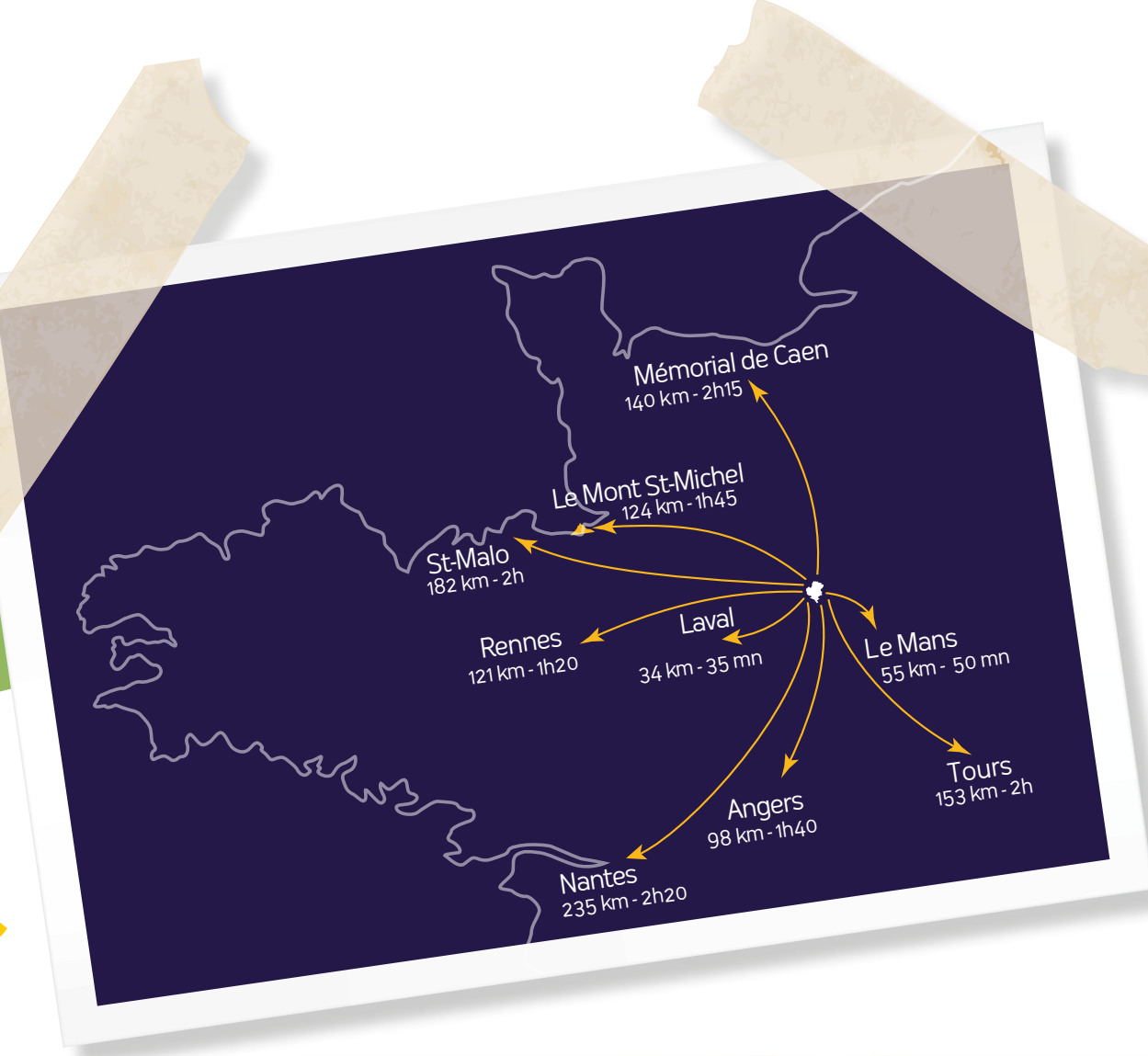




- MUSEUM
- CHÂTEAUX
- BASILICA
- MILL
- PETITES CITÉS DE CARACTÈRE
- PLUS BEAUX VILLAGES DE FRANCE
- PANORAMA
- LEISURE CENTRE
- CARAVAN PARKING
- HORSEBACK RIDING

### 5 walking itineraries to test

- No.21 Étiveau in Mézangers
- No.38 Sur les Crêtes d'Hambers
- Panorama au delà de la crête
- No.28 Entre Erve et Charnie
- No.33 Circuit de l'Oratoire



### Heritage Circuit

(Itinerary traced in orange on the map)

1 day	1/2 day	1/2 day	1/2 day
In Sainte-Suzanne, visit the medieval city, the Château-CIAP, the Musée de l'Auditoire and the Paper Mill.	See the Prehistory Museum and the Saulges cave valley, then explore the Petites Cités de Caractère of Saulges and Saint-Pierre-sur-Erve.	Visit the Château de la Grande Courbe in Brée, walk about the Montsûrs old town and visit the Château de Bourgon in Montourtier (guided tours in summer).	In Jublains see the Archaeological Museum and follow the path through the Roman town, then visit the Basilica of Notre Dame de l'Epine in Evron (audio guide at the tourist office).

