

JULY : SAND COAST

Markets	Seasonal markets: Tuesday: Cléder (Camping de Poulennou) 5pm-8pm from 08/07 to 26/08. Wednesday: Plouénan, place François-Prigent 5pm-9pm (until 10/09). Thursday: Sibiril (Port de Moguëric) from 4pm to 9pm from 10/07 to 28/08. Commana from 5pm: from 10/07 to 21/08. Friday: Santec from 5pm (until 30/08). Sunday: Cléder (Kerfissien) from 8am to 1pm from 06/07 to 31/08; Saint-Pol-de-Léon (Parvis de la Cathédrale) from 9am to 1pm from 06/07 to 31/08.	All year round: Tuesday mornings: Saint-Pol-de-Léon Tuesday from 5pm to 7pm: Tréfléz Wednesday mornings: Roscoff, Landivisiau, Sizun Friday mornings: Cléder Saturday mornings: Plouescat.
Aquatic and beach activities. Plage de Porsmeur PLOUESCAT Location on the map : D2 +33 2 98 69 63 25	From 10 July to 21 August 2025. Aquagym from Monday to Friday from 11.15am to 12pm - Porsmeur beach (meeting point at the hut under the lifeguard station). Registration at the nautical centre. Beach activities from Monday to Friday from 2pm to 5.30pm - Porsmeur beach (under the lifeguard post). Free, open to all. Multi-sports games area (archery, home ball, bocchia, etc.). Summer challenges: Every Thursday afternoon from 2.30pm to 5pm from 10 July to 21 August. Sports and cultural challenges for families. Free admission.	Prices and reservations for swimming and aquagym activities at the Nautical centre website: www.plouescat-nautisme.fr
Aquatic and beach activities. Plage des Amiets CLÉDER Location on the map : B2 +33 2 98 69 32 95	Hut open Monday to Friday from 10am to 12pm and from 2pm to 6.30pm: Hire of clubs and balls for minigolf, archery, orienteering, tennis rackets to borrow, giant board games...everything is free of charge. Free football and volleyball pitch on the beach opposite the water sports centre throughout the summer. Every Tuesday from 08/07 to 05/08: Battle Archery. Wednesdays in July from 09/07 to 30/07: free beach rugby from 14h to 16h30. Every Thursday, beach football. Fridays: sandball organisation.	Free access.
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 bookings 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	(Identity card compulsory). Prohibited to minors.
Kergounadéac'h's Castle CLÉDER Location on the map : B7	Majestic and imposing ruins of a 17th-century castle inspired by the Val-de-Loire castles. Visible from the road only (it is forbidden to enter the private property). Guided tour of the exterior of the château by Michel Quéré on 19 July 2025, departing 2pm from the town hall car park in Cléder.	Free
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 9 July: New and unique in Brittany! A giant game of goose in the castle park! With family or friends, a life-size game in the great outdoors! On the esplanade of the castle, each participant will set off with their 'goose figure'. A game booklet will be given to the participants. Guided tour of the castle grounds by Michel Quéré on 16 July. Meeting point at 2pm in the car park of the Cléder town hall. Free of charge.	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. Self-guided tours: daily from 10.30 am to 6.30 pm Guided tours: daily at 2.30pm and 4pm International exhibition Leonardo da Vinci, the Inventions of a Genius from 28 June. Corn maze from mid-July.	Self-guided tour of the château: From €8 Guided tour of the château: From €10
Château de Kergounadéac'h PLOUNÉVEZ-LOCHRIST	Majestic and imposing ruins of a 17th-century castle inspired by the Val-de-Loire castles. On 7th and 28th July 2025 : Guided tour of the grounds of Maillé Castle. Meeting point in the castle courtyard. 2-hour guided tour from 3pm to 5pm. Free of charge.	Free

