

# TRÉMELIN'S LAKE

≡ NATURAL, SPORTIVE and CREATIVE ≡





# Revitalise yourself in Iffendic



## Chambre au Loup Valley

Route de Saint Péran

Ille-et-Vilaine sensitive natural space, the place includes an enclosed valley surrounded by 35-meters-high cliffs, offering an extraordinary landscape some call a 'little canyon'.

The legend of the Celtic Wolf was born there. The place will amaze you by its beauty and the huge variety of its flora.

Accessible from the hiking path n° 188 and 'GR 37'.

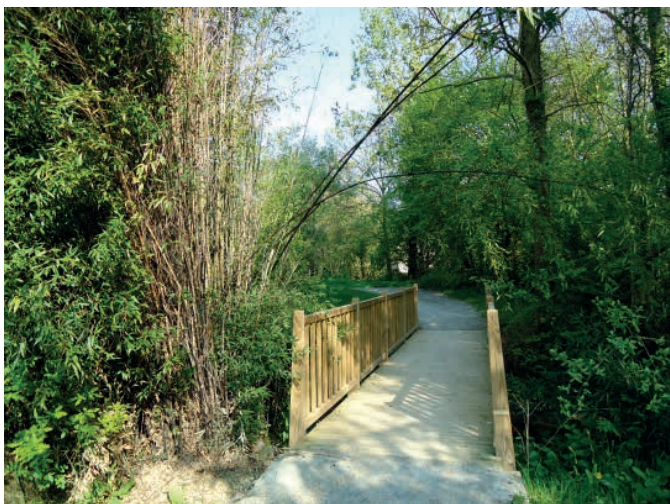
## Careil ornithological reserve

Route Montfort - Saint Péran

Ille-et-Vilaine sensitive natural space, this site is home to a large variety of bird species that you can contemplate from an observation post, for an incredible sight.

But not only birds can be found in Careil, you can also observe threatened hardy species (goats, sheep or Breton draft horses) that have been introduced on the meadows to keep them up.

Accessible from the hiking path n°116, partly accessible to disabled persons.



## The Burg's Walk

Let yourself be charmed by the little shops inside houses that let you guess the town's old commercial activity in an authentic burg. Interpretation boards all along the road explain the history of the town.

A planned path around the burg (with a fitness trail) allows you to take a walk along the Meu.

The old washing place, the benches and playground and picnic areas offer to the walkers a real relaxing place for the whole family.

# Lac de Trémelin

Route de Saint Péran

02 99 09 06 50

[tourisme@paysdemontfort.com](mailto:tourisme@paysdemontfort.com)

[www.lacdetremelin.com](http://www.lacdetremelin.com)

Trémelin Lake is a place where you can't possibly get bored and it's the perfect spot to have a nice family time, all kinds of activities are offered:

You can swim (only in July and August and under the supervision of lifeguards), fish or sail. But not only water activities are proposed, you can also find there an equestrian centre, restaurants and a bed and breakfast, a campsite, a centre for contemporary art for example.. And if you want to go for a walk, there are many pedestrian paths for hiking, as well as paths suitable for horses and mountain bikes.

For further information, you can consult: [www.lacdetremelin.com](http://www.lacdetremelin.com) (it is in French but the brochure and the map may be helpful), or contact tourist office.

Many hiking, biking and equestrian paths can be found in the district of Montfort, and maps can be downloaded for free on

[brittanybroceliande.jimdo.com](http://brittanybroceliande.jimdo.com)

They can also be bought at the Tourist Office for €0.20.

And, to have a walk on the other paths of the Brocéliande Destination, maps can be downloaded on

[www.broceliande-vacances.com](http://www.broceliande-vacances.com)



On site, lakefront, you can also find various leisure activities:

- Tree climbing
- Reading box (drop off your books and take one back)
- Sail and nature centre
- Nautical activities
- Fishing, horse riding
- Beach, swimming
- Mountain bike centre
- Contemporary art exhibitions
- Commentated walks, disco evenings (during summer)
- Restaurant and accommodations



A treasure was hidden at Trémelin Lake, take a GPS with you and download the roadmap on

[www.tresorsdehautebretagne.com](http://www.tresorsdehautebretagne.com)



## Boutavent natural and medieval site

Route de Saint Péran - Iffendic

Boutavent is a natural and medieval site, overhanging a pond and which has a true archaeological value.

An interpretation trail will give you an overview of what life could look like during the XIIth century.

