

AUGUST : SAND COAST		
<p><b>Markets</b></p>	<p><b>Daily markets :</b> Tuesday morning : Saint-Pol-de-Léon Tuesday from 5:30pm to 7:30pm : Tréfléz (from 5pm to 7pm in the winter) Wednesday morning : Roscoff, Landivisiau, Sizun Friday morning : Cléder Saturday morning : Plouescat</p>	<p><b>Seasonal markets:</b> Wednesday: Plouénan, place François-Prigent 5pm-9pm Thursday: Moguëriec à Sibiril Sunday morning: Kerfissien à Cléder/ Ile de Batz: morning, place du vénoc</p>
<p><b>Aquatic and beach activities.</b> Plage de Porsmeur PLOUESCAT Location on the map : D2 +33 2 98 69 63 25</p>	<p><b>From the 8th of July to the 23rd of August.</b> <b>Aquagym :</b> Monday to Friday from 11.15am to 12pm. (From 16 years old). Porsmeur beach (rendez-vous at the lifeguard station place) <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.</p>	<p><b>Prices and reservations for swimming and aquagym activities</b> at the Nautical centre website: <a href="http://www.plouescat-nautisme.fr">www.plouescat-nautisme.fr</a></p>
<p><b>Aquatic and beach activities.</b> Plage des Amiets CLÉDER Location on the map : B2 +33 2 98 69 32 95</p>	<p><b>From 8th July to 9th August</b> Monday to Friday from 10 am to 12.00 am and from 1.30 to 5.30 pm <b>Beach Park "La Cabane":</b> Archery, mini-golf, tennis, beach tennis Wednesday afternoon: beach rugby Friday afternoon: Sandball</p>	<p>Free access</p>
<p><b>Sand yachting and Nautical Centers</b> <b>Plouescat</b> Port de Porsguen (Centre Nautique) &amp; Baie de Kernic (Char à voile) PLOUESCAT Location on the map : C2 +33 2 98 69 63 25</p>	<p><b>From 4th July to 28th August:</b> Nautical centre: lessons, training sessions, rentals, Polynesian canoe rides. Tel: +33 6 61 65 60 15 Sand yachting Centre: from 1 to 7 pm everyday. Tel: +33 6 61 65 60 16 <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.</p>	<p><b>Prices and reservations:</b> <a href="http://www.plouescat-nautisme.fr">www.plouescat-nautisme.fr</a> or <b>+33 2 98 69 63 25</b></p>
<p><b>"Partouche" Casino</b> 100, rue de Brest PLOUESCAT Location on the map : D3 +33 2 98 69 63 41</p>	<p><b>From 10 am to 3 am:</b> on Monday, Tuesday, Wednesday, Thursday and Sunday. <b>From 10 am to 4 am:</b> on Friday and Saturday <b>From 10th July to 28th August,</b> the casino closes everyday at 4 am</p>	<p>(Identity card compulsory). Prohibited to minors.</p>
<p><b>Kergounadéac'h 's Castle</b> CLÉDER Location on the map : B7</p>	<p>Majestic and imposing ruins of a 17th-century castle inspired by the Val-de-Loire castles. Private property, These imposing ruins can only be seen from the road.</p>	<p>Free</p>
<p><b>Kermenguy's Castle</b> CLÉDER Location on the map : B7</p>	<p>This lovely Renaissance-style manor, renovated during the 19th century, replaced the ancient Kermenguy medieval castle. 19th-century tables, kennel and barns. All information on possible events at <a href="http://www.chateau-des-legendes.com">www.chateau-des-legendes.com</a>. Private property. Manor only visible from the n°23 communal road.</p>	
<p><b>Kérouzéré's Castle</b> SIBIRIL Location on the map : F3-4 +33 6 73 71 85 92 <a href="mailto:chateau.kerouzere@gmail.com">chateau.kerouzere@gmail.com</a></p>	<p>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. Free access to the exteriors from 10 am to 6 pm Inside guided tours available : Guided visit of the inside from Monday to Friday at 2.30, 4 and 5.30 pm Adult price: 10€, reduced price: 7€ between 7 and 15 y.o., free for less than 6 y.o. Payment by credit card accepted</p>	<p>Without booking</p>
