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By road.

- By car : towns and cities in Brittany are linked up by a network of expressways. The road for Lorient is the RN 165.
- By bus : from towns and cities in Morbihan and Brittany, with the [CTM](#)
- By bus or city-boat from towns in Lorient agglomération, with [CTRL](#)

By train. [SNCF](#) railway station, place François Mitterrand, in Lorient
Telephone : 3635. Many return journeys a day between Paris and Lorient. Regular service throughout the day from Lorient to Vannes, Nantes, Quimper and Rennes.

By air. [Lann-Bihoué airport](#) in Ploemeur (a few kilometres from Lorient city-centre) - Telephone: 02 97 87 21 50.

Boat and ferry trips. Ferries to the island of Groix. The [Compagnie Océane](#) offers daily departures from its ferry port to Groix, all year round. Telephone : 0820 056 156



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