

how to get to Cap Fréhel

On holiday, take your time and enjoy the very best of the scenery. Leave your car in the car park and get around on foot, by bike or bus.

by bus or shuttle, direct bus services take you to Cap Fréhel all summer long!

From Saint-Briec or Saint-Cast-Le-Guildo with the BREIZHGO 2 bus service.

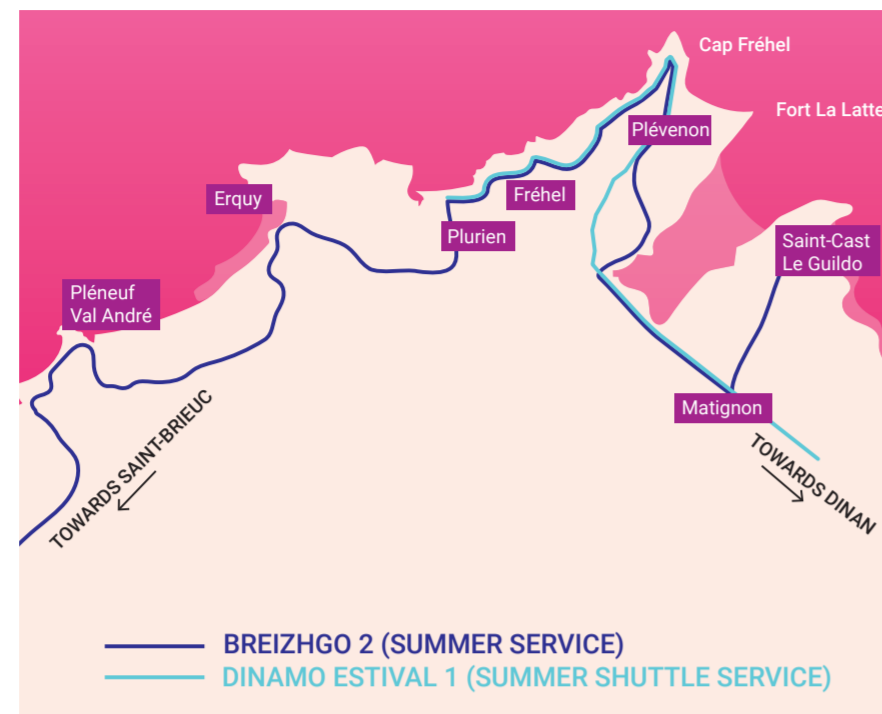
Further information on www.breizhgo.bzh (in French).

→ Saint-Briec / Languieux / Hillion / Morieux / Planguenoul / Saint-Alban / Pléneuf-Val-André / Erquy / Plurien / Sables-d'Or-les-Pins / Pléhérel plage / Plévenon / Cap Fréhel / Fréhel / Plébouille / Matignon / Saint-Cast-Le-Guildo

From Dinan with the free shuttle service DINAMO ESTIVAL 1.

Further information on <https://www.dinan-agglomeration.fr/Urbanisme-habitat-mobilite/Transports-et-mobilites/DINAMO/Navettes-Estivales> (in french).

→ Dinan gare / Corseul / Plancoët gare / Matignon / Plévenon / Cap Fréhel / Sables-d'Or-les-Pins.



Cap Fréhel is in the municipality of Plévenon. There are shops, restaurants and other amenities in the centre of the village.



cycling on the roads of Cap Fréhel!

Use the EuroVelo 4 cycle path – “La Vélomaritime” – to get to Cap Fréhel and many other tourist sites:

Sables-d'Or-les-Pins → Cap Fréhel: 9.5 km
Plévenon → Cap Fréhel: 4.5 km
Cap d'Erquy → Cap Fréhel: 18 km



For more information on routes and stages, visit www.lavelomaritime.com (available in English).

Hire a bike for a few hours... or longer

Bicycle hire services nearby Cap Fréhel:

- Erquy Tourist Office: +33 2 57 25 22 22
- Nord Ouest in Sables-d'Or-les-Pins: +33 2 96 41 52 70
- Cap Evasion Vélo in Plurien: +33 7 67 66 00 93
- Cap Bike in Plévenon (also offers bike delivery): +33 6 10 27 48 68
- Emerald bikes: +33 6 22 14 42 80

You can find other hire companies in Lamballe, Saint-Cast-Le-Guildo, Saint-Alban and Pléneuf-Val-André.

