



BRETAGNE®

THE **TOURISM** MAGAZINE



**Bédée . Breteil . Iffendic . La Nouaye
. Montfort-sur-Meu Pleumeleuc .
Saint-Gonlay . Talensac**



#2024

REALITY GOES BEYOND THE LEGEND

Montfort sur Meu

A legendary land where reality and fairytales combine to create magical moments, it also has plenty of surprises in store for you.

We can promise you a soak in nature amongst the remarkable trees, a gentle, green break along the rivers or by the lakes, a serene interlude away from everyday life.

We promise you a real journey back in time, where all you have to do is stroll through our villages of character and look up to dream of other times.

We promise you unforgettable encounters with passionate artists and craftspeople who will open the doors to their creative minds.

We promise you an awakening of the senses, a firework display of emotions and incredible adventures on water or land.

// **BECAUSE ANYTHING
IS POSSIBLE
HERE, AND YOUR
HEART NEEDS IT,
LET'S MAKE YOUR
MOST BEAUTIFUL
HOLIDAY MEMORIES
TOGETHER.** //



LÉGENDE



**OPEN
ALL YEAR**



**NICE, IT'S
RAINING!
IL PLEUT!**
To do on
rainy days!

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CRÉDITS

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DESTINATION BROCÉLIANDE LES INCONTOURNABLES

LÉGENDE

 Office de Tourisme

TRANSPORT

 Aéroport ou aérodrôme

TER Gare ou desserte TER

PATRIMOINE

 Église ou chapelle remarquable

 Patrimoine bâti remarquable

 Petite Cité de Caractère ®

 Commune du Patrimoine Rural de Bretagne

 Musée, lieu d'art ou centre d'interprétation

 Site mégalithique ou archéologique


 Site légendaire

 Arbre remarquable

LOISIRS


 Zoo, parc animalier


 Espace de loisirs aquatique

 Parc, activité et base de loisirs et d'aventures

 Station Verte

 Golf

 Sport nautique ou activité fluviale

 Visite d'entreprise

 Plage surveillée

NATURE ET RANDONNÉES

 Espace VTT labellisé

 Itinéraire voies vertes et véloroutes

 Circuit de Grande Randonnée (GR®)

