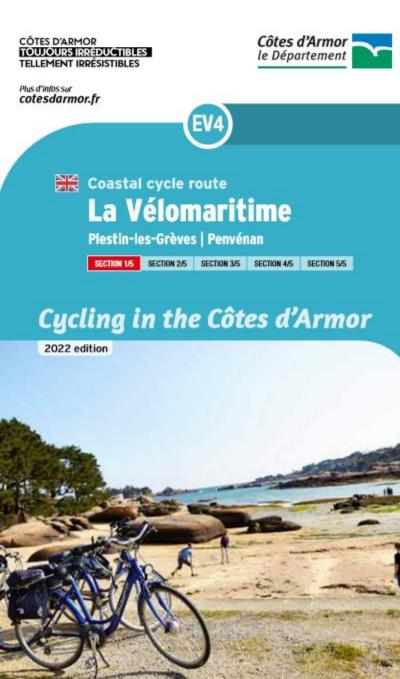
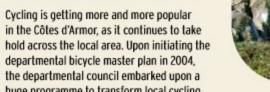




by the departmental council. 5 main itineraries developed in the Côtes d'Armor

### **Δερα**τέ**π**εηταί cycle routes





huge programme to transform local cycling networks. By improving infrastructures and creating new itineraries - Greenways and Cycle Routes -, it gives tourists and families alike a chance to explore the Côtes d'Armor from a different perspective, in complete safety.

The departmental council

backs pedal power



The development of coastal Cycle Route EV4 clearly reflects this far-reaching commitment. Along the way, you will be able to explore a part of the Côtes d'Armor's heritage.



### **The Brittany Cycle Routes** and Greenways project

operators and large conurbations have been developing nine main multi-purpose interconnecting itineraries crisscrossing the local area that are safe and marked. This bold project goes beyond the borders of Brittany and opens up into Europe through the EuroVelo project.

### Brittany Cycle Routes and Greenways

Regional and inter-departmental cycle routes



### Important information

are separate routes reserved for non-motorised mobility. They are intended to be used by cyclists, pedestrians, people with reduced mobility and horse riders.

are medium- and long-distance routes for cyclists. They link together regions and make use of low-traffic routes and stretches of greenway.

> For more information, please visit: www.tourismebretagne.com



### Ensuring personal safety and fun for all

- Observe the Highway Code and respect other users.
- Be aware and alert, especially at junctions
- Be mindful of your speed near pedestrians on greenways and vehicles.
- Remain visible when near horse riders so as not to surprise or frighten the horses.
- Make sure your bicycle is properly equipped: correctly inflated tyres, functioning brakes and lights, repair kit,
- Ensure visibility: indicate changes in direction and be careful of blind spots.

### The EuroVelo "La Vélomaritime" coastal cycle route Plestin-les-Grèves to Tréméreuc

### Riding near the coast on a regional cycle route

The "Plestin-les-Grèves - Penvénan" leg of the itinerary (84 km) is part of the EuroVelo 4 "La Vélomaritime" coastal cycle route, one of eight itineraries in the Brittany Cycle Routes and Greenways regional master plan which links Roscoff to Mont Saint-Michel along the north-east coast of Brittany. The "La Vélomaritime" coastal cycle route spans 260 km in the Côtes d'Armor.

### A cycle route from English Channel to the North Sea (1500 km)

The Vélomaritime\* coastal cycle route covers nearly 1500 km (932 miles) between Roscoff in Brittany and Bray-Dunes in the North, from English Channel, to the North Sea. It features some amazing sites to explore, among which are the Pink Granite Coast, the Mont Saint-Michel, the D-Day landing beaches, the Étretat cliffs, the Bay of the Somme and the Opal Coast.

With rocky points, bays, dunes, cliffs, UNESCO World Heritage sites and more, The Vélomaritime\* is a biking experience second to none. It is an ideal route for riders looking to get away from it all, ready for a challenge, or in search of a cultural experience with delicious food to boot.

For more information: www.lavelomaritime.fr

### Access and transport

#### Rennes: 2 h 05 \* Saint-Brieuc: 1 h 00 â Saint-Malo / Portsmouth Roscoff / Cork Roscoff / Plymouth Paris / Guingamp : 2 h 30 Route 30 Lannion / Morlaix Routes D et E : Lannion / Côte

de Granite Rose

Coast - rens

02 96 05 55 55

Puffin bus service : summe

shuttle along the Pink

To organise your travel using public transport in the Côtes d'Armor, please visit

Bus services

Bus stop network buses have two or three hold spaces for transporting your bicycle. During the summer months, collact 0 810 22 22 22 for more information.

Plan your journeys by train, 💭 coach, metro, tram and boat across Brittany using the following website:

BREIZHGO

### Car parks

Plestin-les-Grèves : in the town centre. take the D786 towards St-Michel-en-Grève. At the next roundabout, take the D42 towards Locquirec. 2 km down the road, the road opens onto the sea front. The car park is located opposite the

Lannion : in Lannion city centre, the car park is located on the quays of the city next to the Léguer river, on Quai de Viarmes.

Trébeurden : the car park is located near to the Tourist Information centre in Place de Crec'h Héry, on the D786.

### Accommodation : a nation-wide Accueil Vélo brand

For the various legs of your journey, accommodation providers within a 5 km radius of Brittany's cycle routes and greenways that play host

to bicycle touring and tourists staving in the local area on a nightly basis have been notified and listed. These accommodation providers have facilities

spaces are located on both sides of the service area for campers and the sports grounds. Perros-Guirec : on the D788, as you come from Lannion, at the roundabout

Trégastel : on the D788, at Pour Palud

at the roundabout, take the road leading

away from the supermarket. Car parking

as you enter Perros, head for Perros-Guirec city centre. At the next roundabout, turn right and then turn right again, making sure the harbour is on your left. The car park is located there, by the sea.

and services that cater to the needs of bicycle touring: areas for storing bicycles, luggage transportation, early breakfasts, etc.

To get hold of the list of bicycle-friendly accommodation, please contact the local Tourist Information centres or visit: www.cotesdarmor.com

Regional Cycle Routes and Greenways [EV4]



Since 2001, the Brittany region, the four Breton departments, water network

Local circuits and/or routes to departmental sites of interest are short distance itineraries on flat terrain,

**Cycle routes** 

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addition to the routes covered in this docu

ment, you can find fact sheets for several

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# Places to see and visit along the route

### → La Lieue de Grève to St-Michel-en-Grève

#### When the tide is out far enough, you can see the Croix de Mi-Lieue, a cross planted in the middle of the bay. At high tide, three yellow buoys mark its location. The cross was put in place in the 16th century, at a time when the bay, which spans four kilometres, was the only route between St-Michel-en-Grève and St-Efflam. It was used by travellers to assess distances and to avoid being caught off guard by the tide which is said to rise at the speed of a galloping horse. Several legends surrounding the cross speak of tales in which the unusual path taken by travellers was awash with bandits

