

# HORAIRES DES MARÉES

*TIDE TIMETABLE  
GEZEITEN*

2026



BÉNODET  
FOUESNANT-LES GLÉNAN  
LA FORÊT-FOUESNANT - PORT LA FORÊT



LA RIVIERA  
BRETONNE

# LA PÊCHE À PIED



À marée basse lorsque la mer s'efface, elle laisse apparaître une zone naturelle riche et fragile : l'estran. C'est ici que vous pouvez vous adonner à la pêche à pied : muni d'une épuisette pour capturer les crevettes, d'une griffe pour débusquer les coques, ou de vos mains pour attraper des crabes ! Que vous la pratiquiez sur le sable ou dans les rochers, gardez bien en tête que tout ce petit monde repose sur un équilibre subtil que l'on peut préserver en suivant certaines règles de bonnes pratiques :

- Respectez les tailles minimales : assurez de ne prélever que des individus adultes et de pérenniser la présence de l'espèce sur l'estran.
- Ne prélevez que ce que vous êtes certains de consommer en respectant les quantités des prises.
- Herbiers de zostères, récifs d'hermines et champs de blocs : attention aux habitats sensibles ! Remettez les cailloux que vous avez retournés, dans leur sens initial. Rebouchez les trous dans le sable et la vase : ils constituent un écosystème très fragile qui met des années à se reconstituer. Évitez de marcher sur les récifs d'hermines.
- Utilisez des outils respectueux et ne dégradez pas le milieu. Ne récoltez pas de coquillages ou de vers dans les herbiers de zostères.
- Triez votre pêche au fur et à mesure et laissez sur place ce que vous ne conservez pas.

## Et pour votre sécurité

- Renseignez-vous sur les horaires de marées et la météo.
- Informez-vous sur la qualité sanitaire des sites et sur les interdictions éventuelles.
- Signalez votre lieu et vos horaires de pêche à vos proches.
- Munissez-vous d'un téléphone portable pour rester joignable.

## Consultez les sites :

[www.pecheapied-responsable.fr](http://www.pecheapied-responsable.fr) • [www.ars.bretagne.sante.fr](http://www.ars.bretagne.sante.fr)



Règlette de pêche à pied  
disponible dans les offices  
de tourisme

## Comment la mer va et vient ?

La fréquence des marées est directement liée à l'attraction que la Lune exerce sur la Terre et à la force centrifuge du couple Terre-Lune qui tourne sur lui-même (comme un seau d'eau que l'on fait tourner).

À marée haute (pleine mer), la Lune exerce une force d'attraction en attirant l'eau terrestre la plus proche d'elle. Toutes les 24 heures, une zone sur Terre voit son eau soumise à cette force par la lune. À l'opposé de ce point la force centrifuge attire aussi l'eau. Ceci explique qu'il y ait 2 marées hautes par jour.

À marée basse (basse mer), aux points du globe qui ne subissent pas ces deux « forces », la mer est basse ! Ainsi, toutes les 6 heures, la Terre faisant  $\frac{1}{4}$  de tour sur elle-même, on alterne : attraction lunaire (pleine mer), absence d'attraction (basse mer), force centrifuge (pleine mer), absence d'attraction (basse mer).

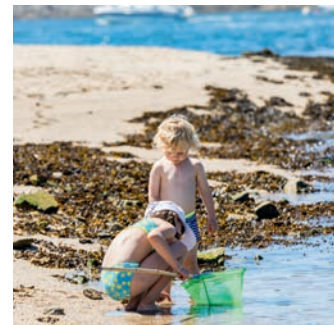
## Et le soleil alors ?

Le soleil quant à lui vient jouer avec sa propre force d'attraction et participe à l'intensité des marées en fonction de sa position vis-à-vis de la Lune. Ce sont les grandes marées ou les mortes eaux.

Des animations nature sont proposées sur le territoire. Renseignements et inscriptions auprès des offices de tourisme de Fouesnant et La Forêt-Fouesnant.

## Les grandes marées 2026

- 19 au 22 mars
- 13 au 15 août
- 17 au 19 avril
- 11 au 13 septembre





JANVIER

FÉVRIER

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| J 1    | 02:27 | 69    | 08:36 | ---   | 15:00 | 74    | 21:02 | ---   |
| V 2    | 03:23 | 79    | 09:35 | ---   | 15:57 | 84    | 21:56 | ---   |
| S 3 ☉  | 04:16 | 88    | 10:29 | ---   | 16:49 | 91    | 22:47 | ---   |
| D 4    | 05:06 | 94    | 11:20 | ---   | 17:37 | 95    | 23:36 | ---   |
| L 5    | 05:53 | 96    | 12:08 | ---   | 18:23 | 95    | --:-- | ---   |
| M 6    | 00:23 | ---   | 06:38 | 93    | 12:54 | ---   | 19:05 | 91    |
| M 7    | 01:08 | ---   | 07:20 | 87    | 13:40 | ---   | 19:46 | 82    |
| J 8    | 01:53 | ---   | 08:00 | 77    | 14:24 | ---   | 20:26 | 72    |
| V 9    | 02:39 | ---   | 08:41 | 66    | 15:10 | ---   | 21:08 | 60    |
| S 10 ☾ | 03:27 | ---   | 09:24 | 54    | 15:59 | ---   | 21:58 | 49    |
| D 11   | 04:19 | ---   | 10:16 | 44    | 16:55 | ---   | 23:02 | 39    |
| L 12   | 05:21 | ---   | 11:26 | 36    | 18:02 | ---   | --:-- | ---   |
| M 13   | 00:20 | 35    | 06:31 | ---   | 12:50 | 35    | 19:12 | ---   |
| M 14   | 01:31 | 36    | 07:39 | ---   | 14:00 | 39    | 20:13 | ---   |
| J 15   | 02:27 | 43    | 08:37 | ---   | 14:54 | 47    | 21:01 | ---   |
| V 16   | 03:12 | 52    | 09:24 | ---   | 15:37 | 56    | 21:42 | ---   |
| S 17   | 03:51 | 61    | 10:04 | ---   | 16:15 | 65    | 22:20 | ---   |
| D 18 ● | 04:27 | 69    | 10:41 | ---   | 16:50 | 73    | 22:56 | ---   |
| L 19   | 05:02 | 76    | 11:17 | ---   | 17:23 | 79    | 23:31 | ---   |
| M 20   | 05:37 | 81    | 11:53 | ---   | 17:56 | 83    | --:-- | ---   |
| M 21   | 00:06 | ---   | 06:12 | 84    | 12:28 | ---   | 18:30 | 85    |
| J 22   | 00:41 | ---   | 06:47 | 85    | 13:03 | ---   | 19:04 | 84    |
| V 23   | 01:17 | ---   | 07:24 | 82    | 13:41 | ---   | 19:41 | 80    |
| S 24   | 01:57 | ---   | 08:04 | 76    | 14:21 | ---   | 20:21 | 73    |
| D 25   | 02:41 | ---   | 08:48 | 68    | 15:07 | ---   | 21:08 | 64    |
| L 26 ☽ | 03:32 | ---   | 09:41 | 59    | 16:02 | ---   | 22:10 | 54    |
| M 27   | 04:37 | ---   | 10:52 | 50    | 17:11 | ---   | 23:35 | 47    |
| M 28   | 05:56 | ---   | 12:25 | 47    | 18:32 | ---   | --:-- | ---   |
| J 29   | 01:09 | 49    | 07:20 | ---   | 13:53 | 52    | 19:52 | ---   |
| V 30   | 02:24 | 58    | 08:35 | ---   | 15:01 | 65    | 20:59 | ---   |
| S 31   | 03:23 | 72    | 09:35 | ---   | 15:57 | 78    | 21:53 | ---   |

