

WELCOME



Perros-Guirec  
*Côte de Granit Rose*

BRETAGNE <sup>95</sup>



[www.perros-guirec.com](http://www.perros-guirec.com)



Classified as  
Category 1

## THE TOURIST OFFICE

welcomes you...

### SEPTEMBER TO JUNE

Monday to Saturday  
from 9:00 AM to 12:30 PM  
and from 2:00 PM to 6:30 PM  
On Tuesdays (excluding school holidays)  
from 10:00 AM  
November to March  
until 6:00 PM

### JULY AND AUGUST

Monday to Saturday  
from 9:00 AM to 7:00 PM  
Sundays and public holidays  
from 10:00 AM to 1:00 PM  
and from 4:00 PM to 6:30 PM

21 place de l'Hôtel de Ville  
22700 Perros-Guirec  
+33 (0)2 96 23 21 15  
infos@perros-guirec.com  
perros-guirec.com



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### Perros-Guirec Guide

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### Legal Notice

The information contained in the Perros-Guirec guide, the prices, and details provided by the establishments in Perros-Guirec do not commit the responsibility of the Tourist Office.

# Welcome to PERROS-GUIREC

DISCOVER THE RESORT  
THAT INSPIRES  
"LA VIE EN ROZI"

Located in the heart of the magnificent Pink Granit Coast, Perros-Guirec welcomes you all year round in an exceptional environment.

Through the pages of this guide, discover a resort full of surprises where activities are never lacking!

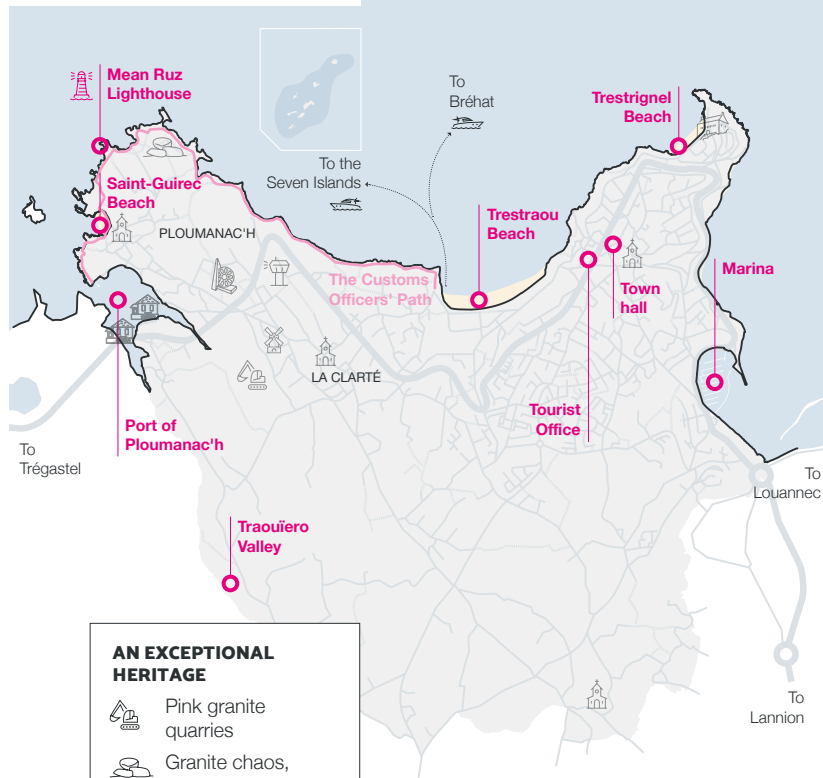


Mean Ruz Lighthouse

## Did you know? PINK GRANITE

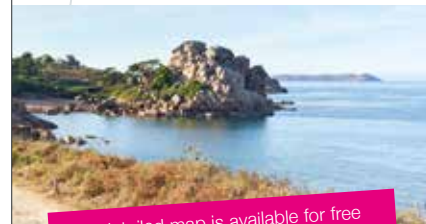
It is composed of three minerals: black mica, quartz, and feldspar. The presence of iron oxide in the feldspar gives the rock its distinctive color.

## TO HELP YOU NAVIGATE IN PERROS-GUIREC...



### AN EXCEPTIONAL HERITAGE

- Pink granite quarries
- Granite chaos, Ploumanac'h
- Chapels and churches
- Crac'h windmill
- Tide mills
- Sculpture park
- Semaphore
- Villa Silencio



A detailed map is available for free at the Tourist Office

The most beautiful  
**PHOTO SPOTS**

FOR STUNNING VIEWS



1. Bastille beach
2. Granite chaos
3. Witch's rock
4. Linkin Port
5. Trestraou beach
6. Mean Ruz lighthouse
7. Ploumanac'h heathlands



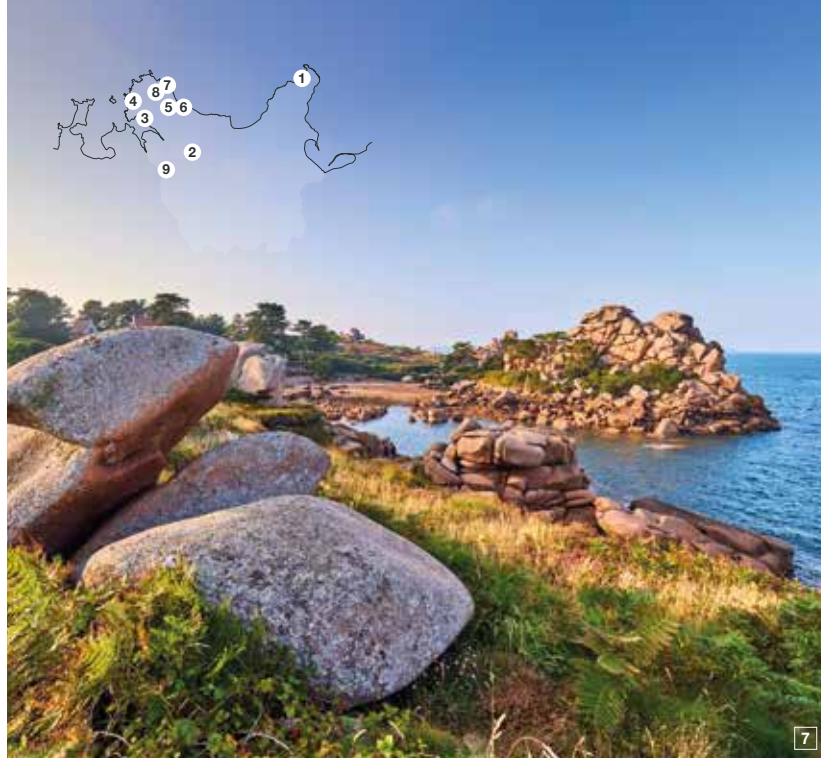
*Did you know?*  
**PEN-AR-ROZ,  
THE ETYMOLOGICAL  
ORIGIN OF PERROS**