Bicycles are allowed on certain public transport services!

Bicycles can be carried under certain conditions on certain bus or shuttle services and at certain stops.

Further information is available on <https://www.dinan-agglomeration.fr/Urbanisme-habitat-mobilite/Transports-et-mobilites/DINAMO/Navettes-Estivales> (in French).

Cycling is prohibited on the coastal hiking trail (GR34) and on the Cap Fréhel headland. Bicycle parking areas are available at Cap Fréhel car park.

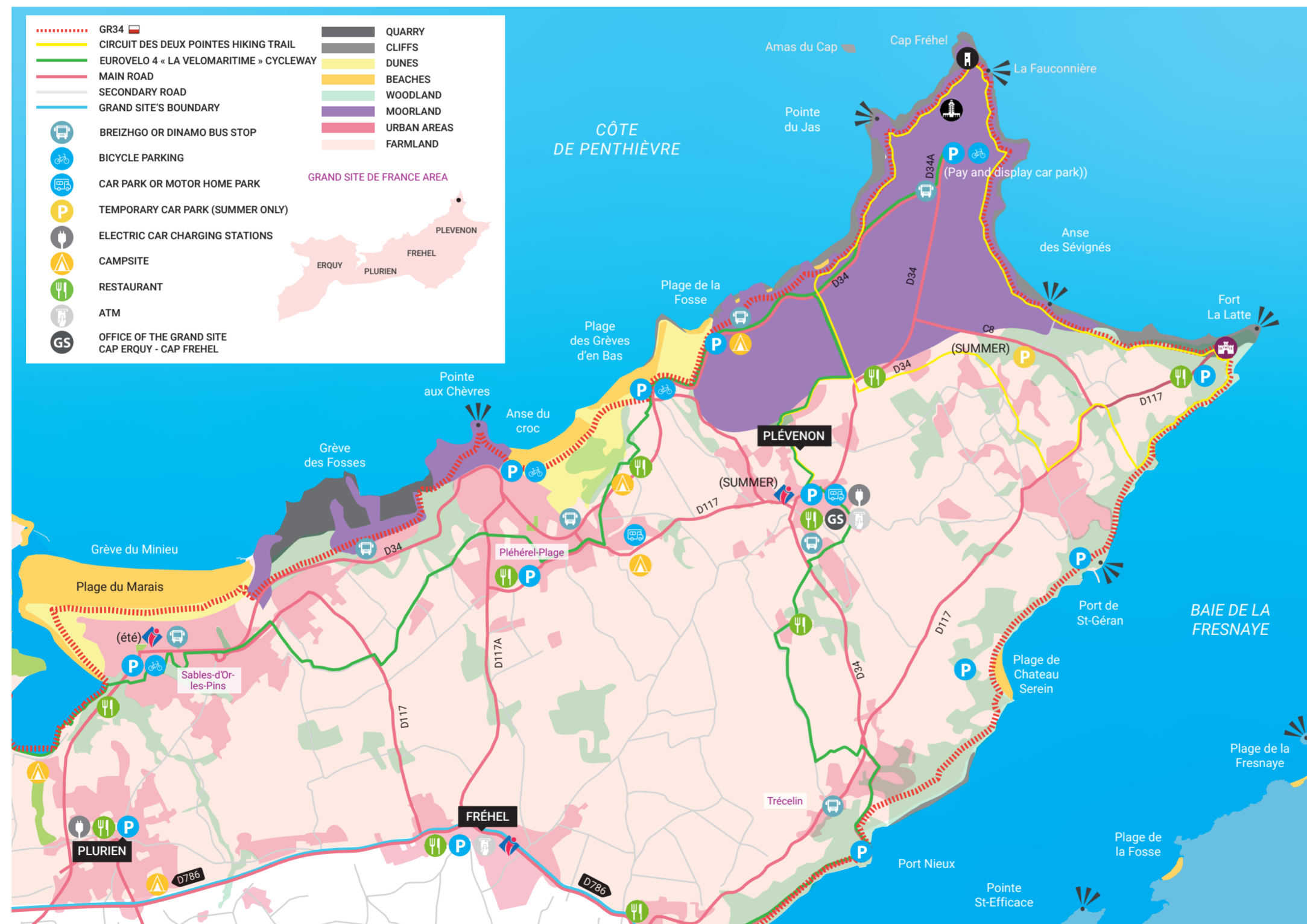
on foot, all roads lead to Cap Fréhel...

