



# MAP OF CYCLE ROUTES in Pays bigouden

- ### LEGEND
- Tourist office
  - Parking for the start
  - Start / end point
  - Easy level
  - Start / end point
  - Medium level
  - Start / end point
  - Hard level
  - Bus stop
  - Beach
  - Secondary road
  - Transbigoudène dual carriageway
  - V45 coastal cycle route
  - Distances on the cycle route (V45)
  - Greenways to Quimper
  - Penmarc'h cycle route 'La Penmarc'haise' / 20 km and its inter-town connections
  - Penmarc'h cycle route to Pont-l'Abbé (n°2902) 'Route of the old Birinik railway line' / 18.85 km

- ### Bike circuits
- Saint-Jean-Trolimon bike circuit 'The Four Chapels' / 19.4 km
  - Plomeur bike circuit 'Cap Caval' / 15.8 km
  - Plobannaec-Lesconil bike circuit 'Around the Ster' / 11 km
  - Île-Tudy bike circuit 'Tro Enez' / 6.5 km
  - Loctudy bike circuit 'Loc in the saddle' / 9 km
  - Combrit-Sainte-Marine bike circuit 'Through woods, shores & polder' / 15.5 km
  - Penmarc'h bike circuit 'The Megaliths' / 12 km
  - Tréméoc bike circuit 'Tro Ar Gumun' / 15 km

- ### Town-to-town connections
- Plogastel-Saint-Germain to Tréogat Start : town hall square / 13,7 km
  - Plonéour-Lanvern to Pont-l'Abbé by Trélenn Start : town hall car park / 7,6 km
  - Plonéour-Lanvern to Pont-l'Abbé by Quélordan Start : town hall car park / 8,2 km
- ### Town-to-beach connections
- Plovan - Ru Vein beach Start : rue de la mairie / 1,5 km
  - Tréogat - Kerbinigou beach Start : town hall car park / 5,8 km
  - Plogastel-Saint-Germain - Kerbinigou beach (Tréogat) Start : town hall square / 19,2 km
  - Plonéour-Lanvern - Kermabec beach (Tréguennec) Start : town hall car park / 5,2 km
  - Plogastel-Saint-Germain - Penhors beach (Pouldreuzic) Start : town hall square / 15,35 km
  - Plouzévet - Menhir beach (Plouzévet) Start : Henri Normant square / 3,2 km
  - Guiler-sur-Goyen - Menhir beach Start : town roundabout / 10 km
  - Landudec - Menhir beach Start : town hall square / 9 km
  - Pouldreuzic - Penhors beach Start : Corentin Hénaff square opposite Pierre Jakez Hélias hall - rue de Pont-l'Abbé / 6,2 km

This map of cycle circuits is a tourist information document. If you want to follow the circuits, you can ask for the "STEP BY STEP" guides at the tourist offices in the Pays Bigouden region.

or download them here

Find cycle paths here

Here you will find a comprehensive guide to transport, restaurants, accommodation and shops available throughout your itinerary at each stop.

Need to recharge your batteries?

### 1 SAINT-JEAN-TROLIMON CIRCUIT « THE FOUR CHAPELS » : 19,4 KM

Signposted trail  
Look for the number

Follow this marking

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	2 hrs	19,4 km	136D+	easy

START / END : maison de la Baie d'Audierne in Tréguennec or La Torche car park in Plomeur

This gently undulating circuit guides you to discover iconic chapels in the Pays Bigouden region, such as Tronoën, Saint-Evy, Saint-Vio, and Saint-Budoc, and allows you to glimpse the natural and historical treasures of Audierne Bay.

### 2 PLOMEUR CIRCUIT « CAP CAVAL » : 15,8 KM

Follow these trail makers

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	1 hr 40	15,8 km	82D+	easy

START / END : Menez Stang car park in Plomeur or La Torche car park in Plomeur

Set off from the mainland towards **Pointe de la Torche**, an iconic surfing spot. This family-friendly trail takes you through fields, beaches, and megalithic sites, with beautiful views of Audierne Bay. A walk steeped in history that takes you back in time.

