

RALLY INFORMATION

ROUTE INFORMATION

None of the routes suggested have been ridden by any of the Tandem Club. We have produced them with some assistance from local sources. It is, therefore, not possible to produce a detailed turn-by-turn instruction sheet. The following pages show map outlines of possible routes and some details regarding places of interest and possible venues for coffee/lunch.

MAPS

All the routes can be followed on the Michelin 1:150 000 map 308 Finistere and Morbihan **even though every road used is not shown on this map.** (Available on Amazon.) This shows the EV7 cycle route and will provide a good backup to information provided here. As an alternative the IGN Top 100 (1:100000) maps 113, 114 and 123 cover the area in more detail. With any of these maps in towns or large villages you may need additional information. This is probably best achieved by using the GPX track, your mobile phone or asking the locals.

If you do not have a GPX device to navigate we suggest you purchase suitable map/s and mark the routes you might ride on it using the RideWithGPS links in this document. You will need to register for an online account, which is free.

TERRAIN

Brittany is not especially high but it's not flat. Most routes will have a lot of undulating terrain. For that reason routes are reasonably short allowing time to visit cafes / interesting places or just get back to the campsite to chill out at the local pool or socialise at the bar. If you really fancy a long and challenging ride those options are provided (XL routes), courtesy of the local cycling clubs.

SURFACES

The routes are mainly on tarmac roads, although the EV 7 an old railway line and the Nantes-Brest Canal towpath have been used. We believe they have well graded gravel surfaces. There may be one or two very short sections where you may need to walk.

BARS & RESTAURANTS

Routes have not been allocated according to days of the week as most of the bars/cafes are likely to be small. The route sheets indicate where there may be bars or restaurants but we have no idea of when they may be open or what they have to offer. If in any doubt we suggest you take a packed lunch or some snacks to be sure. Many shops and some bars close for 2/3 hours midday.

Where there **might** be a bar/restaurant this is marked on the map by:



TRAFFIC VOLUMES

To our knowledge traffic volumes in the area are relatively small. A lot of the routes suggested use very minor roads which we anticipate will have very little traffic. At times it's possible to shorten them, if you wish, by riding on a slightly busier road. That is also likely to have slightly less climb and descent. Michelin Map 308 is a good resource for considering alternative route options.

ROUTE NAMES AND MAPS

The first or first 2 letters in a route description indicate roughly the general direction (e.g. N, SW etc.) The next letter indicates length. (L = Long, about 80 km; M = medium, 60-70 km, S = short, about 50 km. There is also a unique name with each route essentially so you can be sure you have selected the right GPX when programming a navigating device. We have also prefixed each ride in this document with the Tandem Club's Rides number.

The routes are displayed on the maps on the following pages as:

LONG = RED MEDIUM = BLUE SHORT = GREEN

There are also a few routes designated XL. These are considerably longer routes suggested by the local cycling clubs to places of interest and represent pretty much a full day out even for our strongest riders. These are not shown on the map pages following but details can be found on Page 17.

ACCURACY OF GPX TRACKS

Whilst we have been as careful as possible with the preparation of the GPX tracks we cannot guarantee that the online resources used are completely up to date. **PLEASE REMEMBER THAT IT IS YOUR RESPONSIBILITY TO FOLLOW LOCAL TRAFFIC REGULATIONS. THIS IS PARTICULARLY IMPORTANT. IF FOR INSTANCE, THE GPX TRACK APPEARS TO GO THE WRONG WAY UP A ONE WAY STREET. THERE MAY ALSO BE SHORT SECTIONS WHERE CYCLISTS ARE REQUIRED TO DISMOUNT.**

ACKNOWLEDGEMENT

We hope that you will enjoy this lovely area and we thank Le Vélo sport Scaërois and le Club de cyclotourisme de Scaër for their help in compiling these routes.

KEY TO RIDE INFORMATION

BOLD = Places Visited

Red = Possible reasonable alternatives. (OR Warning)

Green = Other general information.

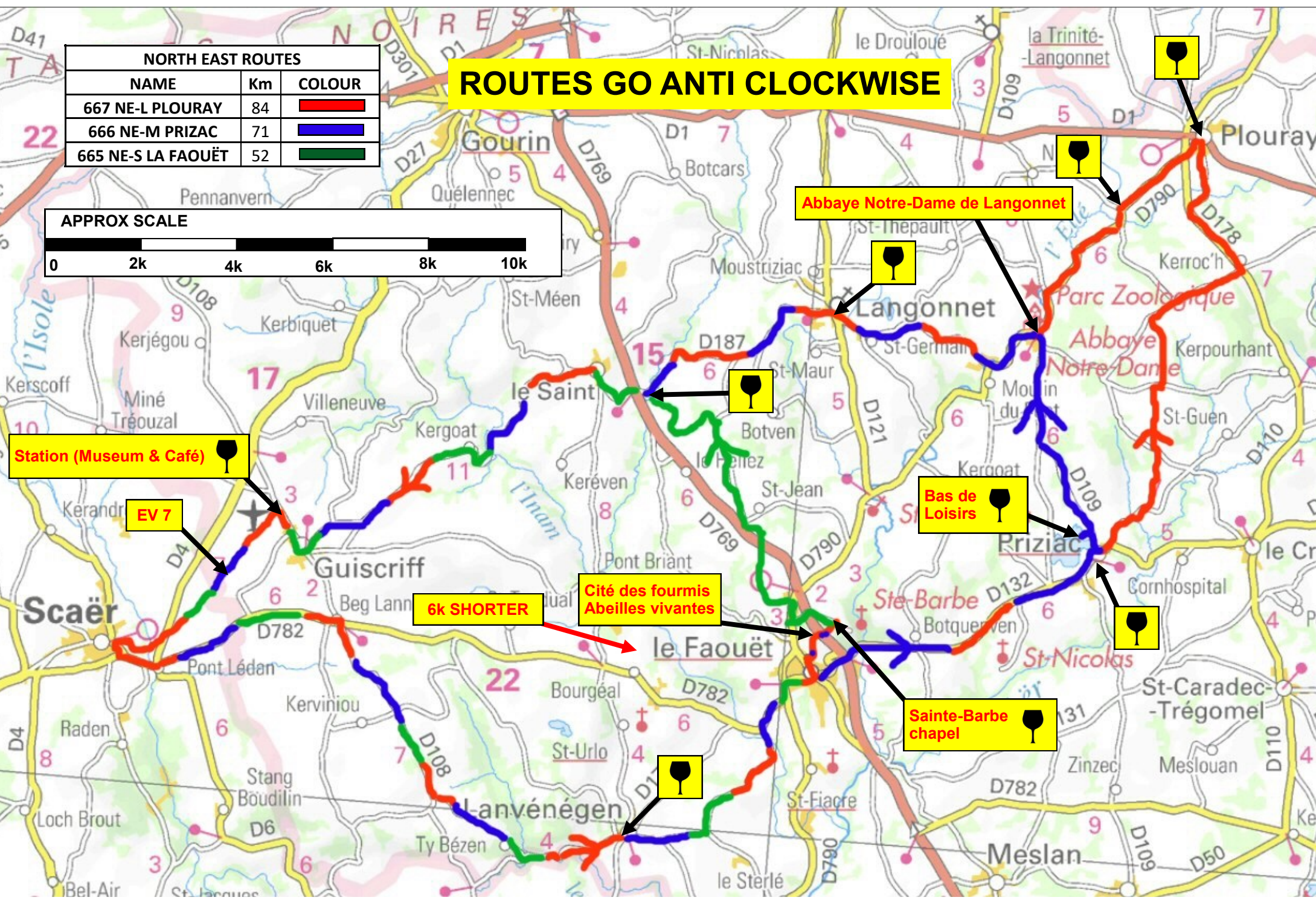
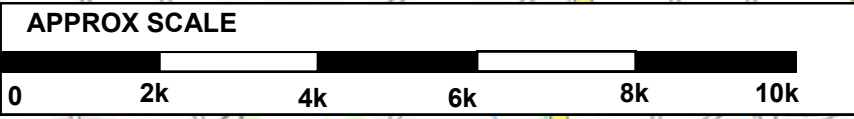
SO = Straight on

