

# PLOUESCAT

} SURPRISING

} HISTORIC

} AUTHENTIC



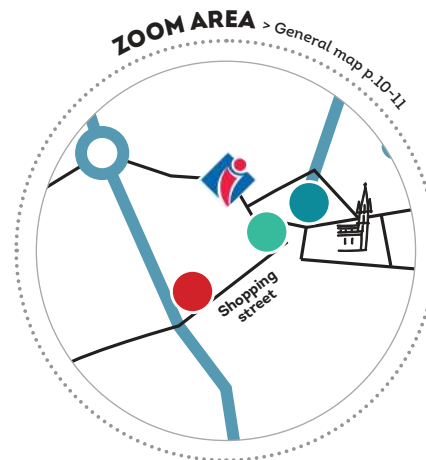
life-size  
**DISCOVERIES**



# Discovering the CITY CENTRE

## Plouescat's establishment

The city centre was first built around the church and then expanded around the Market Hall. The whole city life was concentrated around this commercial area from which the housing later developed in a star-shape. By the 60's, seaside tourism began to develop strongly in the Porsmeur area.



**Shopping at the fresh market on Saturday morning**

« I love to go shopping at the market on Saturday morning, the atmosphere is joyful, the environment is amazing, and I can buy local fresh products! »

Nathalie, 24 y.o.



### ● The Market Hall, a unique building in Finistère

Built by a Kérouzéré baron at the end of the 16th century, Plouescat Market Hall is made of oak and chestnut and is the oldest hall in Brittany. It was classified « Monument Historique » in 1915.

Two rooms were located on the first floor. One of them was used as a court of law. A prison was located nearby the building. The market hall hosted fairs and markets.

The framework is made of 10 roof trusses and is supported by 40 oak poles on granite blocks. The ground surface was an earthen floor before being paved in 1975.

### ● Gorrekear's manor house

Gorrekear means « top of the city » in Breton. This is the oldest building in the city centre.

The watch-turret is partially visible and dates back from the 16th century. It was named « old barrack » for serving as a military garrison during the French Revolution, was later classified as a National Property and now hosts a shop.



Watch-turret

### ● The « cross pattée »

This millenary granite cross stands up with no base and is much bigger than it looks : a large part of the cross is buried on the ground to maintain its stability. It is the first mark of Christianity in the area.



### DID YOU KNOW ?

The church spire was erected in 1870 and is 58-meter high : this is the 2nd highest church spire in the region after the Kreisker Chapel (77-meter high) with a Neo-Gothic architectural style, in Saint-Pol-de-Léon. Built in 1863 to replace a smaller church erected 100 years earlier, Saint Pierre's church is the third church of Plouescat.



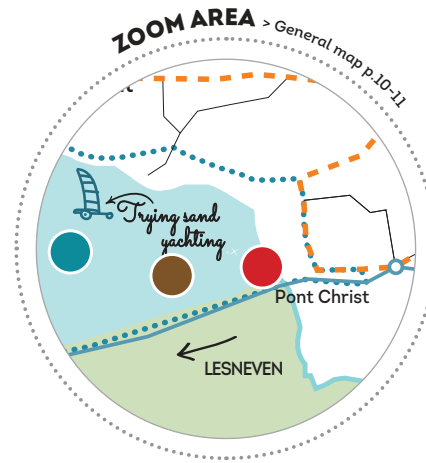
### TO GO FURTHER : GEOCACHING

With all the family, discover the city centre like a true explorer and solve enigmas. Please visit [www.geocaching.com](http://www.geocaching.com) for more information under « Patrimoine Plouescatais ».



# Discovering the KERNIC BAY

Pont Christ side



**Let's try sand yachting!**

« We have tested sand yachting with friends. As our own driver we have discovered the bay at V-speeds and we've really had a good time! »

Guillaume, 23 yo

## Natural resting area for birds

The Kernic Bay covers a 250-hectare perimeter. This is a natural haven for many sea bird species : Brant geese, Shelducks, Herons, Egrets, Dunlins. The area is registered in the «Natura 2000» network.