### Natural Landscape tour

(Itinerary traced in green on the map)

- Etang (lake) du Gué de Selle in Mézangers
- Hilltop and chapel of Montaigu in Hambers
- Notre-Dame des Champs in Saint-Georges-sur-Erve
- Le Tertre-Ganne in Sainte-Suzanne
- Saulges Canyon in Thorigné-en-Charnie

Complete this exploration of landscapes with hikes through the Coëvrans valleys.  
> A selection of proposed itineraries can be found on the back of this map.

## Not to be missed

Learn all about Mayenne at the **Château-CIAP** in **Sainte-Suzanne**: explore the permanent exhibit and take advantage of a family workshop or guided tour.

Walk about **Sainte-Suzanne, Saulges and Saint-Pierre-sur-Erve**, three well-preserved Petites Cités de Caractère.

Visit the **Basilica of Notre-Dame de l'Epine** in **Evron**: this Romanesque-Gothic edifice is open every day. In the summer, visit the St-Martin community gardens just next door.



Discover the underground world of the **Grottes de Saulges** and learn more about ancient inhabitants at the **Prehistory Museum**.



Wander, ramble, run... on one of the **40 Coëvrans hiking trails**: Montaigu, Sainte-Suzanne, Saulges and Montsûrs. Itineraries for equestrians, mountain bike enthusiasts and hikers are on sale in our tourist offices and can be consulted on our website.

**Eat well and local**: the Evron market is held every Thursday morning. Local producers also offer direct sales of fruit, poultry, vegetables, cheese or yoghurt.



## Eco-friendly Travel

- BY BUS:** transport on demand with the "Petit Pégase", buses from main towns as well as local shuttles.  
> More information on <https://aleop.paysdelaloire.fr/mayenne>.
- BY TRAIN:** from the train stations in Evron, Montsûrs and Neau. [www.oui.sncf](http://www.oui.sncf). Bicycles are often accepted in TERs.  
> make sure this is the case by looking for the "Velo-train" logo.

## Railway lines

- LAVAL - EVRON > 20 min, TER
- LE MANS - EVRON > 30 min, TER
- PARIS - LAVAL > 1h10, TGV





SAINTESUZANNELESCOEVRONS

the Roadmap

SAINTESUZANNELESCOEVRONS

## Our favourite spots for relaxing

- ON THE HILL OPPOSITE SAINTE-SUZANNE, TERTRE GANNE ...**  
and this panoramic view of the town will surprise even a mountain-dweller.
- THE FORTIFIED TOWN OF SAINTE-SUZANNE ...**  
is excellent for strolling on fine days among the small traders and artisans.
- THE BATHING POND AT PETIT-SAINT-CÉNÉRÉ IN SAULGES,**  
where a refreshing break for ice cream is also an option. (supervised swimming in July-August)
- HAVE LUNCH ON THE TERRACE BEFORE THE BASILICA IN EVRON,**  
the church bells marking time. Think to make a reservation, as the site is very popular with local sun enthusiasts!
- PICNIC IN THE VALLÉE DES GROTTES DE SAULGES**  
between the river and the cliffs...

Three good reasons to come to our tourist offices: a personalised welcome, attentive professionals and a boutique with local products!

We welcome you to:

<p><b>SAINTESUZANNE</b> 1 rue Jean de Bueil 53270</p>	<p><b>EVRON</b> Place de la Basilique 53600</p>
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www.coevrons-tourisme.com/en  
02 43 01 43 60  
info@coevrons-tourisme.com

## Handicrafts and Souvenirs

- PLAISIR ET JOIE D'OFFRIIR**  
Mrs SAILLARD  
16, rue de la Fontaine - 53600 EVRON  
02 43 37 43 88 - 06 64 77 92 41  
pidoffrri@free.fr
- Fine food, table and home decor, costume jewellery, accessories and wooden toys.  
 > Open all year from Tuesday to Saturday,  
from 9 am to 12:15 pm and from 2 pm to 7 pm. Closed on Sundays and Mondays.
- ANTIQUITES & BROCANTE**  
CHRISTOPHE L'HUILIER  
Mr L'HUILIER  
9-11, rue Henri IV  
53270 SAINTE-SUZANNE-ET-CHAMMES  
06 81 36 93 86  
This antique dealer offers a large selection of interesting objects and antique furnitures.
- ATELIER DE SAINTE-SUZANNE**  
Mrs PAUTREL  
1, grande Rue  
53270 SAINTE-SUZANNE-ET-CHAMMES  
06 77 11 22 23  
a.pautrel@atelierdesuz-anne.com  
https://atelierdesuz-anne.com  
In this shop you will find homemade decoration material, restored furnitures and small production decoration (storage case, lamps...)  
 > Open in march on week-ends from 10:30 am to 12 pm and from 3 pm to 7 pm.  
From April 1 to September 30: Thursdays and Fridays from 2:30 pm to 7 pm, week-ends and public holidays from 10:30 am to 12 pm and from 3 pm to 7 pm.  
Open from October 1 to December 31 on weekends and public holidays from 2:30 pm to 6 pm.  
Closed on January and February.
- L'ART'ELIER**  
Place Hubert II de Beaumont  
53270 SAINTE-SUZANNE-ET-CHAMMES  
dobartois@orange.fr  
«L'Art'elier» is a artisans' collective who handicrafts wood, metal, clay and glass.  
 > Open from April to the end of December on week-ends. On July and August, open every day.
- LES SUCRERIES DE JANE**  
Mrs DESHAYES  
8, place Hubert II de Beaumont  
53270 SAINTE-SUZANNE-ET-CHAMMES  
06 25 45 66 39  
Wide choice of candies and artisanal cookies.  
 > Open from April 1 to June 30 and in September every day, except on Mondays and Thursdays.  
From July 1 to August 31: every day.  
During school holidays: on week-ends.
- MICRO-BRASSERIE «L'VEILLEUSE»**  
Mr LEVILLER  
La Moirétière  
53270 SAINT-PIERRE-SUR-ERVE  
06 73 06 78 84  
contact@brasserielevilleuse.fr  
http://www.brasserielevilleuse.fr  
Range of 4 organic beers to taste for you to enjoy.  
 > Sale on site, please contact us.
- PRODUITS DU TERROIR**  
AUDITOIRE DE  
ST PIERRE SUR ORTHE  
Place de l'église  
53160 SAINT-PIERRE-SUR-ORTHE  
http://a-p-e-o.fr  
Library, exhibitions and sale of local products in a restored historic court.

