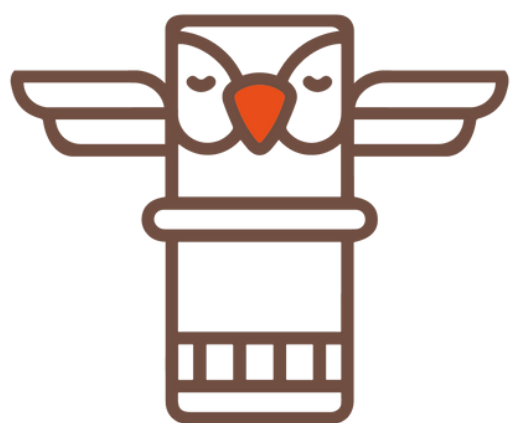
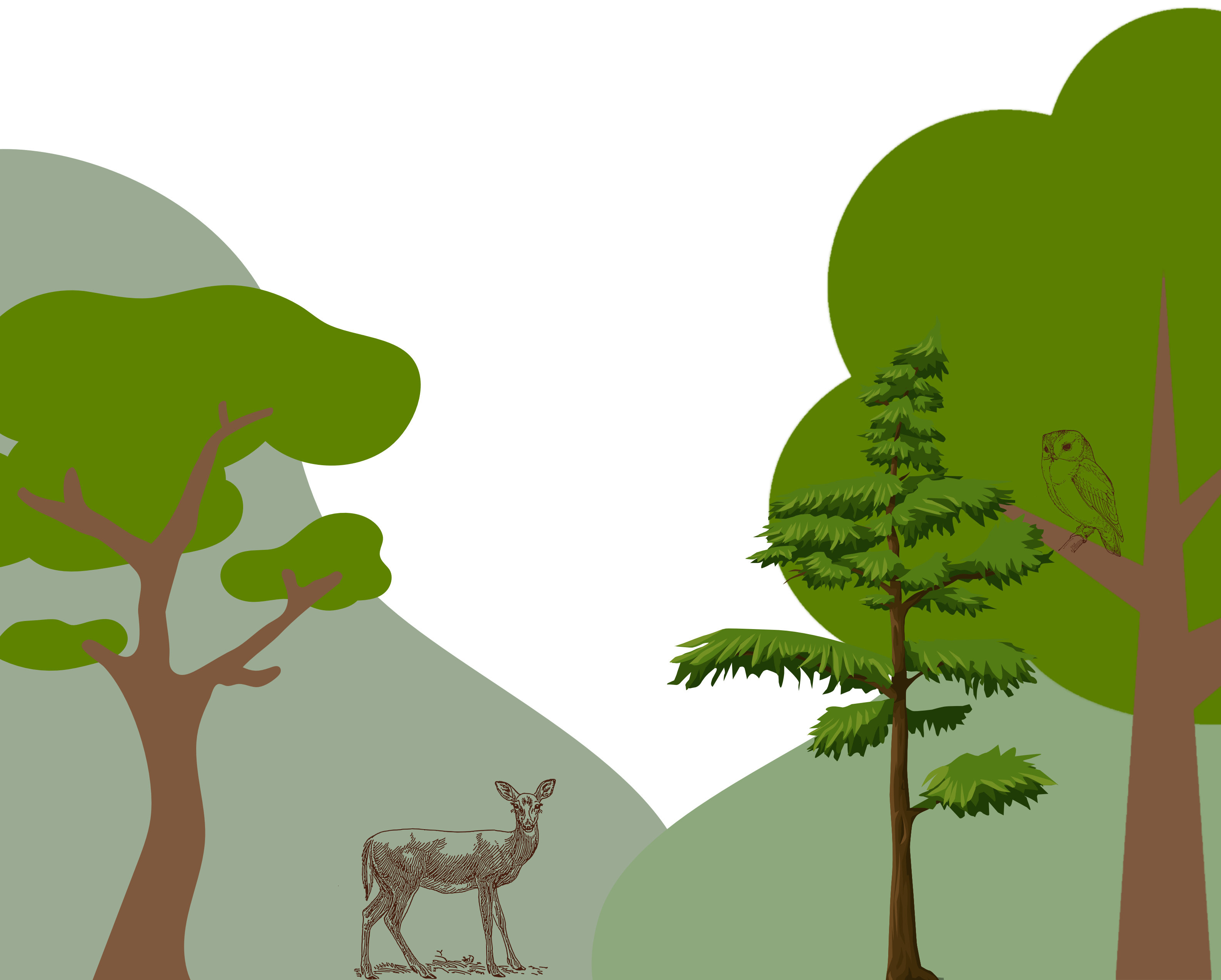


