

MAY : SAND COAST

Markets	Daily markets : Tuesday morning : Saint-Pol-de-Léon Tuesday from 5:30pm to 7:30pm : Tréfléz (from 5pm to 7pm in the winter) Wednesday morning : Roscoff, Landivisiau, Sizun Friday morning : Cléder Saturday morning : Plouescat	
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	Sand yachting and Polynesian pyrogue activities. Booking essential. Information and booking at the Côte des Sables Tourist Office in Plouescat.	Prices and reservations: www.plouescat-nautisme.fr or +33 2 98 69 62 18
"Partouche" Casino 100, rue de Brest PLOUESCAT Location on the map : D3 +33 2 98 69 63 41	From 10 am to 3 am: on Monday, Tuesday, Wednesday, Thursday and Sunday. From 10 am to 4 am: on Friday and Saturday From 10th July to 28th August, the casino closes everyday at 4 am	(Identity card compulsory). Prohibited to minors.
Kermenguy's Castle CLÉDER Location on the map : B7	This lovely Renaissance-style manor, renovated during the 19th century, replaced the ancient Kermenguy medieval castle. 19th-century tables, kennel and barns. All information on possible events at www.chateau-des-legendes.com . From 1st May: New and unique in Brittany! A giant game of goose in the château grounds! Bring your family and friends together for a life-size game in the great outdoors! Set up on the castle esplanade, each participant will set off with his or her "Goose" counter. Participants will receive a game booklet.	Plus d'informations sur www.chateau-de-kermenguy.com
Kérouzéré's Castle SIBIRIL Location on the map : F3-4 +33 6 73 71 85 92 chateau.kerouzere@gmail.com	15th-century fortified castle. Partially restored at the end of the 16th century after it was besieged by the Catholic League. Private property. You are welcome to explore the grounds and the exterior of the house. Open every Wednesday, Saturday, Sunday , public holidays and bank holidays (Friday 2, 9 and 30 May): Guided tours at 11am. Self-guided tours from 2pm to 5pm.	Guided tour of the château: Price: €10 adult; €7 (7-15 yrs, PSH, groups of 15+); Free for 0-6 yrs. Self-guided tour of the château: Price: €8 adult; €4 (7-15 yrs, PSH, groups of 15+); Free for 0-6 yrs.
"Le Dauphin" Cinema 10, rue Maréchal Foch PLOUESCAT Location on the map : D4 +33 2 98 69 66 82	Every first Tuesday of the month, at 8:15pm, Le Dauphin cinema presents a surprise preview. 1 Cinema room. "Art et Essai" programmed-style cinema. Monthly schedule on: www.cinemaledauphin.fr	Full price: 6 € - 12 y.o.: 4 € Everyday session in summer
Cycling and walkings paths	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.	Topoguide on sale for 1€ and 5€.
Brittany kite surf school Plages de Keremma PLOUESCAT +33 7 83 33 87 +33 7 contact@ecolekitesurfbretagne.com	Discover Kitesurfing and Wingfoil on the immense beaches of Keremma. Training according to individual progress and level. Different training courses from 12 years old / 40kg: Discovery to improvement sessions, 3-day introductory course, sailing and supervised rental. Open 7 days a week. Wingfoil and kitesurfing courses.	Booking in advance recommended.
Sand Coast Golf course 3 Coatalec PLOUESCAT Location on the map : C5 +33 6 16 74 52 46	Approved 9-hole golf course. Discover or perfect your game all year round with a PGA pro. Discovery and improvement course during the holidays.	Prices : Green fee: 20€ from october to april 30€ from the 1st of may to the end of september -18 y.o.: free
"Grains d'Or" Horse Stables Gorre-bloué PLOUESCAT Location on the map : D5 +33 6 03 76 96 80	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.	Prices : 1 hour ride : 25€. 1 hour 30: 30 € Stroll in hand: 10h the 1/2h - 20€/hour

"O Cycles des Halles" bike rental service 14, place du Général de Gaulle Derrière les Halles PLOUESCAT +33 6.62.48.88.38 yves.jezequel3@wanadoo.fr	Rental of bikes and electric bikes for adults and kids, tandem,trailer, helmets, etc.	7 days a week from 9am In june - july - august - september
Leisure of the Bay - Mini-golf 109 Kervoa PLOUESCAT Location on the map : D2-3 +33 6 83 12 24 55	Clay miniature golf course situated in a shady park facing the magnificent Baie du Kernic, pedal boats on a river circuit. Possibility of picnic on site. From the centre of Plouescat, direction Porsguen. Open from 10 to 12 am on reservation or from 4 to 7 without reservation Open on weekends by reservation.	From 5€ per person for 1h30.
La "Maison des Dunes" museum Kéremma TRÉFLEZ +33 2 98 61 69 69	Explanations only in French. Until 2nd May: open Monday to Friday, 2pm to 5.30pm. Sundays from 2pm to 6pm / Closed on Sundays and Monday 1 May. From 7th May: open on Wednesdays from 2pm to 5.30pm.	Museographic area: Free Book nature outings at Plouescat tourist office: 02.98.69.62.18 1h outing: €4 2h outing: €6.5 Free for children under 12.
Tronjoly Manor CLÉDER Location on the map : C3	Beautiful set of inhabited buildings from the 16th-19th centuries with a central courtyard. You are welcome to admire the front exterior of the house from the balcony and the chapel. Private property, Free access to outside grounds (park and chapel) only.	Free
Médiathèque l'Atelier Pôle culturel 16, place du Dauphin PLOUESCAT Location on the map : D4 +33 2 98 69 88 81	Mediatheque, animations in and out of the building - Image and sound room (DVDs, PS4 games, CD records). Seeds register. Wifi access in the hall and computer room dedicated to online consultation searches. 10 computers for use availables. Monday closed. Tuesday, Thursday and Friday from 4pm to 6.30pm. Wednesday: 10am - 12pm and 2pm - 6.30pm. Saturday: 10am - 12pm and 2pm - 5pm	Entrance for free and for all, visitors included Yearly subscrption : - Less than 18 y.o., students, unemployed,...: Free - Adult: 15€ - Family (from 2 children): 25 € - Summer tourists: 10 €
"Côte des Légendes" Honey Farm Prat-Bian PLOUESCAT Location on the map : A4 +33 2 98 69 88 93	Shop reception: Monday to Saturday, 9am to 12pm and 2pm to 6pm. Friday 2 May: visit of the honey factory, 2pm to 6pm, free.	
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 ! Open all year.	
Street workout facility Parc des sports Neben der Sporthalle des Zentrums PLOUESCAT Location on the map : D4	Outdoor stuctures for all ages : slides and swing seats for the youngest, skate park, city stade, and outside training structure for musculation, cardio, crossfit, etc.. Individualised coaching app possible (donwload it for free). Open all-year long !	Free
Val Jegu lake CLÉDER Location on the map : D4	Situatied in the town centre, a quiet place around an artificial lake with swans and ducks, to relax and stroll... Picnic and petanque areas.	Free
Les Palujous-Natural area CLÉDER Location on the map : A-B2	This natural area shelters a rich fauna and flora such as migratory birds and numerous species of orchids. Walking and exploring area (washing place, bridge) around Lavillo stream.	Free.
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	Reopening on 3 May. Wingfoil, catamaran and windsurfing every Wednesday. Free sailing on Saturdays from 2pm to 4.30pm.	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	Surfing lessons and courses, paddle rides, paddle fitness... Lessons and training courses, stand-paddle rides, fitness paddle,... Courses available until the end of the month. Please refer to the schedule on their website.	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. Monitored by a professional tennis coach.	Free access all-year-round