







ITINÉRAIRE HORAIRE

Carhaix ► Cap Fréhel - 164.5 km

| ITINÉRAIRE | | Kilomètres | | horaire | | | |
|---|--|--------------|-----------|----------|-------|-------|-------|
| | | de l'arrivée | du départ | Caravane | 47.0 | 45.0 | 43.0 |
| | FRANCE | | | | | | |
| | FINISTÈRE (29) | | | | | | |
|  | CARHAIX (VC-D764) PLACE DU JEAN DE FOIRE | | | 11:55 | 13:40 | 13:40 | 13:40 |
| | Carrefour D764-VC D764 | | | 12:02 | 13:47 | 13:47 | 13:47 |
| | Carrefour VC-D54 | | | 12:04 | 13:49 | 13:49 | 13:49 |
|  | CARHAIX D54 | 164.5 | 0.0 | 12:05 | 13:50 | 13:50 | 13:50 |
| | PLOUNÉVÉZEL | 163.0 | 1.5 | 12:07 | 13:52 | 13:52 | 13:52 |
| | Le Croaz-Hent Marie-Jaffré (POULLAOUEN) | 156.0 | 8.5 | 12:16 | 14:00 | 14:01 | 14:01 |
| | Carrefour D54-D154 | 156.0 | 8.5 | 12:16 | 14:00 | 14:01 | 14:01 |
| | Kergadiou (POULLAOUEN) D154 | 155.0 | 9.5 | 12:18 | 14:02 | 14:02 | 14:03 |
| | CÔTES-D'ARMOR (22) | | | | | | |
| | La Croix Rouge (PLOURAC'H) D54 | 149.0 | 15.5 | 12:26 | 14:09 | 14:10 | 14:11 |
| | Parc Coz (PLOURAC'H) | 147.0 | 17.5 | 12:29 | 14:12 | 14:13 | 14:14 |
| | Carrefour D54-D28 | 146.0 | 18.5 | 12:31 | 14:13 | 14:14 | 14:16 |
| | Lannégan (PLUSQUELLEC) D28 | 144.0 | 20.5 | 12:34 | 14:16 | 14:17 | 14:19 |
| | Kerliviou (PLUSQUELLEC) | 143.0 | 21.5 | 12:35 | 14:17 | 14:18 | 14:20 |
| | CALLAC (D28-D11-D54 B) | 139.5 | 25.0 | 12:40 | 14:22 | 14:23 | 14:25 |
| | Kerroux D54 B | 135.0 | 29.5 | 12:46 | 14:28 | 14:29 | 14:31 |
| | Carrefour D54 B-D54 | 132.0 | 32.5 | 12:50 | 14:31 | 14:33 | 14:35 |
| | LA CHAPELLE-NEUVE D54 | 131.0 | 33.5 | 12:51 | 14:32 | 14:34 | 14:36 |
| | PLOUGONVER (D54-D33-D54) | 127.0 | 37.5 | 12:57 | 14:37 | 14:40 | 14:42 |
| | GURUNHUEL (D54-D20) | 119.0 | 45.5 | 13:08 | 14:48 | 14:50 | 14:53 |
|  | Côte de Gurunhuel | 119.0 | 45.5 | 13:08 | 14:48 | 14:50 | 14:53 |
| | Carrefour D20-D54 D20 | 115.5 | 49.0 | 13:13 | 14:52 | 14:55 | 14:58 |
| | GRÂCES D54 | 108.5 | 56.0 | 13:23 | 15:01 | 15:04 | 15:08 |
| | Passage à niveau n°2 | 107.0 | 57.5 | 13:25 | 15:03 | 15:06 | 15:10 |
| | GUINGAMP (D54-D767-VC-D8-D767-D9) | 107.0 | 57.5 | 13:25 | 15:03 | 15:06 | 15:10 |
| | SAINT-AGATHON D9 | 103.5 | 61.0 | 13:30 | 15:08 | 15:11 | 15:15 |
| | LE MERZER (près) | 99.0 | 65.5 | 13:36 | 15:13 | 15:17 | 15:21 |
|  | GOUDELIN | 94.5 | 70.0 | 13:42 | 15:19 | 15:23 | 15:27 |
| | LANVOLLON | 91.0 | 73.5 | 13:47 | 15:24 | 15:28 | 15:32 |
| | Carrefour D9-D32 | 89.5 | 75.0 | 13:49 | 15:25 | 15:30 | 15:34 |
|  | PLUDUAL D32 | 87.0 | 77.5 | 13:53 | 15:28 | 15:33 | 15:38 |
| | Kerdoret | 87.0 | 77.5 | 13:53 | 15:28 | 15:33 | 15:38 |
| | PLOUHA (D32-D21-D786) | 84.0 | 80.5 | 13:57 | 15:32 | 15:37 | 15:42 |
| | TRÉVENEUC (près) D786 | 78.0 | 86.5 | 14:05 | 15:40 | 15:45 | 15:50 |
| | SAINT-QUAY-PORTRIEUX | 75.5 | 89.0 | 14:09 | 15:43 | 15:48 | 15:54 |
| | ÉTABLES-SUR-MER | 75.0 | 89.5 | 14:10 | 15:44 | 15:49 | 15:55 |
| | BINIC | 69.0 | 95.5 | 14:18 | 15:52 | 15:57 | 16:03 |
| | Carrefour D786-D1 | 66.0 | 98.5 | 14:22 | 15:55 | 16:01 | 16:07 |
| | PORDIC (D1-VC) D1 | 66.0 | 98.5 | 14:22 | 15:56 | 16:01 | 16:07 |
| | Carrefour VC-D6 VC | 60.5 | 104.0 | 14:30 | 16:02 | 16:08 | 16:15 |
| | Le Pont de Gouet (PLÉRIN) D6 | 56.0 | 108.5 | 14:36 | 16:08 | 16:14 | 16:21 |
| | Carrefour D6-D24 | 55.0 | 109.5 | 14:37 | 16:09 | 16:15 | 16:22 |
| | Le Légué (PLÉRIN) D24 | 54.5 | 110.0 | 14:38 | 16:10 | 16:16 | 16:23 |
| | Carrefour D24-VC | 54.0 | 110.5 | 14:39 | 16:11 | 16:17 | 16:24 |
| | SAINT-BRIEUC (VC-D786-D27) VC | 54.0 | 110.5 | 14:39 | 16:11 | 16:17 | 16:24 |
| | Carrefour D27-VC D27 | 47.5 | 117.0 | 14:48 | 16:19 | 16:26 | 16:33 |
| | TRÉGUEUX (VC-D1) | 47.5 | 117.0 | 14:48 | 16:19 | 16:26 | 16:33 |
| | Carrefour D1-D10 D1 | 45.0 | 119.5 | 14:51 | 16:22 | 16:29 | 16:36 |
| | La Croix Gibat D10 | 45.0 | 119.5 | 14:51 | 16:22 | 16:29 | 16:36 |
| | Carrefour D10-D712 | 42.0 | 122.5 | 14:56 | 16:26 | 16:33 | 16:41 |
| | YFFINIAC D712 | 42.0 | 122.5 | 14:56 | 16:26 | 16:33 | 16:41 |
| | Carrefour D712-D80 | 40.5 | 124.0 | 14:58 | 16:28 | 16:35 | 16:43 |
| | Licellion D80 | 40.0 | 124.5 | 14:58 | 16:28 | 16:35 | 16:43 |

