

Welcome



BRETAGNE ^{BE}

La vie en *Roz!* [®]



Perros-Guirec

Côte de Granit Rose



Handy Guide Perros-Guirec

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Tourist information office

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22700 Perros-Guirec
Tél +33(0)2 96 23 21 15
www.perros-guirec.com
infos@perros-guirec.com

Low season:
From Monday
to Saturday 9 am
to 12.30 pm and
2 pm to 6/6.30 pm.

High season:
From Monday
to Saturday 9 am to
7 pm. Sundays
and bank holidays
from 10 am to
12.30 pm and
4 pm to 7 pm.



A word from the mayor



Dear friends,

It is with great pleasure that I wish to introduce the newly edited guide to Perros-Guirec. It has been produced by the Tourist Office in close cooperation with the resort's advertising partners, whom I would like to thank.

This document will enable visitors to explore every nook and cranny of Perros-Guirec and the Pink Granite Coast. It will also help you get more out of your holiday in Perros-Guirec, by providing you with information on cultural and sporting activities as well as practical information. Either way, remember that the Tourist Office is there to help answer your questions and welcomes any suggestions.

I hope you have a fabulous time in Perros-Guirec and on the Pink Granite Coast.

Erven LÉON
Mayor
of Perros-Guirec

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#perrosguirec



www.perros-guirec.com

infos@perros-guirec.com



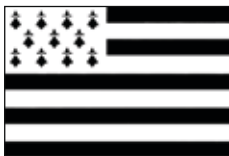
Welcome to Perros-Guirec

The Breton flag

The meaning of the Breton flag, known as the "Gwen a Du"

- 5 black stripes (Du) : the 5 ancient bishoprics of Upper Brittany (Rennes, Nantes, Dol, Saint-Malo, Saint-Brieuc).
- 4 white stripes (Gwen) : the 4 ancient bishoprics of Lower Brittany (Léon, Cornouaille, Vannes, Tréguier).
- The ermine area evokes the ancient duchy of Brittany.

Traditionally, the Gwen Ha Du is carried in processions with arms outstretched above the head.



Perros-Guirec is a seaside tourist resort tourist with a population of 8,000.

This long rocky headland stretches over 7 km as the crow flies, from Pont-Couennec to Grand Traouiero and over 15 km when following the coastline. The Perros peak, formerly called PENROZ, became important thanks to its position by the sea. Perros-Guirec's geographical location allowed the town to play an important historical role. Even though there are no megalithic monuments in the town, this area has a very long and rich history. History, however, only retained the name of its evangelist, Saint-Guirec, who arrived in the 7th century from Wales and is remembered through the oratory and chapel that bear his name.

Highlights

FEBRUARY - EASTER - ALL SAINTS HOLIDAY - CHRISTMAS

- Cap Vacances

APRIL - MAY - JUNE

- Wine and Food fair
- Comic Strip Festival
- Music Festival
- Summer exhibitions (June/September)

JULY - AUGUST

- Fireworks and concert
- Sea Festival
- Pink Granite Coast half-marathon
- Festival of the "Cité des Hortensias"
- Place aux Mêmes Festival
- Les festives of Trestraou beach
- Jumble sale
- Old Boats regatta
- National modern jazz workshop
- Venetian Festival
- Grand Pardon Notre-Dame de la Clarté

SEPTEMBER - NOVEMBER - DECEMBER

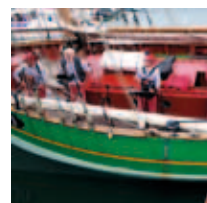
- Heritage visits
- Jazz Festival
- Christmas celebrations



The full schedule of events on
www.perros-guirec.com

REGIONAL MARKET

- Monday morning : Trégastel
Tuesday morning : Trébeurden
and Louannec
Tuesday evening : Trestraou beach in
Perros- Guirec (July and August)
Wednesday morning : Perros-Guirec (port) and
Ile Grande (Pleumeur Bodou)
Thursday : Lannion
Friday morning : Perros-Guirec
Saturday morning : Pleumeur-Bodou
Sunday morning : La Clarté (Perros-Guirec)



Walking and hiking

WALK NO. 1

Time : 2hrs
Distance : 5 km
Starting point :
France Libre
car park

TRESTRIGNEL: STEP-BY-STEP ALONG THE SEASIDE TRAIL

Follow this trail, which includes various viewpoints, and discover a strategic spot which protected the natural harbour at Perros-Guirec and several types of seaside architecture, such as seaside villas or historically-inspired manor houses, built at the end of the 19th and beginning of the 20th century.

The route:

From the France Libre car park, return to Chemin de la Messe (1). Continue to Trestrignel beach (2), arrive at the Pointe du Château headland (3) and take the small coastal path. From Rue de Costennou, you can visit the small beach at Pors ar Goret by climbing down the steps (4). Turn right along Rue du Pré Saint-Maur from where you can see Ile Tomé (5). Bear left along Rue du Belvédère. When returning to the crossroads, note the presence of a Calvary (6) and take a look at all the seaside villas. Return to the town centre via Rue de Trestrignel, take the second set of steps on the right, cross Boulevard de la Mer and go up Rue de la Petite Corniche. Following this road, enjoy the view over Perros-Guirec's natural harbour and port (7). Take Rue Hilda Gélis-Didot (8). You will reach Place des Halles at the foot of the St Jacques church (9). Cross the square in front of the church and take Rue du Général de Gaulle to return to the Tourist Office

1 - From Square Per Jakez Helias: you will find uninterrupted views over the Sept-Îles archipelago and can admire seaside architecture including that of the Manoir du Sphinx hotel, the Korrigans villa and Lann Gueuc villa.

2 - Silencio villa: Trestrignel is an area known for its seaside villas dating back to the end of the 19th century. The "Silencio" villa in which painter Maurice Denis lived, built by the architect Pierre Botrel, is one of them.



3 - Pointe du Château headland: the name refers to an old Gallo-Roman coastal defence.

4 - Pors ar Goret: follow the 99 steps down to Pors ar Goret beach where the traces of an old fishery are revealed at low tide (can also be seen from Rue de Costennou).

5 - L'île Tomé: property of the Conservatoire du Littoral, the national coastline conservation body. From the 15th century, it served as a base for (mostly English) pirates. Lying in wait behind the island, the smugglers would prepare their attacks.

6 - The Calvary: located on Rue de Senonnes, brought to Trestrignel by Monsieur Du Pré de Saint Maur, restored and erected by sculptor Yves Hernot in 1912.

7 - The port: converted into a marina in 1969, when the wet dock was also built.

8 - At number 11 Rue Hilda Gélis-Didot: you can see one of the rare "look-outs" in Perros-Guirec. Built into the roof, like a periscope, this canted bay window offers a very wide angle view, making it possible to watch the arrival or departure of boats.

9 - Saint-Jacques church: built at the end of the 19th century, its Roman part - the columns along the nave and the South entrance adorned with figures and octopuses - make it unusual.