RBT = Roundabout

Sp = Signpost

ROUTES GO ANTI CLOCKWISE

NORTH EAST ROUTES		
NAME	Km	COLOUR
667 NE-L PLOURAY	84	Red
666 NE-M PRIZAC	71	Blue
665 NE-S LA FAOÛËT	52	Green



Station (Museum & Café)

EV 7

6k SHORTER

Cité des fourmis Abeilles vivantes

Abbaye Notre-Dame de Langonnet

Bas de Loisirs

Sainte-Barbe chapel



665 NE-S 52k LE FAOUËT

GPX Track/Profile at <https://ridewithgps.com/routes/41841352>

This route has three significant places of interest so allow plenty of time if you wish to visit them all.

Just beyond Le Fauouët there is the Cité des fourmis-Abeilles vivantes, (Adult €6) a zoological museum (Bees and Ants) and close by Sainte-Barbe chapel (15th century), built on a rock and overlooking the valley below.

The return route goes via Le Saint and **Guiscriff** where the old station has a museum (Adult €6) and a café.

(km)	NOTES
0	From Scaër take the D782 towards Le Fauouët .
5.8	R onto D108 (You can shorten route by staying on D782)
10.5	L and at 13.1k L where 2.8k to Lanvénegeu Bar & Boulangerie
16.0	R then L in 1.1k to lanes & D782 into La Fauouët. Shops and Bars
23.2	From the centre of Le Fauouët pick up the D790 heading N. In 500m R Sp Cité des fourmis-Abeilles vivantes .
24.8	From the museum retrace 140m and R onto a track (Walk?). In 370 m R to Sainte-Barbe chapel (Café)
25.8	Retrace and SO to R at D790 (1.6k). Next L (560m) bear R in 1.1k
29.6	L onto D769 in 100m track on R gets you off the main road.
30.2	Bear R C5 St Jean (If you do not have GPX you may prefer to stay on the D769 until Le Saint sp L)
35.6	Cross D769 (Bar?) and into Le Saint (1.5k) and L D187 Guiscriff .
46.5	In Guiscriff (Bars) R towards Station (Museum & Café)
47.6	From Station EV 7 back to Scaër and campsite. (52.8k)

666 71k NE-M PRIZAC

GPX Track/Profile at <https://ridewithgps.com/routes/41841359>

This route has four significant places of interest. You will not have time to visit them all.

Just beyond Le Fauouët there is the Cité des fourmis-Abeilles vivantes, (Adult €6) a zoological museum (Bees and Ants) and close by Sainte-Barbe chapel (15th century), built on a rock and overlooking the valley below. If you do not wish to visit either from Le Fauouët take D132 to Prizac. This is approx 7k shorter.

In **Prizac** there is a lake that might make a nice picnic spot.

The **13 centaurry Abbaye Notre-Dame de Langonnet** is on the route

The return goes via Le Saint and **Guiscriff** where the old station has a museum (Adult €6) and a café.

(km)	NOTES
0	Follow NE-S (LEFT) to Sainte-Barbe chapel (24.8k)
24.8	Retrace the way in back to D790, where L There MIGHT be a footpath (walk 500m, steep down) due S from the chapel to the D132. (4k less than cycling back through Le Fauouët .)
28.3	Back in Le Fauouët D132 to Prizac Shop and Bars
36.1	L Bas de Loisirs Bar and possible picnic site by lake .
42.2	Abbaye Notre-Dame de Langonnet and Museum . May be worth a look at the architecture even if no time for a visit. L D790.
43.7	R and 4k to Langonnet (Bar)
53.8	Cross D769 (Bar?) and into Le Saint (1.5k) and L D187 Guiscriff .
64.7	In Guiscriff (Bars) R towards Station (Museum & Café)
65.9	From Station EV 7 back to Scaër and campsite. (71.0k)

667 NE-L 84k PLOURAY

GPX Track/Profile at <https://ridewithgps.com/routes/41841368>

This route has four significant places of interest. You will not have time to visit them all.

