



|  <b>JULY : SAND COAST</b>     |   |   |
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| <b>Markets</b>  | <b>Daily markets :</b><br>Tuesday morning : Saint-Pol-de-Léon<br>Tuesday from 5:30pm to 7:30pm : Tréfléz (from 5pm to 7pm in the winter)<br>Wednesday morning : Roscoff, Landivisiau, Sizun<br>Friday morning : Cléder<br>Saturday morning : Plouescat  | <b>Seasonal markets:</b><br>Wednesday: Plouénan, place François-Prigent 5pm-9pm<br>Thursday: Moguëriec à Sibiril<br>Sunday morning: Kerfissien à Cléder/ Ile de Batz: morning, place du vénoc |
| <b>Aquatic and beach activities.</b><br>Plage de Porsmeur<br>PLOUESCAT<br>Location on the map : D2<br>+33 2 98 69 63 25   | <b>From the 8th of July to the 23rd of August.</b><br><b>Aquagym :</b> Monday to Friday from 11.15am to 12pm. (From 16 years old). Porsmeur beach (rendez-vous at the lifeguard station place)<br><b>Animation point at Porsmeur Beach</b> from Monday to Friday from 2 to 5.30 pm - Porsmeur beach (under lifeguard station place). Free of charge, open for all. Multisports playground (archery, molkky, beach tennis,etc.) in free access.  | <b>Prices and reservations for swimming and aquagym activities</b> at the Nautical centre<br>website: <a href="http://www.plouescat-nautisme.fr">www.plouescat-nautisme.fr</a>                |
| <b>Aquatic and beach activities.</b><br>Plage des Amiets<br>CLÉDER<br>Location on the map : B2<br>+33 2 98 69 32 95   | <b>From 6th July to 12th August</b><br>Monday to Friday from 10 am to 12.00 am and from 1.30 to 5.30 pm<br><b>Beach Park "La Cabane":</b><br>Archery, mini-golf, tennis, beach tennis<br>Wednesday afternoon: beach rugby<br>Friday afternoon: Sandball   | Free access   |
| <b>Sand yachting and Nautical Centers</b><br><b>Plouescat</b><br>Port de Porsguen (Centre Nautique) & Baie de Kernic (Char à voile)<br>PLOUESCAT<br>Location on the map : C2<br>+33 2 98 69 63 25 | <b>From 4th July to 28th August:</b><br>Nautical centre: lessons, training sessions, rentals, Polynesian canoe rides. Tel: +33 6 61 65 60 15<br>Sand yachting Centre: from 1 to 7 pm everyday. Tel: +33 6 61 65 60 16<br><b>Swimming lessons from 11th July to 26th August</b> (mobile swimming pool at the multisports facility of the city centre): from Monday to Friday.  | <b>Prices and reservations:</b><br><a href="http://www.plouescat-nautisme.fr">www.plouescat-nautisme.fr</a> or<br><b>+33 2 98 69 63 25</b>  |
| <b>"Partouche" Casino</b><br>100, rue de Brest<br>PLOUESCAT<br>Location on the map : D3<br>+33 2 98 69 63 41  | <b>From 10 am to 3 am:</b> on Monday, Tuesday, Wednesday, Thursday and Sunday.<br><b>From 10 am to 4 am:</b> on Friday and Saturday<br><b>From 10th July to 28th August,</b> the casino closes everyday at <b>4 am</b>  | (Identity card compulsory).<br>Prohibited to minors.  |
| <b>Kergounadéac'h 's Castle</b><br>CLÉDER<br>Location on the map : B7   | Majestic and imposing ruins of a 17th-century castle inspired by the Val-de-Loire castles.<br>Private property, These imposing ruins can only be seen from the road.  | Free  |
| <b>Kermenguy's Castle</b><br>CLÉDER<br>Location on the map : B7   | This lovely Renaissance-style manor, renovated during the 19th century, replaced the ancient Kermenguy medieval castle.<br>19th-century tables, kennel and barns.<br>All information on possible events at <a href="http://www.chateau-des-legendes.com">www.chateau-des-legendes.com</a> .<br>Private property. Manor only visible from the n°23 communal road.  |   |
