



BETWEEN THE SEA AND THE VILAINE PÉNESTIN



12 km  3 hours

Section may vary depending on the tides



Lucien Petit-Breton Sports Complex

Access

via the Boulevard de l'Océan, follow the signs for Assérac/Les plages

via the Route d'Assérac, follow the signs for the 'centre-bourg' (town centre)



Pénéstin Tourist Information Office

Allée du Grand Pré +33 (0)2 40 24 34 44



MUSSEL FARMING

Thanks to the rich and ever-changing waters of the Vilaine estuary, mussel farming developed in Pénéstin from 1879.

The bouchot method is used here: it involves wrapping a coconut fibre rope around these wooden posts onto which the spat have been attached. They are then subjected to the tides. The mussels are marketable after three years of cultivation.

Today, mussel farming is one of the main activities of the commune, with a production of 3,500 tons per year.

This itinerary runs along the customs officer path for almost 7 km, offering a unique panoramic view of the famous Mine d'Or cliffs and the mouth of the Vilaine, where freshwater and salt water come together. Today, the carefully lined up bouchots seem to guard the entrance to the river. After riding alongside the estuary, take your exploration further by going through the wooded countryside before returning to the small seaside resort.



From the visitors' car park, head towards the sports hall. Take the path alongside the tennis court to the left of the start sign (départ), then turn right.

- 1 At the end of the path, turn left twice and continue to the junction at the road.
- 2 Go straight on, then on the coastal path, turn right. You will enjoy a superb view of the Mine d'Or (gold mine) cliffs. This listed geological site, one-of-a-kind in Europe, owes its name to the precious metal present in the sands of the cliff which was extracted for a few years at the turn of the 19th and 20th centuries.
- 3 - At low tide: continue along the beach at the Pointe du Halguen.
- At high tide: take the Allée de Camaret and then, on the left, the Route du Halguen which takes you back to the coast.
- 4 At the Ménard dunes, after crossing the picnic area and the car park, take the path on the right and then turn left at the Haut Pénéstin crossroads. Continue along the Chemin du Sece.
- 5 Turn left onto Rue Brambert and then left again onto Rue du Lienne.
- 6 Continue along the Route de Tréguier for about 600 m. At this point, there will be 2 information panels with details about the species that can be found on the banks of the Vilaine: Curlews, Shelducks, Avocets and other geese. On your left are several mussel farms.
- 7 Take the Route de Keravar to the right, towards Berniguet, then take the small path to the right. Go straight on, past Kermouraud, cross the RD 34 then go to Le Bilaire via the Allée du Toquen.
- 8 Take the Rue du Keravar on the left and then turn right on the Chemin de Biolle; after 150m take the path on the right. At the intersection, turn right and continue straight ahead to go up towards the centre of Pénéstin via Rue de Tremer.
- 9 At the roundabout, turn left onto Boulevard de l'Océan, then at the next roundabout, take the 2nd right, the Allée des Sports, to return to the starting point.



TO SEE ON THE WAY...

- the coastal path and the Mine d'Or (gold mine) cliffs
- the Vilaine estuary





BETWEEN THE SEA AND THE VILAINE PÉNESTIN



12 km



3 hours

LA BAULE
PRESQU'ÎLE DE
GUÉRENDE
TOURISME

