

# à table!

## Cuisine

WELCOME  
BOOKLET



# TO THE APPARTS COSY BREST

We are pleased to welcome you to our apartment, where we hope you will have a pleasant stay near Les Capucins.

In this booklet, you will find all the necessary information for the smooth running of your stay.

Feel free to contact us for any additional information. Enjoy your stay in Brest!

*Anthony & Isabelle*

WELCOME

# OUR SOCIAL NETWORKS



INSTAGRAM



FACEBOOK



YOUTUBE



WEBSITE

*For your next reservation, do not hesitate to book through our website and enjoy a 15% discount on your stay.*

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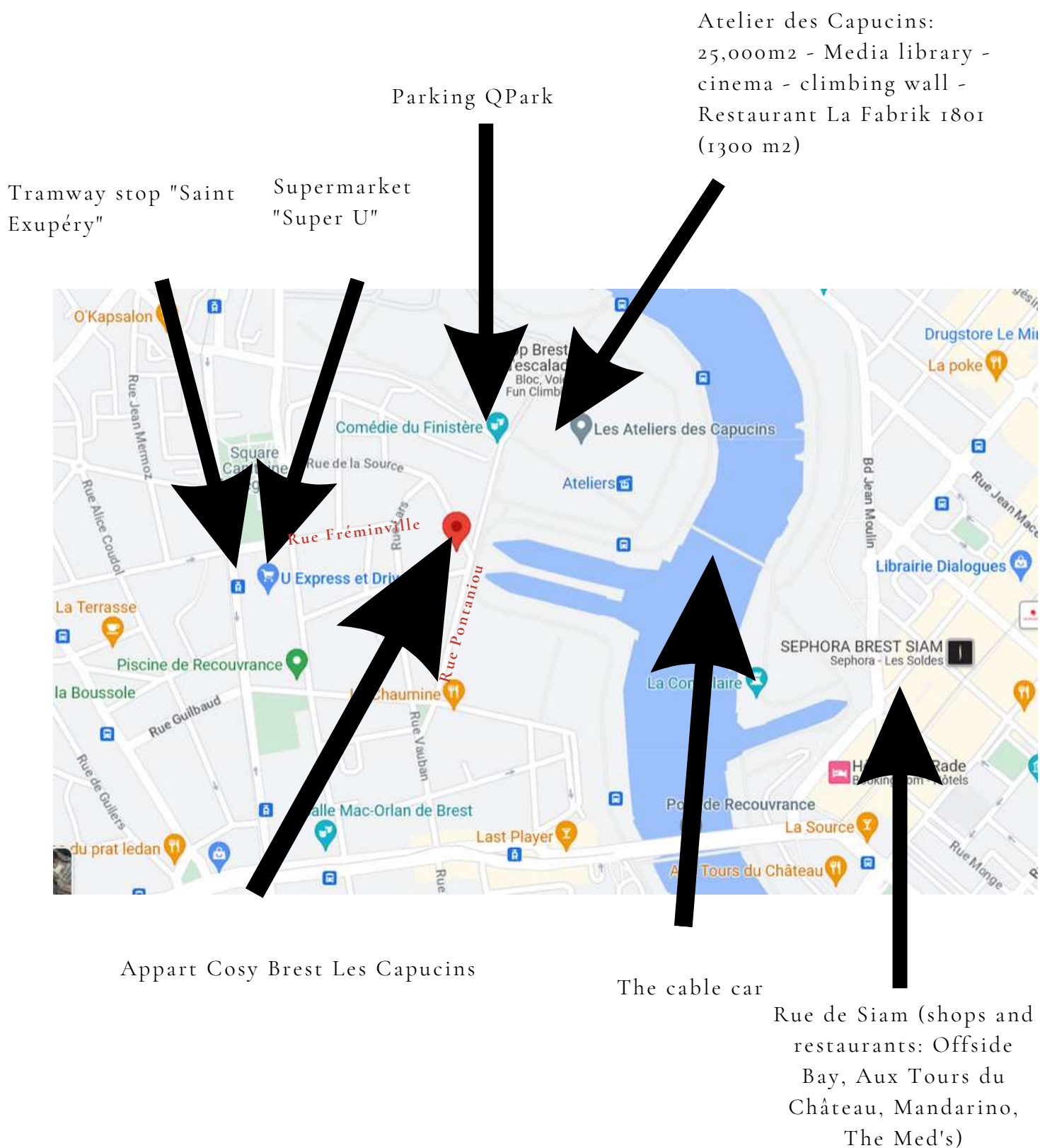




# 01 Getting to the apartment



access plan



Atelier des Capucins:  
25,000m<sup>2</sup> - Media library -  
cinema - climbing wall -  
Restaurant La Fabrik 1801  
(1300 m<sup>2</sup>)

Appart Cosy Brest Les Capucins

The cable car

Rue de Siam (shops and  
restaurants: Offside  
Bay, Aux Tours du  
Château, Mandarin,  
The Med's)

Address of the accommodation: 2 rue Pierre Ozanne,  
29200 Brest.