Your welcome booklet



# FORÊT TOTEM

S L O W   T O U R I S M E



# Prepare your visit

## Location

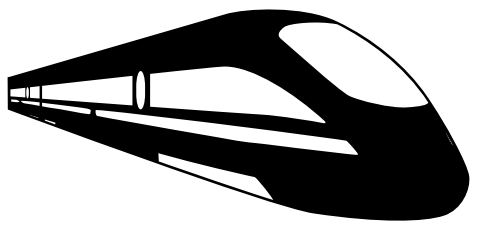
Forêt Totem is located at 2 Couetilec in Persquen (56160) in Morbihan.  
We are in the Pays Pourleth in Central Brittany.

Forêt Totem is referenced on Google Maps, just enter this name in your search and the application will guide you to us!

## Transportation



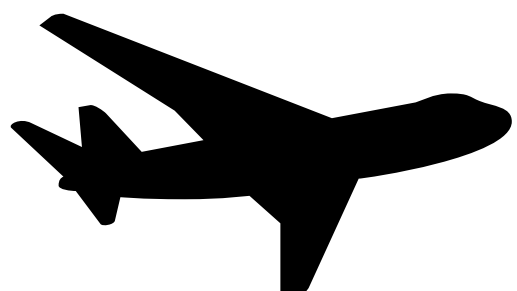
By car, you can take advantage of a network of toll-free roads!  
You can reach Lorient in 40 minutes, Vannes and Quiberon in 1 hour, Rennes in 1h45 and Nantes in 2 hours.



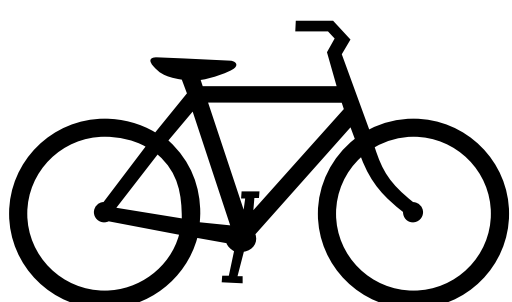
By train, the largest SCNF station nearby is Lorient, which is a 40-minute drive away.  
The bus station (Flixbus, Blablabus) is just behind the train station.



For a bus link from Lorient, at certain times at the beginning of the day and at the end of the day during the week, the bus n° 40E provides a link from Lorient to the train station to Plouay (15 minutes from Forêt Totem).  
Link to consult for any travel by public transport, Breizhgo : <https://cutt.ly/NKiqAWT>

