€2 emptying

Port-Aven
(Maximum 48 consecutive hours)

- ♥ Parking Vallée de Penanors
Free - 5 spaces
- ♥ Parking Kervadolan
Free - 5 spaces
- ♥ Parking de la Belle Angèle
Free - 15 spaces

Port-l'Abbé

- ♥ Parking de la Madeleine
Rue Mstislav Tostropovitch
Free - 30 spaces

Pouldengat

- ♥ Parking Place de l'Église
Free - 2 spaces

Pouldheznic

- ♥ Palud Gourinet
Free
- ♥ Stang Vras
Free

Paullan-sur-Mer

- ♥ Parking Rue Abbé Conan
Free - 3 spaces

Quehnen

- ♥ Parking Hent Don
Free - 8 spaces

Resparden

- ♥ Parking du 8 Mai 1945
Free - 9 spaces
- ♥ Super U
Free - 3 spaces

Thegune
(Maximum 48 consecutive hours)

- ♥ Aire de Ster Greich
Free - 8 spaces
- ♥ Aire de Kerlaeren
Free - 10 spaces
- ♥ Aire de Pouldohan
Free - 6 spaces
- ♥ Aire de Don
Free - 12 spaces
- ♥ Aire de Porz an Halen
Free - 6 spaces
- ♥ Parking Quentel
Free - 8 spaces

Overnight parking with services

Audierne

- ♥ Place du Général de Gaulle
€3per 10 min drinking water
€3 per 55 min electricity
€4/night - 15 spaces

Clédan-Cap-Sizun

- ♥ Place du 19 Mars 1962
Free emptying
€2 per 10 min drinking water
€6 spaces

Cornubit

- ♥ Parking de la Mairie
Rue Hent Ty Plouz
€2 token for drinking water and
drinking - 8 spaces

Plézeven

- ♥ E.Leclerc
ZAC de Penhoat Saloun
Free dumping area
Water and electricity 8 parking spaces

Plamelin

- ♥ Hent Kergoff
Aire de vidange
€151/day - 15 parking spaces

Plawan

- ♥ Aire naturelle de Ru.Wc
Drinking water, WC, drainage,
electricity
25 spaces

Pluguffan