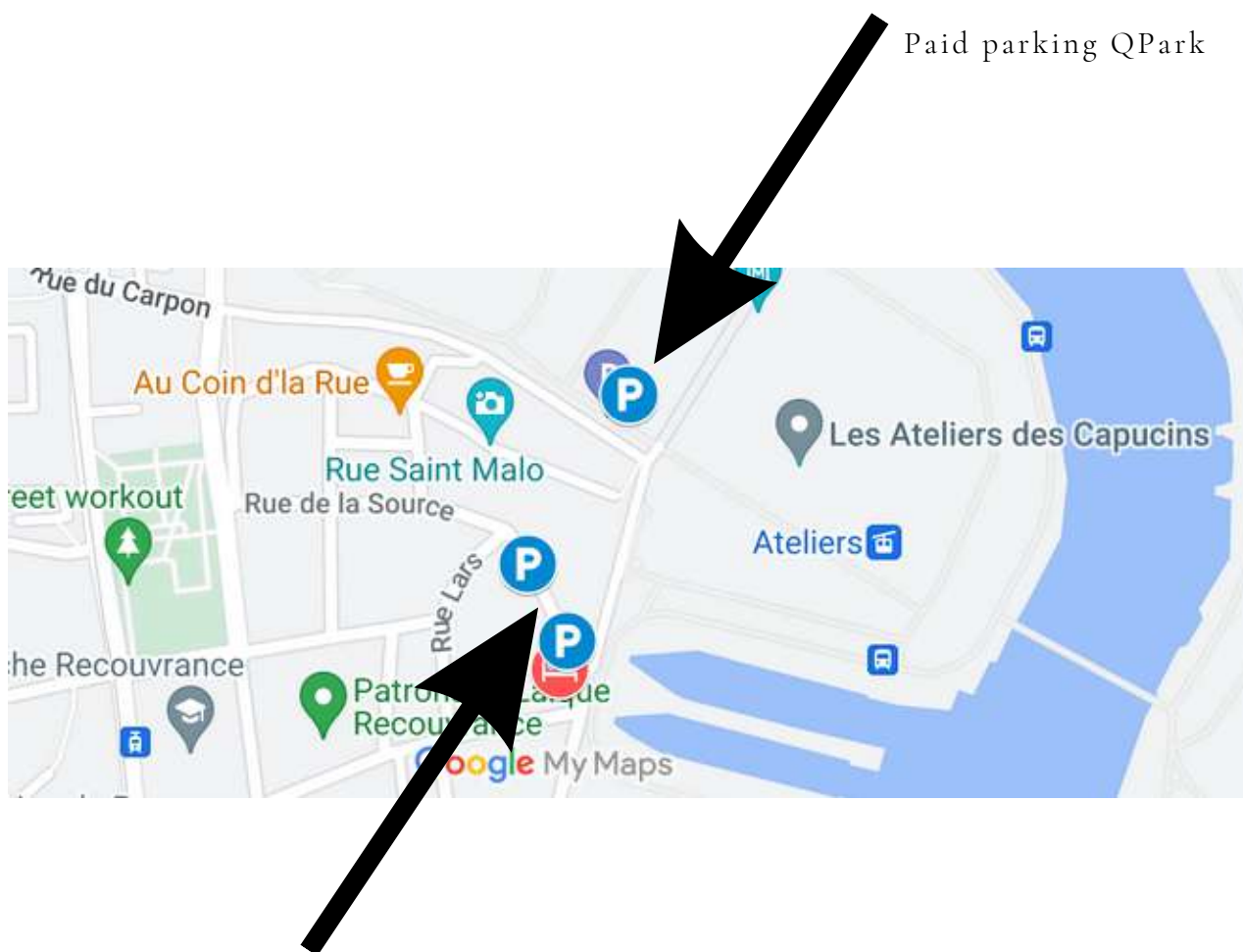


## Where to park ?

You can park for free on Rue Pierre Ozanne or the adjacent streets: Rue Lars, Rue Fréminville, Rue Pontaniou, Rue de la Source.

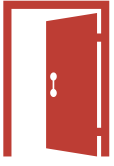
Alternatively, you have the option to park at the Q-PARK parking lot on Rue du Carpon, 29200 Brest. It is located 200 meters from our establishment. The entrance is open from 7:00 AM to 10:00 PM, and the exit is available 24/7.

For more information, you can visit their website at [brest-park.fr](http://brest-park.fr) or contact them at 02-98-00-96-20.



Free parking in the street Pierre Ozanne, street Lars, street Fréminville, street Pontaniou, and street de la Source.

## 02 Arrival in the accommodation



Entered the building

The entrance to the building is through a digital code located at the door of the building. The 4-digit code will be communicated to you before your arrival



Entrance to the accommodation: The keys

The keys are at your disposal in a secure key box located right next to the door of your apartment. This is a 4-digit mechanical safe. You simply turn the dials to enter the code and press on each side of the case to open it. The code will be communicated to you personally before your arrival by SMS or on your mailbox or the messaging of the booking website (booking, airbnb, dispatch...)

Do not forget to replace the keys in this same trunk when you leave, to, close the valve of the trunk, then to put the numbers on 0000 Thank you.

1



Boîte à clés fermée  
Safety keybox closed

2



Descendez la trappe pour l'ouvrir  
Lower the hatch to open it

3



Mettez le code à 4 chiffres  
Put the code to 4 numbers

4



Pressez les boutons sur les côtés pour ouvrir la trappe. Récupérez les clés.  
Press the buttons on the sides to open the hatch. Pick up the keys.





### Time of arrival and departure

Arrival and departure times will be communicated to you at the end of the month preceding your arrival. They are usually from 16:00 for arrival (please contact us if you wish to arrive earlier) and before 11:30 or 12:00 for departure.



### The situation of entry and exit

Not being on the premises, we cannot make an inventory with you. We count on you to leave the apartment clean and in the original condition. Please let us know if something has been broken or degraded so that we can proceed to its replacement before the arrival of the following travelers.



### Household linen

Linen is provided: duvets, fitted sheets, pillowcases, polar blankets, towels, tea towels...

The main beds will be made upon your arrival. Thank you simply to specify the composition of the people who will stay in order to adapt the bedding (number of beds and type of single or double queen size beds).

