

## Excursions at sea

Excursions in the seven islands:

With the LPO (french leagues for the protection of the birds) you will be able after 30 minutes a fast navigation, to discover the natural reserve of the 7 islands. Departures of the beach of Trestraou (10 min by car of the hôtel), of the port of Ploumanach and the beach of Coz-Pors(Tregastel)

Excursion in the island of Bréhat, the island of flowers and pink rocks:

Bréhat is a priviligié site which offers a fauna and an exceptional flora. It's its microclimate which enables it to profit of an quasi-Mediterranean vegetation. This island is discovered by foot or by bicycle but no cars!

Several formulas are proposed to discover the island, for example:

- at the beginning of Perros-Guirec (30&euro;)

- at the beginning of l'Arcouest (Paimpol), crossed dircete: 7,5&euro;

- in season, circuit with accompanying notes 45 minutes around the island in boat before to unload.