Restoration operations are regularly made on this site, please respect the archaeological remains.

Accessible from the hiking path n°118 and the 'GR37'



A treasure was hidden in Boutavent, take a GPS with you and download the roadmap on [www.tresorsdehautebretagne.com](http://www.tresorsdehautebretagne.com)



# Take a break in Bédée

Bédée has the 'Village étape' label, which means you'll have a warm welcome for sure. It offers to the road users a great variety of services.



## Blavon Pond

Route de La Nouaye

A 5 hectare area located 1.5km away from Bédée's centre that offers a pleasant environment, accessible throughout the year to fishermen and tourists. There you can find picnic areas to have a break with your friends or your family.

Several pedestrian paths allow the discovery of the site and an educational path links the pond to Bédée's feudal clod.

## The medieval garden and the feudal clod

Rue de Montfort

Whether it is the garden of a monastery, a castle or the one of a peasant, the garden of the Middle Ages is a closed and useful space where are cultivated the plants providing food and remedies.

A rose garden was added to the restitution.

Prolong your walk by passing by a path that will lead you to the Joubin clod and Blavon pond where you will find an interpretation path, playground areas and more...

Accessible from the hiking paths n° 101, 102 and 104.



A treasure was hidden in Bédée, take a GPS with you and download the roadmap on [www.tresorsdehautebretagne.com](http://www.tresorsdehautebretagne.com)

# Stay a child' in Saint-Gonlay



## School of the 50' museum

Mairie de Saint Gonlay

02 99 09 77 29

[culture@montfortcommunaute.bzh](mailto:culture@montfortcommunaute.bzh)

[maison-ecole-enpaysgallo.jimdo.com](http://maison-ecole-enpaysgallo.jimdo.com)

In the heart of the 'gallo' region, Saint-Gonlay's burg houses an old school (rebuilt during the 20th century), composed of a reconstituted classroom and three exhibition halls in the teacher's old house.

While opening the door, smells of chalk and wax will bring you back right into the fifties: the angled desks, the black board and the wood-burning stove hasn't moved since... But take care, if you're not good enough, you could end up wearing the dunce's cap!

Guided tours for groups by reservation.

# Visit Montfort

Montfort is a former fortified town.

Despite the fact that it was destroyed several times, the city keeps in its urban fabric the small medieval towns' characteristics, with its narrow winding streets.



## Audio guided tour of the old Medieval Town

4 place du Tribunal

02 99 09 06 50 - [tourisme@paysdemontfort.com](mailto:tourisme@paysdemontfort.com)

[brittanybroceliande.jimdo.com](http://brittanybroceliande.jimdo.com)

Discover Montfort's medieval town by downloading the «GPTO l'ancienne cité médiévale» (in French) app on your Smartphone to make that tour for free, or just by taking away a map at the tourist office.

Let yourself be guided through the city and discover the ruins dating back to the medieval time.



## Saint Louis-Marie Grignion's native house

15, rue de la saulnerie - 02 99 09 15 35  
[maisonnatale@gmail.com](mailto:maisonnatale@gmail.com)

Montfort is well-known for being Louis-Marie Grignion's place of birth, in 1673 (Rue de la Saulnerie, one of the city's oldest streets).

In this house is perpetuated the memory of this missionary whom devoted his life to the religious recapture of the working class.

He created several religious charities : 'les Filles de la Sagesse', 'les Frères de Saint Gabriel' and 'les Frères et les Pères Montfortains'.

The house can be visited throughout the year (by knocking at the door) and it also receives pilgrimages.



## Saint-Jacques Abbey

Guillaume Ier (the 1st) of Montfort founded it in 1152, and the first church was consecrated in 1156.

The abbey church and its portal are the only remaining parts of the whole structure and are classified Historical Monuments.

The abbey is a stage on the 'three abbeyes' path.

Private property, visible from the road.



## Guided tour while canoeing

02 99 09 06 50

[tourisme@paysdemontfort.com](mailto:tourisme@paysdemontfort.com)

[www.paysdemontfort.com](http://www.paysdemontfort.com)

Montfort's Tourist Office and canoeing club offer you to discover the city while canoeing. The visit will be guided and supervised by a graduated instructor and will be a presentation of the natural environment and the city's history since the creation of the first fortification during the XIth century, with a new point of view!

Different dates are offered on Friday evenings, from May to September, by reservation.

