

DESTINATION Mayenne

MAG
#4

Get away, **together**

Meet **and share**

Travel **back in time**

Be **inspired**

Feel **the vibe**

MAYENNE

For a trip that's genuinely
different

#SLOWLYDAYS



Fencers Bruno Delahaie and Charlotte Guyon,
at Le Tertre Ganne,
Sainte-Suzanne

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www.mayenne-tourisme.com



DESTINATION Mayenne

DIRECTOR OF PUBLICATION

Joël Balandraud

PUBLICATION MANAGER

Marie Le Calonec

EDITOR IN CHIEF

Emilie Blanchet

EDITORS

Emilie Blanchet, Justine Gruault, Téo Chesnay,
Marie Bernard, Jacques Bonnet, Emilie Jannier,
Lucie Labatte, Julia Desné and Angélique Gallier

LAYOUT

Justine Gruault

TRANSLATION

Caroline Lakey and Nicki Bone

OUR THANKS TO ALL OUR CONTRIBUTORS

The tourist offices of Mayenne department,
our partners and the local service providers

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Le Vallon des Cinq Roses in Saint-Hilaire-du-
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info@mayenne-tourisme.com

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LE TRI
+ FACILE

MAGAZINE



Welcome to Mayenne

Some holiday destinations are well-kept secrets. Mayenne department is definitely one of them.

It's here that you'll find Slowlydays®, a collective of local tourism professionals who live and breathe our department's focus on hospitality and building connections, and its emphasis on local arts-and-crafts skills and innovation.

Mayenne is known for its countryside, and as a destination we have been working for many years to maintain the balance between our unspoilt natural environments and our close-knit towns and villages. Consequently, the area boasts everything from museums, local arts and crafts and delicious food and drink to country footpaths and water sports. If you enjoy walking, horse-riding, board-sports or of course cycling, we have your perfect playground, with the River Mayenne cutting the department down the middle from north to south, and contrasting countryside in the east and west.

If your aim is to get away from it all, recharge ready for a new start and meet inspiring local people with infectious energy and time to talk, we've got that covered too. With more than 60 festivals, large and small, welcoming farms and businesses, numerous private chateaux, home to their enthusiastic owners and open for visits, and a plethora of other options, there's something for everyone. If you're looking for a trip that's genuinely different, this is the place to head.

In 2024, we look forward to welcoming you to Mayenne, our department - we're sure you'll agree, it's a great place to be.

**Joël Balandraud, President
and the Mayenne Tourisme team**

Your Mayenne bucket list

- **Escape by bike** on La Vélo Francette® cycle route
- **Live the chateau lifestyle** on the Route des Joyaux® discovery trail
- **Sip an aperitif** in a riverside café
- **Go underground and explore** the mysteries of Saulges Caves
- **Steer a boat through a lock** on The Rivers of Western France®
- **Travel back** to Gallo-Roman times in Jublains
- **Enjoy the thrills and spills** of waterskiing or a tube ride on the River Mayenne
- **Sleep** in a treehouse
- **Climb** the Mont des Avaloirs
- **See** Laval's enchanting Christmas Lights
- **Taste** a delicious local cheese
- **Admire** the sunset from Le Tertre Ganne in Sainte-Suzanne
- **Wander around** a village voted among France's favourites
- **Take a trip** into the amazing world of Robert Tatin
- **Chat to a member** of the Slowlydays® collective
- **Join a local craftsman** for a workshop
- **Buy local produce** from a market
- **Experience the atmosphere** of a festival
- **Meet the animals** at an animal park



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Mont des Avaloirs observation tower in Pré-en-Pail-Saint-Samson ©Pascal Beltrami - Mayenne Tourisme

Explore the countryside

Mayenne department is a haven of unspoilt countryside in the heart of western France. The river traces an 85-kilometre route from north to south, while the new GR®365 footpath crosses from east to west. And the whole area is covered by a 3,000-kilometre network of paths for unearthing valleys and forests, lakes and rivers, on foot, by bike or on horseback. Whether you prefer secluded pathways or sweeping landscapes, immersing yourself in nature or meeting local people, get off the beaten track in Mayenne.



Walk the GR® 365

Mayenne now has its own official GR® footpath, running 163 kilometres across the department from east to west. It joins up with the GR®36 in Sarthe department at Sillé-le-Guillaume and the GR®37 in Ille-et-Vilaine department at Chapelle-Janson, bridging a gap so that the GR route now runs right the way from Le Mans to Mont Saint-Michel. All along the route, feast your eyes on the picturesque landscapes.

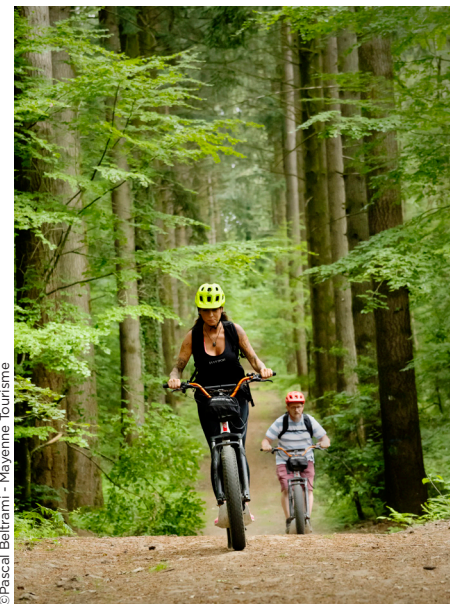
Ernée River - Pascal Beltrami - Mayenne Tourisme



©InstapadesStudio - La Vélo Francette

Go off-road in Bois du Tay

If you're looking for an adventure, head for **Ko Land Tay in Hambers** to explore the forest on an electric scooter at up to 25 kilometres per hour. This is no sedate stroll through the woods! The centre also offers orienteering, forest laser tag and treasure hunts.



©Pascal Beltrami - Mayenne Tourisme

Cycle La Vélo Francette® along the river



Escape from the traffic and head to the riverside, where calm and serenity are the order of the day. The 85-kilometre path runs right from the north to the south of the department and is part of **La Vélo Francette®**, a long-distance cycle route from Ouistreham to La Rochelle. As you pedal along, passing the lock-keepers' cottages so typical of our local area, you will come across chateaux, mills, riverside cafés, local producers, art and heritage towns and pretty villages, not to mention campsites, other places to stay and fun things to do.



Le Bois de L'Huisserie ©2B5 - Image & Drone - Mayenne Tourisme



Jérôme Ganne - Sainte-Suzanne - Les Coëvrons Tourist Office

Enjoy fresh air and breath-taking backdrops

Seek out the best spots for **trail running and gravel biking** – in the forest, in the countryside or beside the river – in Laval and the surrounding area.

The Sainte-Suzanne – Les Coëvrons destination also offers ten **trail routes**. They will take you through **three listed Petites Cités de Caractère®: Sainte-Suzanne, Saulges and Saint-Pierre-sur-Erve**.

In Mayenne, there are some great places to train, burn off energy and escape the hustle and bustle of life.

Explore Mayenne on horseback

Love horses? Then you'll be delighted to hear that Mayenne is horse country. **Domaine des Pierres Jumelles in Sainte-Gemmes-le-Robert (Slowlydays®)** is the ideal base from which to explore the Coëvron Hills and further afield. As well as equestrian tourism, the centre also offers some unusual accommodation options.