The two Breton words Penn (head, point, cape) and Roz (rose, the color or the flower, and the mound) can be translated in several ways. Thus, Perros could mean "the point of the hill", which recalls its geographical location on a promontory. Alternatively, it can also mean "the cape of the rose", reminiscent of the Pink Granite Coast.



*Did you know?*  
**UNUSUAL  
ROCK FORMATIONS**

The dolphin's head, the bottle, Napoleon's hat, or even the scallop shell... there are many strangely shaped rocks. Did you know they also serve as landmarks for sailors? Have fun spotting them during your walks!



1. Trestrignel Beach
2. Pink granite quarries
3. Ploumanac'h Port
4. Saint-Guirec Beach
5. The dolphin's head
6. The bottle
7. Pors Rolland
8. Ploumanac'h heathlands
9. Traouiero Valley

**ON INSTA!**

Tag your photos with **#perrosguirectourisme** and **#lavieenroz**, we will repost your most beautiful shots!

*The most beautiful*  
**SITES OF THE PINK GRANITE COAST**

DISCOVER AN EXCEPTIONAL HERITAGE



Rouzic Island, home to nearly 16,000 pairs of birds (puffins, gannets, crested cormorants, little auks,...)

*Natural*  
**HERITAGE**

- **The Seven Islands Archipelago** (p.13)  
 The largest bird sanctuary in France!
- **The Traouïero Valley**  
 An enchanting natural site, rich with numerous Breton legends.

*Zoom on*  
**THE ROCKS & HEATHLANDS OF PLOUMANAC'H**

An exceptional place! Discover the Customs Officers' Path one of the most beautiful walks in the region, amidst vast pink granite formations.

*Did you know?*  
**THE COASTAL HOUSE**

Discover permanent and temporary exhibitions on the flora and geology of the great natural site of Ploumanac'h. Guided tours on biodiversity, granite quarries, and more.

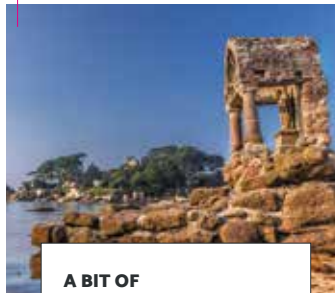
Some pink granite formations reach over 20 meters in height and were formed 300 million years ago



*Zoom on*  
**MEAN RUZ LIGHTHOUSE**

This structure, built from pink granite, replaces the original one destroyed during World War II. Reconstructed in 1947, it is now a symbol of the Pink Granite Coast.

The oratory of Saint-Guirec



**A BIT OF HISTORY...**

A local custom dictated that a young girl wishing to marry should stick a hairpin into the nose of the statue. If it stayed in place for the duration of a tide, the girl would be married within the year. After being so frequently solicited, Saint-Guirec lost his nose!

*Cultural*  
**HERITAGE**

- **Sculpture park**  
 Christian Gad | Daniel Chhe
- **Tide mills**
- **Palais des Congrès**
- **Crac'h windmill**
- **Granite quarries**

*Religious*  
**HERITAGE**

- **Saint-Guirec chapel and oratory**
- **Notre-Dame de La Clarté chapel**
- **Saint-Jacques church**
- **Kernivinen chapel**



**Want to know more?**

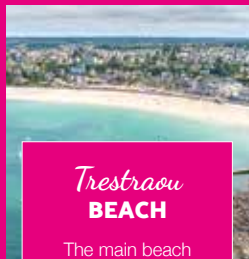
Complete your exploration of our resort by visiting our website at [perros-guirec.com](http://perros-guirec.com)

# The 3 BEACHES

Lifeguarded beaches during the summer season

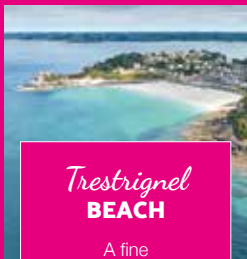
## The little ☺!

In Perros-Guirec, all beaches are **smoke-free!** Perros-Guirec has also been awarded the **Bathing Water Quality** label.



### Trestraou BEACH

The main beach of Perros-Guirec! With its long seaside promenade, it's an ideal place for leisures and activities, perfect for family fun.



### Trestrignel BEACH

A fine sandy beach inviting you to swim and relax in an extraordinary setting, known for its maritime villas and views of the Seven Islands Archipelago.



### Saint-Guirec BEACH

A beach with incredible charm! With its oratory and views of Costaèrès Castle, this beach, protected by pink granite rocks, is a perfect romantic spot at sunset.



With nearly 1,070 spaces, the capacity of Perros-Guirec's ports is one of the largest in Côtes d'Armor

# The 2 PORTS

## LINKIN PORT

A port characterized by its floating basin (the sea is retained by a wall).

## PLOUMANAC'H PORT

A tidal port with both floating and drying areas depending on the tides. It is labeled as a Port of Heritage Interest.

## Harbor Master's Office

+33 (0)2 96 49 80 50

The gannet



The puffin



## The Seven Islands ARCHIPELAGO AND ITS NATURE RESERVE

Off the coast of the Pink Granite Coast lies the Seven Islands Archipelago, an undisputed haven for seabirds. More than 30 species of nesting birds inhabit this archipelago, including northern gannets, Atlantic puffins, and crested cormorants.