**Bonus :** try the 10 km circuit starting from La Torche and staying to the west of the trail.

Ⓜ Stop off at the megaliths.

### 3 PLOBANNAEC-LESCONIL CIRCUIT « AROUND THE STER » : 11,5 KM

Follow these trail makers

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	1 hr 15	11,5 km	100D+	easy

START / END : quai de Pontruche in Lesconil or place du 19 mars 1962 in Plobannaec

A perfect land and sea tour for the family: explore the port before heading out onto the small country roads **bordering the River Ster**. Along the way, you'll discover **megaliths, unusual buildings, and small heritage sites**.

**Bonus :** two alternative routes to explore Plobannaec village and the megalithic sites.

### 4 ÎLE-TUDY CIRCUIT « TRO ENEZ » : 6,5 KM

\* TOUR OF THE ISLAND

Follow these trail makers

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	40 mins	6,5 km	54D+	very easy

START / END : car park at the Île-Tudy multi-sports area

Explore the smallest commune in Pays Bigouden with its historic narrow streets, fisherman's houses and its old canning factories. Enjoy a beautiful view of the **Perdrix tower** and admire the calm of **Kermor lake**.

**Bonus :** the visitor trail explains the heritage and history of Île-Tudy.

### 5 LOCTUDY CIRCUIT « LOC IN THE SADDLE » : 9 KM

Follow these trail makers

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	1 hr	9 km	78D+	easy

START / END : Loctudy marina

Discover the harbour town of Loctudy, marked by the history of its former canneries. Its iconic manor houses, such as Kerazan, remind us of the town's prosperous past. Be sure to visit the **Le Gall cannery museum** at the end of your tour.

Ⓜ Footbridge at the tidal-mill crossing

### 6 COMBRIT-SAINTE-MARINE CIRCUIT « THROUGH WOODS, RIVAGE & POLDER\* » : 15,5 KM

\* DRE GOAD, AOD HA POLDER

2026 : trail not yet signposted

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	2 hr 10	15,5 km	159D+	hard

START / END : Combrit town hall car park

A bucolic trail through the shady paths of **Rosquero woods**, dotted with **fountains and wash houses**, reminders of everyday life in days gone by. **There are many monuments to discover between the port of Sainte-Marine and the town's green spaces**.

**Bonus :** two options allow you to recharge your batteries in the heart of the Polder nature reserve (shown as dotted lines on the map).

Ⓜ Be careful around wooded areas: they can be slippery and muddy after heavy rainfall.

### 7 PENMARC'H CIRCUIT « THE MÉGALITHS » : 12 KM

Follow these trail markers in 2026

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	1 hr 15	12 km	71D+	easy

START / END : Ménez Gad car park as you come in to Penmarc'h

Discover the Neolithic heritage of the Pays Bigouden through its **standing stones, dolmens and alignments** left behind by the region's earliest societies. Continue along the rocky coastline, then return via the peaceful wetlands of **Lescors**.

**Bonus :** You can opt for a 6 km circuit.

Ⓜ Stop off at the megaliths

### 8 TRÉMÉOC CIRCUIT « TRO AR GUMUN' » : 15,5 KM

\* TOUR OF THE TOWN

Trail markers planned for 2027

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	1 hr 30	15,5 km	150D+	medium

START / END : Roc'h car park (Moulin-Neuf lake) in Tréméoc

Starting from **Moulin-neuf pond**, follow the trail through calm, **green countryside** to discover Bigouden's rustic heritage : **fountains, wash houses, chapels and old railway tracks** tell the story of the villages of yesteryear.

Ⓜ A 20 km alternative route allows you to cycle around the lake. Please note that this route is difficult to use in winter or after heavy rainfall (alternative route shown as dotted lines on the map).

### HOW DO I FIND these routes on the map?

To shorten or extend your trail, suggested alternative routes are shown with dotted lines on the map.

Durations are given as a guide (average 10 km/h at moderate pace). This does not include breaks at points of interest or any stops along the way.