© Pascal Beltrami - Mayenne Tourisme



© Lezbroz - Teddy Verneuil - Mayenne Tourisme

Ride the trails

Jump onto your mountain bike and head out along one of the many trails set in the local countryside. With narrow paths and steep inclines, the going is both challenging and exciting. To help you find the best local routes, local mountain biking clubs organise events all year round under the umbrella of **Tour de la Mayenne VTT**.



TIME TO RELAX!

Climb the stairs to Le Bois de l'Épine lodge at **Domaine Le Frichebeau in Sacé**. The extensive terrace offers a hot tub with views of the countryside. Lower yourself in, lie back, listen to the birds singing and let life fade into the background!



Touring



Saint-Jean-sur-Mayenne



6 days



137 km



1,170 metres
elevation gain



©InstapadesStudio - La Vélo Francette

“Les Petits Guidons” Tour Mayenne

Amandine and Vincent, and their two sons Louison and Gabin, aka “Les Petits Guidons”, are a family of cycle tourists who have made Mayenne their home. In July 2023, they decided to tour the department.

Read on to find out about the people they met and the places they explored
– despite the rain!

Day 1 28 km

Saint-Jean-sur-Mayenne > Montourtier

Time to set off for our family adventure! We left Saint-Jean-sur-Mayenne in the early afternoon. For the first stage of our journey, we made for **Bourgon Chateau, in Montourtier**. Although the chateau isn't far from where we live, we'd never had the opportunity to visit.

After pedalling along a cycle path, a country road and a greenway, we finally arrived at our destination. At the end of a beautiful avenue through the wooded grounds, we cycled over an impressive bridge with three arches, which took us to the gateway of a fairytale castle. We gazed in wonder and delight at the fabulous location where we were to spend the night. Unfortunately though, the weather wasn't playing ball, and we weren't able to explore the grounds of the

chateau as we had hoped.

The owners, Mr and Mrs Ducatillon, made us feel at home immediately. Walking into the chateau was like stepping back in time, and Louison and Gabin's minds were filled with tales of knights and princesses. Like us, they recognised how lucky they were to have the opportunity to stay somewhere so steeped in history. We started by visiting the main hall, with its three pianos, and then Mr and Mrs Ducatillon showed us to the Duc de Villeroys



Bourgon Chateau in Montourtier © Les petits guidons



© Les petits guidons

room, where we were to spend the night.

Our hosts' enthusiasm for the chateau and their knowledge shone through as they told us stories from its past. They even played the piano for us. The boys were delighted. They danced around the room, and were allowed to try tickling the ivories themselves.

For our evening meal, we had opted not to book the candlelit dinner on offer at the chateau. We had hoped to picnic in the grounds, but that plan was unfortunately thwarted by the weather. We're grateful to our hosts for offering us a warm, dry place to eat, complete with a roaring fire!

After a lovely evening, we headed upstairs for a good night's sleep.

Day 2 35 km

Montourtier > Villaines-la-Juhel

Our voyage back through the centuries completed, it was time to climb back onto our bikes and head for **Villaines-la-Juhel**. The weather was still looking unsettled, but we hoped to escape the rain. (It was rapidly clear we were out of luck!)

On our route, we were able to stop off in **Jublains**, to show the children the **Gallo-Roman town, with its theatre and thermal baths**. Then it was time to look for some lunch. From the road, we spotted the pretty bunting of **Fouées de la Rue**, a street food stall where Chloé bakes fouées (small round filled rolls) in a wood-fired oven.

After a delicious meal, we set out once again, towards **Le Pot au Lait bed and breakfast in Villaines-la-Juhel**, on the edge of the Normandy-Maine regional natural park and close to the Mont des Avaloirs and the Alpes Mancelles.

Day 3

Villaines-la-Juhel

The first question the following morning was how best to organise ourselves, as a full day of rain was forecast.

The bed and breakfast owners also run **a farming history museum, again named Le Pot au Lait**. It shows what life was like on a Mayenne farm between 1750 and 1950, and houses a substantial collection of objects used to process milk. As we were on site, we decided to look around. Our very generous hosts even offered us the opportunity to spend the following night in the museum itself. It was the perfect solution: a place to spread out our mattresses, tables to eat at, a toilet and basin to use, and most importantly a roof over our heads as outside, the rain continued to fall.



©Les petits guideons



©Les petits guideons

We opted to spend the rest of the day in **Villaines-la-Juhel**, with a delicious meal in the local pizzeria and a stop at the little supermarket.

We ended the afternoon back at the museum playing Uno, a family favourite that comes with us on all our cycle tours. After another night out of the rain we were well rested, full of energy and keen to get back on the road!

Day 4 18 km

Villaines-la-Juhel

> Pré-en-Pail-Saint-Samson

Our destination for our fourth day was **Pré-en-Pail-Saint-Samson**. We encountered a few hills on our route, but they didn't bother us – the sun had come out again and we were in great spirits! Once we arrived at our overnight spot, **Le Joli Pré natural campsite**, Louison and I (Amandine) set up our camp: it was the first time during the holiday that we'd pitched the tent. Vincent and Gabin headed

up the **Mont des Avaloirs to the observation tower** – the shell, as Gabin nicknamed it! The hill is 416 metres high, making it **the highest point in the Armorican massif** and in fact the whole of western France. Once you see the superb view over the local countryside from the observation tower, you'll know the pedal up the hill was worth it. On a clear day, so local legend tells, you can glimpse the outline of Mont Saint-Michel. Come and check for yourself!

Day 5 43 km

Pré-en-Pail-Saint-Samson > Ambrières-les-Vallées

This morning, we started out along the greenway of La Véloscénie® cycle route. Although the roads we'd been riding on thus far during our trip had been relatively quiet, this was an altogether more relaxing experience.

When we're on a greenway, we take the opportunity to ride side by side, have little races, play "I spy" and meet other cyclists. Louison's favourite game is racing electric bikes!

When we arrived in **Lassay-les-Châteaux**, it was starting to rain again and, as we didn't relish the idea of spending the rest of the day soaking wet, we had no choice but to find a place to shelter. We decided to make this our lunch stop.



La Véloscénie®

La Véloscénie® is a waymarked cycle route **from Paris to Mont Saint-Michel along cycle paths, greenways and minor roads**. The Mayenne section follows the old Alençon – Pré-en-Pail-Saint-Samson – Rives d'Andaine railway line in the north of the department, winding close to the highest point in western France, the Mont des Avaloirs.



A bit saddle-sore ?

If you're looking for alternative activities for children, there are plenty of thrills and spills to be had in the **leisure parks** of northern Mayenne! Come and create family memories, together!

May'N Loisirs
in La Haie-Traversaine

Gué de Selle Leisure Base
in Mézangers

Parc de Vaux Leisure Park
in Ambrières-les-Vallées

Ko Land Tay
in Hambers

Colmont Leisure Park
in Gorron



May'N Loisirs in La Haie-Traversaine © Pascal Beltrami - Mayenne Tourisme



Believe me, when you're cold and wet and morale is starting to flag, there's nothing like a nice hot pizza to make everything look brighter! Once we'd had our lunch and done some shopping, it was time to set off again. And we'd chosen the right moment, because there was a lull in the weather. We were able to ride through **Lassay-les-Châteaux, a listed Petite Cité de Caractère® in northern Mayenne**. It has no less than three chateaux, including a stunningly well-preserved one right in the village centre. We then headed out of the village, along the greenway and across the **Rosserie Viaduct**, over the Mayenne River.

