



FROM THE PORT OF TRÉHIGUIER TO PONT MAHÉ BAY

Pénestin / Assérac



17 km



1h20



Starting point: Port of Tréguier - Pénestin



Circuit ends: Baie of Pont-Mahé - Assérac

Type of circuit:

- Route using low-traffic density roads & dedicated cycle paths
- CAP à vélo cycle route



Tourist Office Pénestin (56760)

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Leaving behind you the port of Tréguier, the epicentre of shellfish farming, just off of the estuary of the river Vilaine, you will now discover the dunes of Ménard, small islands of drifted sand, where reigns an atmosphere of pure tranquility. The rocky headlands of the coastline will mark the route which leads you to the cliffs of 'La Mine d'Or'. Your circuit will end at the bay of Pont-Mahé, at Assérac, where if the fancy takes you, you can go for a swim; the water can reach a balmy 25° C in the summer!



THINGS TO SEE ALONG THE WAY...

• The menhir of 'La Pierre Blanche'

Located on the headland of 'Le Scal' on the banks of the river Vilaine, near Tréguier, the menhir of 'La Pierre Blanche' is some 4 m tall and is made entirely from white quartz. A few metres away lies a granite capstone witness to the presence of a burial chamber (dolmen).

• The spectacular beach of La Mine d'Or

Along this 3 km long beach, back in the XIXth, the verdict of the geologists was official: it was indeed gold that could be seen glittering in the mica-schist, in the ochre coloured clay. A mine was opened at the site. Its activity however lasted but a few years as there was too little gold for it to be profitable to extract it. So gold mine it remains in name only... but it is a geological site classified as unique in Europe.

• Pont-Mahé bay

This beach is not only calm, 'family-friendly' and safe but the bay of Pont-Mahé is also a firm favourite with the aficionados of wind and kite surfing. The south-west facing orientation of the bay means that it is ideally placed to receive the prevailing winds. The bay is also classified under the environmental quality label of 'Natura 2000' in order to preserve the *Zostera* (marine eelgrass), the sand dunes and the remarkable flora present here (Orchids, *Polygonum maritimum* – sea knotgrass).



DID YOU KNOW...

• 'Bouchots' mussel farming at Pénestin

Mussel farming at Pénestin started back in 1879 its development greatly helped by the rich and constantly renewed waters of the estuary of the river Vilaine. Along an extensive stretch of the coastline you can see at low tide strange rows of regularly spaced posts, site for a very particular form of farming, subject to very precise rules and regulations. These posts are known locally as 'bouchots' which have existed at this site since the end of the XIXth century. They are home to the famous mussels from Pénestin, renowned for their exceptionally good quality and flavour.

This method of farming consists of wrapping around wooden posts (the 'bouchots') lengths of coconut fibre rope upon which have been fixed 'spats' ('baby' mussels). The posts are set in the sand and are subject to the rising and ebbing tides. The mussels are considered ready for sale after 3 years of growth *in situ*. The farms are breeding areas and zones of protection for many different species of shellfish, Crustacea and fish, which then populate the neighbouring coastline to the great joy of many fishermen who fish in the creeks, from the rocks and in the coastal waters. The farms are private work areas; please respect these zones and do not enter unless invited to do so.

The farming of shellfish/Crustacea represents the largest sector of economic activity in Pénestin and the surrounding area. This activity provides a livelihood to some thirty or so farms with an annual production of approximately 4,000 metric tonnes.



TO GO JUST A LITTLE FURTHER...

- Circuit n°1 'From the river Vilaine to the mussel farms'



WHERE TO HIRE YOUR BIKE

- **Au Gré du Vent** - Pleasure boat marina - Camoël
Tel. 06 20 67 49 92 or 02 99 90 56 91
- **Brico Loisirs Pénestin** - 74 bis rue du Calvaire - Pénestin
Tel. 02 99 90 35 92
- **Mini-golf de la Mine d'Or** - 34 allée des Coquelicots - Pénestin - Tel. 06 74 57 29 45 - From 1/06 to 30/09





1h20