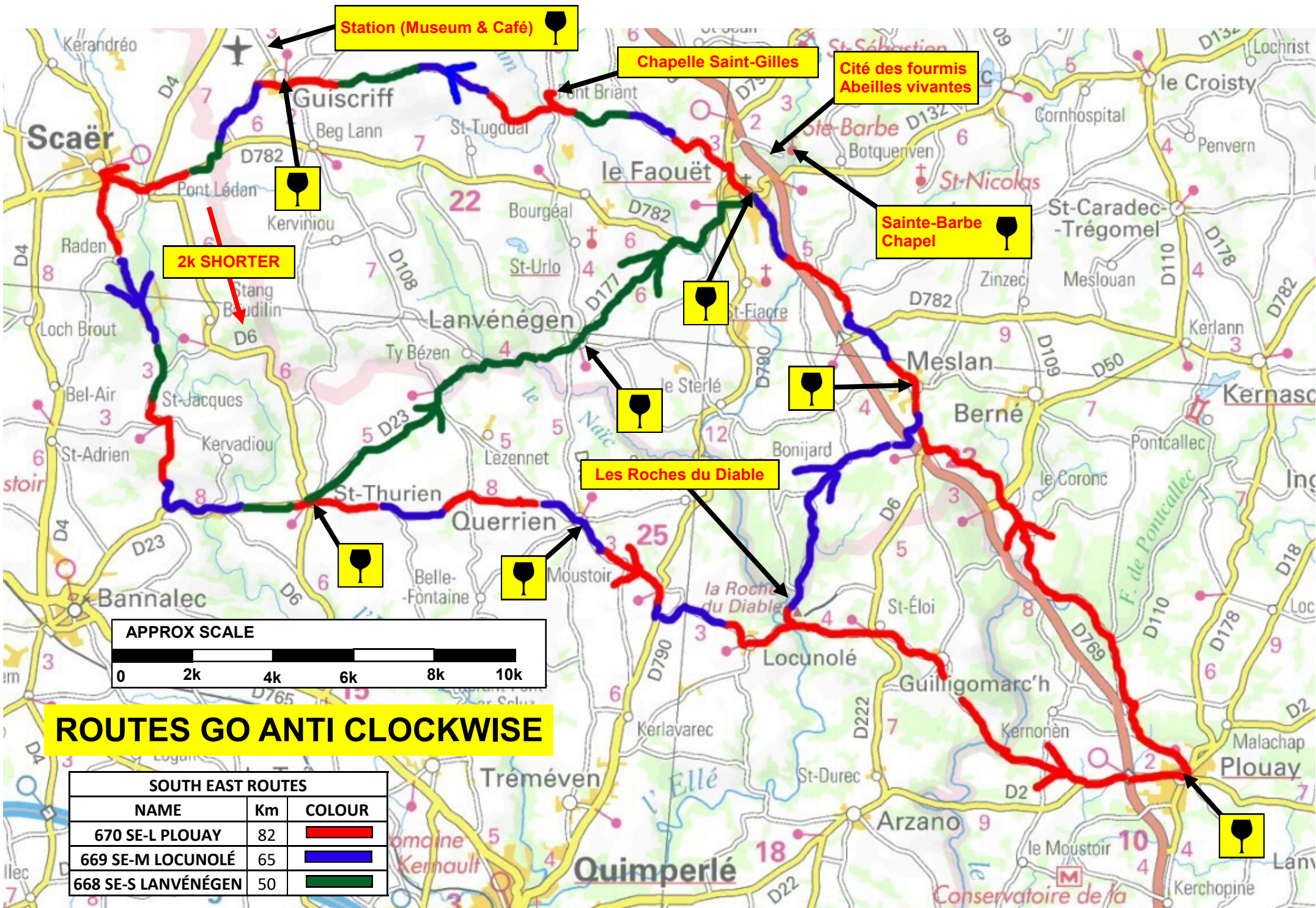
Just beyond La Fauët there is the Cité des fourmis-Abeilles vivantes, (Adult €6) a zoological museum (Bees and Ants) and close by Sainte-Barbe chapel (15th century), built on a rock and overlooking the valley below. If you do not wish to visit either from La Fauët take D132 to Prizac. This is approx 7k shorter.

In **Prizac** there is a lake that with a short detour (1k) might make a nice picnic spot.

After **Plouray** the **13 century Abbaye Notre-Dame de Langonnet** is on the route

The return goes via Le Saint and **Guiscriff** where the old station has a museum (Adult €6) and a café.

(km)	NOTES
0	From Scaër take the D782 towards Le Fauët .
5.8	R onto D108 (You can shorten route by staying on D782)
10.5	L and at 13.1k L where 2.8k to Langvénege Bar & Boulangerie
16.0	R then L in 1.1k to lanes & D782 into La Fauët. Shops and Bars
23.2	From the centre of Le Fauët pick up the D790 heading N. In 500m R Sp Cité des fourmis-Abeilles vivantes .
24.8	From the museum retrace 140m and R onto a track (Walk?). In 370 m R to Sainte-Barbe chapel (Café)
25.8	Retrace the way in back to D790, where L There MIGHT be a footpath (walk 500m, steep down) due S from the chapel to the D132. (4k less than cycling back through La Fauët .)
28.2	Back in La Fauët D132 to Prizac Shop and Bars. Alternatively detour to Bas de Loisirs Bar and possible picnic site by lake. L in Prizac D109 Sp Etang du Bel Air (Adds about 1km)
36.0	From Prizac the route to Plouray follows small roads, These are shown on Michelin Map. 308 but if you do not have a GPX navigate with care.
48.6	Plouray Bars & Boulangerie L onto D790
51.0	Rosterh Bar
54.7	Abbaye Notre-Dame de Langonnet and Museum R. May be worth a look at the architecture even if no time for a visit.
56.2	R and 4k to Langonnet (Bar)
66.3	Cross D769 (Bar?) and into Le Saint (1.5k) and L D187 Guiscriff .
77.2	In Guiscriff (Bars) R towards Station (Museum & Café)
78.4	From Station EV 7 back to Scaër and campsite. (83.6k)



668 SE-S 50k LANVÉNÉGENGPX Track/Profile at <https://ridewithgps.com/routes/41862207>

If you like routes that are attractive and traffic free we think you will love this route, It is relatively hilly so just take your time. The online route profile does not show any really steep climbs, but little of it is flat.

There is one significant place of interest; the Chapelle Saint-Gilles, which was part of the Priory of Pont-Priant, founded in 1108.

However there are three more possibilities for a visit that are part of route NE - S; the Barbe-Cité des fourmis-Abeilles vivantes, (Bees and Ants) Sainte-Barbe chapel and Station (Museum & Café), Guiscriff . (See NE - S for details and instructions.)

(km)	NOTES
0	From Scaër find the D3 Sp St Jacques (If you wish to shorten this route take the D782 Pont Léden and D6 to St Thurien)
9.9	L, D23 to St Thurien (3.8k) Bar & Boulangerie
22.4	Lanvénege Bar & Boulangerie then D177 Sp Le Faouët.
28.7	In Le Faouët. (Shops and Bars) pick up the D790 heading N.
29.2	Here it is possible to visit Barbe-Cité des fourmis-Abeilles vivantes. (See NE - S for instructions)
29.8	L Sp Pont Priant (5.2k) where R to Chapelle Saint-Gilles (400m)
35.5	Retrace to C2 where R Sp Guiscriff
43.4	In Guiscriff (Bars) SO to Scaër. Alternatively to visit Station (Museum & Café) (See NE - S for instructions)
49.6	Scaër.

669 SE-M 65k LOCUNOLÉGPX Track/Profile at <https://ridewithgps.com/routes/41862195>

Like SE - S, left if you like routes that are attractive and traffic free we think you will love this route, It is also relatively hilly so just take your time. The online route profile does not show any really steep climbs, but little of it is flat.

Les Roches Du Diable looks a lovely place for a short walk whilst after Le Faouët, there is the Chapelle Saint-Gilles, which was part of the Priory of Pont-Priant, founded in 1108.

Also there are three more possibilities for a visit that are part of route NE - M; the Barbe-Cité des fourmis-Abeilles vivantes, (Bees and Ants) Sainte-Barbe chapel and Station (Museum & Café), Guiscriff . (See NE - M for details and instructions.)