WALK NO. 2

Time : 3hrs
Distance : 8,5 km
Starting point : Car park at the Chapelle de la Clarté
Route No. 27 PR



PLOUMANAC'H VIA LA CLARTÉ AND THE SENTIER DES DOUANIER COASTAL FOOTPATH

The Sentier des Douaniers coastal footpath (also known by its long-distance footpath code, GR34) was once used by the customs officers to combat smuggling.

The route:

At the far end of the Clarté chapel car park (1), follow the footpath downhill. Turn right along Rue de la Vallée, then left onto Rue de Traou Treuz. Pass the wash house (2), go back up towards the right following Rue Vilin Dour then turn left onto Rue Léon Dubreuil (3). Take Rue Gabriel Vicaire on the left. When you reach the Roche des Poètes, use the pedestrian crossings and walk along the rue du Criblo. After the Maison des Traouiéro, at the campsite car park, turn left by the pedestrian path then cross the boulevard over the pedestrian crossing. You will reach the Sculpture Park. At the far end of the park (4), take the path and turn left. Follow Rue du Ranolien, turn right and take Rue de la Plaine to Ploumanac'h port. Walk along the quayside and join the coastal path to get to Saint-Guirec (5) beach. Continue along the Sentier des Douaniers footpath past the lighthouse (6), the lifeboat and Ranolien car park. Along the footpath, you will encounter rocks of outrageous shapes (7). Continue in the direction of Trestraou and 700 m on, leave the Sentier des Douaniers onto a path which climbs up to the right. Pass the wash house (2) and take Rue des Fougères to Boulevard de la Corniche and cross the road. A bit further on, take a small road on the left of the signal station (8) then turn left again onto the path which leads to the hillock at La Clarté (9). Carry on to return to La Clarté chapel.

1 - La Clarté chapel: This Gothic-style architectural masterpiece

dating back to 1445 is a granite chapel showcasing the Stations of the Cross produced in 1931 by painter Maurice Denis (see p.21).

2 - The lavoirs (wash houses) of Traou Treuz and Grève Saint-Pierre: in the past, wash houses were an essential part of everyday life. Sheltered from bad weather and cleaned every Sunday morning, these areas were where washerwomen would meet, and were places full of life and cheerfulness, where laundry would be done, vegetables or tools washed or animals brought to cool down. On Monday

Extra info!

Pink granite

Granite is a rock formed deep underground. Here, 300 million years ago, mountains rose as high as the Alps. Under these mountains, hot, viscous magma filled a vast underground pocket. The mountains disappeared through erosion and exposed the granite visible today along a stretch of ten kilometres running from Perros-Guirec. This rock gets its unique colour from the combination of three minerals: mica, which gives it its black colour; feldspar, which gives it its pink colour; and quartz.

The walk to Ploumanac'h lighthouse leaving from Saint-Guirec beach, one of the most beautiful areas of the Pink Granite coast, is accessible to people with reduced mobility, but it is advisable to be accompanied.

Information:
www.perros-guirec.com



mornings, washerwomen would jostle in the main wash houses to do their laundry from Sunday, the day on which clothes and sheets were traditionally changed. There were 12 wash houses in the local area (more information in the discovery booklet).

3 - Crac'h windmill: built in 1727 entirely of pink granite from La Clarté and restored in 1986. The windmill has been classified as a historical monument since 1983.

4 - The Christian Gad and Daniel Chhe sculpture park contains 18 granite sculptures, the result of 2 symposiums organised by the town. L'Homme de Granit (the Granite Man) and Nu Primitif (Primitive Nude) by Pierre Székely. Le Sculpteur et sa création (the Sculptor and his Creation), by Shelomo Selinger. L'Ankou and Mère à l'enfant (Mother with Child) by François Breton. Menhir II, by Marc Simon. Anishnabe Manitoumaqua, by Canadian J.-Bisson known as Biscornet. Dahud and Le repos du tailleur (Resting Stonecutter), by Patrice Le Guen. Distant view and La Colline et la Crique (the Hill and the Creek), by Tatsumi Sakai. La Vie au Soleil (Life in the Sun), by Hervé Quééré. Femme Fleur (Flower Lady), by Wattel. Le fauteuil (the Chair) by David Puech. La fragilité du dialogue, de l'infini à Rouzic (the Fragility of Dialogue, from Infinity to Rozic) by Viole Enache. Eclosion (Birth) by Seenu. He Aroma Nui ('True Love' in Maori) by Renate Verbrugge. Le passage (The Passage) by Jean-Yves Ménez.

Nearby

- Traouiéro House Hommage à la Clarté (Tribute to La Clarté), by Kiyoshi Takahashi.

- Trestraou: La Porte de l'Eau, (the Water Gate) by Tatsumi Sakai. Oeuf Universel (Universal Egg) by Pierre Székely.
- Kervolaan: La pleine lune émerge de la mer agitée, (the Full Moon rising from the Rough Sea) by Syoho Goichi Kitagawa.
- Town centre: Madame et son chien (Lady and her Dog) by Joseph Visy.
- La Clarté intersection: Fossile vivant (Living Fossil) by Hervé Quééré
- Marina: Voile (Sail), by Bruno Panas. Transformans, by Rhéa Marmontini.
- Trestrignel: Roc levant (Rising Rock), by Syoho Goichi Kitagawa

5 - The Oratory and Saint-Guirec chapel: the oratory dates back to the 12th century and contains the statue of Saint Guirec.

6 - Mean Ruz lighthouse: built in 1860 and destroyed in 1944. Originally made of granite from Ile Grande, it was rebuilt using pink granite in 1947 and automated in 1980. The view is magnificent and the particularly enormous granite blocks are an exceptional pink colour. In the distance, you can make out the Sept-Îles archipelago.

Along the way...

The sentry boxes and powder magazines: these traces of coastal defences date back to the Vauban's era.

7 - The Devil's Rock: marvel at the remarkable granite rock formations such as Ar Skewel (its name in Breton) near Pors Rolland.

8 - The signal station: equipped to monitor sea, land and air and to alert boats of bad weather using conventional meteorological signals.



WALK NO. 3

Time : 2h30
Distance : 5,5 km
Starting point :
Chemin
de Randreus



TRAOUÏÉRO VALLEY

Traouïéro, a Breton name meaning "the valleys", has been a natural refuge for a variety of characters, both real and fictitious, and remains a magical world, home to the Maison des Korrigans (House of the Korrigans), the Auge du Lépreux (Lepers' Trough), the Trou de l'Enfer (Hell's Hole) and its caves.

The route:

From the Chemin de Randreus, follow the path downhill and go down the steps to the freshwater pond (1). Go back up the right side of the valley through the granite rock formations to arrive at the Smugglers' Cave (2). 800 metres further on there is a small bridge and a tombstone (3). Carry on. After another kilometre, pink granite columns can be seen (4). Keep left and continue on up to the road. At the "Ker Gomar" sign, turn left towards Route de Randreus, where you can get good views of the Sept-Îles, La Clarté, the quarries and the Pink Granite Coast then return to the valley via a relatively wide path which appears on the left.

1 - Freshwater pond: called the "Mouse's Tail Pond" ("lost ar logoden" in Breton), it takes its name from its shape viewed from above.