This group of rocky islets has been a protected natural site since 1912, designated as a Nature Reserve in 1976, and expanded in 2023.

Departures from the Perros-Guirec maritime station  
**Armor Navigation** | Trestraou beach  
 ☎ +33 (0)2 96 91 10 00  
[www.armor-navigation.com](http://www.armor-navigation.com)



## BRÉHAT ISLAND

After an exceptional crossing, discover, for a day, a picturesque island with charming streets and flowered houses.

## Armor Navigation

Trestraou beach  
 ☎ +33 (0)2 96 91 10 00  
[www.armor-navigation.com](http://www.armor-navigation.com)

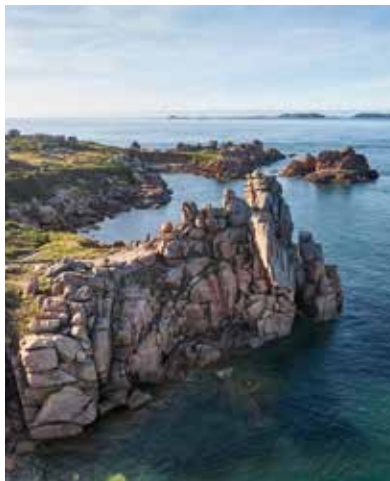
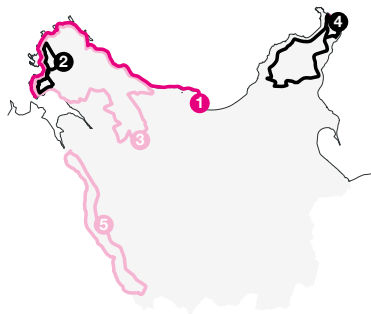


## Want to know more?

Complete your exploration of our resort by visiting our website at [perros-guirec.com](http://perros-guirec.com)

The most beautiful  
**WALKING ROUTES**

DISCOVER UNUSUAL  
AND MAGNIFICENT  
LANDSCAPES



**THE CUSTOMS OFFICERS' PATH**

- Duration** .....2h30 to 3h
- Distance** .....9 km (round trip)
- Start** .....On the left of Trestraou Beach

This must-do hike offers the best views of the pink granite rocks of Ploumanac'h.



**PLOUMANAC'H**

- Duration** ....1h30
- Distance** .....3.5 km
- Start** .....Ploumanac'h Port

In the heart of the Pink Granite Coast, this typical little fishing village offers you an incomparable setting.



**BETWEEN LAND AND SEA**

- Duration** ....3h
- Distance** .....8.5 km
- Start** .....La Clarté chapel parking

Once used by customs officers to combat smuggling, this path allows you to stroll through magnificent coastal landscapes and discover cultural and natural heritage.

**TRESTRIGNEL**

- Duration** ....2h
- Distance** .....5 km
- Start** .....France Libre parking

This strategic site once protected the harbor of Perros-Guirec. It also houses magnificent seaside villas built in the last century.



**THE TRAOUÏERO VALLEY**

- Duration** ....2h30
- Distance** .....4 km
- Start** .....Randreus road

A remarkable natural site and home to various characters, both real and fictional, this place is steeped in legends.



**Want to know more?**

Complete your exploration of our resort by browsing our hiking guide (available for purchase at the Tourist Office)





The most beautiful  
**CYCLING ROUTES**

The Perros-Guirec Tourist Office is certified  
**Accueil Vélo**



**MOUNTAIN BIKE CIRCUIT**

- Duration** ..... 2h to 2h30
- Distance** ..... 23 km
- Elevation gain** ..... 420 m
- Start** ..... Marcel Gautard place

A route of moderate difficulty, allowing you to explore the treasures of the Perros-Guirec hinterland through paths and small roads, always with the sea and pink granite as a backdrop.

*Bike*  
**RENTALS**

- **Bikes Évasion**  
60 bd du Sémaphore  
☎ +33 (0)2 57 63 05 67
- **Boubou'b'Cléo** (E-Bikes)  
16 bd G. Clémenceau  
☎ +33 (0)6 63 43 24 18

**VÉLOMARITIME**

**EuroVélo 4 (cycling route from Plestin-les-Grèves to Penvénan)**

A 38 km easy route to explore the Pink Granite Coast, its heritage, coastline, and inland landscapes.

Maps are available at the Tourist Office



The most beautiful  
**TRAIL ROUTES**



**4 TRAIL COURSES**

**Start** ..... Kerabram gymnasium



Circuit 6 (easy)

**THE PERROS-GUIREC COUNTRYSIDE**

- Distance** ..... 10.7 km
- Elevation gain** ..... 160 m

Circuit 7 (moderate)

**DISCOVERING THE COASTLINE**

- Distance** ..... 13.3 km
- Elevation gain** ..... 250 m

Circuit 8 (moderate)

**LA CLARTÉ - PLOUMANAC'H**

- Distance** ..... 15 km
- Elevation gain** ..... 250 m

Circuit 9 (difficult)

**THE PINK GRANITE TRAIL**

- Distance** ..... 24.1 km
- Elevation gain** ..... 440 m



*Loop trails*

**THE CUSTOMS OFFICERS' PATH**

- Distance** .... 9 km (round trip)
- Start** ..... Trestraou Beach

**TRESTRIGNEL BEACH**

- Distance** .... 8 km
- Start** ..... Marina

*Upcoming*  
**EVENTS**

- **February**  
Côtes d'Armor Ultra Trail (Lannion)
- **May**  
Trail des Embruns (Trébeurden)  
Trail en Guirec (Perros-Guirec)
- **June**  
Urban Trail (Lannion)
- **July**  
20 km of the Pink Granite Coast (Trébeurden & Perros-Guirec)
- **October**  
Lou Anne Trail (Pleumeur-Bodou)
- **December**  
Urban Trail (Lannion)  
Corrida (Perros-Guirec)

## Maritime ACTIVITIES

EXPERIENCE  
THE RHYTHM OF THE TIDES  
AND ENJOY THE BENEFITS  
OF THE SEA



## SHORE FISHING

Clams, cockles, razor clams,  
periwinkles... Discover an  
age-old practice cherished  
by children and adults alike!