# 03 Life in the home



## List of accommodation facilities

### **Kitchen**

Refrigerator  
Induction or vitro ceramic plate 2 or 4 fires  
Microwave  
Coffee maker (filter) and Nespresso coffee maker  
Kettle  
Toaster  
A washing machine  
A dryer  
Tableware and all accessories  
pots and pans  
Popcorn machine in some homes

### **Living Room - Living Room**

Flat screen TV by internet bbox  
Dining table  
4 to 6 chairs depending on the accommodation  
Sofa and coffee table  
Board games  
Children's books  
DVD and DVD player

### **Bedroom 1**

Queen size bed 160cm with memory foam mattress  
Bedside table, lamps and dressing room

### **Free baby equipment on request:**

A cot  
A high chair

### **Shower room or bathroom**

Hair dryer, cotton  
make-up remover and cotton swabs  
A shower with shampoo and shower gel



## Use of equipment

Heating: Electric convectors with soft inertia. thank you for putting heating Temperature = 2 or 19° before leaving the apartment

Hot water: We installed a hot water tank that recharges overnight

Washing machine: The washing machine is self-service. We provide 1 or 2 laundry boxes for free.

Dryer: The dryer is self-service.

Fridge/ freezer: When leaving, please leave the fridge on, the door closed.

Bins: You will find the bins when you leave the building on your right, continuing in the street you will find in the corner of the buried garbage.

Free high-speed WIFI: The name and code of the networks are available in the welcome booklet located on the coffee table of the lounge



## Rules of life

We inform you that it is strictly forbidden to smoke in the apartment, for reasons of hygiene and odors for travelers who follow each other, as well as for security reasons. Parties are prohibited so as not to disturb other travelers in the building. Please do not make noise after 22:00

# 03 Useful information



How to get to the beach?

The large Moulin Blanc beach can be reached by car in 10 minutes by taking the direction of Quimper.



Where to go shopping?

U Express and Recouvrance drive (10 minutes walk)

Address: 33 rue de l'Armorique 29200 Brest (hours 8h30 to 20h00 from Monday to Saturday and 9h30 to 12h30 on Sunday)

Carrefour Iroise shopping centre (10 minutes by car)

Address: 126 boulevard de Plymouth 29200 Brest

Shops in Brest city centre:

All shops for shopping are located on the bottom of rue Jean Jaurès and on the entire rue de Siam (pedestrian street). They run along the tram line. The tram stop is "Saint Exupéry" located 5 minutes walk from the accommodation.

The bakery

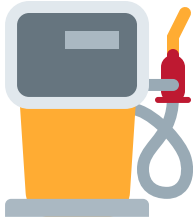
Bakery the fournil of the provinces queliversan

Address 49 rue Dupuy de Lôme

Schedule from 6:30 am to 9 pm every day

The big market: Sunday from 8 am to 1 pm address 1 rue de Lyon 29200 Brest





## Where to get fuel?

Carrefour Iroise shopping centre (10 minutes by car)

Address: 126 boulevard de Plymouth 29200 Brest



## Where to get treatment?

Pharmacy on call:

Hospital at 10 min 3237

University Hospital:

(CHU) 2 avenue Foch 29200 Brest

Tel. 02 98 22 33 33



## Useful numbers

Firefighter: 18 or 112 (from mobile)

Emergency police: 17

Samu: 15

Marine Emergency Number: 196 (Marine Rescue Centre)

Taxi:

TAXI BREST 806 – 02 98 80 68 06

ALLO TAXI BREST – 06 75 46 00 71

TAXI BREST AEROPORT – 02 98 42 11 11

VTC – 06 50 97 11 70

Auto Repair:

AUTO DETRESSDland spreading 24/24

Address: 310 RUE JURIEN DE LA GRAVIERE

29200 Brest Tel.: 02 98 40 65 75

OUT OF CAR

Address: 4 ruechamplain 29200 Brest

Tel: 06-64-09-87-63

Owner Numbers:

Isabelle and Anthony: 06.62 . 09.10.30/ anthony.maroc29@gmail.fr

# 04 The Restaurants

## Our favorites

### Le bouche à oreille

10 rue Massillon (place Guérin quartier Saint Martin) 09 51 80 62 68



Lunch formula 16 euros main course or main dessert and 19 euros (starter main dessert). The cook brought spices from his travels abroad and they are found on the plate. You will therefore eat fresh French dishes with oriental touches and other spices from the world. A very good quality/ price ratio for lunch.



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### L'atelier gourmand

33 Rue Navarin (place Guérin quartier Saint Martin à côté du bouche à oreille) 02 98 46 95 94



Inventive French cuisine very well cooked and prepared with lots of colors and often herbs. Very affordable lunch around 17 euros, count between 27 and 40 euros in the evening. Attention, it is a very small restaurant there are only 7 tables for a maximum capacity of 20 people so do not forget to book.



## Le coup de fourchette

21 Rue de Lyon (haut de la rue de Siam) 02 98 44 04 15



Original and French seasonal cuisine (Michel Le Menn master restaurateur)

Lunch menu (dish only 15.50 euros, starter dish or dessert dish 19.50 euros, starter dish dessert 22.50 euros ). A very good quality/ price ratio but you must book in advance because it is a small restaurant all in length of fifteen tables. You can feel on the plate the chef's desire to please customers and it's very pleasant. The dishes are refined and really well balanced, the service is also quality and the chef goes around the tables at the end of service to see his customers. He deserves his title of master restorer.



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## Le mont liban

8 Pl. de la Liberté (mairie de Brest) 02 98 80 12 76



The best mezze restaurant in Brest except the hummus of the restaurant the med's. You have a very affordable lunch. For the evening, it will be more expensive but the atmosphere is very nice. You can share a whole bunch of cold and hot mezes. They are all very good and tasty (lamb or chicken skewers, kefta... The downside may be frozen fries but that's it.





## Au plus proche (quartier des Capucins)

### Crêperie la chaumine

16 Rue Jean Bart (les capucins) 02 98 45 10 70



Just next to the appart cozy brest Les Capucins apartment going up Pontaniou street. Small creperie run by a couple. One of the best creperies on Brest. The atmosphere is cozy, pancakes are well stocked and made to order. Be careful to book because there are very few tables. Victims of their success, they are almost always full.