| <b>Kérouzéré's Castle</b><br>SIBIRIL<br>Location on the map : F3-4<br>+33 6 73 71 85 92<br><a href="mailto:chateau.kerouzere@gmail.com">chateau.kerouzere@gmail.com</a>                           | 15th-century fortified castle. Partially restored at the end of the 16th century after it was besieged by the Catholic League. Private property. You are welcome to explore the grounds and the exterior of the house.<br>Free access to the grounds.<br>Inside guided tours available :<br>From the 1st of July to the 14th of July, wednesdays and sundays at 11:00 AM.<br>From the 15th of July to the 31st of August, everyday à 11:00 AM.<br>Prices : 5 € (+ 18 years old), 3 € (10/18 years old), free under 10 years old.<br>Groups (association : 3 €/person, school : 1,50 €/person) = booking required. | Without booking   |
| <b>Château de Kergounadéac'h</b><br>PLOUNÉVEZ-LOCHRIST  | Majestic and imposing ruins of a 17th-century castle inspired by the Val-de-Loire castles.<br>Private property, These imposing ruins can only be seen from the road.  | Free  |
| <b>"Le Dauphin" Cinema</b><br>10, rue Maréchal Foch<br>PLOUESCAT<br>Location on the map : D4<br>+33 2 98 69 66 82   | 1 Cinema room. "Art et Essai" programmed-style cinema.<br>Monthly schedule on: <a href="http://www.cinemaledauphin.fr">www.cinemaledauphin.fr</a>   | <b>Full price:</b> 6 €<br><b>- 12 y.o.:</b> 4.50 €<br>Everyday session in summer  |

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| <b>Cycling and walkings paths</b>  | <b>Cycling and walking paths - Topoguides :</b><br>- 15 walking paths on the GR 34, the GR380 and the "veloroute" cycling path<br>- Walking in Haut-Léon territory, 10-technical sheets topo-guide<br><b>Bicycle tour</b> available on-demand at Plouescat Tourist Office.  | Topoguide on sale for 1€ and 5€.   |
| <b>Brittany kite surf school</b><br>Plages de Keremma<br>PLOUESCAT<br>+33 7 83 33 87 +33 7<br>contact@ecolekitesurfbretagne.com  | Discover Kitesurfing and Wingfoil on the immense beaches of Keremma. Training according to individual progress and level. Different training courses from 12 years old / 40kg: Discovery to improvement sessions, 3-day introductory course, sailing and supervised rental.<br>Open 7 days a week.  | Booking in advance recommended.  |
| <b>Boat cruises from Mogueriec to "l'île de Batz"</b><br>Moguériec Harbour<br>SIBIRIL  | 45-minute boat cruises commented by the captain to discover the Sand Coast treasures from Moguériec Port in Sibiril.<br>Cruises on 5th, 12th, 18th and 20th, 23rd, 27th, 28th July.   | Adult (+12 y.o.): 18 € / Child (4-11 y.o.): 14 € / Baby (- 4 y.o.): 6 €<br>Reservation at <b>the Plouescat Tourist Office.</b>   |
| <b>Sand Coast Golf course</b><br>3 Coatalec<br>PLOUESCAT<br>Location on the map : C5<br>+33 6 16 74 52 46  | Approved 9-hole golf course.<br>Discover or perfect your game all year round with a PGA pro. Discovery and improvement course during the holidays.<br><b>Saturday 23rd July:</b> "Entre terre et mer" golf tournament<br>Meeting by 8.30 am at Kernic Bay: Start at 9 pour a 10-hole course. Lunch at the Casino Restaurant of Plouescat at 1 pm. Afternoon: 8 holes at Côte des Sables golf course. Start at 2.30 pm. 3.30: Awards and trophy and cocktail offered by ASGCS association. FFGOLF updated Licence compulsory.                              | <b>Prices :</b><br>Green fee: 20€ (-18 y.o.: 5€) for a 2-time 9-hole course  |