### A FEW TIPS...

#### Protect the marine environment

- Return rocks to their original places

#### Check fishing conditions

- Adhere to size and quantity limits
- Inform yourself about fishing sites (health conditions, prohibitions, etc.)
- Check fishing periods

#### Be cautious

- Check the weather before heading out
- Consult tide times

*Tide times are  
available at the  
Tourist Office*

### Zoom on THE TIDAL PHENOMENON

Along the Breton coastlines, under the influence of the moon and the sun, the sea rises and falls twice a day.

The interval between two high tides is more than 12 hours, and the timing of the tides shifts daily.

### Did you know? THE FORESHORE

This is the part of the beach exposed at low tide. The foreshore is where you can engage in beachcombing activities.



*More information  
on water activities*

## WATER SPORTS

### ○ AQUAGYM

**Club des Dauphins**  
☎ +33 (0)7 86 39 98 15

### ○ SEA ROWING

☎ +33 (0)6 65 56 60 00

### ○ TOWED BUOY

**Trégor Kite**  
☎ +33 (0)6 70 81 80 22

### ○ KITESURFING

**Trégor Kite**  
☎ +33 (0)6 70 81 80 22

### ○ COASTAL WALKING

**Club des Dauphins**  
☎ +33 (0)7 86 39 98 15  
**Nautical center**  
☎ +33 (0)2 96 49 81 21

### ○ SWIMMING

**Club des Dauphins**  
☎ +33 (0)7 86 39 98 15  
**Club des Marsouins**  
☎ +33 (0)6 63 06 51 11

### Zoom on THE NAUTICAL CENTER

Lessons, courses, or equipment rentals, explore a wide range of activities for all audiences.  
Trestraou Beach  
☎ +33 (0)2 96 49 81 21

### ○ DIVING

**Octopus**  
☎ +33 (0)7 86 39 98 15

### ○ SURF & PADDLE

**Nautical Center**  
(rentals & lessons)  
☎ +33 (0)2 96 49 81 21  
**Kayaks & Paddles**  
**Ploumanac'h**  
(rentals)  
☎ +33 (0)7 85 73 22 91  
**Perroz Surf School**  
(rentals & lessons)  
☎ +33 (0)6 17 18 20 55  
**Zeus** (rentals)  
☎ +33 (0)6 51 88 00 60

## SEA EXCURSIONS

### ○ TRADITIONAL SAILING BOAT CRUISE

**Côte Sant C'hireg**  
☎ +33 (0)6 37 78 17 19

### ○ KAYAK TOUR Nautical Center

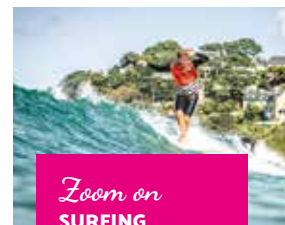
☎ +33 (0)2 96 49 81 21

### ○ MODERN GAFF RIGGED SCHOONER CRUISE

**Fillao**  
(Nautical Center)  
☎ +33 (0)2 96 49 81 21

### ○ SPEEDBOAT TOUR Armor

**Navigation** (p.13)  
☎ +33 (0)2 96 91 10 00



### Zoom on SURFING

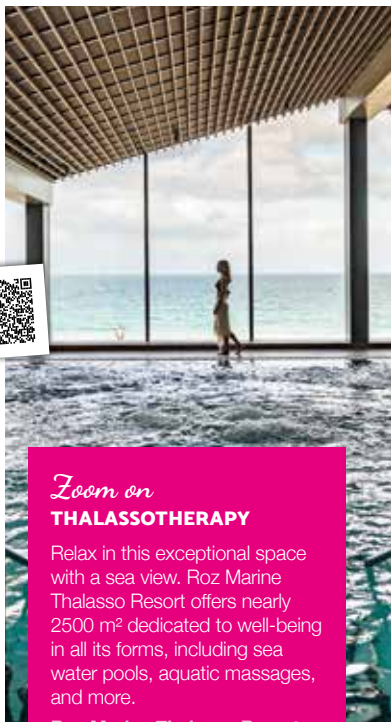
No matter your skill level or age, immerse yourself in surfing and other glide sports (lessons, courses, rentals, etc.).

**Perroz Surf School**  
Trestraou Beach  
☎ +33 (0)6 17 18 20 55

## Leisure ACTIVITIES

TO ENJOY  
SPECIAL MOMENTS

More information  
on relaxation  
activities



## RELAXATION AND WELLNESS

### BEAUTY AND WELLNESS SERVICES

**Beauté Voyageuse**

+33 (0)6 52 30 76 51

**Izi Détente**

+33 (0)6 46 67 58 02

**L'Atelier de Laura**

+33 (0)6 18 44 01 47

**Le 4 Temps Massage**

+33 (0)7 57 84 72 72

**Les Galets Roz**

+33 (0)6 77 31 89 36

**Marine Le Bris**

+33 (0)6 82 09 83 50

**Wutao, le souffle de la nature**

+33 (0)6 61 14 52 20

### SPAS

**Grand Hôtel**

+33 (0)2 96 49 80 80

**L'Agapa**

+33 (0)2 96 49 89 10

**Les Bains**

+33 (0)2 96 91 02 91

**Le Jardin du Bien-Être**

+33 (0)2 96 91 42 89

### THALASSOTHERAPY

**Roz Marine Thalasso Resort**

+33 (0)2 57 63 02 22

### Zoom on THALASSOTHERAPY

Relax in this exceptional space with a sea view. Roz Marine Thalasso Resort offers nearly 2500 m<sup>2</sup> dedicated to well-being in all its forms, including sea water pools, aquatic massages, and more.