### La Fabrik 1801

A l'intérieur des ateliers des Capucins 09 71 25 84 04



Steakhouse restaurant at the Capucins workshops. There is also a second part with a bar, a snack bar and a pizzeria. The meat is very good but relatively expensive (it takes about 30 euros for black angus beef). There is a formula for lunch from Monday to Friday: main course + dessert at 22.90 euros or starter + main course + dessert at 27.90 euros. They also offer burgers, pizzas and aperitif boards. They also offer brunches in the morning.





### The med's cuisine anatolienne

40 rue Traverse 29200 Brest (de l'autre côté de la rivière  
en prenant le téléphérique) 02 98 80 11 70



It is a Kurdish restaurant made in the morning and grilled over a wood fire. For starters, you will find the classic oriental dishes based on vegetables (tomato onions, coriander). Special mention for the super smooth hummus. In dish, you will have different skewers of lambs or chickens accompanied by vegetables, eggplant caviar lemon ginger and bulgur with tomato and paprika, red cabbage served with fresh homemade bread . 2 small lamb a little fat and limited quantities for big eaters. I will take the chicken next time. Not too fan of oriental desserts so not taken. Count between 15 and 25 euros for dishes à la carte.



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### Mandarino pizzeria

36 rue Traverse (bas de Siam) 09 52 70 41 35



We did not go but the feedback we asked customers are good. Unfortunately, it is very difficult to find a pizzeria with a wood fire. There is the possibility of having 2 different toppings on the same pizza (mezzo pizza). Be careful, there are only pizzas on the menu.



### Aux Tours du Château

3 Bd des Français Libres (bas de Siam) 02 98 80 43 47



Rather at noon. Classic restaurant of French cuisine in front of the castle of Brest . No bad surprise, the dishes are cooked and good



### Offside bay

4 Rue de Siam (bas de Siam) 02 29 63 09 71



Down the street from Siam , restaurant for lunch and brunch on Sunday . Matured beef is very good but is not always on the menu for lunch. It is served with fresh fries. In the evening, it will be more a bar than a restaurant. Brunch on Sunday morning.





## Other addresses

### Le Remorqueur

2 Bis Quai de la Douane 02 98 25 08 40



Air-conditioned restaurant of classic French cuisine located on the commercial port facing the sea.

Preferably in the evening because there is no menu at lunch. Everything is à la carte (40 to 50 euros per person for starter/ main course/ dessert without drink). The decoration is original (sea atmosphere to the noise of the tugs in the toilet). You will find a wine cellar with 300 references, a smoking room and a lift for people with disabilities. The menu is original, changed every 3 weeks but very short (3 starters/ 3 courses/ 3 desserts). For example, we ate an exotic shrimp/mango/melon salad, a really exquisite smoked tuna tataki, a bar fillet cooked unilaterally (perfect cooking) accompanied by a homemade puree with lemon sauce, a fake master butter fillet of hotel fresh fries, plougastel strawberry tiramitsu , sweet chocolate ice cream dulce de leche caramel.



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### Latitude crêpes

4 Quai de la Douane (port de commerce) 02 98 33 10 70



On the commercial port, we never went there but the returns have always been good. Kig ha farz on Thursday and Sunday noon



## Le Repaire

25 rue Emile Zola (haut de siam) 02 98 43 20 98



Restaurant with a cozy atmosphere by the fire. Cooking grilled wood fire  
Lunch menu 26 euros and in the evening 35 euros . A la carte, you can request a rib of beef from 1 kilo to 85 euros or 1.5 kilos to 120 euros. The downside would be a fairly restricted grill menu and not necessarily wood fire grilling in the menus. Desserts are also homemade. We ate a very good tarte tatin and a brest bet with a fresh cabbage which is not often the case.



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## L'Embrun

48 Rue de Lyon (rue de Siam) 02 98 43 08 52



Restaurant run by Guillaume Pape 1 star (finalist of top chef 2019) Reservation required as soon as possible.

Lunch during the week starter dish dessert 39 euros Evening 3 plates 64 euros  
5 plates 84 euros 7 plates 104 euros





### Le jardin d'hiver

7 Rue Amiral Linois (haut de siam) 09 85 60 88 29



Organic restaurant with local products. The restaurant is aptly named because indeed, it feels like being in a winter garden. Vegetable cuisine mainly based on vegetables, cereals and fruits. The restaurant is open from Tuesday to Saturday. Few choices but dishes cooked with fresh and healthy products are very original. A real bias of seasonal products that you feel on the plate. Recommended for vegetarians.



### La belle époque

84 Rue Auguste Kervern (kérinou) 06 11 04 12 37



Cosy atmosphere, presentation of well-prepared dishes, French cuisine with the chef's Asian touches (jasmine, curry, etc.). Few choices in the lunch and dessert menu 17.50 euros (only 1 choice of dish and 2 choice of desserts including coffee or tea gourmand) and in the evening count 30 to 35 euros for the menu



### La maison de l'océan

2 Quai de la Douane (port de commerce) 02 98 80 44 84



The best fish restaurant in Brest located on the commercial port. You can also find seafood platters.



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### Le crabe marteau

8 Quai de la Douane (port de commerce) 02 98 33 38 57



Emblematic restaurant in Brest. As its name suggests a hammer, a crab and an apron.. You will also find lobsters, oysters, spiders accompanied by potatoes and several sauces. For shellfish fans only.





### Le bœuf sur le quai

2 Rue Commandant Malbert (port de commerce) 02 98 43 91 34



Grill restaurant with wood fire . To do only for meat lovers. The dishes are served with whole potatoes The restaurant is very raw and rustic with a special decoration that can surprise.



