

Tréméoc

Walk 9

Distance - 5½ miles (8¾km) **Map:** Institut Géographique National, Top25, 0519 OT, Pont L'Abbé, 1:25,000.

A very pleasant circuit along footpaths, minor roads, part of the shore of a lake and the trackbed of the former Quimper to Pont-'l Abbé railway line. All good underfoot and virtually level. Tréméoc is a small quiet village with a good church. The étang du Moulin Neuf is artificial, but doesn't really look it.

It is possible to walk all the way around the lake although the walk-way across the dam is closed off - there is a path below the dam connecting both sides.

Start/car parking - Car park with (good) public conveniences by the side of the road through Tréméoc, in front of the Mairie. From Hilguy just 10 minutes along the D240 to the south.

Refreshments - Possible picnic places only, particularly the lake shore.

Note: It would be a great help to future walkers if you could record any inaccuracies you come across during this walk and report them to reception so that appropriate amendments can be made. Thank you for your help. *Happy walking.*

WALK

Start off along the side of the road signposted to 'Plonéour Lanvern', almost opposite the church. At a road junction turn left to follow a 'Kerhors' signpost. Keep right as the road forks at Kerhors hamlet. As the surfaced road ends, go straight on, between walls, descending gently. Approach a tiny stream, turning left (yellow waymark on tree) across the bottom of a field. Cross the stream on a plank bridge and rise through woodland.

1. Turn right, along a broad track, left at a junction, then sharp left on an earth track at the top of a rise, close to Kerbéron farm, still rising gently along an avenue of trees. Pass the scattered houses of Rostual and then turn right at a minor road. *The countryside is pleasantly agricultural; away to the left is the enormous château d'eau on the outskirts of Pont-l'Abbé.* At a road junction turn right then, in 30 yards, turn left at a 'le Roch' signpost to follow a minor road for about ½ mile. After passing farm buildings, the lake comes into view as the road bends to the left, descending. The farm to the left is le Roch.

2. Turn right into a small informal lakeside parking area. Turn left past a vehicular barrier; the forbidding notices refer to closure of the path across the dam and consequent non-

availability of the lake circuit. Keep to the blissful lakeside path for ½ mile almost to the dam, where the access gate is locked. Thirty yards before the dam fork left to take a rising sunken lane. Keep on this lane as it turns left, avoiding steps to the right (this is the continuation of the circuit round the lake). Turn right at a public road, along the roadside, to a junction by modern houses.

3. Turn left. After a left bend, turn right (yellow waymark) to follow a farm track. As the track bends sharp left, there is a right-turn waymark on a pole. Follow this to take a narrow path along the side of a field.

4. Pass a detached house, then turn left on a broad track. In 100 yards turn right to cross into another broad track, the trackbed of the former railway line. Turn left to follow the line for about 2 miles back towards Tréméoc. The gradient is slightly uphill and most of the route is tree-lined. Cross a gated public road and pass a handsome house (Lanfian) and an overbridge. Reach a second gated public road, the site of the former Tréméoc station.

5. Turn sharp left up the road (signpost 'Kerlagadec') to return to the village and the car park.