

## MARCH : SAND COAST

<p><b>Markets</b></p>	<p><b>Daily markets :</b> Tuesday morning : Saint-Pol-de-Léon Tuesday from 5pm to 7pm : Tréfléz Wednesday morning : Roscoff, Landivisiau, Sizun Friday morning : Cléder Saturday morning : Plouescat</p>	
<p><b>Sand Yachting And Nautical Centers Plouescat</b> Port de Porsguen (Centre Nautique) &amp; Baie de Kernic (Char à voile) PLOUESCAT Location on the map : C2 +33 2 98 69 63 25</p>	<p><b>Until March 7:</b> sand yachting sessions every day from Tuesday to Saturday. <b>From March 14:</b> sand yachting sessions every Saturday. <b>Polynesian canoe:</b> morning sessions on March 3 and 6. <b>Reservations required.</b></p>	<p><b>Prices and reservations:</b> <a href="http://www.plouescat-nautisme.fr">www.plouescat-nautisme.fr</a> or +33 2 98 69 62 18</p>
<p><b>"partouche" Casino</b> 100, rue de Brest PLOUESCAT Location on the map : D3 +33 2 98 69 63 41</p>	<p><b>From 10 a.m. to 3 a.m.:</b> Mondays, Tuesdays, Wednesdays, Thursdays and Sundays. <b>From 10 a.m. to 4 a.m.:</b> Fridays and Saturdays.</p>	<p>(Identity card compulsory). Prohibited to minors.</p>
<p><b>Kermenguy's Castle CLÉDER</b> 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>All information on possible events at <a href="http://www.chateau-des-legendes.com">www.chateau-des-legendes.com</a>.</p>
<p><b>Kérouzéré's Castle SIBIRIL</b> Location on the map : F3-4 +33 6 73 71 85 92 chateau.kerouzere@gmail.com</p>	<p>15th-century fortified castle. Partially restored at the end of the 16th century after it was besieged by the Catholic League. Closed.</p>	<p>Prices available at <a href="http://kerouzere.fr">kerouzere.fr</a></p>
<p><b>"le Dauphin" Cinema</b> 10, rue Maréchal Foch PLOUESCAT Location on the map : D4 +33 2 98 69 66 82</p>	<p>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: <a href="http://www.cinemaledauphin.fr">www.cinemaledauphin.fr</a></p>	<p><b>Full price:</b> 6 € <b>- 12 y.o.:</b> 4 € Everyday session in summer</p>
<p><b>Cycling And Walkings Paths</b></p>	<p><b>Cycling and walking paths - Topoguides :</b> - 15 walking paths on the GR 34, the GR380 and the "veloroute" cycling path - Walking in Haut-Léon territory, 10-technical sheets topo-guide <b>Bicycle tour</b> available on-demand at Plouescat Tourist Office.</p>	<p>Topoguide on sale for 1€ and 5€.</p>
<p><b>Distillerie Dourtan</b> 4 rue Charles Le Goffic PLOUESCAT Location on the map : B3 +33 7 49 55 54 +33 6</p>	<p>Guided tour of the distillery every Wednesday at 3pm. Registration required at the tourist office: +33 (0)2 98 69 62 18. Duration of the tour: 1 hour. Tasting at the end of the tour.</p>	<p>Free</p>
<p><b>Brittany Kite Surf School</b> Plages de Keremma PLOUESCAT +33 7 83 33 87 +33 7 contact@ecolekitesurfbretagne.com</p>	<p>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.</p>	<p>Booking in advance recommended.</p>
<p><b>Sand Coast Golf Course</b> 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><b>Prices :</b> Green fee: 20€ from october to april 30€ from the 1st of may to the end of september -18 y.o.: free</p>
<p><b>Tronjoly Manor CLÉDER</b> Location on the map : C3</p>	<p>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.</p>	<p>Free</p>
<p><b>Médiathèque l'Atelier</b> Pôle culturel 16, place du Dauphin PLOUESCAT Location on the map : D4 +33 2 98 69 88 81</p>	<p>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 available. <b>Monday: Closed</b> Tuesday: 4:00 pm - 6:30 pm Wednesday: 10:00 am - 12:00 pm and 2:00 pm - 6:30 pm Thursday: 4:00 pm - 6:30 pm Friday: 4:00 pm - 6:30 pm Saturday: 10am - 12pm and 2pm - 5pm Sunday: 2pm - 5pm</p>	<p>Entrance for free and for all, visitors included Yearly subscription : - Less than 26 y.o., students, unemployed,...: Free - Over 26 y.o.: 10 €</p>

