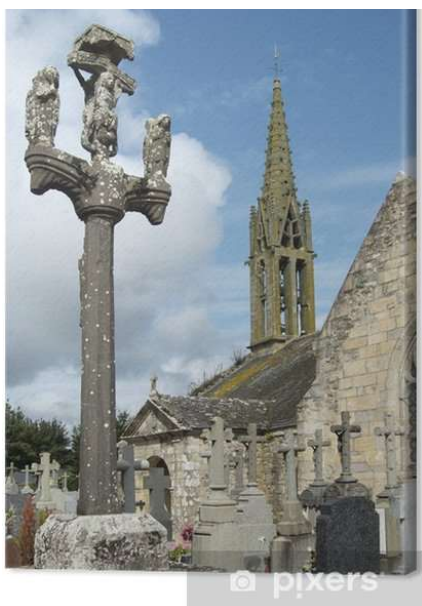


Notebook



Hello,

Welcome to Karim and Yves's flats. I'm sorry but I couldn't translate the site <https://leslocationsdargol.webador.fr/>, if you want to use the links given, you can go either through this PDF or through the site.

If you find any errors, please report them to us.

Karim (06 37 36 32 86) lives on the ground floor.

Yves (06 60 77 48 77) is in Nantes.

Do not hesitate to contact us if you are missing anything or if you have any questions.

In this document, there is some information to make your stay more enjoyable.

On some pages there are internet links, you can click on them.

Unfortunately, the links on the table of contents do not work in PDF, so if you wish I can send it to you in Word format.

If you see translation mistakes there, please inform us.

Wifi: livebox 5FB8

Password: 605A1F43C636CA8112141FE146

I can send you this code by SMS, it will be less laborious
(06 60 77 48 77)

QR code :

Livebox-5FB8



Scannez ce code QR sur un autre appareil pour vous connecter à Livebox-5FB8 sans entrer le mot de passe.

Synopsis

On arrival, _____ **3**

The garden _____ **3**

The material _____ **3**

Emergency equipment _____ 3

Breakfast _____ 3

Tartes _____ 3

Television _____ 3

Raclette set _____ 3

Seafood _____ 3

The baking sheets _____ 4

Inertia radiator _____ 4

Towel warmer _____ 4

Bins _____ **5**

Cleaning _____ **6**

Argol Useful Numbers _____ **6**

Miscellaneous _____ 6

Emergencies _____ 6

Health - Emergency _____ 6

Argol Stores _____ **7**

Bar - Grocery - Bread depot - Taxi _____ 7

Bar, brasserie, restaurant _____ 7

Camion Pizzéria _____ 7

Camion pizzeria + burgers _____ 7

Crêperie _____ 7

Bakery Pastry _____ 7

Supermarché _____ 7

Rozavern cider factory _____ 7

Some cool ideas _____ 8

Markets around ARGOL _____ **9**

Markets less close to Argol _____ 9

Some sports activities _____ **10**

Paragliding _____ 10

Surfing, yachting, etc. _____ 10

Hiking ARGOL _____ 10

Ideas for visits _____ **11**

Tourism Office Presqu'île de Crozon - Aulne Maritime _____ 11

Telgruc beach	11
Pentrez Beach	11
Keric Bihan beach 48.204401, -4.327163	11
Caméros beach	11
Museum of Living Crafts in Argol	11
Menez-Hom	11
Rural School Museum in Brittany	11
Ecomusée des Monts d'Arrée – Kerouat Mills	11
Rozavern cider factory	12
	12
Abbaye de Landevenec	12

On arrival,

you can park on the left of the house (perpendicular to the street), get off your luggage and leave to park 200 meters after the house towards the outside of the village.

You have to go to the door at the back of the house and you can ring, without response, send a text to Karim (06 37 36 32 86), he may be taken by his telework during meetings, he will give you the code of the key box.

The garden

You have access to the outside, in a while there will be a fence, tables, barbecue. We are awaiting the authorization of the architects of France.

