

# Rostrenen / Mûr-de-Bretagne

## La Vélodyssée, the Atlantic Cycling Route



**Départ**  
Rostrenen

**Durée**  
2 h 01 min

**Niveau**  
I cycle often

**Arrivée**  
Mûr-de-Bretagne

**Distance**  
30,44 Km

**Thématique**  
Nature & small heritage

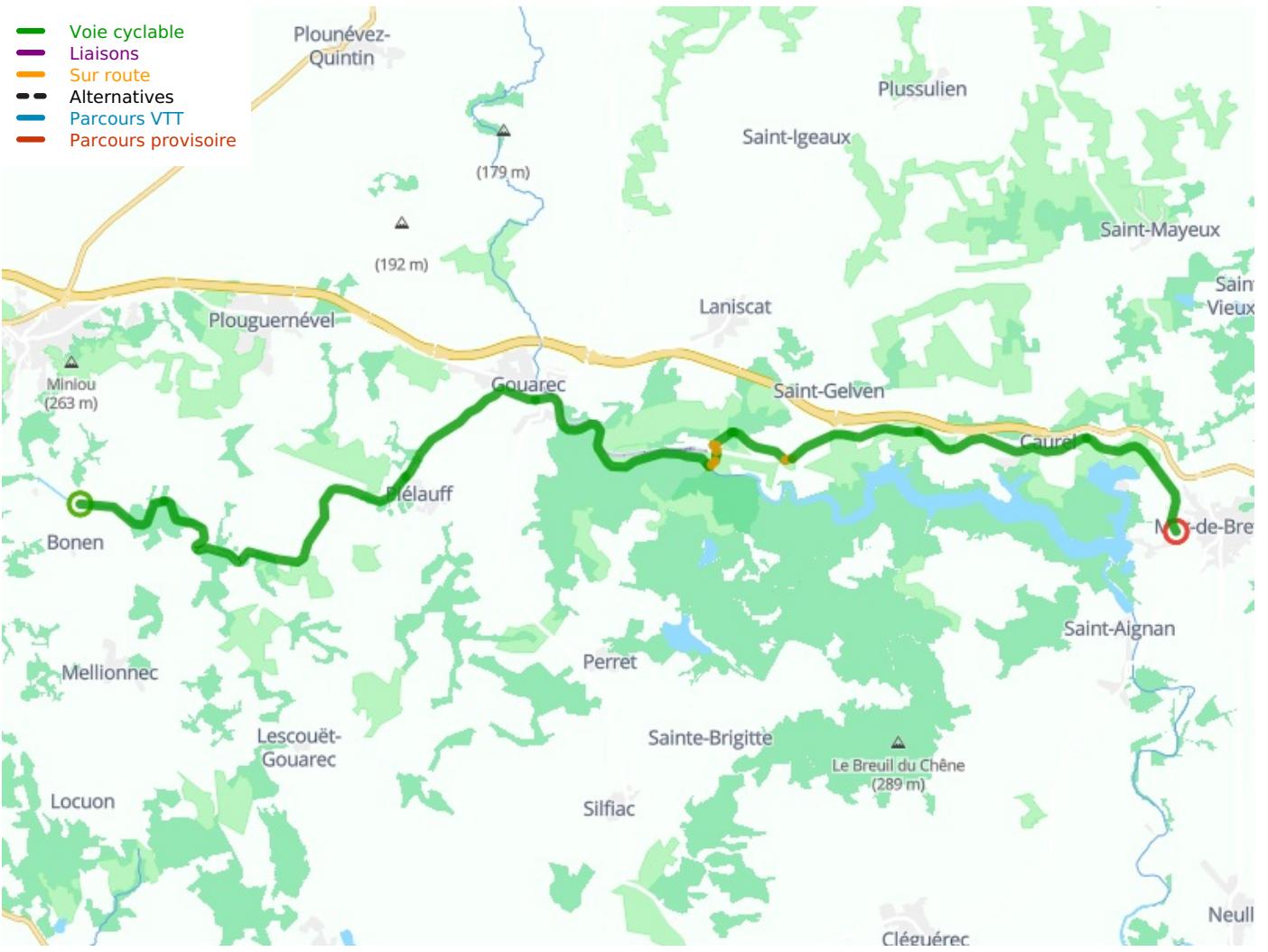
At the heart of the Guerlédan-Argoat Country is a steep sided valley where the Blavet winds through the woods until it reaches Gouarec. The Coat Natous double lock in the middle of this stage of La Vélodyssée provides an ideal resting point. Two of the highlights of this stage are the beautiful Cistercian Abbey of Bon-Repos and Brittany's largest lake, the magnificent Lac de Guerlédan: the perfect place to stop for a swim and sunbathe! This varied leg of the trail follows a towpath, a short stretch of coastal route and the greenway.

### Itinerary

Rolling section on the towpath. Mostly on cycle paths, with some interruptions in lanes shared with cars. Stabilized surface (= compacted mixture of sand, clay, and lime). Take care when crossing the N164 at Bon Repos and Bellevue.

### Connection

Very short connection towards the anglophilic village of Gouarec.



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