### → The cliffs of Trédrez

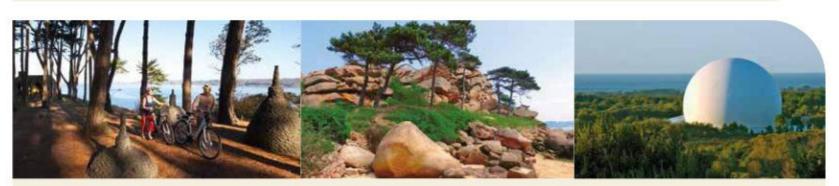
The cliffs of Trédrez, a former volcanic region, boast incredible geological. botanical and zoological heritage. The rock erosion, adaptation of plants to the wind and very poor soil sometimes make for some incredible surprises. The rugged beauty of the countryside makes this site one of the most remarkable in Brittany. It can be explored on foot, by leaving, fo instance, from Locquémeau harbour, a place reputed in the early 20th century for sardine fishing. It was home to two canning factories, which closed down in 1950 with the disappearance of the schools of sardine in Lannion Bay, Nowadays, the fishing industry has diversified: mackerel, pollack lobster and spider crab, amongst others.

### → Quellen marshes in Trébeurden

After the Côtes d'Armor departmental council acquired the marsh land (22 ha) in 1983, an extensive grazing project with Camarque horses was put in place in 1989. The vegetation changed and the natural scenery diversified with the grazing and movement of the horses. It strikes a balance between wet meadows and woodlands. The path makes its way along high and wide embankments, typical of the local copses. A natural balcony provides the ideal place for looking out over the lush vegetation of giant horsetails, yellow irises, towering ferns, high tufts of sedge (some centuries old), and, in spring time, for listening to the birdsong of the aquatic warbler, sedge warbler, reed warbler and Cetti's warbler concealed in the reeds.

### → The Sept-Îles Nature **Reserve in Perros-Guirec**

The Sept-Îles archipelago was placed under protection in 1912 at the request of the French league for the protection of birds to put an end to the hunting of puffins. These small black and white birds with large red beaks have become the emblem of Perros-Guirec. Since 1976, Sept-Îles has become a nature reserve and the largest sea bird nesting site in metropolitan France: The site boasts 14 different species including the razorbill, common murre and Manx shearwater as well as 25,000 breeding pairs. The northern gannet is the most remarkable species there with over 21,880 breeding pairs in 2010. The archipelago which spans 4,000 hectares and covers 240 hectares of foreshore is also home to one of the two French colonies of arev seal (40 individuals all year round and 19 pups in 2010). Explore the islands on boats leaving from Perros-Guirec.



### → Dourven estate

To the east of Locquémeau at the mouth of the Léguer, lies the wooded park on the storm-weathered Dourven Point. It boasts a garden that mixes indigenous species with exotic species, such as the Monterey pine, Monterey cypress, Corsican pine, strawberry tree, southern beech and over twenty species of eucalyptus. Founded by Louis Even in 1912, this park provides the perfect backdrop to escape and get immersed in poetry. A contemporary art gallery was set up on the site in 1992, giving artists the opportunity to show off their creations in a majestic setting.

### Lannion, a city steeped in history

When visiting Lannion, why not start with the majestic Brélévenez church which sits at the top of 140 stairs, overlooking the city. Make your way down the stairs to take a closer look at the city's historic districts. As you explore its streets, squares and paved alleyways, you will catch glimpses of its traditional buildings its half-timbered houses located in Place du Centre on the corner of Rue des Chapeliers, the Sainte-Anne Monastery, which is now a media library, and the Ursulines Convent. An array of little architectural treasures can be enjoyed by the most curious of visitors, with sculpted wooden eaves, half-timbered houses, caryatids, a sundial, town houses, manor houses and a house with a watchtower. The Thursday market is a major event in the capital of the Trégor located near the Pink Granite Coast.



### Ploumanac'h and the unusual pink rocks

At Ploumanac'h, the water has, over time, formed basins and channels, creating giant pink granite sculptures of a chameleon, lovers and a bottle, amongst others. It was on this spot some 300 million years ago, that under the thick earth's crust, beneath the continents, rose a fiery, viscous magma. Since it could not find a way out the magma filled the earth's crust and formed an underground chamber. It cooled slowly, resulting in the formation of crystals which can be seen with the naked eye. The rock appears to be made up of grains, hence why it is called oranite. Its dominant colour is a result of the large proportion of pink feldspars. The Pink Granite Coast runs from Trébeurden to Perros-Guirec. Maison du littoral > Tel. 02 96 91 62 77



### The Pleumeur-Bodou radome

Given its favourable granitic soil and location away from any electromagnetic interference and close to the national centre for telecommunications studies (CNET) in Lannion. Pleumeur-Bodou was selected in the 1960s as the site for the radome, an antenna intended to relay the world's first transatlantic television signa on 11 July 1962 at 00:47. While it was closed in 2003 due to the rising popularity of ADSL and fibre optic solutions, the aerospace telecommunications centre (CTS) now houses some impressive antennas, including the famous radome a listed historic monument, and the last of its kind in existence today. You can go inside the radome by du Radôme site. www.parcduradome.com

### → Port-Blanc

Dotted with islands, islets and rocks, the sea exposes the foreshore spanning over 1,500 metres during spring tides, unveiling a lunar landscape populated by seashore fishermen. The Notre Dame de Port Blanc (a half-buried chapel), the Rocher de la Sentinelle (a rock chapel) and sugar-loafs (white pillars used as points of reference by sailors) are just some of the unusual sights worth seeing.



CÔTES D'ARMOR TOUJOURS IRRÉDUCTIBLES TELLEMENT IRRÉSISTIBLES



Plus d'infos sur **cotesdarmor.fr** 

Coastal cycle route La Vélomaritime®

EV4

Penvénan | Lanloup

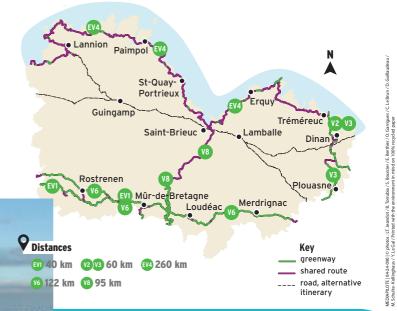
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### Cycling in the Côtes d'Armor

# Departmental cycle routes

## 5 main itineraries developed in the Côtes d'Armor by the departmental council.

> Detailed maps available from Tourist Information centres



#### ny additional information, please contact local Tourist Information centre

Jingamp - Baie de Paimpol ww.guingamp-paimpol.com Paimpol : 02 96 20 83 16 Pantrieux : 02 96 95 14 03

Côte de Granit Rose Lannion Trégor Communauté www.bretagne-cotedegraniterose.com

> **éguier** . 02 96 05 60 70

For detailed information on a variety of escapes, please visit rando.cotesdarmor.com website Falaises d'Armor Tel. 02 96 70 12 47 www.falaisesdarmor.com



Report anomalies encountered during your bike trip SCAN the QR code REPORT anomaly









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### Riding near the coast on a regional cycle route

The "Penvénan - Lanloup" leg of the itinerary (52 km) is part of the EuroVelo 4 La Vélomaritime® coastal cycle route, one of nine itineraries in the Brittany Cycle Routes and Greenways regional master plan.

