

la Vélo
Francette®

FROM NORMANDY
TO THE ATLANTIC

ROAD BOOK

» Ouistreham — Angers «



{ 320 KM 7 DAYS
6 STAGES 6 NIGHTS } ◆



la Vélo Francette®

FROM OUISTREHAM TO LA ROCHELLE

SUCH A FRENCHY BIKE RIDE



« *Mon ciel bleu, mon horizon,
ma grande route et ma rivière,
ma prairie et ma maison...
Douce France, cher
pays de mon enfance...* »



Road Book 1
320 KM

Road Book 2
330 KM

la Vélo Francette®, a new signposted 630 km cycling trail that sounds like a Charles Trenet song... the every essence of *Douce France!*

This itinerary has been devised to tour the country in slow tourism mode, from Ouistreham-Riva-Bella to La Rochelle, the route interconnects with the La Véloscénie®, La Loire à Vélo® and La Vélodyssée® cycling trails.

Starting out from the beaches of Normandy, riding through the Norman countryside, down through the Mayenne valley touching on the Val de Loire then crossing the Marais Poitevin to reach the Atlantic coast...

La Vélo Francette® is a genuine road-movie in an authentic French setting.

This very pleasant trail never strays far from a river: the Orne, Mayenne, Loire, Thouet and the Sèvre near Niort peppered with Guinguettes, bike bars and highly original accommodation options: hippie trailers, lodges on stilts on the river bank, a fishhook workshop transformed into a hotel, an ancient stable, fifties style villas, water mills, lock-keeper houses...



lavelofrancette.com



- The Vélo Francette® itinerary.
- The Vélo Francette® itinerary / green ways.
- Cycle itineraries accessible from the Vélo Francette®.
- Towns served by the TGV train.
- Towns served by Corail and TER local trains.

Want to branch off or only go along a section of the Vélo Francette® ? Numerous TGV and TER stations along the itinerary let you easily join the Vélo Francette®. You also have the possibility of joining another cycle itinerary.



THE ACCUEIL VÉLO® LABEL

Accueil Vélo® is a national label that guarantees a warm welcome and top quality services to cycling tourists along the cycling trails. The label concerns 5 types of services : Accommodation, Bike rental, Bike repairs, Places to visit or Leisure activities, Tourist information centres.

An Accueil Vélo® establishment is a guarantee for cycling tourists that :

- They are less than 5km from a cycling trail
- The right equipment needed is available : Secure bicycle shelter, repair kit
- They are given a warm, attentive welcome : useful information and tips (circuits, weather, ...)
- Services are available for cyclists : luggage transfer, clothes washing and drying, rental of bicycles and accessories, washing of bicycles,...

To the extent possible, the service providers indicated in this document have been chosen because they belong to the Accueil Vélo® network. The logo will help you identify them.



FOREWORD

Present at every stage on the route, the different providers suggested in this document have been selected for the quality of the services offered to cyclists. The owners of the accommodation in this document agreed to be contacted by Tour Operators in order to define the conditions of their partnership with them. This document is not intended to be exhaustive. It seeks to meet the needs of a customer target that has been defined with European operators and whose characteristics are as follows :

- Clientele of individuals or groups,
- One week stay,
- Main expectations focused on heritage, history and nature,
- Accommodation mainly in 2* and 3* hotels, guest houses,
- Kilometric distance travelled between 35 to 55km/day,
- Level of difficulty : easy to moderate.

PRACTICAL ADVICE

- The "Ouistreham-Angers" segment is a trail that can be easily performed by most people. With daily rides of between 15 and 65km per day, the trail is generally quite flat with a few exceptions. The difficult sections of the trail are shown on the elevation profiles available for each stage.
- All terrain bikes are best suited for this trail with a variety of cycling routes : cycling lanes, green paths (especially developed cycling paths totally separate from car traffic) and low traffic shared roads.

Levels of difficulty :

- **Easy** 🟢 The course is mainly flat and without any dangerous repetitive crossings.
- **Intermediary** 🟡 Course with relief difficulties or dangerous repetitive crossings.
- **Expert** 🔴 Course with major difficulties in terms of relief or very dangerous repetitive crossings.

Elevation Profile :

The elevation profile has been drawn for you to give you such information as the type of roads, the positive and negative cumulative elevation, the altitude, the main stopovers. More complete information can be found on the site lavelofrancette.com

