

# La Mayenne un voyage inattendu

Besoin de ralentir le rythme,  
d'explorer et de vous  
ressourcer ? Destination  
la Mayenne !

Pour une escapade à deux,  
un séjour en famille ou entre  
amis, la Mayenne vous réserve  
bien des surprises. Une nature  
préserve et généreuse, un  
patrimoine aux richesses  
insoupçonnées, de bonnes  
adresses pour ravir vos papilles  
et déconnecter du quotidien,  
des temps forts toute l'année,  
des kilomètres pour sillonnez  
le territoire à vélo, des  
activités pour faire le plein  
de sensations, des habitants  
attachés à transmettre leur  
amour du territoire... Entre  
nature et culture, la Mayenne  
vous promet un voyage  
inattendu. ●

## THE MAYENNE, AN ASTONISHING GETAWAY

*Need to slow down, explore and recharge your batteries? Destination Mayenne!*

*The Mayenne has many surprises in store for you, be it a getaway for two or a stay with family or friends: natural well-preserved settings aplenty, heritage with unprecedented treasures, great addresses to delight your taste buds and disconnect from everyday life, highlights all year round, kilometres of cycling routes throughout the region, activities to immerse yourself in sensational experiences and encounters with local inhabitants keen to pass on their love of the region. Amidst nature and culture, the Mayenne promises you an astonishing journey.*



## Partager des instants en tribu



© Pascal Beltrami

Que c'est bon de penser au prochain week-end au vert ! Des hébergements grand confort ou insolites, des activités sur mesure pensées pour les tribus !

Les petits loups adorent observer les animaux sauvages des **refuges animaliers** et chouchouter les agneaux des **fermes pédagogiques**. Les plus grands pourront faire le plein de sensations dans nos **parcs et bases de loisirs**. À chacun son rythme pour s'adonner à ses activités préférées : visites de nos sites culturels et animations, jeux de piste, balades à cheval ou en vélorail, partie de pêche en famille... Bref, le bonheur d'être ensemble et de se retrouver, tout simplement ! ●

## SHARE GOOD TIMES WITH YOUR CROWD

*How great it is to look forward to the coming weekend in the countryside! With accommodation ranging from the out-of-the-ordinary to super comfortable, there are plenty of tailor-made activities for your crowd! The kids will love watching the wild animals at the animal refuges and pampering the lambs at the educational farms. While the teenagers will be able to get their thrills and excitement in our parks and leisure centres. Everyone can enjoy their favourite activities at their own pace: visiting our cultural and tourist sites, taking part in events and treasure hunts, horse riding or cycling on tracks or disused railways or fishing with the family. In short, the joy of being together, simply together! ●*

## S'évader en deux roues



© Hello La Roux

Chemin de halage, anciennes voies ferrées, routes de campagne, sentiers VTT ou balades urbaines...

En Mayenne, pédez en toute liberté ! Au fil de l'eau et des maisons éclusières, sillonnez le territoire du nord au sud en suivant l'itinéraire de la **Vélo Francette** reliant Oustreham et La Rochelle. Toujours à vélo, traversez les grands espaces préservés du nord, tels que la réserve naturelle régionale du Mont des Avaloirs, en empruntant la **Véloscénie**. Sur ces itinéraires sécurisés, vous ne croisez pas un moteur, mais des éclusiers, des restaurants, des hébergements et des prestataires vélo à l'accueil chaleureux. ●

## GETAWAY ON TWO WHEELS

*The Mayenne offers you pedalling freedom with its towpath, old railway lines, country roads, mountain bike trails and urban rides. Cycle the department from north to south following the river and lock houses along the Vélo Francette\* route linking Oustreham and La Rochelle. Also by bike, cross the wide-open preserved spaces in the north, such as the Mont des Avaloirs Regional Nature Reserve by following the Véloscénie\* itinerary. On these safe routes, with no major elevation gain, you won't come across traffic, just lock-keepers, restaurants, accommodation and cycling service providers all offering a warm welcome.*