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| | HILLION (D80-C7-D34) | 37.5 | 127.0 | 15:02 | 16:32 | 16:39 | 16:47 |
| | La Grandville <small>D34</small> | 35.0 | 129.5 | 15:05 | 16:35 | 16:42 | 16:50 |
| | MORIEUX | 32.5 | 132.0 | 15:09 | 16:38 | 16:46 | 16:54 |
| | PLANGUENOUAL | 29.5 | 135.0 | 15:13 | 16:42 | 16:49 | 16:58 |
| | Port Pily (SAINT-ALBAN) | 25.0 | 139.5 | 15:19 | 16:48 | 16:56 | 17:04 |
| | PLÉNEUF-VAL-ANDRÉ (D34-D786-D58-D786) | 24.5 | 140.0 | 15:20 | 16:48 | 16:56 | 17:05 |
| | La Couture <small>D786</small> | 15.5 | 149.0 | 15:32 | 17:00 | 17:08 | 17:17 |
| | Le Chalet | 14.0 | 150.5 | 15:35 | 17:02 | 17:11 | 17:20 |
| | ERQUY (D786-VC-D786) | 12.5 | 152.0 | 15:37 | 17:04 | 17:12 | 17:22 |
| | Carrefour D786-D34 | 6.5 | 158.0 | 15:45 | 17:11 | 17:20 | 17:30 |
| | PLURIEN <small>D34</small> | 6.0 | 158.5 | 15:46 | 17:12 | 17:21 | 17:31 |
| | La Gare | 5.0 | 159.5 | 15:47 | 17:13 | 17:22 | 17:32 |
| | Sables d'Or-les-Pins (FRÉHEL) (D34-D34 A) | 4.5 | 160.0 | 15:48 | 17:14 | 17:23 | 17:33 |
| | Carrefour D34-D34 A | 3.5 | 161.0 | 15:49 | 17:15 | 17:24 | 17:34 |
| | Pléhérel-Plage-Vieux Bourg (FRÉHEL) <small>D34 A</small> | 0.5 | 164.0 | 15:54 | 17:19 | 17:29 | 17:39 |
|  | Cap Fréhel | 0.0 | 164.5 | 15:54 | 17:20 | 17:29 | 17:39 |