The wind and rain slowed us down considerably. Eventually, we arrived at our **campsite, Le Parc de Vaux in Ambrières-les-Vallées (Slowlydays®)**. It's the biggest campsite in this part of the department, and sits in a beautiful rural setting by the river.

Day 6 Day off!

Ambrières-les-Vallées

Rest day today! For the last day of the Mayenne section of our cycling holiday, we decided to make the most of the campsite facilities. The day's programme revolved around the playpark and the swimming pool. The main themes were chilling and ice cream!

The following day, we headed on out of Mayenne department towards Mont Saint-Michel for the next stage of our adventure. We had cycled 137 kilometres (elevation gain 1,170 metres) in six days.

Thanks to the safe route along minor roads and greenways, the whole family had a great time in northern Mayenne!



Welcome to Mayenne

RECHARGE YOUR BATTERIES IN THE ERNEE VALLEY

Looking for a family weekend getaway? In this article, I'm going to give you some ideas of places to visit in the Ernée Valley. It's an ideal destination when you want to relax and reset.

By Angélique

Stroll around a scented flower garden

We headed out of Mayenne town towards **Colombiers-du-Plessis**. If you're looking for a pretty garden to visit during your stay in the department, you can't do better than **Jardins des Renaudies (Slowlydays®)**. It's a flower garden created from scratch by Jean Renault, a nurseryman with a passion for outstanding plants and gardens. Sébastien, the garden manager, showed us round. Within this extensive English-style park, each flowerbed, area and view has been laid out as a garden in its own right, creating a series of different ambiances as the various plants come into flower. In the distance, we glimpsed children running along the flower-lined paths and visitors fascinated by the famous water wheel.

For lunch, we made for a nearby restaurant – **La Belle Époque in Ernée**. The chef serves up mouth-wateringly indulgent French cuisine, and with wooden furniture, mosaics and geometric shapes, the decor has an antique-shop feel about it. The atmosphere is warm and welcoming. If you enjoy venues with

character, this is one for you!

Stay in farm accommodation with a difference

In late afternoon, we arrived at **Vallon des Cinq Roses in Saint-Hilaire-du-Maine** and sat down for coffee with our very welcoming hosts. We had booked an overnight stay in their tiny house, a charming little eco-house set on wooden wheels at the heart of the countryside.

While my partner and our son helped to bottle-feed Danette, the farm's baby goat, I enjoyed an opportunity to relax on the patio of the tiny house and admire the view across the little valley, dotted with farm animals. Bliss!



Les Jardins des Renaudies in Colombiers-du-Plessis ©Mayenne Tourisme



La Belle Epoque in Ernée ©Refuse to hibernate - Mayenne Tourisme



Chailland ©Refuse to hibernate - Mayenne Tourisme

Visit Chailland, a Petite Cité de Caractère®

Thanks to a recommendation from our hosts, we headed out after breakfast to visit **Chailland**.

This pretty village, a listed Petite Cité de Caractère®, sits on the Ernée River in a tree-lined valley below towering rocky cliffs. As soon as we arrived, we felt like we'd stepped back in time. From every possible angle, we snapped photos of the wash house below the mill with its red-brick façade and highly ingenious drawbridge system. Further on, we went into the Jardin de l'Ouvroir. Although it looks like a private garden, it is in fact open to the public. At the bottom is a very pretty wash house.

We then headed up the path behind the neo-Gothic church to **Le Rocher de la Vierge**. The climb didn't feel too taxing because there were so many things to look at on the way: a rose garden, the terraced gardens of the former vicarage and the Gigoulais Chapel. As we arrived at the foot of the statue of the Virgin Mary, we were rewarded with a stunning view

– there was no need to go any higher. We paused to admire the panorama over the entire village, the winding Ernée Valley and the immense forest.

Back down at street level, we headed onwards, towards Mayenne Forest, taking the scenic route via the former Ernée Forge. Although nature has reclaimed the riverside, the last forge buildings, the workers' houses and Forge Château are an indication of the scale of the business, which at its height employed 500 people. We rounded off the day with a crepe – and of course a cup of cider! We've promised we'll be back for the **Peintres dans la Rue art festival**, the **Un Dimanche avec Brassens music festival** or, if we're feeling more energetic, the **Les Petites Foulées de Caractère race!**

Insider tips



Visit a park or garden

Jardin de la Pellerine, a listed Jardin Remarquable®, is set around a 17th century house. Romantic and beautifully tended, it has plenty of surprises in store for visitors.

Lassay Rose Garden is located in the meadow of the former Benedictine Convent and has more than 300 varieties of roses.

Have fun with the family

Rail-bikes at Saint-Loup-du-Gast

River cruises aboard the Meduana, from Mayenne

May'N Loisirs Leisure Park in La Haie-Traversaine

Pat'à Foin Educational Farm in Champéon

The Cider Museum in Melleray-la-Vallée

Learn from the locals

Our local craftspeople will be delighted to meet you, talk about what they do and share their skills:

L'Atelier de la Yourte – wickerwork in Sacé

La Gasselinais Educational and Discovery Farm in Ernée





**MEET
AND SHARE**



Vieux-Laval © Heliolairoux - Mayenne Tourisme

Delicious local treats

When you explore a region, eating like a local is part of the experience. While you're with us, make sure you try all the specialities our department has to offer. Meet the talented and creative chefs in our restaurants and the inspired producers crafting all our local products. No trip to Mayenne is complete until you've shared in our food and drink!





©Pascal Beltrami - Mayenne Tourisme

Charlène and Julien Villette en Direct

Sheep farmers and
organic lamb producers

“ We’ve been farming sheep since 2017, feeding them on crops and fodder that we produce ourselves on our own land.

Come and visit us on our educational farm just a few minutes from Château-Gontier. We’ll be delighted to tell you all about our work. You can walk around the fields and meet the flock. As you explore, we’ll talk about what livestock farming is like and you’ll learn all about the lives of our sheep, what they eat, how reproduction is managed, how grazing works and what crops we grow on our land. Once you get back to the farm buildings, you can help us in the barn and learn more about organic farming.

A visit to us is suitable for all ages. Anyone interested in finding out more about nature and life in the country will enjoy exploring our organic sheep farm. ”

.....

1 La Cour de Villette, 53200 Gennes-Longuefuye
www.villetteendirect.fr



©Pascal Beltrami - Mayenne Tourisme



©Pascal Beltrami - Mayenne Tourisme

**STAY SOMEWHERE
DIFFERENT - IN AN
ORCHARD**



The Pom d'Happy tiny house is a haven of peace and relaxation with views over the **Rouérie Orchards at Gennes-Longuefuye**. All the produce made on the farm is available to taste and buy: apple juice, cider, spirits, vinegar and fruit compote.



© Mayenne Tourisme



© Lezbroz - Teddy Verneuil - Mayenne Tourisme



© Lezbroz - Teddy Verneuil - Mayenne Tourisme



Guillaume and Juliette Guibs Beer Artisan brewers

“ We’re Guillaume and Juliette, artisan brewers based in Cigné, in the heart of the Mayenne countryside.

Our brewery has been awarded Nature & Progrès® certification. We use all-organic, local ingredients and we seek to make the drinks we brew as sustainable as possible, in terms of both production methods and the way we manage energy and waste.

All our bottles are covered by deposit return schemes, we find uses for all our draff (brewing residue) and we collect rainwater to use in the brewing process. We’re sure you get the picture – we do everything we can to close the loop and preserve every resource we use.