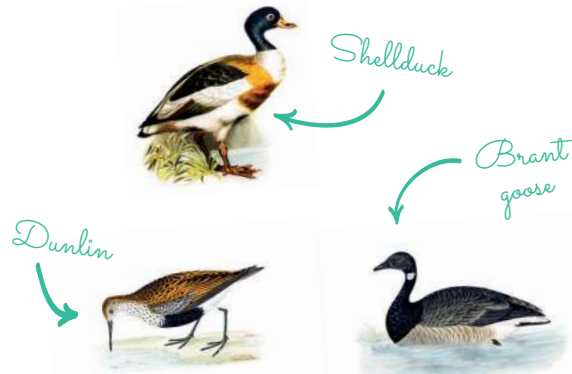


## Marine Horse Racetrack

Horse races have been occurring in the Bay every year in August since 1882. The Bay is converted into a racecourse and is one of the 4 rare marine racetracks in Europe. This place was also used as an airfield during the 1930's and hosted a flight school with outstanding events until 1945.

## What is a Natura 2000 Site ?

Natura 2000 is a network of resting sites, for rare and threatened species, and some rare natural habitat types which are protected in their own right.



## Treas-Glas

At the Bay can be found a very fine sand rich in organic matter called « treas glas » meaning « blue sand ». It has been extracted for a very long time for construction and agriculture purposes, but extracting this sand is now firmly forbidden.

## DID YOU KNOW ?

The myth of Coat an Noz (« woods of the night ») tells the story of how the Kernic Bay was once a large forest which disappeared in one night due to the invasion of the sea.

## TO GO FURTHER

### Picking up salicornia in the Kernic Bay

Salicornia, also known as « sea pickle », is a wild plant and grows in the Kernic Bay ! Its salty taste and nutritive values are used to garnish cakes, salads or even sauces ! Picking salicornia is regulated and cannot exceed a handful per person.

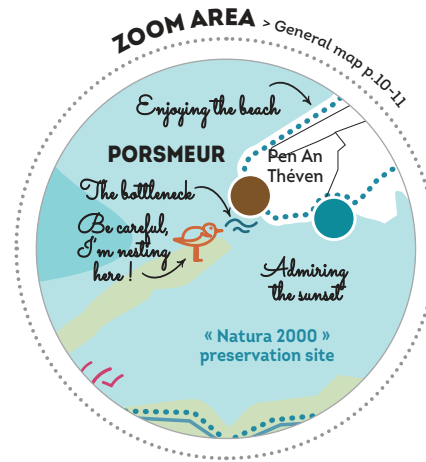


# Discovering the KERNIC BAY

Pen An Théven side

## ● Pen An Théven Site

During the 18th century, Pen An Theven (also called « the Watch Tower Rock ») was a strategic site used to prevent English invasions. Sebastien Le Prestre de Vauban, King Louis XIV's engineer and General Commissioner of Fortifications, ordered the construction of many military buildings along the coast : retranchements, forts and coastal artillery batteries, able to drive back the enemy assaults.



### Swimming in Porsmeur's waters

« My little sister Marie has a physical disability and it's hard to find a beach and it's hard Summer. We go swimming in at the Porsmeur's beach to enjoy the « tiralo » (a beach wheelchair) and it's always a great time spent with the family. »

Benjamin, 17 y.o.



## ● Quinirvit's « Allée Couverte »

This passage grave, witness of the first human settlements in the area, was used as a collective tomb by a family or a clan between the Neolithic period and the Bronze Age. It was once covered by a tumulus ("earth mound") or a "cairn" (pile of stones). This grave, originally built on the lowland, next to the Kérallé River, is today submerged at high tide and is, therefore, an indicator of sea level rise.



## Porsmeur Dunes

Porsmeur and Poulfoën Dunes are home to a wonderful and specific fauna and flora. The sea cabbage is a protected species of the Breton coastline and can be spotted on the upper beach.