## Explorer et respirer



© Pascal Beltrami

## Voyager dans le temps

De la préhistoire à nos jours, la Mayenne invite à voyager dans le temps : des grottes de Saulges au Musée Robert Tatin à Cossé-le-Vivien, en passant par l'époque gallo-romaine à Jublains, le Musée d'Art Naïf et d'Arts Singuliers à Laval et le Centre d'Interprétation de l'Architecture et du Patrimoine de Sainte-Suzanne. Le passé du territoire vibre et résonne dans ses vallées, ses ruelles, ses pierres, ses monuments, ses jardins, ses châteaux... Amoureux de patrimoine et de culture, laissez-vous conter notre territoire par les mayennais qui ont tant à vous révéler ! ●

## TRAVEL THROUGH TIME

*From prehistory to the present day, the Mayenne invites you to travel through time from the caves in Saulges to the Robert Tatin Museum in Cossé-le-Vivien, via the Gallo-Roman period in Jublains, the Museum of Naïve Art and Singular Arts in Laval and the Centre for the Interpretation of Architecture and Heritage in Sainte-Suzanne. The region's past vibrates and resonates in its valleys, in the stones, the monuments, the gardens and in the châteaux. Let the people of Mayenne tell you all about our region, as they are the cultural and heritage enthusiasts who have so much to tell!*

## Chemin de halage, anciennes voies ferrées, routes de campagne, sentiers VTT ou balades urbaines...

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## Partir à la rencontre de mayennais passionnés

En Mayenne, on crée la rencontre avec les habitants et les professionnels attachés à leur territoire, les artisans et les producteurs passionnés par leur métier. La bienveillance, le partage, une attitude éco-responsable, l'éthique et le goût du local vous seront transmis à chaque occasion chez nos engagés Slowlydays\*. Partez à leur rencontre pour connaître leurs bons plans ! ●

## MEET ENTHUSIASTIC MAYENNE LOCALS

*In the Mayenne, we delight in meeting up with locals and professionals attached to their region, these craftspeople and producers who are so passionate about their work. Our devoted Slowlydays\* partners will pass on a feeling of goodwill, sharing, eco-responsability and a desire to promote local products and services at every opportunity. Come and meet them to find out more about their great ideas!*

## Forêts, bocages, monts, rivières...

La Mayenne est une promesse d'évasion et de reconexion avec la nature. Respirez le bon air en arpentant le GR<sup>®</sup>365. Profitez des panoramas imprenables depuis le belvédère du Mont des Avaloirs et le Canyon des Toyères. Observez la faune et la flore dans nos espaces naturels protégés. Offrez-vous une pause bucolique au bord de la rivière la Mayenne. Passionnés de nature et de randonnées à pied, à cheval ou à vélo, vous n'allez pas être déçus ! ●

## EXPLORE AND BREATHE

*The Mayenne promises escape and reconnection with nature with its forests, hedgerows, mountains and rivers. Breathe in the fresh air when hiking the GR<sup>®</sup>365. Enjoy the breath-taking views from the Mont des Avaloirs lookout point and the Toyères Canyon. Observe the flora and fauna in our protected natural spaces. Take a pastoral break on the banks of the Mayenne River. Nature lovers and hikers, horse riders and cyclists, you will not be disappointed!*