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| D 1 ☾  | 04:14 | 84    | 10:25 | ---   | 16:44 | 89    | 22:41 | ---   |
| L 2    | 04:59 | 94    | 11:11 | ---   | 17:26 | 97    | 23:25 | ---   |
| M 3    | 05:39 | 99    | 11:53 | ---   | 18:04 | 99    | --:-- | ---   |
| M 4    | 00:06 | ---   | 06:17 | 99    | 12:33 | ---   | 18:39 | 97    |
| J 5    | 00:45 | ---   | 06:52 | 94    | 13:11 | ---   | 19:12 | 90    |
| V 6    | 01:24 | ---   | 07:24 | 84    | 13:48 | ---   | 19:43 | 79    |
| S 7    | 02:01 | ---   | 07:56 | 73    | 14:25 | ---   | 20:16 | 66    |
| D 8    | 02:40 | ---   | 08:31 | 59    | 15:04 | ---   | 20:53 | 52    |
| L 9 ☾  | 03:23 | ---   | 09:11 | 46    | 15:49 | ---   | 21:43 | 39    |
| M 10   | 04:17 | ---   | 10:06 | 33    | 16:51 | ---   | 23:03 | 28    |
| M 11   | 05:31 | ---   | 11:45 | 25    | 18:16 | ---   | --:-- | ---   |
| J 12   | 00:52 | 25    | 07:00 | ---   | 13:35 | 28    | 19:41 | ---   |
| V 13   | 02:04 | 33    | 08:14 | ---   | 14:37 | 39    | 20:40 | ---   |
| S 14   | 02:53 | 45    | 09:05 | ---   | 15:21 | 52    | 21:23 | ---   |
| D 15   | 03:33 | 59    | 09:45 | ---   | 15:58 | 65    | 22:00 | ---   |
| L 16   | 04:09 | 71    | 10:21 | ---   | 16:31 | 77    | 22:35 | ---   |
| M 17 ● | 04:43 | 82    | 10:55 | ---   | 17:03 | 87    | 23:09 | ---   |
| M 18   | 05:17 | 91    | 11:29 | ---   | 17:35 | 94    | 23:43 | ---   |
| J 19   | 05:51 | 96    | 12:04 | ---   | 18:08 | 97    | --:-- | ---   |
| V 20   | 00:18 | ---   | 06:25 | 97    | 12:39 | ---   | 18:42 | 96    |
| S 21   | 00:55 | ---   | 07:01 | 94    | 13:16 | ---   | 19:16 | 91    |
| D 22   | 01:34 | ---   | 07:39 | 86    | 13:56 | ---   | 19:53 | 81    |
| L 23   | 02:17 | ---   | 08:21 | 74    | 14:40 | ---   | 20:37 | 67    |
| M 24 ☽ | 03:08 | ---   | 09:13 | 60    | 15:34 | ---   | 21:37 | 52    |
| M 25   | 04:15 | ---   | 10:30 | 46    | 16:47 | ---   | 23:14 | 41    |
| J 26   | 05:45 | ---   | 12:25 | 39    | 18:22 | ---   | --:-- | ---   |
| V 27   | 01:10 | 42    | 07:23 | ---   | 14:00 | 47    | 19:52 | ---   |
| S 28   | 02:26 | 55    | 08:36 | ---   | 15:02 | 62    | 20:55 | ---   |

Pleine mer

Basse mer

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| D 1    | 03:20 | 70    | 09:29 | ---   | 15:49 | 78    | 21:44 | ---   |
| L 2    | 04:04 | 84    | 10:12 | ---   | 16:29 | 90    | 22:26 | ---   |
| M 3 ☉  | 04:42 | 94    | 10:52 | ---   | 17:05 | 97    | 23:06 | ---   |
| M 4    | 05:17 | 99    | 11:29 | ---   | 17:37 | 99    | 23:43 | ---   |
| J 5    | 05:49 | 99    | 12:05 | ---   | 18:07 | 97    | --:-- | ---   |
| V 6    | 00:18 | ---   | 06:19 | 94    | 12:39 | ---   | 18:36 | 91    |
| S 7    | 00:52 | ---   | 06:48 | 86    | 13:11 | ---   | 19:04 | 81    |
| D 8    | 01:25 | ---   | 07:18 | 75    | 13:43 | ---   | 19:34 | 69    |
| L 9    | 01:58 | ---   | 07:48 | 62    | 14:16 | ---   | 20:07 | 55    |
| M 10   | 02:35 | ---   | 08:22 | 48    | 14:54 | ---   | 20:48 | 41    |
| M 11 ☾ | 03:22 | ---   | 09:09 | 34    | 15:48 | ---   | 21:54 | 28    |
| J 12   | 04:34 | ---   | 10:34 | 23    | 17:17 | ---   | 23:53 | 21    |
| V 13   | 06:14 | ---   | 13:00 | 23    | 18:59 | ---   | --:-- | ---   |
| S 14   | 01:28 | 28    | 07:39 | ---   | 14:08 | 35    | 20:07 | ---   |
| D 15   | 02:22 | 42    | 08:33 | ---   | 14:52 | 50    | 20:53 | ---   |
| L 16   | 03:03 | 58    | 09:14 | ---   | 15:28 | 66    | 21:31 | ---   |
| M 17   | 03:39 | 73    | 09:50 | ---   | 16:01 | 80    | 22:06 | ---   |
| M 18   | 04:14 | 87    | 10:25 | ---   | 16:34 | 92    | 22:41 | ---   |
| J 19 ● | 04:49 | 97    | 11:00 | ---   | 17:08 | 101   | 23:16 | ---   |
| V 20   | 05:25 | 103   | 11:35 | ---   | 17:43 | 104   | 23:53 | ---   |
| S 21   | 06:02 | 104   | 12:13 | ---   | 18:18 | 103   | --:-- | ---   |
| D 22   | 00:32 | ---   | 06:40 | 100   | 12:52 | ---   | 18:54 | 95    |
| L 23   | 01:14 | ---   | 07:19 | 89    | 13:34 | ---   | 19:33 | 82    |
| M 24   | 02:00 | ---   | 08:04 | 74    | 14:22 | ---   | 20:20 | 66    |
| M 25 ☾ | 02:55 | ---   | 09:03 | 57    | 15:21 | ---   | 21:27 | 49    |
| J 26   | 04:09 | ---   | 10:33 | 43    | 16:41 | ---   | 23:18 | 39    |
| V 27   | 05:45 | ---   | 12:32 | 39    | 18:19 | ---   | --:-- | ---   |
| S 28   | 01:05 | 43    | 07:18 | ---   | 13:52 | 49    | 19:41 | ---   |
| D 29   | 03:13 | 56    | 09:22 | ---   | 15:46 | 63    | 21:38 | ---   |
| L 30   | 04:02 | 70    | 10:09 | ---   | 16:28 | 77    | 22:24 | ---   |
| M 31   | 04:42 | 82    | 10:50 | ---   | 17:04 | 86    | 23:04 | ---   |