<p><b>"côte des Légendes" Honey Farm</b> Prat-Bian PLOUESCAT Location on the map : A4 +33 2 98 69 88 93</p>	<p><b>Shop :</b> Monday to Friday from 9am to 12pm and from 2pm to 6pm.</p>	
<p><b>Fishing On Sand Coast</b></p>	<p><b>On-foot fishing :</b> Tides guide and a regulation ruler are available at the Tourist Offices of the territory. <b>I fish on the shore by foot :</b> An essential book for beginners is for sale at Plouescat's Tourist Office !</p>	<p><b>Price:</b> On-foot fishing guide: 9.90€</p>
<p><b>Pump Track Cléder</b> Place Ashburton CLÉDER</p>	<p>1300 m square area dedicated to the practise of skating,with 900 m square area of tracks and bumps ! Open all year.</p>	
<p><b>Street Workout Facility</b> Parc des sports Neben der Sporthalle des Zentrums PLOUESCAT Location on the map : D4</p>	<p>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 !</p>	<p>Free</p>
<p><b>Val Jegu Lake</b> CLÉDER Location on the map : D4</p>	<p>Situated in the town centre, a quiet place around an artificial lake with swans and ducks, to relax and stroll... Picnic and petanque areas.</p>	<p>Free</p>
<p><b>Les Palujous-natural Area</b> CLÉDER Location on the map : A-B2</p>	<p>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.</p>	<p>Free.</p>
<p><b>Nautical Club Cléder</b> 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</p>	<p><b>From 2 March:</b> year-round sailing activities for young people and adults. Windsurfing, wingfoiling and catamaran sailing for beginners or experienced sailors on Wednesdays and Saturdays.</p>	<p>Prices on <b>clubnautiquecléder.jimdofree.com</b> Reservation by email: <b>cn.cleder@gmail.com</b> or by phone: <b>+33 6 66 46 30 49</b></p>
<p><b>Léon Surf School</b> 170 Beg Tanguy (Moguériec) SIBIRIL +33 6 66 46 30 49</p>	<p>Surfing lessons and courses, paddle rides, paddle fitness... Courses available on reservation. See website for availability.</p>	<p>Lessons and training courses schedule, tariffs and reservations at <a href="http://www.ecole-surf-leon.com">www.ecole-surf-leon.com</a> or by phone at +33 6 66 46 30 49</p>
<p><b>Tennis</b> Parc de loisirs des Amiets Rue de Théven Kerbrat CLÉDER Location on the map : B2 +33 2 98 69 63 88</p>	<p>4 outdoor courts to be used all-year long Collective or private training sessions possible for young people from 4 y.o. and adults</p>	<p>Free access all-year-round</p>
<p><b>Tennis</b> Palud Bihan PLOUESCAT Location on the map : C2 +33 6 88 58 41 74</p>	<p>4 outdoor courts Courts and training lessons on-demand. Monitored by a professional tennis coach.</p>	<p>Free access all-year-round</p>

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**Tourist reception : Côte des sables**  
PLOUESCAT - 5 rue des Halles  
+33 2 98 69 62 18 - [www.roscoff-tourisme.com](http://www.roscoff-tourisme.com)