We hope you’ll come and visit us at the brewery. We’d love to tell you all about what we do and why we do it! ”

2 L’Étang, 53300 Cigné
www.guibsbeer.fr



Florence and Cyril

Les Plantes des Alpes Mancelles

Farmers and herbalists

“ We do everything ourselves from start to finish, from producing the seed for certain plants right through to making syrups and infusions.

We work to French organic farming standards and to the specifications set by Simples, the French union of plant producers.

We harvest our plants by hand, and we grow a very wide range in order to preserve resources. We never pull up a plant or treat it as a weed without finding out what it is and how it can be used. As far as possible, we sell our products locally, for example via small organic grocery shops, through local restaurants, at fairs and markets and directly on the farm. We enjoy welcoming visitors, showing them round the farm and passing on our knowledge so that it is not lost. We have plenty of tips and advice to share about different ways to use plants, including through books such as “Du bon usage des plantes qui soignent” (The correct use of medicinal plants), by Jacques Florentin.”

3 La Courcière, 53370 Saint-Pierre-des-Nids



©Pascal Beltrami - Mayenne Tourisme



©Pascal Beltrami - Mayenne Tourisme



©Pascal Beltrami - Mayenne Tourisme



©Mayenne Tourisme



Fabien and Marie Cornesse Farm

Producers of craft cider, apple juice
and Pommeau du Maine

“ We look forward to welcoming you to the farm, where we have an area dedicated to visitors. You can also visit the orchards and the surrounding countryside.

We enjoy sharing our approach to cider-making, and in our farm shop you can see several illustrations, including one that's been designed as a game for children.

We believe that making cider is all about taste, and about respecting both the product and nature. Thanks to our focus on encouraging biodiversity, we're able to offer ciders with a range of different flavours. In fact, blending is our favourite part of the process. We believe in supporting local colleagues who, like us, sell direct to consumers. We stock their products in our farm shop, giving you access to high-quality local produce. ”

4 Cornesse, 53410 La Brûlatte
www.ferme-de-cornesse.com



©Mayenne Tourisme



WE LOVE RECIPE BOOKS – ESPECIALLY WHEN THEY'RE LOCAL!

The celebrated chef from Gué de Selle, Didier Peschard, photographer Joseph Froc and writer Jacques Bonnet have worked together to produce two books (in French) introducing local produce, chefs and producers and recounting the area's gastronomic history.

• **"La Mayenne, du Jardin à l'Assiette"**
(Mayenne Department, from Garden to Plate)

• **"Du Verger à la table"**
(From the Orchard to the Plate)

All the essentials of our local cuisine in two scrumptious books!



Over
to you
chef !

**Fish with aioli gratin,
carrot and ginger puree**

Quentin Lévêque

La Fenderie Restaurant in Deux-Évailles

Restaurant owner-chef

Local-born chef Quentin Lévêque took over La Fenderie restaurant, set in a restored mill beside a lake in Deux-Évailles, in 2014. He had previously worked there alongside his parents, who owned the restaurant between 1987 and 2009.

He draws his inspiration for his traditional French cuisine from the changing seasons, the local producers he meets and his passion for simple, modern food.



Why did you choose Deux-Évailles for your restaurant?

After two and a half years in England and then several more years working seasons all around France, in Corsica and in Italy, I was looking to settle down. In 2014, an opportunity came up to take over La Fenderie. It was a place I knew well, because it was actually my dad who founded it, in 1987. It was his idea to knock the wall down to open up the view over the lake. He sold the restaurant in 2009. And I've been here for ten years now.

How would you describe your style of cooking?

It's traditional French cuisine. I focus on fresh, local produce. I like food that's unfussy, plentiful and delicious. When the waiter puts the customer's plate down in front of them, they can see what they're going to be eating. I enjoy cooking, and that enjoyment comes over to customers in the food I prepare. I cook intuitively, taking things one day at a time. That's why I ask my customers to book. It means we can make sure we have everything we need in the kitchen. It's not a problem if someone asks for a vegetarian or vegan meal, I can cater for that.

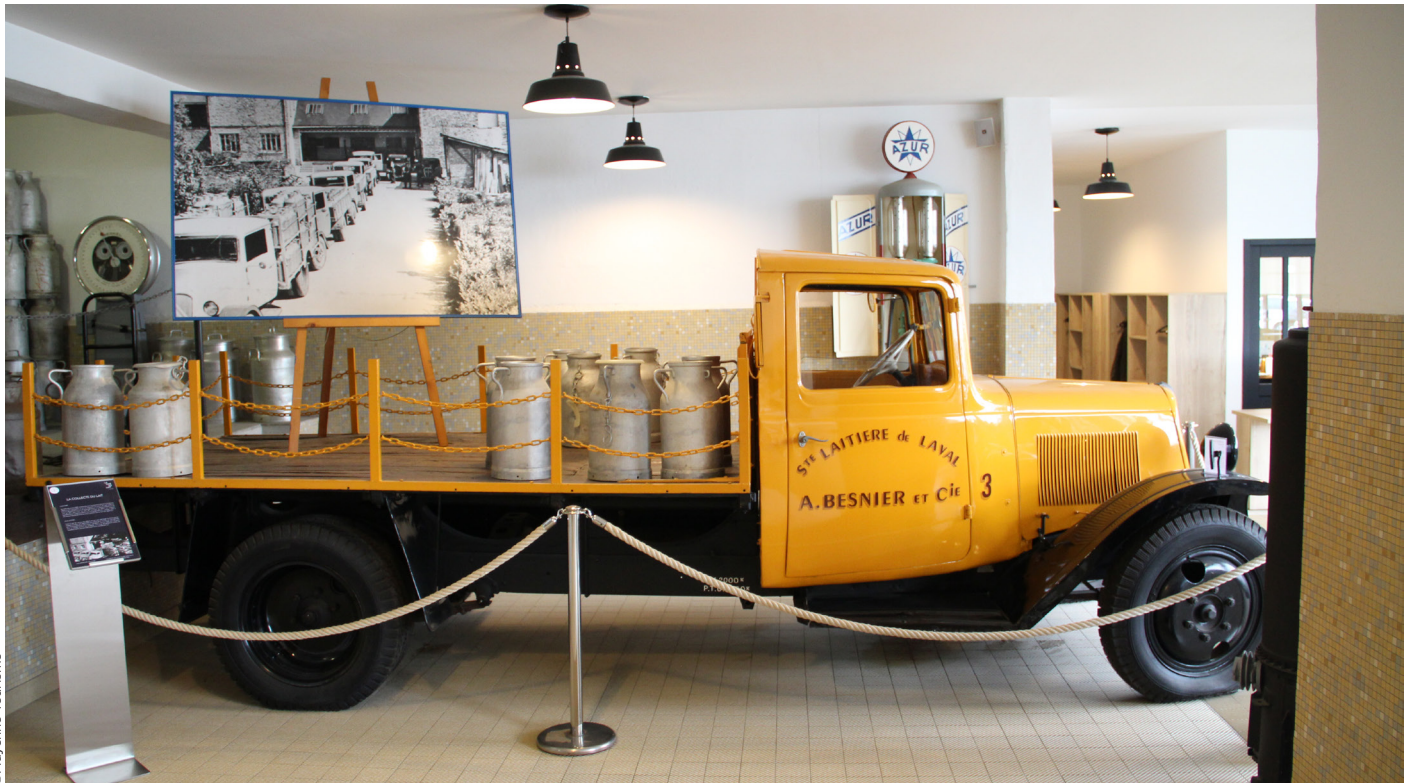
How much of the produce you use comes from Mayenne?