## Places to Visit

- BASILICA**  
Place de la Basilique - 53600 EVRON  
02 43 01 78 03  
culture@evron.fr - http://www.evron.fr  
In a style which combines Romanesque, gothic and classical elements, it is the department's most important medieval religious building.  
 > Free access all year from 9 am to 6 pm  
 > Guided tour by reservation: 5€  
Group fee (10 to 19 adults): 3.50 per person  
Audio-guide rental at the Tourist Office across the street: 2.50€  
Child fee for educational workshops: 5€ by reservation.
- SAULGES 'CAVES**  
La Roche-Brault  
53270 THORIGNE-EN-CHARNIE  
02 43 90 51 30  
saules@coevrons.fr - http://www.grottes-musee-de-saulges.com/  
A geological and prehistoric site unique in France with two caves open to the public: the Margot and Rochefort caves. These tours are not recommended to claustrophobic and mobility impaired people, nor to those suffering from vertigo. Outside the caves are picnic areas, rock-climbing activities. Making a reservation is a good idea.  
 > Open from March 16 to November 14.  
 > Adult fee: from 6.50€  
 > Child fee: from 5€.
- RUBRICAIRE**  
53600 SAINTE-GEMMES-LE-ROBERT  
Medieval vestiges and ruins of the Gallo-Roman fortress, Rubricaire.  
 > Free access.
- BEUGY CAMP**  
Route d'Assé-le-Bérenger  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 01 43 60  
moulinpapier-stesuz@orange.fr  
http://www.moulin-papier.com  
The Beugy Camp, also known as William the Conqueror's camp, is a precious example of 11th century military architecture. Remains of the earthen ramparts are still visible today.  
 > Free access.
- DOLMEN OF THE ERVES**  
Route d'Assé-le-Bérenger «Les Eerves»  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 01 43 60  
info@coevrons-tourisme.com  
The oldest structure in Mayenne built by men, the Dolmen of the Eerves is also one of the best-known monuments in the department.  
 > Free access.
- LIME KILN OF SAULGES**  
Les Fourneaux - 53340 SAULGES  
02 43 58 42 28 - contact@saules.fr  
Lime kiln located near the caves and used for the making of lime during the 19th century.  
 > Guided tour of the house of the lime-burner on Sunday afternoon from April 13 to September 30.  
 > Free access.
- MILLS**  
Thevailles - 53340 CHÈMÈRE-LE-ROI  
02 43 98 66 70  
http://www.moulin-de-thevailles.com  
This mill has an exceptional mechanism which functions on four levels, unique in Western France. It is activated at each visit.  
 > Open from June 15 to September 20, every day from 10 am to 12 pm and from 2 pm to 6 pm, except on Sunday and Monday mornings.  
 > Adult fee: 5€  
 > Child fee: 3.50€.
- MILL OF GÔ**  
53270 SAINT-PIERRE-SUR-ERVE  
contact@moulinego.com  
http://www.moulinego.com/  
The mill of Gô is a water mill under restoration. Discovery of flour production and oven-baked bread tasting.  
 > Open: week-ends of May 16, June 27, August 15 and September 19, from 10 am to 7 pm.
- PAPER MILL**  
420 Rue aux Chevaux  
53270 SAINTE-SUZANNE-ET-CHAMMES  
06 77 43 17 53  
moulinpapier-stesuz@orange.fr  
http://www.moulin-papier.com  
Discover the mill of Vicomte, where one of the last master paper-maker of France has settled. The guided tours are led by Olivier, the paper-maker, who shares his craftsmanship and his love for beautiful paper with you. He shows you the different steps of paper-making, from rag paper to the drying. Shop. Groups and schools by reservation from April to October, educational workshops from April to September.  
 > Open from April 10 to June 30 and in September from 3 pm to 6 pm, except on Tuesdays, Wednesdays and Thursdays: guided tours at 4 pm. From July 1 to August 31 open every day except on Saturday and Sunday mornings, from 10:30 am to 12:30 pm and from 2:30 pm to 7 pm, guided tours at 11 am, 3 pm, 4 pm and 5:30 pm.  
 > Adult fee: 7€  
 > Child fee (6-17 years old): 4€  
 > Two hour educational workshop (25 students maximum): 8€.
- MILL OF THE PETIT GOHARD**  
7, chemin des moulins  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 58 63 52  
vincent.houilliere@pnts.org  
http://www.moulinpetitgohard.fr  
A wheel has been turning at the Petit Gohard for 500 years. Do take a look at Mr. Houillière's restored site.  
 > Open on exceptional dates, such as the Journées Européennes des Moulins, the Journées des Moulins and the Journées Européennes du Patrimoine.
- CIAP (ARCHITECTURE AND HERITAGE INTERPRETATION CENTRE)**  
1, rue Fouquet de la Varenne  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 58 13 00  
chateau.ciap@lamayenne.fr  
http://www.ciap-mayenne.fr  
The CIAP, or Architecture and Heritage Interpretation Centre, presents the multiple facets of the natural and historical heritage of Coëvrons-Mayenne, labelled «Pays d'Art et d'histoire», and the department of Mayenne.  
 > Open from February 1 to December 15, every day from 10 am to 12:30 pm and from 1:30 pm to 5:30 pm, except on week-ends and public holidays on May, June and September from 10 am to 1 pm and from 2 pm to 7 pm. Open every day from 10 am to 7 pm on July and August.  
 > Adult fee: 4€  
 > Reduced fee: 3€  
 > Free access to the fortress, audioguide renting: 2€  
 > Under 18: Free.
- AUDITOIRE MUSEUM**  
7, Grande Rue  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 01 42 65  
musee@ste-suzanne.com  
http://www.museeauditoire.wixsite.com/museeauditoire  
In this historic building, once a judicial court, its four corners and a pavilion. Visits (self guided) comprise the park, the castle and outbuilding exteriors and access to the old restored kitchens.  
 > Free entry, see the guardian.  
 > Fee: 3€.

