

Tandem Club International Rally 2014

Guemene-Sur-Scorff and Plouay – 110 Km

Today's ride takes you through the usual pretty countryside, past the village of Langoelan with its lake (picnic?) and bistro (L'Etalier tel:02 97 51 37 81) – but then along the Scorff river valley (very easy;-) to Guemene, a large, bustling village with lots of shops and places to eat and a small market on Thursday. Thence back via Silfiac. Generally an easy ride and quiet – the ride to Guemene being down overall and the return a gentle climb.

1 – At Gouarec get onto the canal towpath and cycle upstream (away from Bon Repos). After 3 kms you reach a road-bridge where you leave the canal and turn left up the hill into Plelauff.

After 200m you pass the lovely little bar 'Le Pelanne' – though it's early to stop it's well worth it for a 1 Euro coffee;-) Still if you miss it you can catch it again on the return.

2 – Cycle up through the village keeping straight-on past the church and then very old Chapel (well worth a look with its Menhir) and out of the village. After 1 km you pass a Roman KM post on your left and 50m further on turn left signposted Lescouet-Gouarec. After 1 km you turn left at the T-junction then almost immediately right signposted for Lescouet-Gouarec.

This rolling lane takes you past yet another isolated chapel – this retaining its old outer churchyard wall.

3 - After 3 kms you reach a T-junction and here turn left into Lescouet-Gouarec – a one-horse town if ever there was one... Just cycle into the centre (1 km) and turn left opposite the church signposted Langoelan. After 3.5 kms you reach T-junction where you turn left into Langoelan.

This is an odd little village with a couple of 'Munsters' houses but it also has a small bistro and just past that the old school house has a baker and epicerie in it.

4 - Continue (1 km) through the village turn right by the bar signposted Ploerdut (C1) which you'll reach after 6kms. Keep straight-on through the village signposted Le Croisty (D132) which you'll reach after 6 kms.

- *Both these villages have watering holes...*

5 – In Le Croisty turn left (D110) signposted St-Caradec which you reach after 4 kms. Here follow signs for Kernescladen (D178) which you'll reach after 5 kms.

- *Fabulous old church here.*

6 – In Kernescladen take the Inguinel road then after 2 kms fork left (actually you just stay on the D178) and another 10 kms will bring you into the center of Plouay.

- *This small town has lots of shops, restaurants and the famous velodrome (just follow signs to Quimperle to get you there).*

7 – From the centre follow signs to Inguinel (D2 and then D18) – this is a larger fast road so heads down for 8 kms and you'll be in Inguinel. Here keep straight-in and keep following signs for Guemene-Sur Scorff which you'll reach after 13 kms.

Guemene is a lovely place and is the world centre for Anduiette – a disgusting tripe sausage best avoided by all but the brave. The centre is pretty – several bars and restaurants, bakers and on the outskirts a large supermarket.

8 – To leave Guemene cycle up the mainstreet (sadly not big on signs but it's pretty obvious – Rue Emile Maze)) and keep straight on out of the village. After 1 km you cross the main road signposted Silfiac. 1.5 kms on you turn left signposted Silfiac.

In tiny and very pretty lanes again...

9 – Follow this for 8 kms and you'll reach a T-junction where you turn right into Silfiac. After 1 km you turn up a tiny lane left right before the church – follow this for 500m and you turn left (D764). This road will take you winding down the valley all the way to the canal after 10 kms after which you turn right onto the canal towpath to take you the 6 kms to Gouarec.

<https://maps.google.com/maps/ms?msid=202137485020408653542.0004fe12f84daa03b6d77&mssa=0>