For now, Karim can set up a table and chairs and we have a small barbecue.

We do not supply charcoal, you can find it at the supermarket of Telgruc (6 mn).

The material

Emergency equipment

You have at your disposal:

- ✓ Fire extinguisher (on the landing)
- ✓ First Aid Kit (Bathroom Drawer)

Breakfast

- ✓ Toaster
- ✓ Espresso machine (*we provide you some capsules, if you want more, Karim will resell them to you at cost price, cash receipt in support*)
- ✓ Coffeemaker/ Plunger teapot: you put the coffee or tea, boiling water, you let it brew, then, you gently press the plunger

Tartes

- ✓ Pie Roll (Chest of drawers)
- ✓ Pie Roll Mat (Chest of drawers)
- ✓ Pie Plate (Chest of drawers)

Television

We need to turn on the two remote controls. We do not yet have access to the DTT channels, we will install an antenna soon.

You must select the teleflash application (yellow TV icon). If you don't have it, you go out and go back in.

Raclette set

If you want to make a raclette, ask Karim, he can lend you a device.

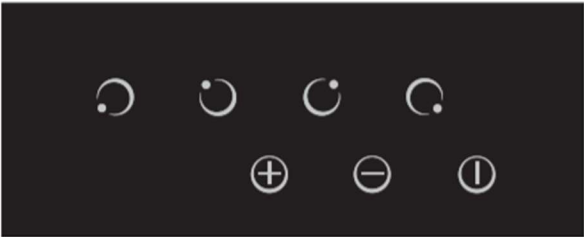




Seafood





You have at your disposal nutcrackers (crabs) and bigorneaux and crabs.

If you want a big fact all, ask Karim, he can lend you one of 15 liters.


The baking sheets


When you use them, you can turn them off before the end of cooking, there is a lot of inertia on this kind of plate. Thank you

	Référence	Description
	A 	Position de la zone
	B 	Réduit la puissance de sortie
	C 	Augmente la puissance de sortie
	D 	MARCHE / ARRÊT

Zone de cuisson	Puissance max. (230V~)
	1800 W
	1200 W
	1800 W
	1200 W

For **child safety**:

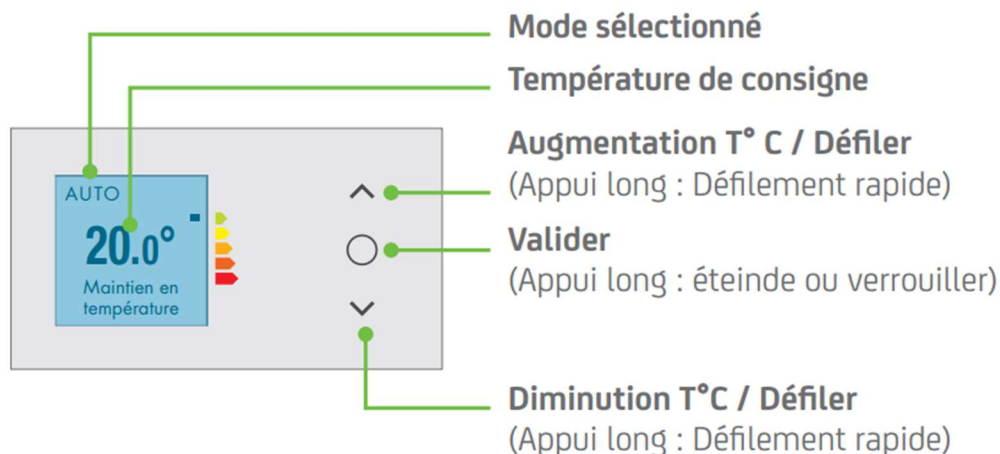
Simultaneously press the  keys and the left-most area selection key.

To remove it, press 

Inertia radiator

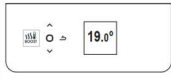




For the ecology, but also for the cost, thank you not to heat too much.

