



THE BRETON RIVIERA

A DREAM DESTINATION



BÉNODET
FOUESNANT-LES GLÉNAN
LA FORÊT-FOUESNANT - PORT-LA-FORÊT



LA RIVIERA
BRETONNE



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“THE BRETON RIVIERA IS A TOUCH OF PARADISE IN BRITTANY...”

*...where beaches are plentiful, and
the sea sparkles in pretty shades of
blue and green...*

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The Breton Riviera is in the south of Brittany and made up of 7 different regions. 3 of these are officially designated tourist resorts: Bénodet, Fouesnant-les Glénan and La Forêt-Fouesnant-Port-la-Forêt. It's the ultimate holiday destination and a place of calm and well-being. The diverse, colourful landscape provides a stunning backdrop to your holiday activities with long stretches of fine sandy beaches, small, intimate coves, heavenly islands and attractive marinas... The Riviera also features several protected natural areas and is home to the Glénan Narcissus, a rare flower that only grows on Saint-Nicolas island. Once you've taken in the breathtaking views, why not try out some of the countless different activities on offer: water sports, hiking, cycling, golf, thalassotherapy, casinos and more. There's also a whole range of places to stay: hotels, campsites, holiday villages, tourism residences, seasonal rentals and guesthouses. Welcome to Finistère's top tourist destination!

A NAUTICAL JOURNEY

Come and experience a truly relaxing holiday and make the most of the Breton Riviera's numerous beaches: 26 km of fine sand awaits you! Discover the charm and beauty of this destination by exploring our attractive, little coves with crystal clear waters and long, white, sandy beaches.

We suggest you visit Bénodet and take a cruise on the river Odet, which according to Emile Zola, no less, is "the prettiest river in France"! From the boat, you can check out the stunning chateaux and manor houses as well as a whole range of flora and fauna. There are 3 large water sports centres on the Riviera. They offer a variety

of activities throughout the year including paddleboarding, kayaking, catamaraning and even windsurfing!

Explore our ports and all the different sites you can anchor down along our coastline. Don't miss the attractive marina at Port-la-Forêt, well-known amongst competitive sailors in France. Yachtsmen and women, including winners of major boat races, train here all year. As you travel along the coast, take a moment to admire the little coves, lighthouses, parasol pine trees and seaside villas dotted about the Breton Riviera landscape!

01_Cale beach,
Beg-Meil, Fouesnant



01_ Coq lighthouse,
Bénodet

02_ A bird's eye
view of Bénodet

03_ Port-la-Forêt,
La Forêt-Fouesnant

04_ Bot Conan
Cove, Beg-Meil,
Fouesnant



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THE GLÉNAN ISLANDS

THE BRETON CARIBBEAN

Set off for the gem of South Finistère! When you take a trip to the Glénan Archipelago, you'll feel as if you've been transported into a picture postcard or to the world's end.

The Glénan Archipelago is just 15 km off the coast of the Breton Riviera. It's made up of several islets and seven larger islands and is a touch of paradise. The scenery is idyllic: white sand and the transparent, turquoise blue sea! From April to September, boats sail to the main island of Saint-Nicolas from Bénodet, Beg-Meil and Port-la-Forêt.

Our favourite: take a day-long guided tour of the different islands in the archipelago, then make your visit unforgettable by stopping over on Saint-Nicolas island.

01_Aerial view of the main island, Saint-Nicolas

THE GLÉNAN NARCISSUS, THE ONLY ONE OF ITS KIND IN THE WORLD

The Glénan Narcissus is a protected species and one of the rarest flowers in Europe. Being threatened with extinction in the 1950s, a nature reserve was created on the island of Saint-Nicolas to protect the flower. Visit between March and April when the narcissi are in bloom.





01_Saint-Nicolas Beach,
Glénan Archipelago

02_Strolling along the
decking, Saint-Nicolas
Island, Glénan Archipelago



A JOURNEY THROUGH NATURE

If you're a nature-lover and passionate about unspoiled natural landscapes, come and explore a whole range of picturesque sites such as the woods, marshlands, tiny coves and more. The beautiful fresh air awaits you!

There's nothing better than a hike if you want to explore the area at your own pace. There are around 250 km of hiking trails, so whether you're a novice Rambler or an experienced hiker, there's something for everyone. The legendary GR34@ hiking trail runs the length of the 1,800 km

Breton coastline. It's a great way of discovering all the coast has to offer. If you love beautiful scenery, take a hike to the Mer Blanche, a stunning lagoon that stretches between Bénodet and the Pointe de Moustierlin headland at Fouesnant. If you stay on the GR34 (also known as the customs officers' path), you'll come across the Moustierlin marshland and the swamps at Penfoulc. In both sites, you'll enjoy picturesque walks surrounded by nature: they're the ideal locations for spotting grey herons and kingfishers.

01 On the GR34@,
Anse Saint-Laurent,
La Forêt-Fouesnant



01_ Strolling along the banks of the Odet in Bénodet, with stunning views of the Cornouaille Bridge and marina

02_ Mousterlin Marshland, Fouesnant

03_ The Mer Blanche and the sand dunes in Mousterlin, Bénodet and Fouesnant

04_ Cycling through the Mousterlin Marshland, Fouesnant



250 KM OF HIKING TRAILS

Explore the Breton Riviera's stunning scenery by following our 250 km of hiking trails.

You can discover the Breton Riviera on foot or by bike, travelling short or long distances, as you choose. The Breton Riviera Walks and Hikes guide features all marked hiking trails.