2 - Smugglers' Cave: this large stone slab, forming a shelter, has been of various uses over the centuries. For example, during the Occupation, it was used to hide horses which the Germans would have requisitioned. The Lepers' Cave: this cave was actually inhabited by a leper in the 19th century.

3 - Tombstone: when burial plots were not permanent in cemeteries in the past, families reused the steles.

4 - Columns and bridge crane: 8 columns supporting a bridge crane, on which a trolley running on elevated rails was used to move granite blocks from the quarries during the 20th century.

Extra info!

Along the way, discover the botanical value of these remarkable gorges. This steep valley conceals remarkable granite rock formations among a thick undergrowth of oaks, chestnut trees, ash trees, alders and hazel trees, home to around fifty plant species including royal ferns, which, like the granite which surrounds them, are 300 million years old. The effects of climate and erosion during this period gave rise to these large granite rock formations.



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BENEATH PINK GRANITE



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contact@aquarium-tregastel.com
www.aquarium-tregastel.com

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Attractions in Perros-Guirec

THE COASTAL HOUSE "La maison du Littoral"

Sentier des Douaniers
Chemin du Phare
Ploumanac'h.
Tel: +33 (0)2 96 91 62 77
www.perros-guirec.com

A permanent geology exhibition about the Pink Granite Coast, the formation of the rocky chaos, the various uses of granite, extraction from quarries, transformation and export, coastal fauna and flora. Temporary exhibitions.

Chart of the Ploumanac'h channel, Maritime toponymy, collections of old tools, etc.
Free entry.



THE TIDAL MILL "Le moulin à marées"

Ploumanac'h - Trégastel
The history of the mill is presented in the form of period scenes, maps and texts. Discover the partially restored works: shafts, grinding wheels, etc.
Free entry from June to September.

KERVASCLET GARDEN

104, Kervasclet
Tel: +33 (0)2 96 23 13 15
www.claudelemaut.com

THE MUSEUM OF BRETON HISTORY AND TRADITIONS "Le Musée de l'Histoire et des Traditions de Bretagne"

51, boulevard du Linkin
Tel: +33 (0)6 68 46 81 16

Life-size reproduction of historical scenes on various themes: Brittany, the French Revolution, Chouannerie (the 18th century French counter-revolutionary movement in the Vendée region), Trégor 1900. Exhibition of head-dresses and ancient documents. Exhibition on the German occupation.

GUIDED TOUR OF PERROS-GUIREC

Kernivinen Orchard
Kerambellec

Cider Mill Tour.

Storytelling in the Traouïéro Valley

Night-time tours led by Yann Quéré from Traouïéro Valley (torches are provided).

Explore the rockpools

Spend two hours exploring the beach along the coastline during low tide. Learn all about the tides, algae, wildlife, and fishing techniques. The tour is led by a marine specialist.

To get information or book:

Please call the Tourist Office.
Tel. +33 (0)2 96 23 21 15
www.perros-guirec.com

RELIGIOUS HERITAGE

SAINT-JACQUES CHURCH

As a listed historical monument, this church in the centre of town is built of pink granite and is dedicated to Saint-Jacques. The tympanum, which was seriously damaged, represents Christ between the eagle of Saint John and the lion of Saint Mark. In 1951, the church was extended with the addition of a false transept.

NOTRE-DAME-DE-LA- CLARTE CHAPEL

The chapel plays an important role during the Grand Pardon on August 15th. Notre Dame de la Clarté is the patron saint of sailors. The chapel's 18th-century spire acted as a landmark for sailors lost in the fog. Three model boats suspended in front of the chapel bear testimony to the sailors' belief in the Virgin Saviour. The Chemin de Croix, a work by Maurice Denis, was donated by the master painter in 1931. The statue of the Virgin is made of stone and was crowned in 1946.

Christian Pardon : August 14th and 15th

KERNIVINEN CHAPEL

Starting from Perros-Guirec church, take the road to Pleumeur-Bodou. After two kilometres, at the La Clarté crossroads, turn left into the Kernivinen district and towards the chapel dedicated to Notre Dame de Pitié. The steeple dates back to 1758. A pardon is held every year on the second Sunday after Easter.

Christian Pardon : April

SAINT-GUIREC CHAPEL AND ITS ORATORY

Located in the gorgeous bay of Ploumanac'h, sheltered by pink granite rock, and marking the place where the Breton saint of Perros-Guirec, Saint-

Guirec, is said to have arrived, is the 14th-century Saint-Guirec chapel. Close to the chapel on Ploumanac'h beach stands the Oratory protecting the granite statue of Saint-Guirec. Young girls who wish to marry within the year must stick a needle into the poor monk's nose, which explains why he has a flat face.

Christian Pardon : May

ON THE PINK GRANITE COAST

TRÉGASTEL MARINE AQUARIUM

Boulevard du Coz Pors
Trégastel
Tel: +33 (0)2 96 23 48 58
www.aquarium-tregastel.com

Enter the surprising living world in the English Channel's seabed. The visit comprises three areas, both outside and beneath the listed chaos of granite rocks: the spray zone, the tidal zone or foreshore and the sub-tidal zone. Guided tours and educational workshops (booking required)

ILE GRANDE ORNITHOLOGICAL STATION

Station ornithologique
(LPO)
Pleumeur-Bodou
Tel: +33 (0)2 96 91 91 40
www.7-iles.lpo.fr

Exhibitions on the Sept Îles Nature Reserve and marine birds.

TELECOMS MUSEUM "La Cité des Télécoms"

Parc du Radôme
Pleumeur-Bodou
Tel: +33 (0)2 96 46 63 80
(Infos 24h/24)
www.cite-telecoms.com

Fascinating visit lasting over 3 hours with surprising discoveries and interactive games. A must-see picture and music show under the Radôme,

an immense white bubble 50 metres high listed as a historical monument.

An exceptional place for the whole family to discover! A fabulous voyage through time and technology in an exhibition spread out over more than 3,000 m² where the past, present and future come together...

THE PLANETARIUM OF BRITTANY

Parc du Radôme
Pleumeur-Bodou
Tel: +33 (0)2 96 15 80 30
www.planetarium-bretagne.fr

On a hemispherical screen of more than 600 m², the Planetarium of Brittany projects you into the new millennium with fully digital 360° technology. 45 minute sessions presented by a lecturer with the following themes: "The Sky Live" - "Distance World - Alien Life ?" - "The southern sky mysteries" - "Dinosaurs at Dusk" - "Dawn of the space age".

Permanent exhibition.

THE GALLIC VILLAGE

Parc du Radôme
Pleumeur-Bodou
Tel: +33 (0)2 96 91 83 95
www.levillagegaulois.org

The Village Gaulois is an unique adventure park on the Côte de Granit Rose where you can: have fun with nearly 40 original games for young and old alike, escape for a journey back in time, learn through various educational activities.

The Village also has a humanitarian objective as a large part of the profits fund the school education of nearly 3500 pupils and the construction of schools in the north of Togo.

Bar, crêperie and picnic facilities.

FOREST ADVENTURE TRAIL

"Vivons perchés"

Route du Radôme
Pleumeur-Bodou
Tel: +33 (0)2 96 91 83 95
www.vivons-perches.com

Enjoy a pleasant and friendly welcome and take part in a fun, safe and exhilarating activity. Several trails of increasing difficulty with zip lines, Tarzan ropes, monkey bridges, etc. Free spectator path.

