

## C007-ST Crozon Peninsula



The Crozon Peninsula... This band of rugged earth stretching out into the ocean in firm constancy holds in its length all the beauties and contrasts of nature. From large, jutting capes to inlets, from the west coast swept clear and practically barren by the winds, to the east coast growing wild in Mediterranean lushness and color, you will discover it all.

### Itinerary

**Day 1** - Arrival at the PORT DU FRET. You will come to the harbor towards the end of the afternoon, crossing over the Brest bay or coming by car. *Dinner, lodging and breakfast in a 2-star hotel*

**Day 2** - QUELERN – CAMARET (20 km). Transfer by taxi to the Quelern hamlet. Take off from here and follow the coast from the Baie de Roscanvel to the Pointe des Espagnols. You will have lovely views of the Ile Longue, the base of operations for the French nuclear submarines, and of the small isles of Trébéron and les Morts. From the cape, you will look down upon the famous Brest channel and harbor roads. You will continue along the more ragged and wild western coast, where ancient fortresses sit upon several rocky peaks. You will arrive at the coastal path which will bring you to the Camaret port and bight, sitting in the shadow of the ancient Vauban tower - *Dinner, lodging and breakfast in a 2-star hotel*

**Day 3** - BEACH OF GOULIEN – CAMARET (20 km). Transfer by taxi to Goulien. The beaches of Goulien and Kerziguénou lie stretched out next to each other. Follow these fine-sand beaches to the Kerloc'h pond, one of the largest reed-beds in West of France. Then make your way along the cliffs by Pointes de Portzen and la Tavelle to reach Pen-Hir bight. From here you will look upon Pen-Hir's cape, which extends out into the sea with its famous boulders of Tas de Pois. You will then arrive in Camaret by following the Pen-Hir bight and the Pointe du Toulinguet, discovering the megalithic alignments of Lagatjar along the way. *Dinner, lodging and breakfast in the same hotel*



**Day 4** : CAP DE LA CHEVRE (Cape) – MORGAT (21 km). Transfer by taxi to Cap de la Chèvre. By following the coastal path, you will discover the western facade of the peninsula where only the land has resisted the violent winds that sweep the coast. Though a wild and jagged coast, you will find there, nevertheless, La Palue beach with its rushing, breaking waves. You will pass through and admire the Pointe de Lost Marc'h and the Pointe de Dinan before arriving at the Le Goulien beach. Here you will leave the water's edge and work your way across the width of the land, arriving finally on the other side of the peninsula at the Morgat resort - *Lodging and breakfast in a 2-star hotel*



the cliffs to reach the Pointe du Guern and the Ile de l'Aber, accessible at low tide. After having crossed the Aber, the marshy mouth of a small coastal stream, you will arrive at the Pointe de Tréberon and the Grottes, and return to Morgat - *Lodging and breakfast in the same hotel*

**Day 7** - MORGAT. In late morning a taxi will take you back to Le Fret. End of tour.

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## Season

From April to end 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?

- 6 nights' accommodation in 2-star hotels with breakfasts
- 3 dinners
- 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.
- Phone 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 plane:** flights to Brest from Paris CDG, Paris Orly, Birmingham, Exeter and Southampton with Flybe. Taxi to reach the Brest port where you catch a boat shuttle to cross the Brest bay to Le Fret

**By train:** Brest is easily reached from Paris Montparnasse rail station (less than 5 hours), then go to the Brest port by taxi, cross over Brest bay by regular boat to Le Fret, or take a regular bus from Brest to Le Fret harbour.

**By car:** Go to Rennes following motorway from Paris and continue N12 road to Landivisiau, then take D30 road to Sizun and the Faou and the D791 road to Crozon and Le Fret.

**Where to park:** free unguarded parkings at Le Fret Port in front of the hotel

## Walk difficulty

**Grade 2** - walks of 4 to 6 hours a day. Some stages could be more 20 km (13/15 miles) and rolling uplands, ascents mainly gradual than steep of up to 500 m. You often will walk in flat ground, in some sand areas or along rugged coastline with short but sometimes steep ascents. An average level of fitness or some experience with walking is recommended