

To find a nice place to eat

If you are a food lover and if you research restaurants where you could eat local products, these are the places I recommend you to go.

Galettes and crêpes :

Le Café de la plage :

800m from home by foot. Fresh galettes made with local products, respectful of the values who made this place famous, created in 2008. No possible reservation.

I recommend you to arrive early or be patient...The cafe is situated close to the beach and has a lovely view of the famous Cap Fréhel. Here you can enjoy ice cream feet in the sand.

Le Petit galet : 02 96 41 58 07

Plévenon, close by The famous Fort La Latte. Good quality products and a lovely view !

Mussels and Fish and chips :

Le petit bouchot : 02 96 41 59 70

800m from home by foot. A master for it ! Generous meals served. Reservation needed !

Tapas :

La Cambuse : 02 96 89 58 66

Less than a km from home. It's a small and convivial place to hang out and have a drink with some tapas to eat using local products.

Pizzas :

Les Embruns : 02 96 41 54 45, Sables d'Or

Generous pizzas on a light crust.

La Mama : 02 96 41 57 61, Sables d'Or

Generous pizzas on a thick crust.

Take away : When everything is closed. There is one vending machine in the center of Fréhel in front of the Tabac presse. The other one is in the car park of the small shop called Coccinelle.

Traditional restaurants :

Le Victorine : 02 96 41 55 55, Fréhel (4 kms)

A very good restaurant, fresh local products cooked with Love. A lovely terrasse in the back garden where it is lovely to be during the summer days !

La potinière : 02 96 41 54 69, Sables d'Or

Where deserts are incredible and lunches during the week are very affordable.

Gastronomic :

The 1925, Hôtel de Diane's restaurant 4**** : 02 96 41 42 07

An incredible and beautiful restaurant where the food is delicate and well served.

Just a little bit farther ...

Le Truc Bidule : 02 96 41 83 05, St Cast le Guildo. I highly recommend it !

Without a doubt, this is a beautiful place in this city in terms of good quality products and a surprising mix of flavors and colors.

Ö Mat : 02 96 72 30 69, Erquy. Nice view on the pier. Nice food.

Les Terre Neuvas : 02 96 72 34 24, Erquy, on the pier. The food is a level up.

Les cocottes papotent : 02 96 31 31 31, Lamballe. A must do ! Very convivial, beautiful place, well decorated and excellent freshly served food.

La Cuisinerie : 02 96 51 19 36, Lamballe. Bistro cuisine. Delicate and flavourful dishes. You will need to be a little patient to be served but happily surprised of what is brought to you.

There are other restaurants around but the quality is unsure and the price excessive for what is served. This is the reason I prefer not to share the names.

To have a drink

Le Café De La Plage closes between 1 and 2 AM.

La Cambuse closes at 1 AM.

D'Est en Ouest, Sables d'Or closes at 2 AM.

Les Merveilleuses, Sables d'Or, Bar and good restaurant also.

Le P'tit St Michel, les Hôpitaux d'Erquy, is a cafe restaurant where you can relax with a lovely sea view. Food is served almost all day long. Lots of concerts planned during Summer.

Local markets - Supermarkets and local producers

Local Producers :

Goat farm "La Chèvrerie de Fréhel" : (4 kms) organic goat milk and cheese, beautiful quality products.

Brewery "La Fréheloise" : 02 96 86 36 28 (3 kms) by Youenn and Sylvie Pibot, the beer is locally made. Check the schedules online to have a taste of their product !

"Les poissons de Marion" : Plurien (6km) Wild fishes for sale which come from our coast, organic ingredients essentially from local organic producers and a clean traceability.

Organic vegetables :

"The Pont Pivert Farm", Plévenon (3km) : 07 83 33 41 06. Local sale in front of the bakery, close from the church (Check online for the days which depend on the season).

"Côté légumes", Erquy (8km) Sale directly at the farm from Monday to Saturday from 9 to 12:30.

Local markets :

- ❖ **Erquy** on every Saturday morning (very big market)
- ❖ **Matignon** on every Wednesday morning (very big market)
- ❖ **Fréhel** on the Tuesday morning in front of the church and in the evening the same day (only during summer days) in the car park down to Le Café de la plage, close to the beach.
- ❖ **Plurien** every Thursday morning in front of the Church.

Supermarkets :

Coccinelle : Fréhel (4 kms) Open every day and on Sundays during Summer.

Carrefour market : Erquy (9 kms) Open every day.

Super U : Erquy (8 kms) Open every day and on Sunday morning during Summer.

Local tours

The **Cap Fréhel** (4,5 kms) by the Coastal path GR34 or by car.

The **Fort La Latte** (6 kms) Incredible fort situated on the seaside.

Wild beaches : "l'Anse du Croc", "La fosse" and more, all lovely and different.

Activities

Surfing :

Armor surf school : 06 22 14 42 80 Beginner or Intermediate. Surf, Bodyboard and Stand-Up Paddle, in an idyllic environment ! Ask for Maël Souleine.

Nautic sports :

Centre nautique de Fréhel : 02 96 41 55 47, Catamaran, Windsurf, Wing foil, Kayak, Paddle.

Snorkeling :

Histoire d'eau : 06 81 50 65 24

Horse riding :

Sables d'or équitation : 06 09 95 38 89, From beginner to advanced level riding. Let's ride on our stunning seaside !

Écurie de Fréhel : 06 07 56 31 27, situated close to the Cap Fréhel and the famous Fort-La-Latte, in a quiet place far from city life.

Les écuries de St Sébastien, Fréhel : 06 64 05 54 20, Riding, school and horse breeding.

Golf :

Le golf des sables d'or : 02 96 41 42 57, 18 hole Golf course, Open course, golf cars and carts authorized.

Fishing : (Guides)

Fish & sea : 06 81 78 95 69, Qualified fishing guide offers you to sail from St Cast in a Hardtail Humber boat, very comfortable, powerful and securised for fishing and guidance.

Philippe Devalant : 06 13 70 03 15 Sea fishing, sailing from Erquy pier.

Poly-activities :

Cap Armor, Yannick Guegan 06 07 56 22 42, is a sports coach and organizes around 20 different activities, every week. This is helped by the township in order to get a busy sportive Summer !

Annual events

On the Internet or in the Tourist Offices (Sables d'Or or Fréhel) you will find all information about extra activities which happen in the area : Flea markets, concerts, exhibitions,...

For all other information, not written here or on flyers at home, then, you can ask me and call me at this number : 06 26 71 00 85. I will call you back if I can't answer right away.

Or you can write to me directly by sms.

I wish you a good stay, to all of you.

Laurent