



# FROM THE VILAINE TO THE BOUCHOTS *La Roche-Bernard / Férel / Camoël / Pénestin*

25 km 2 hours 05

**Departure:** Quai Saint-Antoine - La Roche-Bernard

**Arrival:** Port of Tréguier - Pénestin

**Characteristics:**

- Itinerary on quiet roads and cycle paths
- CAP à Vélo and V42 itinerary

**Pénestin Tourist Office (56760)**  
Allée du Grand Pré - BP 7 - Tel. +33 (0)2 40 24 34 44  
contact@labaule-guerande.com  
www.labaule-guerande.com/penestin-camoel-ferel.html

From La Roche-Bernard, passing by the banks of the Vilaine, then by Férel, you'll reach the Arzal dam where you can enjoy a perfect view of the Vilaine and the moored sailing and fishing boats. On your way back to Pénestin, don't forget to make a detour to the Vieille Roche dock before then heading to Camoël, where you can admire the charming houses. From there, pretty little roads will lead you to the port of Tréguier.

**TO SEE ON THE WAY..**

• **The Arzal dam**

The Arzal-Camoël dam is part of a vast development programme in the Vilaine valley. Located at the mouth of the Vilaine, its purpose is to block the tide that used to rise as far as Redon and hinder the flow of floods, causing regular flooding in the valley. The dam holds a huge water reserve of 50 million m<sup>3</sup> which is used for many purposes: drinking water production, leisure, recreational boating, etc.

• **Tréguier**

Tréguier is the small fishing port of Pénestin. It is a very lively place and full of charm, especially when the mussel farmers return with their flats at high tide. In the 19th century, it was an essential part of Pénestin. Indeed, the ferry that left from the port of Tréguier was the most significant of those sailing on the Vilaine. It served and linked a large number of communes and cantons in the Morbihan and Loire-Atlantique departments. For the commune of Pénestin, a region which at the time had no other means of sending or receiving its products, this waterway was vital.

• **The Maison de la Mytiliculture (Mussel Farming Centre)**

15 rue du Port - Tréguier - Tel. +33 (0)2 23 10 03 00 www.mairie-penestin.com - animations@mairie-penestin.com  
The Maison de la Mytiliculture is located in the former lighthouse of Tréguier. The first room plunges visitors of all ages into an underwater world to explain the life of mussels. On the first floor, the two rooms showcase the mussel farmer's profession with a collection of photographs and tools. The spiral staircase leads to the balcony which offers a unique view of the Vilaine estuary and the port of Tréguier.  
Open: April to August - Guided tours available.

**FIND OUT MORE..**

• **The Vilaine**

This river has its source in the Mayenne and flows across almost 220 km. It owes its name to the Roman word "Visnonia", "river of rusty waters" (at the time when the tide brought up silt and mud, before the Camoël-Arzal dam made it a freshwater lake). Théodore Botrel sang about a legend: in the past, when the Duchess Anne was queen, a young girl from the area around Vitré was secretly in love with a young lord. But he didn't look at her because she was poor and ugly, maybe even lame and hunchbacked. She wept so much that she died, but from her tears sprang a spring which became... a stream, which became... a river, and which was called Vilaine in memory of the misfortunes of this young girl.

**CONTINUE ON YOUR WAY..**

- **Route 2** "From the port of Tréguier to the Pointe de Pen Bé"
- **Itinerary 3** "Wild Landscapes"



**BIKE RENTAL COMPANIES**

- **Au Gré du Vent** - Marina - Camoël  
Tel. +33 (0)6 20 67 49 92 or +33 (0)2 99 90 56 91
- **Brico Loisirs Pénestin** - 74 rue du Calvaire - Pénestin  
Tel. +33 (0)2 99 90 35 92