 Circuit de randonnée pédestre

 Circuit de randonnée à vélo

 Parc, jardin ou sentier d'intérêt

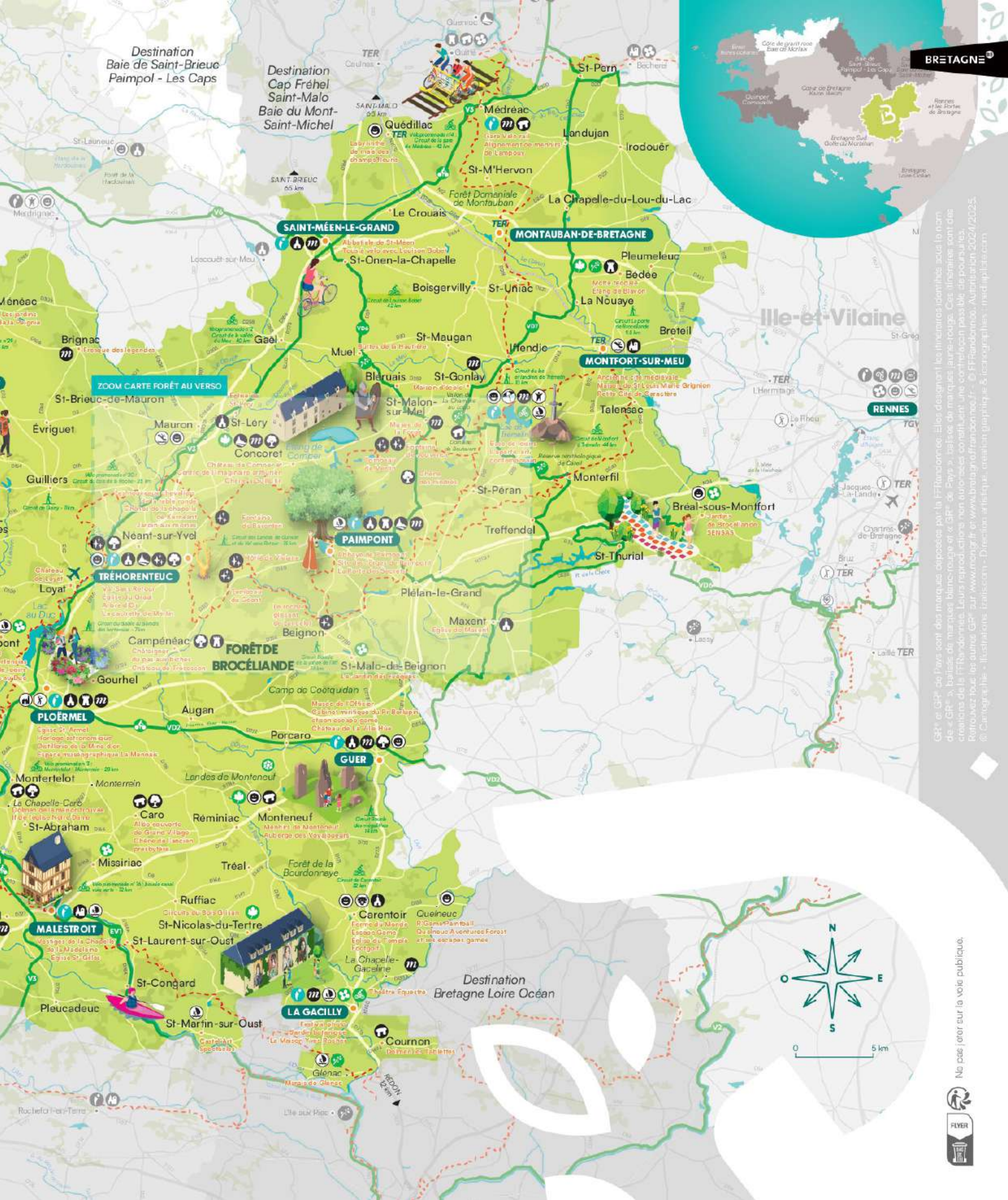
 Réserve Naturelle

 Autre site naturel

 Sentier thématique famille

Destination
Bretagne Sud
Golfe du Morbihan

 **DESTINATION
BROCÉLIANDE**



Destination
Baie de Saint-Brieuc
Paimpol - Les Caps

Destination
Cap Fréhel
Saint-Malo
Baie du Mont-
Saint-Michel

BRETAGNE

Ille-et-Vilaine

RENNES

ZOOM CARTE FORÊT AU VERSO

PAIMPONT

MONTFORT-SUR-MEU

TREHORETEUC

FORÊTE
BROCELIANDE

PLOERMEL

GUER

MALESTROIT

LA GACILLY

Destination
Bretagne Loire Océan



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Ne pétez j'air sur la voie publique.



AROUND THE LAKE OF TRÉMELIN



ON THE EDGE OF THE FOREST OF BROCÉLIANDE, YOU ENTER THE "PURPLE COUNTRY"

Here, villages built of purple shale stone, large wooded areas and bucolic ponds invite you to take a **change of scenery**.

But you can also experience this beautiful area at its most intense! Lovers of outdoor sports will be won over by this **natural playground**.



TOURIST OFFICE
at Lac de Trémelin
02 99 09 06 50





◆ Montfort-sur-Meu
Petite Cité de
Caractère®



◆ Careil
ornithological
reserve



AND HOW MUCH WE LIKE,

WE SHARE WITH YOU THE RECIPE FOR A SUCCESSFUL HOLIDAY...

A healthy dose of heritage with the Petite Cité de Caractère® in **Montfort-sur-Meu**, a touch of medieval at the **Bédée's** feudal mound, a pinch of vintage at the 1950s school house in **Saint-Gonlay** and above all a breath of fresh air at the **Vallon de la Chambre au Loup** in Iffendic!



◆ Excalibur



A PERFECT DAY AT IFFENDIC :

- ◆ **9H** Rise early to **observe nature** when you make up on the **Domaine de Careil**
- ◆ **10H** Go on a **treasure hunt** at **Boutavent**
- ◆ **12H** Improvise a picnic with **local products** from the market
- ◆ **14H** **Climbing trees, mountain biking** and **relaxing** on the beach at Lac de Trémelin
- ◆ **18H** Become the new king (or queen!) of Brittany by attempting to seize **Excalibur**
- ◆ **APRÈS** Enjoy a **picnic** while admiring the magnificent **sunset**
19H in the **Vallon de la Chambre au Loup**

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UNSPOILT NATURE

LE VALLON DE LA CHAMBRE AU LOUP



This is our very own 'little canyon'. Climb the 35 m high cliffs and enjoy the view. As the seasons change, the violet of the rock, the gold of the gorse and broom, the purple of the heather and the green of the dense vegetation offer a delightful palette of colours.

