Pink Granite Coast
Holiday Guide 2016

www.lannion-tregor.com
www.bretagne-cotedegranitrose.com
WELCOME
to the Pink Granite Coast!

You chose to stay in our beautiful region and we thank you for it. A wide range of activities, visits and animations is presented in this brochure for unforgettable holidays. For families or for couples, there is something here for everyone in the never-ending expanse of culture and activity. Whether you’re into beautiful walks, natural sightseeing, food or typical festivals, you won’t be disappointed.

What’s Your tour de France

The team is committed to our « What’s your tour de France » program, to insure a warm welcome to all Anglophones.

Summary

The Pink Granite Coast
Nature
Beaches and 7-island archipelago
The river Leguer
Gardens
Coastal path
Electric Bike - Velek’Tro
Monuments and History
Leisure activities
Local cuisine
Breton heritage

In this document, you will find the list of professionals that are committed to welcoming you in your own language. For our quality policy, we welcome any comments or remarks you might have concerning communication problems, so that we can improve our service and that of our area.

7 commitments :
- Welcome people in English
- Have a English conversation guide available
- Offer an Anglophone-adapted welcome
- Help to resolve problems
- Contribute to the census of Englishspeaking agents in our community
- Be the leader in our communication program
- Insure the surveillance and information about the economy in our Community.

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Keep in mind !
During the summer time, the staff of Tourist Information Centers invites you to «welcome dos» with cider, breton biscuits, and some days you can even try to taste «your first oyster» !

Come and join us !

Enjoy your stay!
Outlandishly-shaped boulders everywhere on the Pink Granite Coast,
sometimes balanced in surprising positions...
Evocative rock formations can be found the whole length of the coast, with imaginative names such as the Bottle, the Dice, the Painter’s Palette and Father Trébeurden.

According to geologists, 300 million years ago the weather carefully carved the « Precious stone » and the pink granite boulders were formed.
It slowly cooled down in the subsoil, which explains its composition (large grains of mica, grey quartz and feldspar).
Some cracks divided the rock into parallel piped prisms. Water filtered into them, altered the rock and granite shale was produced as well as this unique landscape with extraordinary shapes.

Granite Rose Tour
40 outstanding points of interest marked with information posts and signs: magical viewpoints, heritage sites, megaliths, and much more.
Discover the delights of the Pink Granite Coast and don’t miss a thing. A free mobile application to help you plan your walks and get the most out of them. Locate, learn, listen, save and access more content. An experience to share with family, friends and other internet users. Share your experiences using social networks and publish your best photos and videos on the website.
Here Nature surpasses itself: from the chaos of pink granite, to the magnificent beach of la Lieue de Grève via the cliffs of the bay of Lannion, the landscapes of an incredible diversity are the promise of beautiful walks along the coastline.

At high tide or low tide, the landscape around le Grand Rocher, the large rocky outcrop with views over Saint Efflam beach, change constantly.
Take the path leading to the top, climb the steps and go through the forest to arrive at the summit.

Experience a sense of freedom and reflect on how this natural site inspired Breton legends.
The Pink Granite Coast counts numerous beaches to share unforgettable moments with your family:

surf on waves at Trestel, play volley-ball on the Grève Blanche, jump of the diving board at Pors Termen, have fun on a sand yacht at St Efflam beach... Discover the huge shore at low tide and go for a fishing trip (don’t forget the precious tide timetables).

Take a trip to explore the Seven Islands archipelago, a few miles off the coast and the largest bird sanctuary in France. Among the 27 species of birds here, the northern gannets, the famous Atlantic puffins and the colony of grey seals have established the reputation on this series of rocky islets. It’s also a great opportunity to explore the Pink Granit Coast from the sea.
Observe the seabirds

**Armor Navigation from Perros-Guirec or Trégastel**

Bird-watching boat trips from April to October and during the holidays. Observe marine birds at the heart of the natural reserve known as the archipelago of the Seven Islands.

*Two types of cruise:*
2 hour boat trip = Seven Islands and the Pink Granite Coast.
2 1/2 hour boat trip = Seven Islands, the Pink Granite Coast and a stopover on the Ile aux Moines.
In July and August commentary is available in English.

Tel : +33 (0)2 96 91 10 10
www.armor-navigation.com

**Sant C’hireg, Old cutter fishing boat**

Sail on the Sant C’hireg to the Seven Islands Archipelago and observe the seabirds on the Ile Rouzic. **Stopover for lunch on the Ile aux Moines. On board, family atmosphere. English speaker on board.**

Tel : +33 (0)6 85 92 60 61
www.santguirec.com

**Society for the Protection of Birds (LPO in French)**

In this exhibit, discover the world of sea birds and the life on the seashore.
Open from April to October
Ile-Grande - Pleumeur-Bodou

Tel : +33 (0)2 96 91 91 40
http://sept-iles.lpo.fr
This part of the Trégor province is inland, has different smells and colours and moves to a different rhythm. Here, the rivers mark the transition between land and sea and enchant visitors at every twist and turn.

The River Léguer conceals many other delights which inquisitive minds and those in search of memories and history, young and old alike, will be keen to discover.
Do you want to meet flora and fauna enthusiasts or simply to discover the small corners of heaven featuring local and exotic plants?

Discover the beautiful gardens of the area: parks «à la française», nurseries specializing in plants for the seafront, a bamboo or romantic garden around a mansion...

The tree nursery «Pépinières Lepage» is a flagship in the world of plants.

The garden offers a haven to the thousands of plants which blend colours and scents, all for our delight.

English speaker: ask for Michel
Open all year long: Tuesday to Saturday

Tel: +33 (0)2 96 47 27 64
www.pepiniere-bretagne.fr
One of the most famous coastal paths in France, the «GR34», runs the length of the Pink Granite Coast.