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#### Regional and inter-departmental cycle routes



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### Access and transport

	Rennes : 2 h 05 Saint-Brieuc : 1 h 00
<b>^</b>	Saint-Malo / Portsmouth Roscoff / Cork Roscoff / Plymouth
Č.	Paris / Guingamp : 2 h 30
	Route 27 Lannion / Paimpol
	Route 1 Paimpol / Saint-Brieuc

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### **P** Car parks

**Tréguier :** car parking spaces are located on the harbour quayside opposite the half-timbered houses.

**Lézardrieux :** car parking spaces are located in the town, close to Place du Centre, near the church.

**Paimpol:** the car park is located in the centre, between the train station and the Rond-point du Goëlo roundabout.

**Bréhec site in Plouézec:** in Lanloup, take the D54 towards Bréhec. In Bréhec, turn left onto La Côte des Terre-Neuvas and then take the first right onto Route de la Corniche. Turn right at the next junction. The car park is located 150 meters down the road.

### Accommodation : a nation-wide Accueil Vélo brand



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bicycle touring and tourists staying in the local area on a nightly basis have been notified and listed. These accommodation providers have facilities and services that cater to the needs of bicycle touring: areas for storing bicycles, repair kit, early breakfasts, etc.

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For more information, please visit: www.tourismebretagne.com

# Places to see and visit along the route



### → Sillon de Talbert in Pleubian

The Sillon de Talbert is the largest pebble spit in Brittany. Incredible on a number of accounts, the natural site, which is managed by the French coastline conservation authority since 1996, became a regional natural reserve in 2006 and is well-known at European level for its geodiversity. Projecting out to sea, the spit is three kilometres long and 35 metres wide. Joined to the mainland at Route des Houles to the north-west, the spit forms a natural barrier for the shores of the Island of Bréhat and the Goëlo coast. Throughout history, this geological sight has seen its pebbles and sand being removed on numerous occasions. The Germans and local residents took materials from the spit. The Germans used them to make bunkers, while local residents used them to make all manner of low-cost buildings. A restoration programme is currently underway to re-establish the spit's natural flexibility - i.e. its adaptability for dealing with the natural phenomena which shaped and controlled it

For more information, the Maison du Sillon organises visits and activities. > Tel. 02 96 16 54 67

### → Seaweed pickers

The area surrounding the wild coast of the Lézardrieux peninsula is home to the largest forest in the Côtes d'Armor: an underwater forest of algae. It is the largest kelp forest in France, producing four million tonnes of fresh kelp every year. Staying true to tradition, some seaweed is still collected at low tide by seaweed pickers. The majority of seaweed picking, though, is carried out as part of an algology-based centre with a specific focus on researching, processing and marketing innovative products for the industrial, agricultural, cosmetics and food sectors.



### → The Castel Meur chasm

The Plougrescant coastline is home to a magnificent natural site: the Castel Meur chasm. This stretch of coastline fringed with reefs, battered by very strong winds and dotted with rocks, has been the scene of several shipwrecks. The impressive rocks provided a backdrop for the television series «Toilers of the Sea» (1986) and «A Very Long Engagement» (2004). A heavy swell still found here is what formed this natural site. The shingle accumulated over time to form three shingle bars which enclose two lagoons of brackish water. Linked to the marine environment, the lagoons are of great botanical interest.

For more information, activities are run by the Maison du Littoral in Plougrescant. > Tel. 02 96 92 58 35

### → Tréguier, a city steeped in religion and culture

#### Traditional old town

As the historic capital of the Trégor, Tréquier was the hometown of the most revered saint in the Côtes d'Armor: Saint-Yves, the patron saint of lawyers. The Pardon of Saint-Yves was a major event in Tréquier: «On that day, the hotels were teeming with customers, and households rented rooms to people who had travelled in from the surrounding area by stagecoach. Priest arriving in mass from the surrounding areas filled the seminary which overflowed to the church where more than one aood priest spent the night in the choir stalls,» wrote Constant de Tours in 1892. He adds: «On the morning of the big day itself, the city was awash with garlands of fresh greenery, flowers, yellow and black decorations (...), triumphal arcs (...)». With its rich religious and cultural history, the former episcopal city is now home to half-timbered houses, former convents, grand residences and one of the most beautiful cathedrals in Brittany.



### → Bréhat archipelago and Île aux Fleurs

Bréhat is made up of two main islands joined by a causeway, surrounded by 96 islets and rocks, which make for perilous sailing. Named the Île aux Fleurs, or flower island, due to its particularly mild climate and abundance of vegetation, its sunken paths in bloom, lined with Mediterranean species give off an array of scents, including echium, agapanthus and Madeira cranesbill. Cycling and walking are the only means of exploring the island, which makes for something rather different.



### → The coastal town of Paimpol

The memory of Paimpol is deeply influenced by the tale of sailors setting off on fishing trips to Iceland. This long history between Paimpol and the sea can be glimpsed in its streets, on the Mur des Disparus (a memorial wall for those lost at sea) in Ploubazlanec, in Marine discovery center Milmarin or in the chapelle de Perros-Hamon. While Paimpol prospered most in the 19<sup>th</sup> century, the coastal town, like other Breton harbours, experienced the legendary days of privateers. The current «Repaire de Kerroc'h», on Quai Morand, is one place that bore witness to this. Its ancient streets are dotted with the workshops of artists and artisans who have fallen under the charm of this area. Every two years, Paimpol hosts an unmissable event: the festival of sea shanty and world music. This maritime celebration has become one of the largest Breton festivals. Some 300 traditional boats and 1,000 musicians descend on the harbour to take part in the friendly, family-oriented and colourful event.

# → The Beauport Abbey – and marshes in Paimpol

Located behind a sheltered cove chosen by Count Alain de Goëlo in 1202. Beauport Abbey was, in medieval times, a stop-off point for English pilgrims travelling to Santiago de Compostela. For almost six centuries, canons built and glorified an ideal estate boasting architecture that was both elegant and functional, heritage-rose gardens, orchards of cider apples, salt meadows and a sheltered harbour. With listed status being granted in 1862 thanks to Prosper Mérimée, the Abbey was acquired by the French coastline conservation authority in 1993. It safeguards its coastal environment (reedy marshes, old haven, sea wall and clump of trees) and is taking on the challenge of restoring the monument. Now, the abbey hosts a festival of music, artistic routes and shows. > Tel. 02 96 55 18 55 www.abbayebeauport.com

