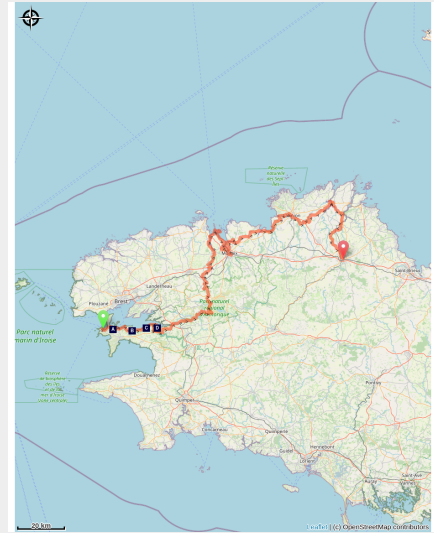


## 21. Brittany Region (4/5)

France - Bretagne



(Amis saint Colomban)



*The regional tour of Brittany links 45 sites that perpetuate the memory of Saint Columban and his Irish companions. 1700km long, it is divided into five parts, which can be followed successively or indistinctly. Starting in Camaret-sur-Mer, this fourth part takes you up to Guingamp on the north shore of Brittany.*

Alternating between coastal and inland routes, this great Celtic loop combines the traditional Tro Breizh, which links the towns of the seven founding saints of Brittany, with the more personalised Tro Breizh of Saint Columban - two pilgrimages in one.

### Useful information

Practice : Pedestrian

Duration : 0 min

Length : 296.4 km

Trek ascent : 6947 m

Difficulty : Medium

Type : Multi-day trek

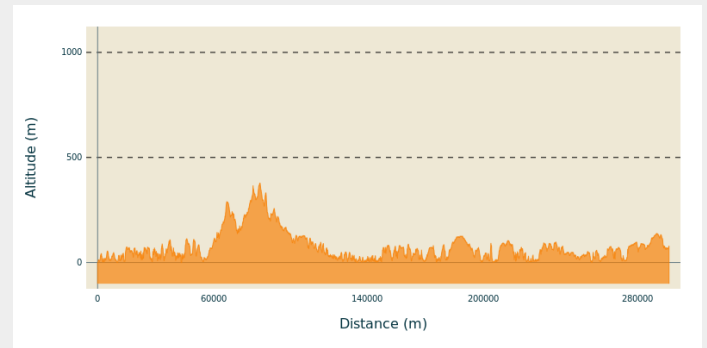
# Trek

**Departure** : 29022 Camaret-sur-Mer

**Arrival** : 22200 Guingamp

**Cities** : 1. Bretagne

## Altimetric profile



Min elevation -1 m Max elevation 378 m

With Saint Coloman, the route offers the opportunity to discover Brittany in all its diversity.

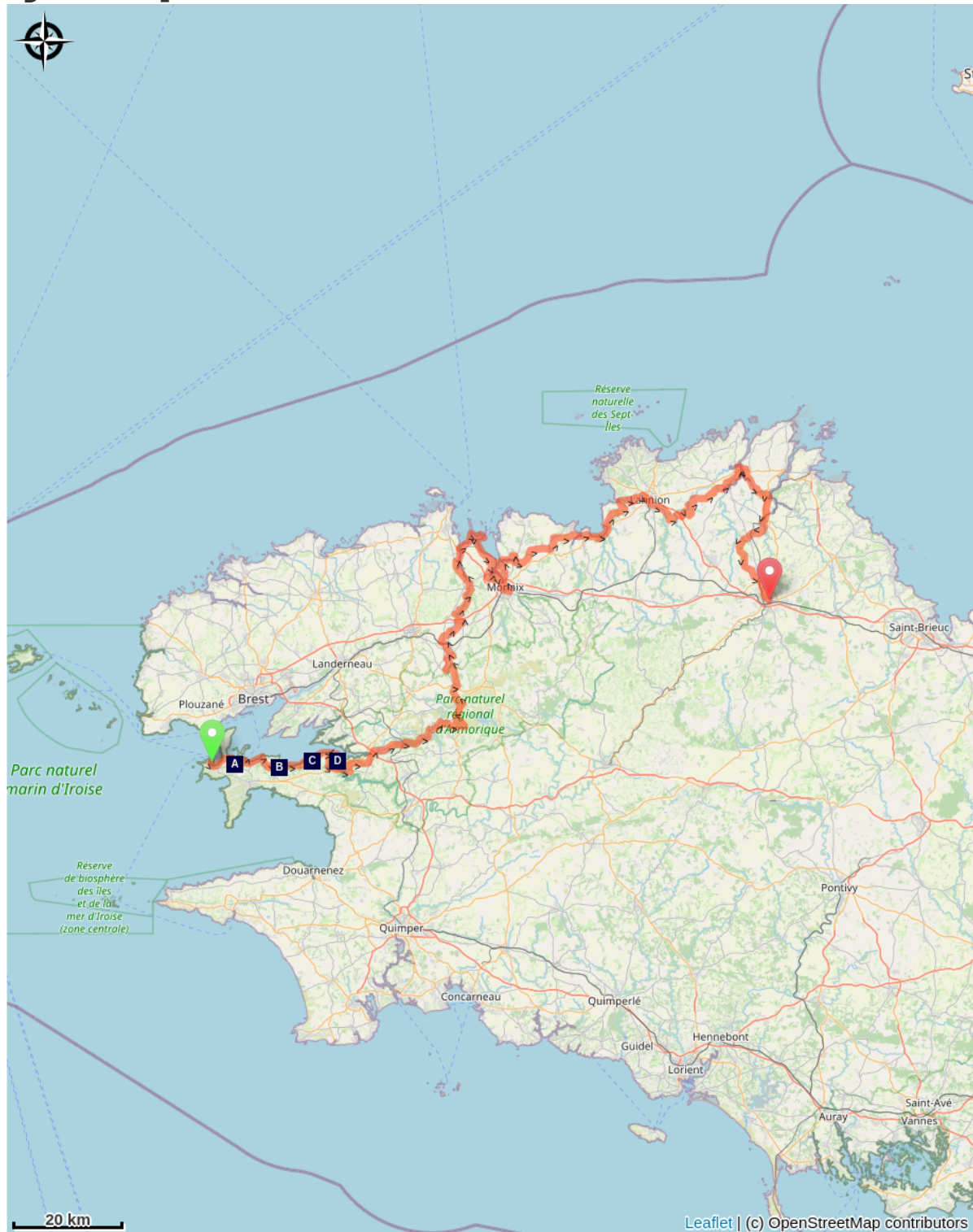
This fourth part (4/5) offers 15 stages of an average daily distance of 24km:

1. Camaret-sur-Mer - Lanvéoc
2. Lanvéoc - Landevennec
3. Landevennec - Le Faou
4. Le Faou - St-Rivoal
5. St-Rivoal - Commana
6. Commana - St Thégonnec
7. St-Thégonnec - St-Pol-de-Léon
8. St-Pol-de-Léon - Locquénoles
9. Locquénoles - Morlaix
10. Morlaix - Lanmeur
11. Lanmeur - St-Michel-en-Grève
12. St-Michel-en-Grève - Lannion
13. Lannion - Tréguier
14. Tréguier - Brélidy
15. Brélidy - Guingamp


## Stages :


- 1.** from Camaret-sur-Mer to Lanvéoc  
14.8 km / 380 m D+ / 3 h 48
- 2.** from Lanvéoc to Landévennec  
20.2 km / 713 m D+ / 5 h
- 3.** Landévennec à Le Faou  
19.5 km / 656 m D+ / 5 h 12
- 4.** Le Faou à St Rivoal  
21.0 km / 579 m D+ / 5 h 18
- 5.** St Rivoal à Commana  
16.7 km / 431 m D+ / 4 h 12
- 6.** Commana à St Thégonnec  
21.2 km / 299 m D+ / 5 h 24
- 7.** Saint Thégonnec à Saint Pol de Léon  
30.5 km / 642 m D+ / 7 h 42
- 8.** Saint Pol de Léon à Locquéolé  
27.9 km / 600 m D+ / 6 h 54
- 9.** Locquéolé à Morlaix  
14.9 km / 407 m D+ / 3 h 42
- 10.** Morlaix à Lanmeur  
23.0 km / 495 m D+ / 5 h 42
- 11.** Lanmeur à St Michel en Grève  
16.9 km / 312 m D+ / 4 h 18
- 12.** St Michel en Grève à Lannion  
17.5 km / 482 m D+ / 4 h 24
- 13.** Lannion à Tréguier  
30.7 km / 504 m D+ / 7 h 42
- 14.** Tréguier à Brélidy  
25.8 km / 501 m D+ / 6 h 30
- 15.** Brélidy à Guingamp  
15.3 km / 189 m D+ / 3 h 48


# On your path...



 St Fiacre Chapel (A)

 Réserve Biologique Intégrale du Loc'h (C)

 Naval School and Naval Airbase of Lanvéoc-Poulmic (B)

 St Guénolé Abbey at Landévennec (D)

# All useful information

## How to come ?

### Access

Camaret-sur-Mer is accessible by bus.  
Guingamp is accessible by bus and train.

# On your path...

---



## St Fiacre Chapel (A)

Chapels, the oldest parts of which date from the 15th century. Destroyed in part during the Second World War, it was restored in 1965. A 17th century fountain with a wash-house is located next to the chapel. Pilgrims, plunging into the fountain after Vespers, implored St Fiacre to protect them from gall and plague.

St Fiacre is the patron saint of gardeners and his pardon takes place on the last Sunday of September.

[To find out more...](#)

Attribution : Amis Bretons de Colombran

---

## Naval School and Naval Airbase of Lanvéoc-Poulmic (B)

The decision to create the Lanvéoc base was taken in 1920. It was originally intended to accommodate seaplanes for coastal surveillance. Used by the occupants during the Second World War, 90% of it was destroyed at the end of hostilities. After the war, the Naval Academy was established along the seafront. The arrival of helicopters allowed the rebirth of the base. It is indeed ideally located near the naval base of Brest, Ile Longue where the nuclear submarines are based.

---

## Réserve Biologique Intégrale du Loc'h (C)

In an Integral Biological Reserve, all silvicultural operations are prohibited. Human interventions are reduced to a minimum (securing paths or scientific uivis). Nature is therefore expected to evolve in conditions close to what they would be in the absence of anthropogenic impacts.

The Loc'h reserve was created in September 2006 and has a surface area of 68ha.

---

## St Guénolé Abbey at Landévennec (D)

The abbey of Landévennec was founded in the 5th century by St Guénolé. It is one of the most important and oldest in Brittany. Abandoned in 1793, it was taken over in 1958 by a new community who built new buildings. The ruins of the old abbey (classified as a Historical Monument in 1992), as well as the historical museum are accessible to the public.

[To find out more about the community...](#)

[And about the old abbey...](#)