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### La base

85 Quai Eric Tabarly (port de commerce la marina)

02 29 05 19 00



Skewers restaurant on the marina, the location is top, skewers of meats, prawns and scallops are very good. The rest is less well, that is to say the accompaniment, the starters and the dessert. On the other hand they have a huge whisky cellar..



## La mangeoire

(ouvert le midi uniquement tous les jours sauf le samedi)

rue de l'eau blanche



Good surprise for this restaurant (worker restaurant type) but with much superior services. If the principle is the same, that is to say buffet of starters and desserts, on the other hand, the quality of the products presented is very good. Indeed, you will find classic starters but also, rare thing, seafood (crab, shrimp, lobster and even oysters). Same for desserts, several homemade verrines are offered. For the main course, there is a meat of the day and a fish of the day as well as 3 other dishes à la carte namely (a real fresh chopped steak, an andouillette or ravioli with 3 cheeses). Meats are served with salad, whole mushrooms, green beans and fresh homemade fries. In addition to that, the decoration is nice, there was not much noise, but we arrived at the end of service... The waitresses are also very nice. The full menu excluding drinks is 19.90 euros.

## A few more restaurants...

The Arena on the marina of Brest next to the restaurant Base. Very good meat. Too bad for frozen fries!

The world tour restaurant/bar created by Olivier de Kersauson in 1993. Good atmosphere on Saturday evening especially. It is off the marina, nice terrace in summer, overlooking the marina. They offer sandwiches, fish and chips, mussels fries.

The hake berlu is a fish restaurant that replaced the "square". The menus are made according to the arrivals of the auction. The dishes are well prepared and quite original. Count 19 or 24 euros for the lunch menu and 40 to 50 euros for the evening.

The ruffé Restaurant very classic French cuisine without fault of taste so no unpleasant surprise. A good quality/price ratio for the lunch menu . Particularity: They make their own rum arranged.



## Les ateliers des Capucins

If you stay 1 day

For the record, in 1695, a community of Capuchin monks settled in Recouvrance, a district still isolated and desert of the city of Brest, obtains the authorization to build a convent. That same year, the foundation stone was laid by Vauban, Marshal of France and military architect.

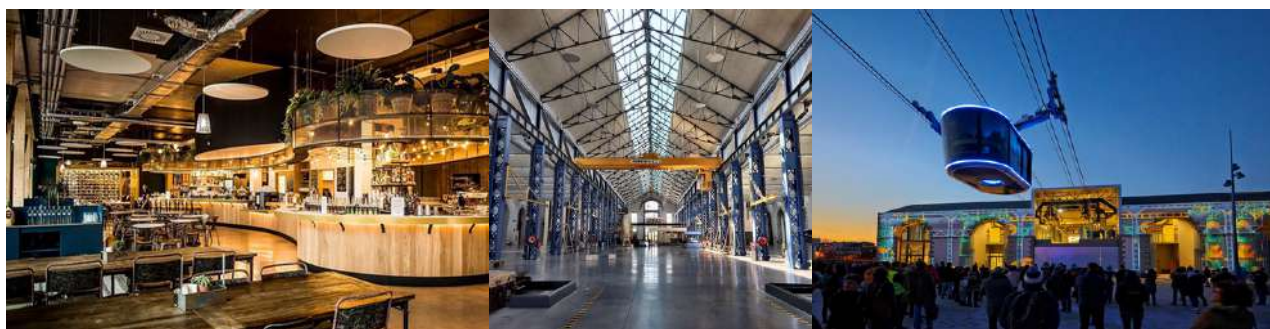
The «Capuchin» district was born.

In the heart of the Brest metropolis and overlooking the banks of the Penfeld, the Ateliers des Capucins are a place open to all with an industrial style offering a formidable belvedere on the harbor of Brest.

You can eat there thanks to the steakhouse "La Fabrik 1801" (you will find more information in the "restaurants" part of the welcome booklet), but also a pizzeria, a bar and a coffee shop "La brûlerie du Léon". You will also find a cinema, the largest media library in Britain, a climbing room "Climb up", a virtual reality adventure park "Illucity", a theater and co-working spaces. It is the ideal place to walk with the family, you can skate, roller or scooter.

Every month, you will have the opportunity to discover new exhibitions. If you go to the workshops of the Capuchins, you will have the chance to admire the canoe of the Emperor Napoleon I, its throne in the middle of the place of the machines. The set of mirrors, installed above the boat, highlights previously invisible parts and allows the visitor to contemplate the canoe in its entirety.

Hours: Les Ateliers des Capucins are open every day from 10:00 to 00:00, and even until 01:00 on Fridays, Saturdays, and public holidays.



## Le téléphérique urbain

If you stay 1 day

Climbing the Brest cable car, it takes 3 minutes to cross 72 meters above the Penfeld. By embarking on the cable car, you can connect the left bank to the right bank (from the workshop of the Capuchins at the bottom of the street of Siam) with a breathtaking view of Brest and its harbor, as well as on the ground of the military base of the port of Brest. You will find the opening hours:

Monday: from 11h to 00h30,

from Tuesday to Thursday: from 7:30 to 00:30,

Friday and Saturday: from 7.30 am to 1 am,

Sundays and holidays: from 9 am to 11 pm.

## La rue de Saint-Malo

Rue de Saint-Malo

If you stay 1 day

The cobblestone street of Saint-Malo, with its stone houses dating from the 1690s, is the only trace of the popular old Brest. The name of the street Saint-Malo would be inspired by its first inhabitants, the shipwrights, malouins, who came to Brest during the boom of the port in the eighteenth century. Rue Saint Malo is a historic street in the district of Recouvrance and I advise you to go there for a little tour, it is located right next to the Capucins workshops. It is the only contemporary street of the Revolution to have been spared by Allied bombing in a city where 75% of the urban fabric was destroyed at the end of the war,

## Le jardin des explorateurs

If you stay 1 day

Located in the district of Recouvrance, the garden of the explorers is a beautiful place for a walk overlooking the castle of Brest, the entrance of the harbor and the military base. Similarly, you will find a multitude of plants brought back from the 4 corners of the world by the famous explorer Bougainville.