At least 60%. These days, all my vegetables, all my meat, as much fruit as possible, and drinks like cider, Pommeau, perry and some beers, are produced within the department. I work with Véronique Legeay at **Joignon Farm in Gesnes** for my beef, Antoine Ponton at **À Tout Bout de Champs Farm in Saint-Georges-sur-Erve** for veal, Xavier and Gaëlle at **Le Champs des Possibles in Grazay** for vegetables, Alexis Pinchon at **Saint-Berthevin-la-Tannière** for goats' cheese, **Vaubernier in Martigné-sur-Mayenne** for milk, butter and Camembert, and Nadège Desnos at **Les Volailles du Domaine in Saint-Cénére** for poultry.

What's your signature dish?

The most popular starter on the menu is baked Camembert, and the most popular main course is steak. In Mayenne, people like their beef and cheese!





©Mavenne Tourisme

Tested for you

Master Buttermaker's Workshop

La Cité du Lait® dairy museum, Laval

Located right in the centre of the department, La Cité du Lait® in Laval is an interactive museum dedicated to all things dairy. Marie and her two children tried out the Master Buttermaker's Workshop and reported back for us.

The fascinating world of dairy

We were immersed in the history of the dairy industry even before we got inside the museum. As soon as the children saw the old lorries loaded with the milk churns used to transport the milk produced on local farms, I was bombarded with questions: How did they get the lorries in here? Do they still go? Where does the milk come from? How do they turn it into butter?

I was relieved to see our guide arrive with the answers!

After we'd learned why milk is good for us, and been let into the secrets of how dairy products are made, came the inevitable question: When do we get to make butter?

Making learning fun

Our guide took us into a small workroom with tables where we could tackle the task in small groups. On the tables was the equipment we would need: cream, butter churns and printed aprons. We listened carefully to the instructions and then had a go for ourselves. The boys got stuck in, and rapidly realised that making butter is hard work! For food safety reasons, we couldn't take the butter we made home with us, but we were able to taste it at the end of the workshop, topped with a little square of chocolate. Yum!

FUN FACT

La Cité du Lait® is the world's largest dairy museum!



Award-winning

local food and drink

The French “Concours Général Agricole” was created to reward the best local food and drink presented at the Paris International Agricultural Show each year. Here are the 14 products from Mayenne that won awards in 2023.



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14

1 - Mont Hardi IPA Beers
Mont Hardi Brewery
in Château-Gontier-sur-Mayenne

2 - Farmhouse Apple Juice
3 - Farmhouse Cider – Medium dry
4 - Fine du Maine, Cider Eau de Vie
Ferme du Pressoir in Craon

5 - Farmhouse Pâté
6 and 7 - Pure Pork Rillettes
Les Gorronnaises in Gorrion

8 - Bons Mayennais Brie
9 - Bons Mayennais Camembert
Vaubernier in Martigné-sur-Mayenne

10 - Pommeau du Maine
11 - Fine du Maine, Cider Eau de Vie
Les Vergers de la Rouérie
in Gennes-Longuefuye

12 - Boursault Crémier Cheese
Fromageries Perreault
in Château-Gontier-sur-Mayenne

13 - Farmhouse Cider – Medium dry
14 - Brut du Maine Perry
La Ferme du Theil in Andouillé



Welcome to Mayenne

BLOW THE COBWEBS AWAY AT MONT DES AVALOIRS

On a recent trip to the north of the department we had the opportunity to visit an area that we hadn't been to before: the Mont des Avaloirs. With its wooded countryside, it's the ideal place to recharge your batteries. So come with me and let's explore!

By Julia

Saddle up and take to the paths of the Mont des Avaloirs

For our first day in the north of Mayenne, we headed to **Grand Chemin Farm in Madré**. There we met Jean-Yves and Pascale for a **full-day hack to Corniche de Pail**.

Grand Chemin Farm is both a museum and a working farm. Here, horses continue to power the apple and pear presses, and chickens, tarts and loaves of bread still cook over an open hearth. Also on the site, you will find a living museum showcasing all the different aspects of life on a farm in centuries gone by: the surroundings, the local countryside, the farmhouse, the tools, the techniques and the traditions.

When we got back to the farm at the end of our ride, we were able to hand our horses over to the staff and prepare to enjoy our evening. We had dinner in a former stable, seated at long friendly tables below the hay racks, surrounded by the stall walls that separated the horses.

There's even a foaling stall, kept exactly as it would have looked in days gone by. We shared a delicious meal made from local produce with our hosts and the other guests, who like us had come for the walking, horse-riding or mountain biking. Dinner was a sociable affair, and Jean-Yves provided the entertainment by recounting local stories and legends. His enthusiasm for the area is infectious, and next time we'll bring our partners and children along to take a **carriage ride** and listen to his tales.

Walk the Boucle du Belvédère path

The next morning, after a hearty breakfast, we headed for the **Mont des Avaloirs**, ready for an 8-kilometre hike. We started out from the **observation tower** car park, the departure point for numerous paths. There's something for everyone here, whether on foot, on horseback or on a mountain bike. Path 101, the Boucle du Belvédère, is a ramble through pretty **Multonne Forest**.



Mont des Avaloirs observation tower in Pré-en-Pail ©Alexandre Lamoureux



Toyères Canyon in Saint-Pierre-des-Nids ©Refuse to hibernate



Le Comptoir in Pré-en-Pail ©Mayenne Tourisme



Before or after your walk, don't miss the chance to climb the observation tower. On the way up, you can view the brightly coloured murals by Seb Toussaint, a Franco-British street artist. Let's count: 1, 2, 3... 108 steps and you've reached the **highest point in Mayenne and the whole of western France (altitude 416 metres)**. Drink in the view over the rolling hills and pristine countryside.

If you have several days to spare and you want to try a famous local walk, I'd recommend the **103.7-kilometre Tour du Mont des Avaloirs** (a GR® de Pays, or local long-distance path) as a great way of exploring the area.

Stock up on local products and souvenirs

Our walk completed, we headed for **Le Comptoir**. **Céline, the owner, is a Slowlydays® member.** Not only is her shop a traditional grocer's, she also cooks and serves delicious dishes made from seasonal organic

produce, sourced locally. It was the perfect place to pick up some local food and drink to try: **Tomme de Pail cheese from Pays de Pail cheese farm** and the now-famous **numbered beers from Brasserie Cousin**.

Before we left, we stopped off at **La Mercerie Goat Farm in Saint-Cyr-en-Pail** to buy some local goats' cheese. Cathy and Olivier treated us to a warm welcome and told us all about their work farming goats and making cheese. They were so friendly, and we had a lovely time walking around the farm, asking questions and drinking in the atmosphere.

Mayenne department really is a great place to get a dose of fresh air, far from the hustle and bustle of city life. After just a few minutes in the green countryside, you'll feel all the benefits of the area's generous rolling plains.

Insider tips



A romantic weekend



Here are a couple of our favourite addresses for a stay in nature, free from the cares of the world, to boost your wellbeing.

