

Morlaix < > Créac'h-Ménory

STAGE PROFILE: 19.3 km 4h50

DIRECTIONS

00.0 – Leave **Morlaix** from beside the church of Saint-Matthieu ('vierge ouvrante' – statue of Virgin Mary, arms open, possibly offering child Jesus). Go through the Place au Lait, then Place du Marc'halac'h. Continue by rue Daumesnil. At the top of the road, enter the square on your left. Cross diagonally left to the other side. At the exit, take rue de Kervéguen in front of you. Carry on between the stadium and the school (lycée). At the next roundabout stay on same road, keeping right. Continue past the water tower and turn left into the tree-lined pedestrian avenue. Cross rue de la Hautière and, after 150m, head into a commercial zone (supermarket).

Just after this, ahead, start along a tunnel-like lane (greenway). Cross two rural roads and continue along the greenway to the village of Tronc (4.4km). Cross the road taking a slight left then immediately opposite to take the track which goes to Kernevez (Villeneuve in french). Near the farm, which you leave on your right, the uphill path becomes a cart track and then reaches a tarmac road (Village de Penanrest) upon which you head right as far as the outskirts of...

1h25 5.7 - ...Plourin-lès-Morlaix. Turn slightly left, and at the roundabout, carry on, towards the right, to the centre of Plourin. Go past the front of the church (rue Tanguy Prigent). Cross rue du Vieux Moulin and just afterwards, head right into a narrow road (de Lozach) which leads to an old bread oven. Turn left. At the next junction, take the GR 380 (rue de Koad Krenn) on the right; follow it towards the valley for 500 m of tarmac then onto a track – grassy at the start and which curves to the right – for 1000m. Go up out of the valley, having crossed a stream. Bear left at a junction of tracks then right, following the itinerary as advised (signpost) as far as a paved road, where you take a right. At the first road junction, go left towards the farm of Kervéguen then right in the direction of Kerlan and Langus. After 500m, near Kerlan, leave the paved road, going straight ahead along a track which leads to the 'sentier Lucien' path. Follow this as far as the farm of Béguelgoat. Go left on the paved road for 50m then head into a shaded path which further along turns left and ends up on a tarmac road, upon which you go right and continue for 2km to the junction of Bodister. Continue straight ahead. After 50m, the road becomes a shady track. After 500m, leave on your right the campsite of Bruyères and, at the next junction 250m away, take a tarmac road to the left. At the end of this, go left then immediately right for the Place de l'Eglise du ...

3h35 14.8 -... Cloître-Saint-Thégonnec. Take the narrow road - ruelle de Ti ar Butun - leading to Place de la Mairie (refreshment). Take rue du Télégraphe opposite. Halfway along, after 400m, go right onto the GR380 and follow it to the village of Caon about 1.5 km away. There, cross the D 111 and go up a 'hollow' embanked path which is opposite and slightly to the left. At the top, after 500m, cross the road and take the farm track opposite towards Kermorgant. In this village, head left for 100m and turn left into a road which becomes a cart-track, then a 'hollow' embanked path on the plateau. Further along, follow the itinerary « GR modifié » (signposted) by turning right. 100m before the paved road, go onto a track on the left and, near a farm, leave it and go right as far as a paved road which leads to...

4h50 19.3 –... Gîte de Créac'h Ménory.