In fact, if you look closely at the rocks at the end of the pond, you'll understand how the valley got its name: you'll see the silhouette of a wolf, its mouth raised to the sky. It is said that when Brittany was threatened, the great wolf transformed himself into an invincible warrior (so don't threaten Brittany)!

WE RECOMMEND THAT YOU FOLLOW THE P'TITS LOUPS TRAIL! THE DISCOVERY BOOKLET IS AVAILABLE FREE OF CHARGE FROM THE TOURIST OFFICE (LOCATED AT LAC DE TRÉMELIN) AND CAN BE DOWNLOADED FROM OUR WEBSITE (IN FRENCH ONLY).



DID YOU KNOW ?



It is also a place of refuge for other animals such as **Breton draught horses**, **Highland cattle** and a few **ditch goats**. While convalescing here, they also **maintain the meadows** (practical, you might say).

Not a bad retirement home, is it?

CAREIL ORNITHOLOGICAL RESERVE

A **haven of peace** where you can unwind, this **bird sanctuary** has been 'the place to be' for over 150 different species since 1988. As you stroll through the heart of this departmental nature reserve, you'll come across two observation posts specially set up to help you **discover the world of birds**.



LITTLE ADVICE

◆ To enjoy the **peace and quiet of nature** and the soft light, we recommend you **get up early!** The coolness of the surroundings offers **special moments** of serenity, as well as unique encounters with the animals. What's more, you'll have a good excuse to answer the call of the siesta!

THE LAKE OF TREMELIN



In a green setting between moorland and forest, lac de trémelin is the ideal place to relax and get away from it all. With its leisure centre, it's also the ideal place to work out! fishing, tree climbing, water sports, swimming in summer (blue flag beach), walking or cycling, horse riding, children's games? Outdoor activities are in full swing.

And you can take your time, because there's also a restaurant, accommodation and even rooms to rent.

◆ **Aventur'O Lac** - 06 31 34 09 28

◆ **Centre équestre** - 02 99 09 77 92 / 06 32 56 64 09



◆ **Accrobranche**



◆ **Pédalo**

ALL THE ROUTES CAN BE DOWNLOADED FROM OUR WEBSITE OR VIA THE CIRKWI APP; THEY ARE ALSO ON SALE FOR €0.20 AT THE TOURIST OFFICE...



UNSPOILT NATURE



HIKING



More than 300 km of waymarked footpaths criss-cross the **Pourpré region**. Whether it's the GR® 37 or the GR® de Pays Tour de Brocéliande, or a day trip around the local loops, our **walking, cycling and horse-riding trails** await you.

In 2023, an «**Espace trail**» was opened, offering **12 trails ranging from 9 to 52 km** and of varying levels of difficulty. These trails are perfect for beginners or for year-round training. Passing through woodland, moorland, countryside and charming little villages, they're also a great way to **combine the pleasures of sport** with those of sightseeing.



HIGHLIGHTS

- ◆ **DON'T MISS IT!** Get your trainers on! Set off to discover the trail-running routes of the Espace Trail de Brocéliande.
- ◆ **EVENING CANOE TRIP**
Every summer (only in french)
- ◆ **EARLY MORNING CANOE TRIP**
Every summer (only in french)
- ◆ **TRAIL DES LÉGENDES**
The first weekend of september



LITTLE ADVICE

◆ In fine weather, **guided tours** are available **on foot or by canoe**. Let our history **experts guide** you. 31 May, 7, 14 June, 21, 28 June, 20 Sept. **Book online** (in french only).

MONFORT-SUR-MEU

A colourful town built of violet stone, the **Petite Cité de Caractère®** offers a beautiful walk between history and nature. Stroll through the **old medieval town** and discover the remains of the 14th century, such as the famous Tour du Papegault, the best-preserved feature to date. Alternatively, follow the Meu to see wash-houses and mills, and wander through parks and gardens.



LE DOMAINE DE BOUTAVENT

The ruins of an ancient medieval castle lie hidden in the **Domaine de Boutavent**, a natural and archaeological site in Iffendic. Thanks to the latest excavations, it is estimated to have been built in the 12th century, making it one of **the oldest castles in Brittany!** And to top it all off, there's a belvedere offering an incredible view of the Brocéliande forest massif.



CRUSH!