### → La Roche-Jagu departmental estate in Ploëzal

Perched atop a panoramic viewpoint overlooking the Trieux estuary, the medieval Castle of La Roche-Jagu and its park is one of the most beautiful sites in the Côtes d'Armor. Tucked-away alleys and paths run through every nook and cranny of the gardens. It is a pleasure to behold: thousands of species of very varied trees, a collection of 250 species of camellia, ramparts restored in 1991, the presence of which act as a reminder of the defensive nature of the site, springs, reservoirs and fishponds, flax retting basins, which are evidence of the estate's traditional operations, and medieval gardens with medicinal plants. The departmental council, which owns the site, puts on a variety of events, activities and entertainment every year. > Tel. 02 96 95 62 35 www.larochejagu.fr





CÔTES D'ARMOR TOUJOURS IRRÉDUCTIBLES **TELLEMENT IRRÉSISTIBLES** 



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Plus d'infos sur cotesdarmor.fr

### Coastal cycle route La Vélomaritime®

EV4

Lanloup | Pordic

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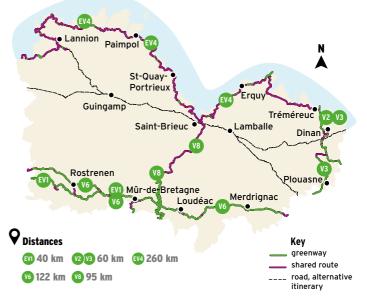
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# **Departmental cycle routes**

### 5 main itineraries developed in the Côtes d'Armor by the departmental council.

> Detailed maps available from Tourist Information centres



### For any additional information, please contact your local Tourist Information centre

**Baie de Saint-Brieuc** Tél. 02 96 33 32 50 www.baiedesaintbrieuc.com





Falaises d'Armor Tél. 02 96 70 12 47 www.falaisesdarmor.com

Report anomalies encountered during ur bike trip SCAN the OR code EPORT anomaly

Guingamp - Baie de Paimpol www.quingamp-paimpol.com Paimpol: 02 96 20 83 16 Pontrieux : 02 96 95 14 03











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Please, reserve your place the day before and before 5 pm. Call 0810 22 22 22.





### **D** Car parks

Bréhec site in Plouézec : in Lanloup, take the D54 towards Bréhec. In Bréhec, turn left onto La Côte des Terre-Neuvas and then take the first right onto Route de la Corniche. Turn right at the next junction. The car park is located 150 meters down the road.

**Binic, La Banche beach :** in Binic, near the harbour, at the traffic lights, come off the D786 towards La Banche beach. Car parking spaces are available along the road, next to the beach. Plérin, Le Légué : in Plérin, from the truck road (RN 12), take the exit towards St-Laurent-de-la-Mer. 1 km or so further along, at «La Croix de Lormel», turn right towards Le Légué. The car park is located at the end of this road, at Place de La Résistance, near Le Légué harbour.

### Accommodation : a nation-wide Accueil Vélo brand



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# Places to see and visit along the route



From the top of the parking area in Bréhec, the red sandstone cliffs and rocks give the waves the most incredible colour. Behind the small harbour sheltered by a sea wall built in 1861 lies the beach which, before the war, was a prime spot for the kids from Guingamp, nicknamed the red berets. They used to holiday in Bréhec and stay with locals.

### → The Shelburn path, along Bonaparte beach in Plouha

*«Bonjour aux amis de la maison d'Alphonse. Le chapeau de Napoléon est à la plage Bonaparte».* This was the message transmitted by the BBC to announce the embarkation of allied pilots from a British patrol boat which had dropped anchor the same night just off Cochat cove, which has since become Bonaparte beach. This operation was repeated eight times in all, between January and August 1944, allowing for the embarkation of 135 British and Canadian pilots. Plaques attesting to the efforts of the escaped allied prisoners are affixed near the tunnel used to access the beach, which was dug in 1973.

### → The cliffs of Plouha and Gwin Zégal harbour

Plouha is home to the highest cliffs in Brittany, as they reach to up to 104 metres. The 14-kilometre craggy coastline is adorned with a very pretty yellow blanket when the thorny gorse bush is in flower. The idyllic scene would be incomplete were it not for the incessant ballet of marine birds which really bring this place to life. Seagulls and herring gulls, shags and northern fulmars nest on the islets of La Mauve and Le Pommier, just off Beg Hastel Point. Tucked away in a small, sheltered cove, Gwin Zégal harbour is one of the last mooring sites with timber piles dating back to the Middle Ages. Around thirty tree trunks - with roots still intact - were planted in the sand and secured with rocks at their base. The boats are moored to the securely anchored masts. Legend has it that thieves were once lashed to them so that the sea could decide their fate

### → Kermaria an Iskuit chapel in Plouha

The chapel became a listed monument in 1907. It was built in the 13<sup>th</sup> century on the Count of Goëlo's initiative to thank the Virgin for returning him safe from a crusade to Palestine. Once a stage for important cattle markets and pilgrimages, the chapel is devoted to the worship of «Mary who saves and heals». It is celebrated every year by a pardon on the third Sunday of September. Along with Kernascléden church in the Morbihan, it is the only religious building in Brittany to boast a fresco depicting the theme of medieval macabre art. The danse macabre includes 47 people, with the dead leading the living to remind them of how short life is and that everyone is equal in death, notability and peasants alike.

For opening information, call > Tel. 02 96 65 32 53 or by mail contact@falaisesdarmor.com

### → Chapels and fishermen in Iceland

All of the churches and chapels in the Goëlo treasure the fishermen of Newfoundland and Iceland. Left at the mercy of terrible storms and incredibly difficult living conditions, the sailors increased the number of pilgrimages to obtain divine protection. In 1863, the priest of St-Quay-Portrieux wrote about the pilgrimage of Notre-Dame de la Garde: «Day and night men come to fulfil their vows made to Marv who has miraculously delivered them. Barefoot pilgrimage is very painful at this time of year. You see men cover the floor with their tears and blood which flows abundantly from the numerous cuts on their feet caused by stones». In recognition of the Virgin, the fishermen made votive offerings. You can see these beautiful sketches of schooners and paintings (Notre-Dame de la Cour chapel in Lantic) in some chapels.