| <b>"Grains d'Or" Horse Stables</b><br>Gorre-bloué<br>PLOUESCAT<br>Location on the map : D5<br>+33 6 03 76 96 80  | <b>Riding centre, riding lessons, walks.</b><br>Riding lessons all year round for all levels and all ages, courses, rides in the forest or on the beach, pony rides, horse boarding.<br>Pony riding training sessions pour 5 to 7 y.o. young people every wednesday afternoons.<br>Horse riding sessions (adults/children) every Thursday afternoons.   | <b>Prices :</b><br>1 hour ride : 25€.<br>1 hour 30: 30 €<br>Stroll in hand: 10h the 1/2h - 20€/hour  |
| <b>"O Cycles des Halles" bike rental service</b><br>14, place du Général de Gaulle<br>Derrière les Halles<br>PLOUESCAT<br>+33 6.62.48.88.38<br>yves.jezequel3@wanadoo.fr | Rental of bikes and electric bikes for adults and kids, tandem,trailer, helmets, etc.   | 7 days a week from 9am<br>In june - july - august - september  |
| <b>Leisure of the Bay - Mini-golf</b><br>109 Kervoa<br>PLOUESCAT<br>Location on the map : D2-3<br>+33 6 83 12 24 55  | Clay miniature golf course situated in a shady park facing the magnificent Baie du Kernic, pedal boats on a river circuit. Possibility of picnic on site.<br>From the centre of Plouescat, direction Porsguen.<br>Open from 10 to 12 am on reservation or from 4 to 7 without reservation<br>Open from 10am to 12pm with reservation and from 4pm to 7pm without reservation.   | From 5€ per person for 1h30.   |
| <b>Maison des Dunes</b><br>Kéremma<br>TRÉFLEZ<br>+33 2 98 61 69 69   | <b>Accueil/boutique-espace de découverte des Dunes :</b><br>Du lundi au vendredi de 10h à 18h sans interruption .<br>Le dimanche de 14h à 18h / Fermée le samedi.<br><b>Jeu de piste Roc'h Gozh :</b><br>9 énigmes à résoudre pour ouvrir 9 coffres secrets qui conduiront à l'antre Roc'h Gozh.<br><b>Sorties nature :</b> Retrouvez les dates dans le programme des animations  |  |
| <b>Créac'h Ingar Manor</b><br>TRÉFLAOUÉAN  | Free access to outside grounds only.  | Free   |
| <b>Kerlan Manor</b><br>Kerlan<br>SIBIRIL<br>Location on the map : E3   | Kerlan is a Manor House with mullioned windows and a square tower, at the foot of which the front door opens. Over, have a look at the lintel of the door's accolade and the large arch. Into the turret, the spiral stairway in stone leads huge rooms with large fireplaces.<br>Private property. Manor House only from the road visible.<br>Visits of the outside possible everyday.<br>Free guided visit (inside of the Manor House) possible on request 8 days before  | Free   |
| <b>Tronjoly Manor</b><br>CLÉDER<br>Location on the map : C3  | Beautiful set of inhabited buildings from the 16th-19th centuries with a central courtyard. You are welcome to admire the front exterior of the house from the balcony and the chapel.<br>Private property, Free access to outside grounds (park and chapel) only.  | Free   |
| <b>Médiathèque l'Atelier</b><br>Pôle culturel<br>16, place du Dauphin<br>PLOUESCAT<br>Location on the map : D4<br>+33 2 98 69 88 81                                      | Mediatheque, animations in and out of the building - Image and sound room (DVDs, PS4 games, CD records). Seeds register. Wifi access in the hall and computer room dedicated to online consultation searches. 10 computers for use availables.<br><b>Monday:</b> closed<br><b>Tuesday, Thursday, Friday:</b> 4 to 6.30 pm<br><b>Wednesday, Saturday:</b> 10 to 12.30 am and from 2 to 5 pm<br><b>Sunday :</b> 2 to 5 pm<br><b>Lundi :</b> 15h00 à 17h30<br><b>Mardi, mercredi, jeudi, vendredi :</b> 10h /12h et 15h /17h30<br><b>Samedi :</b> 10h /12h30 | Entrance for free and for all, visitors included<br>Yearly subscrption :<br>- Less than 18 y.o., students, unemployed,...: Free<br>- Adult: 15€<br>- Family (from 2 children): 25 €<br>- Summer tourists: 10 € |