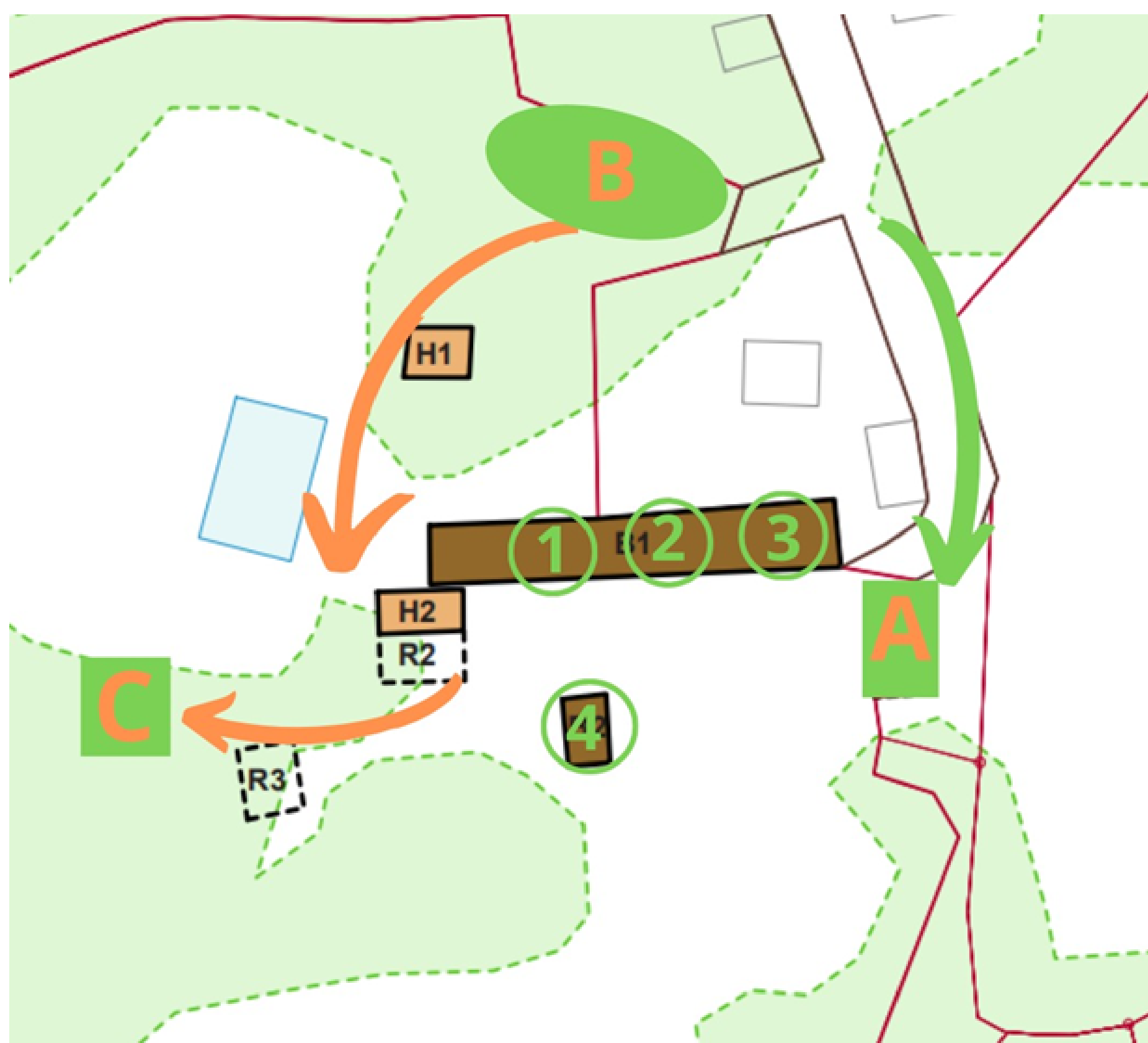


For an arrival by plane (not recommended), Lorient airport is 40 minutes away by car. There is a single connection to Toulouse.  
The other closest airports are in Rennes (1h30 by car) or Nantes (2h00).



The Vélodyssée passes through Pontivy, 28 km from Forêt Totem.

# Forêt Totem Area



- 1 - GITE OAK
- 2 - GITE BEECH
- 3 - GITE CHESNUT
- 4 - GITE HAZEL

**A - PARKING RECEPTION**  
**B - MAIN PARKING LOT**  
 C - WOOD RESERVE /  
 COMPOSTER

Leaving the main road, you take a tarred communal road for about 500 m. The farmhouse is at the end of the road, after the pink house, in the next bend.

**When you arrive**, you can park your car right in front of the rope at the entrance of the property (the time to welcome you). Then, we will let you enter in front of the gîtes with your car the time to **unload your luggage**.