### → The Harel de La Noë viaduct over the Gouët valley



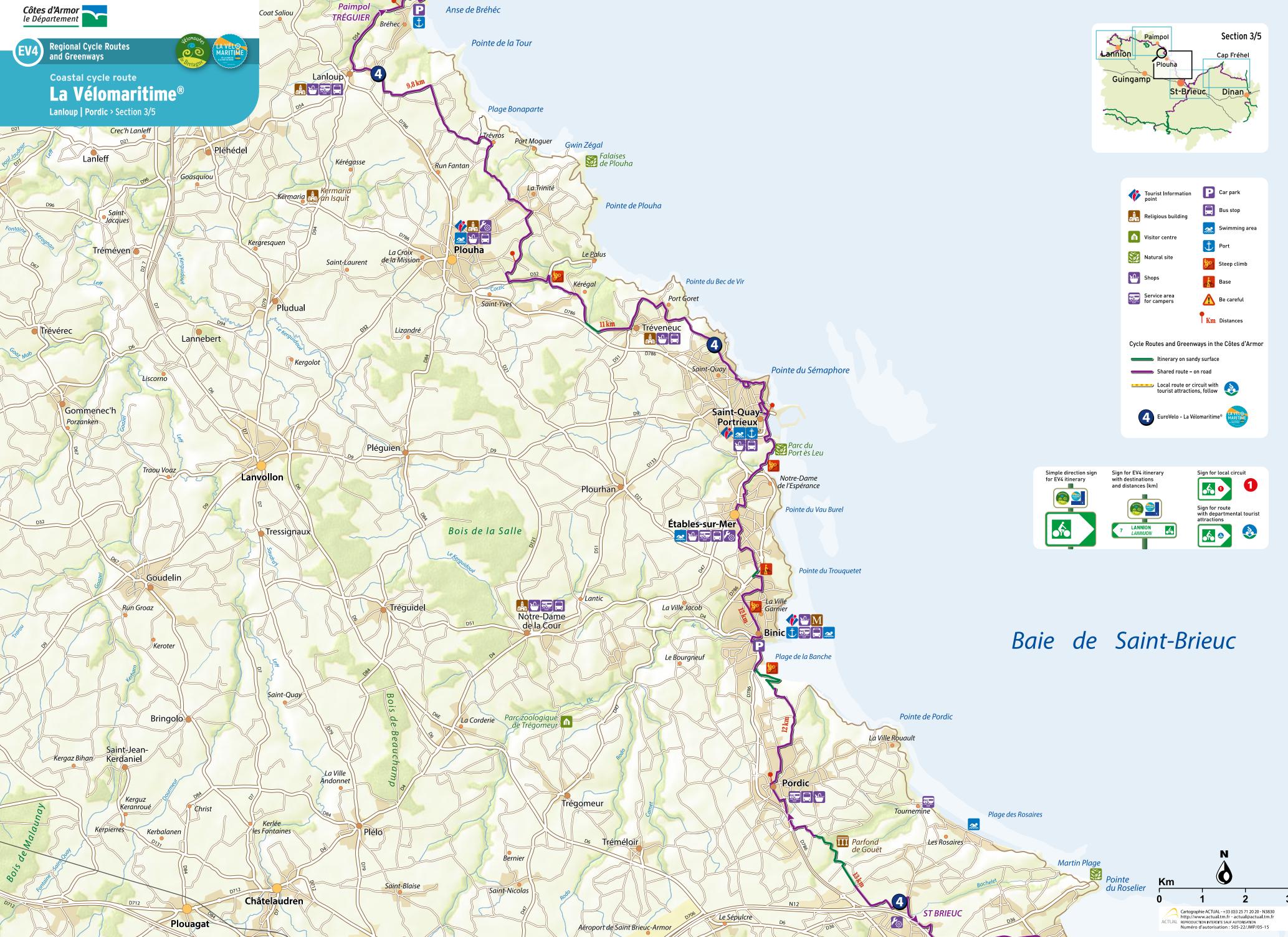
Between Pordic and Plérin, the itinerary goes along the route of a former railway line, developed into a 1.8-kilometre greenway. Straddling two communes, an old 34-metre high viaduct built by Harel de La Noë and restored by the departmental council, provides a fabulous view across the valley. The graceful, elegant and ingenious viaduct is a symbol of a past when a little train from the north coast would take residents and visitors on voyages through the countryside around Saint-Brieuc Bay. The little, picturesque train was immortalised in the words of the Saint-Brieuc writer Louis Guilloux (1899-1980): «At that time (...) there was a little local railway (...), a famous little train celebrated for its slow speed and number of stops, which, for me at least, lent it indisputable charm (...). What better way to enter into a dream-like state and enjoy the most meditative view of the valleys that are crossed on small, graceful bridges (...), while gazing out to sea.»



### → Maritime and coastal history in Binic

The commune of Binic is famous on the Goëlo coast for its rich maritime heritage which is centred around accessible, good-quality seaside tourism. It left its mark on the coastal populations and the deep-sea fishing in Newfoundland and Iceland. In 1845, Binic was the largest deepsea fishing harbour in France, with 37 ships. The harbour played host to between 150 and 160 ships every year, with operations focusing on either fishing in Newfoundland and coastal navigation (importing of salt, wine, wood from the North, shell sand and exporting of seeds, flour and vegetables). If this tickles your fancy, then you might be interested in the visits organised by the Tourist Information centre, which will give you an insight into Binic harbour's past and the ship owner's houses and unusual street and alley names. With its blend of rural and maritime history, the Musée des Traditions Populaires in Binic is also well worth a visit. For more information > Tel. 02 96 73 60 12











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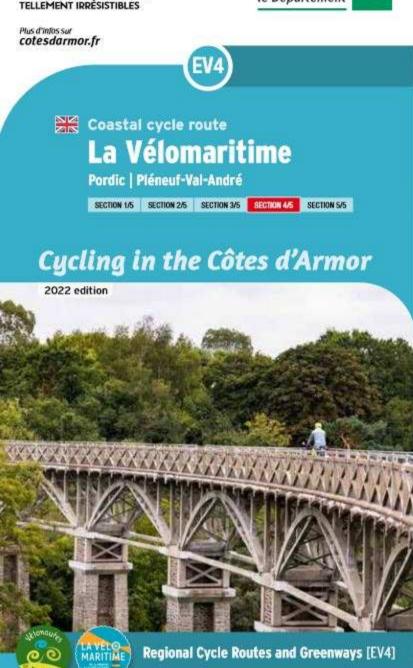
Côtes d'Armor

le Département

### Departmental cycle routes

CÔTES D'ARMOR

TOUJOURS IRRÉDUCTIBLES



### The departmental council backs pedal power

Cycling is getting more and more popular in the Côtes d'Armor, as it continues to take hold across the local area. Upon initiating the departmental bicycle master plan in 2004. the departmental council embarked upon a huge programme to transform local cycling networks. By improving infrastructures and creating new itineraries - Greenways and Cycle Routes -, it gives tourists and families alike a chance to explore the Côtes d'Armor from a different perspective, in complete safety.



The development of coastal Cycle Route EV4 clearly reflects this far-reaching commitment. Along the way, you will be able to explore a part of the Côtes d'Armor's heritage.



### **The Brittany Cycle Routes** and Greenways project

Since 2001, the Brittany region, the four Breton departments, water network operators and large conurbations have been developing nine main multi-purpose interconnecting itineraries crisscrossing the local area that are safe and marked. This bold project goes beyond the borders of Brittany and opens up into Europe through the EuroVelo project.

### Brittany Cycle Routes and Greenways

Regional and inter-departmental cycle routes



### Important information

are separate routes reserved for non-motorised mobility. They are intended to be used by cyclists, pedestrians, people with reduced mobility and horse riders. **Cycle routes** 

are medium- and long-distance routes for cyclists. They link together regions and make use of low-traffic routes and stretches of greenway.

> For more information, please visit: www.tourismebretagne.com

Tourist Information centres.

to departmental sites of interest

where possible, and provide a means

of exploring the local heritage of depart-

mental interest. The itineraries use small

local roads and roads with little traffic. In

addition to the routes covered in this docu-

ment, you can find fact sheets for several

other local family-oriented routes at local

are short distance itineraries on flat terrain.