During Spring, you can admire four species of wild orchids including the small-flowered tongue-orchid ( Serapias parviflora) native to the Mediterranean Basin. Be sure to smell the captivating gorse (Ulex europaeus) perfume , a yellow and prickly flower with a unique scent with sun light, reminiscent of coconut !

### ➔ DID YOU KNOW ?

The Kentish plover is a small bird that nests on the beaches of Keremma Dunes across the Bay. This endangered species from the breton coastline lays its eggs and nests on the ground ... So please be careful and watch your step !



### The bottleneck entrance

The extremity of the Bay used to host an isolated house but the strong soil erosion led to its destruction. At high tide, this narrow entrance can generate a violent stream, please be careful when swimming !



### ➔ TO GO FURTHER

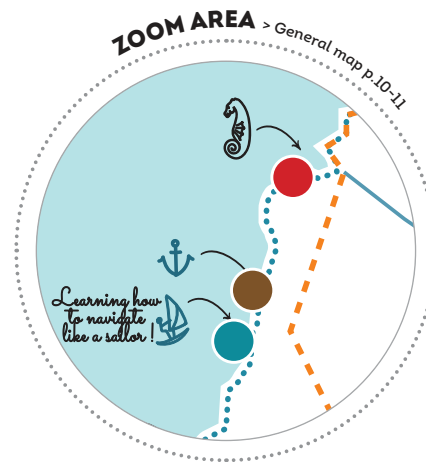
**Family-friendly guided tours !**  
Every year, take a nature guided tour with « La Maison des Dunes » to learn about Plouescat's rich biodiversity at Cam Louis, Poulfoën and Kernic Bay sites.

The Dunes House :  
+33 2 98 61 69 69

# Discovering } PORSGUEN

## ● Porsguen harbour

Breakwater works started in 1909 on a 93-meter length. This safe and secured area has allowed since the protection of a hundred of boats specialized in fishing and picking up « goémon » (= seaweed). In 1919, seaweed picking increased due to the creation of a seaweed treatment factory based in Plouescat. In 1945, investments were made to increase the port capacity.



**Learn to navigate like a real sailor!**

« My sister and I participated in a sandyachting lesson at the Watersports Centre for the first time. We have learnt how to handle the directions upon the winds and do nautical knots. Later I would like to be an instructor too! »

Yoann, 7 y.o.



## ● Memorial to the sinking of HMCS Athabaskan

In April 1944, the HMCS Canadian ship called « Athabaskan » was hit twice during a battle against German destroyers and sank in the night of 28th to 29th of April off the coast of Kerlouan. The « Haïda » boat came to rescue the survivors and the crew, saving 42 sailors. Plouescat fishermen participated in the rescue operation and brought back only 59 dead bodies. They are buried today in the city's cemetery.



## The sinking of the Amoco Cadiz

The locals from Plouescat still retain a very vivid memory of the sinking of the Amoco Cadiz as they saw their beaches being entirely covered in crude oil. The volunteers were equipped at Porsguen Watersports Centre with boots, plastic raincoats, gloves, shovels and buckets. Today, tank degassing is rare however, occasionally, birds can still be seen washed ashore, coated in oil. If you find an oil-soaked bird, please contact « l'Île Grande LPO » Care Centre : +33 2 96 91 91 40.

## ● The Seahorse sculpture

This modern sculpture was made out of a granite block in 1989 and realized by the stonemasons Patrig ar Goanig and Lucien Crenn. The sculpture was first installed near the Market Hall and then moved and fixed on a rock, in its natural habitat facing the sea.



### DID YOU KNOW ?

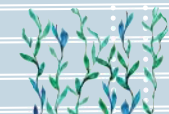
All of Brittany seaweeds are edible. None of the 500 seaweed species you may find in Brittany are toxic and a dozen of them are even excellent to cook.



### TO GO FURTHER

#### A good seaweed butter recipe

Mix 50 g of softened butter and 1 tablespoon of seaweed flakes (sea salad). Add a pinch of salt and here we go! Toast it on some bread to go with seafood, oysters, vegetables or baked potatoes...





