

# WHAT LIES BENEATH THE WATERS OF BRITTANY

揭秘布列塔尼的水下世界

Text & Photo | Ali Postma



Dark productive waters swirl around my mask. I gradually descend to the bottom turning on my dive torch wondering what I will see. Looking through the narrow light beam, I glimpse the most vibrantly decorated wall of anemones. It reminds me of a candy bag of skittles - the reds, purples, greens and yellows all clustered together in a carpet of colour.

黑暗的海水流過淹沒過我的面鏡，水中海洋生物豐饒。我慢慢潛至海底，打開潛水手電筒，期待著有所發現。透過細細的光束，我窺到滿牆極為鮮豔、極富生機的海葵。牠們彷彿一袋彩虹糖——紅的、紫的、綠的、黃的，嬌然錯落、異彩紛呈。

Located on the cusp of France, the province of Brittany is a travel location that often flies under the radar. Bordered by the English Channel, Normandy and the Bay of Biscay, Brittany's stretch of land pales in comparison to its castles, vineyards and mountainous counterparts which make up the rest of the country. Many wouldn't think twice about planning a trip to this part of Europe, let alone a dive vacation. Yet, being a peninsula jutting out into the north-eastern Atlantic, Brittany has over 2860 kilometres of coastline. This unsung diving location has no shortage of beauty, and as we quickly discovered, gardens of colour below the tideline.

Carnac was our diving hub of choice while road tripping around the French peninsula of Brittany. This beachy keen town was set amid the picturesque Bay of Quiberon - along a stretch of shoreline termed "Côte Sauvage" or Wild Coast. It was a place that seemed to thrive on tourism, so much so that I still remember the jostle of bodies moving in and out of bakeries as well as the fresh baguette smell hanging in the air.

Joey and my first day of diving had us bouncing around on a boat headed towards the southern extremity of Quiberon. Here we would back roll into some of the region's best wall and macro fauna diving. Hitting the water with a splash my first glance underwater displayed a swirling, plankton rich environment.

Deflating my BCD I watched the surface melt away as I followed a rocky wall to a depth between 15 and 18 metres (50 and 60 feet). At this depth the green plankton water had significantly reduced the sun penetration and we were forced to navigate using the beams of our dive lights.

布列塔尼省位於法國的一端，是一個經常被忽略的旅遊區。它臨近英吉利海峽、諾曼第和比斯開灣，土地稀少，與法國境內隨處可見的城堡、葡萄園和山地相比，顯得微不足道。很多人根本不會想到歐洲這個角落來旅行，更不用說來此潛水。然而，布列塔尼又是一座插入東北大西洋的半島，擁有超過 2860 公里的海岸線。這個沒沒無聞的潛點陸上不乏勝景，而我們潛入水中很快發現，海浪之下也是一片色彩斑斕。

乘車環繞法國布列塔尼半島的途中，我們選定卡爾納克鎮作潛水基地。這座濱海小鎮位於風景如畫的基伯龍灣內，所處的海岸喚作狂野海岸。此處遊客眾多，我仍清晰地記得熙攘的人群進出麵包店，還有空氣中瀰漫的新鮮法式長棍麵包的味道。

我和 Joey 潛水首日就乘船去往基伯龍灣的最南端。在那裡，我們將欣賞到此地最富盛名的崖壁和微距生物。投身入水，第一眼看到的是湧動的水體和繁多的浮游生物。隨後我將 BCD 排氣，沿著一面岩石壁慢慢下到 15 至 18 米（50 至 60 英尺）深，水面在視線裡逐漸模糊。在這種深度，充滿浮游生物的綠色水體幾乎完全阻絕了陽光，我們不得不靠潛水手電筒的光前進。



Joey towing a dive buoy and line along the seaweed on our Carnac shore dive  
Joey 在卡爾納克岸邊潛水時沿著海藻拖動潛水浮標和繩索

The dainty bodies of green and purple jeweled anemones (*Corynactis viridis*) clustered on a rock  
綠色和紫色的寶石海葵嬌小的身體聚集在一塊岩石上



Finning forward we followed a scintillating school of hake to a section of brilliantly coloured boulders. Getting a closer look at the boulders I was shocked to see that they were carpeted in green, purple, pink, red, orange and yellow jewelled anemones. Where one patch of jewelled anemones ended another patch of a contrasting colour seemed to start. These exquisite little beasts were everywhere, filling up every open rock space.