THE ENCHANTED FARM

"La ferme enchantée"

Convenant Goalès
Route de Tréguier - Lannion
Tel: +33 (0)2 96 37 03 05
<http://la-ferme-enchantee.voila.net>

Farm with educational and fun activities. Bring real nature to life. Feed the animals (goats), stroke and brush the donkeys, take the rabbits for a walk and discover all the other animals on the farm.

WARENGHEM DISTILLERY

Route de Guingamp
Lannion
Tel: +33 (0)2 96 37 00 08
www.distillerie-warenghem.com

The Warenghem Distillery, a creator of Breton Whisky, invites you discover the production stages of Armorik, Single Malt Breton Whisky, from alembics to the ageing cellar for the vats.

ECOCENTRE

6, Crech Ar Beg
Pleumeur-Bodou
Tel: +33 (0)6 40 56 84 46
www.ecocentre-tregor.fr

The Ecocentre is a place for relaxation, games and discovery, in a magnificent natural setting dedicated to ecology. A vegetable garden to transmit the principles of organic gardening in an amusing and practical manner. An energy path with attractions enables you to fathom intriguing mysteries.

Attractions inland

TRÉGOMEUR ZOO

Le Moulin Richard
Trégomeur (22)
Tel: +33 (0)2 96 79 01 07
www.zoo-tregomeur.com

BEAUPORT ABBEY

Kéryty - Paimpol (22)
Tel: +33 (0)2 96 55 18 55
www.abbaye-beauport.com

LA VAPEUR DU TRIEUX TRAIN

Paimpol (22)
Tel: +33 (0)2 96 20 52 06
www.vapeurdutrieux.com

THE VALLEY OF THE SAINTS

Quénéquillec - Carnoët (22)
Tel: +33 (0)2 96 91 62 26
www.lavalleedessaints.com

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www.fonds-culturel-leclerc.fr

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Milizac (29)
Tel: +33 (0)2 98 07 95 59
www.larecredes3cures.fr

LAMBALLE NATIONAL HARAS

Place du Champs de Foire
Lamballe (22)
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www.haras-lamballe.com

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Facing the Pink Granit Coast

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www.golfhotel-saint-samson.com - contact@golfhotel22.fr



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Planétarium
de Bretagne



ROUTE DU RADÔME - 22560 PLEUMEUR-BODOU



CASTEL

Beau Site

Ploumanac'h

Le snacking

Chic

SET MENU

1 course 18 € / 2 courses 24 €

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+33(0)2.96.49.80.80

www.casino-perros-guirec.bzh

Minimum age 18. Gambling contains risks: debt, dependence... call 09 75 75 75 75 (free charged call)

Nautical and maritime activities

THE SEVEN ISLANDS AND THEIR NATURAL RESERVE

*Information and bookings:
Tourist Information Office
Tel: +33 (0)2 96 23 21 15*

On the Pink Granite Coast, between Perros-Guirec and Trégastel, a 40 ha wild archipelago of islands is the uncontested kingdom of marine birds. Rouzic, Malban, the Costans, Bono, l'Île aux Moines, l'Île Plate and Cerfs make up the Archipelago of the Seven Islands. This group of rocky islets has been a protected natural site since 1912 and was classified as a Nature Reserve in 1976. Imagine hundreds of Atlantic puffins, Northern gannets, shags, small penguins, common murres, Northern fulmars, great and lesser black-backed gulls, herring gulls, and more in the rocky hollows. The Archipelago of the Seven Islands shelters 27 species of breeding birds of which 15 species are marine birds, so more than 23,500 couples. On the island of Rouzic, you will discover the unique French colony of Northern gannets (20,155 couples). A group of a dozen grey seals live permanently on this natural reserve, but they are difficult to observe. When conditions allow it, a 45 minute stop on the Île aux Moines is offered. During the return journey, you will sail alongside the famous Pink Granite Coast, a mass of granite shaped by erosion over more than 300

million years. You will find that marine birds are greater in number in the morning and amateur photographers will benefit from the light. Trips begin in February and end in November. There are daily visits from April to September. Group outings are available throughout the year (booking required). Departure times vary according to the tide. Commentaries aboard the boats are based on discovery, observation, education and protection.

*You can buy tickets to the boat tours at the tourist office.
Tel: +33 (0)2 96 23 21 15*

EXCURSIONS

ARMOR NAVIGATION

*Passenger terminal
Trestraou beach
Tel: +33 (0)2 96 91 10 00
www.armor-navigation.com*

Boat trips around the archipelago of the seven Island

- 1h45 boat trips: introduction to the nature reserve and the Pink Granite Coast
- 2h30 boat trips: introduction to the nature reserve and the Pink Granite Coast, including a trip of around 45 minutes to the Île aux Moines.

Others boat trips

- Boat trips to the Île de Bréhat: from April to September, once to twice times per week.

- Sea fishing: in July and August "sea fishing" outings departure 8.30 a.m., returning around 11.30 a.m.

- Outings with the French League for the Protection of Birds are on Tuesdays, Thursdays and Saturdays in July and August.
*Ornithological Station
on Île Grande
Tel: +33 (0)2 96 91 91 40*

BY SAILING BOATS

AR JENTILEZ

*Nautical Center
Trestraou Beach
Tel: +33 (0)2 96 49 81 21*

This great kelp fishing boat offers sea trips with a touch of authenticity, whilst retracing the history of the region's sailing ships used at the beginning of the century. Half-day and full-days trips.

CÔTRE SAINT C'HIREG

*Tel: +33 (0)2 96 23 82 04
+33 (0)6 85 92 60 61
www.santguirec.com*

A replica of a Camarétois crayfish sailing boat from the beginning of the century, the Sant C'hireg offers a traditional sailboat trip to the Seven Islands and the ornithological reserve. On board, each person brings their own picnic and participates in manoeuvring and steering the boat.

LE FILLAO

*Nautical Center
Trestraou Beach
Tel: +33 (0)2 96 49 81 21
www.perros-guirec.com*

Sailing initiation with the skipper aboard this collective schooner, for 4 to 10 people, along the Pink Granite Coast. Full-day or half-day trip free for children under three.

NAUTICAL CENTER

*Trestraou Beach
Tel: +33 (0)2 96 49 81 21
www.perros-guirec.com*

FRENCH SAILING SCHOOL

Discovery - Initiation - Advanced courses - Training for adults, teenagers and children (sea garden and other activities for children over three).

SPOT NAUTIQUE

Made-to-measure service - Hire by the hour or package - Individual lessons - Canoeing trips, old rigs, etc.

THE FLEET

Sailing dinghy - Catamaran - Windsurfing - Bodyboard - Canoes for wave-riding, beach and canoeing trips - Traditional sailing ship - Stand up paddle.



THE MARINA

USEFUL INFORMATION

Position: lat 48° 48.3N
long 003° 26.30W
SHOM Maps: 7125
ECM Maps: 537

The tidal basin on the harbour, sheltered from the weather, features all types of shops throughout the year and a market on Wednesdays. Built in 1969, the specific feature of the marina is that it is a "tidal basin", where the sea is retained by a wall.