**Roz Marine Thalasso Resort**

Bd Thalassa

Trestraou beach

+33 (0)2 57 63 02 22

### SPORT FACILITIES

**Multisport areas**

Rue de Krec'h Feunteun

Rue Saint-Guirec

**Sport complexes**

Kerabram gymnasium

Yves Le Jannou gymnasium

**Skate park** (p.25)

Kerabram complex



### Zoom on THE CASINO

Experience the elegance of the Roaring Twenties and step back in time! Slot machines, blackjack, traditional and electronic roulette... all set in a retro ambiance to entertain you.

**Kasino de Perros-Guirec**

Bd Joseph Le Bihan

Trestraou beach

+33 (0)2 96 49 80 80

## SPORT

### FITNESS

**Remi'z en forme**

+33 (0)6 85 87 75 83

### PETANQUE

**Pétanque Perrosienne**

+33 (0)6 72 46 93 40

### HIKING

**Les Amis de la Côte de Granit Rose**

+33 (0)6 73 50 73 72

### TENNIS

**Tennis Club Municipal Perrosien & Tennis de Ploumanac'h**

+33 (0)2 96 23 01 33

**Tennis de Trestraou**

+33 (0)6 08 99 03 93

### TABLE TENNIS

**Sept-Îles TT**

+33 (0)6 77 15 50 04

## LEISURE ACTIVITIES

### LIBRARY & TOY LIBRARY

+33 (0)2 96 23 03 59

### CASINO

**Kasino de Perros-Guirec**

+33 (0)2 96 49 80 80

### CINEMA

**Les Baladins**

+33 (0)2 96 91 05 29

### MINI GOLF

+33 (0)6 08 99 03 93

### TOURIST TRAIN

**Le Petit Train de la Côte** (p.24)

+33 (0)6 82 75 46 32

### THE FOODIE CORNER

#### COOKING WORKSHOPS

**Ty Bout'**

Crepe-making classes

**La Forêt aux Gâteaux**

Pastry workshop

#### LOCAL PRODUCERS

**Le Verger de Kernivinen**

Farm cider

**La Brasserie KanArFoll**

Craft brewery

Information available  
at the Tourist Office

## Guided TOURS

The Tourist Office offers various ways to discover Perros-Guirec, including: commented tours on a tourist train, cultural & historical explorations, storytelling walks, nature outings, meetings with local producers...  
A rich and diverse selection to satisfy all curiosities!



### History & HERITAGE

- **Commented tour on a tourist train**
- **Guided tours** (historical visit of the village of Ploumanac'h, exploration of seaside villas, ports, church and chapel tours, etc.)
- **Evening storytelling walks** (tales and legends, and more)



### Nature & DISCOVERIES

- **Guided tours** (exploration of seaweeds, intertidal zone biodiversity, and coastal ecosystems...)

#### THE COASTAL HOUSE

Exhibitions and a range of activities to explore the Ploumanac'h site and the Customs Officers' Path  
☎ +33 (0)2 96 91 62 77



### Workshops & MEETINGS

- **Culinary workshops** (crepes, pastries)
- **Visits to local producers** (farm cider, craft beer)

### And also...

Other visits are available in the surrounding areas of Perros-Guirec (p.26)

Information and bookings at the Tourist Office

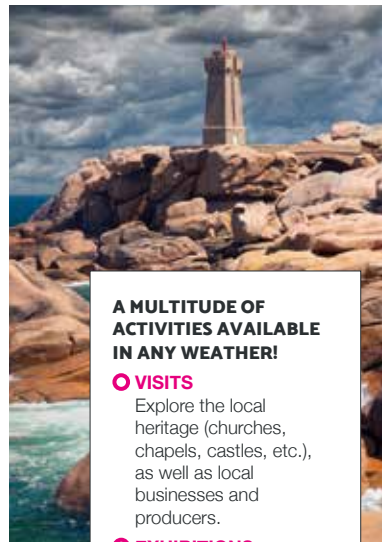
☎ +33 (0)2 96 23 21 15

## Activities FOR RAINY WEATHER

ENJOY ALL YEAR-ROUND

### Great. IT'S RAINING!

Now's the time to pull out your boots and raincoats to face the sea spray! A refreshing burst of fresh air awaits you! Witness the show offered by Mother Nature: a unique opportunity to capture stunning vacation photos!



#### A MULTITUDE OF ACTIVITIES AVAILABLE IN ANY WEATHER!

##### ○ VISITS

Explore the local heritage (churches, chapels, castles, etc.), as well as local businesses and producers.

##### ○ EXHIBITIONS

Discover the many workshops of artists and craftsmen.

##### ○ LEISURES

Casino, thalasso, aquatic centers, cinema, bowling, indoor sports... Stay warm and dry while never being bored!

##### ○ SHOPPING

Stroll through the shops to stock up on local products and souvenirs.

#### Ideas?

- Kanarfol Brewery
- Trégastel Forum
- Marine Aquarium
- Radôme Park (p.26-27)



## Activities FOR KIDS

TO HAVE FUN  
WITH FAMILY



### FAMILY FUN

**MINI GOLF**

Trestraou beach

**MINIATURE PORT**

Linkin Port

**CAROUSEL**

Trestraou beach

**INFLATABLE STRUCTURES**

Linkin Port

And also...  
the cinema,  
the library  
& the toy library  
(p.21)

### Zoom on TOURIST TRAIN

At the Linkin port, board the tourist little train for a guided tour lasting around 1 hour. Discover the coastal and urban landscape of Perros-Guirec with your family, all while enjoying fascinating anecdotes!

**Le Petit Train de la Côte**

Allée Florence Arthaud  
☎ +33 (0)6 82 75 46 32

### NAUTICAL ACTIVITIES

**NAUTICAL CENTER** (p.19)

Sea Garden (ages 4 to 7),  
Children's (ages 8 to 12)  
and teen (ages 13 to 15) courses.