FUNCTIONNEMENT DU BOÎTIER



Towel warmer

For the ecology, but especially for the cost, thank you not to heat too much.

PRINCIPE DE FONCTIONNEMENT		
		-Augmenter ou diminuer la température sans avoir besoin de valider ; -Changer la durée du Boost ; -Naviguer dans les menus.
		-Naviguer dans les sous-menus ; -Valider ; -Éteindre ; -Verrouiller, déverrouiller.
		-Retour à l'écran précédent
		-Activation ou désactivation du Boost

Bins

Please sort the waste. Under the sink you will find 2 small bins, one for recycling, the other for non-recyclable waste. Outside, there is a garbage can (red) for the glass as well as a composter.

Explanation of the use of yellow and green bins.

ALL packaging and papers can be recycled!

THE 3 BASIC RULES:

- Only packaging may be recycled, not objects nor crockery
- No need to wash them, as long as they have been emptied properly
- Separate the materials, do not nest the packaging in each other (e. g., remove plastic film from magazines, ham packs...)

PAPER, CARDBOARD PACKAGING

Paper, cardboard packaging, Tetra paks, cartons... *empty!*
All papers, separately from their plastic film : papers, magazines, leaflets, directories, envelopes...



METAL PACKAGING

Soda cans, tin cans, syrup bottles, aerosol cans, aluminium trays... *empty!*
Small aluminium packaging: balls of aluminium foil, coffee capsules, lids, blister packs...



PLASTIC PACKAGING

Plastic bottles, jars and containers with their caps : water and milk bottles, soap and detergent bottles... *empty!*
Films, bags and sachets, pots of yogurt, meat and veg trays...



Need help? Not sure about a piece of garbage?

Visit our website www.comcom-crozon.bzh
or download the sorting guide ("Guide du Tri") application
www.consignesdetri.fr



GLASS

Glass bottles and jars, perfume bottles
No crockery, no drinking glasses
Empty, no need to wash. Remove caps.



COMPOSTABLE WASTE

Food leftovers, fruit and vegetable peelings, coffee grounds and filters, tea bags, egg shells, tissue or paper towels, cut flowers, dry grass cutting, small branches...



Want to compost?
Residents of house
or apartment,
contact us Tel. :
02 98 16 02 51

If you don't compost...

HOUSEHOLD GARBAGE

Hygiene products (diapers, wipes, cotton, sanitary pads, tissue...), paper towels, mineral cat litters, vacuum bags, crockery, plastic toys...
In tightly sealed bags.



TEXTILES, SHOES, LEATHER GOODS

In good shape, used or torn : clothes, linen, shoes (tied by pairs), leather goods, stuffed animals...



Find all the collection points
on
www.lafraternite.fr/je-depose
or www.eabi-29.fr

A doubt, a question about waste collection or sorting...

www.comcom-crozon.bzh • dechets-qualite@comcom-crozon.bzh • Tél 02 98 16 02 51

Cleaning

We do the cleaning at the end of the stay, but, if you need, there is equipment under the stairs on the ground floor.

Please put all used linen in the basket in the bathroom, including the bathroom carpet.

Argol Useful Numbers

Miscellaneous

✓ Karim _____	06 37 36 32 86	
✓ Yves _____	06 60 77 48 77	
✓ Town hall _____	02 98 73 54 02	
✓ Crozon Tourist Office _____	02 98 27 07 92	
✓ Tourist Office/ Telgruc sur Mer _____	02 98 27 78 06	} <i>Only during the summer holidays</i>
✓ Tourist Office/ Le Faou _____	02 98 81 06 85	

Emergencies

✓ Gendarmerie _____	17
✓ Firemen _____	18
✓ European emergency number _____	112
✓ Pharmacies de garde _____	3237