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|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| M 1    | 05:17 | 89    | 11:27 | ---   | 17:36 | 92    | 23:41 | ---   |
| J 2 ☉  | 05:49 | 93    | 12:02 | ---   | 18:06 | 93    | --:-- | ---   |
| V 3    | 00:16 | ---   | 06:19 | 93    | 12:35 | ---   | 18:35 | 91    |
| S 4    | 00:49 | ---   | 06:48 | 89    | 13:06 | ---   | 19:03 | 86    |
| D 5    | 01:21 | ---   | 07:16 | 82    | 13:37 | ---   | 19:32 | 78    |
| L 6    | 01:53 | ---   | 07:46 | 73    | 14:07 | ---   | 20:02 | 68    |
| M 7    | 02:26 | ---   | 08:16 | 62    | 14:39 | ---   | 20:35 | 56    |
| M 8    | 03:03 | ---   | 08:51 | 50    | 15:17 | ---   | 21:16 | 43    |
| J 9    | 03:48 | ---   | 09:37 | 37    | 16:08 | ---   | 22:16 | 32    |
| V 10 ☾ | 04:52 | ---   | 10:54 | 27    | 17:29 | ---   | 23:51 | 25    |
| S 11   | 06:22 | ---   | 12:59 | 26    | 19:04 | ---   | --:-- | ---   |
| D 12   | 01:31 | 29    | 07:46 | ---   | 14:19 | 35    | 20:18 | ---   |
| L 13   | 02:34 | 42    | 08:46 | ---   | 15:07 | 50    | 21:09 | ---   |
| M 14   | 03:20 | 58    | 09:32 | ---   | 15:47 | 66    | 21:51 | ---   |
| M 15   | 04:01 | 73    | 10:11 | ---   | 16:24 | 81    | 22:30 | ---   |
| J 16   | 04:41 | 87    | 10:50 | ---   | 17:01 | 93    | 23:09 | ---   |
| V 17 ● | 05:20 | 97    | 11:28 | ---   | 17:39 | 101   | 23:49 | ---   |
| S 18   | 06:00 | 104   | 12:08 | ---   | 18:18 | 105   | --:-- | ---   |
| D 19   | 00:30 | ---   | 06:41 | 104   | 12:49 | ---   | 18:57 | 102   |
| L 20   | 01:13 | ---   | 07:24 | 99    | 13:33 | ---   | 19:39 | 94    |
| M 21   | 02:00 | ---   | 08:10 | 88    | 14:20 | ---   | 20:25 | 81    |
| M 22   | 02:52 | ---   | 09:01 | 73    | 15:13 | ---   | 21:20 | 65    |
| J 23   | 03:52 | ---   | 10:07 | 58    | 16:17 | ---   | 22:32 | 51    |
| V 24 ☾ | 05:07 | ---   | 11:37 | 46    | 17:35 | ---   | --:-- | ---   |
| S 25   | 00:10 | 44    | 06:32 | ---   | 13:13 | 44    | 19:00 | ---   |
| D 26   | 01:37 | 47    | 07:52 | ---   | 14:22 | 51    | 20:13 | ---   |
| L 27   | 02:41 | 56    | 08:53 | ---   | 15:14 | 61    | 21:10 | ---   |
| M 28   | 03:31 | 66    | 09:40 | ---   | 15:55 | 71    | 21:56 | ---   |
| M 29   | 04:12 | 74    | 10:21 | ---   | 16:31 | 77    | 22:37 | ---   |
| J 30   | 04:47 | 80    | 10:58 | ---   | 17:04 | 81    | 23:14 | ---   |

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 Basse mer

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| V 1 O  | 05:20 | 82    | 11:33 | ---   | 17:35 | 82    | 23:49 | ---   |
| S 2    | 05:51 | 82    | 12:06 | ---   | 18:06 | 82    | --:-- | ---   |
| D 3    | 00:23 | ---   | 06:22 | 80    | 12:37 | ---   | 18:36 | 78    |
| L 4    | 00:55 | ---   | 06:52 | 76    | 13:09 | ---   | 19:08 | 73    |
| M 5    | 01:29 | ---   | 07:24 | 69    | 13:41 | ---   | 19:40 | 66    |
| M 6    | 02:04 | ---   | 07:57 | 62    | 14:16 | ---   | 20:16 | 57    |
| J 7    | 02:42 | ---   | 08:34 | 53    | 14:56 | ---   | 20:59 | 48    |
| V 8    | 03:27 | ---   | 09:21 | 44    | 15:46 | ---   | 21:55 | 40    |
| S 9 ☾  | 04:23 | ---   | 10:26 | 37    | 16:51 | ---   | 23:06 | 35    |
| D 10   | 05:32 | ---   | 11:52 | 35    | 18:08 | ---   | --:-- | ---   |
| L 11   | 00:25 | 36    | 06:46 | ---   | 13:13 | 40    | 19:19 | ---   |
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| V 15   | 04:07 | 83    | 10:15 | ---   | 16:30 | 88    | 22:39 | ---   |
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| M 19   | 01:01 | ---   | 07:16 | 95    | 13:20 | ---   | 19:33 | 91    |
| M 20   | 01:52 | ---   | 08:07 | 87    | 14:11 | ---   | 20:25 | 81    |
| J 21   | 02:47 | ---   | 09:02 | 76    | 15:07 | ---   | 21:22 | 70    |
| V 22   | 03:47 | ---   | 10:05 | 64    | 16:08 | ---   | 22:27 | 59    |
| S 23 ☾ | 04:52 | ---   | 11:16 | 55    | 17:15 | ---   | 23:40 | 52    |
| D 24   | 06:01 | ---   | 12:30 | 51    | 18:26 | ---   | --:-- | ---   |
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| M 27   | 02:50 | 57    | 09:05 | ---   | 15:17 | 60    | 21:24 | ---   |
| J 28   | 03:37 | 62    | 09:50 | ---   | 15:58 | 65    | 22:08 | ---   |
| V 29   | 04:18 | 67    | 10:30 | ---   | 16:35 | 68    | 22:48 | ---   |
| S 30   | 04:55 | 70    | 11:07 | ---   | 17:10 | 70    | 23:26 | ---   |
| D 31 O | 05:30 | 71    | 11:42 | ---   | 17:44 | 71    | --:-- | ---   |