☎ +33 (0)2 96 49 81 21

**SWIMMING SCHOOL**

**Club des Marsouins**  
☎ +33 (0)6 63 06 51 11

**SURF SCHOOL**

**Perroz Surf School**  
☎ +33 (0)6 17 18 20 55



#### BEACH CLUBS

**Club des Marsouins**  
Trestraou beach  
☎ +33 (0)6 63 06 51 11

**Club des Dauphins**  
Saint-Guirec beach  
☎ +33 (0)7 86 39 98 15

### Zoom on "PLACE AUX MÔMES" FESTIVAL

Enjoy a range of performances for both children and adults! Thursdays at 5 PM, in July/August and during school holidays (except Christmas holidays). Garden of the Palais des Congrès



#### OUTDOOR SPACES FOR CHILDREN

**Playgrounds**  
Located in various neighborhoods throughout the city

**City stadiums**  
Rue de Krec'h Feunteun  
Rue de Saint-Guirec

**Skate park** (from 8 years old)  
An area designed for skateboarding, rollerblading, and BMX.  
Kerabram complex

#### AND ALSO...

**Leisure center**  
(ages 3 to 12)  
☎ +33 (0)2 96 49 02 62

**Youth space**  
(ages 10 to 17)  
Video games, foosball, billiards, gaming PCs, etc.  
Kerabram complex  
☎ +33 (0)2 96 49 02 62



### ENTERTAINMENTS

**LES ESTIVALES** (from 6 years old)  
Sports and cultural activities for the whole family (July and August).  
☎ +33 (0)2 96 23 11 86

**CAP VACANCES** (from 6 to 17 years old)  
Sports and cultural activities during school holidays.  
☎ +33 (0)2 96 49 02 62

#### Did you know? LE PETIT PERROSIEN



The vacation magazine for kids is available for free at the tourist office.

## Activities NEARBY

FOR EXPLORING  
NEW HORIZONS



*Zoom on*  
**RADÔME PARK**  
In Pleumeur-  
Bodou

**Cité des  
Télécoms**  
☎ +33 (0)2 96 46 63 80

**Le Village Gaulois**  
☎ +33 (0)2 96 91 83 95

**Planétarium  
de Bretagne**  
☎ +33 (0)2 96 15 80 30

## LEISURE ACTIVITIES

### ○ AQUARIUMS

**Marine Aquarium**  
(Trégastel)  
☎ +33(0)2 96 23 48 58  
**Océanopolis** (Brest)  
☎ +33(0)2 98 34 40 40

### ○ BOWLING

**Trégor Bowling  
& Laser Game**  
(Lannion)  
☎ +33(0)2 96 14 14 74

### ○ MULTISPORT COMPLEX

**City Sport** (Lannion)  
☎ +33(0)2 96 45 52 17

### ○ EQUESTRIAN CENTERS

**Club Hippique  
de Trégastel**  
☎ +33(0)2 96 23 86 14  
**Équitation St-Samson**  
(Pleumeur-Bodou)  
☎ +33(0)6 84 20 76 76  
**Rulan Équitation**  
(Trégastel)  
☎ +33(0)6 73 08 97 84

### ○ WATER PARKS

**Forum de Trégastel**  
☎ +33(0)2 96 15 30 44  
**Ti Dour** (Lannion)  
☎ +33(0)2 96 05 60 60

### ○ GOLF

**Golf de  
Saint-Samson**  
(Pleumeur-Bodou)  
☎ +33(0)2 96 23 87 34

### ○ KARTING

**Kerlabo Kart  
& Football Kart**  
(Cohiniac)  
☎ +33(0)6 75 78 47 32

### ○ PARACHUTING

**7<sup>e</sup> ciel parachutisme**  
(Lannion)  
☎ +33(0)7 61 36 15 16

### ○ ANIMAL PARKS

**La Combe aux Ânes**  
(Lanvellec)  
☎ +33(0)7 50 69 38 26  
**La Ferme enchantée**  
(Lannion)  
☎ +33(0)2 96 37 03 05  
**Les Terres de Nataé**  
(Pont Scorf) ☎ +33(0)2 97 59 54 33  
**Zooparc  
de Trégomeur**  
☎ +33(0)2 96 79 01 07

### ○ ACTIVITY PARKS

**Armoripark** (Bégard)  
☎ +33(0)2 96 45 36 36  
**Centre de  
découverte du son**  
(Cavan)  
☎ +33(0)2 96 54 61 99  
**Domaine de  
Trouscoat**  
(Pleyber-Christ)  
☎ +33(0)7 75 10 88 49  
**Écotentre Trégor**  
(Pleumeur-Bodou)  
☎ +33(0)6 40 56 84 46  
**Elo'Pirate** (Lannion)  
☎ +33(0)2 96 37 20 32  
**Hisse & Ho !** (Plélo)  
☎ +33(0)6 75 03 13 42  
**La Récré des  
3 Curés** (Milizac)  
☎ +33(0)2 98 07 95 59  
**Vivons Perchés**  
(Pleumeur-Bodou)  
☎ +33(0)6 22 53 46 45



*Zoom on*  
**MEGALITHS**

### Plestin-Ies-Grèves

- Roman baths of Hogofo

### Pleumeur-Bodou

- Covered alley of Île-Grande
- Menhir of Saint-Uzec

### Ploulec'h

- Archaeological site of Yaudet

### Saint-Quay-Perros

- Covered alley of Crec'h Quillé

### Trébeurden

- Covered alley of Île Milliau
- Menhir of Toëno

### Trégastel

- Covered alley and dolmen of Kerguntuil

## CULTURAL & HISTORICAL VISITS

### ○ CASTLES

**Château de Kergrist** (Ploubezre)  
☎ +33(0)6 86 82 62 37  
**Château de Rosanbo** (Lanvellec)  
☎ +33(0)2 96 35 18 77  
**Château de Tonquédec**  
☎ +33(0)6 18 15 34 99  
**Domaine de la Roche-Jagu**  
(Plöézal)  
☎ +33(0)2 96 95 62 35

### ○ MUSEUMS

**Écomusée de Plouigneau**  
☎ +33(0)2 98 79 85 80  
**Haras national de Lamballe**  
☎ +33(0)2 96 50 06 98  
**Milmarin** (Ploubazlanec)  
☎ +33(0)2 96 55 49 34  
**Station LPO** (Île-Grande)  
☎ +33(0)2 96 91 91 40

### ○ HERITAGE

**Abbaye de Beauport** (Paimpol)  
☎ +33(0)2 96 55 18 58  
**La Vallée des Saints** (Carnoët)  
☎ +33(0)2 96 91 62 26

### ○ BUSINESS VISITS

**Philomenn Brewery** (Tréguier)  
☎ +33(0)2 96 92 24 52  
**Warenghem Distillery** (Lannion)  
☎ +33(0)2 96 37 00 08



Domaine  
de la Roche-Jagu

## Gourmet ADDRESSES

TO INDULGE



**MORE THAN  
50 ESTABLISHMENTS**  
welcome you for a gourmet break!

And don't forget,  
tea rooms, bars, ice cream parlors...