<p><b>Château de Kergounadéac'h</b> PLOUNÉVEZ-LOCHRIST</p>	<p>Majestic and imposing ruins of a 17th-century castle inspired by the Val-de-Loire castles. Private property, These imposing ruins can only be seen from the road.</p>	<p>Free</p>
<p><b>"Le Dauphin" Cinema</b> 10, rue Maréchal Foch PLOUESCAT Location on the map : D4 +33 2 98 69 66 82</p>	<p>1 Cinema room. "Art et Essai" programmed-style cinema. Monthly schedule on: <a href="http://www.cinemaledauphin.fr">www.cinemaledauphin.fr</a></p>	<p><b>Full price:</b> 6 € <b>- 12 y.o.:</b> 4.50 € Everyday session in summer</p>

<b>Cycling and walkings paths</b>	<b>Cycling and walking paths - Topoguides :</b> - 15 walking paths on the GR 34, the GR380 and the "veloroute" cycling path - Walking in Haut-Léon territory, 10-technical sheets topo-guide <b>Bicycle tour</b> available on-demand at Plouescat Tourist Office.	Topoguide on sale for 1€ and 5€.
<b>Brittany kite surf school</b> Plages de Keremma PLOUESCAT +33 7 83 33 87 +33 7 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. Open 7 days a week.	Booking in advance recommended.
<b>Boat cruises from Mogueriec to "l'île de Batz"</b> Mogueriec Harbour SIBIRIL	45-minute boat cruises commented by the captain to discover the Sand Coast treasures from Mogueriec Port in Sibiril. Cruises on 1st, 3rd, 4th, 10th, 11th, 15th, 17th, 18th, 20th and 27th August. Ticketing service at your Tourist Office	Adult (+12 y.o.): 18 € / Child (4-11 y.o.): 14 € / Baby (- 4 y.o.): 6 € Reservation at <b>the Plouescat Tourist Office.</b>
<b>Sand Coast Golf course</b> 3 Coatalec PLOUESCAT Location on the map : C5 +33 6 16 74 52 46	Approved 9-hole golf course. Discover or perfect your game all year round with a PGA pro. Discovery and improvement course during the holidays.	<b>Prices :</b> Green fee: 20€ (-18 y.o.: 5€) for a 2-time 9-hole course
<b>"Grains d'Or" Horse Stables</b> Gorre-bloué PLOUESCAT Location on the map : D5 +33 6 03 76 96 80	<b>Riding centre, riding lessons, walks.</b> Riding lessons all year round for all levels and all ages, courses, rides in the forest or on the beach, pony rides, horse boarding. Pony riding training sessions pour 5 to 7 y.o. young people every wednesday afternoons. Horse riding sessions (adults/children) every Thursday afternoons.	<b>Prices :</b> 1 hour ride : 25€. 1 hour 30: 30 € Stroll in hand: 10h the 1/2h - 20€/hour
<b>"O Cycles des Halles" bike rental service</b> 14, place du Général de Gaulle Derrière les Halles PLOUESCAT +33 6.62.48.88.38 yves.jezequel3@wanadoo.fr	Rental of bikes and electric bikes for adults and kids, tandem,trailer, helmets, etc.	7 days a week from 9am In june - july - august - september
<b>Leisure of the Bay - Mini-golf</b> 109 Kervoa PLOUESCAT Location on the map : D2-3 +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. From the centre of Plouescat, direction Porsguen. Open from 10 to 12 am on reservation or from 4 to 7 without reservation Open from 10am to 12pm with reservation and from 4pm to 7pm without reservation.	From 5€ per person for 1h30.