HARBOUR MASTER'S OFFICE

17, rue Anatole Le Braz
Tel: +33 (0)2 96 49 80 50
www.perros-guirec.com

Staff are on duty from 8.30 am to 12.00 pm and 1.30 pm to 5.00 pm out of season. Opening times are 7.30 am to 12.00 pm and 1.30 pm to 7.00 pm in season or when the dock gates open, except Sundays and bank holidays.

PORT CAPACITY

612 spaces, 60 of which are reserved for visitors.

Services:

Water and electricity on the pontoons - Fuel station - Careening beach. 60 tonne crane - Launching slipway. Nearby shops. In the harbour master's office : bathrooms (toilet - showers with digital code access), 1 meeting rooms, weather reports. Wifi Zone in the entire harbour area.

Yachtmen's associations:

Rue Anatole Le Braz
Tel. +33 (0)2 96 91 10 81

Regatta's company:

Chaussée du Linkin
Tel. +33 (0)2 96 91 12 65

Weather Station:

Tel. +33 (0)8 92 68 02 22

Semaphore:

Tel. +33 (0)2 96 91 46 51

Rescue: S.N.S.M

Cross Corsen:

196 or +33 (0)2 98 89 31 31
Tel. +33 (0)2 96 91 40 10

V.H.F: Canal 16 and 9

PLOUMANAC'H PORT

USEFUL INFORMATION

Position: lat 48° 49,7°N
long 003° 29.5 W
SHOM Maps: 7125
ECM Maps: 537

The floating dock is closed by a submersible wall, 2.55 m above zero on the maps.

Access by day: 22 sea-markers indicate the channel entrance: Costaerès castle and the Mean Ruz beacon (F.B.R occ 45), then there are lateral markings.

HARBOUR MASTER'S OFFICE

Port office :

Tel: +33 (0)2 96 91 44 31
Open from June to August
from 7.30 am to 12.00 pm
and 1.30 pm to 5.00 pm

PORT CAPACITY

370 spaces, 250 of which are on buoys. 20 places are reserved for visitors.

CAMPING VILLAGE CÔTE DE GRANIT ROSE

Le Ranolien

★★★★★

SPA SERVICES AND ENTERTAINMENTS
AVAILABLE FROM THE OPENING TO THE CLOSING DATE
DIRECT ACCESS TO THE SEA

LE RANOLIEN - RUE DU SKEVEL - PLOUMANAC'H
22700 PERROS-GUIREC
TEL : +33 (0)2 96 91 65 65
WWW.LERANOLIEN.FR

elloh!
CAMPING VILLAGE

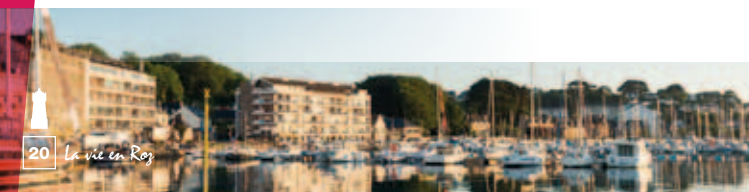
Le jardin
du bien-être

spa

Spa, hammam, (turkish baths), sauna, balneotherapy
pool, massages, beauty treatments, relaxing area

The Spa is open to all, all year round.

Le Ranolien - rue du skevel - Ploumanac'h
22700 Perros-Guirec
Tél : +33 (0)2 96 91 42 89
www.spa-massage-bretagne.com



BEACHS CLUBS

Welcomes children from 4 years old, in July and August from Monday to Saturday (except bank holidays). Trampolines, sand competitions, mini golf, football.

Club des Dauphins

Saint-Guirec beach
+33 (0)6 65 26 79 16

Club des Marsouins

Trestraou beach
+33 (0)6 63 06 51 11
+33 (0)6 63 35 32 10

BOWLING

L'Eclipse

Ten-lane bowling alley fitted with barriers for children. Cutting-edge Megazone laser games. Play area for children, video games, etc.
ZA Le Lion de Saint-Marc, Lannion
+33 (0)2 96 14 14 74
www.tregor-bowling.com

PERROS-GUIREC CASINO

Open every day, throughout the year. Slot machines, Boule, Black-Jack, roulette - Exhibitions and shows. Access only possible with an ID card.
Trestraou beach
+33 (0)2 96 49 80 80
www.casino-perros-guirec.bzh

CINEMA

Les Baladins

2 screens, open all year round,
Boulevard Thalassa
+33 (0)2 96 91 05 29
www.les-baladins.com

DIVING CENTRES

Joly Plongées

Training for all levels - Trips to the Pink Granite Coast.
+33 (0)6 81 05 98 59
www.jolyplongees.com

FLIGHTS OVER THE PINK GRANITE COAST 7^{ème} ciel parachutisme

Lannion airport
+33 (0)7 61 36 15 16
www.septieme-ciel-parachutisme.fr

Aéroclub Côte de Granit

Avenue de la Résistance Lannion
+33 (0)2 96 48 47 42

FISHING COURSES

Patrick Seigneur

Come and try sport fishing with lures and natural bait, with the support of a qualified instructor. Day outings. Equipment supplied.
+33 (0)6 45 69 54 77
www.seigneurpatrick-guide-de-peche.com

GOLF COURSE (18 HOLES)

Saint-Samson Golf Club

Kerenoc - Pleumeur-Bodou
+33 (0)2 96 23 87 34
www.golthotel-saint-samson.com

HORSE RIDING

Trégastel Riding Club

13 Route du Calvaire Trégastel
+33 (0)2 96 23 86 14
www.equitation-tregastel.com

Saint-Samson riding school

2, Crec'h Mouster Pleumeur-Bodou
+33 (0)6 84 20 76 76

Rulan Équitation

Route de Lannion Trégastel
+33 (0)6 73 08 97 84
www.rulan-equitation.ffe.com

KAYAKS, PADDLE & SURF

Nautical center

Trestraou beach
+33 (0)2 96 49 81 21

Club des Dauphins

Saint-Guirec beach
+33 (0)6 65 26 79 16

Perroz Surf School

Trestraou Beach
+33 (0)6 17 18 20 55
www.pss.bzh

LIBRARIES

Culture et Bibliothèque pour Tous

2, rue du Maréchal Foch
+33 (0)6 79 75 15 10

City library

14, Rue de Krec'h Feunteun
+33 (0)2 96 23 03 59

RIDING

Les Amis de la Côte de Granit Rose (FFRP) association

+33 (0)7 77 89 10 12

SEA ROWING

Saturdays and Sundays
+33 (0)9 83 37 98 50

WELLBEING

L'Agapa - Spa Nuxe

12, rue des Bons Enfants
+33 (0)2 96 49 89 10
www.lagapa.com

La Bulle by Castel Beau Site

Site Plage Saint-Guirec
+33 (0)2 96 91 40 87
www.castelbeausite.com

Le Jardin du Bien-Être

Ranolien campsite
+33 (0)2 96 91 42 89
www.spa-massage-bretagne.com

Les Bains Spa

100, avenue du Casino
+33 (0)2 96 91 02 91
www.spalesbains.fr

Remizenforme coach

39, rue Duguay Trouin
+33 (0)6 85 87 75 83

SPORTING FACILITIES

Kerabram Gymnasium

319, route de Pleumeur-Bodou
+33 (0)2 96 91 04 11

Yves Le Jannou

Gymnasium
16 bis rue du Sergent L'Hévéder
+33 (0)2 96 23 25 71

Skate Park Bowl & Piazza

Kerabram Gymnasium

Multi-Sport Centre

Basketball, Volleyball, Football, Hockey, Badminton, etc.
Free entry.
Rue des Frères Lumière
Rue Saint-Guirec - Ploumanac'h