Some typical distances and times for a hiker walking at 4kph (one way only):

From Plévenon village centre, take the rue du Pont Tirant (on the left after the town hall – “mairie” in French): 4.5 km, about 1¼ hours.

Along the coast, following the GR 34, enjoy breathtaking views from:

- Sables-d'Or-les-Pins: 11.5 km, about 2½ hours
- Fort La Latte: 4.5 km, about 1¼ hours
- Pléhérel Plage: 6.5 km, about 1¾ hours
- Port à la Duc: 12.5 km, about 3¼ hours
- Cap d'Erquy: 24 km, about 6 hours



by car, motor home or taxi

Park in dedicated areas to enjoy your visit more serenely

- In Plévenon village centre (4.5 km from Cap Fréhel): 3 free car parks (Place de la Libération, Tourist Office car park and village hall car park)
- On the road (C8) between Cap Fréhel and Fort La Latte, free seasonal parking (in July and August only).
- At Cap Fréhel: a pay and display car park from 8 a.m. to 8 p.m. (ticket machine accepts bank cards or €1 or €2 coins only), for 3-hour time slots, all year round (€3 for cars, €5 for motor homes, €15 for coaches). Parking is free if you have a disabled parking permit or a motorbike. An annual pass is available for sale at Plévenon town hall.

Parking fees help preserve the site!

Staying in a motor home: a fully equipped motor home area near Cap Fréhel

Camper owners, a motor home area with all the necessary services is at your disposal on the road out of Plévenon in the direction of Cap Fréhel. You can then walk or cycle to Cap Fréhel (4.5 km). Parking fee: €3 per vehicle, €0.50 tourist tax per day. Water available for €5/10 minutes.

Camping is prohibited on Cap Fréhel car park, on the seasonal car park of Cap Fréhel, on the roadside of the C8 road and in the village.

Taxi is a good way to get to different places without worrying about parking!

- Arvork Taxis: +33 6 16 97 53 06
 - Taxis du Cap: +33 2 96 72 32 32 (Erquy) / +33 2 96 41 40 09 (Fréhel, Plévenon, Sables-d'Or-Les-Pins, Saint-Cast-Le-Guildo)
- Pedestrians and cyclists are vulnerable users, be vigilant, let's share the road!**

where to go before or after visiting Cap Fréhel

Beyond the must-see sites of Cap d'Erquy and Cap Fréhel, there are lots of places of interest and activities as diverse as they are amazing. Do not hesitate to extend your stay and enjoy a little more of this richness.

Visits to delve a little deeper into local history

- Fort La Latte (4.5 km – 1¼ hours on foot from Cap Fréhel by the GR34): All information available in English at www.lefortlatte.com. A mobility scooter is available for persons with reduced mobility (information on site).

- Château de Bienassis (between Erquy and Pléneuf-Val-André): All information on <https://www.chateau-bienassis.com> (in French) or <https://www.baiedesaintbriec.com/en/sit/chateau-de-bienassis> (in English).

- The village of Plévenon, its traditional houses, its flowery alleys.

- The discovery trail “Sur les traces des carriers... les sabots rûpés” - “In the footsteps of quarrymen” – discover the magnificent blue lakes of Erquy (1:30 h – 1.8 km). All information on www.cotesdarmor.com (in French only).

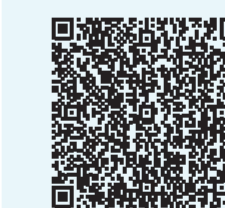


Fort La Latte on its rocky promontory

Pace up and down the coastal or country paths

Running along almost the whole coastline of Brittany, the “GR34” hiking trail between Cap d'Erquy and Cap Fréhel offers splendid views. Just follow the red and white marker...

