





OCTOBER : SAINT-POL-DE-LÉON		
Markets	Daily markets : Tuesday morning : Saint-Pol-de-Léon Tuesday from 5pm to 7pm : Tréflez Wednesday morning : Roscoff, Landivisiau, Sizun Friday morning : Cléder Saturday morning : Plouescat	
Pol-Aurélien Cathedral SAINT-POL-DE-LÉON Location on the map : D4	Open everyday 9.30am - 5pm.	Free entrance.
Notre-Dame-du-Kreisker Chapel SAINT-POL-DE-LÉON Location on the map : D4	The 14th-15th-century chapel has the tallest spire (80m-high) of Brittany and was built by an english architect ! Closed until 18 October. Open from 19 October to 3 November every day from 9.30 am to 5.00 pm.	Free visit to the chapel.
Légumes project Ferme de Kerguelen SAINT-POL-DE-LÉON Location on the map : B9 +33 6 23 73 67 05	Visit a certified organic farm and discover the interpretation centre. Great educational and entertaining family activities, for children and adults alike ! From 2 to 31 October, every Wednesday at 2.30pm, 'Plongée au coeur des légumes' (Diving into the heart of vegetables) at Légumes Project: vegetable workshop led by Michèle and vegetable tasting.	Vegetable workshop: 10€ per adult 6€ per child under 13 Booking required.
Public Pool  33 rue des Carmes SAINT-POL-DE-LÉON Location on the map : C5 +33 2 98 29 12 77	Recreational pool, water games, rapid river, massaging spurts, slides. Spa: steam room, sauna, whirlpool bath... School period - Until 20 October: Tuesday and Thursday: 12pm-1.30pm and 5pm-8pm Wednesday: 2.30pm-7pm Friday: 5pm-7pm Saturday: 2.30pm-6pm Sunday: 9am-12.30pm and 2.30pm-6pm School holidays - From 21 October to 03 November: Monday, Wednesday and Friday: 10am-12.30pm and 2.30pm-7pm Tuesday and Thursday: 10am-1.30pm and 2.30pm-7pm Saturday: 2.30pm-6pm Sunday: 9am-12.30pm and 2.30pm-6pm Friday 18 October from 7pm to 7.45pm: aquagym class led by a DJ, open to all with prior booking. Friday 18 October from 8pm to 10.15pm: Halloween Pool Party. Festive evening, decorated pools, DJ entertainment. Wednesdays 23 and 30 October from 2.30pm to 4.30pm: inflatable structure installed on the pool for 3-14 year olds.	Adult: 4,50 €. Children 3 to 18 years old: 4,00 €. Children under 3 years old: Free.
Maison Imbert bike rental service 624 rue de Morlaix SAINT-POL-DE-LÉON Location on the map : E6 +33 6 76 35 52 23	Rental service with classic and electric bikes. Repair and maintenance workshop and sale of accessories for your cycling activity (clothing, luggage, etc.). And also... Pimp your bike ! Bring a touch of color and personalization and turn it into an entirely different bike ! Open from Tuesday to Saturday : 10am-12am and 2pm-7pm.	Rates and informations on : www.maisonimbertcycle.com
Public Library  Kéroulas SAINT-POL-DE-LÉON Location on the map : D4 +33 2 98 69 14 74	Wide selection of novels, comic books and manga, documentaries, magazines, music and DVDs, seed swap. Opening Hours : Tuesday : 10am -5pm Wednesday and Saturday : 10am - 12pm and 1.30pm - 5pm Friday: 3pm-7pm	Free entrance. Subscription required for borrowing library resources. More informations on www.mediatheques.hlc.bzh.
Watersport Centre  Pointe de la Groue SAINT-POL-DE-LÉON Location on the map : I5 +33 2 30 26 00 65 cgsp@revesdemer.com	Find all the activities on www.revesdemer.com. "Marche aquatique" ("aqua-walking") on Wednesdays, Fridays, Saturdays and Sundays. Equipment hire: windsurfing, stand-up paddle, kayak, catamaran. From 21 to 25 October: funboat and optimist course for 7-11 year-olds, booking required.	Information and bookings at the Watersports Centre.