Two treasures were hidden in Montfort, take a GPS with you and download the roadmap on [www.tresorsdehautebretagne.com](http://www.tresorsdehautebretagne.com)



# Refreshing activities

## Geocaching, treasure hunt



### Montfort former medieval city

#### Several riddles

Thématique : histoire

Theme: History

Difficulty: Medium

Duration: 1 hour

Queen Aman, History expert will accompany you in the little streets of the old medieval city of Montfort.



### Stroll accessible on the avenue in Montfort

#### Several riddles

Theme: Urban

Difficulty: Super easy

Duration: Less than half an hour

Barbobec will be glad to be your guide during this nice urban riddle accessible to persons with reduced mobility.



### Les Bédiévales in Bédée

#### Traditional

Theme: History

Difficulty: Super easy

Duration: Less than half an hour

Queen Aman will explain to you the rich medieval history of Bédée, with three steps before you can find the geocache.



### Montfort's Lords in Iffendic

#### Several riddles

Theme: History

Difficulty: Easy

Duration: One hour

This cache will allow you to discover Boutavent medieval and natural site with Queen Aman.



### Lesson of things in Careil, Iffendic

#### Several riddles

Theme: Ecology

Difficulty: Medium

Duration: Two hours

Panosolec will guide you through riddles based on the land of Careil's fauna and flora.

Come and discover Montfort's district while searching for Brittany's treasures and having fun. Treasures have been hidden in Montfort, Boutavent, Careil or the 'Chambre au Loup' valley, waiting for you to find them. Geocaching isn't complicated! Get your hands out of your pockets, take your Smartphone and download for free the app 'trésors de Haute Bretagne', available on the App Store and Play Store. If you don't own a Smartphone, you can borrow a GPS from us (in return for a €200 deposit cheque). Then, choose your path and let yourself be guided by Korry Gan and his acolytes. They know the city as the back of their hand. You can download the roadmap on : [www.tresorsdehautebretagne.com](http://www.tresorsdehautebretagne.com)

You can download the roadmap on : [www.tresorsdehautebretagne.com](http://www.tresorsdehautebretagne.com)

Two caches are presently being created, from this summer, come and play geocaching at Trémelin Lake and at the Chambre au Loup valley.





## Paint ball loisirs

Route de Saint Péran à Iffendic  
06 26 56 28 48 [contact@loisirs35.fr](mailto:contact@loisirs35.fr)  
[www.loisirs35.fr](http://www.loisirs35.fr)

4 secured courts with inflatable structures in competitive conditions.  
By reservation, possibility to buy a multi-activities package.

## Océalia aquatic centre

3 route d'Iffendic à Montfort-sur-Meu  
02 99 09 05 05 - [ocelia@orange.fr](mailto:ocelia@orange.fr)  
[www.ocelia.fr](http://www.ocelia.fr)

Playful and sports space dedicated to the whole family: two pools including a leisure pool (31°), a toboggan, Jacuzzi hammam and sauna.

## Tree climbing and sport activities

Lac de Trémelin à Iffendic  
06 26 56 28 48 [contact@loisirs35.fr](mailto:contact@loisirs35.fr)  
[www.loisirs35.fr](http://www.loisirs35.fr)

5 trails in the trees are proposed with several activities accessible from 3 years old, as well as a giant zipline.  
Navigate on the lake on pedal boats, electric boats or canoe.  
Open from April to September and throughout the year for groups by reservation.

## Sport Activities



## Pêche Moderne.com (Fishing)

Centre Voile et Nature au lac de Trémelin à IFFENDIC  
06 64 91 05 33 - [pechemoderne@yahoo.fr](mailto:pechemoderne@yahoo.fr)  
[www.pechemoderne.com](http://www.pechemoderne.com)

Activities, training periods, camps, fishing-box

## La Gaule d'Iffendic

02 99 09 16 42  
[www.gauleiffendic.ass0.fr](http://www.gauleiffendic.ass0.fr)

## La Perche Montfortaise

06 71 43 52 40 - [la.perche.montfortaise@gmail.com](mailto:la.perche.montfortaise@gmail.com)  
[www.la-perche-montfortaise.eklablog.com](http://www.la-perche-montfortaise.eklablog.com)

The fishing cards (you need one in order to fish legally) are sold in Montfort (bar Le Rallye, bar Le Galopin, Espace Emeraude, Super U and Relais de la Cane), at the library-tobacconist's in Talensac, the bar-tobacconist's 'le Kevesnel' in Breteil, at the bar 'Saint-Michel' and Trémelin Lake in Iffendic. They can also be bought on [www.cartedepeche.com](http://www.cartedepeche.com)



## Brocéliande district canoeing club

5 route d'Iffendic à Montfort-sur-Meu  
02 99 09 37 26 - 06 79 42 26 77  
[permanent-montfort@ckpb.fr](mailto:permanent-montfort@ckpb.fr)  
[www.ckpb.fr](http://www.ckpb.fr)

Summer activities, renting, supervised sessions, three-days training periods on the sea or on the river.