- CHATEAUX**  
CHATEAU DE LA GRANDE COURBE  
Rue de St Christophe du Liap  
53150 BREE  
02 43 90 04 20  
deverguy@yahoo.fr  
A remarkable lordly edifice built between the 13th and 16th centuries. Renaissance towers and gardens, water-filled moat and large medieval halls.  
 > Open from July 1 to 31 and from September 13 to 30 from 10 am to 12 pm and from 2 pm to 6 pm. Access: all year for groups by reservation.  
 > Free access.
- CHATEAU DU ROCHER**  
53600 MEZANGERS  
02 43 90 65 26  
http://chateaudurocher.free.fr  
A 15th century ensemble, labelled «Monument Historique», embellished with an English-style park, a 16th century chapel and an elegant Renaissance-style gallery. Visit of the exteriors.  
 > Open from June 15 to October 15 from 10 am to 12 pm and from 2 pm to 6 pm.  
 > Free access.
- CHATEAU DE BOURGON**  
Route de Belgard  
53150 MONTOUTIER  
02 43 02 16 20 - 06 99 62 99 08  
contact@chateaubourgon.com  
http://www.chateaubourgon.com  
This 15th and 16th century castle is a labelled «Monument Historique» which saw events of the 100 Years' War. Renaissance architecture.  
 > Open in the afternoon from July 1 to 10 and from July 19 to August 31.  
 > Adult fee: 12€  
 > Child fee (10-18 years old): 6€  
 > Under 10: Free.
- CHATEAU DU PUYZ**  
Le Puyz  
53160 SAINT-MARTIN-DE-CONNÉE  
02 43 02 17 29  
The Château du Puyz is composed of a large central building with a round tower at each of its four corners and a pavilion. Visits (self guided) comprise the park, the castle and outbuilding exteriors and access to the old restored kitchens.  
 > Free entry, see the guardian.  
 > Fee: 3€.
- SAINTESUZANNE**  
Chemin des Fossettes  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 01 40 10 - contact@ste-suzanne.com  
18-hole mini-golf. Each hole is a reproduction of a monument or remains of Sainte-Suzanne.  
 > Free access. Ask at the nearby VVF (Village Vacances) reception desk for the material.
- LE MIEL D'ANNE-CLAIRE**  
Mrs GAILLARD  
La Hussionnière - St-Ouen-des-Vallons  
53150 MONTSÛRS  
06 38 80 77 58  
anneclaire.cailault@orange.fr  
http://www.miel-d-anne-claire.com/  
Honey and gingerbread produced on-site. Sale of tea, organic herb teas, homemade jam, walnut wine and coffee.  
 > Sale on Fridays from 4:30 to 6:30 pm and on Saturdays from 10 am to 12 pm.  
 > Sale on Fridays from 5 to 7 pm.
- LE POTAGER DE GAËL**  
Mr THOREAU  
La Pengauderie - 53340 SAULGES  
02 43 26 39 90 - 06 62 00 74 24  
lepotagerdegael@gmail.com  
Organic dairy, sale of raw thick cream, white cheese plain or with fruit, sweet or salted raw butter.  
 > Sale on Fridays from 4:30 to 6:30 pm and on Saturdays from 10 am to 12 pm.  
 > Sale on Fridays from 5 to 7 pm.
- GAEC DE LA PHACÉLIE**  
Mr and Mrs GRINGOIRE  
L'Hotelierie - 53160 CHAMPGENETHEUX  
02 43 37 70 67 - 06 63 15 34 85  
contact@gaecdelaphacelie.fr  
http://www.gaecdelaphacelie.fr  
Gael Gringoire has installed a market garden on almost 4 acres and furnishes all sorts of fruits and vegetables in season. He is also a beekeeper (honey, gingerbread, nougat...). Training on beekeeping.  
 > Sale on Fridays from 5 to 7 pm.
- GAEC LE TREFFLE À QUATRE FEUILLES**  
Mr and Mrs LEBRUN  
Le Levru  
53150 LA-CHAPELLE-RAINSOIN  
02 43 90 28 91  
laurent.gourdin2@wanadoo.fr  
Try Laurent's wood-oven baked organic sourdough bread, broches, non-gluten bread and divine cookies.  
 > Sale on Mondays and Fridays from 5 to 7:30 pm. Wednesdays and Thursdays on order.
- PRODUITS FERMIER - BOEUF ET VEAU**  
Mr LANDAIS  
La Rousselière  
53150 LA-CHAPELLE-RAINSOIN  
07 78 54 42 87  
contact@la-rousseliere.com  
www.la-rousseliere.com  
The Rousselière's grassy farmland nurtures the Aquitaine cattle whose meat is on sale along with other products. Visit possible by appointment.  
 > Sale on Thursdays from 5 pm.