- ON CYCLE CIRCUITS - ou
  - Circuits 1, 2, 3, 4 and 5 are marked with numbered signs. Circuits 6 and 7 will be marked in 2026.
  - For circuit 8, you can geolocate from the tourist office website by downloading the GPX route to an app (OpenRunner, All Trails) or by downloading the step-by-step PDF. In some places, you will find signs indicating that you are on the cycle route.
- ON THE CYCLE ROUTE N°45 -
  - Covering nearly 80 km of marked roads and paths, cycle route n° 45, La Littorale, runs along the coast through Audierne Bay and the Bigouden ports to Sainte-Marine. Consider taking the **Petit Bac** ferry between Bénodet and Sainte-Marine and the ferry between Île-Tudy and Loctudy to make your journey easier. The boats welcome bicycles (small fee).
- ON GREENWAYS -
  - Greenways can only be used by pedestrian and non-motorised traffic, allowing you to travel in complete safety. Remember to cycle slowly. The old railway line between Quimper and Pont-l'Abbé offers a 20 km shaded route.

### FAVOURITES from the tourist office

#### PENMARC'H CIRCUIT « LA PENMARC'H AISE » AND ITS CONNECTIONS : 19,4 KM

All connections from Penmarc'h

Follow this marking

RECOMMENDED BIKES	DUREE	DISTANCE	ELEVATION GAIN	LEVEL
VTC, VTT, VAE	2 hr 30	19,4 km	90D+	easy

START / END : start wherever you like!

An invigorating ride around the Bigouden peninsula: pass through villages and small ports, climb up the **Eckmühl lighthouse**, enjoy the beaches, discover the **Saint-Guénolé rocks** and finish off with **wetlands, fields and megalithic sites**. A route accessible to all thanks to the Bigouden greenways.

**Bonus :** thanks to the clear signposting, you can start the Bigouden cycle route from any point on the circuit. The five inter-village links allow you to move from one circuit to another.

### THE ROUTE OF THE OLD RAILWAY LINE OF THE BIRINIK TRAIN N°2902 : 19 KM

Follow this marking

RECOMMENDED BIKES	TIME	DISTANCE	ELEVATION GAIN	LEVEL
hybrid, mountain, EAB	2 hr 30	19 km	106D+	medium

CAR PARK : Madeleine car park in Pont-l'Abbé  
START : Petit Train street in Pont-l'Abbé  
END : Danielle Casanova street in Penmarc'h  
ROUTE TYPE : Greenway, cycle path, one-way with two-way cycling, shared lane with cars.

Before becoming a cycle route, Birinik was the nickname for the railway line that served **Treffogat and the stations of Plobannaec, Guilvinec, Penmarc'h, Kéryty and Saint-Guénolé**.

heritage BY BIKE

HERE we take a bigoudène break

Office de tourisme Pays bigouden

**BIKE My CARD**

NOVEMBRE

### TRANSPORT stats and facts

+ de **200 km** of cycle facilities including 17 km of cycle paths in the Pays bigouden

**7** bus routes, including 1 summer route

**2** on-demand transport services funded by the les EPCL and the Brittany region

**4** carpool areas

Office de tourisme Pays bigouden

www.destination-paysbigouden.bzh

Contact us +33 (0)2 98 82 37 99

email : info@destination-paysbigouden.bzh

Opening times

Our tourist offices

Our mobile tourist office

Follow us @destinationpaysbigouden

EMERGENCY NUMBERS

15 - AMBULANCE

18 - FIRE SERVICE

### WHAT IS ACCUEIL VÉLO

It means 'bikes welcome'!

Accueil Vélo is a national brand that guarantees a warm welcome and quality services along cycle routes for touring cyclists.

These establishments are certified 'Accueil Vélo':

Cyclists please note!

These cycle routes may present risks. You are responsible for your own safety as a cyclist. Neither the Tourist Office nor the Pays Bigouden council can be held liable for any damage caused or suffered in the event of accidents, damage or vandalism.

