

OCTOBER : SAND COAST		
Markets	Daily markets : Tuesday morning : Saint-Pol-de-Léon Tuesday from 5pm to 7pm : Tréfléz Wednesday morning : Roscoff, Landivisiau, Sizun Friday morning : Cléder Saturday morning : Plouescat	
Sand yachting and Nautical Centers Plouescat Port de Porsguen (Centre Nautique) & Baie de Kernic (Char à voile) PLOUESCAT Location on the map : C2 +33 2 98 69 63 25	Sand yachting : every Saturday afternoon French holiday period : From Tuesday 24 to Saturday 28th and from Tuesday 31st to Saturday 4th October -water activities in the morning on reservation, from 9am to 12pm. Then depending on the reservations - sand yachting activity every afternoon, from 2 to 3 and 3 to 4pm	Prices and reservations: www.plouescat-nautisme.fr or +33 2 98 69 63 25
"Partouche" Casino 100, rue de Brest PLOUESCAT Location on the map : D3 +33 2 98 69 63 41	From 10 am to 3 am : on Monday, Tuesday, Wednesday, Thursday and Sunday. From 10 am to 4 am : on Friday and Saturday French Holy Days: from 10 am to 3 am	(Identity card compulsory). Prohibited to minors.
Kermenguy's Castle CLÉDER Location on the map : B7	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 www.chateau-des-legendes.com . Private property. Manor only visible from the n°23 communal road.	
Kérouzéré's Castle SIBIRIL Location on the map : F3-4 +33 6 73 71 85 92 chateau.kerouzere@gmail.com	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 grounds. Inside guided tours available : Sundays at 11:00 AM. Prices : 5 € (+ 18 years old), 3 € (10/18 years old), free under 10 years old. Groups (association : 3 €/person, school : 1,50 €/person) = booking required.	Without booking
"Le Dauphin" Cinema 10, rue Maréchal Foch PLOUESCAT Location on the map : D4 +33 2 98 69 66 82	1 Cinema room. "Art et Essai" programmed-style cinema. Monthly schedule on: www.cinemaledauphin.fr	Full price: 6 € - 12 y.o.: 4.50 € Everyday session in summer
Cycling and walkings paths	Cycling and walking paths - Topoguides : - 15 walking paths on the GR 34, the GR380 and the "veloroute" cycling path - Walking in Haut-Léon territory, 10-technical sheets topo-guide Bicycle tour available on-demand at Plouescat Tourist Office.	Topoguide on sale for 1€ and 5€.
Brittany kite surf school Plages de Keremma PLOUESCAT +33 7 83 33 87 +33 7 contact@ecolekitesurfbreizh.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.
Sand Coast Golf course 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.	Prices : Green fee: 20€ (-18 y.o.: 5€) for a 2-time 9-hole course
"Grains d'Or" Horse Stables Gorre-bloué PLOUESCAT Location on the map : D5 +33 6 03 76 96 80	Riding centre, riding lessons, walks. Riding lessons all year round for all levels and all ages, courses, rides in the forest or on the beach, pony rides, horse boarding. From october 22th Possible rides on the beach on reservation.	Prices : 1 hour ride : 25€. 1 hour 30: 30 € Stroll in hand: 10h the 1/2h - 20€/hour

<p>Leisure of the Bay - Mini-golf 109 Kervoa PLOUESCAT Location on the map : D2-3 +33 6 83 12 24 55</p>	<p>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 Sous réservation pendant les vacances de la Toussaint</p>	<p>From 5€ per person for 1h30.</p>
<p>La "Maison des Dunes" museum Kéremma TRÉFLEZ +33 2 98 61 69 69</p>	<p>Accueil/boutique-espace de découverte des Dunes : le mercredi de 14h à 17h30 Vacances de la Toussaint: ouvert du lundi au vendredi de 14h à 17h30, le dimanche de 14h à 18h.Fermé le 1er novembre</p>	
<p>Médiathèque l'Atelier Pôle culturel 16, place du Dauphin PLOUESCAT Location on the map : D4 +33 2 98 69 88 81</p>	<p>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. Monday: closed Tuesday, Thursday, Friday: 4 to 6.30 pm Wednesday, Saturday: 10 to 12.30 am and from 2 to 5 pm Sunday : 2 to 5 pm Lundi fermé. Mardi, jeudi et vendredi de 16h à 18h30. Mercredi : 10h-12h/ 14h-18h30. Samedi : 10h-12h et 14h-17h Dimanche : 14h - 17h</p>	<p>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>
<p>"Côte des Légendes" Honey Farm Prat-Bian PLOUESCAT Location on the map : A4 +33 2 98 69 88 93</p>	<p>Closed from 16h to 21st Shop : 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.</p>	
<p>Fishing on Sand Coast</p>	<p>On-foot fishing : Tides guide and a regulation ruler are available at the Tourist Offices of the territory. I fish on the shore by foot : An essential book for beginners is for sale at Plouescat's Tourist Office !</p>	<p>Price: On-foot fishing guide: 9.90€</p>
<p>Pump track Cléder 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>Street workout facility 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>Nautical club Cléder 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, Tuesday, Thursday and Friday, 9.30 to 12pm and 1.30 to 5.30 pm - reservation compulsory During october school holidays: (from 23rd October) open from Monday to Friday - reservation compulsory</p>	<p>Prices on clubnautiquecléder.jimdofree.com Reservation by email: cn.cleder@gmail.com or by phone: +33 6 66 46 30 49</p>
<p>Léon Surf School 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 www.ecole-surf-leon.com or by phone at +33 6 66 46 30 49</p>
<p>Tennis 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</p>	<p>Free access all-year-round</p>
<p>Tennis 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.</p>	<p>Free access all-year-round</p>