(km)	NOTES
0	From Scaër find the D3 Sp St Jacques (If you wish to shorten this route take the D782 Pont Léden and D6 to St Thurien)
9.9	L, D23 to St Thurien (3.8k) Bar & Boulangerie
20.9	Querrien Bar & Boulangerie
27.1	Locunolé (No facilities) and in 1.4k L Sp Meslan
29.1	Short walk to Les Roches du Diable (Sp L)
35.3	Cross D769 and (1.5k) to Meslan Bar and SO to Le Faouët.
43.6	In Le Faouët. (Shops and Bars) pick up the D790 heading N.
44.1	Here it is possible to visit Barbe-Cité des fourmis-Abeilles vivantes. (See NE - S for instructions)
44.6	L Sp Pont Priant (5.2k) where R to Chapelle Saint-Gilles (400m)
50.3	Retrace to C2 where R Sp Guiscriff
58.2	In Guiscriff (Bars) SO to Scaër. Alternatively to visit Station (Museum & Café) (See NE - S for instructions)
64.5	Scaër.

670 SE-L 82k PLOUAYGPX Track/Profile at <https://ridewithgps.com/routes/41864196>

This route is nearly all on quiet lanes and is pretty much guaranteed to be traffic free. It is also relatively hilly so just take your time. The online route profile does not show any really steep climbs, but little of it is flat.




Les Roches Du Diable looks a lovely place for a short walk whilst after **La Faouët**, there is the **Chapelle Saint-Gilles**, which was part of the **Priory of Pont-Priant**, founded in 1108.

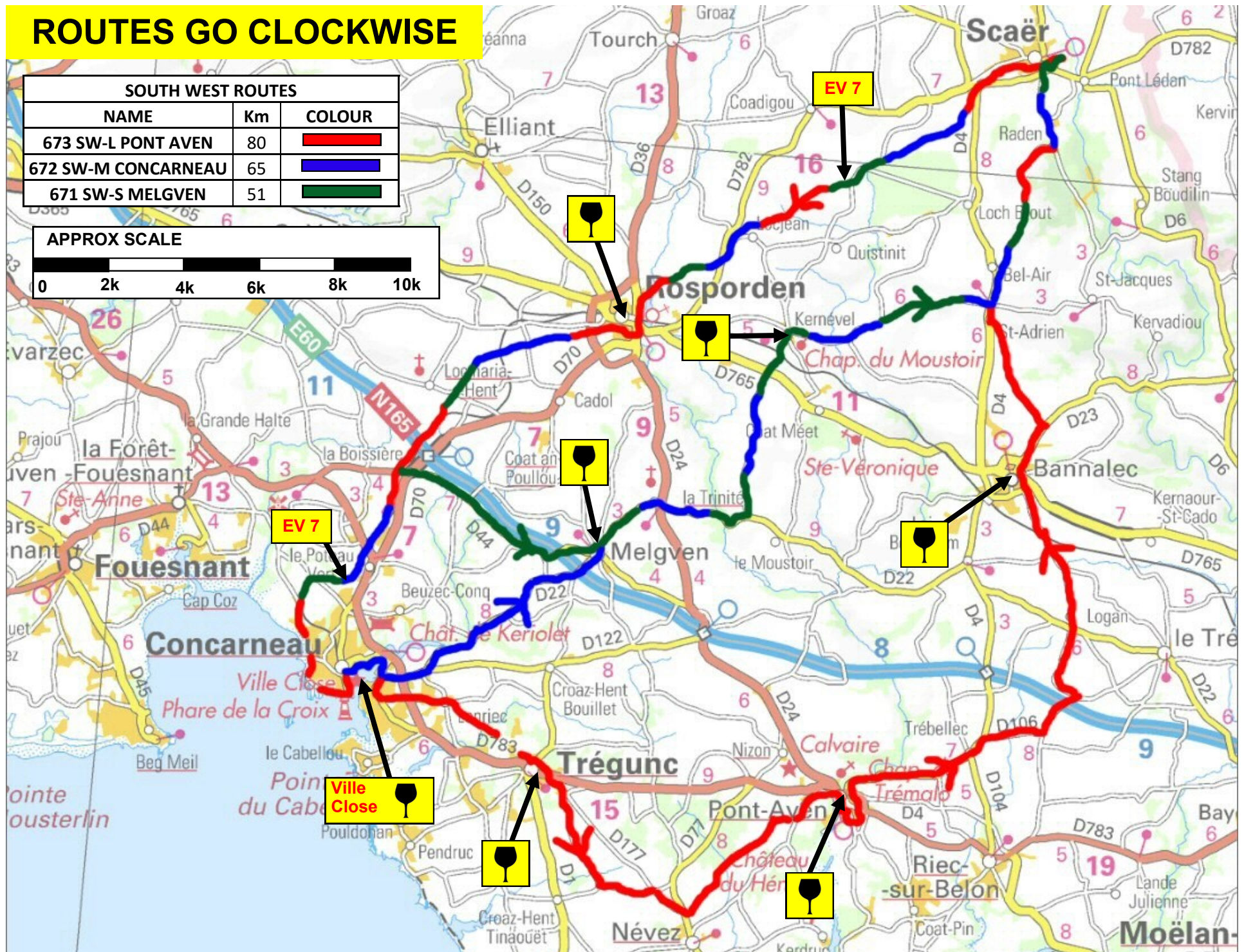
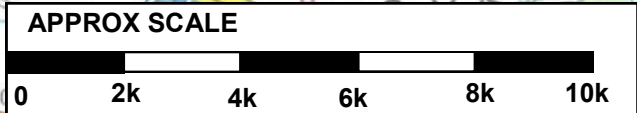
Plouay is a reasonably large town with a supermarket and plenty of bars & restaurants.

Also there are three more possibilities for a visit that are part of route **NE - M**; the **Barbe-Cité des fourmis-Abeilles vivantes**, (Bees and Ants) **Sainte-Barbe chapel** and **Station (Museum & Café)**, **Guiscriff** . (See **NE - L** for details and instructions.)

(km)	NOTES
0	From Scaër find the D3 Sp St Jacques (If you wish to shorten this route take the D782 Pont Léden and D6 to St Thurien)
9.9	L, D23 to St Thurien (3.8k) Bar & Boulangerie
20.9	Querrien Bar & Boulangerie
27.1	Locunolé (No facilities) and in 1.4k L Sp Meslan
29.1	Short walk to Les Roches Du Diable (Sp L) Then retrace to D5, L.
33.5	Guilligomarc'h (No facilities)
41.3	Plouay (Supermarket and plenty of bars & restaurants.)
	From Plouay the route runs E of the D769 main road to Le Faouët, mostly but not all shown on Michelin Map 308. If you do not have a GPX device you may wish to follow the D769.
54.6	Meslan Bar and SO to Le Faouët .
61.5	In Le Faouët. (Shops and Bars) pick up the D790 heading N.
62.0	Here it is possible to visit Barbe-Cité des fourmis-Abeilles vivantes. (See NE - S for instructions)
62.5	L Sp Pont Priant (5.2k) where R to Chapelle Saint-Gilles (400m)
68.3	Retrace to C2 where R Sp Guiscriff
76.2	In Guiscriff (Bars) SO to Scaër. Alternatively to visit Station (Museum & Café) (See NE - S for instructions)
82.4	Scaër.

