

C005-CO Pink Granite Coast



This ragged coastline, which stretches from the Pointe de l'Arcoest to Trébeurden, is constituted almost entirely of the pink granite that inspired its name.

Large rock formations spot the coastline. Time and harsh weather have taken their toll, eroding these rocks into unique forms, some resembling animals or everyday objects. Others balance on a hair and topple at the slightest brush of breath. On this wild and picturesque coast are located beaches and ports that delight vacationers. Several islands lie closely to the coast and are accessible at low tide. They have become sanctuaries for thousands of birds

Itinerary

Day 1 - Arrival at PERROS GUIREC. This seaside resort offers to the visitor a unique natural beauty of strange and grandiose landscapes, with pink granite rock structures given shape by millions of years of battering by wind and waves. Opposite the bird sanctuary of the Archipel des Sept-Iles, three vast fine-sand beaches await the laughter and running feet of vacationers, and the port opens itself to yachtsmen. *Dinner, lodging and breakfast in a 3-star hotel by the beach*

Day 2 - PERROS GUIREC - PLOUMANAC'H (12 km). You will begin at the yachting port and make your way to the coastal line. You will pass by a residential area of villas built at the start of the 20th century. Follow the coast to the Pointe du Château. You will continue along the lovely Trestrignel beach and the large beach of Trestaou, lined with palm trees. You will take the path of Douaniers which runs along the coast, weaving about the pink granite forms until you reach the Ploumanac'h lighthouse, and the beach and oratory of Saint Guirec, situated on the sand. You are only a short distance now from the port of Ploumanac'h, and your hotel - *Lodging and breakfast in a 3 star hotel*



Day 3 - PLOUMANACH - TREGASTEL (13 km). La randonnée démarrera par la visite des moulins à marée construits à l'embouchure de la vallée des Traouiero. Leur histoire remonte au 14ème siècle mais l'actuel bâtiment date de 1735. Par le sentier côtier, vous longerez la baie de Ste Anne pour gagner l'Île Renote où vous découvrirez d'imposants chaos de rochers roses et une allée couverte. Puis vous poursuivrez par la plage de Coz Porz, la Grève Blanche et la baie de Kerlavos. Vous quitterez le bord de mer pour découvrir l'allée couverte de Kerguntuil (sépulture longue de plus de 9 mètres et datant de plus de 2000 ans avant JC) et le dolmen de Kerguntuil, un de plus imposants du Trégor. Puis vous reviendrez au centre de Trégastel par le même chemin ou par les terres. Nuit et petit-déjeuner dans un hôtel 3 étoiles - Dîner non inclus

Day 4 - PLEUMEUR BODOU - TREBEURDEN (14 or 19 km). Transfer by taxi to the hamlet of Saint Samson in Pleumeur Bodou where you will admire a chapel, a menhir and a fountain. The chapel built between 1575 and 1631 is a good example of Beaumanoir style (family of architects established in the region around the fifteenth and sixteenth centuries) with its wall tower and the adjoining tower houses the staircase. The menhir, erected about 3000 years ago, holds virtuous powers! Previously, men and women came to rub it to reinforce for some, their virility, for others, their fertility. The fountain, meanwhile, had a healing power that attracted the sick. You will continue your hike through countryside towards the menhir of St Uzec then to the chapel Notre-Dame-des-Citeaux Penvern founded around 1300 by the Cistercian monks of Bégard. It would be one of the oldest chapels in the region. The adjoining fountain passed to cure many illnesses.

You will return to the seaside to visit and tour the Ile Grande (5 km), landscape of moors lined with many beaches, creeks and marshes, and admire a beautiful covered alley. You will then go to the village of Trébeurden via the ponds of Quellern where lives a troop of wild horses. *Lodging and breakfast in a 3 star hotel.*

Day 5 - TREBEURDEN – LANNION (16 km). From here you climb up the Castel overlooking the port, greet “Père Trébeurden”, a rock looking like a face! and – if the tide allows – discover the Ile Millau with its sandy moors, magnificent views, and covered alley. Once again on firm ground, you will follow the large beach of Tresmeur to the Pointe de Bihit. You will make your way across the Baie de Lannion by means of the coastal path, the beaches or the moors, and arrive at the Pointe Serval at the mouth of the Léguer River. You will hike to Lannion along the valley and towing paths which lead into the city. Your journey is at its end. Take time to discover the richness of the city’s architectural and patrimonial history. *Lodging and breakfast in a 3 star hotel*



Day 6 - LANNION. The tour ends after breakfast. A taxi will take you to Lannion rail station or Perros Guirec

Season

From Easter to middle of October but be careful this area is very crowded in summer time and we recommend you (if you can) to come outside this period. Nevertheless this area attracts a lot of tourists and you have to reserve earlier to get the best rooms.

What's included?

- 5 nights' accommodation in 3 and 4-star hotels
- 5 breakfasts – 1 gourmet dinner
- Hotel to hotel luggage transfer
- Taxi transfers
- A set of maps (1/25 000 scale) with the route marked on and detailed route notes describing the trail.
- A daily itinerary together with information about facilities and places of interest along the trail.
- Emergency assistance.



Visa fees - transportation fees to and from the walk area - Insurance (strongly recommended on all trips) - Transfers except those mentioned above - Drinks - Additional meals - Entrance fees - Spending of personal nature e.g. laundry, souvenirs, phone calls,...are not included

Getting there and away

By train : The nearest rail station is Lannion. Several TGV or fast trains from Paris-Montparnasse station to Plouaret or Guingamp (on the Paris-Brestroute), and change to Lannion.

Take a taxi to go to the hotel at Perros.

By car : Go to Rennes by following highways A11 and A81 from Paris. Then take N12 road to Guingamp and D767 road to Lannion.

Where to park : free unattended car parks, available in Lannion or Perros Guirec

Walk difficulty

Grade 1: short walks of 3 to 5 hours each day on clearly way marked and flat paths. Everebody can walk this tour