Health - Emergency

Cabinet Médical Dr GALLISSOT-PIERROT Elise Place Bourgogne - 6 rue de l'Ecole	02 98 27 76 65
Nursing office Marina AUGIER and Brigitte PHELEP 4 bis place of the church	02 98 17 29 57
Nurses Association Isabelle MORE-CHAMPAVIER and Stéphane MEROUR Place Bourgogne - 6 rue de l'Ecole	02 98 27 73 55
Masseurs-Physiotherapists Marie-Anne DOUGUET-BOURC and Jérémy MERCKX State graduates Place Bourgogne - 6 rue de l'Ecole	02 98 27 35 42
Ostéopathe DO Kévin LABOUS Place Bourgogne - 6 rue de l'Ecole	06 31 97 06 03
Masseurs-Physiotherapists Brigitte BONNET - State graduates 5 route de Kersprigent	02 98 26 52 56

Argol Stores

Bar - Grocery - Bread depot - Taxi

La Terrasse

6 square of the church 29560 ARGOL ☎ 02 98 27 73 63

Bar, brasserie, restaurant

Bartaba

Brasserie, tabac

2 rue du roi Gradlon 29560 ARGOL ☎ 02 98 27 74 11

Monday: Closed/ Tuesday to Saturday: 07:45-13:30, 16:00-20:00/ Sunday: 08:00-13:00

The Relais de la Presqu'île

Bar – Restaurant (slate menu)

3 rue de l'école 29560 ARGOL ☎ 02 98 27 34 02

Open for lunch: Monday to Friday, then Friday evenings, Saturdays and public holidays

Camion Pizzeria

La Comedia

Only on Sunday noon, on the square (*excellent*)

Camion pizzeria + burgers

The pizza on wheels

Tuesday 18:30-20:00

Crêperie

Crêperie du Roy d'Ys

7 square of the church 29560 ARGOL ☎ 02 98 27 77 69

Monday: Closed/ Tuesday to Sunday: 12:00-20:30

Bakery Pastry

Delichouz Cake (*excellent*)

4 ARGOL CHURCH SQUARE ☎ 07 85 41 64 62

Tuesday:08:00 -19:00 / Thursday:08:00 -19:00 / Saturday:08:00 - 14:00

Bread depot

Argol Church Square

Boulangerie Grimouille (*6 mn, 5 km*)

15 Pl. of 3 September 1944, 29560 Telgruc-sur-Mer

Monday: Closed/ Tuesday to Saturday: 07:00 - 13:00, 15:00 - 19:00/ Sunday: 07:00 - 13:00

Supermarché

Super U Telgruc on sea at 6 minutes

Open from 08:00 to 20:00 every day, on Sunday 09:00 to 12:30

Rozavern cider factory

The cider we offer comes from this cider store <https://www.rozavern.fr/>

On Mondays in July and August, they hold a producer's market (from 17:00 to 20:00), followed by a concert.

They organize guided tours:

- ✓ April to June: Wednesday at 5pm
- ✓ in July and August: Tuesday and Thursday at 11am and 6pm

Some cool ideas

At Grandma Germaine's

If you go to the tip of Pen-Hir

Veryac'h beach, 29570 Camaret-sur-Mer

It is an excellent creperie with a great atmosphere, you can go on our behalf, they are friends.

26 km 30 mn

Terenez's fish ponds

Sale and tasting of seafood

<http://www.lesviviers.fr/> 9.5 km 9 mn

Markets around ARGOL

ARGOL

- **Marché alimentaire :**
chaque jeudi matin.
- **Petit marché de producteurs locaux :**
le jeudi matin place de l'église.
- **Pizzas à emporter :**
le mardi et le dimanche matin.

CAMARET-SUR-MER

- **Toute l'année :**
petit marché tous produits,
tous les mardis (sauf intempéries),
place Charles de Gaulle.
- **Juillet et août :**
tous les mardis, place de la mairie &
place St-Thomas, de 9h à 12h30.
- **Marché des arts et de l'artisanat :**
sur les quais, 3 dimanches par été.
- **Pizzas à emporter :**
le dimanche soir, place De Gaulle.