Office de tourisme Pays bigouden

Map produced in partnership with the Pays bigouden Sud local council, which is implementing the community cycling plan (approved on 8 December 2022) / and the Haut Pays Bigouden local council / www.cchpb.fr

SPL Destination Pays bigouden Sud 19 Rue Raymond Folgoas Guillev 29120 Pont-l'Abbé / RCS : Guipry 824 433 999 / Registration of travel and holiday operators : IM02970002 / Insurance : GRCOUPAFA N° 102329948 / Financial guarantee GRCOUPAFA 402204680001 / SIRET : 824 433 999 000 11

Haut Pays Bigouden Tourist Office - 13 rue du Centre 28710 Plozévet Siret : 4940539500029 / Registration number : IM029H00003 / GRCOUPAFA insurance - Contrat n°02966709600

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Do not litter.

On the Bixac route in Penmarc'h

### For more information

WWW.DESTINATION-PAYSBIGOUDEN.BZH

Section > Things to see and do > By bike

In the **BY BIKE** section of our website you will find detailed information sheets about the cycle routes, as well as the option to download them in .gpx format.

Tell us what you think ABOUT THE CYCLE ROUTES

Follow us @destinationpaysbigouden

### A FEW TIPS before you head out

Make sure you're properly equipped before you set off: check the condition of your bike (brakes, lights, tyres) and make sure you have everything you need for repairs. Wear a helmet: it's compulsory for under-12s and strongly recommended for everyone. Hi-vis jackets are compulsory outside built-up areas where visibility is poor. Take drinks and snacks with you.

### Rules and good practice

- Share the road and comply with regulations concerning spaces, pedestrians, pavements.
- Cyclists are NOT allowed on coastal paths, which may be narrow, fragile or steep.
- Preserve the fragile balance of flora and fauna everywhere.
- Respect private property.
- Please do not leave any objects or litter behind: if there are no bins, take your litter with you.

Have you encountered a problem on your cycle route?

Report any problems encountered on the **Suricate** app

SENTINELLE, NE PARTEZ PAS SANS...

### HIRE, REPAIR or buy a bike

- Certified 'Accueil Vélo' establishments
- Find 'Accueil Vélo' bike hire companies, repair shops and retailers listed on the map, on the right.
- List of tourist office partners : bike hire companies / retailers / repair shops

- Cycles Déesses** - Bike hire, sales and repair  
17, rue de la Paix - Le Guilvinec / +33 (0)2 98 58 20 17
- Nord Ouest Cycles** - Bike hire  
Place du Maréchal Davout - Penmarc'h / +33 (0)2 98 58 61 26 & +33 (0)6 64 79 94 67
- Brio Location** - Bike hire  
Douar Brioloch - Plomeur / +33 (0)6 18 69 02 42
- La P'tite Boîte** - Repair  
Rue de Ster Vad - Pont-l'Abbé / +33 (0)9 84 51 12 83
- Jour de balade à vélo** - Bike hire and delivery in the Pays bigouden  
15, route de Quimper - Plonéour Lanvern / +33 (0)6 41 92 26 45
- Épopée cycles** - Repair and delivery in the Pays bigouden  
22, Avenue du Douric - Pont-l'Abbé / +33 (0)6 63 17 87 57
- Be Good N'Bike** - Repair, bike hire and sales  
Galerie des Arcades 22, place Gambetta - Pont-l'Abbé / +33 (0)2 90 94 31 42
- Cycles Manu Scotet** - Repair and sales  
Giant Experience Center  
2, rue des Pins - Pont-l'Abbé / +33 (0)2 98 87 22 67 & +33 (0)6 67 00 66 38
- Plein Ouest** - Rental  
Penhors beach, 29710 Pouldreuzic / +33 (0)6 15 34 09 92
- Les enfants de la côte** - Bike hire and delivery in the Pays bigouden  
29710 Landudec / +33 (0)6 61 01 63 29
- Camping Le Léhan** - Bike hire (priority to campers)  
Kerloc'h-Kerlay - Treffiagat / +33 (0)2 98 58 21 27
- Camping Le Bois d'Amour** - Bike hire  
Avenue des sports - Ile-Tudy / +33 (0)2 98 56 43 54
- Camping Les Vergers de Squividan** - Bike hire (priority to campers)  
55, rue du petit Bourg - Combrit / +33 (0)2 98 56 31 46
- Camping de Kéralouet** - Bike hire (priority to campers)  
11, rue Eric Tabarly - Plobannaec-Lescouil / +33 (0)2 98 82 23 05
- Camping de la Grande Plage** - Bike hire (priority to campers)  
71, rue Paul Langevin - Plobannaec-Lescouil / +33 (0)2 98 87 88 27
- Camping Les Sables Blancs** - Bike hire (priority campers)  
21, lieu-dit Kéralouet - Plobannaec-Lescouil / +33 (0)2 98 82 23 05

