

# Plestin-les-Grèves / Lannion

La Vélo maritime / EuroVelo 4



The Vélo maritime heads for Lannion, with a delightful warm-up for you, cycling beside the Bay of Saint-Michel-en-Grève. A greenway leads you gently to Ploumilliau, then you climb away from the coast, heading a bit inland to reach the historic town of Lannion.

## The route

Mainly along minor roads, with a stretch of greenway between Plestin-les-Grèves and St-Efflam, plus a long section of coastal greenway from St Michel-en-Grève to Ploumilliau.

There are several extremely steep slopes: at the Quinquis mill, crossing under a railway line; and, south of Lannion, in the hamlet of Keranroux (where cyclists not used to such gradients may need to dismount).

Take care along the RD786 road, which is often busy with lorries at Le Grand Rocher, along St Michel-en-Grève Beach, as well as along the RD11 road south of Lannion, which can be very busy with traffic and only has a cycle lane in place on one side of the road.

## SNCF

- Nearby station Lannion station (TGV, TER):  
Lannion/Morlaix/Brest line  
Lannion/Guingamp/St-Brieuc/Rennes/Paris

**Départ**  
Plestin-les-Grèves

**Arrivée**  
Lannion

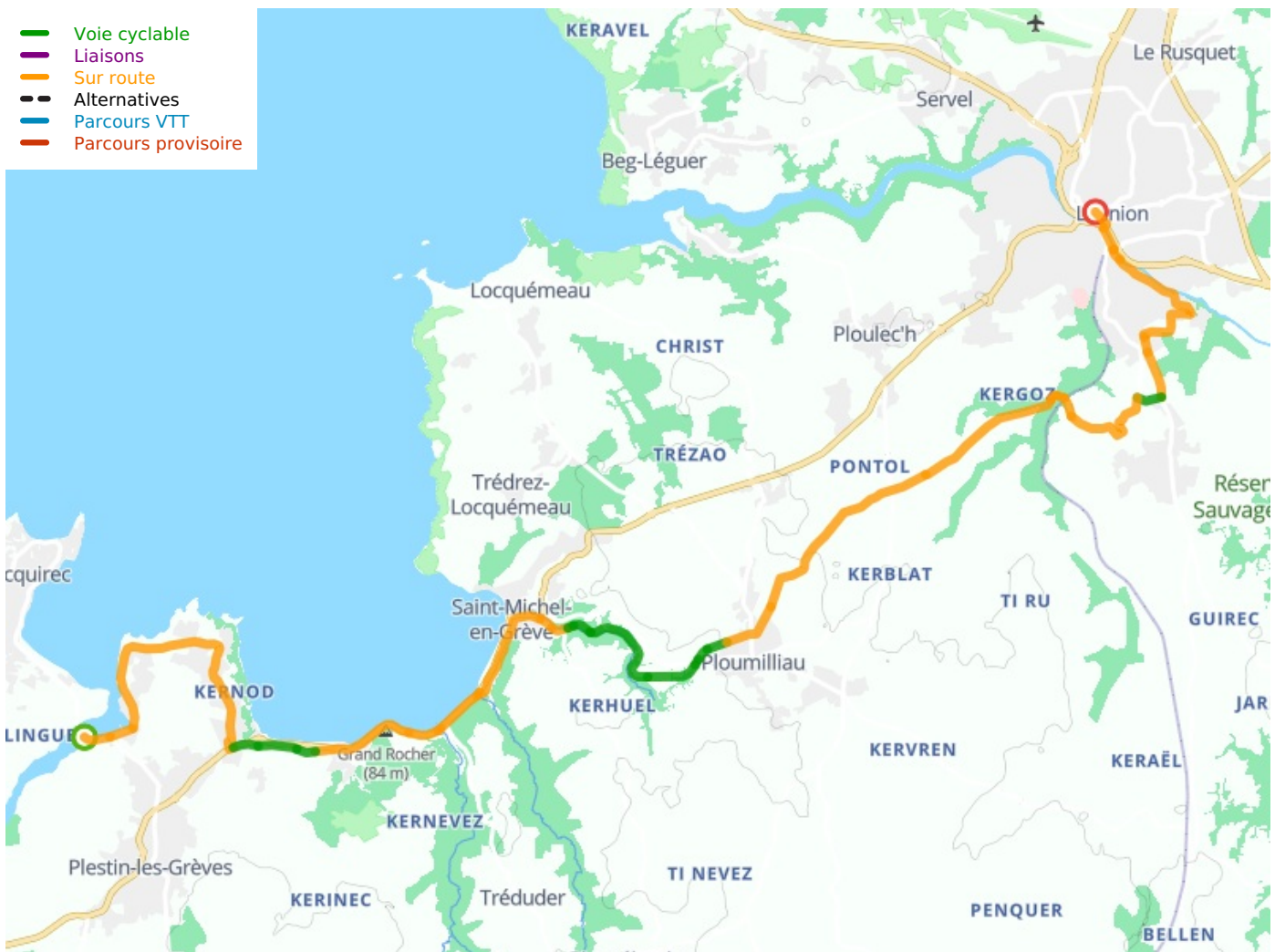
**Durée**  
1 h 38 min

**Distance**  
24,62 Km

**Niveau**  
I cycle often

**Thématique**  
Nature and Heritage,  
Patrimoine, Beaches

- Voie cyclable
- Liaisons
- Sur route
- - - Alternatives
- Parcours VTT
- Parcours provisoire



**Départ**  
Plestin-les-Grèves



**Arrivée**  
Lannion