## RESTAURANTS

Brasserie, pizzeria, traditional or gourmet restaurant... each Perros-Guirec establishment offers a variety of flavors to delight your palate!



### CRÊPERIES

Made with wheat flour (crêpes) or buckwheat flour (galettes): savor THE quintessential Breton specialty!

### Zoom on BRETON CUISINE

Make the most of your stay to taste some of our culinary specialties...

- The must-try crêpes & galettes!
- Kig ha Farz, a traditional dish made with buckwheat flour
- Kouign Amann, a delicious cake rich in butter (salted!)
- Iconic beverages such as cider, apple juice, and chouchen,...
- Seafood products: fishes, shellfishes, crustaceans, seaweed,...
- Local vegetable specialties: artichokes, cauliflower, Paimpol beans, Roscoff pink onions, Plougastel strawberries,...

## Shopping ADDRESSES

FOR STROLLING



**NEARLY 400 SHOPS**  
welcome you in Perros-Guirec!

Discover  
the partners  
of the Tourist Office



## SHOPPING

Throughout the year, a multitude of shops enliven the different neighborhoods of the town.

Clothing stores, home decor shops, jewelers, florists, souvenir shops... You'll be spoiled for choice!

### MEETING ARTISTS & LOCAL CRAFTSMANSHIP

In Perros-Guirec, nearly twenty galleries, artist studios, and artisans invite you to discover their works.

From painting to drawing, and including sculpture, their permanent or temporary exhibitions will undoubtedly allow you to take home a unique souvenir **made in Perroz!**

### PERROS-GUIREC ALSO OFFERS...

#### ○ LOCAL SHOPS

For your everyday needs, Perros-Guirec is full of gourmet shops: bakeries, butcheries, wine shops, chocolatiers, preserves, grocery stores, patisseries, fishmongers, caterers, and more... everything to delight your taste buds!

#### ○ SERVICE BUSINESSES

Throughout the year, a multitude of companies are available to make your stay as pleasant as possible.

#### ○ CRAFTSMEN

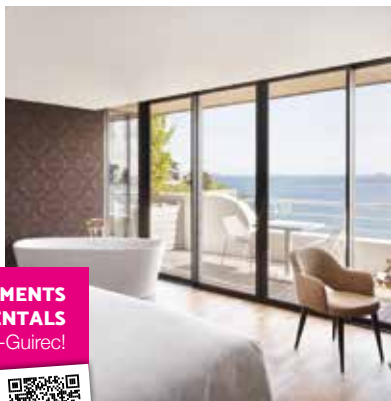
For your projects, numerous building professionals are ready to meet all your needs.

#### ○ HEALTH SERVICES

Whether for general medicine or alternative therapies, many practitioners are available in the area.

## Cocooning ADDRESSES

FOR STAYING



**NEARLY 30 ESTABLISHMENTS  
AND OVER 500 RENTALS**  
welcome you in Perros-Guirec!

Discover  
the partners  
of the Tourist Office



## ACCOMMODATION

A wide range of establishments, from the simplest to the most luxurious, welcomes you at the resort.

Whether you're a couple, a family, or with friends, the hardest part will be choosing!

Perros-Guirec also welcomes **groups!** For more information, contact the Tourist Office.

### A WIDE AND VARIED ACCOMMODATION OFFER!

- Hotels
- Tourist residences
- Campsites
- Holiday centers
- Furnished rentals
- Guest rooms
- Unusual accommodation

### Did you know? CAMPERVANS

The campsites are equipped with comfortable pitches. In public parking areas, motorhome parking is regulated.

### Want to know more?

Complete your exploration of our resort by browsing our comprehensive address book, available at the Tourist Office (see p.3) or on [perros-guirec.com](http://perros-guirec.com)

SPÉCIALITÉS BRETONNES  
**Chez  
Tiz Kouign**  
artisan biscuitier

## The specialist in KOUIGN AMANN

Visits by  
appointment



### Minihy-Tréguier

Our main house where our factory is located.

**6 Pont Losquet,  
22220 Minihy-Tréguier**



### Perros-Guirec

Our summer annex, to be discovered on Trestraou Beach

**17 Bd Joseph le Bihan,  
22700 Perros-Guirec**



### Markets

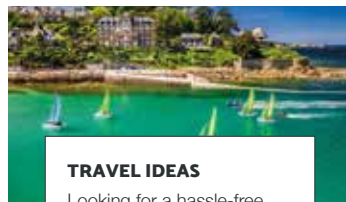
Trégastel monday  
Paimpol tuesday  
Minihy-Tréguier wednesday  
Perros-Guirec friday  
Penvénan saturday  
Plougrescant sunday in summer

### A FAMILY BUSINESS...

... featuring one of the best kouign-amanns on the Pink Granite Coast, not to mention the famous « Papy Kouign » crunchies! In addition to Breton specialties, our shelves have expanded with our favorites to offer a wide selection of fine groceries, local products, and items in our cellar.



**Tél. +33 (0)2 96 13 72 63**  
**www.cheztykouign.bzh**



### TRAVEL IDEAS

Looking for a hassle-free stay? The Tourist Office takes care of everything and also offers all-inclusive packages!





## Practical INFORMATION

NOT TO MISS ANYTHING

**OVER 600 EVENTS  
ALL YEAR**

Round in Perros-Guirec!