You may encounter other bicycle hire companies and repair shops that are not partners along the way.

- Self-service tyre-inflation and repair stations
- Pont-l'Abbé** - Saint-Laurent wood : a shelter, 2 secure lockers and a freely accessible station for pumping up tyres.
- Ile-Tudy** - 1, rue Roitelets (miniature golf) : Fixed maintenance and repair kit and freely accessible station for pumping up tyres.

### LITTLE FERRIES that accept bikes

Between Loctudy and l'Ile-Tudy

Between Sainte-Marine and Bénodet

With Les P'tits Bacs, crossing from one shore to the other is easy! (fee applies). From April to October, between Loctudy and Ile-Tudy, as well as between Sainte-Marine and Bénodet, you can take your bike on board! It's the perfect opportunity to enjoy a boat trip before continuing your ride. We congratulate you on this double eco-friendly gesture!

(Please note that in Sainte-Marine, a few steps make access more difficult).



### BIKE EVENTS in the Pays bigouden

**'Mai à vélo' throughout May 2026** : includes awareness-raising and information stands, discovery rides along cycle routes, nature activities by bike and self-repair workshops.

**European mobility week from 15-21 september 2026** : discover more sustainable and user-friendly ways to get around with information stands, road safety workshops, carpooling challenges, bike rides, and more....

**Operation 'Cycliste Brilliez' 1st November - 15th December** : awareness campaigns on safety and visibility for cyclists.

Find all cycling events on our What's On list!

