

## Sports

Among the sports activities that l'on can find with the surroundings:

- 
- Golf of Saint-Samson at Pleumeur-Bodou
- 
- Kayak at Lannion, on "le Léguer"
- 
- Horsemanship, stud farm of Saint-Samson and Tregastel
- 
- Tennis, Bicycle, Plunged