# Life-size DISCOVERIES



## LEGEND

- Biking tour
- Coastal path
- Traffic lights
- Seaweed kiln
- Fantastic rocks
- Scenery views
- Historical monument
- Resting zone
- Vegetable cultivation

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**PORSMEUR**

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**KERNIC BAY (Pen An Théven side)**

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**KERNIC BAY (Pont Christ side)**

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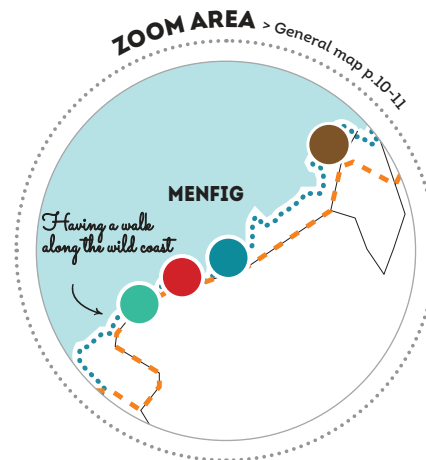


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# Discovering the } WILD COAST

## ● The gunpowder magazine

During the 18th century, in the midst of Louis XIV's reign, battles against British and Dutch invasions led to the construction of several buildings along the Breton coast. The gunpowder magazine was used to stock gunpowder and was part of Saint-Eden fortifications. These fortifications were designed by the military architect Vauban and included one guardhouse and one coastguard cottage.

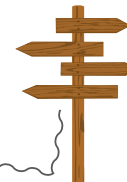


## Having a walk along the wild coast

« I have been walking everyday along the coast for the past 30 years no matter how nice the weather was.

The ever-changing sea and its colors keep surprising me everyday ! »

Jean-Pierre, 78 y.o.



## Granite

You may see some strange rocks on the GR34 hiking trail. These rocky formations have been caused by infiltration of water in tiny cracks throughout millions of years. The granite is altered and parts of the rock transformed into sand. The eroded parts are washed out by the waves and strange formations appear on the rock. They are named « Chaos granitique ».

Seaweed kiln (or oven)



## ● The « Gisant » rock

This impressive rock is located down the beach next to Roch Men Goubars and gets all the features of a human face : a chin, a mouth, a nose, ... Who does it make you think about ?

## ● Seaweed kilns

Seaweed kilns are ten-meter long trenches dug in the ground. The inner linings and the bottom are made of flat stones assembled with clay. Beginning of the 19th century, Laminaria seaweed were burnt due to their rich concentration in iodine from which blocks of ashes were obtained. They were then sold to Pont Christ factory, near the Kernic Bay, to make tincture of iodine, a powerful antiseptic. Seaweed farmers (or « goémoniers ») were paid according to the level of iodine concentration in their blocks of ashes.

## ● Roch Men Goubars

This levitating rock is nicknamed « the shaking rock » and amazes the visitors with its fragile stability ! Nature does things well !



## DID YOU KNOW ?

### Granite composition

Plouescat granite is a very distinctive stone with its light grey color and large crystals of feldspar visible to the naked eye.



## TO GO FURTHER

### Challenge your imagination !

Look closely at the rocks... What do they make you think about ? Share your discoveries on « Plouescat Tourisme » Facebook page !

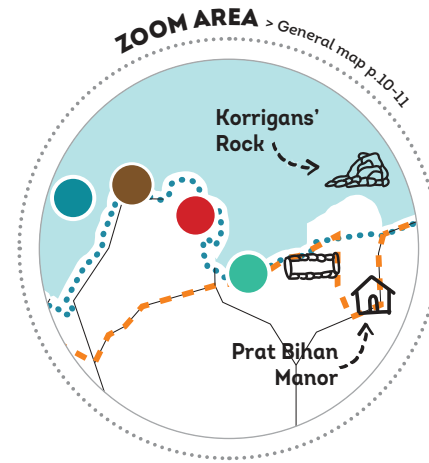


@tourisme.plouescat

# Discovering } CAM LOUIS

## ● Feunteun Ar Vir

« Feuteun Ar Vir » (Breton for «The Spring that keeps ») is a natural spring that contains 25 rainwater reservoirs. The water contained in the larger cavity was known for healing the nearby livestock. Farmers used to collect some when stopping by.



