

1

Starting Point : Port du Passage - This is where the steam ferries once departed to cross to the other side, before the Albert Louppe Bridge was built. Head toward the bridges. Observe the remains of former oyster beds and the Saint-Langui fountain on the shoreline.

2

Albert Louppe Bridge - Inaugurated by President Doumergue in 1930, this long-awaited bridge connected Cornouaille to Léon. The four-lane Iroise Bridge was opened to traffic in 1994. Across from the green space with the bench and interpretive panel, take the path that climbs toward Cosquer-Passage.

3

Continue straight ahead and climb to the top of the village.

4

Cross the village of Le Cosquer - Passage. Turn left between the houses.

5

Caution : Turn left. Please stay on the side of the road and use pedestrian-designated areas.

6

Caution : Turn right. Continue along the side of the road using the pedestrian areas until you reach the entrance to the Rocher de l'Impératrice parking lot.

7

Rocher de l'Impératrice Parking Lot. The trail entrance is at the top left of the parking area. Follow the yellow trail markers.

8

Near the archaeological site of Rocher de l'Impératrice - Discovered in the 1980s by Michel Le Goffic, this site has been the focus of a research program led by prehistorian Nicolas Naudinot, professor at the National Museum of Natural History. From 2013, excavations took place each summer, revealing flint tools, mostly weapons and cutting implements.

9

Exiting the woods: Turn left. Caution: Stay on the roadside and use pedestrian areas.

10

Turn left to cross a residential area and join **Allée de la Voie Romaine**. An ancient road likely connected this area — then known as Tréisguinec or Treisquinet — to L'Hôpital-Camfrout, passing through Loperhet and Daoulas. This road was heavily used by pilgrims. Some believe it may have been part of the Way of St. James (Camino de Santiago), allowing pilgrims to reach Quimper and board a ship to Compostela. Others think it was a Tro Breizh route, used to visit saints like Saint-Guérolé in Landévennec and Saint-Mathieu in Plougonvelin.