The jewelled anemones (*Corynactis viridis*) were exquisitely dainty, appearing almost as if crafted from glass. Individually, each anemone stalk was painted in a bold shade with its tips adorned in separate bulbs of a different colour. It was like a painter's canvas had exploded into a rainbow masterpiece.

The anemones were magnificent macro photography subjects, so much so that I could have spent the entire dive glued to a surface area of 3 x 3 metres. But my husband Joey ushered me along eager to cover more ground before it was time to surface.

The day's second dive afforded us a similar experience. After getting over my multicolour jewelled anemone obsession, I began to observe more of the small critters. Picking our way along the rocks I saw gobies, crabs, snails, nudibranchs and wrasse scampering about. Tiny things were all around finding the most uncharacteristic spots for refuge. One blenny in particular seemed to enjoy playing hide-and-seek with my torch beam. The blenny appeared to have made a home in the



A ringneck blenny (*Parablennius pilicornis*) poking out of the sponge life  
一條環頸副鰻從海綿生物中探出頭來

folds of a zesty orange sponge and bobbed up and down in tune with my light.

The following day Joey and I were fortunate enough to jump on a more advanced single dive charter. This time, while still in the southern extremity of Quiberon, we dove near La Teignouse Lighthouse. Floating down from the dive boat we bottomed out between 21 and 24 meters (70 and 80 feet). At the point where rock met the muddy seabed we leveled off turning on our torches. Yet again, my field of view was lit up with the kaleidoscope of colourful jeweled anemones clinging to the rock faces. Beyond the rocks, the emerald water column revealed a swirling mass of hake. They flitted back and forth to the sway of the current.



A small collection of white and orange Sandalled anemone (*Actinothoe sphyrodeta*)  
一小批白色和橙色的桑德爾海葵



A close up look at a group of pink and white jeweled anemones (*Corynactis viridis*)  
近距離觀察一組粉紅色和白色的寶石海葵



A pair of poor cods (*Trisopterus minutus*) swimming in the north-east Atlantic water column  
一對細長腎鱈在東北大西洋水柱中游動

Turning my attention downward, I noticed the bottom had changed from sandy brown to black. Getting closer I quickly realized that the ground was moving and the black was not the bottom, but rather a jaw-dropping mass of Black brittle stars (*Ophiocomina nigra*). The aggregation extended far, well past my visibility range. The brittle stars were heaped together by the thousands and seemed to be feeding on the particulates in the water.

踢動蛙鞋向前，我們隨著一群銀光閃閃的無鬚鱈來到一片色彩斑斕的巨石中間。湊近些看，我訝然發現這些巨石上竟滿覆著綠色、紫色、粉色、紅色、橙色和黃色的寶石海葵。一種顏色接一種顏色，綿延不斷，卻又大異其趣。這些精美的小生物四下皆是，包覆住每一個裸露的岩面。

寶石海葵精巧雅致，彷彿以玻璃雕琢而成。就單株海葵來說，其莖為一種明亮的顏色，而頂端的鱗莖又是另外一種顏色，就像畫家的畫布噴薄出了彩虹的七彩炫目。

這些海葵是絕佳的微距攝影主題，我甚至願意將整場潛水都獻給這3×3米的彈丸之地。但我丈夫 Joey 催促我出水前儘量再多遊覽些地方，因而不得不移步他處。

第二潛的體驗類似。我努力克制住對七彩寶石海葵的癡迷，轉而將更多精力放在小生物上。我們沿著岩石前進，看到蝦虎魚、蟹、蝸牛、海蛞蝓和隆頭魚溜來竄去。這些小生物都在找尋最不起眼的藏身之處。但有一條鯰魚似乎很喜歡與我的手電筒光束捉迷藏。牠應該是在一株亮橘色海綿的褶皺中安了家，還喜歡跟著我的光束節奏上下沉浮。

第二天我和 Joey 有幸登上了一艘更高級的潛水包船。這一次，雖然還是在基伯龍灣的最南端，我們卻來到了 La Teignouse 燈塔附近。從潛水船下潛，我們在 21 至 24 米 (70 至 80 英尺) 深處觸底。在岩石與泥質海床交界處，我們擺正身體，打開了手電筒。而我的眼睛又一次被岩面上生長的多姿多彩的寶石海葵吸引。越過岩石的更遠處，一大群無鬚鱈盤旋在翡翠綠的水層中，正隨著水流的湧動來回翻飛。

We concluded the day by returning to the dive shop and enjoying a shallow shore dive. While not as popular as the boat charters, shore diving from the beach right in front of the dive shop offered ample opportunity to bounce around in the sun-kissed shallows. Thanks to the minimal depth and excellent light penetration this shore site had an abundance of vegetation. Sea grass and rock weeds peppered the benthos, and with that, many plant eating critters. The environment was a stark contrast to the offshore dives we had been doing.

