



## THE PEN-BÉ STRAIT *Assérac*



22.3 km



5 hours 35



Possible encounter with livestock



Parking near Point I

### Access

town centre of Assérac



### Brière Tourist Information Office

Maison du Parc - Village of Kerhinet  
Saint-Lyphard - +33 (0)2 40 24 34 44



### Assérac Mobile Point I during the season

Place Olivier Guichard  
+33 (0)2 40 24 34 44

You will enjoy this trail which offers a wide range of landscapes to discover on the Peninsula: villages and wooded countryside, dunes and moors, coastline and salt marshes, etc.

The numerous viewpoints and the diversity of the environments you'll pass through mean that you can expect to see a particularly wide variety of fauna and flora. You won't know where to look!



From the car park, head down to the lake and go around it to the left. At the intersection, turn right and follow the RD 82 along the footpath for approximately 400m. Turn right onto a farm track.



At the end of this track, continue straight on for 100 m along the RD 83 and take the 1st left to go to the Bel-Air farm. Turn right and continue for 900 m until you reach the RD 83.



Cross the main road and head left along the field and into the wooded area. This section can be wet, a raised walkway has been provided for this purpose. Then turn right onto the farm track. At the intersection with a forest track, turn left. After 300m, turn left again to the Croix Rouge crossroads.



Cross the main road and head towards the village of Kerarno. 400 m further on, turn left and cross the reed beds along the farm track. Continue to the village of Limarzel and enjoy the marshland atmosphere.



In Limarzel, turn right and follow the road to Pont Mahé. Near the campsite, cross the road and go straight on to the beach.



Opposite the bay of Pont Mahé, a popular spot for kite-surfers and a protected natural site, go through the barrier and then take the path to the left between the wooden fencing. A little further on, go over the sheep fence via the steps to enter the Pont-Mahé dune and use the wooden posts as your guide. The height of the dune means you can admire the superb view of the bay that stretches before you. Then go alongside the wooded area for just over 200 m. On your left, you'll see some dead trees, recognisable by their grey colour. Their presence is favourable to woodpeckers that come to feed there, in particular to the Black Woodpecker. Don't miss the strange pine tree that has grown in a spiral shape, for an unknown reason. When you reach the fence and approach the road, turn right and then immediately left to enter the undergrowth. Follow the path to the steps over the fence, go over them and then turn right. Continue along this path until you reach a junction; on your right, a restored pond is ready to welcome the common parsley frog, European treefrog and other amphibian species. Turn left to continue on the trail and cross the Moulin de l'Éclis stream via the footbridge. Continue on the path and turn right at the next intersection. You gradually leave the wooded area to reach the dune, observe how the vegetation changes along your way. Continue along the path between the posts which leads slightly up to the left and then runs parallel to the beach. The path continues and leads to the right down to the beach. Head left, then go along the beach towards the cliffs. Then continue along the customs officer's path over the moors of Pen-Bé until you reach the tip with the same name. Along the cliffs, observe the European rock pipit nesting in the crevices of the rock and singing as it glides along the coastline.



Once you've passed the Chemin de la Marche aux Bœufs, continue alongside Pen-Bé strait and past the oyster farms in the bay. On the mudflats in the strait, you can find dwarf eelgrass, a protected marine plant that resembles an algae, and sometimes forms very dense grass beds. They are the main source of food for the Brent Goose, a small black and white goose, which spends the winter on the Peninsula. Go back along the coastal path for almost 2 km. On the way, stop off at the Bas Village picnic area to recharge your batteries before continuing. At the intersection, continue straight ahead on the Kermalinge dune. This grey dune is fragile and sensitive to trampling, please stay on the path. Cross the footbridge and continue between the mudflats to the road. Turn left to the village of Kergéraud.



At the intersection, take the road to the right for 1.6 km and pass through the villages of Kergéraud, Brésiberin and Kerney. Turn right and go down the path to Penbuzo and the marshes. When you get there, turn left. After following the marshes and taking time to observe the pied avocets and other Eurasian spoonbills, go along a small path to the left and walk up towards Pont d'Armes. Please remember that the salt marshes are private property, so please stay on the path!



At the crossroads, take the Rue de Malabrie on your left. On the Route du Parc Jaquet, take the Rue du Parc Guilloré immediately to the right after the roundabout. Finally, at the end of this street, turn left to go up towards the centre of Assérac and back to the car park.



### THE PONT-MAHÉ DUNE

Along with Pen Bron in La Turballe and the Dune de la Falaise in Batz sur Mer, the Pont-Mahé dune is one of the three major dunes remaining on the Guérande peninsula. Its natural heritage is remarkable: habitats of European interest: grey dune, decalcified dune, heathland, wet depressions, etc., as well as protected species: Golden thistle, crepis suffreniana, sand toadflax... and the black woodpecker. This heritage was threatened by the colonisation of open habitats (dunes, moors) by ferns, thickets and mature maritime pines. The Conservatoire du Littoral (French Coastal Protection Agency), owner of the site since 2012, has asked Cap Atlantique, the organisation in charge of Natura 2000 in Assérac, to draw up a 5-year management plan for the site, in partnership with the local council. Restoration work aimed at restoring mainly the open habitats, which were once omnipresent on the site, has been implemented since 2015: logging of maritime pines, creation of clearings in favour of heathland, restoration of 9 wetland depressions in favour of amphibians and flora, work on the Moulin de l'Éclis stream, creation of 2 cattle and sheep grazing areas.



### OYSTER FARMING IN THE PEN-BÉ STRAIT

A strait is an enclosed bay subject to the tides. Characteristic of the Guérande peninsula, it supplies salt marshes with sea water and is particularly well suited to shellfish farming. In the Pen-Bé strait, oyster farming is predominant. Introduced in the second half of the 19th century, the flat oysters of Morbihan, decimated by a disease, were replaced by Japanese hollow oysters. A few steps from the coast, in the Mès salt marshes, basins have been created in clear water and are dedicated to the maturing of oysters.