SURFING

Seven Islands Surf Club

From October to May, practice surfing, body boarding and long boarding for fun - school on Wednesday afternoons.
Trestraou beach
+33 (0)7 69 06 56 53
www.7islandsurfclub.com

Perroz Surf School

Open all the year round
Trestraou Beach
+33 (0)6 17 18 20 55
www.pss.bzh

SWIMMING

Swimming school

Learning, initiation and perfection, summer time.
+33 (0)6 63 06 51 11
or +33 (0)6 63 35 32 10

PING PONG

7 îles T.T. Club

Tournaments on Fridays during high season.
Kerabram sporting complex
+33 (0)6 12 48 65 83

TENNIS

Municipal Perrosien Tennis Club

323, route de Pleumeur-Bodou
+33 (0)2 96 23 01 33

Trestraou Tennis

Trestraou beach
+33 (0)6 08 99 03 93

Municipal Tennis courts Ploumanac'h

Rue Saint-Guirec
+33 (0)2 96 23 01 33

WATER PARKS AND LEISURE CENTRES

In Perros-Guirec

Pirate Island

Initiation to accrobranch forest trails, trampoline, inflated toboggan, small train, hook-a-duck, etc.

Open in July and August.

Boulevard du Linkin
+33 (0)6 32 69 51 73

Le Petit Carrousel

Children's merry-go-round, dating back to the early 20th century.
Open from Easter to September.

Square de Trestraou
+33 (0)6 60 78 45 34

Miniature Golf

Open from July to August
Trestraou beach
+33 (0)6 08 99 03 93

Miniature Port

With your family or friends, you can board real, small ships and pilot them yourselves in a closed basin.
Boulevard du Linkin
+33 (0)6 86 02 30 18

Outside

Armoripark

Summer sledging, indoor and outdoor toboggans, bumper boats, indoor and outdoor pool heated to 28°C.

Bégard - +33 (0)2 96 45 36 36
www.armoripark.com

Trégastel Forum

Seawater swimming pool heated to 30°C with massage jets, sauna, hammam, weights room, fitness, aquagym.

Open all year round

Coz Pors beach

+33 (0)2 96 15 30 44

www.forumdetregastel.fr

Royal Kids

Indoor children's play area offering slides, giant lego bricks, a toboggan run, monkey bridge, zip line, ball pits and motorcycle tracks in a safe and secure environment.

Lannion

+33 (0)2 96 37 20 32

www.royalkids.fr

Ti Dour

Swimming pool heated to 28°.

Open all year round.

Lannion

+33 (0)2 96 05 60 60

www.tidour.com

SPORT WITH

"CAP ARMOR- LES ESTIVALES"

For parents and children aged 7+: Organisation of sporting and cultural events: tennis, climbing, mountain biking, table tennis, canoeing, archery, etc., in July and August.

Weekly program at the Rotonde, Trestraou Beach and at the Tourist Information Office.

+33 (0)2 96 91 13 57

CAP VACANCES

During the shorter school holidays, Cap Vacances offers 7 to 17 year-olds a range of sporting and cultural activities by the hour, half-day, day and for extended stays.

Programme available at the municipal leisure centre and the Tourist Information Office.

PERROS-GUIREC BY MOUNTAIN BIKE

Discover the richness of the local countryside with this fairly easy circuit on paths and small roads, with the sea and Pink Granite Coast as a constant backdrop.

- **Departure:** Roundabout (entrance to Perros-Guirec)
- **Distance:** 23 Km - between 2h00 and 2h30
- **Difficulty:** Average - 50% path and 50% road
- **Markers:**
VTT 22 marker
Circuit No. 58



USEFUL INFO

Respect the highway code as you are not the only ones using the paths. Pay attention to signs warning of danger or difficulty. On this tour, you will enter sensitive natural zones as well as private property, so please respect them.

VELEK'TRO

Take advantage of the "vélek'tro" bikes and their electric motors to discover our wonderful countryside up close.
Harbour master's Office
+33 (0)7 62 45 75 28

DURING THE TOUR, DISCOVER

- 1 • Yachting harbour
- 2 • Kernivinen Chapel
- 3 • Granite quarries
- 4 • Traouïero Valley
- 5 • Tidal mills
- 6 • Ploumanac'h Port
- 7 • Semaphore
- 8 • Pink Granite Coast and the Seven Islands

Explore the mountain biking and cyclo-tourism trails along the Pink Granite coast. Contact the Tourism Office for more information.



Voie Verte (green cycle route)
Le Tour de Manche
La Littorale EV4 (Coastal Route)
Medium- and long- distance cycle routes using paths with little traffic and dedicated traffic-free sections.
(Maps available at the Tourist Office).



Wine
Bag in box
Spirits
Regional products



CITY CENTER
Square of Town Hall
22700 Perros-Guirec

Tél. +33 (0)2 96 91 26 49



Waxwork Museum

Harbour
of Perros-Guirec
Tel : +33 (0)2 96 91 23 45

English translation available

Here you can see a reproduction of the historical scenes of Brittany, the Revolution and Chouan period. You can also see the exhibition of the wigs of lower Brittany.