A common sea star (*Asterias rubens*) making its way across a sea bed of mussel shells  
一顆普通的海星在貽貝殼的海床上前進



A Roule's goby (*Gobius roulei*) resting on a fragment of kelp  
一隻魯爾氏蝦虎魚在一塊海帶碎片上休息



A massive aggregation of Black Brittle Stars (*Ophiocomina nigra*) on the bottom of the ocean in Brittany  
在布列塔尼的海底有大量的黑脆星聚集在一起

When you travel the world for long enough, it becomes obvious that not all countries have the luxury of incredible dive sites. As a pair of avid cold water scuba divers, my husband and I are well aware that some cold water destinations pale in comparison to tropical counterparts. When we decided to visit northern France's Atlantic coast, I had every expectation of facing dull, monochromatic waters, but I couldn't have been more wrong. Sometimes even when you're far from the equator, it's possible to enjoy a dive that's every bit as colourful as a rainbow. [EZ](#)

向下看，我發現海底不再是沙子的褐色，而是黑色。伏近一些，我立刻發現地面在移動，黑色的東西不是海床，而是難以言喻的一大片黑色陽遂足。這隻龐大的隊伍浩浩湯湯，遠超我的視線範圍；數量成千上萬，似乎正在捕食水中的懸浮物。

那天的最後，我們回到潛水店，享受了一次淺水岸潛。雖然岸潛不比包船受歡迎，但從潛水店前的海灘直接入水，也可以暢享陽光豐盈的淺水區。由於深度小，光線充足，這個岸潛潛點的植物豐茂。海草和褐藻間活躍著底棲生物，還有許多植食性小生物。這與我們之前的離岸潛水體驗截然不同。

如果你在世界各地的潛水時間夠長，你就會明顯感受到，並非所有國家都有令人流連的潛點。作為冷水水肺潛水迷，我們夫妻倆還發現，有些冷水潛點在熱帶潛點面前真是相形見绌。之前決定探索法國北部的大西洋海岸時，我只以為那裡的水域會單調乏味，結果卻大錯特錯。原來有時候，即便遠離赤道，也有機會體驗一場處處如彩虹般絢爛的潛水之旅。|

## ✈ Getting There 交通

Carnac is a small tourist town in the French province of Brittany. Paris is the closest major international airport. From there visitors can either take a smaller plane, rent a vehicle, take a bus or a train. The distance is approximately 500 kilometres one-way.

卡爾納克是法國布列塔尼省的一座旅遊小鎮。最近的大型國際機場在巴黎。從巴黎出發，你可以乘坐小型飛機、租車、搭乘巴士或火車抵達。單程距離約為 500 公里。

## 🛂 Visa 簽證

France falls under the Schengen Agreement where travellers from America don't need a visa to enter this part of Europe and can remain for a period of 90 days.

法國屬於申根區，來自美國的遊客無需簽證即可入境，且可以逗留 90 天。

## 🗣 Language 語言

French is the official language of France and this nation has a strong pride in speaking their native tongue, however in some tourist locations English can be understood.

官方語言為法語，法國對自己的母語有強烈的自豪感，但在一些旅遊景點可以使用英語。

## 💰 Currency 貨幣

Just like the rest of Europe, France's currency is the Euro. 1 USD = 0.82 Euro. 與歐洲其他國家一樣，法國的貨幣是歐元。1 美元 = 0.82 歐元。

## 💡 Electricity 電源

Most European plugs have two round pins and the current used is 220 Volts AC 50 Hz. If you are traveling from the USA bring a voltage converter.

大多數歐洲插頭都為雙圓腳插頭，電流為 220V 50Hz 交流電。如果你來自美國，請隨身攜帶電壓轉換器。

## 🤿 Dive Operator 潛水業者

Carnac has a handful of dive operators to choose from. We dove with Patrice at the Carnac Dive Center. There is also Quiberon Plongee Bretagne and Haliotis Plongée.

卡爾納克有多家潛水業者可供選擇。我們的潛導是 Carnac Dive Center 的 Patrice。其他還有 Quiberon Plongee Bretagne 和 Haliotis Plongée。  
Carnac Dive Center      [www.carnacplongeedivecenter.fr](http://www.carnacplongeedivecenter.fr)

# BRITTANY

Celtic  
Sea

Brest

Rennes

Nantes

Angers

Plymouth

South

English Channel

Le  
Cae