Don't hesitate to push open the doors of the many shops in Montfort-sur-Meu, particularly those of Rhums de l'Intrig. You're sure to find the rum to suit your taste from among the fifty or so recipes of arranged rums on offer, changing with the seasons, to give as a gift or to treat yourself...

Information :
06 62 05 31 48 - lesrhumsdelintrig.fr



SAINT GONLAY



Embark on a journey **back in time** to discover the little town of Saint-Gonlay, which has managed to retain its charm of yesteryear. Open the door of the schoolhouse, now a museum, and immerse yourself in **the atmosphere of the 1950s**. Blackboard, the smell of chalk, dunce caps and ink stains guaranteed! Just across the road, Johanna de la Barakafé welcomes you for a **refreshing break**. ◆ **Tours and discovery booklets are free (in french)**. **Group bookings only..**
02 99 09 77 29 - musee-ecole35.com



HIGH LIGHTS



◆ To find out all about its history, an interpretation trail has been set up and a number of events are on offer.
11 July / 18 July / 22 August 2024 from 10am to 12.30pm. Information and bookings: 02 99 09 06 50
Only in french



COMICS AT BÉDÉE

Every year, Bédée honours its name by hosting 'Pré en Bulles', a comic strip festival. A host of nationally renowned writers and cartoonists will be on hand to sketch



◆ L'aparté



CONTEMPORARY ART VENUES

The **Quinconce gallery**, located in the centre of Montfort-sur-Meu, is an exhibition space that offers activities designed to **raise awareness of contemporary art** - activities that are open to the general public. Supporting the work of **local artists** and getting contemporary art out of the big cities is the motto of Céline Arnal, founder of the association.

L'aparté, located on the banks of Lac de Trémelin, is a creative and exhibition space designed with the local area in mind. Every year it welcomes established and emerging artists and offers **art workshops during the holidays**. Sculpture, painting, performance, screen printing, photography, music...
Ready to awaken your inner artist?

◆ 02 99 09 77 29 - laparte-lac.com

WEDNESDAYS FROM THE LAC OF TREMELIN

Do you love the golden light of a summer's evening? Why not make the most of the mellow atmosphere **on the banks of Lac de Trémelin**? On certain Wednesdays throughout the summer, bring your blanket and extend the day with a **free concert or show**. World, classical or Breton music, the repertoire is varied but always festive!



LITTLE ADVICE

◆ Take the opportunity to discover all this village has to offer! Follow the **medieval garden path** to the **feudal mound**. Then follow the path to the **Blavon pond**, a haven of peace for many birds and walkers.



+ LEISURE!

Océlia aquatic centre
at Montfort-sur-Meu
02 99 09 05 05

PORTRAITS OF CRAFTSMEN

Our artists have a **wealth of expertise** and put their hearts into creating **unique objects**; artefacts that will become perfect holiday souvenirs. Find out more about **three of them**, and **don't hesitate to ask for the full list at the tourist office**..



LE LÉZARD EN CÉRAMIQUE

Céline Gourié, also known as '**Le Lézard en Céramique**', is a **passionate artist** who captures the **mystical spirit** of Destination **Brocéliande** through her **unique ceramic creations**, inspired by nature.



LES COPEAUX DE MERLIN

From **apple to yew**, cherry to chestnut, whether **turned or carved**, wood is **rich in emotion**. Robert Lenouvel, a **woodturner and sculptor** in Brocéliande since 2007, invites you to discover this. He creates **everyday objects**, such as bowls, dishes and boxes, whose shapes are in **harmony with Brocéliande**. But he also knows how to elaborate them to create real **works of art**..



BOBEE & CIE

Located in Montfort sur Meu, **Bobee & Cie** offers a wide range of **textile creations** with a zero waste approach, combining practicality and ecology. Their commitment is reflected in lively workshops on **zero waste**, using techniques such as **furoshiki** and **upcycling**.



THROUGH THE SEASONS

When the rain or cold sets in, that's no reason not to put your nose outside.

Enjoying nature as it sleeps, taking care of yourself, savouring good food or homemade hot chocolate by the fire - these are the pleasures of autumn and winter!



GETAWAYS
in autumn-winter
IS OVER HERE!



AND IN AUTUMN-WINTER WHAT DOES IT LOOK LIKE?



**SOME LEISURE SITES
ARE OPEN ALL YEAR ROUND!**

They are marked in our magazine with **this small symbol.**

Of course, nature is **freely accessible in all seasons!** For your walks in the Brocéliande forest, we invite you to prepare your walk with a few tips on **page 62.**