- GARDENS**  
**SENSORY PARK**  
Four d'Arcueil médicalisé «Les Bleuets»  
02 43 01 00 31  
Two landscaped acres whose wide pathways explore the site's panorama, a 13th and 16th century Renaissance towers and gardens, water-filled moat and large medieval halls.  
 > Open from July 1 to 31 and from September 13 to 30 from 10 am to 12 pm and from 2 pm to 6 pm. Access: all year for groups by reservation.  
 > Free access.
- ARBORETUM**  
53150 MONTSÛRS-SAINT-CENÈRE  
02 43 01 00 31  
A tree-lined path along the Joanne river, near the animal park. Explanatory signs accompany the trees.  
 > Free access.
- L'ERMITAGE**  
L'Ermitage  
53600 SAINTE-GEMMES-LE-ROBERT  
02 43 90 63 02  
marie.doteau.mairie53.fr  
http://mariegiard.com  
Discover the world of wild and aromatic plants at the Ermitage garden. Training courses and day sessions. Direct sale of aromatic or medicinal plants, by appointment or by correspondence.  
 > Two hour group guided tour (25 people maximum): 140€.
- CHATEAUX**  
CHATEAU DE SAINT-SUZANNE  
1, rue Fouquet de la Varenne  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 58 13 00  
chateau.ste-suzanne@lamayenne.fr  
http://www.chateaudesaintesuzanne.fr  
The CIAP, or Architecture and Heritage Interpretation Centre, presents the multiple facets of the natural and historical heritage of Coëvrons-Mayenne, labelled «Pays d'Art et d'histoire», and the department of Mayenne.  
 > Open from February 1 to December 15, every day from 10 am to 12:30 pm and from 1:30 pm to 5:30 pm, except on week-ends and public holidays on May, June and September from 10 am to 1 pm and from 2 pm to 7 pm. Open every day from 10 am to 7 pm on July and August.  
 > Adult fee: 4€  
 > Reduced fee: 3€  
 > Free access to the fortress, audioguide renting: 2€  
 > Under 18: Free.
- LE FOURNIL DE SOPHIE**  
Mrs GOUWY  
28, rue MONSEIGNEUR GRANDIN  
53150 MONTSÛRS  
02 43 90 67 34  
Sophie makes a variety of sourdough bread and broches in a wood oven using organic flour.  
 > Sale on Mondays, Wednesdays and Fridays from 5 to 7:30 pm.
- CRÈMERIE BIO MBRL**  
Mr GERE  
Les Trées - 53340 SAULGES  
02 43 91 71 69 - 07 81 77 84 32  
lacremeriebio@gmail.com  
Organic dairy, sale of raw thick cream, white cheese plain or with fruit, sweet or salted raw butter.  
 > Sale on Fridays from 9 am to 12:30 pm and from 2 to 5 pm.
- LES SANGLIERS DU BAILLEUL**  
Mr HAMON  
Le Bailleur - 53480 VAIGES  
02 43 90 47 16 - 06 23 81 45 83  
lesangliersdubailleur@orange.fr  
http://www.sangliersdubailleur.com  
Mr Hamon is an expert at raising bora and shares his wide experience while showing visitors his farm. A meal at the lodge is available on reservation.  
 > Visits of breeding at 11 am, 3 and 5:30 pm.  
 > Adult fee: 4.50€  
 > Children under 16: Free.

