



### **Camping les Mouettes,**

La Grande Grève,  
29660 Carantec, France

**T:** +33 (0)2 98 67 02 46

**F:** +33 (0)2 98 78 31 46

### **GPS co-ordinates**

Latitude: 48.6578

Longitude: -3.9281



# Campsite Information

## Camping les Mouettes, Carantec

This is an immaculate site, with spacious grassy emplacements overlooking a magnificent bay. The main attraction here is the fabulous pool complex with fantastic waterslides. The pretty fishing port of St Pol de Leon is just six kilometres north, and the large town of Morlaix is sixteen kilometres south east.

### Arriving at Camping les Mouettes

On arrival go to the campsite reception to register and to obtain a barrier code and wrist bands (deposit €20) before going to the Canvas reception. Your Canvas couriers will be here to meet you between 16.00 and 20.00.

### Early/Late Arrivals

Please note if you arrive before 16.00, your accommodation may not be ready. If you arrive between 20.00 and 22.00, you will find directions to your courier and/or accommodation at the Canvas reception. Arrivals after 22.00 cannot be accepted on site. Please note that if you do arrive late and cannot be admitted onto the campsite, you have full responsibility for finding alternative off-site accommodation. A Canvas courier will be available on site from 09.00 the following day. Please telephone your couriers if you know that you are going to be late.

### Reception

The campsite reception is open from 09.00 to 20.00 in low season. In high season it is open 08.00 to 22.00.

### Barrier

The barrier is locked between 22.00 and 07.00. Should you wish to depart early in the morning or arrive late at night please leave your car outside the barrier. The barrier operates by means of a personal barrier code which will be issued to you upon arrival in exchange for a €20 deposit.

### Telephone

There are two phones just off the site.

### Web Access

You can access the internet at the bar and the library on site, fees are €1 for 15 minutes, €3 for 30 minutes, and €5 for an hour.

### Shopping

The small on-site shop sells essential foodstuffs including fresh bread, milk, tinned food and newspapers. The shop is open from 08.00 to 12.00 and 15.00 to 19.00 in low season and 08.00 to 12.00 and 15.00 to 20.00 in high season. There is also a boutique on site that sells souvenirs, clothes, and jewellery. It is open in high season from 08.00 to 22.00.



### Washing and Toilet Facilities

Washing machine and tumble dryer, which cost €5 for a small washing machine, and €10 for a large washing machine. There is also washing cubicles with hot water, free hot showers, baby room, baby bath and British toilets.

### Post

There is a post box on site next to the campsite reception. Stamps can be bought at reception.

### Eating and Drinking

**Bar:** The on-site bar has a television and pool tables and is open from 17.00 until 23.00 in low season and 15.00 until 23.00 in high season. There is a terrace outside that overlooks the pool area. In the evenings the bar can get quite lively as it is the location for all of the evening entertainment.

**Pizzeria/Takeaway:** Pizzas and other dishes are available. The takeaway is open from 12.00 to 15.00 and 18.00 to 22.00 in low season and 12.00 to 22.00 in high season. Please check the opening hours with your couriers, as they are liable to change during the season.

### Entertainment

The site organises a varied programme of entertainment, particularly in high season. Some of the entertainment includes cabaret, karaoke, disco nights, sports competitions, quiz nights and a children's club for 5 to 12 year olds. Excursions can also be booked from the campsite. Please check programme of entertainment with your couriers or at the campsite reception.

### Recreation

**Swimming:** The amazing pool complex is the focal point of the site and consists of a large swimming pool with separate children's pool, a jacuzzi, three water slides with plunge pool and a 'lazy river'. The swimming pools are heated and are open from 10.00 to 19.00 everyday. The sauna and jacuzzi are for adults only and are open from 09.00 until 19.00. All swimmers must wear wristbands which are obtainable at the same time as the barrier key from reception in exchange for a €20 deposit. Please check opening hours with your couriers as they are subject to change during the season.

**Short tennis:** Courts can be booked at the campsite reception. They are free of charge - equipment is also available to hire in return for a small deposit.