## Mountain Bike in Brocéliande

Lac de Trémelin à Iffendic  
02 99 09 06 50  
[tourisme@lacdetremelin.com](mailto:tourisme@lacdetremelin.com)

11 permanent trails, supervising and accompanying on request. FFCT quality label (French Biking Federation).

## Climbing area

La Chambre au loup à IFFENDIC  
02 99 36 46 85 - 06 34 27 60 10  
[info.cd35@ffme.fr](mailto:info.cd35@ffme.fr)  
[www.cd35ffme.fr](http://www.cd35ffme.fr)

Natural site including 6 trails, a little rocky bar over overhanging a dam. (for beginners)



## Equestrian activities



.....  
**Ecuries des 4 routes** 35750 - Iffendic  
06 32 93 50 92 - optimumsporthorse@yahoo.com  
[www.ecuriesdes4routes.com](http://www.ecuriesdes4routes.com)

### Equitation de Bédée - La Nouaye

La Denaulais à La Nouaye  
02 99 09 08 17 - [equitationbedee@wanadoo.fr](mailto:equitationbedee@wanadoo.fr)  
[www.equitationbedee.ffe.com](http://www.equitationbedee.ffe.com)

### Centre équestre de Trémelin 35750 - Iffendic

02 99 09 77 92 - 06 81 74 44 41  
[floch.tremelin@wanadoo.fr](mailto:floch.tremelin@wanadoo.fr)  
[www.tremelin-equitation.com](http://www.tremelin-equitation.com)

## Interpret Place for contemporary



### L'aparté

Trémelin à Iffendic  
02 99 09 77 29 - [culture@montfortcommunaute.bzh](mailto:culture@montfortcommunaute.bzh)  
[www.laparte-lac.com](http://www.laparte-lac.com)

.....  
Located at Trémelin Lake-Iffendic, L'aparté is a place of residence and creation.

Each year, it receives five experienced or emerging artists.

For 6 to 8 weeks, those artists are invited to develop an original project, linked to the place's particularities.

To end that experimenting period, an exhibition is made.

Throughout the year, l'Aperté develops a program of pedagogical action for schools as well as meetings and workshops outside the building.

Accessible to disabled visitors.

Exhibitions 2016 :

- Marine Bouilloud, *Fragments d'aura* : du 19 février au 15 avril
- Nikolas Fouré : du 29 avril au 17 juin
- Cédric Guillermo : du 1er juillet au 28 août

## Cultural centres

You can find the whole program of the cultural season on : [www.lacdetremelin.com](http://www.lacdetremelin.com)  
(French site) and the tickets can be bought at the Tourist Information Office.

**Cinéma la Cane**  
Boulevard Carnot 35160 - Montfort-sur-Meu  
02 99 09 09 37

**L'Avant-Scène et le Confluent**  
Boulevard Villebois Mareuil à Montfort-sur-Meu  
02 99 09 00 17 - [accueil@montfort-sur-meu.fr](mailto:accueil@montfort-sur-meu.fr)

**La chambre au Loup Cultural Centre**  
Boulevard de la Trinité à Iffendic  
02 99 09 70 16 - [mairie@iffendic.com](mailto:mairie@iffendic.com)





# Interpretation trails

Initiated by the house of patrimony in Brocéliande, the interpretation trails will make you discover the various landscapes constituting Brocéliande.

There are 4 interpretation trails in Brocéliande, discover them on:

[www.lacdetremelin.com](http://www.lacdetremelin.com)



## La balade buissonnière

In Saint-Gonlay,  
de 7 à 12 ans, 3 km

This interpretation trail will let you discover Saint-Gonlay's burg and its inhabitants' way of life during the fifties.

The stroll is accessible with children for about an hour.



## La balade buissonnière de Saint-Gonlay à la chambre au Loup

From Saint-Gonlay to Iffendic,  
10 km

This trail will let you discover the various landscapes constituting the land of Brocéliande. You will cross in turns moors and forest massifs.