ROUTES GO CLOCKWISE

SOUTH WEST ROUTES		
NAME	Km	COLOUR
673 SW-L PONT AVEN	80	
672 SW-M CONCARNEAU	65	
671 SW-S MELGVEN	51	



671 SW-S 51k MELGVENGPX Track/Profile at <https://ridewithgps.com/routes/41884492>

This route follows the EV7 SW for 22k and then returns via **Melgven**.

You could stop in **Rosporden** where there are shops/cafes etc or picnic beside the Lake. There is also at least one bar and a **Boulangerie** in **Melgven** but it would be worth taking at least some snacks with you.

It might be worth considering the alternative Medium route to Concarneau along the EV7 and back by the same route. The total distances 62k and there is less ascent than on this route. Details see <https://ridewithgps.com/routes/41883535>

(km)	NOTES
0	From Scaër pick up the EV7 heading SW
13.7	Rosporden. Supermarket and plenty of bars & restaurants The EV7 may be tricky to follow. The GPX track follows the Open Street Map Cycle route.
21.8	Leave the EV7 and pick up the D44 to Melgven
27.8	In Melgven (Bar/shop) L onto D22 for 4.9k, where L, C1 Sp Kernevel (Bar)
37.9	At RBT R, in 5.6 k L Sp Scaër and 800m R for quiet road.
51.2	Scaër.

672 SW-M 65k CONCARNEAUGPX Track/Profile at <https://ridewithgps.com/routes/41883518>

The EV7 is virtually traffic free all the way to **Concarneau**

In **Concarneau** allow ample time to visit **la Ville Close**. This is on the rocky islet of **Conq** that the monks of the abbey of **Landévennec** would have founded a priory around the 10th century. It has since been fortified by **Vauban** in the 17th century.

The return route is via **Melgven** although you could come back along the EV7. (3k less) Details see <https://ridewithgps.com/routes/41883535>

(km)	NOTES
0	From Scaër pick up the EV7 heading SW
13.7	Rosporden. Supermarket and plenty of bars & restaurants The EV7 may be tricky to follow. The GPX track follows the Open Street Map Cycle route.
27.0	There are two cycle routes into Concarneau . The GPX track goes R and follows the coast to the Ville Close .
30.7	The GPX track goes round the Ville Close . It will almost certainly be better to walk round; there is plenty to see plus bars & restaurants.
31.8	Follow the harbour round and pick up the D22 to Melgven . To go back via the EV7 carry SO for 500m, where L (Sp Cycle route)
41.2	Melgven Bar and SO on D22 for 4.9k, where L, C1 Kernevel (Bar)
51.	At RBT R, in 5.6 k L Sp Scaër and 800m R for quiet road.
64.7	Scaër.

673 SW-L 80k PONT AVEN

GPX Track/Profile at <https://ridewithgps.com/routes/41883492>

The EV7 is virtually traffic free all the way to **Concarneau**

In Concarneau allow ample time to visit **la Ville Close**. This is on the rocky islet of **Conq** that the monks of the abbey of **Landévennec** would have founded a priory around the 10th century. It has since been fortified by **Vauban** in the 17th century.

The return route via **Bannalec** is mostly on small roads although could be shortened by following the D4.

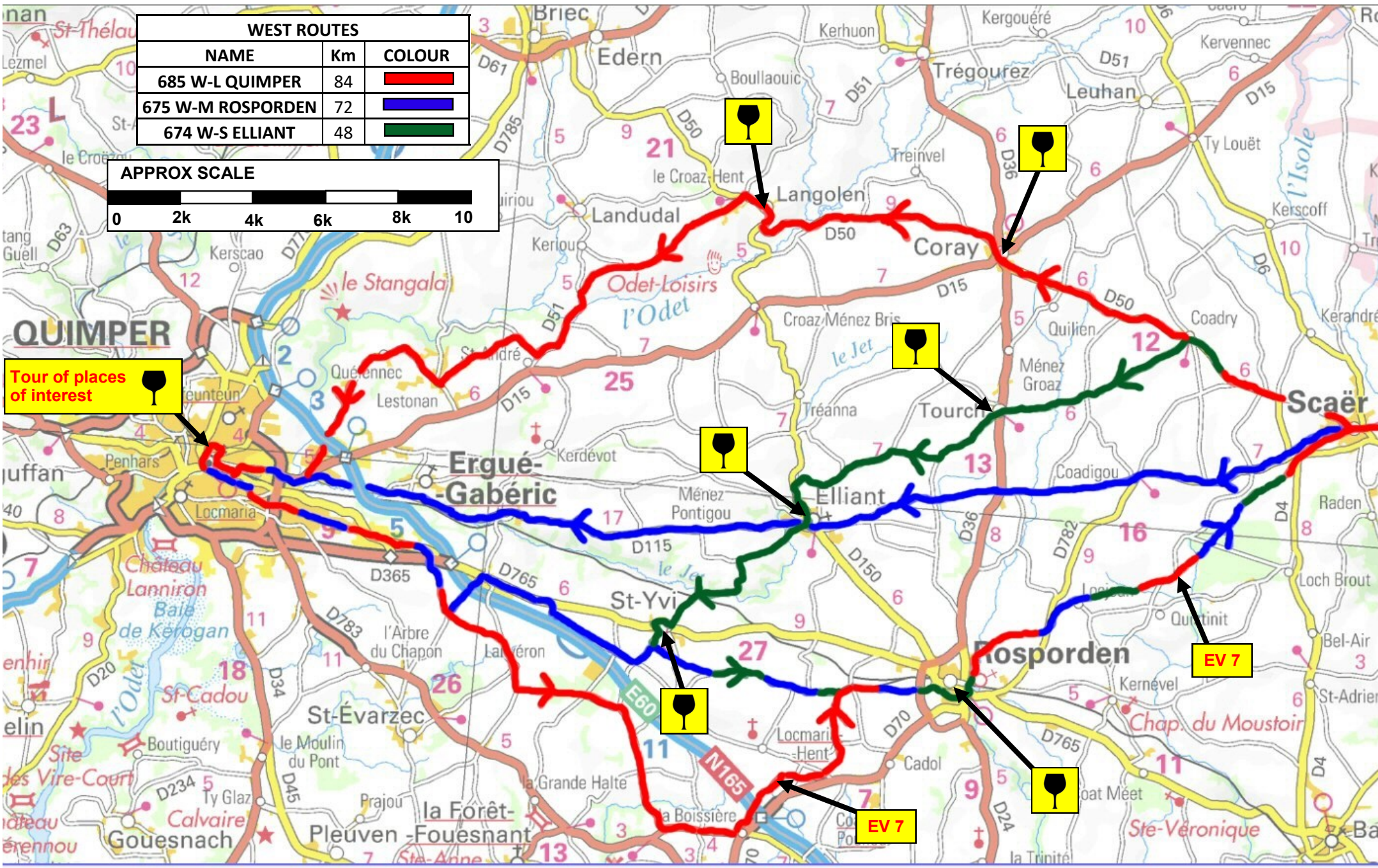
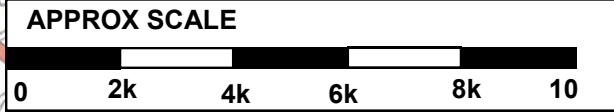
There are also two alternative options to the above route suggested by the local cycling clubs. They take you **Concarneau** or **Pont Aven** via two different routes and also offer the opportunity to see the beaches and headlands between **Concarneau** and **Port Manec'h**.