**Discovering a place full of history**

« With all the Prehistoric megaliths, shipwrecks and battles, it's clear that the Louvre Museum has to behave! I love to bring my children there, they learn while having fun! »

Liliane, 75 y.o.



## Megaliths

Megaliths are the work of the first sedentary communities living in the area during the Neolithic period, approximately 5000 BC. They could have indicated a nearby sepulture, been used as territorial markers or even calculated solstices. Other megaliths were used as collective tombs or spiritual places. There are different types of megaliths : menhirs (standing stones), alignments, dolmens (stone tables), passage graves and cromlechs (stone circles).

## ● The Dog's Rock

With some imagination, you may spot offshore a dog-shaped rock that seems to bark at seagulls.

## ● The fight between « La Belle Poule » and « Aréthusa »

On June 17th, 1778 the battle between the French « La Belle Poule » and the English « Aréthusa » frigates took place. The French victory over the English triggered the French army's implication into the American War of Independence. « La Belle Poule » managed to reach Cam Louis' cove to disembark the wounded and the dead after the battle.

### The manors

Plouescat used to have over 20 manors built between the 15th and the 17th centuries, from which only a few have been preserved : the manors of Prat-Bihan, Mesguen and Keryaouen are still a very good state of preservation and can be seen from the road. In 1426, Yves de Kergoual, a nobleman from Plouescat, was Le Folgoët's first dean and governor.

## ● Cam Louis Menhir, a 7-meter high standing stone

Do you want to get rich ? The legend tells how this standing stone stands on top of a treasure only accessible when the clock strikes midnight on Christmas day and Palm Sunday celebration.

### DID YOU KNOW ?

« La Belle Poule » fashionable hairstyle started at King Louis XVI's Court as a tribute to the battle that occurred offshore Plouescat in June, 17th, 1778. It consisted in wearing a tiny frigate, all sails spread, attached to the hair. This extravagant fashion hairstyle lasted a whole season at the King's Court.



## TO GO FURTHER

### Meeting the Korrigans

The Breton folk tales tell how Korrigans, little malicious elves, would appear from the rock's fracture and make mischief like ploughing a whole field in just one night.

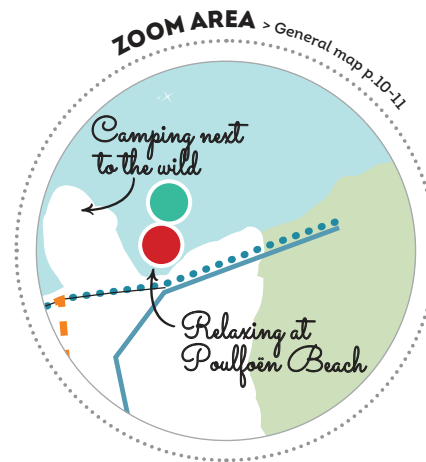




# Discovering } POU LFOË N

## « Sainte-Marthe »'s shipwreck

On March, 8th, 1901, the « Sainte Marthe »'s schooner from Bordeaux sank offshore Plouescat. The ship was coming from La Martinique and lost its shipment of rum and phosphate. The crew was composed of 12 men, only 5 of them survived with the help of 3 seaweed pickers.



## Camping next to the wild

« I accidentally discovered this campsite 5 years ago and have been spending 10 days every summer ever since that day! The landscape is magic, the atmosphere is very friendly and falling asleep while hearing the waves is unbelievable! »  
Manon, 30 y.o.



