

# Kerprat La Forest

## The Murray Guide

Kerprat La Forest is located amidst some of the loveliest countryside in France. It is close to the sea and well placed for a variety of other holiday pursuits. These include walking, cycling, canoeing, climbing, swimming, riding and simply relaxing. The French are very keen on preserving their Patrimoine (Heritage) and so the quality and upkeep of their tourist sites is usually of a high standard.

### Shopping

The nearest bakery is on the outskirts of Languidic (Lanveur). There are another two in the centre of the town near the Church, as well as a fishmonger, butcher etc. There is an Intermarché and 24 hr petrol station in Languidic - it is signed to the left off the first road south off the church square.

Bakers are open on Sunday mornings and the Intermarché in Languidic is open from 9.30am - 12.30pm on Sundays.

The French shops and banks usually close from around 12 - 2pm, (except some of the large hypermarkets), but then often stay open until 7.

For more major shopping it is worth exploring [Hennebont](#) where there is a large Leclerc Hypermarket on the outskirts. There is also a huge Géant hypermarket at Lanester (Lorient direction). For recreational shopping & restaurants Quimper is very pretty, as are [Pontivy](#), Carnac and [Yannes](#). [Concarneau](#) has some amazing craft shops & restaurants in the old harbour fort.

[Lorient](#) centre is more modern but has lots of bars etc and a large Marina. It also has the annual [Celtic festival](#) in August which brings in music lovers from all over the Celtic world.

### Eating Out

The French eat out more at lunchtime than in the evening, often providing exceptional 3 course meals as “workers lunches”. These are usually available in the village bars at a cost of 6-12 Euros per head (inc wine & coffee). The three nearest to Kerprat are Le Relais de Lanveur (RHS of road as you approach the motorway at Languidic), La Vallée Verte at Pont Neuf and another one at Kergonan (under new management).

There is a family run creperie at the back of the Church Square in Languidic (Creperie des Fleurs). Very friendly & owner speaks English. There is an excellent restaurant at 5, Rue de la Mairie in Languidic - Le Sel des Fleurs - exceptional cuisine and highly recommended. You will, however need to book - details in gites. L’Hotel des Fleurs does lunch and occasional evening meals - superb quality with fish their speciality.

Pont Augan has “Au rendezvous des Pecheurs”, recommended by the locals - booking is essential & not open every night. Restaurant du Blavet in Hennebont, by the river is good.

This seems to be open most evenings and has a brilliant menu and a very reasonable set menu too.

There is an excellent restaurant called Le Cheval Blanc in Baud and lots along the coast - Armor Plage has several fish restaurants near the beach & Guidel Plage has a number of restaurants near the bay. Fort Bloqué between Guidel and Lorient has several restaurants which are open out of season as well.

Pontivy - La Petite Marmite on the Rue des Forges just off the “Lanes”- excellent lunches

## Markets

[Hennebont](#) is the nearest market town. It has an impressive castle gateway and river front. There is a huge market every Thursday morning which occupies the main street. You can generally park down by the river or a little way from the main streets. It is also home of the [Haras National](#) - a major horse stud contributing to the preservation of the heavy French horses.

Josselin also has a market on Saturdays so it may be worth stopping off on your way down from Rennes.

## Tennis

There is a tennis court on the far side of Languidic which is open to all. Complicated to get to so ask at the tourist office on LHS just before the town square. We hope to have our own at some point in the future!

## Swimming

Beaches are plentiful - haven't found a bad one yet. Carnac is pretty and very popular. [Guidel plage](#) is vast and the coast between Gavres and Erdeven is peppered with lovely beaches. Also worth going to Port Louis which has excellent sandy beach and also the India Company Museum and historic buildings (see below).

## Art , Antiques & Sight Seeing

[Pont Aven](#) is the centre of things artistic and is full of galleries and artists set alongside a spectacular rock strewn river.



Locronan

There is a fascinating antiques (Troc et Puces) warehouse at Tregunc near Concarneau - worth a rummage. Or if you are hoping to take home any traditional furniture Breton you could do worse than going to Emmaus (run by a charitable trust) at Guidel.

[Quimper](#) has several large museums and galleries and is widely advertised as a cultural centre.

At [Concarneau](#) it is great fun to get up early and see the fish being landed or wander around the stalls in the walled market in the middle of the harbour.

[Josselin](#) away from the coast but traversed by the waters of the [Brest - Nantes canal](#) and hosting the Castle of the early duke of Brittany.

[Locronan](#) - Extremely well preserved village of arts & crafts - lots of temptations!

[Poul Fetan](#) - Medieval Village is a must with original thatched buildings, animals and pottery. In the tourist season the staff are dressed up and provide demonstrations of baking, spinning, washing etc. Nearby Quistinic, although looking a little run down these days, hides an incredible history with impressive springs and religious stonework down by the river.

[Melrand](#) is worth seeing too with a fascinating rebuild of an agricultural village dating back to the middle ages comprising wood and thatch accommodation, bread ovens and farm buildings together with a fascinating range of historic plants and herbs growing in a large garden.

[Pont Scorff](#) is a small town set alongside the river Scorff. It has a facility dedicated to the salmon fishing industry and there is an annual "fete du Saumon".

A short way away is [Pont Scorff Zoo](#) which is well worth a visit especially for the young.

[Port Louis](#) is a wonderful place right down by the sea South of Lorient - Museum is housed in the original citadel of the India Company and is well worth a visit - ramparts are very impressive.



Poul Fetan Medieval Village



St Cado

[St Nicholas des Eaux](#) has a pretty waterfront location with carnivals in the summer and bars from which you can watch the world float and walk by. The villages around it also have fascinating churches and hidden treasures - look at the church and font at St Nicodeme and perhaps try chanting in the crypt - the effect is magnificent!

The main megalithic stone alignments are close to [Carnac](#) but the whole region is peppered with history.

Other impressive stones at Erdeven and right on the doorstep at Kersolan.

[St. Cado](#), on the estuary near Belz, is quite beautiful. It is one of the centres for mussel growing and has a pretty church up on the island.

### [River Blavet](#)

The river Blavet is an important recreational river both for fishing and canoeing, whilst the towpath which stretches for from Hennebont to Josselin and beyond is fun for walking, swimming and cycling Pont Neuf is nearest access point.



River Blavet