Details on p17.

(km)	NOTES
0	From Scaër pick up the EV7 heading SW
13.7	Rosporden . Supermarket and plenty of bars & restaurants The EV7 may be tricky to follow. The GPX track follows the Open Street Map Cycle route.
27.0	There are two cycle routes into Concarneau . The GPX track goes R and follows the coast to the Ville Close .
30.7	The GPX track goes round the Ville Close . It will almost certainly be better to walk round; there is plenty to see plus bars & restaurants.
31.8	Follow the harbour round and pass through industrial area to pick up cycle route to Pont Aven . (Tricky without GPX) The alternative is to follow the D783 to Pont Aven, but this is a relatively busy road,
51.6	Pont Aven (Plenty of bars & restaurants.) The track takes a loop following the Aven, which should be an attractive option.
51.9	Cross small footbridge across the Aven to follow left bank.
52.2	Turn L and follow round to head N to pick up the D4 out of Pont Aven Sp Scaer.
53.9	R onto D4 for 4.2k, where R onto the D106. In 1.5 K L onto C4 Sp Bannalec .
67.1	Bannalec. (Bars & restaurants L) So D23 Sp St Thurien
68.6	L Sp Kergoz . In 3.2k R onto D4 and in 1.3k R onto minor road back into Scaer .
80.0	Scaer .

ROUTES GO ANTI CLOCKWISE

WEST ROUTES		
NAME	Km	COLOUR
685 W-L QUIMPER	84	█
675 W-M ROSPORDEN	72	█
674 W-S ELLIANT	48	█



674 W-S 48k ELLIANTGPX Track/Profile at <https://ridewithgps.com/routes/41912319>

There are no major points of interest on this the shortest route. It picks up many quite small roads to the west of **Scaër**. Apart from **Rosporden** the towns visited are small and you should not be bothered by traffic.

There's a chance of finding a really good value small restaurant but don't rely on that and take at least some snacks with you.

Navigation in places might be a bit tricky as there appears to be few signposts.

(km)	NOTES
0	From Scaër take the D50 towards Coray and L 5.7k (no Sp)
11.2	Cross D36 in Tourch (Bar on D36 to R) Next section requires careful navigation.
18.5	Elliant (Bars/shop) then SW Sp St Yvi
24.3	In St Yvi Bar & Boulangerie then More careful navigation to Rosporden
33.9	In Rosporden (Cafes/shops) head for the lake and follow N to pick up EV7.
47.6	Scaër.

675 W-M 72k ROSPORDENGPX Track/Profile at <https://ridewithgps.com/routes/41912327>

The route goes almost directly to Quimper entirely on small roads until you reach the outskirts of Quimper.

There is lots to see in Quimper including Musée Départemental Breton, Cathedrale Saint-Corentin, Musee Des Beaux-Arts, Jardin de la Retraite, Place-Au-Beurre (Historic centre) and Halles Saint-Francois (Market). The GPX track will take you to these in the above order but its probably a walking tour.

The cultural tour above is less than 2km but you **could just take a break by the River Odet** and pick up the route back to **Rosporden** where the EV7 takes you back to **Scaër**.

It's the longest medium route but you could shorten it by returning via the way you came from Scaër. Total distance 66k.

(km)	NOTES
0	From Scaër go W to pick up D782. At 6.7k bear R Sp Tourc'h
10.3	SO at D36. In 1.2k road becomes a track (Walk 500m?)
15.8	Elliant Bar & Boulangerie Then D115 to Quimper
29.5	The D115 joins the D15. Take cycle track on L of E bound carriageway. In 250m follow this anticlockwise round large RBT to carry SO. In 450m re-join road at second large RBT and take 2nd exit towards Quimper.
31.0	From the RBT the road goes straight on to run beside the Odet river. Take a left after the level crossing and stay on the N side of the river.
32.7	Start of cultural tour (Walk?) Plenty of bars & restaurants.
34.1	Cross to the S side of the Odet and go E beside river.
34.9	R and follow GPX track until Rosporden. Alternatively SO follow D765 to Rosporden. (More traffic but easy navigation)
59.4	In Rosporden (Cafes/shops) head for the lake and follow N to pick up EV7.
72.1	Scaer.

