




## NOVEMBER : SAINT-POL-DE-LÉON



<p><b>Markets</b></p>	<p><b>Daily markets :</b>          Tuesday morning : Saint-Pol-de-Léon          Tuesday from 5:30pm to 7:30pm : Tréfleuz (from 5pm to 7pm in the winter)          Tuesday from 4pm to 7pm : Lampaul-Guimiliau          Wednesday morning : Roscoff, Landivisiau, Sizun          Friday morning : Cléder          Saturday morning : Plouescat</p>	
<p><b>Pol-Aurélien Cathedral</b>          SAINT-POL-DE-LÉON          Location on the map : D4</p>	<p>The cathedral was built on the ruins of a roman cathedral from the 12th century and reflects the Gothic style. It possesses a remarkable nave from the 13th century made of limestone from Caen, an ensemble almost unique in Brittany, a choir made of granite dating to the 15th century and a 17-century organ built by the englishmen Robert Dallam and his son, Thomas.  <b>Open everyday 9.30am - 5pm.</b></p>	<p>Free entrance.</p>
<p><b>Notre-Dame-du-Kreisker Chapel</b>          SAINT-POL-DE-LÉON          Location on the map : D4</p>	<p>The 14th-15th-century chapel has the tallest spire (80m-high) of Brittany and was built by an english architect !  <b>Open until 5 November from 9.30am to 5.00pm.</b>          Closed from 6 November to 22 December.</p>	<p>Free visit to the chapel.</p>
<p><b>Maison Prébendale</b>            4 place de l'Été 44          SAINT-POL-DE-LÉON          Location on the map : D4          +33 2 98 69 01 69</p>	<p><b>Until 6 November : open Wednesday, Friday, Saturday and Sunday 2.30 - 6pm.</b>  <b>Exhibition : "Diversités" :</b> The selection of works (photographs, sculptures, paintings, etc.) from the Frac Bretagne collection is inspired by the artist Frida Kahlo. "Diversités" exhibition is about themes dear to the Mexican artist : feminism and commitment, portraiture and identity.  <b>Saturdays 4, 11, 18, 25 November, 3pm-4pm and 4pm-5pm:</b> guided tour of the exhibition.</p>	<p>Free</p>
<p><b>Location de vélos Maison Imbert Cycle</b>          624 rue de Morlaix          SAINT-POL-DE-LÉON          Location on the map : E6          +33 6 76 35 52 23          maisonimbert.contact@gmail.com</p>	<p>Rental service with classic and electric bikes.          Repair and maintenance workshop and sale of accessories for your cycling activity (clothing, luggage, etc.).          Open from Tuesday to Saturday : 10am-12am and 2pm-7pm.</p>	<p>Rates and informations on : <a href="http://www.maisonimbertycle.com">www.maisonimbertycle.com</a></p>
<p><b>Public Pool</b>            33 rue des Carmes          SAINT-POL-DE-LÉON          Location on the map : C5          +33 2 98 29 12 77</p>	<p>Recreational pool, water games, rapid river, massaging spurts, slides. Spa: steam room, sauna, whirlpool bath...  <b>School holidays (21 October - 5 November) :</b>          Monday, Wednesday &amp; Friday : 10am-12.30pm &amp; 2.30-7pm          Tuesday and Thursday : 10am-1.30pm &amp; 2.30-7pm          Saturday : 2-7pm          Sunday : 9am-12.30pm &amp; 2.30-6pm  <b>School period :</b>          Monday : 5-7.30pm          Tuesday : 12-1.30pm &amp; 5-7.30pm          Wednesday : 12-1.30pm &amp; 2.30-7pm          Thursday : 12-1.30pm &amp; 5-7pm          Friday : 5-7pm &amp; 8.30-10.30pm          Saturday : 2.30-7pm          Sunday : 9-12.30pm &amp; 2.30-6pm.</p>	<p>Adult : 4,50 €.          Children 3 to 18 years old : 4.00 €.          Children – de 3 ans : Free.          Fitness/Spa : +4,00 € over 18 (in addition to entrance fee).          Swimming lessons: 55€ per week for 5 sessions of 45-minutes each.</p>
<p><b>Movie theater Le Majestic</b>            Place Michel Colombe          SAINT-POL-DE-LÉON          Location on the map : D5          +33 2 98 19 12 65</p>	<p>Timetable available at the Tourist Information Centre and on the website <a href="http://www.cinema-majestic-29250.com">www.cinema-majestic-29250.com</a>.</p>	<p>Adult : 7€          Discounted rate (under 18 years old, students and job seekers): 6€          Under 14 years old : 4,50€          Subscribers : 5,50€</p>
<p><b>Public Library</b>            Kéroulas          SAINT-POL-DE-LÉON          Location on the map : D4          +33 2 98 69 14 74</p>	<p><b>Wide selection of novels, comic books and manga, documentaries, magazines, music and DVDs, seed swap.</b>  <b>Opening Hours :</b>          Tuesday : 10am -5pm          Wednesday and Saturday : 10am - 12pm and 1.30pm - 5pm          Friday: 3pm-7pm.  <b>Thursday 2 November 10.30am :</b> Baby Readers (6 months - 3 years old).  <b>Wednesday 8 November 10.30am :</b> "Les Racontines" - young readers - (4 - 8 years old).  <b>Wednesday 22 November 2023 at 2pm :</b> How to detect fake news (over 10 years old). Booking required.</p>	<p>Free entrance. Subscription required for borrowing library resources.          Events and exhibition.          Free entertainment on reservation.</p>