BIKE RENTAL

Providers offering bike rentals and an adapted service

. BAYEUX

LOC VÉLO

locvelo.fr - ☎. + 33 (0)6 46 34 37 21

LE HOM

THURY PLEIN AIR

thury-plein-air.fr ☎. + 33 (0)2 31 79 40 10

. CHÂTEAU-GONTIER et alentours

CANOTIKA – Château-Gontier

pagayons.fr/canotika - ☎. + 33 (0)2 53 68 50 11 + 33 (0)6 15 49 28 73

. ANGERS et alentours

ANJOU SPORT NATURE – La Jaille Yvon

anjousportnature.com - ☎. + 33 (0)2 41 95 14 32

VERT EVENT – Angers

vert-event-angers.fr - ☎. + 33 (0)2 72 72 54 44

DÉTOURS DE LOIRE – Angers

locationdevelos.com - ☎. + 33 (0)2 41 87 13 09

ESPACE 2 ROUES – Angers

espace-2-roues.fr - ☎. + 33 (0)2 41 87 69 46

. SAUMUR et Alentours

DÉTOURS DE LOIRE – Saumur

locationdevelos.com - ☎. + 33 (0)2 41 53 01 01

VÉLO SPOT – Saumur

velospot.fr - ☎. + 33 (0)2 41 38 94 06

. NIORT et alentours

LE BEAU VELO DE ROBIGO – Niort

lebeauveloderobigo.fr - ☎. + 33 (0)5 49 34 68 31

LES VÉLOS DU MARAIS POITEVIN – Magné

embarcadere-cardinaud.fr/- ☎. + 33 (0)5 49 35 90 47

LA LIBELLULE – Magné

lemaraispoitevin.fr - ☎. + 33 (0)5 49 35 83 42

LA BICYCLETTE VERTE – Arçais

bit.ly/location-velos-bicyclette-verte - ☎. + 33 (0)5 49 35 42 56

. LA ROCHELLE et alentours

FRANCE VÉLO – La Rochelle

francevelo.bike - ☎. + 33 (0)7 68 73 98 31

CYCLING TOUR – La Rochelle

cycling-tour.fr - ☎. + 33 (0)5 46 55 24 74

CYCLABLE – La Rochelle

la-rochelle.cyclable.com ☎. + 33 (0)9 83 08 17 25

VÉLOVOLT – La Rochelle

velovolt.fr - ☎. + 33 (0)5 49 35 42 56

CYCLOMANIA – La Rochelle

cyclomania17.blogspot.fr ☎. + 33 (0)5 46 37 53 42

ECOVÉLO – La Rochelle

ecovelo17.com - ☎. + 33 (0)5 46 56 13 78

To help you prepare your trip



Topoguides



Guide La Vélo Francette published by Ouest-France and Chamina





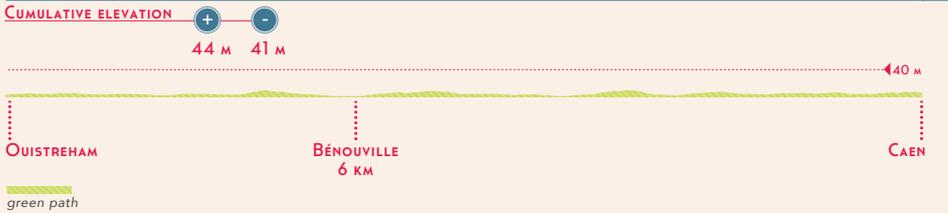
Ouistreham

16 KM

Caen

OUISTREHAM CAEN PONT D'OUILLY DOMFRONT MAYENNE CHATEAU-GONTIER ANGERS

OUISTREHAM TO CAEN



Levels of difficulty

Easy - Green path section running along the Orne canal.

DESCRIPTION

With invigorating fresh air, the beach just a few metres away and the sea as your only horizon : could you dream of a better place to start out on a green path ride than here in Ouistreham ? The very same place where, over 70 years ago, a human tide of British and French soldiers landed to take part in the biggest military operation ever organised : the Normandy D-day landings. You will ride along the same path taken by them, along the old towpath passing firstly alongside the preserved Orne estuary bay, then past the vibrant testimony left by Pegasus Bridge (see Great Visits) to finish this first stage among the yachts at the Caen marina in the heart of the city centre.

USEFUL ADDRESSES

Luggage transfer for this stage

By taxi from Accueil Vélo[®] accommodation below



HÔTEL*** IBIS STYLES

37 rue des dunes - 14150 Ouistreham
ibisstyles.com
 ☎. +33 (0)2 31 96 20 20

Bicycle repairs

CYCLABLE

32 Place du 36ème Régiment d'Infanterie 14000 caen
caen.cyclable.com
 ☎. +33 (0)2 31 83 34 14



CAMPING RIVA BELLA SEASONOVA

1 rue Haie Breton
 14150 Ouistreham
vacances-seasonova.com/fr/camping/camping-riva-bella/
 ☎. +33 (0)2 31 97 12 66

Tourist information centres

OUISTREHAM

14150 - Ouistreham
caenlamer-tourisme.fr
 ☎. +33 (0)2 31 97 18 63

CAEN

14000 - Caen
caenlamer-tourisme.fr
 ☎. +33 (0)2 31 27 14 14



. CAEN et aux alentours

HÔTEL**** MERCURE CAEN CENTRE PORT DE PLAISANCE

1 rue de Courtonne - 14000 Caen
mercure.com/fr/hotel-0869-hotel-mercure-caen-centre-port-de-plaisance/index.shtml
 ☎. +33 (0)2 31 47 24 24

HOTEL*** DE FRANCE

10 rue de la gare - 14000 Caen
hoteldefrance-caen.com
 ☎. +33 (0)2 31 52 16 99

Accommodation*

. OUISTREHAM and surrounding area

HOTEL**** RIVA BELLA BY THALAZUR

Avenue Commandant Kieffer - 14150 Ouistreham
thalazur.fr/hotel-rivabella
 ☎. +33 (0)2 31 96 40 40



HÔTEL** DU CHÂTEAU

5 avenue du 6 Juin - 14000 Caen
hotel-chateau-caen.com
 ☎. +33 (0)2 31 86 15 37

* Check out the full list of accommodation for this stage on the web site lavelofrancette.com

Great visits



◆ **LA POINTE DU SIÈGE, OUISTREHAM.** This is an island whose shoreline has been sculpted by the sea currents, a rare natural space wedged between the Orne estuary and the seashore. From sand dunes to trails and up to the top of the observation cabin at the far end of the island, you will love this fantastic walk in this haven of peace, a striking contrast with the hustle and bustle of the nearby seaside resorts.

◆ **PEGASUS BRIDGE, BÉNOUVILLE.** At the time of the D-Day landings on 6 June 1944, Benouville bridge was among the very first strategic objectives which the Allies set out to capture. The original structure lies nearby and has been replaced by an exact replica. The Café Gondrée, a short walk away, has not changed : it was the first house to have been freed from the Nazi yoke.

◆ **THE MEDIEVAL CITY OF CAEN.** The battles of Caen Castle, the two monumental abbeys built by William the Conqueror and his wife, the Vaugueux district north of the marina : all these sites are emblematic of the medieval past that has marked the city.

Things to do and see



MUSEUM OF THE 4TH Franco-British commandos – Ouistreham

musee-4commando.org
 ☎. +33 (0)2 31 96 63 10

PEGASUS MEMORIAL MUSEUM – Ranville

memorial-pegasus.org
 ☎. +33 (0)2 31 78 19 44

ABBAYES AUX HOMMES ET DAMES – Caen

abbayes-normandes.com
 ☎. +33 (0)2 31 30 42 81 or
 +33 (0)2 31 06 98 45

THE MEMORIAL – Caen

memorial-caen.fr - ☎. +33 (0)2 31 06 06 45

WILLIAM THE CONQUEROR'S CASTLE Caen –

chateau.caen.fr
 ☎. +33 (0)2 31 30 47 90



Caen

Pont d'Ouilley

53KM



OUISTREHAM CAEN PONT D'OUILLEY DOMFRONT MAYENNE CHATEAU-GONTIER ANGERS

CAEN - PONT D'OUILLEY



Levels of difficulty

Intermediate - The trail is a fully developed green path up to Clécy. Then you come across some road portions with slopes sometimes significant.

DESCRIPTION

Now that you've visited Caen (see the previous pages), you turn due south, not without first being stunned by the sight of the Prairie, a vast natural space very close to the city centre and which also hosts the race track. The green path continues to wind its way along the now untamed Orne river, crossing the old railway track every now and again and giving the trip a nostalgic childhood holiday feel. Further on, the meandering waters have dug out a more hilly landscape, endowing these Swiss Normandy villages with a timeless charm.

