

| S | MJ | destination | km | itinéraire | openrunner |
|-----------|-------|---------------------|----|---|--------------------------|
| semaine18 | Mardi | guidel plage | 53 | Lanester-queven-gestel-guidel palages-le fort bloque-kerroch-le ter- port de commerce -lorient-lanester | 18849252 |
| | | guidel | 71 | lanester-hennebont-caudan-pont scorff-kergroaz-st michel-brunenant- guidel-fort bloqué-lomener-larmor plages-lorient-lanester | 18849132 |
| | jeudi | Rédéné | 54 | Lanester-queven-gestel-redene-guidel-queven-lanester | 18850108 |
| | | Merrien | 75 | lanester-queven-guidel-clohars-port de merrien-moeslan-quimperlé- gestel-queven-lanester | 18850235 |
| semaine19 | Mardi | Languidic | 58 | lanester-perros-malachappe-hennebont-languidic- st donation-château de la forest-pont neuf-penquesten-lochrist-hennebont-lanester | 18848993 |
| | | poul fetan | 72 | lanester-perros-malachappe-hennebont-lochrist-penquesten-poul fetan- quistinic-pont augan-st donatien-Pont er pache-st gilles-kervignac- lanester | 18858325 |
| | jeudi | ty nadan | 55 | lanester-lorient-queven-gestel-redene-le petit st adrien-arzanno-pont scorff-kerdual-lanester | 18797175 |
| | | roches du diabes | 70 | lanester-queven-gestel-redene-ty nadan-locunolé-roches du diables-le chatre-arzanno-pont scorff-caudan-lanester | 18797259 |
| | D | Pont scorff | | départ 7h30-10h00 route 42 65 92 VTT 25 35 50 marche 9 12 14 17 20 | |
| semaine20 | Mardi | Pluvignier | 60 | lanester-kervignac-st symphorien-landevant-kerdoret-le crano- branderion-kervignac-lanester | 18855259 |
| | | Brech | 71 | lanester-plouhinec-belz-brech-landaul-landevant-st symphorien- kervignac-lanester | 18855460 |
| | jeudi | Etel | 61 | lanester-fontaine galeze-riantec-plouhinec-le magoero-etel-ste helene- merlevenez-kervignac-lanester | 18855385 |
| | | Ploemel | 79 | lanester-plouhinec-etel-crucuno-ploemel-st laurent-belz-ste helene- merlevenez-kervignac-lanester | 18848948 |