

Niverenndek Hent Penn Park

Welcome booklet

(addresses and information)

This information is in no way exhaustive and is provided for information purposes only and remains subjective. It reflects the choices and personal preferences of the owners who in no way guarantee your satisfaction, given the varied distribution of tastes and colors!

1 - Beaches

The nearest beach (**Trescao**) - 5 minutes walk south - is also the most pleasant **family beach** both at low tide and at high tide: light sand, gentle slope, small and large rocks on both sides of the beach.

The largest beach - still accessible on foot, but on the other side - is PennLoch beach which extends the small Baleine beach along the ponds and dunes of Trévignon. If Baleine beach is still family-friendly, the beaches of the Trévignon ponds are more dangerous (rolls and significant slope).

The beaches of **Don** and especially **Kersidan** in the south-east are also large family beaches accessible by bike and where you can go fishing on foot.

For surfing, either Kersidan beach or Dourveil a little further away.

For thrills, you have to go much further to La Torche, beyond Pont-l'Abbé.

N.B. The coastal paths are forbidden to bikes.

2 - Restaurants

The best bistro restaurant closest (which has become quite expensive): **Le Poisson nageur** in Saint Philibert

The best creperie: **La Timbale** in Trégunc

The nicest bar on the port of Trévignon (and its Italian ice creams): **le Noroît**.

The nicest vegetarian restaurant in our area: **Ah la belle histoire** in Concarneau.

N.B. (from Pierre) Here all the bars and restaurants offer non-alcoholic beers! You can also find excellent ones at the **Brasserie de Bretagne** (Boutik in Trégunc: <https://www.brasserie-bretagne.fr/boutik/>).

3 -Shops

The CARDUNER bakery-pastry shop in Saint Philibert will be open again!!! There is good bread (organic or not) at the Kerléo vegetable sales on Mondays and Fridays from 4 p.m. to 6 p.m., at the Trégunc markets on Tuesday afternoons and Wednesday mornings and even on Sunday mornings in Trévignon.

The best organic pancakes to take away in Brittany: **La crêpe des Sables** in Kersidan or Névez.

The best organic vegetables and also the closest (by bike, or even on foot): **Les légumes de Kerléo** (baskets on kerleo.fr).

Trévignon sales hall: sales (fish and shellfish) are random and the times are posted on site. On the other hand, **La Cabane aux coquillages** (oysters, mussels, periwinkles, clams, cockles, etc.) has a stand there at set times in season several times a week (<https://www.cabane-aux-coquillages.com> - 02 98 06 81 49)

The fishmonger's section of the **Intermarché** in Trégunc or in Névez is well stocked with products from the Concarneau auction and other breton auctions. A traveling fishmonger is also open every morning (except Sunday) from 8:30 a.m. on the church square in Trégunc (Poissonnerie LeBail Océan).

The closest supermarket by bike: **Intermarché** in Névez (also Drive). A little further: the Intermarché in Trégunc.

The cheapest supermarket, and the best stocked with fruits and vegetables (which we wouldn't have found at the market), still by bike: **LIDL** in Trégunc.

The markets:

Tuesday afternoon in Trégunc: small organic market: seasonal fruits and vegetables, cheeses, breads, cold cuts and meats, various products.

Wednesday morning in Trégunc: "the" food and non-food market.

Friday morning in Concarneau: the largest local market, food and non-food.

Saturday morning in Névez: nice little food and non-food market.

In season: *Thursday afternoon (May-September) in Névez*: small "artisanal" market, and *Sunday morning (July-August) in Trévignon*, small market.

Repair or rent an electric bike: **Port-Manech Sport Loisir** (41 Rue ar-moor Port- Manech 29920 Névez - Adjacent to the Le Rocher bar - 06 07 03 84 98).

Repair your car: **Garage de Trévignon**.

Shop for things that aren't always useful: **Action** store in Concarneau.

4 - Tourism

The unforgettable excursion (also for the wallet, especially if there are many of you): the visit to the Saint-Nicolas island directly from the port of Trévignon: **Glénan Découverte** (www.glenandecouverte.com). You have to book in advance, the number of places is very limited.

The walled city of Concarneau can be reached by the Bac du Passage (<https://www.concarneau.fr/ville/vie-quotidienne/transports-et-circulation/le-bac-du-passage>) from the free (and overcrowded in summer) parking lot of Place Duquesne (<https://www.concarneau.fr/ville/vie-quotidienne/transports-et-circulation/stationnement>): despite the countless tourist shops, the atmosphere of this city surrounded by water always moves us. You can walk on the ramparts. In bulk: Pont-Aven, the city of painters and its Museum, the thatched cottages of Kerascoet, the cliffs of the coastal path from Rospico to Port-Manech, the Concarneau fish market and the Fishing Museum, the Courtin cannery in Trégunc...

Tourist Office Concarneau, Trégunc, Névez, Pont-Aven (shared site: <https://www.deconcarneauapontaven.com>). For addresses and opening hours, see: <https://www.deconcarneauapontaven.com/informations/offices-de-tourisme/>.

5 - Catholic Church

Trévignon is part of the parish of Notre-Dame des Douze Apôtres; a weekday mass is said on Wednesdays at 9 a.m. in Trégunc. For Sunday masses, refer to the parish bulletin available on the parish website (<https://www.paroisse-concarneau-rosponden.fr>). The church of Saint Philibert, the closest, is not usually open except in summer when volunteers take turns. Sunday masses in the neighboring parish of Névez are sometimes closer. The parish also publishes a weekly bulletin available on its website (Saint-Colomban en pays de Quimperlé: <https://www.paroissesquimperle.fr>).

6 - Health, Aid and Emergencies

The pharmacy in Trévignon is a 10-minute walk away.

The medical offices, dentists and other practitioners are overloaded and only with great difficulty and not always provide year-round follow-up for residents.

There are no more night emergencies at the hospital in Concarneau, you have to go to Quimper. The day and night emergencies at the hospital in Quimperlé may be recommended.

Walking distance to the nearest beaches and the port of Trévignon



Some addresses mentioned

