

Apoena Voyages

ONE TIDE,
ONE ROAD
in Brittany

A day in July
BETWEEN SEA AND STONE

THIS IS ONLY A TRACE



DAYS SPENT IN

Morbihan

OPEN WHAT YOU NEED, WHEN YOU NEED



ALONG
THE DAY



HOW YOU
GOT HERE



WHERE YOU
STAYED



ONE DAY
AFTER
ANOTHER



WHAT YOUR
TOOK WITH
YOU



WHAT YOU
WORE



WHERE YOU
ATE



PLACE
YOU
VISITED



ON THE
ROAD



YOUR
NOTES

REACH OUT

STEP INTO YOUR
MAP, HERE.



ALONG THE DAYS

How it all unfolded



Brest
July 20th



WHERE YOU STAYED

Brest

Hôtel & Spa
Oceania Le Conti

Find your way

Visit page

Arrival

5:00 PM

Leaving time

09:45 AM





ONE DAY AFTER ANOTHER

Fifteen pieces of time

Day 1



Day one

July 20th 2025

Morning Light

9:45 AM – Departure from Le Conti. Fifteen minutes downhill.

10:00 AM – Musée de la Marine. Stone, silence, anchors under glass.

11:45 AM – Ramparts. Sun just beginning. Nothing said.

As the Day Unfolds

12:15 PM – Lunch at ALÉ. No noise, just plates.

1:30 PM – Rue Saint-Malo. Walls still standing.

2:10 PM – Visit Fort Montbarey. Iron silence.

4:15 PM – Tram back to Les Capucins.

4:45 PM – Coffee at Brûlerie du Léon. The spoon stayed still.

When It Slows

6:00 PM – Cours Dajot. The Tour Rose faces out. We stayed inland.

8:30 PM – Dinner at Bistrot Saint Louis. Light, salt, and something unspoken.



Day one

July 20th 2025

What You Walked Through

You might wonder why the city feels uneven.
Why one corner shifts. Why buildings don't align.

Why the streets seem patched, not planned.

In August 1944, Brest was a stronghold.
The Germans stayed. The Allies wanted the port.
Montbarey held. So did the bunkers.
Every floor fought.

Shelling lasted forty-three days.
The old town disappeared under maps.

When the German general surrendered,
he asked for proof of command.
Canham pointed at his men:
“These are my credentials.”

What you see isn't ruin.
It's what was built over it — in need,
without time for symmetry.



Day one

July 20th 2025

One road, and all that remained

You followed no map.
Only the weight of what stayed.

The anchors waited. Models behind glass.
A jacket on a nail. A name you didn't know.
You kept walking.

Streets with no plaque.
A tank asleep in the brick.
A wagon without destination.

Later, a cup of coffee — not warm, not cold.
Just there.

And down, into silence.
Metal, dust, stone.
No voice, no air. Just the line of memory.

In the end, the sea was close.
But you didn't need to reach it.
They hadn't either.



Henry BACON (1839–1912)
Breton Woman at the Helm
Watercolor, signed lower right
34 × 51 cm (minor foxing)
Private collection



WHERE YOU ATE

Tables you remember



Alé

Brest

A bright, honest spot for plant-based lunch. No meat, no noise — just balance.

Show on map

Brûlerie du Léon

Brest

Roasted on site, served with care. Sit by the window. Watch the city slow down.



Show on map



Bistrot Saint-Louis

Brest

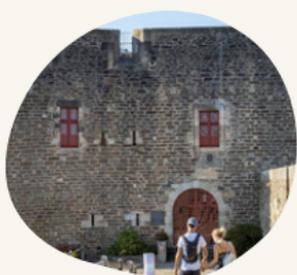
Classic French plates, done right. Brass, wood, and no rush between courses.

Show on map



PLACES YOU VISITED

Selected landmarks along the way



Musée de la Marine

Brest

Show on map

Rue Saint-Malo

Brest

Show on map



Fort Montbarey

Brest

Show on map

Monument to the American

Brest

Show on map





FOOTNOTE

01. The Square Isn't What It Seems

Place de la Liberté looks wide open — postwar geometry, clean lines, city pride.

But after dark, locals turn the other way.

The underpass to Rue de Siam is avoided by many, especially alone.

02. The Tunnel That Burned

On September 8, 1944, the Sadi-Carnot shelter exploded, killing hundreds. The cause: an accidental fire igniting stored munitions. The tragedy remains a somber chapter in Brest's history.

03. The General and His Dog

Upon surrendering on September 19, 1944, German General Ramcke appeared impeccably dressed and accompanied by his Irish setter. He reportedly remarked in English, "I feel like a movie star," before being taken into custody.

04. Something Sweet, Almost Hidden

The Pompon de Brest is a dark chocolate moelleux served in a small jar.

It's named after the red pompon on a sailor's cap.

You won't find it in tourist windows. Look closer —

Le Pompon de Brest, 93 Rue de Siam



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Only what you
might need, if the
day bends.



Apoena Voyages



Kenavo emberr

see you soon