### Ensuring personal safety and fun for all

- Observe the Highway Code and respect other users.
- Be aware and alert, especially at junctions
- Be mindful of your speed near pedestrians on greenways and vehicles.
- Remain visible when near horse riders so as not to surprise or frighten the horses.
- Make sure your bicycle is properly equipped: correctly inflated tyres, functioning brakes and lights, repair kit,
- Ensure visibility: indicate changes in direction and be careful of blind spots.

### The EuroVelo "La Vélomaritime" coastal cycle route **Plestin-les-Grèves to Tréméreuc**

### Riding near the coast on a regional cycle route

The "Pordic-Pléneuf-Val-André" leg of the itinerary (66 km) is part of the EuroVelo 4 "La Vélomaritime" coastal cycle route, one of eight itineraries in the Brittany Cycle Routes and Greenways regional master plan which links Roscoff to Mont Saint-Michel along the north-east coast of Brittany. The "La Vélomaritime" coastal cycle route spans 260 km in the Côtes d'Armor.

### A cycle route from English Channel to the North Sea (1500 km)

The Vélomaritime® coastal cycle route covers nearly 1500 km (932 miles) between Roscoff in Brittany and Bray-Dunes in the North, from English Channel, to the North Sea. It features some amazing sites to explore, among which are the Pink Granite Coast, the Mont Saint-Michel, the D-Day landing beaches, the Étretat cliffs, the Bay of the Somme and the Opal Coast.

With rocky points, bays, dunes, cliffs, UNESCO World Heritage sites and more, The Vélomaritime® is a biking experience second to none. It is an ideal route for riders looking to get away from it all, ready for a challenge, or in search of a cultural experience with delicious food to boot.

For more information: www.lavelomaritime.fr

### Access and transport

#### Rennes:1h20 -Saint-Brieuc : 17 mn â Saint-Malo / Portsmouth Roscoff / Cork Roscoff / Plymouth Paris / Saint-Brieuc : 2 h 14

#### **Bus services** To organise your travel using public transport in the Côtes d'Armor, please visit

Bus stop network buses have two or three hold spaces for transporting your bicycle. During the summer months, contact 0 810 22 22 22 for more information.

Route 1 Saint-Brieuc/ Pordic/Paimpol Route 2 Saint-Brieuc/ Pléneuf-Val-André/Erguy Route 3 Lamballe Armor/ Pléneuf-Val-André (Distribus)

#### Plan your journeys by train, coach, metro, tram and boat across Brittany using the following website:

BREIZHGO DISTRI BUS

Pléneuf-Val-André, at Dahouët

Just after the place known as «Les Mielles», turn left onto the road leading

to Dahouët harbour. The car park is

the harbour.

located at the end of Rue des Saline by

harbour : at the Saint-Alban roundabout

take the D791 towards Pléneuf-Val-André.

### P Car parks

Plérin, au Légué : in Plérin, from the truck road (RN 12), take the exit towards St-Laurent-de-la-Mer. 1 km or so further along, at «La Croix de Lormel», turn right towards Le Léqué. The car park is located at the end of this road, at Place de La Résistance, near Le Légué harbour.

Hillion : car parking spaces are located in the centre of Hillion, next to the town hall, in Place Balabio and Square Ernest Galfiard.

### Accommodation : a nation-wide Accueil Vélo brand

For the various legs of your journey, accommodation providers within a 5 km radius of Brittany's cycle routes and greenways that play host to bicycle touring and tourists staving

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# Places to see and visit along the route



#### → The Saint-Brieuc Bay nature reserve

Saint-Brieuc Bay has been a nature reserve

since 1998. The huge indentation you can

see on maps is one of the three biggest

bays on the North coast of Brittany. The

revealing 2,000 ha of foreshore. Such tidal

for plankton. Productivity in the bay is the

forces provide an ideal breeding ground

highest in the world, equivalent to that

of the equatorial forest. However, this

place often looks like a barren landscape

to visitors. If you take a look at it closely,

tide in the bay can go out up to 7 km.

though, you will see the surface of the sand is covered with faint marks caused by an array of molluscs and worms buried in the mud. They are a source of food for several predators. The mudflats play a vital role in Saint-Brieuc Bay's ecosystem. The Maison de la Baie - the nature reserve's visitor and activities centre - lets all groups find out more about Saint-Brieuc Bay's many treasures.

> Maison de la Baie in Hillion > Tel. 02 96 32 27 98

Like most castles, Bienassis, which dates

back to the 15th century, was destroyed

and rebuilt, transformed and enlarged.

The castle was sold to Mr. Visdelou de La

Ville-Théart, the stud farm commissioner

for Brittany, in 1760. The count gave new

splendour to the castle by creating a

vegetable garden and planting a large avenue of oak trees and other species

which were practically all destroyed in

the storm of 1987. In 1792, Bienassis was

seized as a national asset and was used as

a prison during the French Revolution. The

descendants of Admiral Jules de Keriégu,

a great sailor and soldier, took ownership

of the castle in 1880, and still own it to this

very day. The home and outbuildings are

### → Le Légué harbour in Saint-Brieuc

Situated on the left bank of the Gouët, Le Léqué derives its name from the Breton «Lez guer» or «Ker», which means close to the town or a ford. In Le Légué village centre, next to the marina basin, elegant old houses still stand tall: these are the houses in which shipowners lived in the 18th century. These houses feature high roofs, gable chimney stacks and a backyard located at the end of the hall. The harbour had storehouses for keeping all of the goods (salt, fish, oil, seeds, cloth, wine, spices, resin, etc.), On the right bank of Le Léqué quayside, near the swing bridge, there is a path for accessing the Rohannec'h villa and park. This department-run site overlooking the Le Légué valley, plays hosts to cultural and community events. Villa Rohannec'h

> Tel. 02 96 77 32 96 Pogramm of events and visits in Le Léqué harbour - Tourist Information centre in Saint-Brieuc Bay > Tel. 02 96 33 32 50

### → Scallops from Saint-Brieuc Bay

Scallops are the most famous mollusc of the bay. Since they feed exclusively on plankton which they filter, scallops, in order to grow, rely on these tiny species tossed about by the current. Saint-Brieuc Bay (Saint-Brieuc, Saint-Quay-Portrieux and Erguy) accounts for almost half of scallop production in France (over 6,500 tonnes). Keen to preserve this asset, professional organisations have been working alongside the French governing body for maritime affairs since the 1990s to implement stringent regulations and controls on fishing. Boats are allowed to fish during two 45-minute slots per week, from October to April to respect the breeding cycles of the bivalve, which likes to attach itself to the sandy shoals of the bay. If you would like to know more about this, visits to the harbour and fish auction are organised by the Toursit Information centre. **Tourist Information centre** Saint-Quay-Portrieux > Tel. 02 96 70 40 64 Erquy > Tel. 02 96 72 30 12