For a walk between land and sea, take the hiking route “Des landes du Cap Fréhel aux deux pointes” - “From the moor of Cap Fréhel to the two headlands” – (17 km, 4:30 h, medium difficulty) or “La boucle du Cap Fréhel” – “Cap Fréhel loop” – (13 km, 3:30 h, medium difficulty). Maps available at the tourist office, in Plévenon or Fréhel.



Other routes suggestions are available for download on the websites of tourist offices Dinan-Cap Fréhel and Cap d'Erquy-Val-André, on the website of the Grand Site de France Cap d'Erquy-Cap Fréhel and on the free application Cirkwi.

Another way to discover Cap d'Erquy - Cap Fréhel area

Boat trips, snorkelling, horse riding... are all ways of approaching the territory of Cap d'Erquy - Cap Fréhel while getting closer to nature and the sea. Do not hesitate to consult tourist offices for more information!

Have some fun time with family

Discover the communes of Grand Site Cap d'Erquy - Cap Fréhel with two discovery trails lasting 1:30 to 3 hours. Both circuits are punctuated with ten activities you can do by yourself at your own pace (accessible from 6 years of age). Available in French only.

- In Plurien, “Mathurin du grain au pain”: satchel for hire (€3) at the hotel Le bon Cap (+33 2 96 52 40 33) or at the campsite Les Salines (+33 2 96 72 17 40).
- In Plévenon, “Plévenon hors des sentiers battus”: booklet and further information at the Syndicat mixte du Grand Site Cap d'Erquy - Cap Fréhel (+33 2 96 41 50 83) or in the local tourist offices.

Find out more about the characteristic fauna and flora with an experienced guide with (In French only):

- Grand Site de France Cap d'Erquy - Cap Fréhel (animation): www.grandsite-capsperquyfrehel.com/agenda
- Cap Evasion Nature (visits with a guide, trails in natural environments): www.cap-evasion-nature.fr



Syndicat Mixte du Grand Site Cap d'Erquy - Cap Fréhel

Cap Fréhel welcomes you



Syndicat mixte du Grand Site Cap d'Erquy - Cap Fréhel
18, rue Notre-Dame - 22240 Plévenon
www.grandsite-capsperquyfrehel.com
accueil@capsperquyfrehel.fr
Tel : 02 96 41 50 83

Dinan Cap Fréhel Tourisme
Chat on www.dinan-capfréhel.com
infos@dinan-capfréhel.com
Tel : 0 825 95 01 22
(service 0.15 € min + price of a call)

Bureau d'information touristique de Plévenon
3, rue du Cap - Plévenon
Tel : 0 825 95 01 22
(service 0.15 € min + price of a call)

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discover Cap Fréhel

Breathtaking, impressive, emblematic, enchanting... just a few of the glowing terms visitors use when it comes to expressing their feelings about Cap Fréhel.


Whether you are keen on history, love walking, the sea, wide open spaces or are a naturalist... you will find a reason to come to Cap Fréhel and appreciate it again and again... So, what will you do at Cap Fréhel?

walks

Two hiking loops are walkable on the Cap Fréhel headland (see map):

- Loop 1: about 1 km and a 30-minute walk
- Loop 2: about 2 km and a 1-hour walk

For people with reduced mobility: the lighthouse can be accessed via a little path linking the car park to the old road leading to the lighthouse (see map). However, the paths between the lighthouse and the headland are not suitable for wheelchairs. For other people with reduced mobility, they remain accessible but are difficult to walk on (up to an 8% slope and stony paths).

 Please stay on the marked footpaths, they protect the moor and allow the regeneration of this fragile and protected habitat.

visit the lighthouse

There are two lighthouses on the Cap Fréhel headland which are classed as Monuments Historiques ("listed monuments"):

- **The old tower**, usually referred as "Tour Vauban", which was built at Vauban's request in 1702 and remains the oldest land-based lighthouse in Brittany.
- **The contemporary lighthouse** illuminates the passage between the bay of Saint-Brieuc and Saint-Malo and was put into service in 1950, according to the plans of the Saint-Malo architect Yves Hémar.

