



MEMORABLE ACTIVITIES

Enjoy some
exceptional
experiences
during your stay



Sainte-Barbe
HOTEL & SPA
HGALLERY LE CONQUET

THE HISTORY OF THE SAINTE-BARBE HOTEL & SPA – MGALLERY COLLECTION

Built in the 18th century, the original building was a modest military house used by the Navy due to its strategic location.



In 1891, Guillaume Quiniou bought the building and turned it into an inn. Over the decades, the inn has had a succession of owners, but its spirit of hospitality has remained unchanged.

Between the First World War and the 1970s, the building was extended: first to the sides, then towards the sea.

It was in 1990 that the architect Philippe Jean undertook a bold new extension featuring a concrete cantilevered section overlooking the ocean. The building then took on the form we recognise today.

In 2006, the hotel closed its doors due to a lack of buyers. It was not until 2013 that two Breton entrepreneurs, Guy Diqueou and Jean-Marie Chapalain, decided to buy it.



After six years of renovation work, overseen by architect Philippe Jean to ensure aesthetic continuity, the Sainte-Barbe officially reopened its doors in May 2019 and is once again welcoming guests.

THE VILLAGE OF LE CONQUET

Founding of the village

Le Conquet, which grew up around the priory of Lochrist founded by monks, became an important and sought-after port as early as the Middle Ages.

Today, it is a fishing and marina port, as well as a departure point for the islands of Molène and Ouessant, in the heart of the Iroise Marine Nature Reserve.



Le Conquet, designated a 'Petite Cité de Caractère', boasts a rich heritage, with its stone shipowners' houses, charming narrow streets and iconic landmarks such as the Kermorvan peninsula and lighthouse.

Le Conquet is a typical Breton village that combines historical heritage, maritime activity and unspoilt landscapes.

It is the perfect destination for discovering authentic Brittany, where tradition meets unspoilt nature.



PRACTICAL INFORMATION

- **Tuesday:** Le Conquet – 7 minutes' walk
- **Wednesday:** Plouzané – 18 minutes' drive
- **Thursday:** Lampaul Plouarzel – 22 minutes by car
- **Friday:** Ploumoguer – 13 minutes by car
- **Saturday:** Saint-Renan – 20 minutes by car
- **Sunday:** Plougonvelin – 12 minutes by car

Local markets



Supermarkets



- **Utile du Conquet:** 1 Place Charles Minguy – 4 minutes' drive



- **Intermarché in Plougonvelin:** Rue du Stade – 11 minutes' drive

The nearest distributor



- 578 Place Llandeilo - Le Conquet
9 minutes' walk



- **Pharmacy:** Place de Llandeilo, Le Conquet
- **Medical center:** 15 Rue Louis Pasteur, Le Conquet
- **Hospital:** Cavale Blanche on Boulevard Tanguy Prigent in Brest & Morvan at 2 Avenue Foch in Brest (children)



Recognisable by their colourful trap buoys, the boats sell the best of their catch directly to the public all year round.

You can buy freshly caught fish every Wednesday and Saturday from 9.30 am to 11 am at 10 Rue Poul Conq, at the entrance to Le Conquet.

The main products are: monkfish, pollock, skate wings, crab, spider crab and lobster.

Products may vary depending on the catch of the day.



Port du Conquet

RESTAURANTS



La Corniche, our bistronomic restaurant

Thanks to its prime location just a stone's throw from the harbour, the finest seafood is served straight from the sea onto the restaurant's menu. Our chef has forged close ties with local fishermen, producers and artisans. Seafood platters, lobsters, premium fish...

Come and discover a range of flavours that will reveal the very best of Brittany.