### → La Ville Berneuf Dunes in Pléneuf-Val-André

This natural site managed by the departmental council is one of the last remaining non-urbanised dune areas on Saint-Brieuc Bay. No fewer than 175 plant species have been recorded in this 10-hectare area. These include : orchids that have adapted to the sandy soil and the eye-catching hare's-tail grass, which does indeed live up to its name. To safeguard this biodiversity and limit the spread of undergrowth, herds of sheep graze on the dunes, just like herds of cattle used to do, since the best land is used for crops



### → La ville de Salot Brieuc

Saint-Brieuc counts three valleys; one of which links the city to its harbour. The city is nested on the high grounds of a small estuary. The city centre is a concentrate of history. Medieval Saint-Brieuc has kept a few elaborate half-timbered houses. Some of them are listed. The older part of the city revolves around the 12th century fortress cathedral; one of the rare fortified churches in Brittany. In Saint-Brieuc, neoclassical architecture meets art deco gold nuggets, 15th century half-timbered houses and street art murals. Markets on Wednesday and Saturday mornings. Guided or self-guided heritage and historical tours. Event and guided tour calendars. Saint-Brieuc bay tourist information centre. Call

> Tel. 02 96 33 32 50





A visual delight awaits those who visit the

home and wander along the paths, since

garden which is fully enclosed. The castle

its main staircase, postern, garden and

Visits are organised from mid-June

to mid-September for individuals,

groups all year by appointment > Tel. 02 96 72 22 03

entrance have been listed since 1945.

the property boasts a formal garden,

750 rose plants, a stunning view of the back of the castle and the vegetable

#### Visits of the town are organized by the Tourist Information centre



### Bon Abri Dunes in Hillion

where the dunes have been formed by the wind. The patchwork of dunes, meadows, pools and afforestation which spread from the beach inland in successive bands, plays host to some incredible natural heritage: over 350 plant species. 7 amphibian species, 4 reptile species and 180 insect species, including a species of spider which is new to Brittany. Such diversity is able to thrive in the Bon Abri dunes thanks to the action taken by the departmental council twenty years ago. Today, the holes caused by sand extraction years ago have

In Saint-Brieuc Bay, Bon Abri is the only site turned into pools. All traces of the former motocross track and fly-tipping issues have disappeared. Pink orchids tucked away in the grasslands and croaking frogs heralding spring now take pride of place ! Bon Abri is an area where wildlife thrives. in addition to being an integral part of the Saint-Brieuc Bay nature reserve.







Detailed maps available from Tourist Information centres ·lionuoo letnemtreqeb edt yd Comparing the contraction of the cores of the cores of the core of

### Departmental cycle routes



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Tourist Information centres

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### Access and transport

Saint-Malo / Portsmouth

Roscoff / Plymouth

Roscoff / Cork

Paris / Guingamp : 2 h 40

Route 2 St-Brieuc/Fréhel

St-Cast-le-Guildo. Route 12 Dinan/

Dinan/St-Cast-le-Guildo, Route 4

Lamballe Armor/Erquy (Distribus).

Lancieux/St-Jacut-de-la-Mer. Route 13

Plévenon. Route 14 St-Malo/

A Rennes : 1h 14 Saint-Brieuc : 30 mn

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BREIZH DISTRI BUS

Erguy. Once you get to the place known

The car park is located behind the camp

remereuc : the car park is located at

the Rance-Frémur Côte d'Émeraude rest

area, on the D766, between Tréméreuc

and Pleurtuit. Cycle south 1 km down the

greenway cycle route (V2/V3), until you

reach the junction when you can join the

«La Littorale» coastal cycle route or EV4.

Tour de Manche, on the right.

as «Caroual», turn left at the traffic

### P Car parks

sundays.

Plévenon : the car park is located in the centre of Plévenon, in front of the function room on Route du Cap (D34).

Matignon : the car park is located in the centre of Matignon, Place Rioust des

Créhen : leave the D786 and take the D62 towards St-Jacut-de-la-Mer. 800 m down the road, take the first left. Continue for 15 km; the car park is on the right. It is the Guildo Castle car park.

Erquy : Caroual beach: on the D786, at «La Couture», take the D34 towards

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site, next to the beach.



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# Places to see and visit along the route

#### → Fréhel Point

As a vast plateau of sandstone that stands

morants, common murres and razorbills.

fighthouse whose beam can be seen 110

km away. It was built in 1950 to replace an

old lighthouse dating back to 1847 which

was destroyed by German forces during

World War II.

Fréhel Point is also known for its 93-metre

70 metres above sea level. Fréhel Point is largest coastal outcrop on the French coast. Here, more than anywhere else, the vegetation has adapted to the local conditions which can be extreme. Battered by gale-force winds and sea spray, gorse bush grows on top of the cliff. On the peaty heath, fluffy cotton grass grows in patches and rossolis, small carnivorous plants. make up for the poor soil by capturing inspects. Some amazing sounds can be heard on the headland's mainland cliffs and islets, since numerous migrant and sedentary birds nest there. These include: northern fulmars, seaguits, gulls and cor-

#### → La Latte Fort in Plévenon

Perched on a pink sandstone headland the fort dates back to the Middle Ages and has often been used as a filming location (Richard Fleischer's «The Vikings» and Philippe de Broca's «Chouans!»). During the 15<sup>th</sup> and 16<sup>th</sup> centuries, it was a strategic outpost due to its proximity to the merchant routes linking Saint-Malo. Normandy and the Channel Islands. From 1698 onwards, the fort was turned into a stronghold under the orders of Louis XIV by an engineer from Vauban. The 14th-century defensive system is still intact. The curtain walls, towers, drawbridge, oubliettes and dungeon have made it through the centuries. La Latte Fort also has a heated shot (1793), A menhir named «Gargantua's finger» stands on the path leading to the fort. Legend has it that the finger was lost by a giant striding the English Channel on his way back to England. You can also see the prints from his foot and walking stick > Tel. 02 96 41 57 11 www.castielalatte.com

→ The Arguenon estuary

The shallow, nutrient-rich estuary, where

the fresh water of the Arguenon river

is home to an array of wildlife. Such an

abundance of food sees bird populations

come and go throughout the seasons. With

a little patience, it is good fun observing

them during the rising or ebbing tide as

they feed on the mudflats, especially the

to catch their prey in the water, mud or

beneath pebbles. Depending on the size of

depths of water in search for food, which

mainly consists of small fish and shellfish.

their feet, these waders can walk in varying

limicolous birds, which use their long beaks

the salt water of the English Channel meets

### Le château médiéval de Gilles de Bretagne à Créhen

Le site départemental du Guildo se développe sur la rive droite de l'estuaire de l'Arguenon, Au cœur d'un espace naturel varié, le château fort du Guildo se tient sur un éperon rocheux et domine les alentours Il est bordé d'une hêtraie littorale au sud. d'une vasière au nord et offre un cadre privilégié pour l'observation du paysage Les vestiges actuels du château datent principalement du 15° siècle mais des recherches archéologiques menées depu 1995 ont permis de connaître l'existence d'une première maison forte sur le site dès le 1ª siècle. Aujourd'hui, le visiteur peut découvrir le château avec son châtelet d'entrée, ses quatre tours d'angles reliées par de puissants murs, les courtines, Le logis du seigneur et les communs - cuisine forge, écurie - s'appuyaient contre ces murs. Ayant subi les assauts de plusieurs querres, le château a été progressivemen abandonné et a servi de carrière de pierres après la Révolution. Il est propriété du Département depuis 1981.