A small building, also classed Monument Historique, is located at the very end of the Cap Fréhel headland. It is the **corne de brume** ("foghorn").

The contemporary lighthouse is open to visitors in April, May and June, on Fridays, Saturdays and Sundays and bank holidays between 2 and 5.30 p.m. Open every day in July and August, between 10 a.m. and 7 p.m. It will be closed for renovation work from 3 September 2023.

Entrance fee: €3 € / adult, €1.50 / children from 7 to 14, free for the under 7s, €15 for groups of 10 people, €1.50 for the guide. Payment by cash, bank card or cheque.

Further information: +33 2 96 41 43 06 (Plévenon town hall).

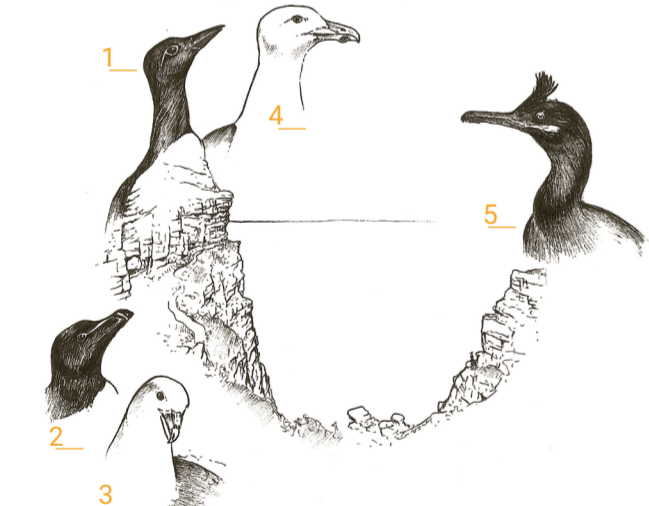


Illustration © Alain FREYET, landscaper DPLG, Coastal conservatory

observe seabirds

Cap Fréhel is one of the most exceptional ornithological sites in France. The bird sanctuary "La Fauconnière" is recognized as an area of national interest and is managed by the association Bretagne Vivante. Every year between February and July it welcomes 8 species of bird during their breeding season. Each species has its own preferences and chooses its nesting area according to the orientation or shape of the cliffs. **Common guillemots (1)** are particularly fond of inaccessible horizontal ledges. Their colony represents 85% of the national population with about 850 pairs*. Much less numerous, **razorbills (2)**, identifiable with their stocky silhouette and their thick black bill with a white stripe across it, make up 45% of the national population with about 100 pairs*. The population of **Northern fulmar (3)** is scattered all across Cap Fréhel's ledges. **The black-legged kittiwake** occupies the most vertical parts of the cliffs.

Also found nesting at Cap Fréhel are other species like **gulls (European herring gull, great black-backed gull, lesser black-backed gull) (4)**, **common shag (5)**... which are more common but as interesting to observe as the other species.

To get the best view of the birds, stand at La Fauconnière on the belvedere facing the small islands.

*2022 statistics



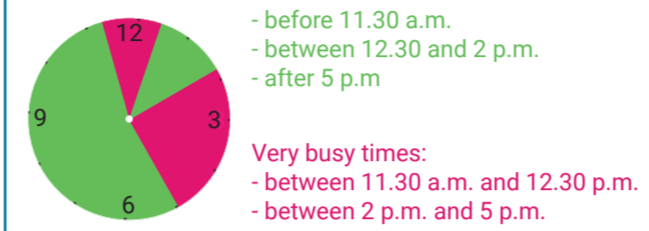
Cap Fréhel headland



the best times to visit Cap Fréhel in the summer

A well-known destination, Cap Fréhel welcomes many visitors each year, especially during the summer.

To appreciate its spectacular scenery in the best conditions, choose these 3 times to visit:



A local says: «The best time to visit is sunrise or sunset, the light is extraordinary»

Did you know? The 305 ha of moorland at Cap Fréhel are owned by the municipality of Plévenon.

The Cap Fréhel headland (15 ha) was purchased in 2012 by the Conservatoire du Littoral (French Coastal Protection Agency), a public institution that acquires coastal plots of lands to create landscaped and welcoming sites that respect the balance of nature.