Where to stay - Restaurants

AGENCIES FOR RENTING OR BUYING

Holiday lettings and yearly tenancies - Buying and selling

Avis Immobilier

3, place de l'Hôtel de Ville
+33 (0)2 96 23 21 62

Côté Immo

15, rue des 7 îles
+33 (0) 2 96 23 21 21

Le Guillouzer Immobilier

9, place de l'Hôtel de Ville
+33 (0)2 96 35 04 39

Rizzoni Agency

3, rue Anatole Le Braz
+33 (0)2 96 91 05 65

Yearly tenancies, buying and selling

Demeures du Littoral

91, rue Ernest Renan
+33 (0)2 96 23 09 86

Laforêt

4, rue du M^{al} Foch
+33 (0)2 96 23 23 76

Le Calvez Immobilier

37, place de l'Hôtel de Ville
+33 (0)2 96 23 29 95

Marin'immo

20 bis, rue du Maréchal Leclerc
+33 (0)2 96 23 09 08

Tregorimmo

115, rue Saint-Guirec
+33 (0)2 96 91 69 16

GITES DE FRANCE

Balcou

23, bd Joseph Le Bihan
+ 33 (0)6 64 94 83 09

Houssin

60, boulevard Clémenceau
+33 (0)6 42 80 40 34

Lantoine

65, rue Ernest Renan
+33(0)6 70 36 91 28

Lecorgne

132, avenue du Casino
+33 (0)6 79 03 56 36

Le Gaffric

33, rue de Pont Hélé
+33 (0)6 66 53 64 70

Le Grand

5, rue du Docteur Le Mat
+33 (0)6 09 65 89 40

Lintanf

29, rue de Pont Hélé
+33 (0)6 99 42 08 15

Querrec

24, rue de Ranguillégan
+ 33 (0)6 85 24 68 19

Tassel

4, rue de Pleumeur
+33 (0)6 31 87 12 70

Villa Orkagna

118, rue de la Clarté
+33 (0)6 43 85 50 97

CLÉVACANCES

Allo

17, bd de la Corniche
+33 (0)6 40 19 17 19

Boudin

Rue de Kreiz Ar Lann
+33 (0)6 26 98 71 08

Coatantiec

56, chemin de la Pointe
+33 (0)6 99 46 38 69

Hameury

17, boulevard Mermoz
+33 (0)6 07 02 48 27

L'archipel

81, rue du Maréchal Joffre
+33 (0)6 80 26 72 78

Quere

132, avenue du Casino
+33 (0)6 80 45 96 49

Vandenbroucke

43, rue du Docteur Laënnec
+33 (0)6 87 45 09 65

Vaudin-d'Imecourt

80, rue de Kérangarou
+33 (0)6 83 76 89 77

CAMPsites

Le Ranolien ****

Ploumanac'h
+33 (0)2 96 91 65 65
www.leranolien.fr

Domaine de Trestraou ***

89, avenue du Casino
+33 (0)6 08 99 03 93
www.domainedetrestraou.com

West Camping ***

105, rue Gabriel Vicaire
+33 (0)2 96 91 43 82
www.westcamping.com

Ferme de Kerangloff (camping in nature areas)

Route de Kervélégan,
Barnabanec
+33 (0)2 96 23 28 67

HOTELS

Best Western Les Bains ***

100, avenue du Casino
+33 (0)2 96 91 22 11
www.hotel-les-bains-perros-guirec.fr

Les Costans ***

14, rue Rouzic
+33 (0)2 96 23 20 27
www.hotel-les-costans.fr

Villa les Hydrangéas ***

53, bd Clémenceau
+33 (0)2 96 23 22 94
www.villaleshydrangeas.bzh

De l'Europe **

158, rue Saint-Guirec
+33 (0)2 96 91 40 76
www.hoteldeleurope-perros.com

De Perros **

28, place de l'Hôtel de Ville
+33 (0)2 96 23 22 41
www.hotel-de-perros.com

Les Sternes **

Rond-Point de Perros
+33 (0)2 96 91 03 38
www.sternes.com

Akena Le Nautica

87, rue Ernest Renan
+33 (0)2 96 14 20 68
www.hotels-akena.com

Le Grand Hôtel

45, bd Joseph Le Bihan
+33 (0)2 96 49 84 84
www.grand-hotel-perros-guirec.com

HOTELS WITH RESTAURANT

L'Agapa ***** - Le Belouga

12, rue des Bons Enfants
+33 (0)2 96 49 01 10
www.lagapa.com

Castel Beau Site ****

La table de mon père
137, rue Saint-Guirec
+33 (0)2 96 91 40 87
www.castelbeausite.com

Des Rochers ***

70, chemin de la Pointe
+33 (0)2 96 91 67 54
www.hotel-desrochers-perros.com

Du Parc *** - La Cotriade

174, place Saint-Guirec
+33 (0)2 96 91 40 80
www.hotel-duparc-perros.com

Ker Mor ***

38, rue du Maréchal Foch
+33 (0)2 96 23 14 19
www.hotel-ker-mor.com

Le Manoir du Sphinx ***

67, chemin de la Messe
+33 (0)2 96 23 25 42
www.lemanoirdusphinx.com

Le Suroit ***

81, rue Ernest Renan
+33 (0)2 96 23 23 83
www.lesuroitperros.com

Au Bon Accueil **

11, rue de Landerval
+33 (0)2 96 23 25 77
www.aubonaccueil-hotel.com

Hermitage **

20, rue des Frères Le Montréer
+33 (0)2 96 23 21 22
www.hotelhermitage-22.com

Le Phare **

39, rue Saint-Guirec
+33 (0)2 96 91 41 19
www.hotel-le-phare.fr

Saint-Guirec et de la Plage **

162, rue Saint-Guirec
+33 (0)2 96 91 40 89
www.hotelsaint-guirec.com

HOLIDAY RESIDENCE

Pierre et Vacances - Residence l'Archipel ***

64, boulevard Thalassa
+33 (0)891 70 10 69
www.pierreetvacances.com

Goelia -

Résidence Les 7 Îles***

92, avenue du Casino
+33 (0)2 96 45 20 20
www.goelia.com

HOLIDAY CENTRE

Centre PEP

LE HEDRAOU

4, rue de Trestrignel
+33 (0)2 96 91 26 32
www.sejours-pep22.com

GUESTHOUSE - B&B

Mme Adam

44 avenue JF Kennedy
+33 (0)6 31 24 62 95

Mme Cornic

5/7, chemin de Randreus
+33 (0)6 40 63 37 12

Mme Cornic-Ospital

3, chemin de Kernon
+33 (0)6 40 42 33 25

Mr Hautenaue

63, rue Gabriel Vicaire
+33 (0)6 76 18 34 87

Mr Houssin

60, boulevard Clémenceau
+33 (0)6 42 80 40 34

Mme Lecoutre

44, rue Saint-Guirec
+33 (0)6 12 47 19 16



WWW.L'ATELIERFERMIER.BZH

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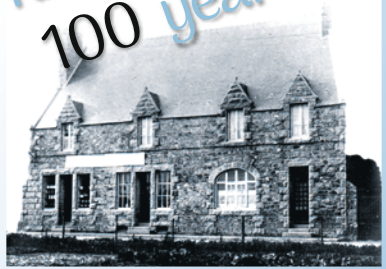
127 bd de la Corniche
22700 PERROS-GUIREC
Tel. +33 (0)2 96 13 17 20



La Chaumière

since 1918

1918 * 2018
100 years old



"Our chocolates with pure
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- Fine patisserie -
- Tea shop -
- Chocolate shop -

Our partners :
Chocolat Valrhona,
Thé Mariage Frères

Our specialities :
la patate de Ploumanac'h,
le Granit de Perros,
les Sept-Îles,
le Kouign Aman pur beurre,
les Macarons,
le far breton