## La maison de la fontaine

18, rue de l'Eglise

02 98 05 45 89

In the heart of the Recouvrance district, overlooking the Penfeld, the Maison de la Fontaine is one of the remains of old Brest. The establishment organizes exhibitions, meetings with artists and artistic residencies.

## La tour Tanguy

If you stay 1 day

(district Recouvrance square Pierre Peron tel tourist office 0298442496) Built in the middle of the 14th century, it was guard tower and place of justice. today. You will find the history of the city, highlights, models and photographs. We went there during the heritage days.

## Le château de Brest et le musée de la marine

0298221239 This is the oldest monument in Brest. In addition to the National Navy Museum, you have access to the ramparts which offers a magnificent view of the military port of the harbor and the city. It's really a sight to see.

## Le cours Dajot

Located near the castle of Brest, the Dajot course and the garden of the academy are very popular for landing and having a picnic. You can admire a 180° view of the bay of Brest, the almost-island of Plougastel, Crozon and the boats that sail there.

## La promenade des records

Quai Eric Tabarly. Like the famous "walk of fame" in Hollywood, the city of Brest has chosen to pay tribute to sailors. Take a stroll along the Eric Tabarly Pier to walk down the Records Walk. There are several cool bars and restaurants across from the marina.

## Oceanopolis le parc de découverte des océans

Port de Plaisance du Moulin Blanc 02 98 34 40 40

Located on the marina of Brest, you will find 3 pavilions each with a different climate. On the other hand, it is necessary to devote a day because there is 9000m<sup>2</sup> of space, 76 aquariums and more than 10 000 animals including otters, sharks, seals, penguins. It's very informative about currents and tides.

## Le pont Albert Louppe

Access to the Albert Louppe Bridge is now reserved for pedestrians and bicycles. It offers a breathtaking view of the city of Brest and its harbour. You can contemplate beautiful sunsets from the deck.

## Les rives de la Penfeld

Emblematic river of Brest, the Penfeld, has long been used by the navy to store between piles, tree trunks that were used by shipwrights. If you like hiking, you can walk along the banks of the Penfeld from the Bouguen district. It takes 1h50 walk for 6.12km.

## La plage du moulin blanc

This long sandy beach next to the jetty of the same name borders the calm sea, ideal for lounging and jogging. Its small car park will facilitate family travel. This beach is also one of the favorite spots for surfers and other water sports enthusiasts.

## Le rocher de l'impératrice

To get to the Empress's rock, you will have to climb and climb but honestly the view is worth it! You will have a breathtaking view of the Elorn and the Iroise bridge, it is certainly one of the most beautiful panoramic views of the harbor.

## Le port de la maison blanche

Located near the district of Saint Pierre, the port of the white house has many multicolored fishermen's huts. It is a little out of town, it is a quieter and less crowded place but really very friendly.



## Around Brest

(To do by car)

### Day 1

#### D1 Le phare du minou

In Plouzané.

You take the stone bridge and under your feet the waves slam on the rocks. The Petit Minou lighthouse was built in 1848. It rises to 26 meters, but rises to 34 meters above sea level. It is a very nice spot to take beautiful pictures and picnic on the rocks.

Open every day from July 1st to September 3rd, from 3pm to 7pm.

Duration of the guided tour: about 20 minutes.

Admission: 4€ more than 12 years, 2€ 12/5 years and free – 5 years.

Meet directly at the lighthouse.

Parking upstream of the lighthouse except PMR access.

#### D1 Le fort de Berthaume

Built on an islet, it allowed to control the entrance of the harbor of Brest by enemy boats. It is now a place of entertainment for thrill seekers. My big daughter did zip line over the sea. She loved it.

#### D1 Le musée mémoire 39/45

Route from Pointe Saint Mathieu to Plougonvelin.

02 29 02 84 56

On 5 floors, discover a museum inside the Blockhouse on 5 floors built in 1941 by the occupying army. This museum is centered on testimonies and anecdotes, widely illustrated by thousands of objects, documents and photographs.

Then, through thematic rooms, you can relive the history of the war in Brittany, told by those who lived it. You will also have a panoramic view from the roof of the blockhouse, on the entrance of the harbor of Brest, from the peninsula of Crozon to the island of Ouessant.



## D1 Le musée mémoire 39/45

The pretty fishing port from where you can take the boat to the islands of Molène and Ouessant. On the other side of the port, go around the peninsula of Kermorvan. If you are in the right season, you can pick blackberries that grow in large quantities. You can also admire a breathtaking view of the sandy white beach.

## D1 La pointe Saint-Mathieu

You have a very nice walk to do from the chapel and down the path along the cliff. The path is very wide and passable.

## Day 2

## D2 La route des phares

The coasts of Brittany have the largest concentration of lighthouses in the world, with a record in Finistère: the Route des Phares comes in 20 mythical lighthouses. Here are some lights that I advise you to see. The lighthouse of Virgin Island in Plouguerneau

Saint Mathieu lighthouse in Plougonvelin

The Stiff lighthouse in Ouessant

The lighthouse of Trézien in Plouarzel

The lighthouse of Kermorvan in Le Conquet

## Day 3

### D3 The castle of Kerjean

Building with a park in the town of Saint Vouguay. The visit is paid but it is really worth it as it is well done. You get carried away through the rooms in the lives of the different owners. We really liked it and the children too.