The **main parking lot** is on the left, just after our mailbox, going up about 50 m. A footpath leads you back to the gites.

# Your arrival and departure from Forêt Totem

## Arrival and departure times



The **arrival time** is from **17:00** and the **departure time** before **10:00**.

We will have the pleasure to welcome you in your gîte and to leave you the keys at your arrival. In case of late arrival, please inform us as soon as possible and we will propose you the best possible solution.

## The inventory of fixtures on arrival and departure

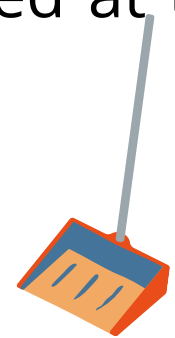
A **quick inventory of fixtures** will be made at the time of your entry and departure.

## How to pay for the stay?



The payment of the stay will be done **at the time of your arrival** by credit card by prelevy. The **tourist tax** (1.10€ / day / person) will be charged at the same time as the balance of the rental fees.

## Housekeeping

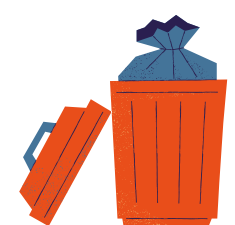


The **complete cleaning** is **included** in the rental price for each gîte. We thank you for leaving the gîte in a **correct state** and the **kitchen in order** (dishes done and put away in the cupboards). Thanks to you.

We can lend you an iron and ironing board, as well as a vacuum cleaner on request.

It is possible to ask for an **intermediate cleaning** during your stay. This will be charged at 50€ and must be requested at the very beginning of your stay.

## Garbage cans



You will find **3 types of garbage cans** in your gîte:

- **Classic household waste**, to be put in the **black bag** provided in the garbage cans at the corner of the main road and the communal road.
- **Recyclable waste** to be put in the **yellow bag** provided, in the yellow receptacle at the corner of the main road and the communal road.
- The **waste to be composted** should be put directly into the **small green garbage can** that you can empty into the composter, near the wood store.
- Concerning **glass**, we thank you to deposit your glass waste in the containers provided for this purpose (behind the old school at the place called Pénety or in Inguiniel).



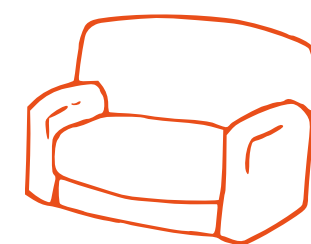
# List of equipment in the dwelling

## Kitchen



- common tableware
  - various utensils
    - 3 pans
    - 2 pans
    - kettle
    - toaster
  - classic coffee maker
  - gas plates
  - oven
- washing machine (except for Hazel)
  - small refrigerator
- dishwasher (Oak only)
- freezer (only in Beech)

## Living room



- 2 sofas 2 or 3 places (1 only for Hazel)
- 1 dining table + 6 chairs (2 for Hazel)
  - television set (except for Hazel)
  - 1 wood stove (except for Hazel)
- shelf or piece of furniture with some books and board games at your disposal

## Bathroom

- hair dryer
- towel dryer
- bathtub (just shower for Hazel)

## Rules for living

Forêt Totem offers you a quiet stay, close to nature. We thank you for **respecting the site** and not making excessive noise to respect the tranquility of our guests but also the biodiversity that surrounds us.

### A few instructions:

It is strictly **forbidden to make fires in the forest**.

It is **forbidden to smoke in all the gîtes**.

The maximum occupancy (indicated on each property sheet) must not be exceeded.

**Visitors are not allowed** on the property, pool or grounds.

When you are away from your gîte, please make sure to close all skylights and close the parasol on the garden table.