USEFUL ADDRESSES

Luggage transfer for this stage

By taxi from Accueil Vélo® accommodation below



Tourist information centres



LE HOM

14220 - Le Hom
suisse-normande-tourisme.com
 ☎. +33 (0)2 2 31 79 70 45

CLÉCY

14570 - Clécy
suisse-normande-tourisme.com
 ☎. +33 (0)2 31 69 79 95

Accommodation*



. CAEN and surrounding area

HOTEL**** MERCURE CAEN CENTRE PORT DE PLAISANCE

1 rue de Courtonne - 14000 Caen
mercure.com
 ☎. + 33 (0)2 31 47 24 24

HOTEL*** DE FRANCE

10 rue de la gare - 14000 Caen
hotelfrance-caen.com
 ☎. + 33 (0)2 31 52 16 99

HOTEL** DU CHÂTEAU

5 avenue du 6 Juin - 14000 Caen
hotel-chateau-caen.com
 ☎. + 33 (0)2 31 86 15 37

. PONT D'OUILLEY and surrounding area

HOTEL*** LE RELAIS DU COMMERCE

8 Rue de Falaise - 14690 Pont-d'Ouilley
relaisducommerce.fr
 ☎. + 33 (0)2 31 69 80 16

Between CAEN and PONT-D'OUILLEY

HOTEL*** AU SITE NORMAND

2 rue des Chatelets - 14570 Clécy
hotel-clecy.com
 ☎. + 33 (0)2 31 69 71 05

GUEST HOUSE AND GUEST TABLE

MME PILON
 Le Maizeray - 14220 Saint Martin de Sallen
location-gite-chambre-hote.gites-de-france-calvados.fr
 ☎. + 33 (0)6 80 13 41 32

LE MOULIN DU VEY (GÎTE)

72 Route de Saint-Laurent - 14570 LEVEY
moulinduvey.fr
 ☎. + 33 (0)2 31 69 27 45

CAMPING**** DES ROCHERS DES PARCS

8 Route du viaduc - 14570 Clécy
camping-normandie-clecy.fr
 ☎. + 33 (0)2 31 69 70 36

Great visits

- ◆ **THE BANKS OF THE ORNE.** To the sound of the dawn chorus or in the mid-day calm, cyclists will be enchanted as they follow the route taken by the Orne river. The formidable serenity and energy that emerge from these sculpted granite gorge landscapes make this region a paradise for athletes, fans of canoeing, climbing or paragliding!
- ◆ **SAINT-RÉMY-SUR-ORNE.** After an effort, a rest... The Brasserie de la Lie brewery had the very good idea a few years ago of setting up just a few strokes of the pedal away from La Vélo Francette trail! The brewery produces several craft beers using their own original recipes. A break that is to say the least refreshing.
- ◆ **CLÉCY.** Perched high on a promontory, overlooking the Orne river, this small picturesque and enchanting village is the preferred departure point for the region's athletes. It also houses the Hardy Museum, devoted to the impressionist painter of the same name.

Things to do and see

- CAVE DE LA LOTERIE** – Clécy
cavedelaloterie.fr
 ☎. +33 (0)2 31 69 74 38
- CLÉCY GLISS (luge on rails)** – Clécy
lugeennormandie.fr
 ☎. +33 (0)2 31 68 63 64
- TYROLIENNE/ VIA FERRATA** – Clécy
vertig-sports.com
 ☎. +33 (0)6 66 79 75 86



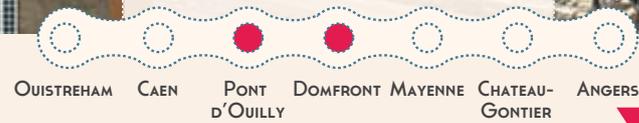
* Check out the full list of accommodation for this stage on the web site lavelofrancette.com



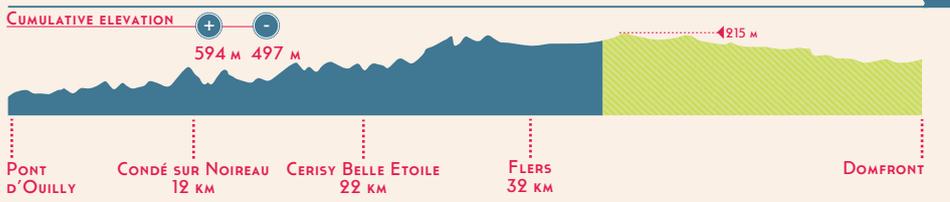
Pont d'Ouille

Domfront

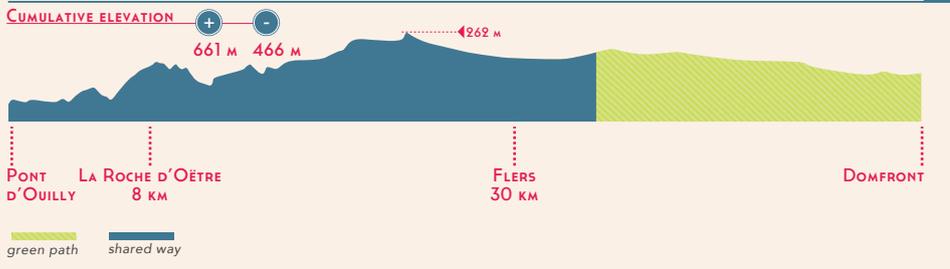
55KM



PONT D'OUILLY - DOMFRONT VIA CONDÉ SUR NOIREAU



PONT D'OUILLY - DOMFRONT VIA LA ROCHE D'OËTRE



Levels of difficulty

- Intermediate** - from Pont d'Ouille to Flers via "Condé sur Noireau".
- Expert** - from Pont d'Ouille to Flers via "La Roche d'Oëtère".
- Easy** - From Flers to Domfront.

DESCRIPTION

From Pont d'Ouille to Flers via "Condé-sur-Noireau". This bucolic stage in Swiss Normandy runs along the Noireau Valley bordered by numerous cliffs up to Condé sur Noireau, before exiting via a very steep ramp. Close to Mont Cerisy, the trail becomes gentler on the leg muscles before reaching Flers and its castle.

From Pont d'Ouille to Flers via "La Roche d'Oëtère". A sporting and grandiose stage which fully rewards cyclists who make the effort to reach La Roche d'Oëtère. At a height of 118 meters, a magnificent panoramic view over the Rouvre river tree-covered gorges unfolds before you. A protected "Natural Sensitive Space" in the heart of the oldest mountain in Europe. Small but sloping country roads lead to the castle then on to Flers train station.

From Flers to Domfront. Change of trail, after the train station and upon returning to the outskirts of the city in the vicinity of La Selle-la-Forge in "Fumeçon", the stabilised green path trail descends in a gentle slope towards the La Varenne river and continues to cross over it back and forth for the rest of the stage. The heritage of the region's mining past helps create an atmosphere here that is conducive to a peaceful bicycle ride.