La Doucelle bed and breakfast in Lignéres-Orgères

Lilium Sauvagère holiday cottage in Gesvres

Toyères Canyon

Toyères Canyon, in Saint-Pierre-des-Nids in the heart of the Alpes Mancelles, is a very special place. Here, on the border between the departments of Mayenne and Sarthe, the upstream portion of the Sarthe River has patiently cut its meandering path through the granite rock, creating a beautiful panorama for you to admire from the hilltops and observation tower.

Something different to do with the family



Visit **L'Étinbulle ancient farm in Pré-en-Pail-Saint-Samson** and travel back in time to learn about the crafts of the past, from prehistoric times onwards.

TRAVEL BACK IN TIME



Visit our museums

Take a trip through time at Mayenne's museums. Start in the prehistoric period at Saulges Caves, then stop off in Gallo-Roman times in Jublains and in the Middle Ages at the Centre for the Interpretation of Architecture and Heritage in Sainte-Suzanne. You'll reach the modern era at MANAS, the Museum of Naive Art and Singular Arts in Laval, and the Robert Tatin Museum in Cossé-le-Vivien.

Captivated by heritage and culture? You're in for a treat – in Mayenne we love to talk about our department's history!

Centre for the Interpretation of Architecture and Heritage in Sainte-Suzanne

Sainte-Suzanne

You'll find the CIAP, as it's known, within the walls of the medieval castle at Sainte-Suzanne. Inside, you can see a wide-ranging display of our department's heritage: archaeology, historic monuments, flora, fauna, landscapes, arts and crafts, and more.



1

Mayenne Chateau Museum

Mayenne

Mayenne is home to Europe's best-conserved Carolingian palace, which holds an outstanding collection of chess and game pieces dating from the tenth to twelfth centuries.

2

La Vigie - Memorial of the Deported of Mayenne

Mayenne

La Vigie pays homage to the people of Mayenne who were deported during World War II, by telling their stories. Displays include objects brought back from concentration camps, exhibitions and a wall of names. The atmosphere is contemplative, and suitable for all.



3

Jublains Archaeological Museum

Jublains

Jublains has western France's largest and best-preserved remains from Classical Antiquity. Here you can see a theatre, thermal baths, a temple and a stunning fortress, as well as the department's archaeological museum.

4



Saulges Caves - Prehistory Museum

Saulges

This geological site, which dates back to prehistoric times, is the only one of its kind in north-western France. In addition to the Prehistory Museum, two caves are open to the public: the Margot Cave and the Rochefort Cave.



WHAT'S ON?

► 6TH ACCESSIBILITY MONTH

APRIL

Six sites in Mayenne, five of which are Tourism & Disability certified, have prepared a programme of events to celebrate accessibility month, including a presentation on the archaeology of disability, a medieval lunch held in the dark, multi-sensory experiences and practical awareness-raising workshops.



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Entrammes Gallo-Roman thermal baths

Entrammes

This site was only discovered in 1987, as a church had been built over it in the late Antiquity period. As a result, the thermal baths are extraordinarily well preserved, with some exquisite remains.



Laval Old Chateau and MANAS | Museum of Naive Art and Singular Arts

Laval

This, Europe's very first museum of naive art, was opened here in Laval's medieval chateau in 1967, in honour of local artist Henri "Le Douanier" Rousseau. The museum exists to encourage a wide spectrum of visitors to view the artworks and learn more about how they were painted. It also aims to promote creativity and offer opportunities to practise art.

The Robert Tatin Museum at Cossé-le-Vivien

Cossé-le-Vivien

Step into the unique world of Robert Tatin, a local artist with an international reputation! This quirky museum is the culmination of his travels, his artistic influences, his convictions, all the different cultures he encountered during his life and much more besides.



Hauterives Château in Argentré ©Lezbroz - Teddy Verneuil - Mayenne Tourisme

Jewels in the countryside

The Route des Joyaux® (Jewels of Mayenne discovery trail) is your signpost to historic architecture and beautiful gardens. Follow the trail from the north to the south of the department to visit chateaux, abbeys, parks, gardens, manors and mills.

These properties will take you on a journey from the Middle Ages (13th century), through the Renaissance to the 19th century. And they all have one thing in common – owners who love to talk about them! You'll frequently come across the owner of a property tending the garden. And before you know it, you're deep in conversation.



Craon Château ©leblogcashpistache - Mayenne Tourisme

Live the chateau lifestyle

Push open the door of a historic home, immerse yourself in the style and take a closer look at the treasures inside. At some locations, you can even book an overnight stay. Imagine waking up in another century!

- **Bourgon Chateau** in Montourtier
- **Craon Chateau** in Craon
- **Hauterives Chateau** in Argentré
- **Lassay Castle** in Lassay-les-Châteaux



Favry Manor in Préaux ©Pascal Beltrami - Mayenne Tourisme

Amble round a garden

Take some time to stroll along the paths of a park or French-style garden. Admire the elegance of the historic buildings and immerse yourself in the beauty of your surroundings.

- **Arcis Château** in Meslay-du-Maine (**Slowlydays®**)
- **Craon Château** in Craon
- **Favry Manor** in Préaux
- **Hauterives Château** in Argentré
- **Le Puy Château** in Ruillé-Froid-Fonds
- **La Rongère Château** in Saint-Sulpice
- **La Grande Courbe Château** in Brée

Go on a family day out

Children love exploring and adventures. With treasure hunts to complete, mysteries to solve and trails to follow, our châteaux have all the ingredients of a fun outing for the whole family.

- **Favry Manor** in Préaux
- **Arcis Château** in Meslay-du-Maine (**Slowlydays®**)
- **Craon Château** in Craon
- **La Rongère Château** in Saint-Sulpice
- **Clairmont Abbey** in Olivet
- **Thévalles Mill** in Chéméré-le-Roi

Explore our religious heritage

There's something special about the atmosphere at these sites, steeped as they are in the department's religious history.

- **Clairmont Abbey** in Olivet
- **Bourgon Château Chapel** in Montourtier
- **Craon Château** in Craon
- **Hauterives Château** in Argentré
- **Le Puy Château** in Ruillé-Froid-Fonds
- **Magnanne Château** in Ménil
- **Mortiercrolles Château** in Saint-Quentin-les-Anges
- **Varennes l'Enfant Château** in Épineux-le-Séguin
- **Fontaine-Daniel Village**



Arcis Château in Meslay-du-Maine ©Pascal Beltrami - Mayenne Tourisme



Clairmont Abbey in Olivet ©Lezbroz - Teddy Verneuil - Mayenne Tourisme

FUN FACT



There are more châteaux still used as family homes in Mayenne than in any other department of France.

Simply stunning!

Wander around our towns and villages and lose yourself among the beautiful, immaculately preserved old buildings. You'll be struck by how peaceful these places are, with their cobbled streets, picturesque houses built of stone and schist, old wash houses, ramparts and Romanesque churches. You'll come across little boutiques and craft workshops too. As you walk around, it's easy to imagine the rich history of these communities, from the Middle Ages through to the present day.

In Mayenne department, there's a surprise waiting for you around every corner. Enjoy exploring!

