

Walks in MORBIHAN Southern Brittany

**36 circular walks with maps and directions,
suggestions of other walks nearby
and places of interest to visit**



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information is given in brown text to distinguish it from the directions, which are in bold black so as to be more easily followed whilst walking. Diversions or alternative routes are shown in blue, both in the text and on the maps.

Illustrations for each walk have been selected to give a flavour of the scenery to be encountered, rather than to present an image of constant sunshine.

At the end of each walk are indications of other walks that can be followed in the same area, and/or places of interest within easy reach that offer an alternative to walking. The places of interest are listed again at the end of the book, cross-referenced to their nearest walk(s). Please note that both the places of interest and the other walks are suggestions only and local Tourist Offices or mairies may have additional information.

KEY

MAP SYMBOLS

	archaeological or historical feature	N	fort
S	belvedere/viewpoint		fontaine/spring
=	bridge		menhir
	building(s)		dolmen
	campsite		parking for start of walk
	château	s	peak
	church		reference point in the directions
+	chapel		marsh
†	calvary or wayside cross		

ABBREVIATIONS

TO = tourist office

GR = long distance footpath

GRADING OF WALKS (for guidance only)

Level 1 : fairly level route

Level 2 : fairly level route with gradual climbs

Level 3 : generally up and down, paths needing care

Level 4 : one or more very steep slope and/or many steps

CONTENTS

About this book	3
Abbreviations and symbols	4
Introduction - Walking in Morbihan	7
Glossary	12

THE WALKS

Short (up to 7kms - yellow)

1. Ty Mat	14
2. Forêt de Branguily	16
3. Lizio	18
4. Auray	21
5. Ploërmel	24
6. Rochefort-en-Terre	27
7. Guémené-sur-Scorff	30

Medium (7 to 10kms - red)

8. Le Faouët	32
9. Ménéac	35
10. Peillac	37
11. Plouay	39
12. St-Pierre-Quiberon	41
13. Béganne	44
14. Erdeven (megaliths)	46
15. Inguinél	49
16. Arzon	52
17. Bieuzy-des-Eaux	56
18. Callac	60
19. Elven	63
20. Langonnet	65
21. Noyal-Muzillac	69
22. Suscinio	72
23. Trégréhen	75

WALKING IN MORBIHAN

Brittany offers an excellent environment for walkers: the climate is temperate, the countryside is beautiful and largely unspoilt, the forests are deep, the rivers are characterful, the coast is alternately spectacular and gentle. Furthermore, there is always something particular to see, some dolmen, some fontaine, some chapel, some site of legend, some relic of history to give a purpose to your walk and a memory to cherish.

Morbihan is the department that sits in the middle of southern Brittany. Its name, *mor bihan*, is Breton for 'little sea', a reference to the Gulf of Morbihan where hundreds of tiny islands are scattered across an area of calm water, connected to but sheltered from the Atlantic ocean. The department is best known for its neolithic remains, the most famous of which are the alignments of menhirs at Carnac. Other sites, range from the excavated, reconstructed and carefully managed Dolmen of the Merchant's Table and Great Broken Menhir at Locmariaquer to the remote and mystical menhirs that can be encountered quite unexpectedly in the landscape.

Long (11kms upwards - blue)

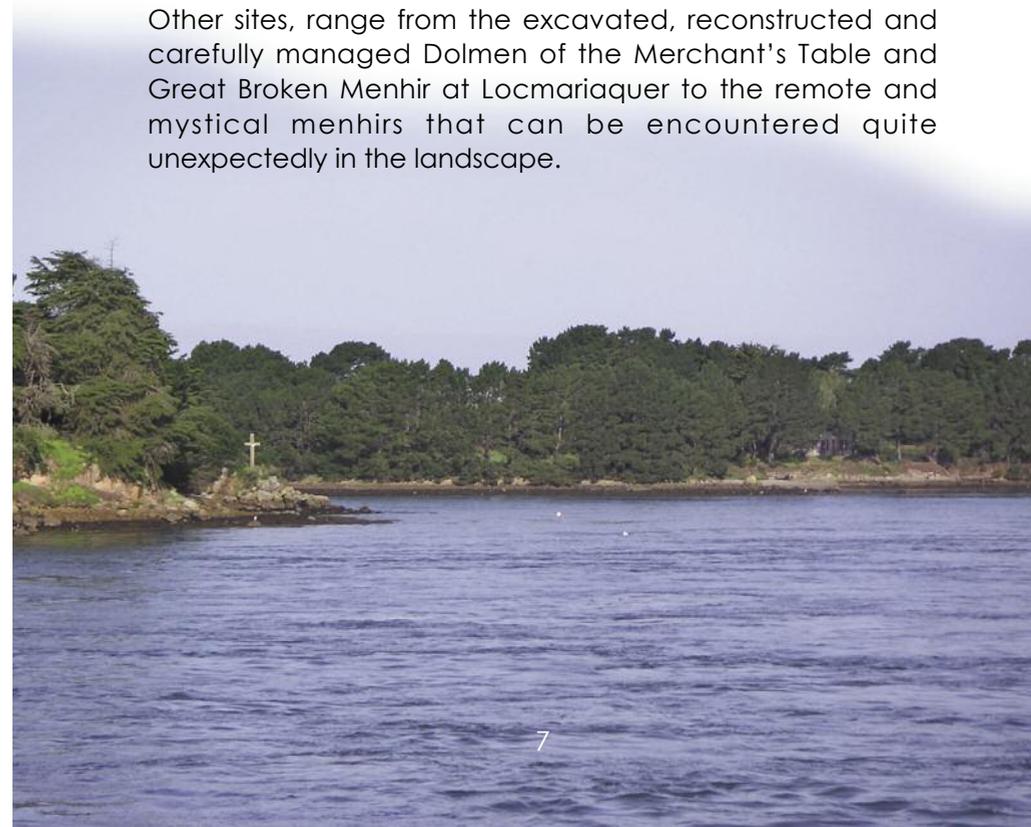
24. Lac de Guerlédan	77
25. Pont-Scorff	80
26. St-Jean	84
27. Trégranteur	88
28. Erdeven (La Roche Sèche)	91
29. Lanvaudan	94
30. La Chapelle Neuve	96
31. Augan	99
32. Bignan	102
33. Malestroit	105
34. Mohon	108
35. Monteneuf	111
36. Poul Fetan & Quistinic	115
Places of Interest in Morbihan	118
index	122