CROZON

- **Alimentaire :**
tous les matins, sauf le lundi, place
de l'église (producteurs locaux).
- **Tous produits :**
toute l'année, tous les jours sauf
lundi, place de l'église.
Centre-ville, foire les 2^e et 4^e
mercredis du mois.
- **Petit marché :**
le samedi matin, au rond-point de
Tal ar Groas.
- **Pizzas à emporter :**
le vendredi et le dimanche soir.

MORGAT

- **Grand marché :**
de mi-juin, juillet, août, à la mi-septembre,
1^{er}, 3^e et 5^e mercredis du mois.
- **Marchés nocturnes des artisans d'art :**
pendant les mardis de Morgat, en juillet et août.

LANVÉOC

- **Marché tous produits :**
le vendredi de 16h à 20h, place de la mairie.
- **Friterie :**
les mercredis et dimanches.
- **Pizzas à emporter :**
le vendredi soir place de la Mairie.

LE FAOU

- **Marché des saveurs :**
le samedi de 9h à 13h, place de l'Eglise.
L'été sur le Quai Quélen.
- **Pizzas à emporter :**
le vendredi soir.

PONT-DE-BUIS-LÈS-QUIMERC'H

- **Marché :**
le vendredi matin, place du 19 mars 1962.

ROSCANVEL

- **Pizzas à emporter :**
le vendredi midi et le samedi soir.

TELGRUC-SUR-MER

- **Marché alimentaire :**
les mardi, jeudi et vendredi matin, place de l'Eglise.
- **Marché d'été à la ferme :**
tous les lundis de juillet-août de 17h à 20h,
Cidrerie de Rozavern.
- **Pizzas à emporter :**
le mardi soir place de l'Eglise

Markets less close to Argol

<https://www.annuaire-mairie.fr/marche-argol.html>

Monday	Market in Douarnenez Matin (Weekly), Halles.
Wednesday	Market in Douarnenez Matin (Weekly), Place de Treboul. Market in Douarnenez Evening (in summer) (Weekly), Near the markets.
Thursday	Market in Plougastel-Daoulas from 8.30am to 12.30pm (Weekly), Downtown. Market in Châteaulin All day (Weekly), Downtown.
Friday	Market in Le Relecq-Kerhuon from 3pm to 7pm (Weekly), Downtown.
Saturday	Market in Plougastel-Daoulas from 8.30am to 12.30pm (Weekly), Downtown. Market in Douarnenez Matin (Weekly), Halles. Market in Douarnenez Matin (Weekly), Place de Treboul.

- ✓ Crozon is 14 km away (14 minutes by car)
- ✓ Douarnenez is 30 km away (30 minutes by car)
- ✓ Plougastel-Daoulas is 37 km away (31 minutes by car)
- ✓ Châteaulin is 24 km away (22 minutes by car)
- ✓ Relecq-Kerhuon is 42 km away (34 minutes by car)

Some sports activities

Paragliding

Departure of the Menez Hom Paragliding school next door (<https://parapente.bzh>).

16 mn 10 km

Surfing, yachting, etc.

Trez-Bellec beach (Telgruc sur Mer) 10 mn 7.7 k

Hiking ARGOL

Here there are links to the descriptions of the routes, you can access them through the site of the municipality of Argol (on which I looted resources): <https://www.argol.fr/> : hiking section.

Hikers, here are two circuits to discover our natural and cultural heritage from the village of Argol place de la Mairie. You will find a digital version below, as well as a paper version in the top guide “La presqu'île de Crozon et la vallée de l'Aulne... Walking» The Yellow Markup.



- ✓ [Circuit of the C'hlerguer 9 km \(3h\) average level](#)
- ✓ [Circuit L'Aulne maritime 5h \(20 km\) difficult level](#)

Good walks



Mountain bikers, we offer 3 mountain bike tours to discover the natural spaces around our town. You will find a billboard listing all the circuits of the peninsula at the parking level in front of the school as well as on the VTT website in Finistère.

