

# Where to walk: in Southern Finistere

*If you are on holiday or touring in southern Finistere, the following selection will provide you with varied walks in the area.*

## 1) Forest of Carnoët

Just south of the old town of Quimperlé lies this large forest, stretching down the shores of the Laita estuary. Interesting archaeological remains are to be seen here, including the exceptional Abbey of St-Maurice at the southern end. Peaceful walking.



## 2) Bélon Estuary

To the west of Quimperlé, the Bélon estuary is famous for its oysters. Try the 9km Circuit du Port de Bélon for some wooded and waterside walking.

## 3) Pont Aven

For a combined short town and country walk, this little estuary town with its art galleries and miniature rocky chaos in the Aven is a good choice (but very busy in season). A 4km trail takes in the lovely Chapel of Trémalo and the Bois d'Amour where Gauguin painted.

## 4) Treffiagat

Further west along the coast, park at Lehan (near Treffiagat) and take the 7km circuit of the Menhirs to see some Neolithic standing-stones and a stretch of the coastal path.

## 5) Bay of Audierne

The vast sands of this Atlantic coast and low headlands topped by ancient remains make for exhilarating walking. Walking and other Activities in Finistere (see books) has a great 14km walk which includes chapels and stream valleys and a last leg along the beach, where the waves pounding in can be dramatic and very noisy!