<b>La "Maison des Dunes" museum</b> Kéremma TRÉFLEZ +33 2 98 61 69 69	<b>Museum - discovery space :</b> From Monday to Friday from 10 am to 6 pm non-stop. On Sunday from 2 to 6 pm / Closed on Saturday <b>Activities about nature :</b> Get full info of the activities on website and activities program	
<b>Créac'h Ingar Manor</b> TRÉFLAOUÉNAN	Free access to outside grounds only.	Free
<b>Kerlan Manor</b> Kerlan SIBIRIL 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. Private property. Manor House only from the road visible. Visits of the outside possible everyday. Free guided visit (inside of the Manor House) possible on request 8 days before	Free
<b>Tronjoly Manor</b> CLÉDER 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. Private property, Free access to outside grounds (park and chapel) only.	Free
<b>Médiathèque l'Atelier</b> Pôle culturel 16, place du Dauphin PLOUESCAT Location on the map : D4 +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. <b>Monday:</b> closed <b>Tuesday, Thursday, Friday:</b> 4 to 6.30 pm <b>Wednesday, Saturday:</b> 10 to 12.30 am and from 2 to 5 pm <b>Sunday :</b> 2 to 5 pm <b>Lundi :</b> 15h00 à 17h30 <b>Mardi, mercredi, jeudi, vendredi :</b> 10h /12h et 15h /17h30 <b>Samedi :</b> 10h /12h30	Entrance for free and for all, visitors included  Yearly subscription : - Less than 18 y.o., students, unemployed,...: Free - Adult: 15€ - Family (from 2 children): 25 € - Summer tourists: 10 €

<p><b>"Côte des Légendes" Honey Farm</b> Prat-Bian PLOUESCAT Location on the map : A4 +33 2 98 69 88 93</p>	<p><b>Shop :</b> Monday to Friday from 9am to 12pm and from 2pm to 6pm. Saturdays open from April to September and during school holidays: from 10am to 12pm and from 2pm to 6pm. On Friday visit and discovery of the hive every Friday from 2 to 6 pm</p>	
<p><b>Pump track Cléder</b> Place Ashburton 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> Parc des sports Neben der Sporthalle des Zentrums PLOUESCAT 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). Open all-year long !</p>	<p>Free</p>
<p><b>Nautical club Cléder</b> Plage des Amiets CLÉDER Location on the map : B2 +33 2 98 69 42 98 +33 6 68 61 40 84 cn.cleder@gmail.com</p>	<p>Training, private lessons and rentals Monday to Friday, 9.30 to 7.30 pm Saturday to Sunday: 2 to 6 pm</p>	<p>Prices on <b>clubnautiquecléder.jimdofree.com</b> Reservation by email: <b>cn.cleder@gmail.com</b> or by phone: <b>+33 6 66 46 30 49</b></p>
<p><b>Léon Surf School</b> 170 Beg Tanguy (Moguériec) SIBIRIL +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> Parc de loisirs des Amiets Rue de Théven Kerbrat CLÉDER Location on the map : B2 +33 2 98 69 63 88</p>	<p>4 outdoor courts to be used all-year long Collective or private training sessions possible for young people from 4 y.o. and adults <b>Stages de tennis été 2024</b> 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 (pour les adultes) et du lundi au vendredi (pour les enfants); horaires à définir. Lien inscriptions : <a href="https://form.jotform.com/231293499611360">https://form.jotform.com/231293499611360</a> ou <b>06 47 55 59 79</b> Tarif : <b>90 €</b> (pour les 4 séances. chèques ancv acceptés)</p>	<p>Free access all-year-round</p>
<p><b>Tennis</b> Palud Bihan PLOUESCAT Location on the map : C2 +33 6 88 58 41 74</p>	<p>4 outdoor courts Courts and training lessons on-demand. Monitored by a professional tennis coach. Cours et stages sur demande. 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> Salle omnisports du centre 6 rue de Verdun PLOUESCAT Location on the map : D4 +33 7 81 04 78 18</p>	<p>4 outdoor courts Courts and training lessons on-demand. 4 outdoor courts Courts and training lessons on-demand. Tournaments every Tuesday afternoon (subscription until Tuesday noon) Price: 5 € Monitored by a professional tennis coach.</p>	<p>Free access all-year-round</p>