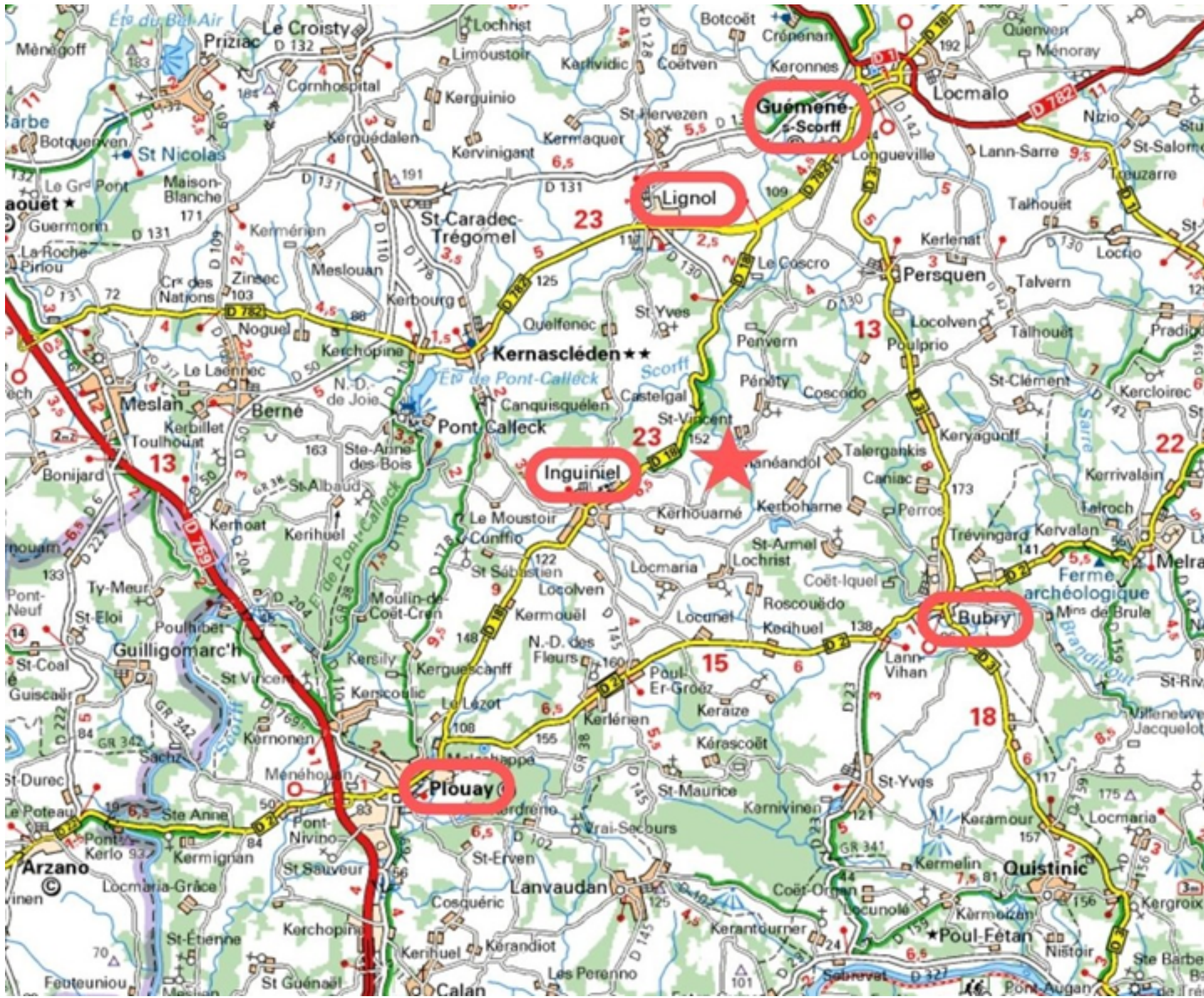
The use of the wood stove and electric heating is reserved for winter rentals.

Thank you for informing us as soon as possible of any breakdown or defect of an appliance in the gîte, the pool or the garden.