### → Lancieux Bay salt marshes

Lancieux Bay is home to the craggy headland of Tertre Corlieu and the Beaus sais marsh, which was acquired by the French coastline conservation authority in 1999 and is managed by the Emerald Coast's community of communes. The distinctive appearance of this site dates back to the Middle Ages when Benedictine monks from St-Jacut Abbey sought to drain the land in order to grow crops. They erected sea walls, dug channels and built sluice gates to drain the land. A huge restoration project undertaken by the French coastline conservation authority now means Tertre Corlieu and the marshes are home to a remarkable variety of flora, not to mention numerous birds. Beautiful orchids cover the marshes in autumn. The salt marches of the bay are now used as orazing land. particularly by cows which browse on usea purslane», a salt marsh plant. At Beaussais marsh, in Ploubalay, a path for exploring the polders provides a great means of taking in the beautiful sights and gazing at the sea wall built in 1754, which is made of dried mud and dressed stones (documentation available from Lancieux Tourist Information centre).







#### → La Fresnaye Bay

When the tide goes out, two thirds of the floor of La Fresnaye Bay is revealed The huge foreshore, 2 km wide and 6 km long, is filled with seashore fishermen, in both winter and summer months. This plankton-rich sheltered area has fostered the development of shellfish farming. In the Côtes d'Armor, pilings are the most popular means of farming mussels (98%) and cover 160 km of coastline. This technique involves using rope to collect floating mussel spawn during the summer. The plant-fibre ropes covered with baby mussels are then wrapped around oak piles, measuring between 5 and 6 metres in length, which are stuck in the sediment. After sixteen months of growth, the mussels are sold at fish stalls from May to December, La Fresnave Bay is also used to farm oysters, albeit in smaller quantities than the west coast of the Côtes d'Armor. Shellfish farming groups together 32 agents and accounts for 27 families.



### → Le Moulin de la Mer valley in Matignon

This small wooded valley exemplifies the narrow coastal valleys in the east of the Côtes d'Armor. This tucked-away small area is home to natural habitats of exceptional value, wooded hillsides, freshwater wetlands and tidal marshes The small valley still houses the ruins of an old mill. When the mill was still in use, the good natural conditions encouraged the people who lived there to use the plateau for crops and orchards. They were able to



make the most out of the land by letting livestock roam the salt marshes. The tides were also put to good use and were used to produce energy. Until November 2004 a tide mill perched on a sea wall separated the valley from La Fresnaye Bay. For more details, an information booklet is available at the Tourist Information centre in Matignon.

### Sables-d'Or-les-Pins dunes and seaside resort

Partly closed-in to the north by a sandspit, the Islet estuary spans about 50 ha. It fills up with the sea at high tide and has the Islet feeding into it at low tide. The mouth of the Erquy is the fifth ranking salt marsh on the Atlantic coast for the diversity of its plant life, with an astonishing 53 plant species. The tide and prevailing winds hav formed a sandspit, resulting in a sandy tip which directs the force of the river towards the cliffs to the west. At the turn of the 20<sup>th</sup> century, the dunes occupied a very large area. But in 1921, a somewhat crazy property developer oot rid of them and built luxurious villas, hotels, a casino, wide avenues, a golf course and even a railway line. After grinding to an abrupt halt due to the economic crisis of 1929, the development of the resort got underway again after World War II, becoming the family resort it is today.

#### → Erguy Point

Located on the east side of Saint-Brieuc Bay, Erquy Point reaches out to jagged pink sandstone rocks. Erguy and Fréhel are part of a geological formation of sandstone that dates back 460 million years. The sedimentary rock is made up of thick and regular layers with both fine and coarse deposits The pink sandstone of Erquy can be seen on the south-facing side of the headland. Quarried up until the mid-twentieth centu ry, this very hard rock forms a highly origi nal feature of the Armorican Massif. Above the blue lakes, a path beckons visitors to explore the incredible human adventure which took place on the site, with a route tracing the steps of the old guarries named 'les sabots rapés' (quide available at the Tourist Information centre).

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#### → Structures by Harel de La Noë



The «La Vélomaritime» coastal cycle route goes along an old railway which linked Yffiniac to Saint-Malo. The route include two structures which were built by local civil engineer Harel de La Noë to cross the vast wet meadow of the Islet estuary : the Pont des Marais (just under 30 m long) and the Passerelle de la Cotière (150 m long), the largest bridge in the Côtes d'Armor. These two structure made from prefabricated reinforced concrete are two of the eighty structures made by the engineer who was tasked with studying and completing 450 km of railway along the north coast. The Ponl des Marais is unique for the fact that it was built with materials within the vicinity of the site and then out together in sections. Having fallen into a state of disrepair since the closure of the railway, both structures needed to be restored without altering their original architecture to ensure they were safe enough to be used.



### → The strange silhouette trees



Theese kinds of high and gnarled trees, easily identifiable in the landscape around the Rance river and until the Rennes county, are specific to Brittany : They are called the « ragosse ». The bocage trees get their vertical shapes when the branches are cut periodically, every seven or nine years (pruned trees). The top is cut off from the ragosse, so that the branches grow back out after having been cut. Originally, this practice was due to old rural leases between the landlord and the farmer. The trunk was collected by the landlord who transformed it into lumber or logs and the branches returned to the farmer who made bundles of them in particular for firewood. There was also a synergy between the agricultural system and the pruning cycle: the soil was under cultivation when the branches were cut and it became covered in grass when the branches grew back providing shade for the animals.

Since the 1950s and the arrival of the oil-fired boiler, this practice, which is par of the identity of the population, whethe consciously or not, has been maintained even if the product of «prunings» has been

abandoned. Today, it is strongly endangered by the decreasing number of farmers, by a lack of time but also by the lack of transmission of know-how. Because it belongs to the bocage system, the "ragosse" is an important element of the landscape to protect and an element of biodiversity preservation. As the tree ages, the trunk forms holows which become shelter for certain species of birds or small animals such as bats.





### → The tidal mills

The name of Rance means «great crash», It refers to the violence with which the tidal waters rushed twice a day into the Rance estuary when the mouth of the estuary was not yet blocked by the construction of the tidal power plant. Due to its very strong twelve-meter tidal range, the Rance was a that time bordered by numerous mills. One of these fifteen tide mills can be seen in Plouër sur Rance, near the port: the emili of the wedge». Their operation was simple the rising tide opened the swinging gates on the dike and filled the tank. When full, the doors closed on their own. At low tide it was enough to open the gates for the water to flow and drive the wheel of the mill. Very often, a windmill was built nearby to allow the miller to continue grinding during low-amplitude tides (neap tide).