- Leisure activities**  
**«FRANCE AÉRO» BALLOON**  
La Norerie  
53600 SAINTE-GEMMES-LE-ROBERT  
06 13 61 52 66  
jacquestriquet@gmail.com  
Fly High over Mayenne in a balloon and enjoy amazing sensations and spectacular views. First-flight events or long three-hour flights, depending on the weather.  
 > Rate: 220€ per adult, by reservation.  
 > Rate: 220€ per adult, by reservation.
- ROCK CLIMBING NEAR THE CAVES**  
La Roche-Brault  
53270 THORIGNE-EN-CHARNIE  
02 43 49 17 45 - info@cts33.fme.fr  
http://www.escalademayenne.fr/  
Almost 170 climbing paths, appropriate for all levels of competence, are available for rock-climbing enthusiasts. Free entry. Introductory on-site programs are available in summer.  
 > Rate: from 15€.
- MINI-GOLFS**  
**EVRON**  
Boulevard Maréchal Juin - 53600 EVRON  
07 83 67 24 87  
campingevron@gmail.com  
camping-des-loisirs.fr  
18-hole mini-golf located at the campsite.  
 > Open every day from April to September, on the campsite's opening hours.  
 > Rate: 2.05€ per game.
- SWIN GOLF**  
Base de loisirs du Gué de Selle  
53600 MEZANGERS - 02 43 90 63 90  
A 6-hole course over 6 acres, part of the leisure centre of Gué de Selle, of the
- MONTSÛRS**  
Rue de Saint-Cénére - 53150 MONTSÛRS  
02 43 01 00 31  
commune.montsurs@orange.fr  
http://www.montsurs.com  
Mini-golf located in the town centre, next to the river.  
 > Open on the town hall's opening hours.  
 > Rate: 2.25€.
- SAINTESUZANNE**  
Chemin des Fossettes  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 01 40 10 - contact@ste-suzanne.com  
18-hole mini-golf. Each hole is a reproduction of a monument or remains of Sainte-Suzanne.  
 > Free access. Ask at the nearby VVF (Village Vacances) reception desk for the material.

- Leisure centres**  
**LA FENDERIE**  
La Fenderie - 53150 DEUX-EVAILLES  
02 43 90 03 38  
mairie.deux.evailles@wanadoo.fr  
Fitness trail, fishing and other activities are offered at this centre on the edge of a lake.
- GUÉ DE SELLE**  
Le Gué de Selle - 53600 MEZANGERS  
02 43 90 63 90  
Tucked in over 74 acres of wood, this centre is on the shore of a 124 acre lake. In summer, swimming and other nautical activities are available to all.
- SAINT-CÉNÈRE**  
Route de Vaiges - 53340 SAULGES  
02 43 58 42 28 - 02 43 90 52 35  
contact@saules.fr  
Supervised swimming in July and August. Tennis and volleyball courts, fishing, picnic areas.  
 > Open from April 1 to October 15.
- HORSEBACK RIDING**  
**La Chapellerie**  
53270 THORIGNE-EN-CHARNIE  
06 71 95 54 28  
harasdelachapellerie@orange.fr  
https://harasdelachapellerie.wixsite.com/harasdelachapellerie  
Outdoor activities for children (horse riding, horse care, animal and nature discovery, games...). Initiation/improvement for all (care and hippology, horse-riding, keeping balance...).  
 > Rate: from 20€ for half a day.
- PROMENADES EN CALECHES**  
Domaine de Dansé  
53270 THORIGNE-EN-CHARNIE  
06 51 11 83 22 - afairechacheval@orange.fr  
Carriage rides around Saulges and local towns, also accessible for disabled persons.  
 > Rate: from 11.50€ to 15€ per hour per person.
- PONEY CLUB DE L'ARCHE**  
53470 LA BAZOUGE-DES-ALLEUX  
02 43 02 59 42  
poneyclubdelarche@orange.fr  
http://www.poneyclubdelarche.com  
Promenades, treks, lessons, riding ring, jumps, equine science and breeding.
- LE DOMAINE DES ÉCUEURS**  
La Maillardière  
53600 SAINTE-GEMMES-LE-ROBERT  
06 98 03 77 14  
contact@domaine-ecuyer.com  
http://www.domaine-ecuyer.com/  
Promenade on horseback or riding lessons (teenagers and adults). Introduction to riding side-saddle.  
 > Promenade: 20€ per hour per person. Children over 13 years old accepted.  
 > Adult rate for private lesson: 30€  
 > Adult rate for side-saddle initiation: 35€.
- PISCINE**  
**PISCINE INTERCOMMUNALE DE BAIS**  
Rue du Château - 53160 BAIS  
02 43 37 95 03  
Heated outdoor pool in a grassy setting. Wading pool for small children, slide.  
 > Open every days in July and August, except on Tuesdays.  
 > Entrance fees: Adult: 3.90€  
 > Child: 2.10€.
- PISCINE JARDIN AQUATIQUE D'EVRON**  
Rue Alain Vadeport - 53600 EVRON  
02 43 01 91 23 - info@coevrons.fr  
http://www.coevrons.fr/les-plus-populaires/34-jardin-aquatique  
Composed of indoor and outdoor elements, the jardin aquatique has its numerous pools are a good choice both for swimming or playing.  
 > Open all year.  
 > Entrance fees: Adult: 4.90€  
 > Child and reduced: 3.75€.
- PISCINE JEAN TARIS DE SAINTE-SUZANNE**  
1, chemin des Fosselles  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 01 41 32  
Two outdoor pools: one with a slide, the other is a wading pool for children.  
 > Open every day in July and August, except on Mondays.  
 > Entrance fees: Adult: 3.90€  
 > Child: 2.10€.
- FISHING**  
**CARPODROME**  
Le Bras d'Or - 53160 BAIS  
06 24 76 43 21  
carpeden53@gmail.com  
http://www.carpeden.fr  
Pond rental for half or full days. Fish include pike, carp, perch and black bass. Once caught, the fish are returned to the pond.  
 > Open from April to September.  
 > Fee: from 8.50€ to 15€.
- FÉDÉRATION DÉPARTEMENTALE PÊCHE**  
53000 LAVAL - 02 43 69 12 13  
peche.mayenne@wanadoo.fr - www.fedepêche53.com  
To fish in the department's rivers and bodies of water, a fishing licence is required.