"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€.
Distillerie Dourtan 4 rue Charles Le Goffic PLOUESCAT Location on the map : B3 +33 7 49 55 54 +33 6	Visite guidée de la distillerie tous les mercredis à 15h. Sur inscription à l'office de tourisme au : 02 98 69 62 18 Durée de la visite : 1 h. Dégustation en fin de visite. Atelier de mixologie tous les jeudis de l'été à 18h00. Sur inscription à l'office de tourisme au 02 98 69 62 18. 3 cocktails préparés dont 1 sans alcool 18H00 - 19H30 25€ / personne	Gratuit
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.	Booking in advance recommended.
Boat cruises from Mogueriec to "l'île de Batz" Moguériec Harbour SIBIRIL	45-minute boat cruises commented by the captain to discover the Sand Coast treasures from Mogueriec Port in Sibiril. Boat cruises 2024 10, 16, 18, 25 and 30th Ticketing service at your Tourist Office	Adult (+12 y.o.): 18 € / Child (4-11 y.o.): 14 € / Baby (- 4 y.o.): 6 € Reservation at the Plouescat Tourist Office .
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. Saturday 13th July: "Entre terre et mer" golf tournament Meeting by 8.30 am at Kernic Bay: Start at 9 pour a 10-hole course. Lunch at the Casino Restaurant of Plouescat at 1 pm. Afternoon: 8 holes at Côte des Sables golf course. Start at 2.30 pm. 3.30: Awards and trophy and cocktail offered by ASGCS association. FFGOLF updated Licence compulsory.	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. Pony riding training sessions pour 5 to 7 y.o. young people every wednesday afternoons. Horse riding sessions (adults/children) every Thursday afternoons.	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.	Information and booking at the Côte des Sables tourist office.
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 from 10am to 12pm with reservation and from 4pm to 7pm without reservation.	From 5€ per person for 1h30.
La "Maison des Dunes" museum Kéremma TRÉFLEZ +33 2 98 61 69 69	Explanations only in French. Museum - discovery space : From Monday to Friday from 10 am to 6 pm non-stop. On Sunday from 2 to 6 pm / Closed on Saturday Activities about nature : Get full info of the activities on website and activities program	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.
Créac'h Ingar Manor TRÉFLAOUÉAN	Free access to outside grounds only.	Free
Kerlan Manor Kerlan SIBIRIL Location on the map : E3	Kerlan is a Manor House with mullioned windows and a square tower, at the foot of which the front door opens. Over, have a look at the lintel of the door's accolade and the large arch. Into the turret, the spiral stairway in stone leads huge rooms with large fireplaces. Private property. Manor House only from the road visible. Visits of the outside possible everyday. Free guided visit (inside of the Manor House) possible on request 8 days before	Free
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. Lundi : 15h00 à 17h30 Mardi, mercredi, jeudi, vendredi : 10h /12h et 15h /17h30 Samedi : 10h /12h30 Fermé le lundi 14 juillet.	Entrance for free and for all, visitors included Yearly subscritpion : - 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 : 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. On Friday visit and discovery of the hive every Friday from 2 to 6 pm	
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	Situated 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	Windsurfing, catamaran and funboard courses. Private lessons on request. Hourly or half-day hire Catamaran - Windsurf - Funboard - Kayak - Stand up Paddle - Bodyboard - Wingfoil	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,...	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 Stages de tennis été 2024 Stages sur juillet et août ouverts aux enfants et aux adultes, de tous niveaux. Les séances seront encadrées par Olivier, enseignant diplômé d'état, selon le rythme suivant : du lundi au jeudi; horaires à définir. Lien inscriptions : https://form.jotform.com/231293499611360 ou 06 47 55 59 79 Tarif : 90 € (pour les 4 séances. chèques ancv acceptés)	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. Cours et stages sur demande. Tournois chaque mardi après-midi (inscription jusqu'au mardi midi au 06 88 58 41 74). Tarif : 5 €. Encadrement par un moniteur breveté d'état.	Free access all-year-round
Tennis Salle omnisports du centre 6 rue de Verdun PLOUESCAT Location on the map : D4 +33 7 81 04 78 18	4 outdoor courts Courts and training lessons on-demand. 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