The landscape changes with the seasons, when the plants flourish and when storms hit, and each walk is full of surprises. From families on outings to experienced walkers, there is a hike for everyone here.

Dare you venture along the secret paths where the wealth of the culture and the heritage is offered to you?

The Saints’ Shore Way
This 133 km walking route from Roscoff to Lannion highlights the beauty and interest of Brittany’s northern coast.

The area has a rich heritage, including many connections with Britain: the arrival of saints in the Dark Ages, the clash of corsairs in the Channel, vital trade exchanges, the clandestine activities of smugglers and the heroic achievement of the Resistance in WWII...

Available in our Tourist Information Centres - 13,50 €

10 - The Holiday Guide
Take advantage of the «Vélek’tro» bikes and their electric motors to discover our wonderful countryside up close!

10 € / day
55 € / week
Rental point in your Tourist Information Centre.

To learn more about riding in Brittany:
www.tourdemanche.com
Discover the many monuments around the area’s paths and forests - monuments which have stood for centuries and are steeped in history.

Granite is everywhere here. The gargoyles, the church towers, the Celtic crosses... this massive rock contrasts with the details of the designs, stained glass windows and perfectly preserved statues.
Château de Rosanbo - Lanvellec
This castle and park, listed as a Historic Monument, tells the story of six centuries of French history. There are exhibitions and numerous animations during summer time. Text of the visit available in English. Open from April to end of September.
Tel : +33 (0)2 96 35 18 77
www.rosanbo.net

The Breton Village Museum
This museum presents the life in a rural village at the beginning of the 20th century: the farm, the school, the ancient handicrafts and overall the collection of old tractors... Document and explanations in English are available at the information desk.
Tel : +33 (0)2 98 79 85 80
www.levillagebreton29.wordpress.com

Château de Tonquédec
One of the most impressive medieval remains. Settled in the middle of a marvellous forest on a rock dominating the river Leguer, it now stands as a proud witness of Brittany’s Heritage and is a magnificent monument of military architecture from the Middle Age.
Tel : +33 (0)6 18 15 34 99
contact@tonquedec.com
Leisure activities for the entire family:

indoor or outdoor, to discover, learn or just have fun. Simply enjoy it!

Animal parks, educational centres concerning telecommunications, astronomy or ecology, swimming pools, leisure centres... so many choices for all ages and tastes.

Trégastel Marine Aquarium

Discover a diverse, colourful and surprising array of local marine life nested in a magnificent granitic chaos.

Documents for the visit and animals are translated in English.

Explanations for tidal phenomenon are on an interactive screen.

Open from February to October.

Tel : +33 (0)2 96 23 48 58

www.aquarium-tregastel.com
**Parc du Radôme: 1 Park 3 Worlds!**

La Cité des télécoms:
The Cité des télécoms is your playground, where you can discover, learn, and play to your hearts content. A 3 hour tour with games, animations, sounds and lights...

Le Planétarium de Bretagne:
Embark on a journey through space. Thanks to ultra-high definition images projected on the 360° screen dome, the Planetarium rockets you across our universe: planets of the solar system, stars, galaxies, the origin and evolution of the Universe.

Le Village Gaulois:
Peacefully set in the heart of a green valley the Gallic Village is an atypical Leisure Park for having fun with nearly 30 original games, enough to give everyone a blast from the past. Free access for adults and children alike, you can learn through numerous educational activities.

www.parcduradome.com

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**SPA 0² Mondes**

If your holiday isn’t relaxing enough, 0² Mondes is here for you. A mix of massages, health treatments, manicures, jacuzzi and much more. Treat your senses of smell, touch, sight, sound and even taste to a new world full of pleasure and delight.

Worried about the language? Johanna is bilingual French/English and is ready to attend to your needs.

Tel: +33 (0)2 57 52 00 34
www.o2mondes-spa.com
Throughout the year, the water sports centres, sailing schools and other partners offer a wide range of activities. Whether it’s your first time, you’re an amateur or you’re training, there is always an activity for the whole family, from the tiniest toddler to the enthusiastic elderly.

On the Pink Granite Coast and along Léguer Valley, the Trégor offers an exceptional playground for all nature lovers.

Filled with flora and fauna, you can enjoy a great walk whether you’re on land or water, along the river or seaside.
**Golf-Hôtel de Saint Samson**

A unique and charming golf course, situated on the beautiful Pink Granite Coast, in the middle of moorlands and pine forest. The 18 holes are very varied, slightly challenging but not overly demanding. It is a great deal for the holiday golfer that doesn’t want to return to the 19th hole exhausted!

There are also buggies available.

Golf-Hôtel de Saint Samson  
Route de Kérénoic - Pleumeur-Bodou  
Tel : +33 (0)2 96 23 87 34  
www.golfhotel-saint-samson.com

For riding schools, climbing activities in trees, tennis clubs… Ask for our brochure about leisure activities.
On the famous regional markets, discover local products such as seafood, fish, vegetables, various cheeses, as well as cider and apple juice.

All these simple and noble products are cooked by our chefs who concoct the best dishes with exceptional flavour.

Find a range of gourmets restaurants, associated to the Tourist Office and a list of local producers.

Enjoy your meal!
Bon appétit!
The Trégor invites you to share its culture through the rich heritage of the region.
A mix between traditional Breton culture, modern marvels and local hospitality.

Throughout the year, the Tourist Information Centre edits a weekly calendar of events: concerts, dance, and circus, festival of the sea, exhibitions... not to mention the famous fest-noz: it's time to learn some Breton dance moves!
Discover the amazing destination
Pink Granite Coast-Morlaix Bay

Office de tourisme de la Côte de Granit Rose
2 quai d’Aiguillon - LANNION
+ 00 33 2 96 05 60 70