## 5 walking itineraries to test

- «ÉTIVEAU» in Mézangers**  
17 km  
From the Gué de Selle pond to Montaigu.
- «SUR LES CRÊTES D'HAMBERS»**  
18 km  
Sunken lanes and beautiful points of view enhance this circuit near the Bois (forest) du Tay.
- «PANORAMA AU DELÀ DE LA CRÊTE» at Vimarcé**  
12,5 km  
Hilly route between forest and ridge.
- «ENTRE ERVE ET CHARNIE» in Sainte-Suzanne**  
8,7 km  
From the medieval town to the Charnie forest, with return by the hamlet of la Rivière.
- «CIRCUIT DE L'ORATOIRE» in Saulges**  
8,5 km  
Route from the village of Saulges to the cave site.  
 > This itinerary can be extended by circuit
- No.34 «CIRCUIT DE SAINT-PIERRE-SUR-ERVE»**  
7,5 km.
- Note:**  
the «La Croix verte» restaurant in Neuau, can on request, deliver meal trays in site.

## A day out with the family

- PLENTY OF RECREATION**  
**- The Jardin Aquatique in Evron** is an indoor swimming pool with everything needed for fun: slides, climbing walls, water jets, etc. In July and August the outdoor swimming pools of Sainte-Suzanne and Bais are open.
- The Etang (lake) du Gué de Selle in Mézangers** offers a beach in the countryside. Swimming is monitored in July and August and the proposed water activities will amuse both young and old. At the Saint-Cénére leisure centre in Saulges, swimming is also monitored in July and August. An adjoining volleyball court is available for family games.
- In Mézangers**, try the Swin-golf. This 6-hole course runs over 6 acres and can be a family's introduction to golf, with foam balls!
- A DOSE OF CULTURE**  
**- At the Château-CIAP in Sainte-Suzanne**, are proposed workshops for 5-12 year olds are proposed during school holidays. Game booklets are available throughout the year and rallies are possible for groups. Also check out their family entertainment program.
- During school holidays the Prehistory Museum and Caves in Saulges** offer workshops and visits especially designed for children. Throughout the year, visiting the caves and the Museum will interest people of all ages.
- ENCOUNTERS WITH OUR ANIMAL FRIENDS**  
**- Make a reservation to visit the llama and alpaca farm in Saint-Jean-sur-Erve.** There you can learn all about these fascinating animals and how their wool is processed.
- The animal park in Montsûrs** is accessible all year round. It is near the arboretum and a pleasant walk by the Joanne River. Children will see the sheep, rabbits, hamsters, donkey and goats which inhabit this small park.