Great visits

THE ROCHE D'OËTRE SITE : This is one of the most emblematic classified natural sites in the Orne. A rocky belvedere 118m high overlooking the Rouvre valley gorges as it meanders below through a forest of oak, alder and lime trees. flerstourisme.fr
 ☎ +33 (0)2 31 59 13 13

FLERS : In the heart of the town of Flers, the park of the castle spreads out over 7 hectares laid out around a central pond, offering the perfect setting for a calm walk, or simply a short break in the centre of the town. The Flers Castle museum. flers-agglomeration.fr
 ☎ +33 (0)2 33 64 66 48

DOMFRONT. A fort in the Middle Ages, the Medieval city towers over 70 metres above the Varenne river, the ruins of the powerful dungeon are the remains of the castle built by Henri 1st Beauclerc, Duke of Normandy/King of England, in the XIIth century to protect the southern border of the Duchy of Normandy. Guided tour : ot-domfront.com ☎ +33 (0)2 33 38 53 97
 - The church of Notre Dame sur l'Eau XI^e-XII^e.
 - The neo-Byzantine church of Saint Julien...

Things to do and see

- PRINTING MUSEUM** – Condé sur Noireau corlet.fr/musee-de-limprimerie ☎ +33 (0)2 31 59 53 00
- LE PETIT MUSÉE «LIBÉRATION DE BERJOU 39-45»**– Berjou flerstourisme.fr/patrimoines/le-petit-musee-liberation-de-berjou-39-45 ☎ +33 (0)6 71 82 24 96
- MONT DE CERISY-BELLE-ETOILE** Cerisy Belle Etoile flerstourisme.fr/content/le-mont-de-cerisy ☎ +33 (0)2 33 65 06 75
- DISTILLERY DE LA MONNERIE** Cerisy Belle Etoile flerstourisme.fr/patrimoines/distillerie-la-monnerie ☎ +33 (0)2 33 66 39 07 - +33 (0)6 98 42 09 33
- MAISON DE LA RIVIÈRE ET DU PAYSAGE** Ségrie Fontaine cpie61.fr - ☎ +33 (0)2 33 62 34 65
- CHÂTEAU DE FLERS MUSEUM** Flers flerstourisme.fr/patrimoines/musee-du-chateau-de-flers - +33 (0)2 33 64 66 49
- LA MAISON DU FER** – Dompiere lesavoiretlefer.fr ☎ +33 (0)2 33 38 03 25
- PARC DES FORGES DE VARENNE** Champsecret facebook.com/parcdesforges-devarenne ☎ +33 (0)2 33 37 76 88



Flers © JE Rubio

Domfront © J Damasc

Les Médiévales © club photo Domfront

USEFUL ADDRESSES

Luggage transfer for this stage

By taxi from Accueil Vélo® accommodation opposite



Accommodation*

. PONT D'OUILLY and surrounding area

HOTEL 3*** LE RELAIS DU COMMERCE

8 Rue de Falaise - 14690 Pont-d'Ouille

relaisducommerce.fr

☎. + 33 (0)2 31 69 80 16

. Between PONT D'OUILLY and FLERS via Condé sur Noireau

GUEST HOUSE

1 rue de l'Etre - 61790 Saint Pierre-du-Regard

☎. + 33 (0)2 31 69 09 59 - +33 (0)6 83 66 96 87

CAMPING ON THE FARM

La Gilberdière - 61430 Berjou

syldidouvy/accueil-a-la-ferme

☎. + 33 (0)2 33 64 81 88 - +33 (0)6 30 79 44 64

CHAMBRES D'HÔTES

Les Planches - 61430 Cahan

lemanoirdebenedicte.fr

☎. + 33 (0)6 74 13 17 49

. Between PONT D'OUILLY and FLERS via La Roche d'Oëtre



GITE FOR STOPOVERS AND LONGER STAYS

Le Bourg - 61430 Saint-Philbert-sur-Orne

flerstourisme.fr

☎. + 33 (0)2 31 59 13 13

GITE FOR STOPOVERS AND LONGER STAYS

La Valette - 61430 Menil-Hubert-sur-Orne

gites-de-france-orne.com

☎. + 33 (0)2 31 69 27 70 - +33 (0)6 01 93 97 33

GITE FOR STOPOVERS AND LONGER STAYS

Centre d'accueil de Bréel - 61100 Brel

flerstourisme.fr

☎. + 33 (0)6 31 59 13 13

GUEST HOUSE

Les Rochers - Ségrie Fontaine

61100 Athis Val de Rouvre

flerstourisme.fr

☎. + 33 (0)2 33 65 59 58 - + 33 (0)6 35 90 63 64

CAMPING DE LA ROUVRE

Le bas Rouvrou - 61430 Ménil-Hubert-Sur-Orne

larouvre.fr

☎. + 33 (0)2 33 64 82 40 - 07 70 65 65 44

. FLERS and surrounding area

HOTEL 3*** LE GALION

5 rue Victor Hugo - 61100 Flers

hotel-le-galion-flers.fr

☎. + 33 (0)6 33 64 47 47

CAMPING 3*** LE PAYS DE FLERS

La Fouquerie - 61100 Flers

flers-agglo.fr/camping-de-la-fouquerie

☎. + 33 (0)2 33 65 35 00

GITE FOR STOPOVERS AND LONGER STAYS

Pont Ramond - 61100 La Chapelle-au-Moine

gites-de-france-orne.com

☎. + 33 (0)6 33 64 66 00

. DOMFRONT and surrounding area

HOTEL 2** DE FRANCE

7 rue du Mont Saint Michel - 61700 Domfront en Poirais

hoteldefrance-fr.com

☎. + 33 (0)6 33 64 47 47

* Check out the full list of accommodation for this stage on the web site lavelofrancette.com

Tourist information centres



COLLINES DE NORMANDIE

61430 - Saint Philbert sur Orne

flerstourisme.fr

☎. + 33 (0)2 31 59 13 13

FLERS

61100 - Flers

flerstourisme.fr

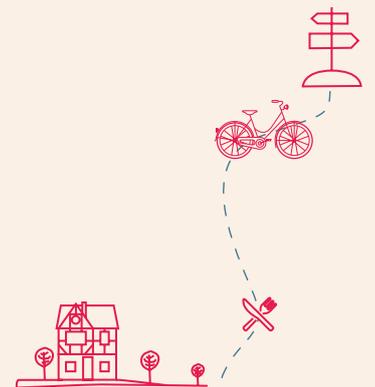
☎. + 33 (0)2 33 65 06 75

DOMFRONT

61700 - Domfront

ot-domfront.com

☎. + 33 (0)2 33 38 53 97





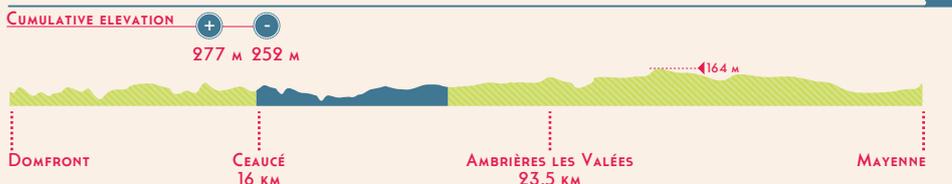
Domfront

45KM

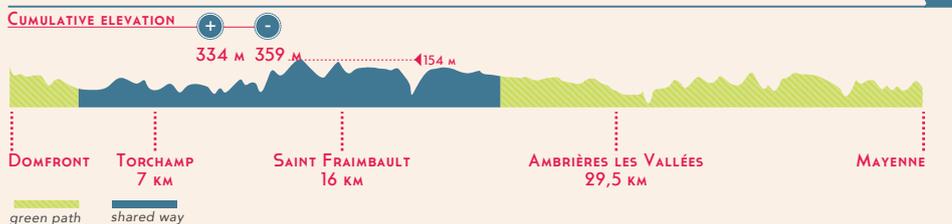
Mayenne

OUISTREHAM CAEN PONT D'OUILLY DOMFRONT MAYENNE CHATEAU-GONTIER ANGERS

DOMFRONT - MAYENNE VIA CEAUCÉ



DOMFRONT - MAYENNE VIA SAINT FRAIMBAULT



Levels of difficulty

Via Ceaucé

Easy - from Domfront to Ceaucé.