### Mountain bike circuits

- MOUNTAIN BIKE CIRCUIT LA POINTE DE LA TORCHE : 35 KM**  
TIME: 3 hrs | DISTANCE: 35 km | ELEVATION GAIN: 140D+ | LEVEL: easy  
START / END : Triskell cultural center à Pont-l'Abbé  
DIRECTION OF ROUTE : clockwise  
Set off from Pont-l'Abbé to the famous surfing spot of La Torche, discovering lesser-known local heritage sites along the way, including fountains, chapels and prehistoric standing stones.  
Several crossings of main roads.  
For your safety, follow the direction of the markings.
- MOUNTAIN BIKE CIRCUIT COMBRIT : 24 KM**  
TIME: 2 hrs 15 | DISTANCE: 24 km | ELEVATION GAIN: 210D+ | LEVEL: very easy  
START / END : Grafenhausen square in Sainte-Marine  
DIRECTION OF ROUTE : anticlockwise  
Follow the Odet River and its estuary to discover the Bigouden region and the typical villages of Sainte-Marine and Ile-Tudy.  
Cross RD44 at Pen ar Garn only from north to south (insufficient visibility in the other direction)  
For your safety, follow the direction of the markings.
- MOUNTAIN BIKE CIRCUIT LE MOULIN-NEUF : 19 KM**  
TIME: 1 hr 45 | DISTANCE: 19 km | ELEVATION GAIN: 180D+ | LEVEL: easy  
START / END : Car park at Tréméoc town hall  
DIRECTION OF ROUTE : anticlockwise  
Between the Bigouden countryside, the Moulin-Neuf lake and the town of Pont-l'Abbé, this mountain-bike circuit leads you to discover another side of Pays Bigouden.  
Dismount your bicycle to cross the RD785 road at Kermaria.  
For your safety, follow the direction of the signs.
- MOUNTAIN BIKE CIRCUIT LES ÉTANGS : 42 KM**  
TIME: 3 hrs 30 | DISTANCE: 42 km | ELEVATION GAIN: 310D+ | LEVEL: hard  
START / END : car park at the Triskell cultural centre in Pont-l'Abbé  
DIRECTION OF ROUTE : anticlockwise  
From Pont-l'Abbé pond to Audierne Bay, immerse yourself in the heart of Bigouden nature and its exceptional wildlife.  
Several crossings of main roads.  
For your safety, follow the direction of the signs.
- MOUNTAIN BIKE CIRCUIT SAINT-KODELIG : 35 KM**  
TIME: 3 hrs 15 | DISTANCE: 35 km | ELEVATION GAIN: 310D+ | LEVEL: easy  
START / END : Corentin Hénaff square in Pouldreuzic opposite the Pierre Jakez Hélias hall - rue de Pont-l'Abbé  
DIRECTION OF ROUTE : clockwise  
This circuit is a wonderful way to discover the Bigouden hinterland and its historical and religious heritage, plus a stop at the stunning site of Penhors.  
For your safety, follow the direction of the signs.
- MOUNTAIN BIKE CIRCUIT LES VALLÉES DE PLOGASTEL : 11,5 KM**  
TIME: 1 hr 15 | DISTANCE: 11,5 km | ELEVATION GAIN: 170D+ | LEVEL: easy  
START / END : place du 19 mars 1962 in Plogastel-Saint-Germain  
DIRECTION OF ROUTE : anticlockwise  
Enter the valleys and hills and discover the most rural part of the Pays Bigouden.  
For your safety, follow the direction of the signs.
- MOUNTAIN BIKE CIRCUIT LES DROITS DE L'HOMME : 27,5 KM**  
TIME: 2 hrs 30 | DISTANCE: 27,5 km | ELEVATION GAIN: 320D+ | LEVEL: easy  
START / END : place Henri Normant in Plozévet  
DIRECTION OF ROUTE : anticlockwise  
This route between land and sea takes you through the countryside of Plozévet and then to the coast to discover the wild and unspoilt coastline of Audierne Bay.  
Bikes are not allowed on coastal paths.  
For your safety, follow the direction of the signs.

**LEGEND**

- Tourist office
- Parking for the start
- Start / end point (Look for the descriptive sign)
- Bus stop
- Beach
- Secondary road
- Transbigoudène dual carriageway
- V45 coastal cycle route
- Bike hire companies, repair shops & retailers
- Bike hire companies, repair shops & retailers with the "Accueil Vélo" label

### Mountain-bike circuits

- 'La pointe de la Torche' circuit 35 km
- 'Combrit' circuit 24 km
- 'Le Moulin-Neuf' circuit 19 km
- 'Les Étangs' circuit 42 km
- 'Saint-Kodelig' circuit 35 km
- 'Les vallées de Plogastel' circuit 11,5 km
- 'Les Droits de l'Homme' circuit 27,5 km

Follow the signs!

These markings always take precedence over other media.

- Right direction
- Turn
- Wrong direction

### PROTECTING OUR ENVIRONMENT play your part!

Avoid plastic bottles and keep your water bottle handy when you're out and about!

Don't take anything away with you! Please leave pebbles in place to preserve the dune, and take photos of the flowers rather than picking them.

After stopping for a rest, make sure you leave nothing behind, especially litter.

Please use eco-friendly or public transport wherever possible.

Respect the trail markers and stay on the path

Protect the plovers! Take care as you cross the top of the beach. Plover nests and eggs are difficult to spot, so can easily get broken. Paddling in the water is a better option.

To make the most of our beautiful landscapes, it's best to avoid visiting sites at peak times.

Our four-legged friends are not allowed on the beaches of the Pays bigouden during the summer (even on a lead), for hygiene reasons and to protect the flora and fauna.

Dogs are permitted on the beaches of Penmarc'h and Tréguennec from 8 pm to 10 am

Shhhh!

Keep your favourite spot to yourself! Sharing the location of a spot on social media may seem harmless, but it can have major repercussions, such as increased visitor numbers and an impact on the environment.

Keep this little secret for your family and friends.