Available for €7 in
Breton Riviera Tourist
Information Offices
and Town Halls

A WELLNESS JOURNEY

Take some time to relax and completely unwind. Thalassotherapy, spas, gentle sports: the choice is yours!

Try thalassotherapy in Bénodet and let your body unwind in a relaxing setting. With its seawater swimming pool heated to 32 °C, jacuzzi, sauna, aromatherapy room, and a well-being and relaxation area, it's the ideal place to take it easy, a complete joy for the body and mind.

Why not try out aqua walking? You'll benefit from exercising in saltwater whilst toning and reinvigorating your body at the

same time. Walk through the sea that flows along our 26 km of beaches and benefit from improved circulation and stamina.

Or why not try paddleboarding? Wind down on your board while gazing out over the stunning Breton Riviera landscape.

01_ *The seawater swimming pool at Relais Thalasso, Bénodet*

02_ *Guaranteed fun at Les Balnéides Aquatic Centre in Fouesnant*

03_ *Enjoy a moment of relaxation and visit one of our many spas and well-being centres*

04_ *Relax on over 26 km of fine sandy beaches*



01

DID YOU KNOW?

Sea air is excellent for your health!

It gives you a real burst of energy, helps you recharge your batteries and cleanses your body. So, wait no more! Come and take a stroll along our 26 km of fine sandy beaches. The sea air is beneficial for your health!



02



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04

A CULINARY JOURNEY

The region has an excellent reputation for food and drink: fish, shellfish, cider, biscuits, crêpes and more.

Basket in hand, take a walk amongst our colourful market stalls and buy seafood on the very day it's caught. Enjoy some shopping, and try out our exceptional produce such as pink clams or Glénan lobster, which is unique to the archipelago. And don't forget to visit one of our many crêperies and sample an authentic, traditional Breton pancake.

Do you want to learn how to make crêpes? Why not perfect your skills on a traditional billig by taking lessons with a local expert?

Come and find out about our many orchards and meet apple producers working at the heart of the Breton Riviera. They'll tell you about their profession and won't forget to mention that Cornouaille cider was the first French cider to be given the Protected Designation of Origin (PDO) label! Step inside some of the local mills and biscuit factories and discover the secrets to manufacturing the best Breton treats.



LIST OF MARKETS

Monday morning: Bénodet, Place du Meneyer

Tuesday evening: La Forêt-Fouesnant, Port-la-Forêt marina (summer)

Wednesday morning: Fouesnant, Beg-Meil, Kervastard car park (summer)

Friday morning: Fouesnant, Place du Général de Gaulle

Saturday morning: Fouesnant, Place de l'Église (organic) and Clohars-Fouesnant, Place de la Mairie

Sunday morning: La Forêt-Fouesnant, Place de la Baie



A CULTURAL JOURNEY

Discover a region with long-standing traditions.

Come and watch a Celtic circle performance: an uplifting event featuring dancing in traditional costumes. And if you'd like to take in more Breton culture, head along to the famous Fest Noz (Night Festival). The event has been given the Intangible Cultural Heritage title by UNESCO. Every Wednesday evening throughout the summer, you can go along to Péniti's Celtic night dance events in La Forêt-Fouesnant. Or why not experience one of the region's Pardon ceremonies? An ideal opportunity to soak up traditional Breton culture and are very popular with the locals. Take a stroll along the little streets and alleyways to discover some of the most beautiful buildings in the region.

01_ *The Fouesnant region's traditional costume. Fouesnant's "Ar Pintiged Foen" Celtic circle*

02_ *Free traditional performances in summer. "Celtic nights" at Péniti's Théâtre de Verduze (outdoor theatre), La Forêt-Fouesnant*

03_ *Izel Vor Notre Dame Church, La Forêt-Fouesnant*

04_ *The Bagad Bro Foen Parade during the Glénan Pardon ceremony. A must-see event in a stunning setting. (The Pardon takes place on the 1st weekend of September)*

05_ *Free concerts throughout summer. "La Butte du Fort concerts", Bénodet*



A LIVELY JOURNEY

Festivals, performances, watersports... there are so many activities to enjoy on the Breton Riviera.

Lose yourself in the rhythm of our many summertime music events, including concerts, festivals and entertainment for all the family. Ask for a timetable of events at one of our Tourist Information Offices.

If you love splashing around in the sea, why not try out some of the water sports on offer? The Breton Riviera is the ultimate destination for water sports!

As for hiking or cycling, there are many routes and trails marked out across the region.

And if you want to practise your swing, why not visit one of our 18-hole golf courses, and take a moment to relax and absorb the beautiful, calming Breton scenery? Try your luck at Bénodet casino, which offers both traditional and electronic table games.

01_ "Le Festidreuz" music festival, the first weekend in July, Fouesnant

02_ Free concerts throughout summer. "La Butte du Fort concerts", Bénodet

03_ Sports for all the family. "Kerambigorn Beach", Beg-Meil, Fouesnant

04_ Water sports on the Breton Riviera

05_ 18-hole golf course, Clahars-Fouesnant

06_ Casino Barrière, Bénodet



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**LA RIVIERA
BRETONNE**

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Relais Thalasso Bénodet, Casino
Barrière, Golf de l'Odét,
OMT Fouesnant-les Glénan,
OMT Bénodet, Lip Studio, Diaphonne
Eli Prod, JOB Nicolas, Saint-Thomas
TV, Adobe Stock.

Concept and design:
Elle & Lui communication