- ✓ [Circuit N°4 Le bois du C'hleger](#): Easy level / Distance 18 km / Altitude difference 350 m / Time 2h
- ✓ [Circuit N°18 The Landevenec forest: Very difficult level / Distance 18 km / Altitude difference 540 m / Time 2h15](#)
- ✓ [Circuit N°16 Menez Luz](#): Difficult level / Distance 33 km / Altitude difference 520 m / Time 3h15

A [paper guide](#) is also on sale 10 € at the Crozon tourist office

On this site, you can find **other hikes** on foot, by bike:

<https://www.routeyou.com/fr-fr/location/bike/47411657/argol-a-velo-resume-de-toutes-les-itineraires-a-velo>

Have a nice ride!



Ideas for visits

Some sites are not open all year round, you have to check on the sites.

It is not exhaustive at all.

If you find interesting things that should be here, let us know, we'll add it.

Tourism Office Presqu'île de Crozon - Aulne Maritime

<https://www.crozon-tourisme.bzh/>



Telgruc beach

Trez-Bellec Beach

Surfing, yachting, etc.

10 mn 7.7 km

Pentrez Beach

Very nice beach, a beautiful view of the Pointe du Van and the Cap de la Chèvre. 8 mn 7 lm



Keric Bihan beach 48.204401, -4.327163

Much more confidential range (please confirm this)

You have to park a little before and go down a staircase to the beach

8 mn 6 km

Caméros beach

8 mn 5.8 km

Museum of Living Crafts in Argol

Open from Sunday 10 April to Thursday 4 November 2022

You will find the schedules on the site:

<https://museevivant.fr/>



Menez-Hom

Mount Menez-Hom is one of the highest points of Brittany with its 330 meters of altitude.

Extension of the black mountains, it dominates the bay of Douarnenez. After the easy ascent, the view over the entire region is exceptional. Today, this ancient sacred mountain is the starting point of many hiking trails and a popular site for paragliders.

There is a paragliding school next door (<https://paragliding.bzh/>).

16 mn 10 km

Rural School Museum in Brittany

Attention, it is not open all year round, you must consult the site: <https://musee-ecole.fr/>

9 mn 8 km

Ecomusée des Monts d'Arrée – Kerouat Mills

The ecomuseum of the Monts d'Arrée brings together the mills of Kerouat, a miller's village in Commana, and the Cornec house in Saint-Rivoal, a place for meetings and exchanges around the rural world.

<http://www.ecomusee-monts-arree.fr/>

37 minutes 38 km

Rozavern cider factory

The cider we offer comes from this cider store <https://www.rozavern.fr/>

On Mondays in July and August, they hold a producer's market (from 17:00 to 20:00), followed by a concert.

They organize guided tours:

- ✓ April to June: Wednesday at 5pm
- ✓ in July and August: Tuesday and Thursday at 11am and 6pm

Abbaye de Landevenec

13 mn 10 km

<https://www.abbaye-landevenec.fr/>

there are 550 meters to do

<http://www.musee-abbaye-landevenec.fr>



Landevenec Sea Mill

After visiting the Abbey, you can stop at the Moulin Mer de Landevenec (6 km).

It is a grain mill that worked thanks to the tide

Rosnoën Belvédère

You can see a beautiful view of the Terenez Bridge, among others.

6 km 6 mn

You can continue 4 km to the Terenez Fish Ponds (sale and tasting of seafood)

<http://www.lesviviers.fr/>

Le Faou

Listed among the most beautiful villages in France, Le Faou (pronounced "Le Fou") is a small town in Finistère, between land and sea. The diversity of the landscapes that surround the town make it an exceptional territory, paradise for hikers.

<https://www.lefaou.bzh/> 16 km 15 mn

You can continue 3 km to discover the church Notre-Dame de Rumengol, Brg de Rumengol, 29590 Le Faou.