Intermediate - from Ceaucé to the green path marking the entry into the Mayenne department.

Easy - from the green path which marks the entry into the Mayenne department to the town of Mayenne.

Via Saint Fraimbault

Intermediate - from Domfront to the green path marking the entry into the Mayenne department.

Easy - from the green path which marks the entry into the Mayenne department to the town of Mayenne.

DESCRIPTION

After the perched city of Domfront, you have two alternatives up to the entry into the Mayenne department, one peaceful route via Ceaucé, the other more demanding one via Saint Fraimbault.

Ambrières-les-Vallées offers a final view of the Varenne river before the route starts to follow the banks of the Mayenne.

Great visits

AMBRIÈRES-LES-VALLÉES : This quaint preserved village offers beautiful views of the Varenne river, a tributary of the Mayenne river, which crosses through it. The town's museum is located in three authentic weaver houses dating back to the XVIIIth century and illustrates the history of the hemp trade, the principal crop grown in the Maine region. The family and craft-working life that revolved around hemp weaving in this area and that had for a long time been renowned in the international fabrics trade disappeared with industrialization and the Bas-Maine region became the department of Mayenne in 1790. After crossing through Ambrières-les-Vallées we open out onto a superb view of Mayenne river.

MAYENNE : The point of departure of the towpath, Mayenne is also proud of its 1,000 year history. Overlooking the river, the castle museum houses the best preserved Carolingian Palace in Europe and displays very rare collections in an interactive and fun visit.

Discover also the **CHAPELLE DES CALVAIRIENNES**, classified as a Historical Monument. This remnant of the former Benedictines du Calvaire convent is now a major centre for Contemporary Art in Mayenne.

The large prestigious houses are a reminder of the importance of the fabric trade in the 17th and 18th centuries.

Things to do and see

SAINT-FRAIMBAULT – “Floral Village” with a 4-flower rating. International Winner and National Grand Prize winner since 1988 - saint-fraimbault.com

WEAVERS MUSEUM
Ambrières-les-Vallées
☎. +33 (0)6 21 06 01 51

LE VÉLO RAIL – Saint-Loup-du-Gast
☎. +33 (0)6 26 10 60 17

CASTLE MUSEUM – Town of Mayenne
📧 museeduchateaudemayenne.fr/index.php
☎. +33 (0)2 43 00 17 17

PARCOURS BALUDIK – Mayenne ville
📧 hautemayenne-tourisme.com
☎. +33 (0)2 43 04 19 37

THE CALVAIRIENNES CHAPEL - Town of Mayenne
📧 hautemayenne-tourisme.com
☎. +33 (0)2 43 04 19 38

RIVER BOAT TOURISM - Town of Mayenne
📧 hautemayenne-tourisme.com
☎. +33 (0)2 43 04 19 38

THE MEMORIAL OF THE DEPORTATION Town of Mayenne
📧 memorial-des-deportes-mayenne.fr ☎. +33 (0)2 43 08 87 35



USEFUL ADDRESSES

Luggage transfer for this stage



ANDÉGAVE COMMUNICATION

☎. +33 (0)6 82 84 54 88

 Tourist information centres



HAUTE MAYENNE VALLEY

53100 - Mayenne

🌐hautemayenne-tourisme.com

☎. + 33 (0)2 43 04 19 37

 Accommodation*



. DOMFRONT and surrounding area

HOTEL 2 DE FRANCE**

7 rue du Mont Saint Michel - 61700 Domfront en Poirais

🌐hoteldefrance-fr.com

☎. + 33 (0)6 33 38 51 44

. MAYENNE and surrounding area

HOTEL-RESTAURANT* LE GRAND HOTEL**

2 rue Ambroise-de-Loré - 53100 Mayenne

🌐grandhotelmayenne.com

☎. + 33 (0)2 43 00 96 00

HÔTEL DE LA TOUR DES ANGLAIS**

13 bis Place Juhel - 53100 Mayenne

🌐latourdesanglais.com ☎. + 33 (0)2 43 04 34 56

HOTEL-RESTAURANT* BEAU RIVAGE**

Route de Sainte Baudelle - 53100 Moulay

🌐restaurantbeau rivage.com

☎. + 33 (0)2 43 00 49 13

HOTEL-RESTAURANT* LA MARJOLAINE**

Le Bas-Mont - 53100 Moulay

🌐lamarjolaine.fr

☎. + 33 (0) 2 43 00 48 42

CAMPING DU GUÉ-SAINT-LÉONARD**

818 rue Saint Léonard - 53100 Mayenne

🌐campingduguesaintleonard.fr

☎. + 33 (0)2 43 04 57 14

Between DOMFRONT and MAYENNE

HOTEL-RESTAURANT LE GUÉ DE GÈNES**

27 rue notre dame - 53300 Ambrières-les-Vallées

🌐guedegenes.fr

☎. + 33 (0)2 43 00 16 98

CAMPING LE PARC DE VAUX

33 rue des colverts

53300 Ambrières-les-Vallées

🌐parcdevaux.com

☎. + 33 (0)2 43 04 90 25

CAMPING LES CHAUVIÈRES

61350 Saint-Fraimbault

🌐saint-fraimbault.com

☎. + 33 (0)2 33 38 32 22 - +33 (0)6 30 12 21 99

GITE DE GROUPE LA RICHERIE

61330 Torchamp

🌐pleinenature-normandie.com

☎. + 33 (0)2 33 38 70 41

GITE DE BELLEVUE

Bellevue - 61350 Saint-Fraimbault

🌐gite-bellevue.com

☎. + 33 (0)2 33 38 78 25



* Check out the full list of accommodation for this stage on the web site lavelofrancette.com



Mayenne

Château-Gontier

70KM

OUISTREHAM CAEN PONT D'OUILLY DOMFRONT MAYENNE CHATEAU-GONTIER ANGERS

MAYENNE - CHÂTEAU-GONTIER



Levels of difficulty

Easy - Green path from Mayenne to Château-Gontier, except for the quick crossing of the town of Laval.

