

# Laval / Château-Gontier

## La Vélo Francette: Normandy / Atlantic by bike



**Départ**  
Laval

**Arrivée**  
Château-Gontier

**Durée**  
2 h 19 min

**Distance**  
34,76 Km

**Niveau**  
I begin / Family

**Thématique**  
Au fil de l'eau, Nature & small heritage

The start of this stage affords fine views of the town of Laval and its two châteaux. The nine-arched railway viaduct here also has a footbridge open to cyclists, and links the Mayenne River's east bank to Laval's town centre and its river port. South of Laval, admire the well-known Abbaye du Port Salut (historically connected with popular Port-Salut cheese) before discovering more of the natural beauty of the Mayenne River.

### Cycle route

At Laval, there is an interconnection with the greenway St-Berthevin > Renazé, but note that it is not well signposted from the route.

There are two shortish stretches (one of 700m, the other of 2.5 km) on roads before you arrive at Château-Gontier. The cycle route through that town is very well laid out.

In general, follow the signs indicating the Chemin de halage de la Mayenne.

### Tourist Offices

[Sud Mayenne Tourist Office](#)

[Anjou Bleu Tourist Office – \(Lion d'Angers branchy\)](#)

### SNCF train services

**Laval train station:** TGV high-speed services and TER regional services on line 22, Le Mans > Laval > Rennes  
[www.ter.sncf.com/pays-de-la-loire](http://www.ter.sncf.com/pays-de-la-loire)

### Buses

Line N°28 Nantes > Laval

Line N°29 Angers > Laval

Contact TER: +33 (0) 810 324 324

Bikes are allowed in the hold if there is room. The Perrin bus company decides on an individual basis, so try checking in advance: +33 (0)2 99 47 42 42.

Line 1 Laval > Château-Gontier > Angers

Central contact number for transport and mobility questions: +33 (0)2 43 66 53 33 or [Kéolis](#) : +33 (0)2 43 67 08 15