Découvrez les offres de nos professionnels Slowlydays\* sur [www.mayenne-tourisme.com](http://www.mayenne-tourisme.com)  
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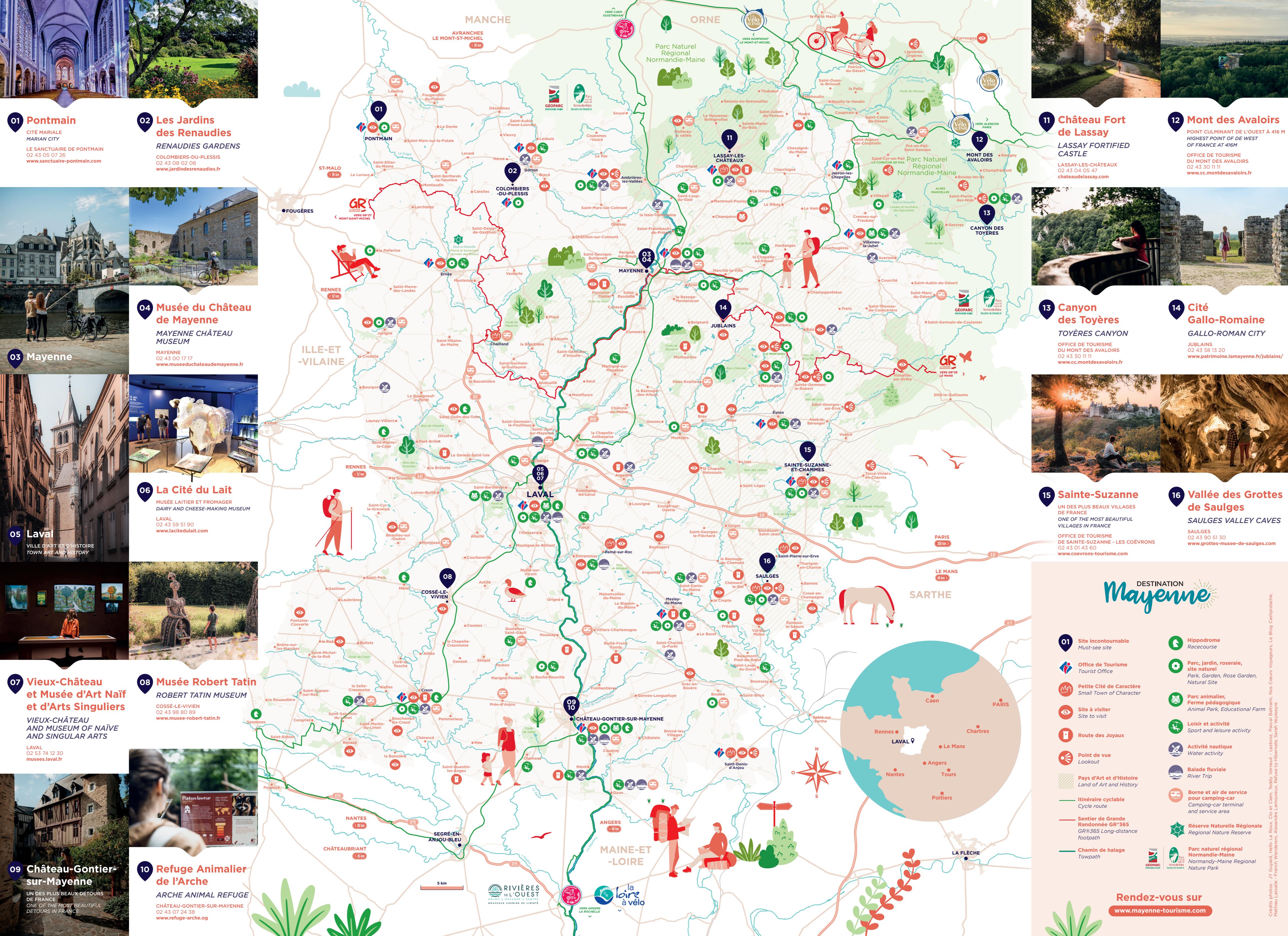
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**01 Pontmain**  
CITÉ MARIALE  
MARIAN CITY  
LE SANCTUAIRE DE PONTMAIN  
02 43 05 07 26  
[www.sanctuaire-pontmain.com](http://www.sanctuaire-pontmain.com)

**02 Les Jardins des Renaudies**  
RENAUDIES GARDENS  
COLOMBIERS-DU-PLESSIS  
02 43 08 02 08  
[www.jardindesrenaudies.fr](http://www.jardindesrenaudies.fr)



**03 Mayenne**  
MAYENNE CHÂTEAU MUSEUM  
MAYENNE 02 43 00 17 17  
[www.museeuchateaudemayenne.fr](http://www.museeuchateaudemayenne.fr)

**04 Musée du Château de Mayenne**  
MAYENNE CHÂTEAU MUSEUM  
MAYENNE 02 43 00 17 17  
[www.museeuchateaudemayenne.fr](http://www.museeuchateaudemayenne.fr)



**05 Laval**  
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[www.lacitedulait.com](http://www.lacitedulait.com)



**06 La Cité du Lait**  
MUSÉE LAITIER ET FROMAGER  
DAIRY AND CHEESE-MAKING MUSEUM  
LAVAL 02 43 59 51 90  
[www.lacitedulait.com](http://www.lacitedulait.com)