Source: Yvon Autret, Roman Roads of Brittany

11

Caution : Turn left and follow the road to the village of Le Fresk

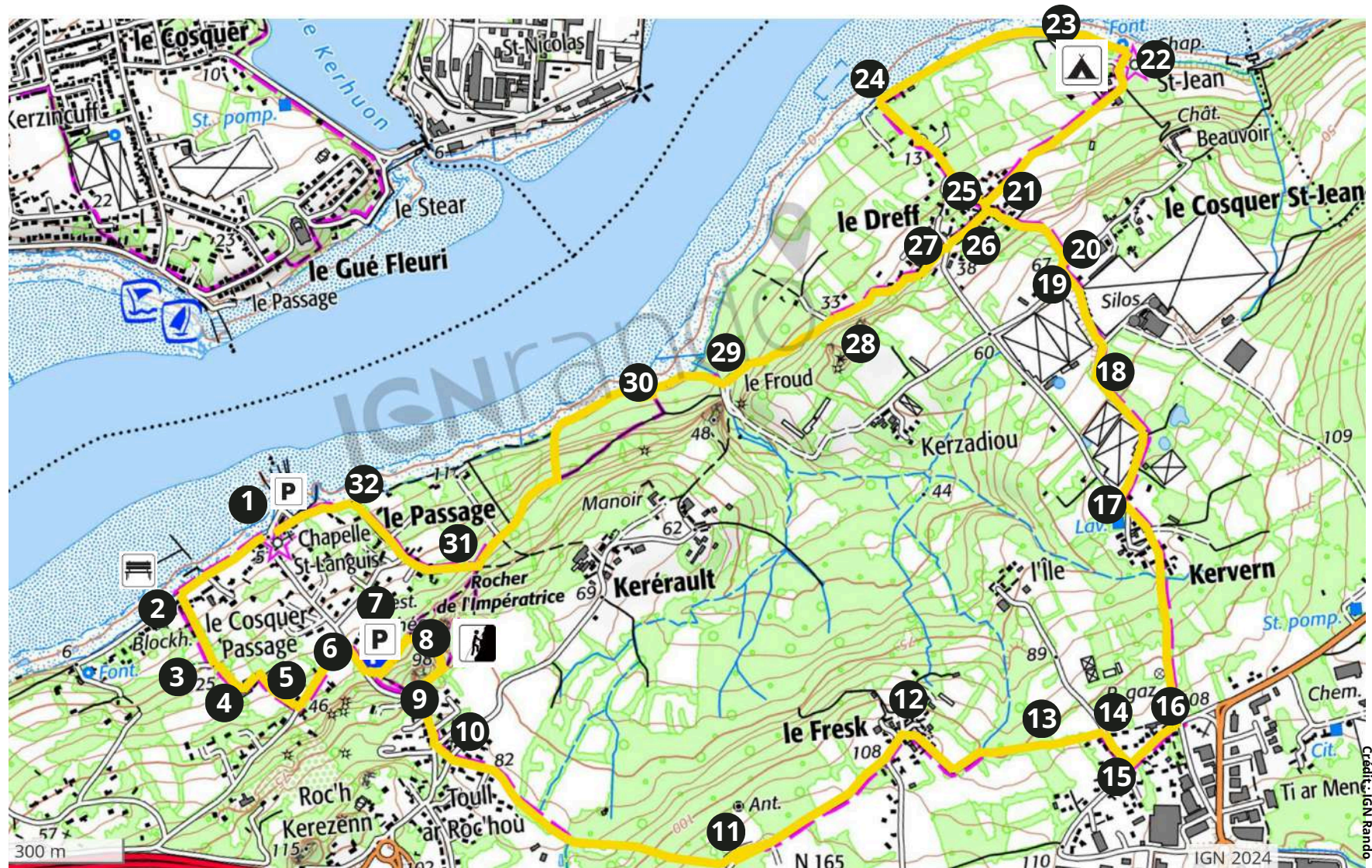
12

In the village of **Le Fresk**, turn right. Walk between the houses to leave the village. After about 300 meters, you'll see the village washhouse.

In the 1950s, the village had eight farms (strawberry cultivation, dairy cows, forage production). Mutual aid was common: shared equipment, help during harvest, and evening gatherings to clean strawberry plants, often ending with mulled wine. Le Fresk was one of the first Plougastel villages to be electrified (around 1936) and connected to running water (around 1945). When the expressway was built in the late 1960s, some farmers were expropriated and others saw their land divided. The new four-lane road cut off the village from the town center. For years, villagers had to cross it on foot, by car, or tractor, often dangerously. It took more than 10 years to build a bridge over the Brest-Quimper expressway.



The Banks of the Elorn - Saint-Jean / Les rives de l'Elorn - Saint-Jean / Ribloù an Elorn - Sant-Yann



“The Plougastel Crossing” - To the east, in the Elorn River, lies a very picturesque area with high hills to the south, topped with rocks — gigantic boulders with strange shapes. Once disembarked on the southern shore of the Passage, you can walk to Plougastel and visit the famous Calvary.

Excursions in the Bay, Brest Tourist Guide, 1906

NOTICE TO WALKERS : This route crosses private land through a friendly access agreement. Please remain on the marked trail and respect any ongoing professional activities. Follow the yellow trail markers



The Banks of the Elorn –
Saint-Jean

9.23 km



3h15

26

On your left, about 20 meters from the road, you'll find a **fountain and a washhouse** known as druidic. This site may have served for baptism rituals. It includes a fountain, a basin, and a toppled menhir. Near the menhir is the so-called **cosmo-telluric chimney** (C.T.C). The fountain only flows in winter and spring. A rope groove visible on the front stone suggests water was once drawn with a bucket.



28

Kéreraut Woods - This forest, owned by the Department of Finistère, includes 13.66 hectares of regular coniferous woodland (maritime pine and fir) and 7.93 hectares of mixed deciduous forest (oak, beech, chestnut). The undergrowth features holly, yew, bluebells, ferns, and navelwort.



29

Arrive at the village **Le Frou** — once home to a watermill, remains of which are still visible uphill.
Turn right to descend to the shore.
Caution : During high tide, use the woodland route at the barrier.

30

Climb back into the woods by turning left at the barrier. Then immediately turn right. You will walk alongside the Elorn

31

At the forest exit, continue straight downhill to the port.
You have now returned to the **Port du Passage**.

32

Plougastel once had 33 watermills and 17 windmills. Windmills supplemented watermills when water flow was low. A windmill likely stood between the expressway bridge and Le Fresk, called Mill Avel ar Fresk. It belonged to either the manor of Le Fresk or the Kéreraut mill.