## Walk of the two ponds

From Trémelin to Careil à Iffendic, 11 km

This trail connects the pond of Trémelin to the pond of Careil by crossing the woods.

Go for a 3 and a half hour walk, about 11km.

Thanks to the booklet, learn a little more about the forest's role, the surrounding fauna and flora. A good advice: Don't forget your binoculars.



## the bird and the tree

Trémelin lake in Iffendic, de 6 to 12 years old, 5km

Along this itinerary, 4 boards give explanations about the moor's landscapes, the country hedge, the deciduous forest, the birds... And they also give hints to answer the riddles written on the travel diary completing this trail.



## The Damsel ies' path

In Pleumeleuc, 2km

This trail, in reference to the dragonfly, travel along the Vaunoise (a river).

Playful boards brighten up the path to discover the history, the fauna, the flora and the heritage of the Vanoise River while having fun.

Travel diaries can be taken for free from the Tourist Office in Montfort, in 'L'aparté', place for contemporary art and at the reception at Trémelin Lake, in Iffendic.



# Hiking

For a simple walk or an athletic trail, let yourself be charmed by the luxuriance of the natural environment: steep valleys, mysterious ruins, ornithological reserve... through one of the 23 marked paths.

Many hiking, biking and equestrian paths can be found in the district of Montfort, and can be downloaded for free on [brittanybroceliande.jimdo.com](http://brittanybroceliande.jimdo.com)

They can also be bought at the Tourist Office for €0.20.

And, to have a walk on the other paths of the Brocéliande Destination, maps can be downloaded on [www.broceliande-vacances.com](http://www.broceliande-vacances.com)

## On foot



Associations' member of the FFRP (French Federation for Hiking) offer accompanied hikes; please consult the agenda on [www.paysdemontfort.com](http://www.paysdemontfort.com) to be informed of the dates.

### Associations for hiking:

#### Les amis de sentiers de Brocéliande:

[asb.broceliande.free.fr](http://asb.broceliande.free.fr)

#### Les sentiers de la Vaunoise :

[sentiersvaunoise.internet-35.fr](http://sentiersvaunoise.internet-35.fr)

#### Association Rouge-Gorge :

02 99 09 25 31



A booklet «Brocéliande on foot» is on sale at the Tourist Office for €15.50

## By bike

- Biking path n°3, "vallée du Serein et Chambre au Loup", 35 km.
- Biking path n°9, « Tour de la Haute Forêt », 43 km
- Biking path n°10, Trémelin, 7 km
- Biking path n°7, « Etang du Pas de Houx », 11 km
- Biking path n°11, « La roche Trébulente », 9.5 km
- Loop n°6, from Montfort to Trémelin, 44 km
- Biking path VD7 from Redon to Saint-Pern



Rent your electrically assisted cycle with Brocéliande Bike Tour

[www.broceliande.bike](http://www.broceliande.bike)

## On horseback

- Path 'Le domaine de Trémelin', 6 km
- Equibrezh, around Brittany by crossing Trémelin Lake, near the Chambre au Loup valley and Boutavent natural site.

Profiter  
de l'instant  
Destination  Brocéliande



What you must do !



## Les étangs d'Art

Also, every two years, a Contemporary Art Biennale, called 'Les étangs d'Art', and takes place on the ponds and lakes of the land of Brocéliande.

The next one will take place this year (2016).

Guided tour by reservation in Montfort-sur-Meu, Talensac, Bédée, Montauban de Bretagne, Iffendic, Plélan le Grand, Paimpont and Treffendel.

Photo exhibition at Trémelin Lake in July and August.

For further information about the departement please find it on [www.brittany-tourism.com](http://www.brittany-tourism.com)



©BERTHIER Emmanuel

For further information about the region please find it on [www.brittanytourism.com](http://www.brittanytourism.com)



©LE GAL Yannick





Réalisation et conception office de tourisme \_ édition 2019

### Openings hours at Trémelin Lake in Iffendic

Monday to Friday from 10:00 to 12h30 am and 13:30 to 17h30  
from september to march

Every day from 10:00 to 12h30 am and 13:30 to 17h30  
from april to september

Tourist Information Office of the district of Montfort  
6, Trémelin - 35750 Iffendic  
Tel. 02 99 09 06 50 ou [tourisme@lacdetrememin.com](mailto:tourisme@lacdetrememin.com)

[brittanybroceliande.jimdo.com](http://brittanybroceliande.jimdo.com)



#TREMELIN #PAYSPOURPRE