**Table tennis:** There are table tennis tables on site, free to use throughout the season. Equipment can be found in the Canvas games chest.

**Mini golf:** A course is available on site. Price is €3 per player, including a ball and club.

There are numerous other recreational facilities on site including football and basketball. There is a children's playground and a games room.

### Canvas Active

Canvas Active is available at Camping les Mouettes. Canvas customers have researched golf courses and walking routes in the local area. For further details please see the activities booklet.

### Rules and Regulations

- Silence on site between 23.00 and 07.00.
- 10km/h speed limit on site.
- No driving on site between 22.00 and 07.00.
- Shoes may not be worn in the pool area.
- Pool bands must be worn in the pool area.



# Local Information

## Beaches

There is a small pebble beach just 200m from the site. The nearest sandy beach is Plage du Kéleñ at Carantec. To the east of the town you will find the beautiful beaches of Plage du Cosmeur and Plage du Clouet. A little further along a steep footpath leads from the car park at Pointe de Pen-al-Lann, down to Plage Tahiti one of the quietest and most delightful beaches in the region.

## Shopping

**Supermarkets:** The nearest supermarket is Casino, in Carantec, a short drive from the campsite. It is open Monday-Saturday, 09.00 to 12.00 and 14.00 to 19.00 and Sunday in the morning only. The nearest hypermarkets are the Géant and E. Leclerc in Morlaix.

**Souvenirs:** There are numerous gift and souvenir shops in Morlaix, Carantec and St Pol de Léon.

**Petrol:** Fuel is sold at the Casino, open the same hours as the supermarket. You will find that it is cheaper here than at petrol stations.

**Chemist:** There is a chemist at 16, Rue Albert Lauppe in Carantec.



## Local Markets

**Monday:** Trégastel.  
**Tuesday:** St Pol de Léon and Tréburden.  
**Wednesday:** Roscoff and Locquirec.  
**Thursday:** Carantec and Lannion.  
**Friday:** Perros Guirec.  
**Saturday:** Morlaix and Plouescat.  
**Sunday:** Plestin les Grèves and Perros Guirec.

## Facilities

**Banks:** Both Crédit Agricole and Crédit Mutuel in Carantec have cash dispensers and facilities for currency exchange.

**Post Office:** The nearest post office is on Rue Albert Lauppe in Carantec.

**Tourist Information:** There are several tourist information offices in the area including Carantec (Rue Pasteur), Roscoff (Rue Gambetta) and Morlaix (Place des Otages).

Please ask on site for opening hours of all of the above facilities.

## Distances

**Beach,** 0.5 miles  
**Carantec,** 1 mile  
**Oceanopolis,** Brest 44 miles.  
**Armoripark,** Begard, 39 miles.

## Local Transport

The nearest train station is in St Pol de Léon but more frequent train services are available from Morlaix.

Morlaix is also well served by long-distance buses to places such as Quimper, Vannes and Lorient.

## Doctor

There is a doctor's surgery at:  
6 Rue Maréchal Foch  
Carantec.  
Tel: 02 98 67 04 36.

## Dentist

The nearest dentist is:  
Didier Thomas at 6, Rue Pasteur in Carantec.  
Tel: 02 98 67 04 27.

## Emergency Services

There is a two-digit phone number for emergency services:

Police 17  
Fire 18  
Ambulance 15

## Eating and Drinking

You may like to try these restaurants and bars which have been recommended by Canvas customers and couriers in previous years:

**Le Petit Relais, Plage du Kéleñ.** Families will enjoy the carvery here and the excellent ice creams. Mussels are another house speciality.

**Paradiso, Rue Foch in Carantec.** Another firm favourite, this pizzeria/bar is welcoming and reasonably priced.

**L'Écume des Jours, Quai d'Auxerre, Roscoff.** This cosy restaurant serves excellent value set menus at lunchtime and in the evenings. The seafood is especially recommended.