685 W-L 84k QUIMPER

GPX Track/Profile at <https://ridewithgps.com/routes/41912338>

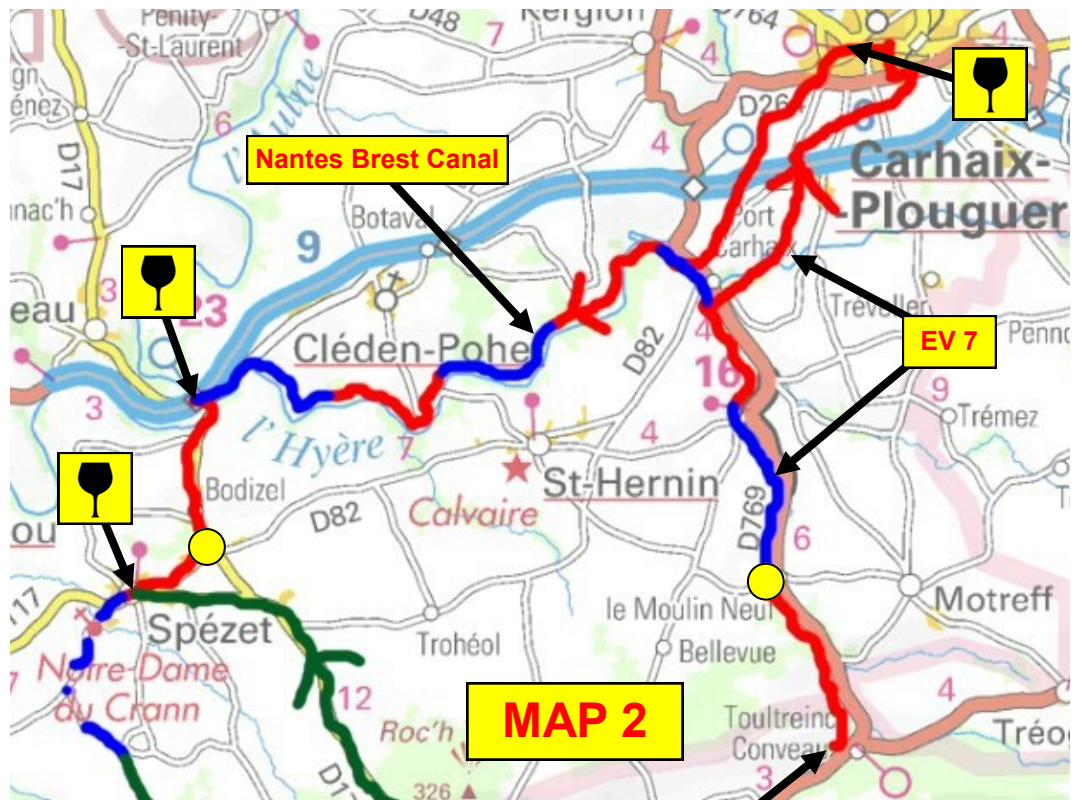
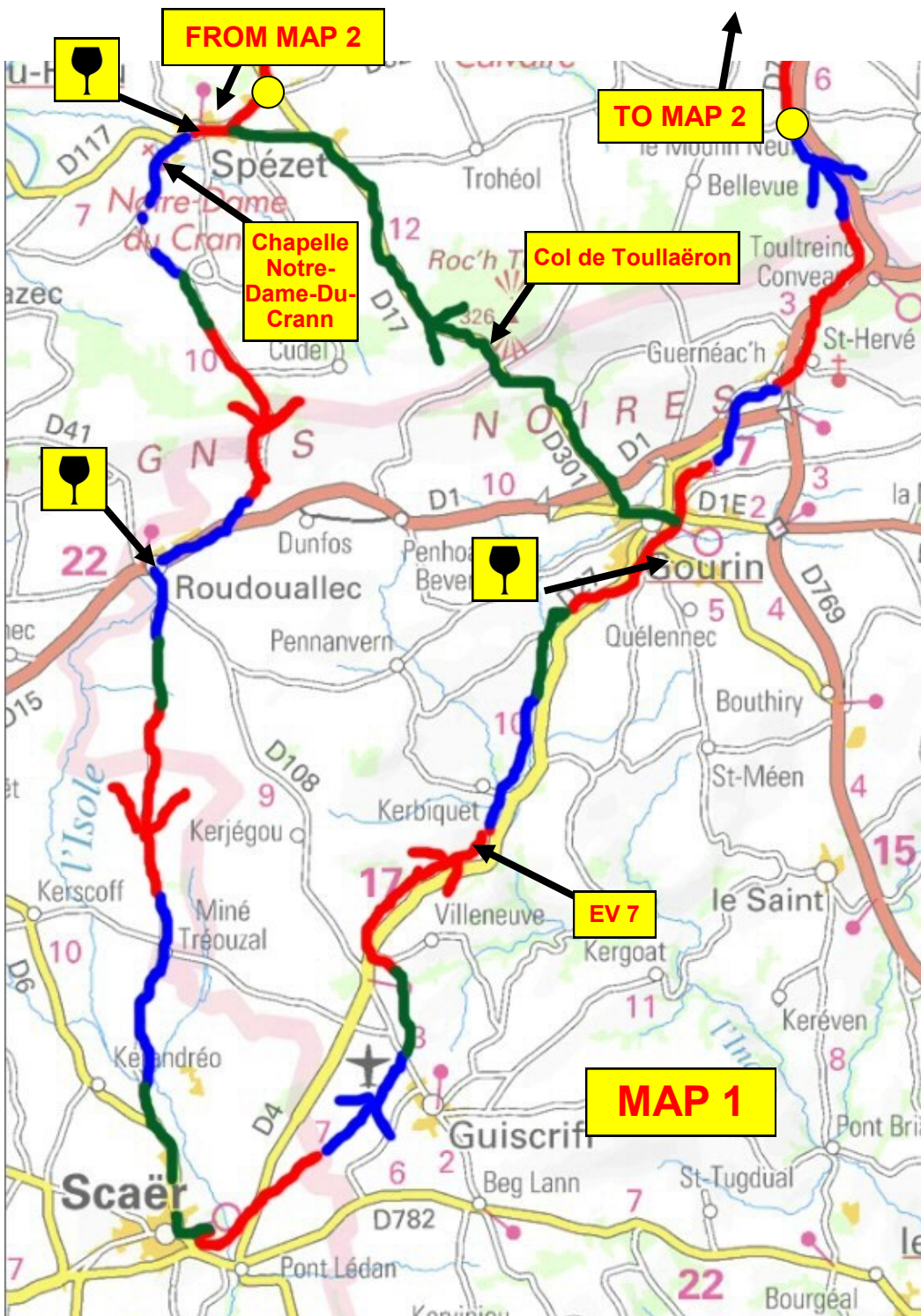
This takes a northerly route almost entirely on small roads into Quimper.

There is lots to see in Quimper including Musée Départemental Breton, Cathedrale Saint-Corentin, Musee Des Beaux-Arts, Jardin de la Retraite, Place-Au-Beurre (Historic centre) and Halles Saint-Francois (Market). The GPX track will take you to these in the above order but its probably a walking tour.

The cultural tour above is less than 2km but you could just take a break by the River Odet and pick up the route back by a southerly rote to Rosporden where the EV7 takes you back to Scaër

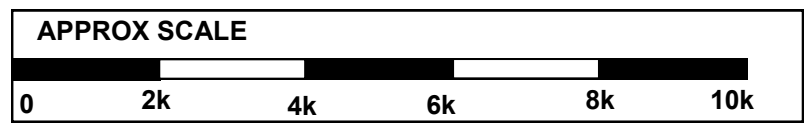
If you wished to shorten this route to allow more time to look round Quimper we suggest you follow W-M ROSPORDEN to Quimper.

(km)	NOTES
0	From Scaër take the D50 to Coray (Bars and shop)
11.3	In Coray stay on D50 through Llangollen (7.6k) (Bar and shop)
19.5	At RBT the D51 heads SW.
27.1	R onto a series of minor roads leading into Quimper. If you do not have a GPX device you could stay on the D51 for 400m where R onto D15 into Quimper. The D15 is a relatively busy road
36.4	Just S of Le Rouillen the GPX track joins the D15, which is a dual carriageway at this point. R and after 80m cross both carriageways to a cycle track on the left of the two carriageways. In 250m follow this anticlockwise round large RBT to carry SO. In 450m re-join road at second large RBT and take 2nd exit towards Quimper.
38.1	From the RBT the road goes straight on to run beside the Odet river. Take a left after the level crossing and stay on the N side of the river
39.8	Start of cultural tour (Walk?) Plenty of bars & restaurants.
41.2	Cross to the S side of the Odet and go E beside river.
42.0	R and follow GPX track in a long loop S until Rosporden. Alternatively SO follow D765 to Rosporden. (More traffic but easy navigation and shorter)
70.6	In Rosporden (Cafes/shops) head for the lake and follow N to pick up EV7.
84.	Scaer.