## Buy directly from the farm

- ELEVAGE «KERLA» - LAINE DE LAMAS ET ALPAGAS**  
Mrs CHIRON  
Le Coudray - Saint-Jean-sur-Erve  
53270 BLANDOUET-SAINT-JEAN  
06 41 66 10 12  
kerla.alpagas@gmail.com  
http://www.kerla-lamas-alpagas.fr  
Guided visits to this alpaca farm are possible by reservation from April to the end of October. For groups, visits are possible all year long by appointment. Alpaca wool is on sale at the boutique. Introductory allo or half-day sessions learning about alpaca can be requested. Personalised introduction to spinning wool over a half-day or two days is possible.
- GAEC DE LA PHACÉLIE**  
Mr and Mrs GRINGOIRE  
L'Hotelierie - 53160 CHAMPGENETHEUX  
02 43 37 70 67 - 06 63 15 34 85  
contact@gaecdelaphacelie.fr  
http://www.gaecdelaphacelie.fr  
Gael Gringoire has installed a market garden on almost 4 acres and furnishes all sorts of fruits and vegetables in season. He is also a beekeeper (honey, gingerbread, nougat...). Training on beekeeping.  
 > Sale on Fridays from 5 to 7 pm.
- LE POTAGER DE GAËL**  
Mr THOREAU  
La Pengauderie - 53340 SAULGES  
02 43 26 39 90 - 06 62 00 74 24  
lepotagerdegael@gmail.com  
Organic dairy, sale of raw thick cream, white cheese plain or with fruit, sweet or salted raw butter.  
 > Sale on Fridays from 4:30 to 6:30 pm and on Saturdays from 10 am to 12 pm.  
 > Sale on Fridays from 5 to 7 pm.
- PAINS BIOLOGIQUES**  
Mr LUNEAU  
Pierre-Aigue  
53600 SAINTE-GEMMES-LE-ROBERT  
02 43 90 39 55  
pierre.aigue@orange.fr  
On-site sale of organic bread.  
 > Sale on Thursdays and Fridays from 5 pm, except on school holidays.
- LE FOURNIL DU CÈDRE**  
Mr GOURDIN  
1, place de l'église  
53270 SAINT-PIERRE-SUR-ERVE  
02 43 90 28 91  
laurent.gourdin2@wanadoo.fr  
Try Laurent's wood-oven baked organic sourdough bread, broches, non-gluten bread and divine cookies.  
 > Sale on Mondays and Fridays from 5 to 7:30 pm. Wednesdays and Thursdays on order.
- PRODUITS FERMIER - BOEUF ET VEAU**  
Mr LANDAIS  
La Rousselière  
53150 LA-CHAPELLE-RAINSOIN  
07 78 54 42 87  
contact@la-rousseliere.com  
www.la-rousseliere.com  
The Rousselière's grassy farmland nurtures the Aquitaine cattle whose meat is on sale along with other products. Visit possible by appointment.  
 > Sale on Thursdays from 5 pm.

## Wonderful places to have lunch

- RESTAURANT AU RELAIS DU GUÉ DE SELLE**  
1350  
4-6 rue de la Libération  
53270 SAINTE-SUZANNE-ET-CHAMMES  
02 43 01 40 31 - 06 15 03 42 55  
hotelstesuzanne@yahoo.fr  
http://www.hotelstesuzanne.com  
This restaurant in Sainte-Suzanne, one of the «Plus Beaux Villages de France», proposes specialties in a relaxed setting just down the street from the Château and keep.  
 > Adult daily menu (lunchtime on weekdays): from 12.80€ to 54.50€  
 > Evenings and week-ends: from 22€ to 35€  
 > Child's menu: from 10.70€ to 14.80€  
 > Weekly closing on Monday lunch, Friday and Sunday evenings from January 1 to May 31 and from September 15 to December 31.  
 > Weekly closing on Monday lunch and Sunday evening from June 1 to September 15.  
 > Annual closure: from December 21 to 27 included.
- RESTAURANT LA CROIX VERTE**  
1650  
2 rue d'Evron - 53150 NEAU  
02 43 98 33 41 - hotelneau@orange.fr  
http://www.hotel-la-croix-verte.com/  
The convivial atmosphere of this restaurant in the heart of the Coëvrons will contribute to your enjoyment of the traditional and regional cuisine being offered. Little extra: the restaurant La Croix Verte can deliver on request meal trays in your hiking site.  
 > Adult daily menu (lunchtime on weekdays): from 18€ to 45€  
 > Evenings and week-ends: from 24€ to 50€  
 > Child's menu: from 15€.  
 > Weekly closing on Friday evenings from October to the end of April. Annual closure: from July 29 to August 5 included.
- RESTAURANT BEAUSÉJOUR**  
1100  
3 Place Saint-Pierre - 53340 SAULGES  
02 43 64 65 00 - info@hotel-ermitage.fr  
http://www.hotel-ermitage.fr/  
Located in a country village labelled «Petite Cité de caractère», this restaurant has a welcoming, authentic atmosphere which will enhance your enjoyment of a subtle, savoury cuisine.  
 > Adult daily menu (lunchtime on weekdays): from 16€ to 68€  
 > Evenings and week-ends: from 27€ to 68€  
 > Child's menu: from 12€ to 14€.  
 > From November to March, weekly closing on Saturday and Sundays.  
 > From April to October, open every day. Closed on May 1 and November 11. Annual closure from July 24 to August 2 included, from October 23 to November 1 included and from December 24 to January 17 2021 included.
- RESTAURANT LE COMMERCE**  
1160  
Rue du Tref aux Moines - 53480 VAIGES  
02 43 90 50 97  
oger-samuel.hotel-du-commerce@wanadoo.fr  
http://www.hotelcommerce.fr/  
Do taste our savoury recipes using local ingredients. We are available to organise banquets, meetings and seminars.  
 > Adult daytime menu (lunchtime on weekdays): from 16€ to 20€  
 > Evenings and week-ends: from 24€ to 45€  
 > Child's menu: from 12€.  
 > Weekly closing on Sunday evenings and Fridays all year (except for groups on request). Annual closure from April 30 to May 1 included and from July 31 to August 9 included.