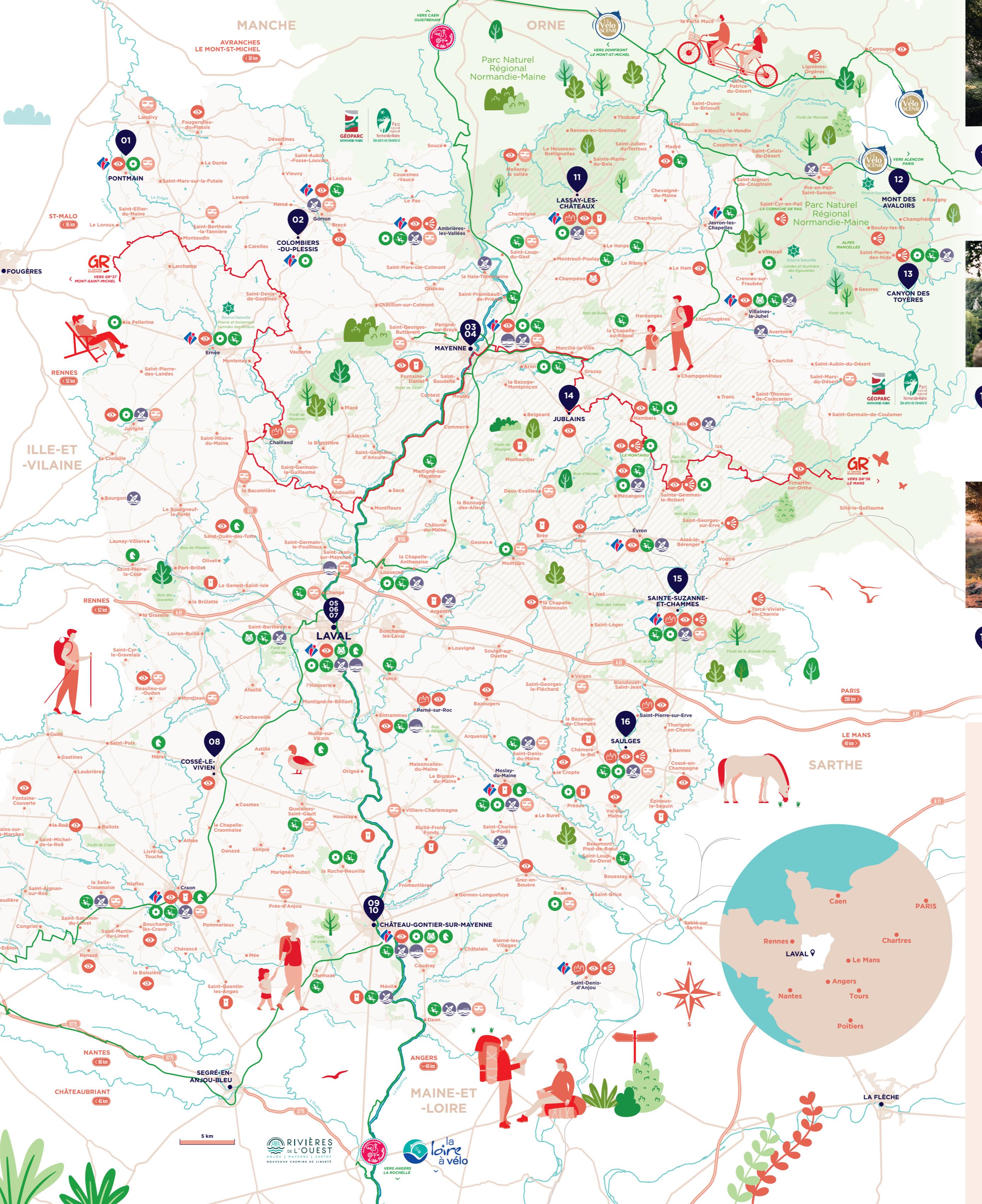
**07 Vieux-Château et Musée d'Art Naïf et d'Arts Singuliers**  
VIEUX-CHÂTEAU AND MUSEUM OF NAÏVE AND SINGULAR ARTS  
LAVAL 02 53 74 12 30  
[musees.laval.fr](http://musees.laval.fr)

**08 Musée Robert Tatin**  
ROBERT TATIN MUSEUM  
COSSE-LE-VIVIEN 02 43 98 80 89  
[www.musee-robert-tatin.fr](http://www.musee-robert-tatin.fr)



**09 Château-Gontier-sur-Mayenne**  
UN DES PLUS BEAUX DÉTOURS DE FRANCE  
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CHÂTEAU-GONTIER-SUR-MAYENNE 02 43 07 24 58  
[www.refuge-arche.org](http://www.refuge-arche.org)