TO MAP 1

FROM MAP 1



NORTH ROUTES		
NAME	Km	COLOUR
678 N-L CARHAIX	80	█
677 N-M PONT TRIFFEN	69	█
676 N-S SPÉZET	50	█

ROUTES GO ANTI CLOCKWISE

676 N-S 50k SPÉZETGPX Track/Profile at <https://ridewithgps.com/routes/41956209>

This route follows the EV7 north only as far as **Gourin**. It then heads NW to **Spézet** crossing the **Col de Toullaëron at 266m**. **This climb is not particularly steep and at the top there is a Col sign so you can pose for a photograph!**

It returns to **Scaër** on quiet roads with the option of visiting the quiet **Chapelle Notre-Dame-Du-Crann just south of Spézet**.

This section includes another significant climb so take your time.

(km)	NOTES
0	From Scaër pick up the EV7 heading N.
16.5	Go left into Gourin A modern town with plenty of Bars and shops . Follow signs for Spézet D301
22.2	Col de Toullaëron (266m)
28.3	Spézet (Bars) and L at 28.7k
29.2	The Chapelle Notre-Dame-Du-Crann L may be worth a visit .
36.5	R onto D1 and into Roudouallec (Coffee shop & Bar)
37.8	L Sp Scaër and R in 600m
50.0	Scaër

677 N-M 69k PONT TRIFFENGPX Track/Profile at <https://ridewithgps.com/routes/41956227>

Over 60% of this route is on an old railway line or the canal bank. The surface is, to our knowledge, reasonable although clearly not super fast, and reasonably flat.

It is very similar to **N-L** but picks up the towpath of the Nantes-Brest canal from **Pont de Carhaix** eastwards to **Pont Triffin**.

It then returns to **Scaër** on quiet roads with the option of visiting the quiet **Chapelle Notre-Dame-Du-Crann near Spézet**.

(km)	NOTES
0	From Scaër pick up the EV7 heading N.
16.6	Go left into Gourin for Bars and shops , or stay on EV7
31.5	Go left for 150m on the EV6 and then R to pick up the towpath of the canal heading East. The towpath soon crosses to the north bank of the canal. Alternatively follow the EV6 which runs south of the canal. (Also on gravel.)
42.9	Pont Triffen (Picnic spot and possibly Bar to R) where route goes L. D17 for 2.5k where R to Spézet .
46.7	Spézet (Bars) and L at 47.3k
47.7	The Chapelle Notre-Dame-Du-Crann L may be worth a visit .
55.1	R onto D1 and into Roudouallec (Coffee shop & Bar)
56.4	L Sp Scaër and R in 600m
68.7	Scaër

678 N-L 80k CARHAIX

GPX Track/Profile at <https://ridewithgps.com/routes/41956236>

Approximately 60% of this route is on an old railway line or the Nantes-Brest canal bank. The surface is, to our knowledge, reasonable although clearly not super fast, and reasonably flat.

This follows the EV7 all the way to **Carhaix Plouguer**, a relatively uninspiring town, except that in cycling terms it is a control on the Paris-Brest-Paris Audax.

From **Carhaix Plouguer** the route returns to pick up the towpath of the Nantes-Brest canal eastwards to **Pont Triffin**.

It then returns to **Scaër** on quiet roads with the option of visiting the quiet **Chapelle Notre-Dame-Du-Crann near Spézet**.

(km)	NOTES
0	From Scaër pick up the EV7 heading N.
16.7	Go left into Gourin for Bars and shops , or stay on EV7
31.5	Near Pont de Carhaix go L on D769 and immediately R on EV7
37.7	From EV7 L at RBT to the centre of Carhaix Plouguer where there are plenty of cafes/restaurants and shops .
38.6	At end of the main street the route goes SW. Use GPX or navigate carefully to Pont de Carhaix. (Picnic site just beyond the canal)
43.2	L D789 then immediately R and R again in 100m to pick up the towpath of the canal heading East. The towpath soon crosses to the north bank of the canal. There is an alternative route by caring on for 200m where R onto the EV6 which runs south of the canal. (Also on gravel.)
54.5	Pont Triffen (Picnic spot and possibly Bar to R) where route goes L. D17 for 2.5k where R to Spézet .
58.4	Spézet (Bars) and L at 58.9k.
59.3	The Chapelle Notre-Dame-Du-Crann L may be worth a visit .
66.7	R onto D1 and into Roudouallec (Coffee shop & Bar)
68.0	L Sp Scaër and R in 600m
80.2	Scaër

ADDITIONAL ROUTES

ALTERNATIVES TO SW-L (Two full day rides)

673 SW-L goes to **Concarneau** and **Pont Aven**. The two options below, suggested by the local cycling clubs, will take you to both these locations via two different routes. They both also offer the opportunity to see the beaches and headlands between **Concarneau** and **Port Manec'h**.

679 SW-L-2 82k PENDRUC

Follows EV7 to **Concarneau** and then the coast SE via **le Porzou**, **Point du Cabellou**, **Pointe de Pendruc** and **Loc'h Louriec-Kerlaëren**. It returns on the road through **Trégunc**, **Melgven** and **Rosporden**

GPX Track/Profile at <https://ridewithgps.com/routes/41963468>

680 SW-L-3 87k NEVEZ

Go south to **Bannalec** and **Pont Aven**. The GPX track does a short loop by the Aven and then continues south to **Port Manec'h**. **La Chaumière de Kerascouët** is a recommended visit. Then follow the coast to **Plage de Tahiti** and **Port de Trévignon**. The return is via **Nevez** and **Rosporden** for the EV7 back to **Scaër**.

GPX Track/Profile at <https://ridewithgps.com/routes/41963373>

EXTRA LONG RIDES

681 W-XL 94k LOCROGAN

Beautiful village dating back to 6th century and renowned for producing sailcloth. Route via **Coray**, **Langolen**, **Briec**, **Landrevarzec**, **Plogonnec**, Back via **Quéménéven** to **Briec** to retrace route out.



GPX Track/Profile at

<https://ridewithgps.com/routes/41963766>

EXTRA LONG RIDES (Continued)

682 N-XL 99k VALLEY OF SAINTS

This is an extension of **N-L CARHAIX** via the **EV7** leading to a large Sculpture park at **Carnoët**. It returns on the road which parallels the EV7

GPX Track/Profile at

<https://ridewithgps.com/routes/41963669>



683 NW-XL 113k BRASPARTS

A long route with plenty of climbing to the site of an old Celtic temple perched on **Mont Saint-Michel de Brasparts**. Route out **Leuhan**, **Laz**, **Saint**, **Thois Gouezec**, **Pleyben**, **Brasparts**. Reurn **Brasparts**, **Cloître Pleyben** and **Chateauneuf de Faou**, from where there is a good view of the **Nantes-Brest canal**.



GPX Track/Profile at

<https://ridewithgps.com/routes/41963813>

684 SW-XL 146k LA TORCHE

A long route right to the SW corner of Brittany, which the locals describe as flat? Take EV7 to **Concarneau**, then **La Forêt**, **Fouesnant**, **Benodet**, **Pont L'Abbé**, **Plomeur**, **Penmarc'h**, to **La Torche**. Return is via another old railway line into **Quimper** and then directly through **Elliant**.



GPX Track/Profile at

<https://ridewithgps.com/routes/41963937>