**La Dolce Vita, Rue Ange de Guernisac, Morlaix.** A good value and family friendly Italian restaurant. Fresh pasta dishes and salads are served as well as a good range of pizzas.

See the Local Information in the Canvas reception for more restaurants.

## Nearby

The charming Île de Batz lies just offshore from Roscoff. It has good beaches and the beautiful Jardins Georges Delaselle are well worth a visit and open to the public daily during the summer. According to legend, the first inhabitant of the

island was a dragon who lived there during the 6th century. During low tide the island is reached via a long footbridge, otherwise there are regular ferry crossings.

## Activities

Canoes, windsurfers and sailing dinghies can be hired at Plage du Kéleñ. Previous customers have recommended the riding stables 'Le Mouster' in St Pol de Léon. Escorted rides through the surrounding countryside are on offer for around €14 per hour.

Keen golfers should head for 'Golf de Carantec' where a round on this beautifully landscaped 18-hole course will cost around €45. Clubs and balls are available for hire. Please see your activities booklet for more details of this and other courses in the area.

## Out and About

One of the most beautiful places in Brittany is the Île de Bréhat. It is renowned as a sanctuary not only for rare species of wild flowers, but also for birds. In the north of the island you will find peace and solitude even in high season.

There are regular ferry services from Pointe de l'Arcouest, 6km from Paimpol. Although cars are not permitted on the island, you can either take your bikes on the ferry (before 10.00 in the summer) or rent bikes from the ferry port on the island.

**Morlaix-** Take a walk along the Grande Rue to admire the charming 15th Century timbered buildings, of which La Maison de la Reine Anne is the best. The Saturday market held in Morlaix is worth a visit. Every Wednesday evening during summer months you can see 'les arts dans la rue' when the town is packed full of entertainers such as jugglers, fire eaters and musicians.

**Guingamp** • The gateway to lower Brittany, it has kept its past riches of impressive architectural heritage. A must for a visit, where historic heritage and abundant nature are in perfect harmony. Take a walk past the Ramparts "du Trieux" and follow the walkway to the old town. Guingamp is a lively city with lots of great shops and street animations to keep you occupied.



# Regional Information

## Brittany

Brittany is one of the most distinctive and beautiful regions in France, with a unique character and 1,200kms of coastline. In Breton it is called the land of Armor (the sea). Long beaches of soft sand and rocky headlands combine with a multitude of smaller coves, often with interesting rock pools. This is also the land of Argoat (the forest). The interior of the region is a captivating blend of forest and woodland, vast moors covered with yellow broom, purple heather and pasture.

There is plenty for the sports enthusiast. Water sports feature at all the seaside resorts including surfing, parasailing, scuba diving and sand yachting. Canoeing, sailing and fishing are all available inland within the network of waterways. For those who prefer dry land there is golf, riding, cycling, and tennis

### Eating & Drinking – Regional Specialities

Brittany is, of course, famous for its pancakes (crêpes and galettes). Galettes are made with buckwheat flour and are eaten with savoury fillings. As a dessert, try a crêpe stuffed with fresh fruit, or smeared with chocolate or kirsch.

If you like fish and shellfish, Brittany is the best place to be. A delicious dish is homard à l'armoricaine, lobster flambéed in cognac and served in a tomato and wine sauce with onions, garlic and herbs. Try Coquilles St. Jacques, scallops in white wine sauce with piped potato, and Cotriade the regional fish stew.

There are many traditional cakes with butter (in generous measure), a prime ingredient of most recipes. Try the famous kouign-amann (a puff pastry cake layered with sugar), or quatre-quarts (a light sponge cake often mixed with fruit, almonds and raisins).

Cider, made from apples or pears, is the main drink. Brittany also produces lambig a kind of brandy made from cider, and chouchen a honey-based mead.

### Things to do and see

\*A • An admission charge is payable for these attractions

## Family Fun

**Armoripark** • An amusement park with a pool, mini-golf and a lake with pedaloes. In Begard, D767 between Lannion and Guingamp (\*A).