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| L 1    | 00:02 | ---   | 06:04 | 71    | 12:15 | ---   | 18:18 | 71    |
| M 2    | 00:37 | ---   | 06:37 | 70    | 12:49 | ---   | 18:52 | 69    |
| M 3    | 01:12 | ---   | 07:10 | 68    | 13:24 | ---   | 19:27 | 66    |
| J 4    | 01:49 | ---   | 07:46 | 64    | 14:01 | ---   | 20:05 | 62    |
| V 5    | 02:27 | ---   | 08:23 | 59    | 14:41 | ---   | 20:47 | 57    |
| S 6    | 03:09 | ---   | 09:06 | 54    | 15:25 | ---   | 21:34 | 52    |
| D 7    | 03:55 | ---   | 09:57 | 50    | 16:17 | ---   | 22:29 | 48    |
| L 8 ☾  | 04:49 | ---   | 10:59 | 47    | 17:17 | ---   | 23:31 | 47    |
| M 9    | 05:50 | ---   | 12:07 | 47    | 18:22 | ---   | --:-- | ---   |
| M 10   | 00:36 | 49    | 06:54 | ---   | 13:16 | 52    | 19:25 | ---   |
| J 11   | 01:41 | 55    | 07:55 | ---   | 14:17 | 60    | 20:25 | ---   |
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| M 16   | 00:01 | ---   | 06:21 | 94    | 12:20 | ---   | 18:38 | 95    |
| M 17   | 00:54 | ---   | 07:12 | 94    | 13:11 | ---   | 19:29 | 93    |
| J 18   | 01:45 | ---   | 08:03 | 90    | 14:02 | ---   | 20:20 | 87    |
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| L 22   | 05:20 | ---   | 11:34 | 55    | 17:43 | ---   | 23:56 | 51    |
| M 23   | 06:20 | ---   | 12:37 | 48    | 18:47 | ---   | --:-- | ---   |
| M 24   | 01:00 | 47    | 07:24 | ---   | 13:41 | 46    | 19:51 | ---   |
| J 25   | 02:05 | 46    | 08:25 | ---   | 14:39 | 47    | 20:50 | ---   |
| V 26   | 03:03 | 49    | 09:19 | ---   | 15:29 | 51    | 21:42 | ---   |
| S 27   | 03:53 | 54    | 10:06 | ---   | 16:13 | 56    | 22:28 | ---   |
| D 28   | 04:36 | 59    | 10:47 | ---   | 16:53 | 61    | 23:09 | ---   |
| L 29   | 05:15 | 63    | 11:24 | ---   | 17:30 | 65    | 23:46 | ---   |
| M 30 O | 05:52 | 67    | 12:00 | ---   | 18:05 | 69    | --:-- | ---   |

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 Basse mer

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| M 1    | 00:23 | ---   | 06:26 | 70    | 12:35 | ---   | 18:40 | 71    |
| J 2    | 00:58 | ---   | 07:00 | 71    | 13:10 | ---   | 19:15 | 72    |
| V 3    | 01:34 | ---   | 07:33 | 72    | 13:45 | ---   | 19:50 | 71    |
| S 4    | 02:09 | ---   | 08:07 | 70    | 14:22 | ---   | 20:28 | 69    |
| D 5    | 02:46 | ---   | 08:44 | 68    | 15:01 | ---   | 21:08 | 66    |
| L 6    | 03:26 | ---   | 09:26 | 64    | 15:44 | ---   | 21:54 | 61    |
| M 7 ☾  | 04:11 | ---   | 10:14 | 59    | 16:34 | ---   | 22:46 | 56    |
| M 8    | 05:03 | ---   | 11:12 | 54    | 17:34 | ---   | 23:47 | 52    |
| J 9    | 06:05 | ---   | 12:23 | 52    | 18:42 | ---   | --:-- | ---   |
| V 10   | 01:00 | 52    | 07:14 | ---   | 13:41 | 53    | 19:54 | ---   |
| S 11   | 02:16 | 56    | 08:24 | ---   | 14:52 | 60    | 21:02 | ---   |
| D 12   | 03:26 | 65    | 09:29 | ---   | 15:53 | 70    | 22:05 | ---   |
| L 13   | 04:28 | 76    | 10:28 | ---   | 16:50 | 81    | 23:03 | ---   |
| M 14 ● | 05:24 | 86    | 11:22 | ---   | 17:42 | 90    | 23:55 | ---   |
| M 15   | 06:15 | 94    | 12:13 | ---   | 18:32 | 96    | --:-- | ---   |
| J 16   | 00:45 | ---   | 07:02 | 98    | 13:00 | ---   | 19:18 | 98    |
| V 17   | 01:32 | ---   | 07:47 | 97    | 13:47 | ---   | 20:02 | 94    |
| S 18   | 02:17 | ---   | 08:28 | 91    | 14:32 | ---   | 20:44 | 86    |
| D 19   | 03:02 | ---   | 09:08 | 81    | 15:18 | ---   | 21:24 | 75    |
| L 20   | 03:47 | ---   | 09:49 | 69    | 16:05 | ---   | 22:06 | 63    |
| M 21 ☽ | 04:34 | ---   | 10:33 | 57    | 16:56 | ---   | 22:53 | 50    |
| M 22   | 05:27 | ---   | 11:30 | 45    | 17:56 | ---   | 23:55 | 40    |
| J 23   | 06:29 | ---   | 12:44 | 37    | 19:05 | ---   | --:-- | ---   |
| V 24   | 01:16 | 35    | 07:42 | ---   | 14:04 | 35    | 20:18 | ---   |
| S 25   | 02:35 | 37    | 08:51 | ---   | 15:07 | 40    | 21:21 | ---   |
| D 26   | 03:36 | 44    | 09:46 | ---   | 15:57 | 48    | 22:12 | ---   |
| L 27   | 04:23 | 53    | 10:30 | ---   | 16:38 | 57    | 22:53 | ---   |
| M 28   | 05:02 | 61    | 11:08 | ---   | 17:15 | 65    | 23:30 | ---   |
| M 29 ○ | 05:37 | 69    | 11:44 | ---   | 17:49 | 72    | --:-- | ---   |
| J 30   | 00:05 | ---   | 06:10 | 75    | 12:17 | ---   | 18:23 | 78    |
| V 31   | 00:38 | ---   | 06:41 | 80    | 12:51 | ---   | 18:55 | 82    |