SEVEN LISTED PETITES CITÉS DE CARACTÈRE®

1 - Saint-Pierre-sur-Erve

©Refuse To Hibernate

2 - Parné-sur-Roc

©Pascal Beltrami

3 - Sainte-Suzanne, one of Les Plus Beaux Villages de France®

©Teddy Verneuil - Lezbroz

4 - Saint-Denis-d'Anjou

©Mathieu Lassalle - French Wanderers

5 - Lassay-les-Châteaux

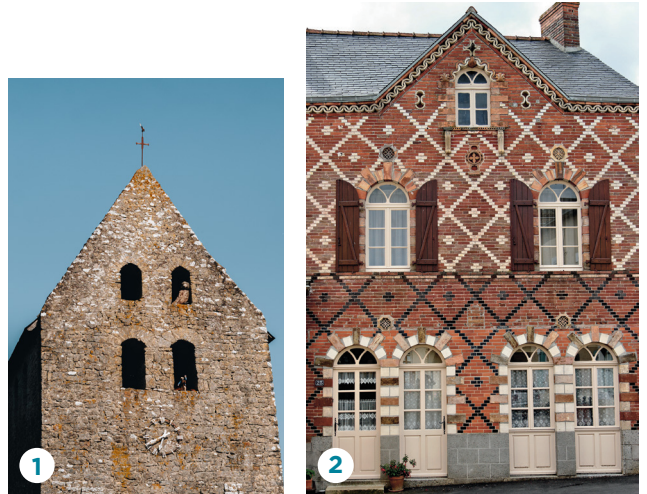
©loeildeos

6 - Chailland

©loeildeos

7 - Saulges

©Fabien Chéré





3



4

Lassay-les-Châteaux, voted third in the “France’s favourite village” competition 2023!



The village is known for its castle, one of the best preserved in France. Medieval festivals are frequently held there, especially in the summer. While you’re in the village, don’t miss the Rose Garden, the pretty lanes and the Pub à Victor, named in honour of Victor Hugo, who took lodgings there in the 19th century.

Fun fact: **Sainte-Suzanne** won third place in this same competition ten years earlier, in 2013!



6



7

PRETTY AS A PICTURE

8 - Fontaine-Daniel
©leblogcashpistache

9 - Craon
©D.photo.53



9



11



12



10

OUR MAIN TOWNS

10 - Laval, a Ville d’Art et d’Histoire®
©Mathieu Lassalle - French Wanderers

11 - Château-Gontier-sur-Mayenne,
Holder of the Les Plus Beaux Detours de
France® label
©leblogcashpistache

12 - Mayenne
©Teddy Verneuil - Lezbroz

Hidden gems

There's more to Mayenne department than meets the eye. Beyond the well-known sites that top every visitor's list, our towns and countryside are scattered with little-known vestiges of the past and fascinating places to see. If you love heritage, prepare to dig below the surface and uncover our hidden gems!



©Pascal Beltrami - Mayenne Tourisme



©leblogcashpistache - Mayenne Tourisme



©Mathieu Lassalle - French Wanderers - Mayenne Tourisme

1 - Évron Basilica

With both Romanesque and Gothic features, this is a jewel of architecture from the Middle Ages. It presents a panorama of medieval religious architectural styles from early Romanesque through to the 14th century.

2 - Saint-Denis-d'Anjou Church

This Romanesque church was built on a rock in the 12th century and extended in the 16th century. It houses a very rare set of 16th-century wall paintings illustrating the lives of the saints.



©Lezbroz - Teddy Verneuil - Mayenne Tourisme



4



©Lezbroz - Teddy Verneuil - Mayenne Tourisme



5



©Mayenne Tourisme

6



©Lezbroz - Teddy Verneuil - Mayenne Tourisme

7

3 - Pontmain Basilica

This majestic building was constructed in 1871 following an apparition of the Virgin Mary on the site. With 300,000 visiting pilgrims each year, the religious fervour and contemplation are palpable.

4 - Clairmont Abbey in Olivet

This 12th-century Cistercian Abbey is a listed historic monument. A large proportion of the original buildings are still standing today.

5 - Ursulines Convent in Château-Gontier-sur-Mayenne

The convent was founded in 1634 using a 15th-century feudal manor house as its foundation. The cloister is stunning, although it was actually never finished. The site owes its architectural fame to its contrasted interior and its Jesuit-style church.

6 - Notre Dame du Port-Salut Abbey in Entrammes

This Cistercian abbey on the banks of the River Mayenne is where Port-Salut cheese was originally made.

7 - Montaigu Chapel in Hambers

This chapel was built in 1402 on the top of Montaigu Hill in Hambers. It originally served a hermitage, the ruins of which can still be seen.



Welcome to Mayenne

A DAY IN THE MIDDLE AGES

I grew up in southern Mayenne, and I've often travelled across the department and back in time to the medieval village of Sainte-Suzanne. It's an enchanting and picturesque place that has changed little over the centuries, so it's not surprising that it's listed as one of Les Plus Beaux Villages de France® (France's most beautiful villages).

By Émilie

Stroll around picturesque Sainte-Suzanne

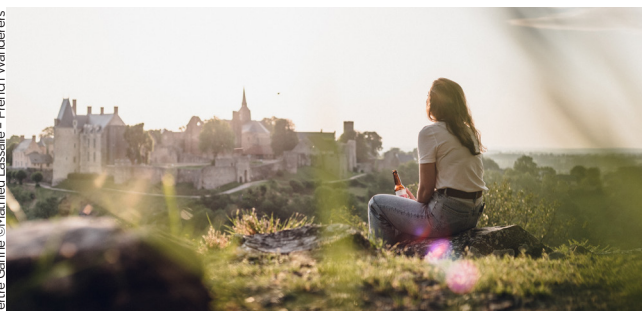
To get your visit off to a good start, make a beeline for the **Tourist Office, housed in La Butte Verte Manor**. Pick up maps of the village and of the walk around the watermills for more information about all the top sites to see during your visit.

Map in hand, follow the tour through the cobbled streets of the **medieval village**. As well as marvelling at the beautiful buildings, you'll come across a number of historical treasures tucked away in the little lanes.

When you arrive at the **chateau**, walk under the arch and into the courtyard. Inside, not only can you see the **11th-century rectangular keep**, you can actually climb to the top of it and admire the view over the rolling Coëvron Hills. Why not visit the **Centre for the Interpretation of Architecture and Heritage (CIAP) housed in a 17th-century chateau on the same site, the former home of Guillaume Fouquet de la Varenne**, one of French King Henry IV's ministers? It's

an opportunity to learn about our local heritage, both built and natural, and chat to the expert staff.

When I'm in Sainte-Suzanne with family or friends, this is the point at which we generally take a break for lunch, in one of the restaurants in the square. Personally I love **Caf & Couette**, but local produce is a focus everywhere, so why not have a look at the menus posted outside and see what takes your fancy?





The CIAP in Sainte-Suzanne ©Mathieu Lassalle - French Wanderers



©Mathieu Lassalle - French Wanderers - Mayenne Tourisme



Sainte-Suzanne ©Lezbroz - Teddy Verneuil - Mayenne Tourisme

Tour the watermills

After lunch, you might feel you could do with a walk!

Follow in the footsteps of millers, tanners and papermakers of centuries gone by on the **Promenade des Moulins (watermill walk)**, leading from the medieval village out into the Erve Valley. That's where you'll find the watermills.

En route, you can stop and talk to Carlos Robert, **France's only remaining master papermaker**. He'll take you on a guided tour of **Le Moulin à Papier, a craft papermill**. His enthusiasm for his work is infectious, and you'll be captivated as he explains the stages he goes through to make paper out of old scraps. He still uses traditional methods dating back to the 13th century. If you're a history buff, this is a visit that's sure not to disappoint.