Source: "Moulinns et meuniers de Plougastel", Finistère Genealogy Center

- Place Name Origins (Toponymy)**
- Trou des rochers – Hollow among the rocks
 - Prairie produisant facilement de l'herbe fraîche – Meadow that grows fresh grass easily
 - La maison de la montagne – The mountain house
 - Le village de l'aulnaie – Village by the alder grove
 - La trêve – A subdivision of an old parish centered on a chapel
 - Le ruisseau – The stream
 - Village de la brise de mer – Village of the sea breeze



According to legend, the strange rock formations on the left bank of the Elorn were placed there by the devil, known in Brittany as Polik. Grateful to a woman from Le Rellecq-Kerhuon for her hospitality, Polik granted her wish to remove the rocks that obstructed her field.

13 Take the path linking Le Fresk to **Ti ar Menez**, used by farm vehicles.

14 **Caution** : Turn right and walk along the roadside.

15 **Caution** : At the stop sign, turn left

16 At the bus shelter, turn left. **Caution** : Walk on the left side of the road. Pass through the village of **Kervern**.

17 At the greenhouse growing Plougastel strawberries, turn right. Caution: Farm vehicles use this road.

18 At the end of the dirt road, turn left. **Caution** : Tomato greenhouses are located on both sides.

19 Turn right and follow the paved road for about 20 meters.

20 Turn left onto a dirt path

21 Arrive at the village Le Dreff. Turn right toward Saint-Jean Chapel.

22 **Saint-Jean Chapel** - Built in the 15th century, this chapel was the center of a popular local festival called the Pardon of the Birds. While it had religious significance, it was above all a community celebration: tents were set up, tables laid for many guests, and birds were displayed in wicker cages. Visitors came from Plougastel, Léon, and Brest. A fountain on the shore is said to cure eye ailments. The village of Saint-Jean once consisted of two farms growing strawberries and vegetables.

23 **Shore Crossing: In case of high tide, return to Le Dreff village by road**

The Elorn is a 58 km coastal river that originates in the Monts d'Arrée. Flowing through meadows and forests, it then runs through a deep valley to Landerneau before reaching its estuary in the Brest harbor. Its high ecological quality and the presence of rare and endangered species have earned it a place in the European Natura 2000 protected natural site network.

Please be discreet. Stay on the trail, keep dogs on a leash, and leave no trace of your visit.

24 After the stone wall, turn left to return to **Le Dreff** village.

25 In **Le Dreff**, turn right.

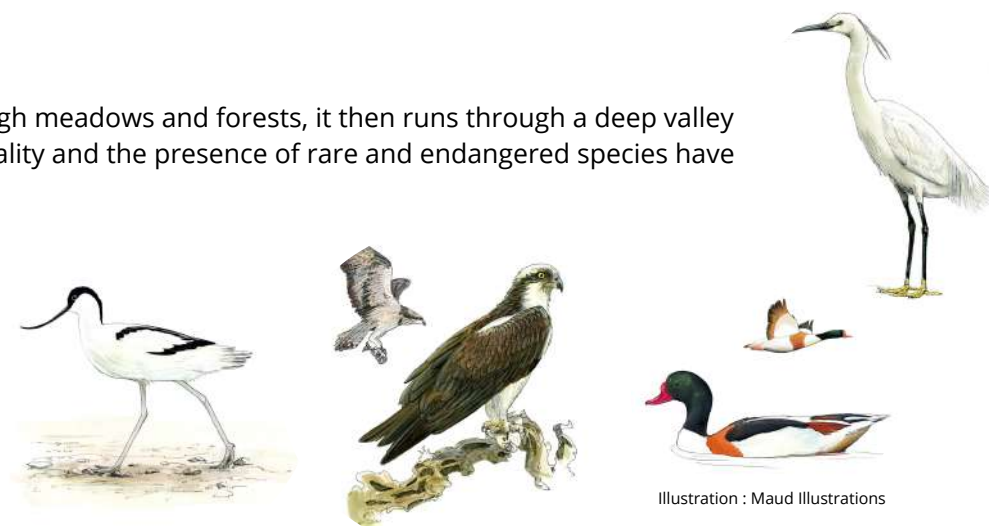


Illustration : Maud Illustrations