Every day from 12 noon to 1.30 pm & from 7.30 pm to 9 pm

Crêperies

- Louise de Bretagne
Monday to Sunday, 12 noon to 5.30 pm & 7 pm to 9 pm
 Le Conquet - an 8-minute walk
- Crêpe Dantel
Wednesday to Sunday, 12 noon to 9 pm
 Pointe Saint Mathieu – 8 minutes by car
- Les Boucaniers
Tuesday to Sunday, 12 noon to 2 pm & 7 pm to 9 pm
 Le Conquet – an 8-minute walk

Bistronomic

- Bistro 1954
Monday to Sunday, 12 noon to 2 pm and 7 pm to 10 pm
 Pointe Saint Mathieu – 8 minutes by car

Traditional

- Ar Dagenta
Tuesday to Sunday, 12 noon to 2 pm & 7 pm to 10 pm
 Le Conquet – a 10-minute walk
- Le Relais du Vieux Port
Monday to Sunday, 12 noon to 3 pm & 7 pm to 9 pm
 Le Conquet – an 8-minute walk
- Auberge du Saoz
Thursday to Tuesday, 11.30am to 2pm & 7pm to 8.30pm (2.30pm & 9.30pm at weekends)
 Le Conquet – a 7-minute walk

Gourmet / Michelin-starred

- Gourmet restaurant at the Hôtellerie de la Pointe Saint-Mathieu
Wednesday to Sunday, 12 noon to 1.30 pm and 7.15 pm to 8.30 pm
 Pointe Saint Mathieu – 8 minutes by car

Reservations are highly recommended

A MOMENT TO YOURSELF



Yoga and meditation

Take a moment for yourself.

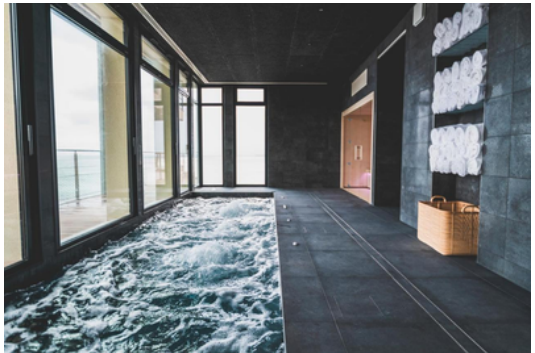
Yoga mats and meditation cushions are available on request at reception.

Treat yourself to a moment of well-being, find your centre, breathe... and embrace mindfulness, at any time of day.

Our Spa

We have chosen to work with Thalion to offer you the very best in marine skincare.

The treatment menu is available at reception.



Sunset Apero

Treat yourself to a little getaway over a drink and enjoy the sunset from Portez beach or the Kermorvan Peninsula

Capture this memorable moment!

Information and bookings at the reception

PAVILLON-BLEU BEACHES

Every year, the Pavillon Bleu award recognises beaches and harbours that meet strict criteria. It guarantees our visitors a well-maintained, safe and environmentally friendly environment.



As a La Clef Verte certified hotel, we fully embrace these standards.

This certification reflects our commitment to reducing our environmental impact on a daily basis. We are delighted to offer you a stay that is in harmony with the environment, both at our hotel and on the beaches just a few minutes' walk away.

Blancs Sablons Beach & its dunes

Tucked away at the end of a cove, you can reach it via one of the winding paths carved through the vast, wild and unspoilt dune system.

This 2.5 km stretch of beach, exposed to the winds, is an excellent surfing spot. You can also hire equipment on site, as there is a dedicated facility for this purpose. With its unspoilt nature, the area is also ideal for swimming and shellfish gathering.



Portez Beach

Well sheltered from the wind, it is the ideal spot for families.

Please note that there is a beach access ramp for people with reduced mobility. From Portez Beach, you'll enjoy breathtaking views of Pointe des Renards.

THE ISLANDS OF THE IROISE SEA

Visiting the islands of Ouessant and Molène

The islands of Ouessant and Molène, situated at the tip of Brittany, are a true natural gem that captivates lovers of the sea and wild landscapes.

Here you will discover a unique heritage, with its lighthouses, traditional granite houses and coastal paths to explore.

Far from the hustle and bustle of the mainland, Ouessant and Molène invite you to unwind, find peace and embark on an adventure. Whether you are passionate about nature, history or simply seeking tranquillity, they are sure to meet all your expectations.

Travelling to the islands

Ferry company: **Penn Ar Bed**

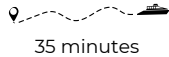
Departure: Le Conquet pier

Bookings can be made at the hotel reception

Before you set off, remember to withdraw cash on the mainland. Withdrawing cash on the islands can be difficult due to the limited number of cash machines (1 or 2 per island)

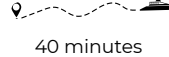
Tip: don't forget your sun cream and warm clothes for the crossing

Le Conquet



35 minutes

Molène



40 minutes

Ouessant



THE ISLANDS OF THE IROISE SEA

*What to see & do on the islands of Ouessant
& Molène*

What is there to see in *Molène* ?

