

**North Brittany & Channel Islands Cruising Companion**

by Peter Cumberlidge

2<sup>nd</sup> Edition

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**CAUTION**

These updates should only be used for navigation in conjunction with up-to-date charts, chart plotters and Notices to Mariners, etc. We accept no liability for any errors or omissions, or for any accidents or mishaps which may arise from the use of this (or any) update or the original publication.

There are no significant marina or pilotage changes to report, but I have recently visited several restaurants that are new to me and also checked out some old favourites.

**Chapter 4**

**THE BAY OF ST MALO**

**p.133 St Malo Port Guide, Restaurants at St Servan.**

Unfortunately, my long-standing regular in St Servan – Restaurant l’Atré on Esplanade Menguy – has recently closed.

**p.159 Paimpol Port Guide, Restaurants**

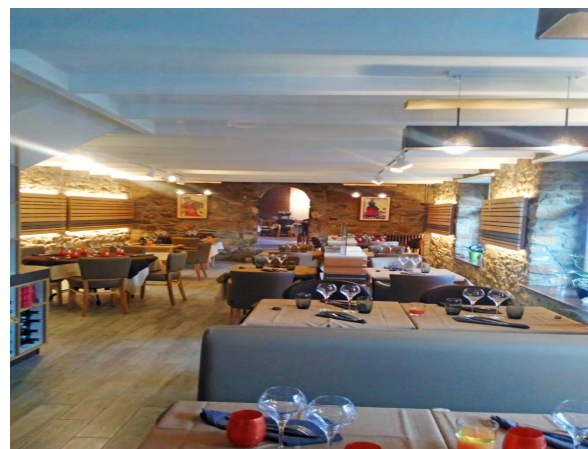
Crêperie Penn Ty is a tiny low-key crêperie hidden behind the harbour on the cobbled Rue des Huit Patriotes. Crêpes – pancakes – are an important part of the Breton culinary scene and savoury *galettes*, made from buckwheat flour (*blé noir*), make a delicious supper. At Penn Ty the *galettes* are wafer-thin with just the right crispiness. I usually choose a filling of Coquilles St Jacques in creamy leak sauce. Traditionally you drink Breton cider with *galettes*



and a bottle of chilled Loïc Raison Brut is perfect with the scallops. Tel: +33 (0)2.96.55.11.41

**p. 172 Lézardrieux Port Guide, Restaurants**

Up in Lézardrieux village, the Auberge du Trieux was the first Brittany restaurant I sampled on my first ever Brittany cruise, and it has stood the test of time under several owners. From Lézardrieux marina, walk up to the square and turn left at the end. Now run by Dominique and Maudez Le Corre, the Auberge looks traditional outside, but the contemporary interior reflects its stylish cooking. A *Maitre Restaurateur*, Maudez is one of the few chefs I know to use the French ‘home-made’ (*fait maison*) logo on his menus. Tel: +33 (0)2.96.20.10.70,



[www.auberge-du-trieux.com](http://www.auberge-du-trieux.com)

**Chapter 6**

**CÔTE DE GRANIT ROSE**

**p. 186 Tréguier Port Guide, Restaurants**



A first for us last season, the restaurant L’Abri des Barges is a peaceful rural retreat on the east bank of the Tréguier River near an old tide mill, 1.3 miles downstream from Tréguier marina. Sailing barges once lay alongside by the mill, but it’s tricky getting to the restaurant by dinghy because the tides are never right both ways. However, L’Abri is only an hour’s walk from the marina, over the bridge and through country lanes. Your reward will be fish of the day and fresh vegetables, impeccably cooked. Closed on Tuesdays. Tel: +33 (0)2.96.40.04.04, [www.abridesbarges.com](http://www.abridesbarges.com)

Downstream at **La Roche Jaune**, Le Merle Moqueur is an off-piste gem for those who enjoy anchoring and running ashore by dinghy. Roche Jaune village is on the west side of the Tréguier River, two miles above La Corne lighthouse. Anchor downstream of the jetty, clear of the moorings. Neaps are best, when you can land at any time. From the quay stroll up the hill and turn right to Le Merle Moqueur – unassuming from the outside but delightfully welcoming within. Last season we enjoyed superlative pork cheek in cider sauce, a Breton classic. Tel: +33 (0)2.96.11.84.50



**p. 212 Trébeurden Port Guide, Restaurants**

La Tourelle des Roches Blanches is a first-floor restaurant next to Trébeurden marina and the place to go for lunch or dinner. Don’t be misled by the stark frontage – just walk up the outside steps to the right of the ground floor café and step inside a comfortable spacious dining room with plenty of light. La Tourelle’s excellent fish soup is home-made and I relished a succulent fillet of brill (*barbue*). This is also the place to splash out on a lightly roasted lobster (*homard rôti*). Tel: +33 (0)2.96.23.62.73



**Chapter 8**

**BAY OF MORLAIX**

**p. 232 Morlaix Port Guide, Restaurants**

La Marée Bleue, just below the viaduct on Rampe St Melaine, was usually my restaurant of choice in Morlaix. Now called Le Viaduc, I can confirm that it is still excellent. This quietly modern restaurant has traditional Breton roots and continues to hit the mark for a run ashore. The dining room has stone walls brightened by colourful abstract paintings and there’s an atmosphere of assured competence. We tend to eat meat here rather than fish, and the duckling with cherry sauce is particularly yummy. You can get a luscious *mousse au chocolat* for dessert, one of my tests of a proper French chef. Tel: +33 (0)2.98.63.24.21, [www.le-viaduc.com](http://www.le-viaduc.com)



**p. 239 Roscoff Port Guide, Restaurants**

It's tricky eating in Roscoff. The restaurants are many and varied, and being a ferry port the place is sometimes packed. While the marina is a handy passage stop, not many folk linger too long, so for eating ashore I'd recommend pushing the boat out and dining flamboyantly off-budget nearby. Why not? It's what cruising is all about. The sumptuous, single Michelin dining room at the Hôtel Brittany has views towards Île de Batz and is an easy stroll from the marina on Boulevard Sainte Barbe. The evening will be pricy but completely sublime.

Tel: +33 (0)2.98.69.70.78, [www.hotel-brittany.com](http://www.hotel-brittany.com)

behind the marina a little way west of the Chandler. Genial, good value and accomplished, this fishy bistro can keep you interested for several days if you are waiting for weather. Don't miss their *ragoût de lotte*, a monkfish masterpiece, or try a succulent lobster treat – *ragout de homard*.

Tel: +33 (0)2.98.37.42.87, [lecaillerdesabers.fr](http://lecaillerdesabers.fr)



**Chapter 10**

**CÔTE DES ABERS**

**p. 261 L'Aber-Wrac'h Port Guide, Restaurants**

The last deep-water haven on the North Brittany coast, L'Aber Wrac'h has always appealed to my fondness for Brittany. Although this wild salty ria can feel remote and far-flung, the marina is snug and



you'll find surprisingly good choices for eating ashore. Still going strong, L'Ecailler des Abers is