The municipality of Plévenon, which manages Cap Fréhel, works on a daily basis to ensure the surveillance of the site and the maintenance of natural environments, with the technical support of the Syndicat mixte du Grand Site Cap d'Erquy - Cap Fréhel.

Cap Fréhel : unique and protected landscapes certified Grand Site de France

Cliffs rising to more than 70 metres, alternating rocky outcrops, a multitude of sandy coves with turquoise water, preserved dunes, woodlands, non-consolidated farming plots... here, the landscapes, distinguished by their pink sandstone subsoil, are as diverse as they are unique.

The local ecosystems, flora and fauna are recognized at national and European level as a Natura 2000 site. Cap Fréhel in particular offers one of the largest coastal **moorland** areas in France, consisting of gorse and heather, covering an area of 400 ha. It is also home to original and specific animal or plant species. You may be lucky enough to see **the European nightjar, the Dartford warbler or the Alcon Blue.**



Illustration of a Dartford warbler © Alix CHEVALLIER

Local stakeholders have been working for more than 30 years to reconcile tourism with preservation, conscious of the need to protect the natural environment, which is as exceptional as it is fragile. At Cap Fréhel, moving the car park back from the headland to reclaim moorland, creating cycle paths or restoring moorland by the introduction of conservation grazing are a few concrete examples of these actions.



These efforts have been rewarded by being awarded the prestigious and demanding "Grand Site de France" label, which is granted by the French Ministry of Ecological Transition only to national heritage sites for a 6-year term. In September 2019, the territory of Cap d'Erquy and Cap Fréhel thus became the 19th Grand Site de France.

This label is awarded subject to territory projects involving both stakeholders and residents who have achieved 3 main goals: to preserve and restore landscapes and biodiversity, to ensure a quality welcome for visitors and to promote environmentally-friendly economic and traditional activities.

This territory project is led by the Syndicat mixte du Grand Site Cap d'Erquy - Cap Fréhel, supported by the Département of Côtes d'Armor and the district authorities of Lamballe Terre & Mer and Dinan Agglomération.



by behaving respectfully you will also be making a real contribution to the preservation of the site

- P** Park your vehicles or bikes in the designated areas. Camping is forbidden in the car park.
- 🚲** The coastal paths are for pedestrians only. Bikes and motor vehicles are not allowed.
- 🚶** Respect the paths and the markings on Cap Fréhel: they are there to protect the moor and to allow the regeneration of this fragile and protected habitat.
- 🌿** Respect the natural environment: do not gather flowers, animals or rocks.
- 🔥** Fires and wild camping are forbidden.
- 🚁** Permission is required for flying drone.
- 👤** Do not build cairns: some plant or animal species need stones to thrive. Moving them also increases soil erosion.
- ♻️** Take your litter with you and recycle it.
- 🐕** In natural areas, keep your dog on a lead.
- 🚫** On the sea, do not sail between the two small islands of the ornithological reserve of La Fauconnière between February and mid-July. It disturbs the seabird colony and could compromise their reproduction.
- ⚠️** As a general rule, it is dangerous to get too close to the coast because of the strong currents. Be careful!

a few tips to prepare your visit

The closest food shops, restaurants and amenities are in the village of Plévenon: restaurants La Ribote, La créperie du Cap Fréhel (bar and tobacconist's), Le petit Galet (near Fort La Latte), delicatessen and baker's.

On Cap Fréhel headland there are no shops or food outlets. It is however possible to buy bottles of water at the lighthouse when it is open.

The closest ATMs are in Plévenon, Fréhel, Erquy and Matignon.

every season has its scenery



In the spring, observe the variety of seabirds who come to Cap Fréhel for the breeding season as they fly or perch on the cliff.



From June, enjoy the explosion of the colours of gorse and heather in flower, of the sea and the pink sandstone, or listen to the nightjar's song at dusk.



In the autumn, marvel at the spectacle of high tides at the foot of the cliffs and discover the moorland dressed in its winter colours.



In the winter, brave the elements to watch the spectacle of the waves and the procession of fishing boats rounding the Cap Fréhel headland.



In any season, admire the sunrise or sunset from its numerous rocky outcrops.