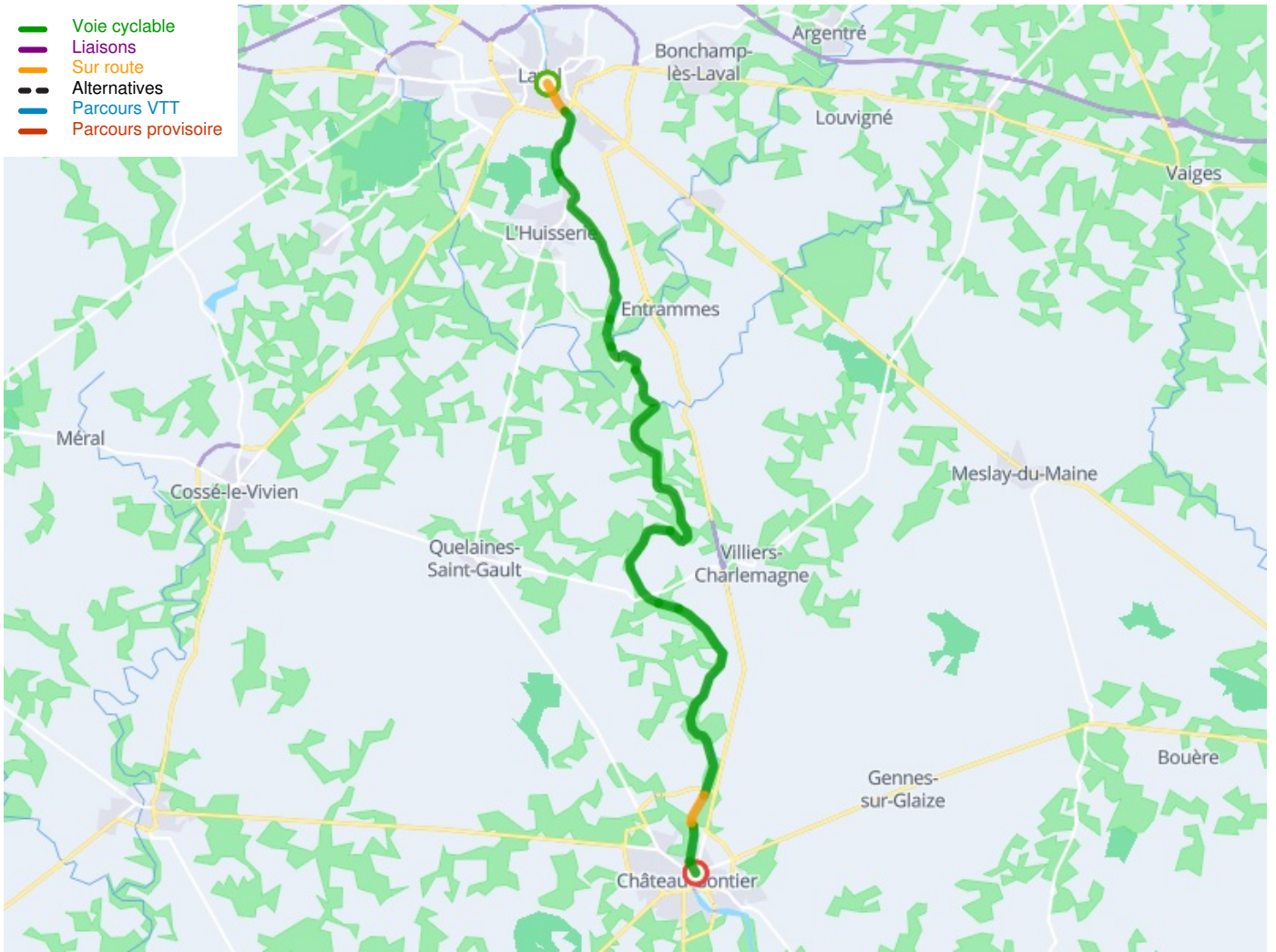
### Don't miss

**Laval:** [the castle and its Musée d'Art Naïf](#), +33 (0)2 43 53 39 89; [the Lactopole André Besnier](#) (a museum on milk production, also known as La Cité du Lait, in this, a major French milk-producing area), +33 (0)2 43 59 51 90; further museums, river wash sheds, [boat hire companies and river cruises from the river port](#), +33 (0)2 43 49 46 46

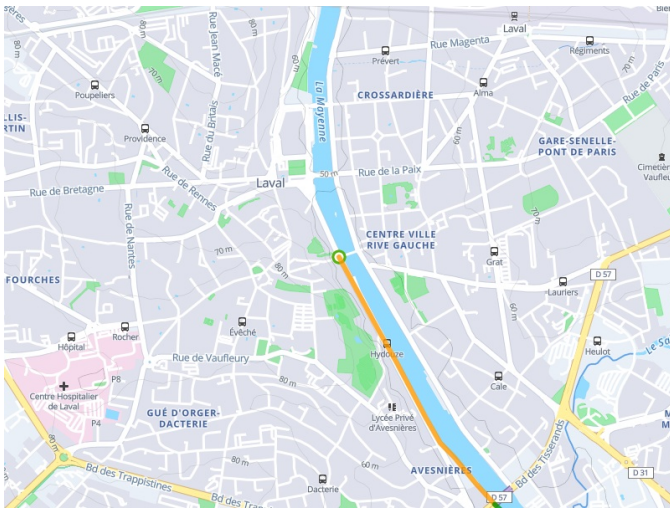
**Entrammes:** vestiges of Gallo-Roman thermal baths +33 (0)2 43 49 46 46; [the Abbaye du Port Salut](#) +33 (0)2 43 67 18 64

**Château-Gontier:** [L'Arche animal rescue centre](#), +33 (0)2 43 07 24 38; Ursuline convent; church of St John the Baptist, +33 (0)2 43 70 42 74; [river boating tourism](#), +33 (0)2 43 07 61 78

- Voie cyclable
- Liaisons
- Sur route
- Alternatives
- Parcours VTT
- Parcours provisoire



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Laval**



**Arrivée  
Château-Gontier**