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| S 1    | 01:12 | ---   | 07:13 | 83    | 13:24 | ---   | 19:29 | 83    |
| D 2    | 01:45 | ---   | 07:44 | 83    | 13:58 | ---   | 20:03 | 82    |
| L 3    | 02:19 | ---   | 08:18 | 80    | 14:34 | ---   | 20:40 | 77    |
| M 4    | 02:56 | ---   | 08:54 | 74    | 15:13 | ---   | 21:20 | 70    |
| M 5    | 03:38 | ---   | 09:36 | 66    | 16:00 | ---   | 22:08 | 61    |
| J 6 ☾  | 04:26 | ---   | 10:29 | 57    | 16:58 | ---   | 23:10 | 52    |
| V 7    | 05:28 | ---   | 11:43 | 48    | 18:13 | ---   | --:-- | ---   |
| S 8    | 00:35 | 46    | 06:46 | ---   | 13:22 | 46    | 19:39 | ---   |
| D 9    | 02:10 | 48    | 08:10 | ---   | 14:47 | 53    | 20:59 | ---   |
| L 10   | 03:26 | 59    | 09:24 | ---   | 15:51 | 66    | 22:04 | ---   |
| M 11   | 04:26 | 74    | 10:23 | ---   | 16:45 | 81    | 22:57 | ---   |
| M 12 ● | 05:17 | 87    | 11:14 | ---   | 17:33 | 93    | 23:44 | ---   |
| J 13   | 06:02 | 97    | 11:59 | ---   | 18:16 | 100   | --:-- | ---   |
| V 14   | 00:28 | ---   | 06:43 | 102   | 12:42 | ---   | 18:57 | 102   |
| S 15   | 01:10 | ---   | 07:20 | 101   | 13:24 | ---   | 19:34 | 98    |
| D 16   | 01:50 | ---   | 07:55 | 95    | 14:04 | ---   | 20:08 | 90    |
| L 17   | 02:29 | ---   | 08:28 | 84    | 14:44 | ---   | 20:41 | 78    |
| M 18   | 03:07 | ---   | 09:01 | 71    | 15:24 | ---   | 21:17 | 64    |
| M 19   | 03:47 | ---   | 09:38 | 57    | 16:08 | ---   | 21:57 | 49    |
| J 20 ☽ | 04:33 | ---   | 10:26 | 42    | 17:03 | ---   | 22:52 | 36    |
| V 21   | 05:32 | ---   | 11:41 | 30    | 18:17 | ---   | --:-- | ---   |
| S 22   | 00:24 | 27    | 06:54 | ---   | 13:29 | 26    | 19:46 | ---   |
| D 23   | 02:14 | 28    | 08:21 | ---   | 14:46 | 32    | 21:00 | ---   |
| L 24   | 03:19 | 38    | 09:24 | ---   | 15:37 | 44    | 21:51 | ---   |
| M 25   | 04:04 | 51    | 10:08 | ---   | 16:17 | 57    | 22:30 | ---   |
| M 26   | 04:40 | 63    | 10:45 | ---   | 16:52 | 68    | 23:05 | ---   |
| J 27   | 05:13 | 74    | 11:19 | ---   | 17:25 | 78    | 23:38 | ---   |
| V 28 ○ | 05:44 | 83    | 11:52 | ---   | 17:57 | 86    | --:-- | ---   |
| S 29   | 00:11 | ---   | 06:15 | 89    | 12:24 | ---   | 18:29 | 91    |
| D 30   | 00:43 | ---   | 06:46 | 93    | 12:57 | ---   | 19:02 | 93    |
| L 31   | 01:17 | ---   | 07:17 | 93    | 13:31 | ---   | 19:36 | 91    |

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| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| M 1    | 01:51 | ---   | 07:50 | 89    | 14:08 | ---   | 20:12 | 85    |
| M 2    | 02:29 | ---   | 08:26 | 81    | 14:48 | ---   | 20:52 | 75    |
| J 3    | 03:11 | ---   | 09:06 | 69    | 15:36 | ---   | 21:41 | 62    |
| V 4 ☾  | 04:00 | ---   | 10:01 | 55    | 16:37 | ---   | 22:51 | 48    |
| S 5    | 05:06 | ---   | 11:25 | 43    | 18:02 | ---   | --:-- | ---   |
| D 6    | 00:36 | 40    | 06:35 | ---   | 13:24 | 41    | 19:41 | ---   |
| L 7    | 02:17 | 45    | 08:09 | ---   | 14:48 | 52    | 21:00 | ---   |
| M 8    | 03:25 | 60    | 09:19 | ---   | 15:46 | 68    | 21:57 | ---   |
| M 9    | 04:17 | 76    | 10:13 | ---   | 16:34 | 83    | 22:43 | ---   |
| J 10   | 05:00 | 90    | 10:58 | ---   | 17:15 | 95    | 23:25 | ---   |
| V 11 ● | 05:39 | 98    | 11:40 | ---   | 17:53 | 101   | --:-- | ---   |
| S 12   | 00:04 | ---   | 06:15 | 102   | 12:19 | ---   | 18:29 | 101   |
| D 13   | 00:42 | ---   | 06:48 | 100   | 12:57 | ---   | 19:01 | 97    |
| L 14   | 01:18 | ---   | 07:19 | 93    | 13:33 | ---   | 19:32 | 89    |
| M 15   | 01:54 | ---   | 07:49 | 83    | 14:09 | ---   | 20:02 | 77    |
| M 16   | 02:28 | ---   | 08:19 | 70    | 14:45 | ---   | 20:34 | 63    |
| J 17   | 03:03 | ---   | 08:54 | 56    | 15:24 | ---   | 21:11 | 49    |
| V 18 ☾ | 03:43 | ---   | 09:37 | 41    | 16:13 | ---   | 22:01 | 35    |
| S 19   | 04:38 | ---   | 10:45 | 28    | 17:27 | ---   | 23:30 | 24    |
| D 20   | 06:03 | ---   | 12:40 | 22    | 19:05 | ---   | --:-- | ---   |
| L 21   | 01:43 | 24    | 07:41 | ---   | 14:12 | 29    | 20:26 | ---   |
| M 22   | 02:49 | 35    | 08:49 | ---   | 15:05 | 42    | 21:18 | ---   |
| M 23   | 03:32 | 50    | 09:35 | ---   | 15:45 | 57    | 21:57 | ---   |
| J 24   | 04:08 | 64    | 10:12 | ---   | 16:20 | 71    | 22:31 | ---   |
| V 25   | 04:40 | 77    | 10:46 | ---   | 16:54 | 82    | 23:05 | ---   |
| S 26 ○ | 05:12 | 87    | 11:20 | ---   | 17:27 | 92    | 23:38 | ---   |
| D 27   | 05:44 | 95    | 11:54 | ---   | 18:01 | 97    | --:-- | ---   |
| L 28   | 00:13 | ---   | 06:17 | 99    | 12:30 | ---   | 18:36 | 99    |
| M 29   | 00:48 | ---   | 06:51 | 98    | 13:07 | ---   | 19:13 | 96    |
| M 30   | 01:26 | ---   | 07:27 | 92    | 13:47 | ---   | 19:51 | 88    |