19, rue du Général de Gaulle - 22700 Perros-Guirec - +33 (0)2 96 23 20 56 -



Mme Le Brozec

138, rue du Maréchal Joffre
+33 (0)6 41 82 30 07

BRASSERIES - SNACKS PIZZERIAS - CRÊPES RESTAURANTS

Bao Sushi

47, place de l'Hôtel de Ville
+33 (0)2 96 15 90 06

Bistrot du Port

56, chemin de la Pointe
+33 (0)2 96 91 44 52

Capizzone

9, place de l'Hôtel de Ville
+33 (0)9 75 14 17 54

Cap o Bar

19, place de l'Eglise
+33 (0)2 96 23 10 99

Chez Prosper

Chemin du Skewel
+33 (0)2 96 91 69 44

Des Rochers

70, Chemin de la Pointe
+33 (0)2 96 46 50 08

La Bonne auberge

Place de la chapelle
+33 (0)2 96 37 04 44

La Crémaillère

13, place de l'Eglise
+33 (0)2 96 23 22 08

La Goëlette

20, boulevard Thalassa
+33 (0)2 56 39 64 41

La Maison de Marie

24, rue Gabriel Vicaire
+33 (0)2 96 49 05 96

La Marée

1, rue Anatole Le Braz
+33 (0)2 96 23 34 13

La Plage

15, boulevard Joseph Le Bihan
+33 (0)2 96 23 28 96

La P'tite Table

33, boulevard Thalassa
+33 (0)2 96 21 95 05

L'Ardoise

Rue Ernest Renan
+33 (0)2 96 23 22 88

La Suite

Boulevard Joseph Le Bihan
+33 (0)2 96 49 09 34

L'Atelier

8, rue du Maréchal Foch
+33 (0)2 96 23 24 41

Le Bleu Marin

71, rue Anatole Le Braz
+33 (0)2 96 23 11 86

Le Coste Mor

Plage de Saint-Guirec
+33 (0)2 96 91 65 55

Le Digor Kalon

89, rue du Maréchal Joffre
+33 (0)2 96 49 03 63

Le Duplex

70, chemin de la Pointe
+33 (0)6 95 22 00 67

Le Ker Bleu

17, boulevard Joseph Le Bihan
+33 (0)2 96 91 14 69

Le Ker Louis

192, place Saint-Guirec
+33 (0)2 96 91 69 07

L'Embarcadère

18, boulevard Thalassa
+33 (0)2 96 91 25 80

Le Mao

145, rue Saint-Guirec
+33 (0)2 96 91 40 92

Le Rest'a Terr

166, rue Saint-Guirec
+33 (0)2 96 21 26 74

Le Sextant

25, boulevard Joseph Le Bihan
+33 (0)2 96 91 02 75

Les Dervinis

170 bis, rue Saint-Guirec
+33 (0)2 96 91 62 53

Les Régates

19, boulevard Joseph Le Bihan
+33 (0)2 96 23 23 45

Le Trestrignel

20, boulevard de Trestrignel
+33 (0)2 96 49 03 89

Le 21

29, boulevard Joseph Le Bihan
+33 (0)2 96 49 80 80

Perros Pizzas

10, rue du Gal de Gaulle
+33 (0)6 68 38 09 64

CRÊPERIES

Du Ranolien

Chemin du Skewel
+33 (0)2 96 91 60 21

Le Cabestan

157, place de Ploumanac'h
+33 (0)2 96 91 40 81

Les Blés Noirs

107, avenue du Casino
+33 (0)2 96 91 19 47

Les Calculots

1, rue du Maréchal Leclerc
+33 (0)2 96 91 04 09

Les Flots

11 bis rue Anatole Le Braz
+33 (0)2 96 23 04 83

Les Vieux Grééments

19, rue Anatole Le Braz
+33 (0)2 96 91 14 99

Ty Breizh

1, rue de Landerval
+33 (0)2 96 91 20 64

Ty Veg

48, rue du Sergent l'Hévéder
+33 (0)2 90 27 06 29

The complete guide of the resort's hotels, restaurants and businesses is available at the Tourist Information Office.

ICE CREAM - TEA SHOP

Histoires de Glaces

168, rue Saint-Guirec
+33 (0)2 96 91 45 56

KEO Glacier

164, rue Saint-Guirec
+33 (0)2 96 91 01 14

La Chaumière

19, rue du Gal de Gaulle
+33 (0)2 96 23 20 56

Le Glacier des Sept Iles

35, boulevard Joseph Le Bihan
+33 (0)2 96 91 01 14

Les Gourmandises de Lola

Boulevard Thalassa
+33 (0)2 96 45 82 95

TAKE-AWAY

Antoine Resto Rapid

26, rue du Général de Gaulle
+33 (0)2 96 49 00 19

Au P'tit Creux

Avenue du Casino
+33 (0)2 96 23 12 29

Elio pizza

1, boulevard Mermoz
+33 (0)7 69 93 57 46

La Main à la Pâte (pizzas)

12, boulevard Aristide Briand
+33 (0)6 85 22 29 35

La Petite Cale

Port de Plaisance
+33 (0)7 71 05 46 20

Le Comptoir des Burgers

25, boulevard Thalassa
+33 (0)2 96 91 13 22

Le Golf Gourmand

Boulevard Joseph Le Bihan
+33 (0)6 08 99 03 93

Useful information

EMERGENCY NUMBERS 112

Emergency Doctor (SAMU)

Hospital
Lannion
+33 (0)2 96 05 71 11

Tregor private general hospital

Lannion
+33 (0)2 96 46 65 65

Poison control center

Rennes
+33 (0)2 99 59 22 22

Gendarmerie

45, rue des Frères Le Montréer
+33 (0)2 96 23 20 17

Local police

9 rue de Pors Nevez
+33 (0)6 80 01 61 12

Fire station

+33 (0)2 96 23 20 16

Rescue Station (during the summer)

Trestraou beach
+33 (0)2 96 23 22 40

Trestrignel beach
+33 (0)2 96 23 22 93

Saint-Guirec beach
+33 (0)2 96 91 40 77

Defibrillators

Town Hall, Harbour master's office, Nautical centre, Kerabram and Le Jannou sporting complexes, Traouïéro House, Palais des Congrès, Place de la chapelle.

TRANSPORTS

Le Macareux

A bus service from the harbour to Ploumanac'h, for all your journeys in Perros-Guirec.
+33 (0)2 96 05 55 55
or +33 (0)2 96 23 21 15

Tilt

Inter-city regional transport 7 days a week - Regular services leaving from Perros-Guirec.
+33 (0)2 96 05 55 55

CAMPING CARS

Perros-Guirec campsites have camper van spots with all possible comfort features. Parking for camper vans and motor-homes is prohibited from 7 pm to 9 am on roadsides and in car parks. From April to November, driving in and parking vehicles used as accommodation is prohibited in part of the village of Ploumanac'h. This prohibition does not apply to the France Libre car park where free parking is limited to 48h. From April to November, the Ranolien car park is paying and allows camper vans and motor-homes during the day - Prohibited at night. (non-contractual information).

INTERNET ACCESS IN TOWN

Tourisme Office

21, place de l'Hôtel de Ville
+33 (0)2 96 23 21 15

La Rotonde (July/August)

Trestraou Beach
+33 (0)2 96 91 13 57

Lannion

Av. Pierre Marzin
02 96 48 10 98

Guingamp

34, boulevard de La Marne
02 96 43 75 17

St-Brieuc

Gare SNCF
02 96 78 00 78

Morlaix

Gare SNCF
02 98 15 20 05



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INTERMARCHÉ DE SAINT-QUAY-PERROS

Open from 9.am to 8 .pm

Sunday from 9.am to 12.30 pm in july and august