## Poulfoën Dune

The Porsmeur and Poulfoën Dunes are fragile natural areas. The upper beach is protected and nourished by the sea leash, an essential part of the coastal ecosystem. Higher up the dunes, the marrams have adapted to face the sea and grow in the sand consequently maintaining the beach sand from the sea with its strong roots. Grey dunes, recognizable by its low vegetation, are a refuge for rare wild plants and nesting sites for birds. Please watch your step!

## ● Poulfoën's « baby elephant »

This rock faces the « duck pond » and looks like a young elephant at low tide.



## ● The duck pond

Kids have been bathing in this natural water reservoir for generations.



## DID YOU KNOW ?

Filter feeders seashells (cockles, mussels, clams, oysters,...) taste better in winter since they take full advantage of the low water temperature which hinders micro-algae proliferation.

## TO GO FURTHER

### Fishing in Plouescat

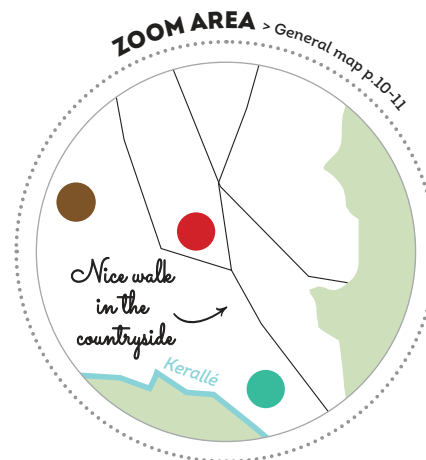
With 13 km of coastline, Plouescat hosts perfect inshore and offshore fishing spots (excluding Kernic Bay). There are razol shells, clams and shrimps for everyone! Please be aware of the legal fishing sizes and quotas and be sure to replace any rocks you turn over!



# Discovering KERZÉAN VALLEY

## ● Agricultural landscapes

Plouescat benefits from a geographic location favorable for vegetables production. The Gulf Stream, a hot marine current that rises from the Atlantic Ocean, helps preventing significant temperature variations : Heavy frost remains rare during Winter. The cauliflower and the artichoke are two well-known vegetables cultivated in Plouescat.



Enjoying the countryside even on the waterfront



« We love to go and play near the Kerzéan chapel between the woods and the river, the place is very peaceful, the true countryside within a coastal city ».

Lola, 39 y.o.



## Walking in the countryside

Enjoy a walk through the rural side of Plouescat, in the green valley of Kerzéan, throughout the woods and then along the river.

## ● Kerzéan Chapel

This 16th-century chapel kept its gothic-style main door and two-bay bell tower. This stone-cutting sanctuary is located next to the Kergoal calvary. A religious celebration (« un pardon » in French) takes place every year on Pentecost Sunday.

## ● The calvaries

There are near 20 crosses and calvaries around the city. The Kergoal calvary-altar was edified in 1667 and is over 6-meter high. An offering table was erected on the west side of the base and brings uniqueness to the monument.



Scan the QR code to get the hiker's charter !



## DID YOU KNOW ?

Plouescat offers many treasures such as the Irvit menhir on your way to Poulfoën. It is said that the menhir would strike the hours ! But only at noon and midnight... so pay attention !



## TO GO FURTHER

### Visiting Plouescat by bike

The Tourist Office invites you to discover Plouescat city through a 15-kilometer bike ride for an afternoon moment.

Tourist Information Centre phone number : +33 2 98 69 62 18



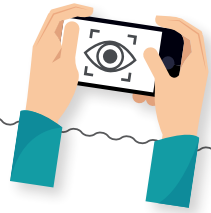
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## A CONNECTED BROCHURE

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- 2 - **Flash the photos with a  symbol** (as if you were taking a photo) with your smartphone or tablet
- 3 - Get full access to extra info, videos, and so on.



With over 13 kilometers of coastline and a rich natural and cultural heritage, the sea and the land are at the core of Plouescat's identity.

Plouescat is certified « Station classée de Tourisme » and invites you, through this family-friendly brochure, to discover, explore and learn while having fun !

Wander around the different areas of the city in search of new experiences and treasures to discover.