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| <p><b>"Côte des Légendes"<br/>Honey Farm</b><br/>Prat-Bian<br/>PLOUESCAT<br/>Location on the map : A4<br/>+33 2 98 69 88 93</p>                                     | <p><b>Shop :</b><br/>Monday to Friday from 9am to 12pm and from 2pm to 6pm.<br/>Saturdays open from April to September and during school holidays: from 10am to 12pm and from 2pm to 6pm.<br/>On Friday visit and discovery of the hive every Friday from 2 to 6 pm</p>   |   |
| <p><b>Pump track Cléder</b><br/>Place Ashburton<br/>CLÉDER</p>  | <p>1300 m square area dedicated to the practise of skating,with 900 m square area of tracks and bumps !</p>   |   |
| <p><b>Street workout facility</b><br/>Parc des sports<br/>Neben der Sporthalle des<br/>Zentrums<br/>PLOUESCAT<br/>Location on the map : D4</p>                      | <p>Outdoor stuctures for all ages : slides and swing seats for the youngest, skate park, city stade, and outside training structure for musculation, cardio, crossfit, etc.. Individualised coaching app possible (download it for free).<br/>Open all-year long !</p>  | <p>Free</p>   |
| <p><b>Nautical club Cléder</b><br/>Plage des Amiets<br/>CLÉDER<br/>Location on the map : B2<br/>+33 2 98 69 42 98<br/>+33 6 68 61 40 84<br/>cn.cleder@gmail.com</p> | <p>Training, private lessons and rentals<br/>Monday to Friday, 9.30 to 7.30 pm<br/>Saturday to Sunday: 2 to 6 pm</p>  | <p>Prices on<br/><b>clubnautiquecléder.jimdofree.com</b><br/>Reservation by email:<br/><b>cn.cleder@gmail.com</b><br/>or by phone: <b>+33 6 66 46 30 49</b></p>                 |
| <p><b>Léon Surf School</b><br/>170 Beg Tanguy (Moguériec)<br/>SIBIRIL<br/>+33 6 66 46 30 49</p>   | <p>Lessons and training courses, stand-paddle rides, fitness paddle,...</p>   | <p>Lessons and training courses schedule, tariffs and reservations at <a href="http://www.ecole-surf-leon.com">www.ecole-surf-leon.com</a> or by phone at +33 6 66 46 30 49</p> |
| <p><b>Tennis</b><br/>Parc de loisirs des Amiets<br/>Rue de Théven Kerbrat<br/>CLÉDER<br/>Location on the map : B2<br/>+33 2 98 69 63 88</p>                         | <p>4 outdoor courts to be used all-year long<br/>Collective or private training sessions possible for young people from 4 y.o. and adults<br/><b>Stages de tennis été 2023</b><br/>Stages sur juillet et août ouverts aux enfants et aux adultes, de tous niveaux. Les séances seront encadrées par Olivier, enseignant diplômé d'état, selon le rythme suivant : du lundi au jeudi; horaires à définir.<br/>Lien inscriptions : <a href="https://form.jotform.com/231293499611360">https://form.jotform.com/231293499611360</a> ou <b>06 47 55 59 79</b><br/>Tarif : <b>90 €</b> (pour les 4 séances. chèques ancv acceptés)</p> | <p>Free access all-year-round</p>   |
| <p><b>Tennis</b><br/>Palud Bihan<br/>PLOUESCAT<br/>Location on the map : C2<br/>+33 6 88 58 41 74</p>   | <p>4 outdoor courts<br/>Courts and training lessons on-demand.<br/>Monitored by a professional tennis coach.<br/>Cours et stages sur demande.<br/>Tournois chaque mardi après-midi (inscription jusqu'au mardi midi). Tarif : 5 €. Encadrement par un moniteur breveté d'état.</p>  | <p>Free access all-year-round</p>   |
| <p><b>Tennis</b><br/>Salle omnisports du centre<br/>6 rue de Verdun<br/>PLOUESCAT<br/>Location on the map : D4<br/>+33 7 81 04 78 18</p>                            | <p>4 outdoor courts<br/>Courts and training lessons on-demand.<br/>4 outdoor courts<br/>Courts and training lessons on-demand.<br/>Tournaments every Tuesday afternoon (subscription until Tuesday noon)<br/>Price: 5 €<br/>Monitored by a professional tennis coach.</p>   | <p>Free access all-year-round</p>   |