### D3 Santec National Forest and Dossen Beach

The forest covers 97 hectares of various species resistant to the maritime climate of the place. This forest is crossed by various paths where you will cross families on a walk or sports training. In its central alley, a fitness trail is available to everyone. Starting from the Centre «Bon vent», it will lead you to the river that borders it to the south from where, taking on your right, you can reach the beach of Dossen

### D3 Roscoff

Former haven of corsairs then smugglers, from where the sellers of pink onions went to England (johnnies). Roscoff, homologated small town of character has preserved its architectural heritage of the sixteenth and seventeenth centuries while stone. For a breathtaking view of the bay (the ports, the island of batz...) go up by car to the chapel ste Barbe. You will find very good gourmet restaurants (Rakham, Brittany or the foam of the days) but also more classic restaurants with an excellent quality/ price ratio (Le brise Lames or the trade winds located in front of the port). If you like Asian cuisine I recommend "Halong Bay", one of the best in the department. Finally for a pancake, you have the creperie of the post or the candlemas

## D3 L'île de Batz

Right in front of Roscoff (access by boat). No need to book, they add boats if there are too many people. The island is really a jewel with often a micro climate. We go there often. To go around the island, count a day. I love the south east part of the island, along the path then through the beach, the blokaus and finally the botanical garden Georges Delaselle (entrance fee). You can admire the port of Roscoff seen from the sea and continuing to the northeast, all the small islets of the bay of Morlaix that arise at low tide. To the north, you will find fields including the potato, known as that of Noirmoutiers. You can also cross horses in freedom. To the west of the island you can admire the lighthouse of the island and the hole of the snake place of a legend: Saint Pol would have come on the island and would have delivered the inhabitants of a terrible dragon by throwing it in the hole of the snake.

## D3 Saint pol de léon

With its 2 bell towers at the top and bottom of the main street. You will find the restaurant "la pomme d'api" which has gone up a notch since I went there to eat in 2012. 2 restaurants much more affordable we liked. Restaurant «grand'rue» Little choice but a very reasonable price. The other restaurant "the bucail", there too a very good quality/ price ratio and a curiosity with a tree sitting in the middle of the restaurant.

## D3 Carantec

A pretty little town but especially a peninsula. Callot Island. You can access it on foot or by car but you must especially pay attention to the tides. We were already surprised by the tide and had to cross the wheels of the car in the water and another time barefoot, shoes in hand. On the restaurant side, we made 2. "The fisherman's shelter" in front of the island Callot, classic cuisine of fresh fish but especially the restaurant of Patrick Jeffroy, one of the best known chefs in Finistère. If the gourmet cuisine is very good, the restaurant is also worth a visit for its beautiful setting: a huge bay window overlooking a creek. It was fabulously beautiful. Finally if you like history, visit the castle of the bull in the middle of the bay of Morlaix ( Former prison built by Vauban, it was the prison of the aristocrats, the mountaineers and the Girondins)

## Day 4

### D4 La presque-ile de Crozon-Morgat

(1h20 by car)

You leave Brest direction Quimper. Take the exit indicated crozon to height of the Faou.

The bridge of Térénez: it was completely redone because the old had the disease of concrete. You can park as there is the possibility to access it for pedestrians.

Arrived in Crozon, which is not of tourist interest, take towards the north right towards Roscanvel. Once past Roscanvel and the long island (area military for nuclear submarines). Stop at the tip of the Spanish.

You can admire the port of Brest and all the harbor. Go down on

Camaret: you can see the Vauban tower and eat or eat a pancake or ice cream in season.

### D4 Alignements Mégalithiques De Lagatjar

### D4 La pointe du penhir le tas de pois

### D4 Le port de morgat

### D4 Le cap de la chèvre

### D4 Le menez hom

In the town of plomodiern, it rises to 330 meters. If the weather is nice, you can see paragliders. In the town of Plomodiern is the Auberge des Glazicks . It is a very famous gourmet restaurant.

### D4 Locronan

It is the typical Breton village very touristic. To see all year round but especially at Christmas because the illuminations are absolutely beautiful. For the little story, scenes of the film «les Chouans» with Philippe Noiret and Sophie Marceau were shot on the village square. You can see the church, the houses and the well. You can also buy one of the best kouign aman in the department.



## Day 5

### D5 Les îles de Ouessant et Molène

These two islands are emblematic of Brittany. As for marine fauna, you may have the opportunity to see a gray seal in Mallein and some dolphins for the lucky ones. And among the many birds that frequent these shores, the tern recognizable among all with its head covered with a black cap, is the most emblematic. To get to Molène, you can leave from the port of Le Conquet or Lanildut by boat, excursions are organized. But also of course from the port of Brest. To go to Ouessant, you will leave from Brest, Camaret, Lanildut or Le Conquet.

## Day 6

### D6 Brignogan/Kerlouan et les Abers

Brignogan is an old seaside town. I advise you to park either near "le petit nice" or the campsite. Then you can go down the coast to the semaphore. You'll see big, rounded rocks. On the way back to your car, go through the small alleys to admire the houses built around or even backed by huge rocks that seem to have fallen from the sky in the gardens. It is truly unique. 2 restaurants to advise you: "the hotel of the sea" and the restaurant «La Corniche» located in the heart of the bay facing the sea at the foot of the beach. We do not get tired of the view thanks to the large bay window

### D6 Le village troglodytique de Ménéham sur la commune de Kerlouan.

Sometimes refuge of the customs officers, sometimes fishing village, Ménéham is a real curiosity in the region with its chapel, in the middle of the rocks. You can also see a video inside about the history of Ménéham. Legend has it that many ships ran aground on the shores of the pagan country. Malicious inhabitants would have been at the origin of these accidents because they walked on the dunes at night, a lantern in hand, thus attracting the boats to the coast where they then ran aground...