Complete calendar  
available at the Tourist Office  
or on [www.perros-guirec.com](http://www.perros-guirec.com)



## MARKETS

### IN PERROS-GUIREC

- **TUESDAY**  
Ploumanac'h Port  
(mid-June to September)
- **WEDNESDAY**  
Marina
- **FRIDAY**  
City Center
- **SUNDAY**  
La Clarté

### A BIT FURTHER

- **MONDAY**  
Trégastel
- **TUESDAY**  
Louannec
- Trébeurden
- **THURSDAY**  
Lannion
- **SATURDAY**  
Pleumeur-  
Bodou



### PARKINGS & SHUTTLES IN PERROS-GUIREC

- **4500 FREE PARKING SPACES**  
(including 100 reserved for  
people with reduced mobility).
- **SUMMER SHUTTLES**  
(in July/August)  
Two free shuttles to access  
Trestraou Beach (departing  
from Kerabram parking)  
and Ploumanac'h (departing  
from Ranolien parking).

## Useful contacts



### Public SERVICES

- City Hall**  
☎ +33 (0)2 96 49 02 49
- Technical  
Services**  
☎ +33 (0)2 96 49 02 66
- Culture,  
Community Life,  
and Communication  
Services**  
☎ +33 (0)2 96 49 02 45
- Youth, School,  
and Sports  
Services**  
☎ +33 (0)2 96 49 02 62
- Municipal Hall  
Rentals**  
☎ +33 (0)2 96 49 02 45
- Beach Cabin  
Rentals**  
☎ +33 (0)2 96 23 21 15
- Post Office**  
6, rue du Pré
- Lannion-Trégor  
Community**  
☎ +33 (0)2 96 05 09 00  
Waste Collection  
& Recycling  
[dechetsmenagers.  
lannion-tregor.com](http://dechetsmenagers.lannion-tregor.com)
- Community  
Tourist Office**  
☎ +33 (0)2 96 05 60 70



### Transports BUS NETWORK

**LE MACAREUX**  
Shuttles in Perros-Guirec,  
Trégastel, Louannec,  
Saint-Quay-Perros  
☎ +33 (0)2 96 23 21 15

### Intercommunal Transport

A bus network  
covering the  
entire area.

#### E Line

(Lannion-  
Perros-Guirec-  
Trégastel)

#### D Line

(Lannion-  
Trébeurden-  
Trégastel)

☎ +33 (0)2 96 05 55 55  
[lannion-tregor.com](http://lannion-tregor.com)



### Emergency NUMBERS

- European  
emergency number**  
☎ 112
- Gendarmerie**  
☎ 17 //  
+33 (0)2 96 23 20 17
- Municipal  
Police**  
☎ +33 (0)2 96 49 04 61 //  
+33 (0)6 80 01 61 12
- Firefighters**  
☎ 18 //  
+33 (0)2 96 23 20 16
- SAMU  
(Emergency  
Medical Services)**  
☎ 15
- Lannion Hospital**  
☎ +33 (0)2 96 05 71 11
- On-call Pharmacy**  
☎ 3237
- Poison Control  
Center**  
☎ +33 (0)2 99 59 22 22
- SNSM  
(Sea Rescue)**  
☎ +33 (0)2 96 91 40 10
- Cross Corsen  
(Regional  
Rescue Center)**  
☎ 196 //  
+33 (0)2 98 89 31 31



**Gault & Millau**  
2024-2025



*Bistrot de la Rade*

Come and enjoy delicious, authentic, and modern cuisine focused on fish and seafood, in a friendly and relaxed setting.

+33 (0)2 96 23 11 86  
www.bistrotdeklarade.fr  
71 rue Anatole Le Braz  
22700 Perros-Guirec  
f @

# LES SEPT-ÎLES

"A SPECTACLE OF NATURE'S GRANDEUR"



More info p.13  
**UNIQUE IN FRANCE!**



**INFORMATION | RESERVATIONS | TICKETS**  
Maritime station | Trestraou beach  
Boulevard Joseph Le Bihan  
22700 Perros-Guirec

[www.armor-navigation.com](http://www.armor-navigation.com)  
**+33 (0)2 96 91 10 00**

Find us on  
t f @



# KASINO

## PERROS-GUIREC



**3€**  
IN GAME TICKET\*

**SLOT MACHINES / ELECTRONIC GAMES / TABLE GAMES  
BAR / BISTRONOMIC RESTAURANT / ROOFTOP BAR**

\*Offer cannot be combined, valid upon presentation of this coupon, limited to one person, offer valid until 31/10/2024. Offer only for adults not prohibited from gambling, upon presentation of an identity document, non-exchangeable game ticket.

**PRIVATE PARKING FOR CUSTOMERS ONLY**

**18** GAMBLING AND GAMES OF CHANCE CAN BE DANGEROUS: LOSS OF MONEY, FAMILY CONFLICTS, ADDICTION... FIND OUR ADVICE ON JOUEURS-INFO-SERVICE.FR (+33 (0)9 74 75 13 13 - STANDART RATE CALL) **GOVERNEMENT**

La  
vie  
en  
Roz!

## How to come?



### By air

#### Lannion Côte de Granit Rose Airport

(6 km) | Private flights

Tel. +33 (0)2 96 05 82 22 | [www.lannion.aeroport.fr](http://www.lannion.aeroport.fr)

#### Brest Airport

[info@brest.aeroport.bzh](mailto:info@brest.aeroport.bzh) | [www.brest.aeroport.bzh](http://www.brest.aeroport.bzh)



### By train

Lannion Train Station (10km)

Tel. +33 (0)8 92 35 35 35



### Intercity transport

TILT (E Line - Lannion / Perros-Guirec)

Tel. +33 (0)2 96 05 55 55 | [www.lannion-tregor.com](http://www.lannion-tregor.com)



### By road

A11 - Paris / Rennes

N12 - Rennes / Perros-Guirec (free dual carriageway)



### By sea

Perros-Guirec marina and Ploumanac'h port  
Harbormaster's Office: Tel. +33 (0)2 96 49 80 50  
[www.perros-guirec.com](http://www.perros-guirec.com)