

Tandem Club International Rally 2014 75 KM loop to Mael Carhaix and Lanrivain

Pleasant riding through typical Breton villages.

1 - Cycle to the centre of **Gouarec** by the Bar 'Le Lion D'Or'. Cross the main road signposted **Plounevez-Quintin** (D8) which you reach after 9 kms. Just follow the one way system to the right then after 100m left signposted **Rostrenen**. After another 75m turn left (D790).

Plounevez Quintin is a bit of a 'through' village, but has a couple of bars for a quick coffee. The main road though is pretty busy but you're only on it for a short while.

2 - After 1.5 km you turn right on to the D49 signposted **Mael-Carhaix**. After 5 kms you enter the little village of St Lubin and go straight across the crossroads signposted **Mael-Carhaix**. Another 4.5 km and you turn right signposted **Mael-Carhaix** (D23)

Like so many roads this week this is an old main road which has been bypassed. I means it's wide with a good surface, but is quiet – it's also much faster than the cyclepath running parallel.

3 - You get into **Mael-Carhaix** after another 3 1/2 km ride into the centre.

This is a small village but has a few bars, a restaurant (closed on most Sundays) and bakers etc that will be open in the morning.

4 - By the church turn right signposted **Locarn** (D11) which you will reach after 6kms. Keep straight on following signs for **Mael-Pestivien** which you'll reach after 7 ½ kms.

5 - Cycle past the church and turn right signposted **Lanrivain** (D50) which you reach (after crossing the main road) after 9 kms.

Here is a small bar and the usual massive church...

6 - Cycle into the centre (small bar here) past the church and follow signs for **St Nicolas du Pelem** (D50) out of the village. You reach **St Nicolas** after 7 kms.

This is a large village with a very large supermarket (which you pass on the way out), bars, restaurants etc.

7 – At the double roundabout take the Ver D790 sign (straight-on) then after 100m go straight-on signposted **Gouarec** (D5). After 500m you go straight-on at the roundabout signposted **Gouarec** (D5) then on past the 'Super U'. After 5 kms you reach **St Trephe** (lovely Church) and then another 4 kms you cross the dual-carrageway (two roundabouts) following signpostes for **Gouarec** (D5) which you'll reach after another km.