The sheltered harbour and the Roussin shelter
Saint Ronan's Church
The semaphore station
Drummond Castle
The dry stone walls

Restaurants

Ô Caillou
Crêperie "E TIAN GLESKER"
Au vent des îles



Recommended time spent there: half a day

Bicycles and scooters are not allowed on the island: Molène is best explored on foot

What to visit in *Ouessant* ?

A visit to the village of Lampaul
The world's smallest sheep
Pointe du Pern
Pointe de Porz Men
Penn ar Ru Meur
Their mills
Port d'Arlan

Restaurants

Pub Ty Corn
Le Roc'h Ar Mor
Crêperie du Stang

Bike hire

La Bicyclette : +336.80.70.94.95
Ouessantcycles : +336.81.89.11.41
Cycl'évasion : +336.80.60.51.20



Recommended length of stay: at least 1 day

We recommend hiring a bike whilst you're there so you can explore the island

THE IROISE SEA ON THE WATER

Cap Iroise evasion

Cap Iroise Évasion offers boat trips on the Iroise Sea, departing from Le Conquet, aboard a 12-seater RIB. Your skipper, Ben, is a local who, with several years' experience as a marine guide and former fisherman, will bring your trip to life with his fascinating commentary and anecdotes steeped in history.



Prices start at €35 for children and €55 for adults. For further information, please ask at reception or call +336 80 18 84 98.

 Port du Conquet 29217 Le Conquet


Metavoile




Come aboard the DOCAT sailing yacht to set sail and explore the Iroise Sea. Whether you're an experienced sailor or a beginner, or simply interested in sailing, navigation, fishing or life at sea, the two crew members will be delighted to share these experiences with you.

Capacity: 5 passengers and 2 crew members.

From €239 for the whole boat.

 From 1 October to 1 April:
Departure from the Château Marina

 Quai Eric Tabarly, 29200 Brest
Visitor Jetty.

Go to 9 Rue Alderic Lecomte, 29200 Brest

RIBINES EXPÉRIENCE

His guided tours



Your guide, Loïc, is a local who will help you (re)discover the natural beauty, history and legends of this corner of the world.

In Breton, 'ribine' means 'little path'; Ribine Expérience invites you to venture off the beaten track and discover Brittany in an original, authentic and friendly way.

A visit to Le Conquet

Le Conquet has had an eventful history; periods of prosperity and hardship have shaped the charm of this small, characterful town. Discover the extraordinary stories hidden behind these ancient walls.

Duration: 1 hour 15 minutes

Price: €12 per person

Free for children under 12 – Book at reception



A visit to Pointe Saint-Mathieu



Pointe Saint-Mathieu is mentioned in books dating back 2,000 years and boasts an exceptionally rich heritage. Pointe Saint-Mathieu offers us a glimpse into Brittany, its turbulent history, its maritime heritage and its timeless legends.

Duration: 1 hour 15 minutes

Price: €12 per person

Free for children under 12 – Book at the reception

EXPLORE THE COASTLINE BY BIKE



Bicycle hire

Set off on an adventure from our hotel on our electric bikes!

Whether you enjoy leisurely rides or are simply curious about nature, treat yourself to a carefree, effortless getaway in the great outdoors.

Cycle along the Finistère coast via the V45 cycle route (440 km), or follow the “An Envor” circuit from Pointe Saint-Mathieu to Le Trézir (18 km).

Half-day rate: €22 per bike

Full-day rate: €28 per bike

Book at reception (helmet and lock provided)

Guided electric fatbike ride

Set off on an electric fatbike ride through unspoilt countryside and Breton heritage. A specially designed route, between land and sea, where you'll discover the finest cultural and maritime heritage sites of the Iroise region as you ride.

Lionel, a former sailor from Le Conquet and founder of Trankillou, will accompany you on your ride.

Loïc, from Ribine Expérience, a professional local guide, will share his passion for the Iroise region with you.