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A word of thanks too for the many unseen, anonymous people who regularly and assiduously maintain footpaths and tracks so that others may enjoy them.



WALK 1: Ty Mat

Length 3¾kms	Time 1¼hrs	Level 2
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Location & parking: from Hennebont, taking the D23 north through Lochrist (not the same as Inzinzac-Lochrist, which is nearby), pass through the village of Ty Flute and look for the 'parking randonnées' signed to the left. Park beside the avenue.

Refreshments: none on route.



A short walk with plenty of shade, ideal for a hot afternoon.

The little river du Kersalo, where salmon spawn each winter, was dammed during WWII by the Germans to supply drinking water to their arsenal at Lorient. This walk takes a close look at the dam and passes around the resulting lake to return, with just a bit of a climb, past the entrance to the manoir of Ty Mat (chambres d'hôte).

DIRECTIONS

1. From the top of the avenue, take the footpath sharp left, descending through the woods. Where the path forks, go right. At the road, bear right along it. After 100m turn left and cross the old concrete bridge. On the other side, take the track on the right between two banks. Where it climbs to the left to a crossroads of paths, follow it to the right. Passing through an open area, bear right downhill, and left at the water.

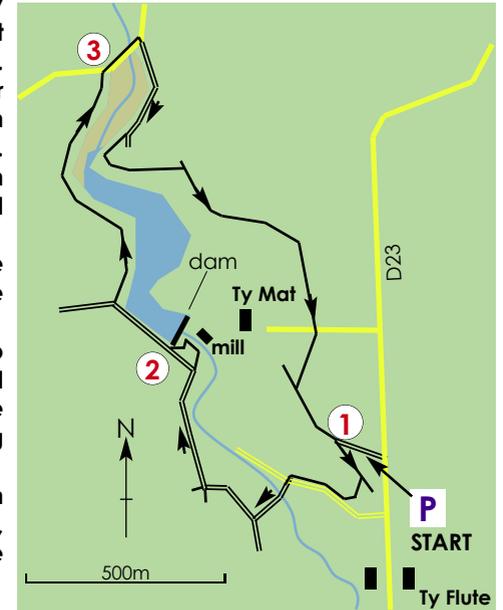
2. At the dam, follow the path as it zig-zags to a higher level. Continue alongside the lake. Where the track goes left uphill, take the path on the right to stay on the lakeside path or track.

3. At the road, turn right and cross the Red Bridge. Then turn right on the track.

Where the track goes left uphill, bear right through the barrier onto a narrow path, initially following the lake but soon bearing left uphill. At the top of the hill bear right along a path arriving from the left. Ignore another path arriving from the left and go straight on. Bear left at two more paths joining from the right.

At the top of the hill go right and cross the road by the gates of the manoir, continuing ahead on the path.

Where another wide path arrives from the right, bear left along it to arrive at the starting point.



OTHER WALKS in the area:

This walk coincides with the *Circuit de la Forêt de Trémelin* (5km 2 hrs, waymarked green), which passes along the west side of the lake at Ty Mat. At the end of the lake turn left instead of right - the circuit returns to a point near the dam.

Inzinzac-Lochrist (3kms SW) *Mané Braz* 10kms 2½ hrs Start at Julien-le-Grand car-park (by the river). Waymarked yellow. This walk comes as far as the lake at Ty Mat.

Hennebont (8km S): *Circuit du Talhouët* 7km 2 hrs Start at TO in Hennebont. Waymarked green. Partly town, partly riverside. Details from the mairie 02 97 85 16 16 or TO 02 97 36 24 52

PLACES OF INTEREST nearby:

Hennebont (8kms S.): Haras National - everything you want to know about horses in Brittany.

<http://www.haras-nationaux.fr>