DESCRIPTION

After visiting Mayenne and its Carolingian castle, we set course south via the Mayenne valley. This family stage on La Vélo Francette trail takes us along the towpath beside the river to discover an exceptional natural heritage in a setting of lock houses and beautiful bourgeois homes. The itinerary offers a view over Laval and its two castles. The 9-arch railway viaduct has a bicycle lane enabling cyclists to access the Laval stopover and town centre. On leaving Laval, cyclists can admire the famous Port Salut Abbey before discovering the wild beauty of La Mayenne.



Laval river stopover - Buisson - Mayenne-tourisme

Great visits

LAVAL : City of art and history, Laval offers many historical sights to visit. Discover the Saint Julien boat wash-house, the old castle that houses the Naive Art Museum with the most beautiful collection in Europe. Stroll around the historic centre through the medieval streets leading to the fortifications of the XIIIth and XVth centuries. You will be stunned on coming across the biggest dairy museum in the world ! The Lactopôle tells how a traditional and rural trade has become a powerful industry over time. A unique testimony to the profound changes that have shaped the rural world in a little less than two centuries.

CHÂTEAU-GONTIER : This thousand year old town charms its visitors with its rich heritage. Lose yourself in the narrow streets of the old town, your eyes drawn upwards to view the prestigious houses, symbols of a bourgeoisie that prospered with the linen fabric trade. Visit the Faubourg, the former Ursulines convent and one of the city's jewels awaits you. The doors of the Arche animal shelter are open to all injured animals, from any origin or simply if they have become a burden. It all began 40 years ago with one animal picked up on the side of the road. The founder of the shelter, Christian Huchedé, has turned this family garden into an exceptional site where volunteers give love and tenderness to animals who have never had any. Animals of all species, large and small : herons, storks, cats, lions, tigers, leopards, monkeys...

Things to do and see

THE CASTLE AND ITS NAIVE ART MUSEUM Laval

laval.fr/musees/musee-du-vieux-chateau - ☎ +33 (0)2 53 74 12 30

LE LACTOPÔLE – Laval

lactopole.com/fr - ☎ +33 (0)2 43 59 51 90

RENTAL OF BOATS AND CRUISES

AT THE RIVER STOPOVER – Laval

laval-tourisme.com/activites/loisirs-nautiques/236221-location-de-bateaux-sans-permis - ☎ +33 (0)2 43 49 46 46 and +33 (0) 43 49 46 38 (in summer season)

THE ENTRAMMES THERMAL BATHS

Entrammes
laval-tourisme.com/decouvrir/les-incontournables/les-thermes-dentramme - ☎ +33 (0)2 43 49 46 46 and (0)2 43 90 20 72 (in summer season)

PORT SALUT ABBEY – Entrammes

portdusalut.com
☎ +33 (0)2 43 67 18 64

THE ARCHE ANIMAL SHELTER

Château-Gontier
refuge-arche.org

☎ +33 (0)2 43 07 24 38

THE URSULINE CONVENT, THE CHURCH OF SAINT-JEAN BAPTISTE

Château-Gontier
sudmayenne.com
☎ +33 (0)2 43 70 42 74

THE MARINA – Château-Gontier

Rental of canoes and kayaks, paddle-boats, pedalos, bicycles.
pagayons.fr/canotika
☎ +33 (0)6 15 49 28 73

USEFUL ADDRESSES

Luggage transfer for this stage

ANDÉGAVE COMMUNICATION

- Mayenne Office
☎. +33 (0)6 82 84 54 88

Tourist information centres

LAVAL TOURISME

53000 - Laval
📧 laval-tourisme.com
☎. +33 (0)2 43 49 46 46

SUD MAYENNE TOURISME

53000 - Château-Gontier
📧 sudmayenne.com
☎. +33 (0)2 43 70 42 74



Accommodation*

. MAYENNE and surrounding area

GUESTHOUSE A LA FERME «LA CHEVRIE»

La Chevrie - 53470 Commer-
☎. +33 (0)2 43 00 44 30 - +33 (0)6 84 17 17 29

GUESTHOUSE - LE PETIT ARDRIER

le petit ardrier 53470 Martigné-sur-Mayenne
📧 gites-de-france-mayenne.com gite N° 53G121
☎. +33 (0)6 22 07 92 10

HÔTEL-RESTAURANT*** LE GRAND HÔTEL

2 rue Ambroise-de-Loré - 53100 Mayenne
📧 grandhotelmayenne.com
☎. +33 (0)2 43 00 96 00

HÔTEL DE LA TOUR DES ANGLAIS**

13 bis Place Juhel - 53100 Mayenne
📧 latourdesanglais.com ☎. +33 (0)2 43 04 34 56



HÔTEL-RESTAURANT*** BEAU RIVAGE

Route de Sainte Baudelle - 53100 Moulay
📧 restaurantbeau rivage.com
☎. +33 (0)2 43 00 49 13

HÔTEL-RESTAURANT*** LA MARJOLAINE

Le Bas-Mont - 53100 Moulay
📧 lamarjolaine.fr
☎. +33 (0)2 43 00 48 42

CAMPING*** DU GUÉ-SAINT-LÉONARD

818 rue Saint Léonard - 53100 Mayenne
📧 campingduguesaintleonard.fr
☎. +33 (0)2 43 04 57 14

GUESTHOUSE LE LOGIS DE LA VANNERIE

La Vannerie 53100 Mayenne
☎. +33 (6) 32 38 78 28

LES REFUGES DU HALAGE

Maison éclusière Le Port 53470 Sacé
📧 rdhmayenne.com
☎. +33 (0)7 68 51 51 20

. CHÂTEAU-GONTIER and surrounding area

HOTEL** DU CERF

31 rue Garnier - 53200 Château-Gontier
📧 hotel-du-cerf-53.com
☎. +33 (0)2 43 07 25 13

PARC HOTEL***

46 avenue du maréchal joffre
53200 Château-Gontier
📧 parchotel.fr
☎. +33 (0)2 43 07 28 41

GUEST HOUSE LES PERETTES

Chemin les Perettes - 53200 Château-Gontier
📧 gitechambresdhotesperettes.fr
☎. +33 (0)2 43 09 06 51

CAMPING*** DU PARC

15 route de laval - 53200 Château-Gontier
📧 camping-chateau-gontier.fr
☎. +33 (0)2 43 07 35 60

CAMPING*** DES RIVIÈRES

1 rue du Port - 53200 Daon
📧 campingdaon.fr
☎. +33 (0)2 43 06 94 78

LAVAL and surrounding area

MANOIR DE ROUÉSSE GUESTHOUSE

4 rue Salvador Allende - 53000 Laval
📧 manoirderouesse.com
☎. +33 (0)2 43 69 94 03

LA VERONNIÈRE GUESTHOUSE

La Veronnière - 53970 l'Huisserie
📧 laveronniere.com
☎. +33 (0)6 26 90 40 12

THE REGIONAL CENTER FOR EDUCATION AND TRAINING

109 avenue de Pierre de Coubertin - 53000 Laval
📧 creflaval.net
☎. +33 (0)2 43 67 91 00



* Check out the full list of accommodation for this stage on the web site 📧 lavelofrancette.com





Château-Gontier Angers

61 KM



OUISTREHAM CAEN PONT D'OUILLY DOMFRONT MAYENNE CHATEAU-GONTIER ANGERS

CHÂTEAU-GONTIER - ANGERS



Levels of difficulty

- Easy** - from Château-Gontier to Chambellay,
- Intermediate** - from Chambellay to Montreuil-Juigné :
- 3km deviation on the D187 from Chambellay to Montreuil-sur-Maine
- Easy** - from Montreuil-sur-Maine to Angers.

