



NOVEMBER : SAND COAST



<p>Markets</p>	<p>Daily markets : Tuesday morning : Saint-Pol-de-Léon Tuesday from 5:30pm to 7:30pm : TréfleZ (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>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</p>	<p>French holiday period : From Tuesday 1st to Saturday 4th -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</p>	<p>Prices and reservations: www.plouescat-nautisme.fr or +33 2 98 69 63 25</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 French Holy Days: from 10 am to 3 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. Private property. Manor only visible from the n°23 communal road.</p>	
<p>"Le Dauphin" Cinema 10, rue Maréchal Foch PLOUESCAT Location on the map : D4 +33 2 98 69 66 82</p>	<p>1 Cinema room. "Art et Essai" programmed-style cinema. Monthly schedule on: www.cinemaledauphin.fr</p>	<p>Full price: 6 € - 12 y.o.: 4.50 € 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>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€ (-18 y.o.: 5€) for a 2-time 9-hole course</p>
<p>Kerfish Surf Skol-Surf school Ode an Derved Kerfissien CLÉDER +33 6 71 59 +33 2 74</p>	<p>Lessons on reservation depending on the weather conditions and the tide. Everyday on reservation.</p>	<p>Formulas, prices and reservations on kerfishsurfskol.wixsite.com/monsite or by phone : +33 6 71 59 02 74</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. From November, 1st to 6th: Possible rides on the beach on reservation. (october school holidays)</p>	<p>Prices : 1 hour ride : 25€. 1 hour 30: 30 € Stroll in hand: 10h the 1/2h - 20€/hour</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. Saturdays open from April to September and during school holidays: from 10am to 12pm and from 2pm to 6pm.</p>	
<p>MK Coaching - horse riding Kerscao PLOUNÉVEZ-LOCHRIST +33 7 82 38 73 38 marine.kerscaven@free.fr</p>	<p>French October holidays : from 23rd to 3th nov. : Half-days trainings, individual or collective courses Halloween party on the 1st of Nov. from 2 to 4.30 pm</p>	<p>Horse rides trainings : from 35€ for half a day to 170€ for the week Simple rides : from 20 to 35 € Reservations: + 33 7 82 38 73 38</p>

Fishing on Sand Coast	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 !	Price: On-foot fishing guide: 9,90€
Pump track Cléder Place Ashburton CLÉDER	1300 m square area dedicated to the practise of skating,with 900 m square area of tracks and bumps !	
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	During october school holidays (1st to 4th November): open from Monday to Friday : 9.30 to 12pm and 1.30 to 5.30 pm Saturday to Sunday: 2 to 6 pm- reservation compulsory Then: Training, private lessons and rentals Monday to Friday, 9.30 to 5.30 pm	Prices on clubnautiquecléder.jimdofree.com Reservation by email: cn.cleder@gmail.com or by phone: +33 6 66 46 30 49
Léon Surf School 170 Beg Tanguy (Moguériec) SIBIRIL +33 6 66 46 30 49	Lessons and training courses, stand-paddle rides, fitness paddle,...	Lessons and training courses schedule, tariffs and reservations at www.ecole-surf-leon.com or by phone at +33 6 66 46 30 49
Tennis Parc de loisirs des Amiets Rue de Théven Kerbrat CLÉDER Location on the map : B2 +33 2 98 69 63 88	4 outdoor courts to be used all-year long Collective or private training sessions possible for young people from 4 y.o. and adults	Free access all-year-round
Tennis Palud Bihan PLOUESCAT Location on the map : C2 +33 6 88 58 41 74	4 outdoor courts Courts and training lessons on-demand. Tournaments every Tuesday afternoon (subscription until Tuesday noon) Price: 5 € Monitored by a professional tennis coach.	Free access all-year-round