When: every Sunday at 2.30 pm

Departure point: Plougonvelin Tourist Office

Duration: 3½ hours

Price: €89 per person

Suitable for anyone over the age of 14 who can ride a bike



TERRE D'ÉCUME

Terre d'écume offers wellness and nature walks in the Iroise region, from Sainte Anne du Portzic to Porspoder, with most of the routes running between the Petit Minou lighthouse and the Kermorvan lighthouse.

Fanny, your guide, offers a range of activities in addition to the walks:

Afghan walking, birdwatching from the trail, and mindful walking. Available as half-day, full-day and multi-day packages.



La marche Afghane

Walk along the undulating terrain of the Iroise with your guide to try out this technique, which will help you manage your physical exertion whilst walking. You'll work on body awareness, recovery, and a sensory and mindful approach to the surrounding natural environment.

*Price: €40 per person for a half-day
Children are not permitted – Information and bookings available at reception*


AT THE HEART OF “THE LIGHTHOUSE TRAIL”

The highest concentration of lighthouses in the world can be found in the Iroise Sea, so let us guide you!

The Saint-Mathieu Lighthouse



The Pointe Saint-Mathieu lighthouse towers over the Atlantic Ocean with its imposing silhouette. Built in the 19th century, this iconic lighthouse forms part of an exceptional site, with its steep cliffs and sea views. As well as its maritime function, the lighthouse is steeped in history, with the ruins of a medieval abbey adding to the landscape. From its viewing platform, you can admire the vast expanse of sea, and on a clear day, catch a glimpse of the Molène archipelago. It is a must-visit destination for lovers of nature, history and spectacular scenery, offering a breathtaking spectacle on every visit.

 Pointe Saint Mathieu – 8 minutes by car or a 1-hour walk
Height: 37 metres – 163 steps

Lighthouse at sea ***The Pierres Noires Lighthouse***


Off the coast of Pointe Saint-Mathieu, the Pierres Noires lighthouse has stood watch for 150 years. Visible from the mainland, it reveals the secrets of its construction during boat trips.



The Kermorvan Lighthouse




“Walking to Kermorvan Lighthouse feels a bit like setting sail. The peninsula juts out into the sea, offering magnificent views of the Molène archipelago, the Blancs Sablons cove, Le Conquet harbour and its ria. The lighthouse stands watch at the tip of a rocky headland lapped by the currents. When I get there, I feel as though I'm standing at the bow of a ship!” Laura, from Le Conquet.

 Le Conquet – 20 minutes by car or a 48-minute walk
Height: 20.35 metres – 77 steps

The Trézien Lighthouse



 Le Conquet – 20 minutes by car or a 2-hour 15-minute walk
Height: 37 metres – 182 steps

The Trézien lighthouse is an iconic lighthouse that watches over the rough waters of the Iroise Sea. Built in the 19th century, it stands proudly a few kilometres from the tip of Île-Molène, offering breathtaking views of Brittany's wild landscapes. It is the tallest lighthouse in the Iroise region. As well as its maritime function, the area around the lighthouse is a true haven of peace, with its moors and rugged coastline, ideal for walkers.

BREST

Nicknamed the 'City of the West', Brest is one of Europe's maritime capitals and, above all, home to one of France's most beautiful harbours.


Open to the world thanks to its large military and commercial port, it boasts a turbulent and fascinating history. All that remains of its past are striking reminders such as its castle, as, sadly, the city suffered the ravages of the Second World War.

The National Maritime Museum

Housed within Brest Castle, the museum is dedicated to the remarkable history of the Brest Arsenal and the French Navy. The museum's exterior is equally impressive, as it is situated within an old fortified castle, a fortress dating back to the Middle Ages.

This castle is one of the few monuments to have survived the 1944 bombings that destroyed Brest during the Second World War.



 *Brest Castle – 40 minutes' drive*

Océanopolis



Visit Océanopolis, the National Centre for Scientific Culture dedicated to the ocean and one of the largest aquariums in France, located in Brittany! Its aquariums, featuring faithfully recreated habitats, are among the most beautiful in France. Discover a wide variety of species, including invertebrates, fish and marine mammals, and enjoy a captivating journey through the underwater world.