Check itinerary updates at Anjou-tourisme.com/fr/voir-faire/balades/balades-velo

DESCRIPTION

From Château-Gontier to Lion d'Angers. Each meander through the Mayenne hillsides unveils a new sight to see, a castle, a mill or a village on the opposite shore with its river port and beautiful views stimulating cyclists to go even further. Shortly before the Lion-d'Angers, the equestrian world is revealed when you cross in front of the Briand Island Estate.

From Lion d'Angers to Angers. After the postcard visit to the agricultural park on Briand Island with its castle and stud farm at the confluence of the Oudon and the Mayenne rivers, a landscape of low valleys, among the most stunning prairie wetlands in Europe, accompanies cyclists up to the gates of the city of King René. Before getting there take a break on Saint-Aubin island accessible by cable ferry, for the Guinguette restaurant or seasonal events at the Ferme de l'Île.



Great visits

- MÉNIL** : Lovely little village by the riverside. Discover the river ferry and the ferryman's house, St-Georges church and the Notre Dame de Bonne Fortune chapel.
- DAON** : Small river port and leisure centre in this village on the bank opposite the tow-path.
- LE LION-D'ANGERS** : The departmental domain of Briand island, with its national stud farm and race course on a 160 hectare park setting is open to the public and hosts the Mondial du Lion, a full international competition.
- GREZ-NEUVILLE** : Charming and lively village beside a pond, a river port with the church of Saint-Martin de Vertou.
- ANGERS** : Angers is classified as a City of Art and History straddling both banks of the Maine river with a rich architectural heritage and numerous parks and gardens. destination-angers.com

Things to do and see

- ANJOU SPORT NATURE LEISURE CENTRE** La Jaille-Yvon
anjousportnature.com
☎. +33 (0)2 41 95 14 32
- FORTIFIED CASTLE, AND THE APOCALYPSE TAPESTRY** – Angers
angers.monuments-nationaux.fr
☎. +33 (0)2 41 86 48 77
- TERRA BOTANICA** – Angers
terraborotanica.fr
☎. +33 (0)2 41 25 00 00
- DAVID D'ANGERS GALLERY** – Angers
musees.angers.fr
☎. +33 (0)2 41 05 38 90
- CRUISES** :
ATOUE LOIRE - Angers
atoueloire.com
☎. +33 (0)6.85.40.26.23
L'HIRONDELLE – Chenillé - Changé
domaine-moulin.fr
☎. +33 (0)2.41.95.14.23

USEFUL ADDRESSES

Luggage transfer for this stage

ANDÉGAVE COMMUNICATION

- Agence Mayenne
 ☎ +33 (0)6 82 84 54 88

Bicycle repairs

FREEWHEELS

Avrille - atelier mobile
 freewheels-ride.fr
 ☎ +33 (0)6 66 39 88 53

VERT EVENT

23 rue Paul Bert - 49000 Angers
 vert-event-angers.fr
 ☎ +33 (0)2 72 72 54 44

LE VÉLO BAR

69 rue Bressigny - 49000 Angers
 levelobar.com
 ☎ +33 (0)2 41 86 35 94

ESPACE DEUX ROUES

45/47 rue Beaurepaire - 49000 Angers
 espace-2-roues.fr
 ☎ +33 (0)2 41 87 69 46

Tourist information centres

ANJOU BLEU

49220 - Le Lion d'Angers
 anjou-bleu.com
 ☎ +33 (0)2 41 57 01 82

DESTINATIONN ANGERS

49000 - Angers Metropole
 destination-angers.com
 ☎ +33 (0)2 41 23 50 00



Accommodation*

. CHÂTEAU-GONTIER and surrounding area

HOTEL** DU CERF

31 rue Garnier - 53200 Château-Gontier
 hotel-du-cerf-53.com
 ☎ +33 (0)2 43 07 25 13

PARC HOTEL***

46 avenue du Maréchal Joffre
 53200 Château-Gontier
 parchotel.fr
 ☎ +33 (0)2 43 07 28 41

LES PERETTES GUESTHOUSE

Chemin les Perettes - 53200 Château-Gontier
 gitechambresdhotelslesperettes.fr
 ☎ +33 (0)2 43 09 06 51

CAMPING*** DU PARC

15 route de Laval - 53200 Château-Gontier
 camping-chateau-gontier.fr
 ☎ +33 (0)2 43 07 35 60