# Where to go out in Brest?



## Nightclubs

### Le One club 83 Quai Eric Tabarly

It is one of the busiest nightclubs in Finistère. My daughter spent good evenings there every time. It is a very good place if you like the party, there are 2 rooms and 2 atmospheres, one more trendy with more current music and the other with more techno music or 2000s. The One Club has recently been redesigned for better traffic and a larger dance floor. Upon arrival, you have the possibility to leave your belongings at the cloakroom (included in the entrance fee) and you can pick them up by leaving under presentation of the cloakroom ticket (small advice take a picture of your ticket when you enter because if you lose it you can always get your stuff). The bouncers at the entrance are quite selective. You can buy pre-sales on the site "Yurplan one club" or directly by clicking on their link in Instagram biography. You can also book VIP squares on messenger with bottle. For more security, barmen/ barmaids provide lids for glasses (on request payment). There is a large free parking right next to the One Club: The chain park. Count 13 to 16 euros the entrance according to the evenings.

### La Chamade 2 Rue Kerivin

Small friendly nightclub, you have a cloakroom available, beware the box is often filled especially Thursday and weekend. The box opens at 1 am and you have a bar just opposite "Le 54" which serve very good shots not very expensive.

## The bars

### Le breaking club 31 Rue Yves Collet

Nice bar with friends with axe throwing tracks, this is what makes its particularity and it is very appreciable. In addition you have a rage room accessible from 20 euros per person, it is a room that allows you to let off steam by breaking objects (bottles, glasses, dishes, printers...) with a hammer.

### My target 11 Rue de Siam

It is a friendly bar, you will find darts stalls to play with friends, reservations are made per hour slot, there can be up to 6 people on a target. For 1 hour of play count 15 euros. They also make good boards of charcuteries.

### La gua 8 Rue de Siam

Meeting point for young people to party, waiters and waitresses are at the top. You can order porrons (specialty bar) it is a liter of white wine, lemonade with syrups (up to 3 maximum) of your choice, there is a wide choice of syrups (my daughter's favorite is peach, raspberry or mango, passion, but there are also more original tastes like cactus, speculoos or mojito). The porron is 13.20 euros but the price often changes. On the other hand if you want to book a table inside you must call at least 1 week in advance, otherwise you will be placed outside under an arbor. The bar is quite noisy but very festive. La Gua also offers tapas depending on the season (raclette or camembert toast in winter or onion rings and patatas bravas in summer.)

### The havana 2 Rue de Siam

Havana is a tapas bar, they make very good cocktails and sometimes there are bachata dance classes that are given at the bottom of the bar. The terrace of Havana is very nice in summer with its umbrellas. Orders are placed via QR codes.

### The arena 195 Quai Eric Tabarly

Bar located on the commercial port, it also makes brewery (pizzas, burgers, pasta...) you will find in the bar 2 billiards as well as darts. Sports bar you will find televisions that broadcast matches all day (football, rugby, basketball, handball...)

### The source 29 Rue Pierre Brossolette

Very nice cocktail bar, 3 rooms with different atmospheres and very marked personalities. The attention to detail was pushed to the toilet with also 2 different decos to discover. If you post a review on their Google page they offer you a shot;

### Around the world Port de Plaisance

Bar upstairs with a large terrace overlooking the marina and right next to the white mill, the setting is really nice and they make a very good fish and chips, their fried mussels are not bad either. On Saturday night the customers go up to the tables to dance, there is really a good atmosphere. By experience the service is fast and the servers are available.

### Le Cocorico 1 Rue Jean Marie le Bris

This bar is intended for a family audience on the theme of France: petanque, pinball, darts and decoration typical of old France. It is very easy to park thanks to the chain park parking right in front of the bar/ restaurant.

## **The escape games**

Mystery O'clock 51 Rue Yves Collet or 9 Pl. de la Liberté

## **Cinemas**

Cinema Liberté 10 Av. Georges Clemenceau 02 29 61 13 13

Cinema CGR Le Celtic 187 Rue Jean Jaurès

Cinema Pathé Capucins 25 Rue de Pontaniou

Cinema Les studios 136 Rue Jean Jaurès 02 98 46 25 58

## **Kartings**

Brest karting électrique 35 Av. 1ère Dfl 02 98 51 30 14 26

KartOuest Villeneuve Stadium, 29810 Ploumoguier 02 98 89 34 40

## **Virtual reality parks**

Illucity 25 Rue de Pontaniou 01 76 40 13 29

Vitual Room 51 Rue Yves Collet 02 29 62 18 52



## **The theatres**

The Quartz  
The theatre house  
Mac-Orlan Room  
Lasers game  
Laser-game Brest city centre

## **The concert halls**

L'espace vauban 17 avenue clemenceau tel 0298460688  
La Carène 30 rue jean marie le bris tel 0298466600  
Brest Arena 140 Boulevard de Plymouth 02 29 00 74 30  
Cabaret Espace Vauban 17 Av. Georges Clemenceau 02 98 46 06 88

## **Bowling and billiards "The Master"**

35 rue evariste gallois 0298416060  
It's nice and we have a good time.

## **Brest ice rink (rinka stadium)**

quartier bellevue place napoleon III, 0298030130  
In season, you can go see the albatrosses of Brest play ice hockey we go from time to time on Sunday morning from 10:00 because it is more family. There too you can go with young children because there are sledges on which they can sit.

## **La récré des 3 curés**

10 minutes drive. North of Brest to Milizac 0298079559. It is a large leisure park of 15 hectares (thrilling attractions and also for children + a mini water park if the weather is nice). We last went there in October 2016. I admit that if our children did everything especially spoutus 3 times, my wife and I moderately enjoyed the galleon pirates. You have to have a good heart. In any case, you have a good day. There are picnic tables.  
The recreation of the 3 priests



APPART COSY  
BREST VOUS  
SOUHAITE ...

un bon séjour à  
Brest ...