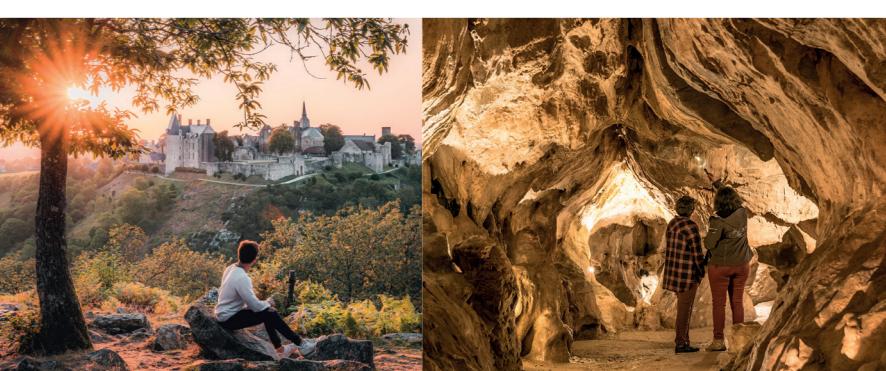
**10 Refuge Animalier de l'Arche**  
ARCHE ANIMAL REFUGE  
CHÂTEAU-GONTIER-SUR-MAYENNE 02 43 07 24 58  
[www.refuge-arche.org](http://www.refuge-arche.org)



**11 Château Fort de Lassay**  
LASSAY FORTIFIED CASTLE  
LASSAY-LES-CHATEAUX 02 43 04 05 47  
[chateaudelassay.com](http://chateaudelassay.com)



**12 Mont des Avaloirs**  
POINT CULMINANT DE L'OUEST À 416 M  
HIGHEST POINT OF WEST OF FRANCE AT 416M  
OFFICE DE TOURISME DU MONT DES AVALOIRS 02 43 30 11 11  
[www.cc.montdesavaloirs.fr](http://www.cc.montdesavaloirs.fr)



**13 Canyon des Toyères**  
TOYERES CANYON  
OFFICE DE TOURISME DU MONT DES AVALOIRS 02 43 30 11 11  
[www.cc.montdesavaloirs.fr](http://www.cc.montdesavaloirs.fr)



**14 Cité Gallo-Romaine**  
GALLO-ROMAN CITY  
JUBLAINS 02 43 58 13 20  
[www.patrimoine.lamayenne.fr/jublains/](http://www.patrimoine.lamayenne.fr/jublains/)



**15 Sainte-Suzanne**  
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OFFICE DE TOURISME DE SAINTE-SUZANNE - LES COËVRONS 02 43 01 43 60  
[www.coevrons-tourisme.com](http://www.coevrons-tourisme.com)



**16 Vallée des Grottes de Saulges**  
SAULGES VALLEY CAVES  
SAULGES 02 43 90 51 30  
[www.grottes-musee-de-saulges.com](http://www.grottes-musee-de-saulges.com)



**Destination Mayenne**

- 01 Site incontournable** Hippodrome Racecourse
- Office de Tourisme** Parc, jardin, roseraie, site naturel Park, Garden, Rose Garden, Natural Site
- Petite Cité de Caractère** Petite Cité de Caractère Small Town of Character
- Parc animalier, Ferme pédagogique** Parc animalier, Ferme pédagogique Animal Park, Educational Farm
- Site à visiter** Site à visiter Site to visit
- Route des Joyaux** Route des Joyaux Sport and leisure activity
- Activité nautique** Activité nautique Water activity
- Point de vue** Point de vue Lookout
- Balade fluviale** Balade fluviale River Trip
- Borne et air de service pour camping-car** Borne et air de service pour camping-car Camping-car terminal and service area
- Réserve Naturelle Régionale** Réserve Naturelle Régionale Regional Nature Reserve
- Parc naturel régional Normandie-Maine** Parc naturel régional Normandie-Maine Nature Park

Rendez-vous sur  
[www.mayenne-tourisme.com](http://www.mayenne-tourisme.com)

Credits photos : IY Guard, Hello La Poux, Cie et Clem, Teddy Verneuil - Lezort, Pascal Beltram, Noë Coeur Voyageurs, Le Blog Capitastache, Mathieu Lassalle - French Wanderer, Alexandre Lamouroux, Retraust to Hibone, Sarah Voyse