<p><b>Walking and cycling trails</b> 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.</p> <p>Sainte-Anne islet: visit the Sainte-Anne islet, a natural site linked to the coast by the Penarth promenade.</p> <p>Jardin du Champ de la Rive: children's playground, picnic area and magnificent view of the islet Sainte-Anne and the Bay of Morlaix.</p> <p>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.</p> <p>Free maps available at the Tourism Information Centre.</p> <p>Hiking guide « 15 hikes and rides » (in french only) : 1 €.</p> <p>Hiking itineraries in Haut-Léon : 5€ 11 itineraries, 0.50€ per itinerary (in french only).</p>
<p><b>The Breizh'ters</b> SAINT-POL-DE-LÉON +33 2 98 69 05 69</p>	<p><b>In french or spanish only.</b> 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.</p> <p><b>Booking required at the Tourist Information Centre.</b></p>	<p>Free</p>
<p><b>La Maison du Filet Brodé</b>  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.</p> <p>Visit in english and german available.</p> <p>Open everyday Thursday from 2pm to 4.30pm.</p>	<p>Entrance fee : 2 €/person. Free under 12 years old.</p> <p>Demonstration of netting - Initiation for beginners (booking required) : 15€ (3 hours).</p> <p>Lessons : membership 30€.</p> <p>Group tours (booking required).</p>
<p><b>Public Library</b> Rue du 19 mars 1962 PLOUÉNAN +33 2 98 69 51 47</p>	<p><b>Wide selection of novels, comic books and manga, documentaries, magazines, music and DVDs.</b></p> <p><b>Opening hours :</b> Tuesday and Friday: 10am - 12am and 4pm - 6.30pm Wednesday: 10am - 12am and 2pm - 6.30pm Saturday : 10am - 3pm</p>	<p>Free entrance. Subscription required for borrowing library resources.</p> <p>Events and exhibition.</p> <p>Free entertainment on reservation.</p>
<p><b>Public Library</b> 55 rue de la Mairie MESPAUL +33 2 98 61 59 79 biblio.mespaul@orange.fr</p>	<p><b>Opening hours :</b> Monday : 6 - 7.30pm Wednesday : 10 - 11.30am Saturday : 10 - 12pm Sunday : 11 - 12pm.</p>	<p>Subscription required for borrowing library resources.</p>
<p><b>Véloc' Ouest bike rental service</b> +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.</p> <p>Delivered to your door all year round.</p> <p>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: <a href="http://www.velocouest.fr/livraisondeveloc/">www.velocouest.fr/livraisondeveloc/</a> Security of transactions ensured.</p>