

# Tandem Club International Rally 2014

## Rostrenen market and the Lakes of Mael Carhaix and Glomel 100 Km.

Cycling of moderate difficulty, very quiet and pretty. This simple route takes you through some lovely countryside, villages, and of course the Market town of Rostrenen which has a large Tuesday morning market.

1 - From Gouarec get onto the Canal towpath and cycle UPSTREAM! Cycle on the path for 3.5 kms after which you cross a tarmac road and change canal sides.

*If you turn left up the hill into Plelauff at this point you will find the Bar 'Le Pelanne' 200m up the hill – excellent coffee and welcome.*

2 – Continue on the canal towpath for 3 kms then when you reach the next road (at Pont Even) you turn right to cycle 8 kms up into Rostrenen. At the T-Junction turn left to cycle down the mainstreet to take you to the church and the town centre after 300m.

*Rostrenen is full of bars and restaurants and three bakeries.*

3 – Continue on the mainstreet past the church for another 200m where you will meet a roundabout where you take the first exit signposted for Kergrist-Moelou. After 100m turn left signposted Kergrist Moelou. After 500m you turn left onto the cyclepath signposted for Mael-Carhaix.

*The cyclepath will now take you all the way to Mael Carhaix. You can see that the road parallels the path for almost the entire distance and has a faster surface – you may well prefer to get onto this.*

4 – The cyclepath will take you into Mael-Carhaix after 10 kms. Just go into the centre – to your left - (and the church square).

*Mael-Carhaix has a small restaurant – 'Le Relais des Sources' and several bars for lunch. From the centre you'll see the campsite and lake signposted just 500m away – this is a beautiful picnic spot which also sports a bar and 'chippy' – you can even paddle in the lake...*

5 – At the junction by the church go turn **right** (depending on how you've arrived this may of course be different – just follow the sign...) signposted TREBRIVAN on the D23. Stay on this road and you'll find that the cyclepath is running parallel to you again - personally I'd stay on the road as it's faster:-) After 1 km fork **left** signposted CARHAIX on the D49 (you actually keep on the same road). This road will take you all the way into the centre of Carhaix after 10 kms – just keep straight on following the Centre Ville signs.

6 - *(note – the google map supplied does not cover this as it refuses to follow the canal...).*

Cycle down the mainstreet towards the church at the end. After 500m you reach a roundabout where you take the 2nd exit signposted GOURIN. Another 300m and you reach another roundabout where you take the last exit signposted ROSTRENEN. Follow this busy road (there's a wide and safe hard shoulder) straight on through two roundabouts and at the SECOND turn right signposted for the MONTREF. This will take you under the motorway after 1 km and after another km you'll reach the canal where you turn left onto the towpath follow it for 15kms.

§ *This is one of the most beautiful stretches of the canal, though you may notice that you climb quite a way, passing many locks.*

After that distance you reach a road bridge over the canal at the old Manor of St Peran. Here leave the towpath and cross the bridge to go up past the Manor, though you don't fork **right** into the manor grounds themselves. After 1 km you reach a T-junction where you turn **left**. 1 1/2 kms up this road turn **left** again to take you into Glomel. Ride down the main road into the centre.

*A couple of restaurants and bars here plus a small 'superette'. Here you may well wish to take a detour down to the Lac de Glomel to cool your feet - it's just 1 km and signposted from the centre...*

7 – At the end of the mainstreet fork right signposted St Michel. After 5.5 kms you cross a major road then after another 4kms turn left signposted Mellionnec which you will reach after 3 kms.

*Mellionnec has a small bar/creperie and a beautiful old church. You'll also see evidence of the sculpture exhibition that takes place every year.*

8 – In the center turn left then immediately right signposted for Plelauff – just keep straight on and you'll reach Plelauff (and of course the bar 'Le Pelanne') after 8 kms. Follow the road through the village and then all the way the 3.5 kms back to Gouarec.

<https://maps.google.com/maps/ms?msid=202137485020408653542.0004fe1291a1508b658bb&msa=0&ll=48.25577,-3.337097&spn=0.201841,0.525627>