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Basse mer

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| J 1    | 02:07 | ---   | 08:05 | 82    | 14:31 | ---   | 20:35 | 75    |
| V 2    | 02:52 | ---   | 08:50 | 68    | 15:23 | ---   | 21:30 | 60    |
| S 3 ☾  | 03:47 | ---   | 09:52 | 53    | 16:31 | ---   | 22:52 | 46    |
| D 4    | 05:00 | ---   | 11:30 | 41    | 18:03 | ---   | --:-- | ---   |
| L 5    | 00:46 | 40    | 06:33 | ---   | 13:22 | 43    | 19:37 | ---   |
| M 6    | 02:11 | 48    | 07:59 | ---   | 14:35 | 55    | 20:47 | ---   |
| M 7    | 03:10 | 62    | 09:03 | ---   | 15:29 | 70    | 21:38 | ---   |
| J 8    | 03:56 | 77    | 09:53 | ---   | 16:13 | 83    | 22:21 | ---   |
| V 9    | 04:35 | 87    | 10:36 | ---   | 16:51 | 91    | 23:01 | ---   |
| S 10 ● | 05:11 | 94    | 11:16 | ---   | 17:27 | 95    | 23:38 | ---   |
| D 11   | 05:44 | 95    | 11:54 | ---   | 17:59 | 95    | --:-- | ---   |
| L 12   | 00:14 | ---   | 06:15 | 93    | 12:30 | ---   | 18:30 | 91    |
| M 13   | 00:48 | ---   | 06:46 | 88    | 13:04 | ---   | 19:00 | 83    |
| M 14   | 01:21 | ---   | 07:16 | 79    | 13:39 | ---   | 19:31 | 74    |
| J 15   | 01:54 | ---   | 07:48 | 68    | 14:13 | ---   | 20:03 | 62    |
| V 16   | 02:28 | ---   | 08:23 | 56    | 14:51 | ---   | 20:39 | 50    |
| S 17   | 03:07 | ---   | 09:05 | 43    | 15:38 | ---   | 21:27 | 37    |
| D 18 ☾ | 03:58 | ---   | 10:05 | 32    | 16:42 | ---   | 22:45 | 28    |
| L 19   | 05:14 | ---   | 11:37 | 25    | 18:09 | ---   | --:-- | ---   |
| M 20   | 00:42 | 26    | 06:44 | ---   | 13:12 | 29    | 19:30 | ---   |
| M 21   | 01:59 | 34    | 07:56 | ---   | 14:15 | 41    | 20:29 | ---   |
| J 22   | 02:47 | 48    | 08:49 | ---   | 15:01 | 55    | 21:13 | ---   |
| V 23   | 03:26 | 62    | 09:31 | ---   | 15:41 | 69    | 21:52 | ---   |
| S 24   | 04:02 | 76    | 10:09 | ---   | 16:19 | 82    | 22:29 | ---   |
| D 25   | 03:38 | 87    | 09:47 | ---   | 15:57 | 92    | 22:06 | ---   |
| L 26 ○ | 04:14 | 95    | 10:25 | ---   | 16:35 | 98    | 22:44 | ---   |
| M 27   | 04:52 | 99    | 11:06 | ---   | 17:15 | 100   | 23:24 | ---   |
| M 28   | 05:31 | 99    | 11:48 | ---   | 17:57 | 96    | --:-- | ---   |
| J 29   | 00:07 | ---   | 06:12 | 93    | 12:33 | ---   | 18:42 | 88    |
| V 30   | 00:52 | ---   | 06:57 | 82    | 13:23 | ---   | 19:32 | 76    |
| S 31   | 01:43 | ---   | 07:50 | 69    | 14:20 | ---   | 20:34 | 62    |

