

60 km loop from Gouarec to Rostrenen, Mael-Carhaix and Glomel

From Gouarec get onto the Canal towpath and cycle UPSTREAM!

1 - Cycle on the path for 3.5 kms after which you cross a tarmac road and change canal sides.

If you turn left up the hill into Plelauff at this point you will find the Bar 'Le Pelanne' 200m up the hill – excellent coffee and welcome.

2 – Continue on the canal towpath for 3 kms then when you reach the next road (at Pont Even) you turn right to cycle 8 kms up into Rostrenen. At the T-Junction turn left to cycle down the mainstreet to take you to the church and the town centre after 300m.

Rostrenen is full of bars and restaurants and three bakeries.

3 – Continue on the mainstreet past the church for another 200m where you will meet a roundabout where you take the first exit signposted for Kergrist-Moelou. After 100m turn left signposted Kergrist Moelou. After 500m you turn left onto the cyclepath signposted for Mael-Carhaix.

The cyclepath will now take you all the way to Mael Carhaix. You can see that the road parallels the path for almost the entire distance and has a faster surface – you may well prefer to get onto this.

4 – The cyclepath will take you into Mael-Carhaix after 10 kms. Just go into the centre – to your left - (and the church square).

Mael-Carhaix has a small restaurant – 'Le Relais des Sources' and several bars for lunch. From the centre you'll see the campsite and lake signposted just 500m away – this is a beautiful picnic spot which also sports a bar and 'chippy' – you can even paddle in the lake...

5 – From the centre take the D17 signposted Paule. This road will take you down to the canal and following signs at the roundabout to Paule you will reach Paule after 7 kms.

This little village has a couple of bars but opening times are 'flexible' so don't count on it...

6 – In Paule turn left onto the D85 signposted Glomel. You'll reach Glomel after 4 kms – at the main road T-Junction turn left to cycle down the main road into the centre.

A couple of restaurants and bars here plus a small 'superette'. Here you may well wish to take a detour down to the Lac de Glomel to cool your feet...

7 – At the end of the mainstreet fork right signposted St Michel. After 5.5 kms you cross a major road then after another 4kms turn left signposted Mellionnec which you will reach after 3 kms.

Mellionnec has a small bar/creperie and a beautiful old church. You'll also see evidence of the sculpture exhibition that takes place every year.

8 – In the centre turn left then immediately right signposted for Plelauff – just keep straight on and you'll reach Plelauff (and of course the bar 'Le Pelanne') after 8 kms. Follow the road through the village and then all the way the 3.5 kms back to Gouarec.