CAMPING*** DES RIVIÈRES

1 rue du Port - 53200 Daon
 campingdaon.fr
 ☎ +33 (0)2 43 06 94 78

. ANGERS and surrounding area

HOTEL**** BEST WESTERN HOTEL D'ANJOU

1 Boulevard du Maréchal Foch - 49100 Angers
 hoteldanjou.fr
 ☎ +33 (0)2 41 21 12 11

HOTEL MERCURE**** ANGERS CENTRE

1 place Mendes France - 49000 Angers
 mercure.com
 ☎ +33 (0)2 41 60 34 81

HOTEL**** DE FRANCE

8 Place de la Gare - 49100 Angers
 hoteldefrance-angers.com
 ☎ +33 (0)2 41 88 49 42

HOTEL*** LE CONTINENTAL

14 Rue Louis de Romain - 49100 Angers
 hotelecontinental.com
 ☎ +33 (0)2 41 86 94 94

GRAND HOTEL*** DE LA GARE

5 Place de la Gare - 49100 ANGERS
 hotel-angers.fr
 ☎ +33 (0)2 41 88 40 69

HOTEL*** LE PROGRÈS

26 Avenue Denis Papin - 49000 Angers
 hotelleprogres.com
 ☎ +33 (0)2 41 88 10 14

HOTEL*** DE CHAMPAGNE

34 Avenue Denis Papin - 49000 Angers
 hoteldechampagne.com
 ☎ +33 (0)2 41 25 78 78

HOTEL*** DE L'EUROPE

3 Rue Chateaugontier - 49100 Angers
 hoteldeleurope-angers.com
 ☎ +33 (0)2 41 88 67 45

HOTEL** IENA

27 Rue Marceau - 49100 Angers
 hotel-iena-angers.com
 ☎ +33 (0)2 41 87 52 40

HOSTELLERIE** DU BON PASTEUR

18 Rue Marie Euphrasie Pelletier - 49100 Angers
 bonpasteur-hostellerie.org
 ☎ +33 (0)2 41 72 12 80

ETHIC ETAPES

49 Avenue du Lac de Maine - 49000 Angers
 ethic-etapes-angers.fr
 ☎ +33 (0)2 41 22 32 10

CAMPING**** DU LAC DE MAINE ANGERS

Avenue du Lac de Maine - 49000 Angers
 campingangers.com
 ☎ +33 (0)2 41.81 97 37

CAMPING LES FRENES

Le Lion d'Angers
 camping-les-frenes.com
 ☎ +33 (0)2 41.95 31 56

Between CHÂTEAU-GONTIER and ANGERS

DOMAINE DU MOULIN

Le Moulin - 49220 Chenille-Change
 domaine-moulin.fr
 ☎ +33 (0)2 41 95 14 23

GUEST HOUSE MANOIR DU BOIS DE GREZ

Route de Sceaux d'Anjou - 49220 Grez-Neuville
 boisdegrez.com
 ☎ +33 (0)2 41 18 00 09

COTÉ RIVIÈRE

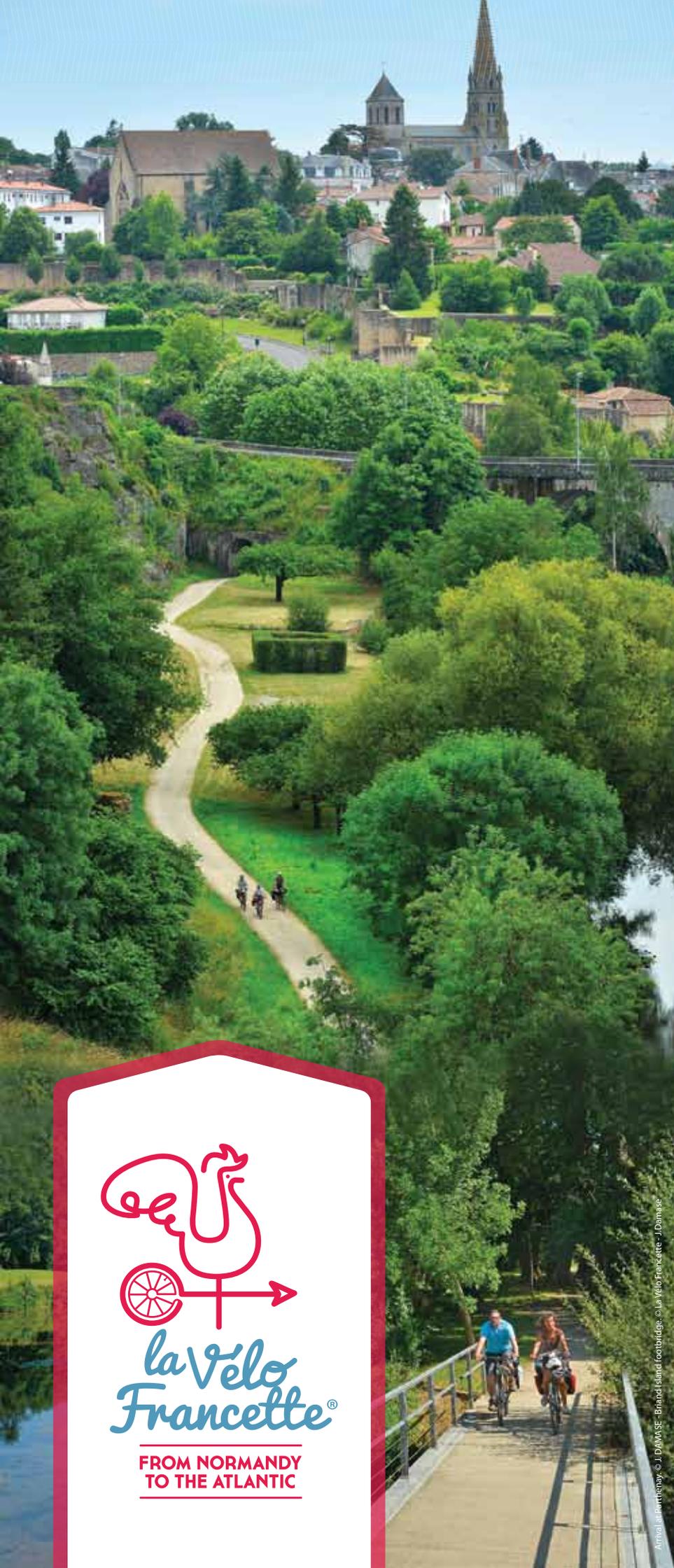
4 rue des Vignes - 49220 Grez-Neuville
 cote-riviere.com
 ☎ +33 (0)2 41 95 87 19

CAMPING DES RIVIÈRES

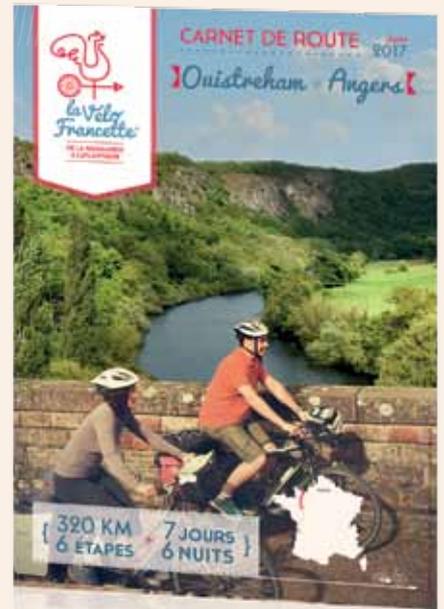
1 rue du Port - 53200 Daon
 campingdaon.fr
 ☎ +33 (0)2 43 06 94 78

* Check out the full list of accommodation for this stage on the web site lavelofrancette.com





Arrivée au Parc de la Vallée de la Loire, © La Vélo Francette - J. Damase



CONTACTS

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 g.delahaye@normandie-tourisme.fr
 ☎.+33 (0)2 32 33 94 13
 ☎.+33 (0)6 74 71 02 91

L'AGENCE REGIONALE PAYS DE LA LOIRE

Stéphanie CHABOT
 s.chabot@agence-paysdelaloire.fr
 ☎.+33 (0)2 40 48 81 21



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 s.chabot@agence-paysdelaloire.fr
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 sandrine.pailloncy@na-tourisme.com
 ☎.+33 (0)5 55 11 06 02