# NOVEMBRE

# DÉCEMBRE

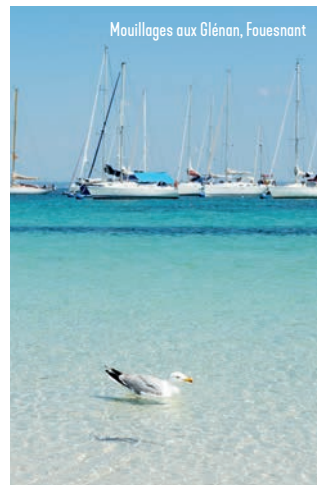
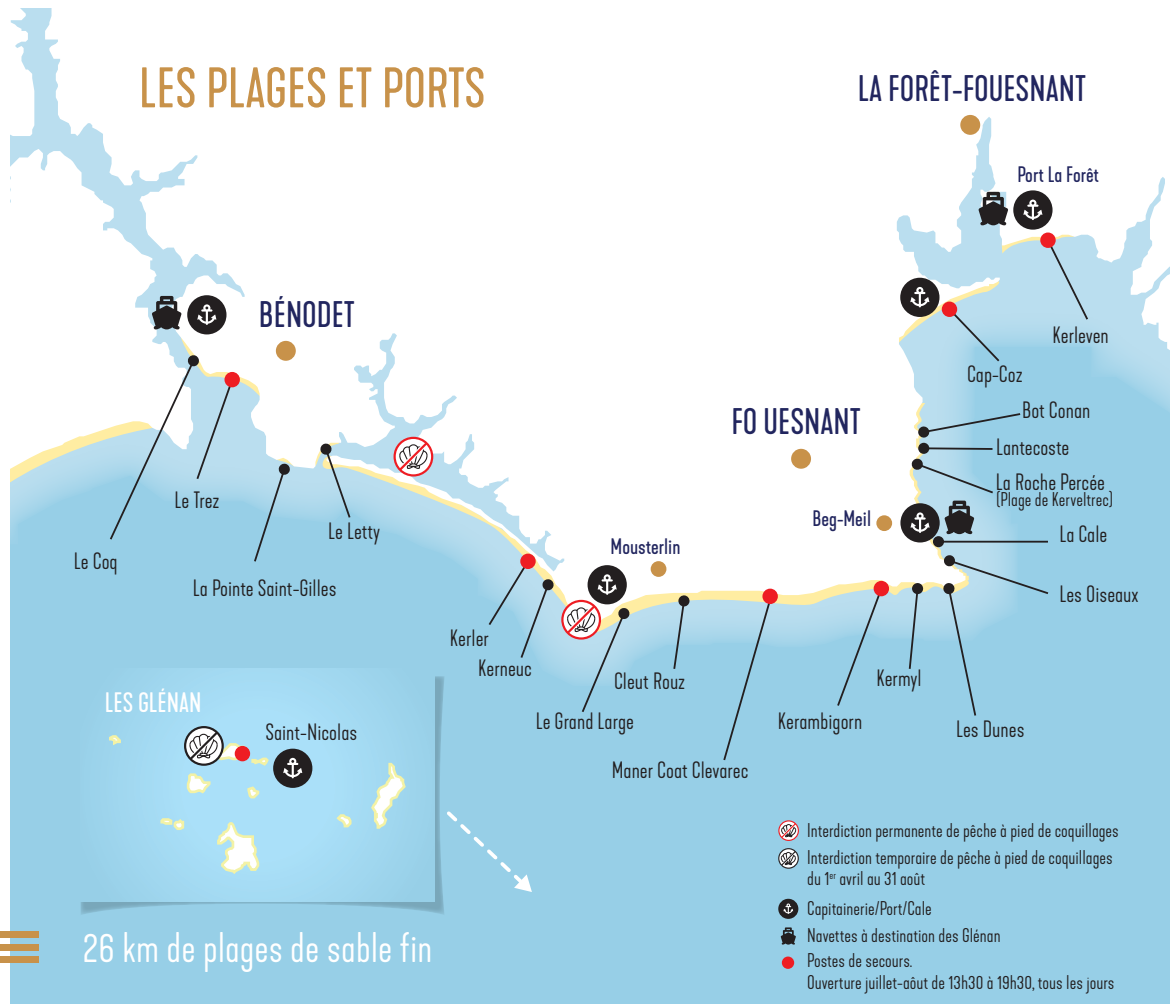
| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| D 1 ☾  | 02:43 | ---   | 08:57 | 56    | 15:30 | ---   | 21:56 | 51    |
| L 2    | 03:56 | ---   | 10:28 | 47    | 16:51 | ---   | 23:29 | 47    |
| M 3    | 05:17 | ---   | 11:57 | 48    | 18:13 | ---   | --:-- | ---   |
| M 4    | 00:44 | 52    | 06:33 | ---   | 13:06 | 56    | 19:19 | ---   |
| J 5    | 01:40 | 61    | 07:36 | ---   | 14:01 | 66    | 20:11 | ---   |
| V 6    | 02:27 | 71    | 08:27 | ---   | 14:46 | 75    | 20:55 | ---   |
| S 7    | 03:06 | 78    | 09:11 | ---   | 15:25 | 81    | 21:35 | ---   |
| D 8    | 03:43 | 83    | 09:52 | ---   | 16:01 | 84    | 22:12 | ---   |
| L 9 ●  | 04:16 | 84    | 10:30 | ---   | 16:34 | 84    | 22:48 | ---   |
| M 10   | 04:49 | 83    | 11:06 | ---   | 17:07 | 82    | 23:22 | ---   |
| M 11   | 05:21 | 80    | 11:41 | ---   | 17:39 | 77    | 23:56 | ---   |
| J 12   | 05:54 | 74    | 12:16 | ---   | 18:11 | 71    | --:-- | ---   |
| V 13   | 00:29 | ---   | 06:28 | 67    | 12:52 | ---   | 18:45 | 63    |
| S 14   | 01:04 | ---   | 07:04 | 58    | 13:30 | ---   | 19:22 | 54    |
| D 15   | 01:44 | ---   | 07:46 | 49    | 14:14 | ---   | 20:06 | 45    |
| L 16   | 02:31 | ---   | 08:37 | 41    | 15:06 | ---   | 21:05 | 38    |
| M 17 ☾ | 03:30 | ---   | 09:42 | 35    | 16:10 | ---   | 22:24 | 34    |
| M 18   | 04:41 | ---   | 10:58 | 35    | 17:22 | ---   | 23:46 | 37    |
| J 19   | 05:52 | ---   | 12:09 | 41    | 18:27 | ---   | --:-- | ---   |
| V 20   | 00:49 | 46    | 06:53 | ---   | 13:08 | 51    | 19:22 | ---   |
| S 21   | 01:39 | 57    | 07:44 | ---   | 13:58 | 64    | 20:09 | ---   |
| D 22   | 02:24 | 70    | 08:31 | ---   | 14:45 | 76    | 20:53 | ---   |
| L 23   | 03:07 | 81    | 09:16 | ---   | 15:30 | 86    | 21:37 | ---   |
| M 24 ○ | 03:50 | 90    | 10:01 | ---   | 16:16 | 93    | 22:21 | ---   |
| M 25   | 04:34 | 96    | 10:48 | ---   | 17:03 | 97    | 23:07 | ---   |
| J 26   | 05:20 | 97    | 11:36 | ---   | 17:51 | 96    | 23:54 | ---   |
| V 27   | 06:07 | 94    | 12:26 | ---   | 18:41 | 90    | --:-- | ---   |
| S 28   | 00:44 | ---   | 06:58 | 86    | 13:19 | ---   | 19:34 | 82    |
| D 29   | 01:38 | ---   | 07:53 | 76    | 14:15 | ---   | 20:32 | 71    |
| L 30   | 02:36 | ---   | 08:54 | 66    | 15:17 | ---   | 21:38 | 62    |

