



## FROM THE PORT OF TRÉHIGUIER TO THE PEN BÉ HEADLAND Pénestin / Assérac



23 km



1 hour 45



**Departure:** Port of Tréhiguier - Pénestin



**Arrival:** Pointe de Pen Bé - Assérac

Characteristics:

- Auilet route - CAP à Vélo route



**Pénestin Tourist Office (56760)**

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From the port of Tréhiguier, a hotspot for mussel farming, connected to the Vilaine estuary, you will then come to the Ménard dunes, islets of wild sand with a peaceful atmosphere. The rocky points along the coast will then lead you to the cliffs of the gold mine (Mine d'Or). Your route will take you through the bay of Pont-Mahé, in Assérac, where, if you feel like it, you can go for a swim; the water can reach a temperature of 25°C in summer! Finally, finish in style at the Pointe de Pen Bé...



TO SEE ON THE WAY..

### • The Pierre Blanche menhir

It is located at the Pointe du Scal on the edge of the Vilaine, near Tréhiguier. It is almost 4 m high and is made entirely of white quartz. A few metres away lies a granite table, an architectural ruin of a funerary structure (dolmen).

### • The Mine d'Or beach

On this 3-km-long beach, in the 19th century, geologists all agreed that it was indeed gold sparkling among the mica schist, in the ochre clay. A mine opened there. It only remained open for a few years because there was gold, but not enough to make it profitable. Of this dream, only the name remained... It is now classified geological site, unique in Europe.

### • The bay of Pont-Mahé

Pont-Mahé Bay is a quiet, family-friendly and safe beach, as well as a popular and well-known site for windsurfing and kitesurfing. The bay faces south-west meaning that it benefits from all the prevailing winds. The bay is also classified a Natura 2000 zone, to ensure the preservation of its the eelgrass beds, the dunes and the remarkable flora of the site (orchids, sea knotweed).



FIND OUT MORE...

### • The bouchot mussel of Pénestin

Favoured by the rich and constantly renewed waters of the Vilaine estuary, mussel cultivation developed from 1879 onwards in Pénestin. Along a large part of the coastline, at low tide there are surprising alignments of regularly spaced-out posts, a sign of a specific activity, that is subject to a precise set of rules. These are used to produce bouchot mussels, introduced at the end of the 19th century, and this shellfish is renowned for its quality.

The bouchot method consists of wrapping a coconut fibre rope around these wooden posts, which are driven into the sand and left at the mercy of the tides. The spat are attached beforehand. The mussels are marketable after three years of breeding.

The production sites are used for breeding and shelter for many species of shellfish, crustaceans and fish, which spread to the surrounding coastline to the delight of many fishermen who frequent the shores, rocks and coastal waters. The production sites are working areas; please respect these areas and do not enter them.

Mussel farming is the most significant economic sector in Pénestin. This activity provides a living for about thirty farms with an annual production of about 4,000 tonnes.



Continue on your way..

- Itinerary n°1 " From the Vilaine to the bouchots"
- Itinerary n°3 "Wild Landscapes"
- Itinerary n°6 "Tour of the Més marshes"



### BIKE RENTAL COMPANIES

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- Brico Loisirs Pénestin - 74 rue du Calvaire - Pénestin Tel. +33 (0)2 99 90 35 92







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