Movie theater Le Majestic  Place Michel Colombe SAINT-POL-DE-LÉON Location on the map : D5 +33 2 98 19 12 65	Timetable available at the Tourist Information Centre and on the website www.cinema-majestic-29250.com .	Adult : 7€ Discounted rate (under 18 years old, students and job seekers): 6€ Under 14 years old : 4,50€ Subscribers : 5,50€

<p>The Breizh'ters SAINT-POL-DE-LÉON +33 2 98 69 05 69</p>	<p>In french or spanish only. Guided tour following the concept of Greeters. Our Breizh'ters provide a free and warm welcome to individuals or groups of up to 5 people. They can add huge value to your visit by sharing their local knowledge of Saint-Pol-de-Leon highlights, hidden gems and heritage. Booking required at the Tourist Information Centre.</p>	<p>Free</p>
<p>Walking and cycling trails SAINT-POL-DE-LÉON</p>	<p>Heritage trail: discover the historic centre and the coastline of Saint-Pol-de-Léon thanks to the 28 interpretation panels along the trail. A treasure hunt for children is available free of charge at the Tourist Office. Sainte-Anne islet: visit the Sainte-Anne islet, a natural site linked to the coast by the Penarth promenade. Jardin du Champ de la Rive: children's playground, picnic area and magnificent view of the islet Sainte-Anne and the Bay of Morlaix. Saint-Pol - Roscoff: a pleasant 8km walk along the GR34 coastal path, or a 5.6km cycle ride along the greenway.</p>	<p>Heritage trail map available at the Tourism Information Centre. Free maps available at the Tourism Information Centre. Hiking guide « 15 hikes and rides » (in french only) : 1 €. Hiking itineraries in Haut-Léon : 5€ 11 itineraries, 0.50€ per itinerary (in french only).</p>
<p>La Maison du Filet Brodé  1 rue des Sabotiers PLOUÉNAN +33 6 70 38 97 28</p>	<p>A collection of 50 collected or reconstructed headresses from different areas of Brittany has been put together by the non-profit organisation « Ijin Ha Spered ar Vro » and exhibited along with regional costumes from the first half of the 20th century. Visit the workshop. Visit in english and german available. Open every Thursday from 2pm to 5pm. Workshop : every Monday, 8 - 10pm & Thursday, 2 - 4.30pm.</p>	<p>Entrance fee : 2 €/person. Free under 12 years old. Demonstration of netting - Initiation for beginners (booking required) : 20€ (3 hours). Lessons : membership 30€. Group tours (booking required).</p>
<p>Public Library Rue du 19 mars 1962 PLOUÉNAN +33 2 98 69 51 47</p>	<p>Wide selection of novels, comic books and manga, documentaries, magazines, music and DVDs. Tuesday: 10am - 11am and 4pm - 6pm Wednesday: 10am - 12am and 2pm - 6pm Friday: 10am - 12am and 4pm - 6pm Saturday: 10am - 12am</p>	<p>Book loans by subscription. For more information, visit www.mediatheques.hlc.bzh.</p>
<p>Public Library 55 rue de la Mairie MESPAUL +33 2 98 61 59 79 biblio.mespaul@orange.fr</p>	<p>Monday: 6 - 7.30pm Wednesday: 10 -12pm and 1.30 - 6.30pm Saturday: 9.30am-12pm</p>	<p>Book loans by subscription. For more information, visit www.mediatheques.hlc.bzh.</p>
<p>Véloc' Ouest bike rental service +33 6 23 36 24 98 +33 2 90 73 31 62 contact@velocouest.fr</p>	<p>Electric bike hire, adult or child bikes, tandems, mountain bikes, mountain bikes, trailers and child seats, helmets, etc. Delivered to your door all year round. You can hire your bike 24 hours before the start date.</p>	<p>Book your bike online, by filling in the rental dates, as well as the place of delivery on: www.velocouest.fr/livraisondevelos/ Security of transactions ensured.</p>