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Basse mer

| Date   | Matin |       |       |       | Soir  |       |       |       |
|--------|-------|-------|-------|-------|-------|-------|-------|-------|
|        | Heure | coef. | Heure | coef. | Heure | coef. | Heure | coef. |
| M 1 ☾  | 03:38 | ---   | 10:02 | 58    | 16:23 | ---   | 22:49 | 55    |
| M 2    | 04:46 | ---   | 11:14 | 53    | 17:32 | ---   | 23:59 | 52    |
| J 3    | 05:55 | ---   | 12:23 | 53    | 18:40 | ---   | --:-- | ---   |
| V 4    | 01:01 | 54    | 07:01 | ---   | 13:24 | 57    | 19:38 | ---   |
| S 5    | 01:53 | 59    | 07:58 | ---   | 14:17 | 62    | 20:28 | ---   |
| D 6    | 02:39 | 64    | 08:47 | ---   | 15:02 | 66    | 21:12 | ---   |
| L 7    | 03:19 | 69    | 09:32 | ---   | 15:41 | 70    | 21:52 | ---   |
| M 8    | 03:56 | 72    | 10:12 | ---   | 16:18 | 73    | 22:29 | ---   |
| M 9 ●  | 04:32 | 74    | 10:50 | ---   | 16:53 | 74    | 23:05 | ---   |
| J 10   | 05:07 | 74    | 11:27 | ---   | 17:27 | 73    | 23:39 | ---   |
| V 11   | 05:41 | 72    | 12:02 | ---   | 18:00 | 71    | --:-- | ---   |
| S 12   | 00:14 | ---   | 06:16 | 69    | 12:37 | ---   | 18:34 | 67    |
| D 13   | 00:49 | ---   | 06:52 | 65    | 13:14 | ---   | 19:09 | 63    |
| L 14   | 01:26 | ---   | 07:29 | 60    | 13:52 | ---   | 19:46 | 57    |
| M 15   | 02:06 | ---   | 08:11 | 55    | 14:34 | ---   | 20:30 | 52    |
| M 16   | 02:52 | ---   | 08:59 | 49    | 15:21 | ---   | 21:23 | 47    |
| J 17 ☾ | 03:45 | ---   | 09:55 | 45    | 16:18 | ---   | 22:28 | 44    |
| V 18   | 04:47 | ---   | 10:59 | 44    | 17:22 | ---   | 23:40 | 45    |
| S 19   | 05:54 | ---   | 12:09 | 48    | 18:27 | ---   | --:-- | ---   |
| D 20   | 00:49 | 51    | 06:58 | ---   | 13:16 | 55    | 19:28 | ---   |
| L 21   | 01:49 | 61    | 07:57 | ---   | 14:17 | 66    | 20:23 | ---   |
| M 22   | 02:43 | 72    | 08:53 | ---   | 15:13 | 77    | 21:16 | ---   |
| M 23   | 03:34 | 83    | 09:46 | ---   | 16:06 | 87    | 22:07 | ---   |
| J 24 ○ | 04:25 | 91    | 10:38 | ---   | 16:57 | 95    | 22:57 | ---   |
| V 25   | 05:15 | 97    | 11:29 | ---   | 17:47 | 99    | 23:47 | ---   |
| S 26   | 06:04 | 99    | 12:20 | ---   | 18:37 | 98    | --:-- | ---   |
| D 27   | 00:37 | ---   | 06:53 | 96    | 13:10 | ---   | 19:25 | 93    |
| L 28   | 01:26 | ---   | 07:42 | 89    | 14:00 | ---   | 20:13 | 84    |
| M 29   | 02:17 | ---   | 08:31 | 78    | 14:51 | ---   | 21:03 | 73    |
| M 30 ☾ | 03:10 | ---   | 09:22 | 67    | 15:45 | ---   | 21:58 | 61    |
| J 31   | 04:07 | ---   | 10:19 | 55    | 16:45 | ---   | 23:00 | 51    |

# LES PLAGES ET PORTS



# INFOS PLAGES



## Contacts utiles

- **Capitainerie de Bénodet :**  
02 98 57 05 78
- **Capitainerie de Beg-Meil**  
à Fouesnant :  
02 98 94 97 30
- **Capitainerie du Cap-Coz,**  
des Îles Glénan et de Mousterlin  
à Fouesnant :  
02 98 51 62 62
- **Capitainerie de Port La Forêt**  
à La Forêt-Fouesnant :  
02 98 56 98 45

## Témoign ou victime d'un problème en mer ?

Appelez Le C.R.O.S.S. :

- Depuis le littoral, le numéro national d'urgence est le 196\*
- En mer, j'utilise le canal 16 de ma VHF et je demande le C.R.O.S.S.
- Sécurité et pompiers 112

\* Appel gratuit depuis un fixe ou un portable

## Plages surveillées :

### En juillet et août

- Kerleven (La Forêt-Fouesnant)
- Cap-Coz (Fouesnant)
- Kerambigorn (Fouesnant)
- Maner Coat Clévarec (Fouesnant)
- Kerler (Fouesnant)
- Saint Nicolas des Glénan (Fouesnant)
- Le Trez (Bénodet)

## Plage naturiste :

- Kerler (Fouesnant)  
Autorisé du 1<sup>er</sup> mai au 31 octobre,  
de 10h au coucher du soleil

## Plages accessibles PMR/UFR :

- Cap-Coz (Fouesnant)
- Kerambigorn (Fouesnant)
- Kerleven (La Forêt-Fouesnant)
- Le Trez (Bénodet)

## Douches :

- Kerleven (La Forêt-Fouesnant)
- Le Trez (Bénodet)

## Sanitaires :

- Kerleven (La Forêt-Fouesnant)
- Le Trez (Bénodet)
- Plage du Coq (Bénodet)
- Pointe St Gilles (Bénodet)
- Le Letty (Bénodet)

- Cap-Coz (Fouesnant)
- Cale de Beg-Meil (Fouesnant)
- Les Dunes (Fouesnant)
- Kermyl (Fouesnant)
- Kerambigorn (Fouesnant)
- Maner Coat Clévarec (Fouesnant)
- Cleut Rouz (Fouesnant)
- Le Grand Large (Fouesnant)
- Cale de Mousterlin (Fouesnant)
- Kerneuc (Fouesnant)
- Saint Nicolas des Glénan (Fouesnant)

## Location de cabines de plages :

- Le Trez (Bénodet)  
Renseignements auprès de la mairie

## Points Wifi :

- Cap-Coz - Poste de surveillance (Fouesnant)
- Cale de Beg-Meil (Fouesnant)
- Pointe de Mousterlin (Fouesnant)
- Port La Forêt (La Forêt-Fouesnant) \*\*
- Le Trez - esplanade du casino (Bénodet)
- Port de plaisance (Bénodet) \*\*
- Pointe Saint-Gilles (Bénodet)
- Butte du Fort (Bénodet)
- Ile Saint Nicolas (Archipel des Glénan, Fouesnant)
- Kerleven (Poste de secours, La Forêt-Fouesnant)
- La Place de la Baie (La Forêt-Fouesnant)

\*\* Uniquement pour les plaisanciers





## BÉNODET



- 1 Port de plaisance et estuaire de l'Odéet
- 2 Plage du Coq
- 3 Plage du Letty



## FOUESNANT- LES GLÉNAN

- 1 La cale de Beg-Meil, Fouesnant
- 2 La pointe du Cap-Coz
- 3 Archipel des Glénan



- 1 Anse du Bourg
- 2 Port La Forêt
- 3 Anse Saint-Laurent



### Office de tourisme de Fouesnant-les Glénan

4 espace Kernévelleck - 29170 Fouesnant

02 98 51 18 87

[www.tourisme-fouesnant.fr](http://www.tourisme-fouesnant.fr)

### Office de tourisme de Bénodet

29 avenue de la mer - 29950 Bénodet

02 98 57 00 14

[www.benodet.fr](http://www.benodet.fr)

### Office de tourisme de La Forêt-Fouesnant

1 Place de la Baie - 29940 La Forêt-Fouesnant

02 98 51 42 07

[www.foret-fouesnant-tourisme.com](http://www.foret-fouesnant-tourisme.com)



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