

SEPTEMBER : SAND COAST		
		
Markets	Weekly 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 Saturday morning : Plouescat	Seasonal markets: Wednesday: Plouénan, place François-Prigent 5pm-9pm (until 02/09). Sunday: Saint-Pol-de-Léon (in front of the Cathédrale) 9am-1pm from 06/07 to 13/09.
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	Until September 5: sand yachting sessions every afternoon from Tuesday to Saturday. From September 5: sand yachting sessions every Saturday. Polynesian canoe: morning sessions on September 1 and 4. Reservations required. 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.
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. Private property. Manor only visible from the n°23 communal road. Heritage Days: Saturday 19th, 2.00 pm to 6.00 pm Sunday 20th, 2.00 pm to 5.30 pm Open for self-guided or guided outdoor tours. The board game and the mystery game (for a fee) will be available on both days.	All information on possible events at www.chateau-des-legendes.com .
Kerouzéré'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. Self-guided tours: every day from 10.30 am to 12.30 pm and 2 pm to 5 pm. Guided tours: Sundays at 11 am. Heritage Days: Saturday 19 September and Sunday 20 September: guided tours are available continuously during the self-guided tour opening hours – no booking required	Prices available at kerouzere.fr
"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	Guided tour of the distillery every Wednesday at 3 pm. Book at the tourist information office on: +33 2 98 69 62 18 Duration of the tour: 1 hour. Tasting at the end of the tour. The distillery will be closed from 31 August to 7 September inclusive; there will be no tour on Wednesday 2 September.	Free
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.
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
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. Until 6 September: open from 10am to 12pm with prior booking and from 4pm to 7pm without prior booking. From 6 September: open during the week and at weekends by reservation.	From 5€ per person for 1h30.

Créac'h Ingar Manor TRÉFLAOUÉNAN	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. Visits of the outside possible everyday	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 available. From March to June, group puzzles and participatory coloring murals on the theme of recycling. Monday: closed Tuesday, Thursday, Friday: 4pm to 6.30pm Wednesday: 10am to 12am and from 2pm to 6.30pm Saturday: 10am to 12pm and from 2pm to 5pm Closed from the 7th to the 13th.	Entrance for free and for all, visitors included Yearly subscription : - Less than 26 y.o., students, unemployed,...: Free - Over 26 y.o: 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.	
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	Situating 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	Multi-activities for 6-10 year olds on Wednesdays from 10:00 to 12:30 and from 14:00 to 16:30: sailing, paddleboarding/kayaking, shore fishing, discovering the environment, understanding the sea, etc. Sailing and wingfoil activities for adults on Saturdays from 10:00 to 12:30 and from 14:00 to 16:30 Sports coaching: Mondays from 18:00 to 19:00 and Thursdays from 19:00 to 20:00. From November to March.	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 (Moguénec) 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	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