**La Récré de Trios Curés** • A great day is in store for all the family. The parc has its own "runaway train" and "Pirate ship" as well as slides, trampolines and climbing frames. Head down to the lake to find pedal boats and splash around in 3 hectares of water. For the speedier members of the family (young or old) there is a great selection of mini-motorbikes, quad

bikes and 200cc go-karts. The youngsters will enjoy the interior play areas (\*A).

**Océanopolis** • A fabulous crab-shaped aquarium and research centre, where you can discover a great variety of marine life. In Brest (\*A).

**Les Sept Isles** • This is the 2nd largest bird colony in France. If you are interested in bird watching then this is definitely worth a visit, there are around 10,000 birds to be seen including puffins, guillemots, razor bills and many more (\*A).

**Planetarium de Bretagne** • Take a fascinating voyage through the Solar System at one of the largest planetaria in Europe. In Pleumeur-Bodou, 5km north of Lannion on the D21 (\*A).

**Paimpol steam train** • In summer the restored steam train operates between Paimpol and Pontrieux through the very scenic Trieux Valley. The train was restored to former glory after 59 years of service and is now a historical monument. Trips depart from Paimpol station. (\*A)

**Le Châteaubriand boat trip** • The restaurant ship leaves from the Barage de la Rance port in Dinard. Enjoy a meal and great views of the scenic Rance valley from deck. It's best to reserve in advance – Tel. 02 99 16 35 32. (\*A)

## Places of Interest

**St Briec** • The historic centre of Saint Briec is centred around the cathedral. The streets and squares are lined with half-timbered houses which bear witness to architectural wealth. Throughout the summer, various commented themed tours run from the tourist office.

**Roscoff** • A small town that is best known as a ferry port. The centre is rich in history, reflected in the remarkable architecture. There are plenty of bars and

restaurants in the centre for a meal out. Roscoff is the original home of the French 'Onion Johnny', and there is a museum dedicated to the stripy jumper wearing, bike riding onion salesman.

**Dinard** • An elegant seaside resort with three sandy beaches. You can take a boat trip to Dinan, St Malo and Cap Fréhel. The Musée de la Mer displays nearly every known species of Breton bird and sea creature (Open daily, \*A).

**Paimpol** • A charming fishing port and good base for exploring the area. Along the coast at the Pointe de l'Arcoest you can take a boat trip to the Île de Bréhat, a beautiful and peaceful island with an abundance of flowers and a great variety of birds.

**Perros-Guirec** • A picturesque seaside resort with pink granite cliffs. Walk along the Sentier des Douaniers (the footpath used by the Customs men) to Ploumanac'h past the most spectacular section of the Pink Granite Coast. Take a boat trip to Les Sept Îles, a group of islands that form France's most important sea bird colonies (trips available Jun-Aug).

**Lannion** • An historic city of medieval, half-timbered houses set amongst steep hills and best viewed from the 12th Century Église de Brélévenez. The 142-step climb from the town to the terrace of the church is quickly forgotten when you see the fabulous views.

**Cap Fréhel** • A nature reserve on the Côte d'Émeraude where you can walk round the cape or climb the lighthouse for a spectacular view. To the east of Cap Fréhel, the Fort La Latte stands on a rocky promontory in a romantic setting. This 14th Century stronghold is one of the most memorable in Brittany. It is privately owned but visitors are welcome for guided tours from May-Sept.

**Dinan** • Well worth a visit - this lovely medieval market town with its half-timbered houses and cobbled streets, is surrounded by 600-year-old ramparts. Climb the clock tower, the Tour de l'Horloge, for an excellent view (\*A). There are also good views from the Jardin Anglais, behind the Basilique St-Sauveur. The Château de Dinan has a two-story tower and a 14th Century keep which now contains a local history museum (open daily, \*A).



*Every effort has been made to ensure the information contained within this guide, to the best of our knowledge, is both helpful and correct at the time of going to press (March 2010). Canvas Holidays cannot accept responsibility for inaccuracies contained herein.*