

NANTES-BREST CANAL (L'OUST) BY BIKE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>L'écluse de Quihex – Guenrouët (round trip; park in Guenrouët) 52.48km one way; average 16km/hour</p>	<p>Guenrouët – Redon (round trip; park in Redon) 23.30km one way; average 16.4km/hour</p>	<p>Redon – Malestroit (round trip; park in Malestroit) 38.8km one way; average 17.6km/hour</p>	<p>Josselin – Pontivy (drop bike in Josselin; park in Pontivy; SNCF autocar from Pontivy to Josselin 8h15-8h48/€7.50) 50.36km; average 17.1km/hour</p>	<p><i>DAY OFF!</i></p>	<p>Pontivy – Carhaix (drop bike in Pontivy, drop car in St.-Brieuc; SNCF autocar back to Pontivy 10h40-12h02/€13.30) 100.95km; average 16.4km/hour *** Hôtel Noz Vad 12 Boulevard de la République 29270 CARHAIX-PLOUGUER 02.98.99.12.12 http://tourismecarhaix.poher.com/fr €44/night for 1 person (“eco” room)</p>	<p>Carhaix – Roscoff (then train back from Roscoff to Morlaix 17h08-17h36 then to St.-Brieuc 17h36-18h30/€23.50) 83.6km; average 15.7km/hour</p>

****Note:** the **Malestroit-Josselin (26km)** leg is missing from this itinerary because I had already done it and planned to do it again the next week!