

MARCH : SAND COAST

<p>Markets</p>	<p>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</p>	
<p>Sand yachting and Nautical Centers Plouescat Port de Porsguen (Centre Nautique) & Baie de Kermic (Char à voile) PLOUESCAT Location on the map : C2 +33 2 98 69 63 25</p>	<p>Until the 8th: Sand yachting activity possible under reservation from 2 to 5pm.</p>	<p>Prices and reservations: www.plouescat-nautisme.fr or +33 2 98 69 62 18</p>
<p>"Partouche" Casino 100, rue de Brest PLOUESCAT Location on the map : D3 +33 2 98 69 63 41</p>	<p>From 10 am to 3 am: on Monday, Tuesday, Wednesday, Thursday and Sunday. From 10 am to 4 am: on Friday and Saturday From 10th July to 28th August, the casino closes everyday at 4 am</p>	<p>(Identity card compulsory). Prohibited to minors.</p>
<p>Kermenguy's Castle 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 www.chateau-des-legendes.com. Private property. Manor only visible from the n°23 communal road.</p>	
<p>Kérouzéré's Castle SIBIRIL Location on the map : F3-4 +33 6 73 71 85 92 chateau.kerouzere@gmail.com</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 tour of the castle: Monday, February 10 to Sunday, March 2 from 2 to 5 pm (without reservation). Free outside tour (except during storms).</p>	<p>Guided tour of the château: Price: €10 adult; €7 (7-15 yrs, PSH, groups of 15+); Free for 0-6 yrs. Self-guided tour of the château: Price: €8 adult; €4 (7-15 yrs, PSH, groups of 15+); Free for 0-6 yrs.</p>
<p>"Le Dauphin" Cinema 10, rue Maréchal Foch PLOUESCAT Location on the map : D4 +33 2 98 69 66 82</p>	<p>Every first Tuesday of the month, at 8:15pm, Le Dauphin cinema presents a surprise preview. 1 Cinema room. "Art et Essai" programmed-style cinema. Monthly schedule on: www.cinemaledauphin.fr</p>	<p>Full price: 6 € - 12 y.o.: 4 € Everyday session in summer</p>
<p>Cycling and walkings paths</p>	<p>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.</p>	<p>Topoguide on sale for 1€ and 5€.</p>
<p>Brittany kite surf school Plages de Keremma PLOUESCAT +33 7 83 33 87 +33 7 contact@ecolekitesurfbretagne.com</p>	<p>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.</p>	<p>Booking in advance recommended.</p>
<p>Sand Coast Golf course 3 Coatalec PLOUESCAT Location on the map : C5 +33 6 16 74 52 46</p>	<p>Approved 9-hole golf course. Discover or perfect your game all year round with a PGA pro. Discovery and improvement course during the holidays.</p>	<p>Prices : Green fee: 20€ from october to april 30€ from the 1st of may to the end of september -18 y.o.: free</p>
<p>"Grains d'Or" Horse Stables Gorre-bloué PLOUESCAT Location on the map : D5 +33 6 03 76 96 80</p>	<p>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.</p>	<p>Prices : 1 hour ride : 25€. 1 hour 30: 30 € Stroll in hand: 10h the 1/2h - 20€/hour</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: 4:00 pm - 6:30 pm Wednesday: 10:00 am - 12:00 pm and 2:00 pm - 6:30 pm Thursday: 4:00 pm - 6:30 pm Friday: 4:00 pm - 6:30 pm Saturday: 10am - 12pm and 2pm - 5pm</p>	<p>Entrance for free and for all, visitors included Yearly subscritption : - 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>Shop : Monday to Friday from 9am 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 ! Open all year.</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>Val Jegu lake CLÉDER Location on the map : D4</p>	<p>Situated in the town centre, a quiet place around an artificial lake with swans and ducks, to relax and stroll... Picnic and petanque areas.</p>	<p>Free</p>
<p>Les Palujous-Natural area CLÉDER Location on the map : A-B2</p>	<p>This natural area shelters a rich fauna and flora such as migratory birds and numerous species of orchids. Walking and exploring area (washing place, bridge) around Lavillo stream.</p>	<p>Gratuit</p>
<p>Guillec Valley PLOUGOULM Location on the map : F3-4</p>	<p>Walking trail, bird observatory, lookouts, fishing area.</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>Closed for works until May 2025.</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>Courses available on reservation. See website for availability.</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>

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