Finally, we recommend that you wear **large shoes** (hiking boots, boots...) and **long pants** for any walk in the forest (to avoid any inconvenience from brambles, mosquitoes or ticks). You will find **a path of about 900 m** to walk around and discover the different atmospheres...



# Practical information



The closest cities to Forêt Totem (★) are the following:

- **Inguiniel** at 5 minutes by car (on the road to Plouay / Lorient)
- **Plouay** at 15 minutes by car (on the road to Lorient)
- **Bubry** at 15 minutes by car (on the road to Pontivy)
- **Guéméné sur Scorff** at 15 minutes by car



## Service stations

Inguiniel: **Total** – Plouay's road - at the exit Inguiniel towards Plouay  
Monday to Friday from 8h00-12h00 / 13h30-19h00 (closed on Sunday and Monday)

Plouay: **Carrefour market**, 24-hour pumps

Guéméné sur Scorff: **Intermarché**, 24-hour pumps



# Where to shop?

## INGUINIEL



### **Cocci Market grocery store**

(8h00-12h30 / 15h00-19h00 and on Sunday 8h30-12h30)

**1 traditional bakery** (open Sunday morning - closed Monday)

**Bar- Tobacco - Press** next to the bakery

## PLOUAY

**Carrefour Market** (9h00 - 19h30 everyday - Sunday 9h00-12h30)

**Netto** (8h30 - 19h00 everyday - closed on Sundays)

### **3 bakeries**

1 butcher-caterer

1 bulk grocery store

1 laundry...



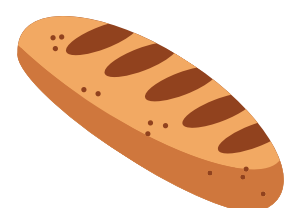
**Traditional market** on Monday morning from 8:30 to 14:00

**Organic farmers' market** on Thursday evenings from 4:00 pm to 7:00 pm

## BUBRY

**Intermarché** (9h00 – 19h00 – closed on Sundays)

### **2 bakeries**



**Organic farmers' market** on Friday evenings from 4:00 pm to 7:00 pm

## GUÉMENE SUR SCORFF

**Intermarché** (9h00 – 19h00 – closed on Sundays)

**1 bakery « Les belles Miches »** with wood-fired cooking !

And the **Maison de l'Andouille**,

an institution to buy the traditional smoked andouille from Guéméné

Lignol : **Bakery Bara Mod Khoz** – organic sourdough bread

To discover absolutely ! Wednesday/Friday/Saturday/Sunday 8:30am - 12:30pm



## Restaurants

### Inguiniel

**O Ty'bistro** – To discover!

Bistronomic menu on weekends / full menu at 17 € during the week

Pizza or dish to go from Thursday to Sunday

**Auberge du Pont Calleck**, traditional inn on the banks of the Scorff

### Guéméné sur Scorff

**Les 3 Marchands** – single traditional menu

**Les Sabots Rouges** – more refined restaurant

### Lignol

**L'Hermine** - traditional menu and pizzas

**Entre copains** – bar

### Kernascleden

**Le Charly's** – traditional restaurant in front of the church to discover!

### Melrand

**La Tourelle** – traditional restaurant with a full menu at lunchtime of €13 and a more bistronomic one by the Chef for 29€. To be discovered too!



## Cinema

A **Guéméné sur Scorff**, A non-profit art house cinema in a completely renovated theatre. Offers a rich and daily programme.

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



## Health

Inguiniel:

**Pharmacy** - 02 97 32 08 65

Good advice from Monday to Friday 8:00-12:45 / 14:00-19:45; Saturday 8:00-12:30

**Medical Centre** - 02 97 32 08 42

3 general practitioners and a nurse's surgery

Monday to Friday 8.00am-11.30pm / 1.30pm-5.30pm; Saturday 7.30am-1pm



*Have a good stay!*

Valérie and Thomas : 06 75 25 76 30

contact@foret-totem.fr

<https://foret-totem.fr/>

### Useful numbers

FIRE BRIGADE: 18

POLICE: 17

EMS: 15