 *Moulin Blanc Marina – 45 minutes' drive*

BREST

L'atelier des Capucins

The Atelier des Capucins is a must-visit destination for lovers of culture and innovation. Formerly an industrial site dedicated to shipbuilding, this space has been completely renovated to become a centre for creativity and culture. Today, the Atelier des Capucins is a modern venue dedicated to culture, creativity and innovation, with views over the city and the harbour. It is a place where industrial history meets contemporary art, perfect for an enriching and unique visit during your stay in Brest.



 25 Rue du Pontaniou
35 minutes by car



More ideas for exploring the city of Ponant



Penfeld Park is a lovely spot for a stroll along the waterfront. The Port de Commerce district is a lively area with cafés, restaurants and a beautiful view of the harbour. You can also explore the Jardin des Explorateurs, a green space offering views of the city.

The Museum of Fine Arts displays a wide variety of artworks, whilst the historic Tanguy Tower offers a fascinating view of Brest.

If you're in town during the summer, Moulin Blanc Beach is the perfect place to enjoy the water and sand. Breton specialities, such as crêpes and cider, can be sampled in the local restaurants.


WITH THE FAMILY

La récréé des trois curés

Treat yourself to a day out with family or friends at Brittany's largest amusement and leisure park in Finistère, just 10 minutes from Brest.

Young and old alike will love La Récré des 3 Curés amusement park, where everything is designed for fun: plenty of rides, outdoor play areas, indoor play areas, thrill rides, pedal boat trips on the lake... Not to mention Le Vertika! A roller coaster unique in France, worthy of the biggest amusement parks! Thrills guaranteed!


Price: €23 for those aged 12 and over, €19.50 for those under 12, and free for children under one metre tall.

 Les 3 Curés, 29290
Milizac – 30
minutes' drive



Bertheaume Iroise Aventure



 Fort de Bertheaume, 29217 Plougonvelin
15 minutes by car

Come and test your courage on the 'Accrorocher' course: climb the rocks, cross suspension bridges and enjoy the unique experience of zip-lining over the Iroise Sea! An exceptional setting with breathtaking views of the sea, all in a safe environment thanks to a continuous safety line system.

Prerequisites: you must be 9 years old and at least 1.40m tall.

Price: €20

MUSEUMS


La Maison de l'Algue

The Maison de l'Algue invites you to discover the fascinating world of seaweed, which is essential both to the local ecosystem and to Breton culture.

Located at Europe's leading seaweed unloading port, the Maison de l'Algue offers an immersive and interactive experience. You can explore exhibitions on seaweed harvesting, its many uses in cooking, cosmetics and design, as well as its role in environmental conservation.



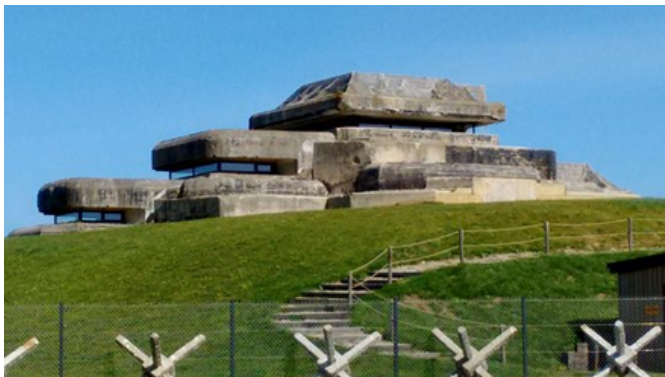
Price: €5 for those aged 13 and over, €1 for children aged 5 to 12, free for children under 5.

Quai de Cambarell, 29840 Lanildut – 
32 minutes by car

Le musée de la mémoire 39-45

This museum immerses you in the defining events of the Second World War. It houses an impressive collection of artefacts, photographs and period documents that will give you a better understanding of the historical context in Le Conquet during the years 1939–1945.

You'll discover poignant accounts, exhibitions on the Resistance fighters, soldiers and the lives of local residents during the occupation, as well as authentic re-enactments.



 Le Prédic – Route de la Pointe Saint-Mathieu – 10 minutes' drive



Sainte-Barbe

HÔTEL & SPA

MGALLERY LE CONQUET