The watermill walk is around 4 kilometres long and ends up back in Sainte-Suzanne, giving you the opportunity to continue exploring the lanes and poking around in the **little boutiques and artisan workshops**.

Stay a while longer in the Coëvrons

As your medieval day draws to a close, you have two options: head home, or stay overnight in a bed and breakfast and make a weekend of it. And why not? There are numerous other things to do near Sainte-Suzanne. For starters, how about walking in the **Coëvron Hills at Le Montaigu in Hambers**, exploring **Saulges Caves Valley**, whizzing along the paths of the **Bois du Tay, again in Hambers**, on an off-road electric scooter or paddle-boarding on **Gué de Selle Lake in Mézangers**?



Gué de Selle Lake ©Lezbroz - Teddy Verneuil

Insider tips



Instaworthy

Head for **Le Tertre Ganne** and snap the best view of **the medieval village at Sainte-Suzanne, the only place in the department listed as one of Les Plus Beaux Villages de France®**. Share your pictures using the hashtags #mayennetourisme, #destinationmayenne or #slowlydays!

Time for a snack?

Head for **Au Fur et à Mesure, a bookstore-café**. Its quiet location in the courtyard of a former school offers beautiful views over the Erve Valley.



Somewhere different to stay

There are a whole host of fun and original accommodation options locally: a tree house at **Relais du Gué de Selle**, a doma (little house) or a wigwam at **Domaine des Pierres Jumelles (Slowlydays®)**, a wooden caravan at Moulin des Forges and a medieval-themed bed and breakfast at **La Ferté Clairbois Estate**.



Toiles de Mayenne in Fontaine-Daniel ©Mathieu Lassalle - French Wanderers - Mayenne Tourisme

BE INSPIRED



Coutellerie du Maine-Anjou in La Roche-Neuville ©Prisma - Mayenne Tourisme

Passing on traditional skills

Our local craftspeople understand the importance of passing on their expertise, and of keeping pace with change. They're constantly inventing new ideas and designs, and we're as proud as they are of all the products that are "Made in Mayenne". Why not drop into their workshops, see them in action and learn a new skill?

WOOD

Whether you've always wanted to try your hand at woodworking, or you already have some experience and are looking for tips, come and meet our local experts:



Carole Clavreul
Atelier Mayenne

Carpenter
Quelaines-Saint-Gault



Hervé Wales
L'atelier de l'abbaye

Artist cabinetmaker
Entrammes



Alain Legros
Atelier sous l'écorce

Woodcarver
Lassay-les-Châteaux



Nicolas Mareau
Maison-Atelier

Woodcrafter
Bais

L'Atelier de l'Abbaye in Entrammes ©Prisma



CERAMICS

To transform a malleable raw material into a solid finished object, you'll need to master several different techniques – such as modelling, turning and slip casting – and have some specialist equipment to hand. The best way to start out is to take part in a workshop:



Anne Corre
Atelier Accord Céramique
Ceramic artist and sculptor
Vimartin-sur-Orthe

Sophie Albert
Sophie Albert Céramiste
Ceramic artist
Évron

Christine Roquelpo
Christine Roquelpo Céramiste
Ceramic artist
Champagnéux



©Anne Corre



"IMMERSION SONORE" PODCAST

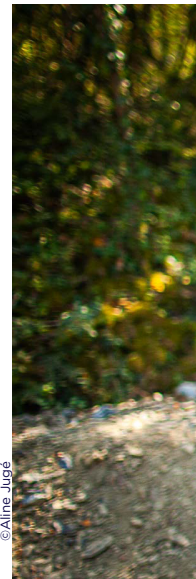
Listen to the episode with angora goat farmer and mohair producer Emmanuelle Guiho at mayenne-tourisme.com (in French)



STONE

Stone is an extremely versatile material, used to make traditional sculptures, contemporary objets d'art, marble jewellery and much more besides. Give free reign to your creativity!

Aline Jugé
Petit Menhir
Stone carver and ornamental sculptor
Lassay-les-Châteaux



©Aline Jugé



"Industrielle Attitude" event

Each October, an event called "Industrielle Attitude" is organised to showcase skills and innovation within the department's businesses. Local companies open their doors to visitors, inviting them to see for themselves how local products are made and the high level of craftsmanship involved.

• BE INSPIRED •

FABRICS

Toiles de Mayenne is a flagship of French craft expertise. The factory was founded by the Denis family on the site of a Cistercian abbey, and has been designing and producing furnishing fabrics for two centuries. The company's traditional craft skills are jealously guarded. Don't miss the opportunity to visit the shop on the edge of the village. Choose a Toiles de Mayenne product and add a stylish French touch to your home!

Toiles de Mayenne
Fabric design and manufacture
Fontaine-Daniel

©leblogcashpistache



WARM, SOFT AND SUSTAINABLE KNITWEAR

How do you fancy making your own accessories and objects out of a raw material that's 100% French? Come and meet the people involved in producing our local wool, and then get creative!

Agnès and Amandine
Asinerie du Bois Gamats
Livestock and crop farmers
Laval



Emmanuelle Guiho
Mohair du Maine
Farmer
La Bazouge-de-Chêmeré



Géraldine Mézange
Comme un oiseau hors de sa cage
Fibre crafter
Jublains

©leblogcashpistache



©L'Atelier de la Yourte

WICKERWORK

Wickerwork is the art of creating objects out of interwoven plant fibres. It's a rare skill these days, but it's in good hands in Mayenne:

Emmanuelle Chappey
L'atelier de la yourte
Wickerworker
Sacé



Judith Charpentier
La CabanaJude
Wickerworker
Montflours



Address Book

The boutiques run by our local craftspeople are your best bet for holiday shopping. You're guaranteed to find a warm welcome and high-quality products. Their wares reflect the traditions of our department, and showcase our creativity. In addition, you'll have the satisfaction of buying a genuine Mayenne product and meeting the friendly local people.

BOUTIQUE DE CRÉATEURS 53

3 Pl. Paul Doumer, 53200 Château-Gontier-sur-Mayenne

Designers and producers of jewellery, bags, scarves, decorative objects, toys, etc.

06 06 41 93 20

SOPHIE ALBERT CÉRAMISTE

20 Rue de la Fontaine, 53600 Évron

Designer and producer of ceramics.

06 62 73 74 46

sophiealbert.com

FORUM MÉTIERS D'ART

9 Rue du Temple, 53160 Jublains

Craft artists' shop, professional workshop for the creative professions and pop-up exhibition venue.

02 43 04 97 92

forumdesmetiersdart.com

SOUS NOS MAINS

7 Rue du Château, 53110 Lassay-les-Châteaux

Local arts and crafts shop.

LA BOUTIQUE DE L'OFFICE DE TOURISME DE LAVAL

84 Av. Robert Buron, 53000 Laval

Offering a wide choice of products, all locally made.

02 43 49 46 46

laval-tourisme.com



LA FABRIK D'ICI

13 Quai Sadi Carnot, 53000 Laval

Shop run by local designers and craftspeople.

LADY AMHERST

9 Rue de la Trinité, 53000 Laval

Designer of jewellery and objects made from feathers.

06 63 79 03 85

lady-amherst.com

MOHAIR DU MAINE

Brisanne, 53170 La Bazouge-de-Chéméré

Designer and manufacturer of mohair yarn balls and woven and knitted mohair creations.

06 71 26 66 79

mohairdumaine.fr



COUTELLERIE DU MAINE-ANJOU

Écluse de Neuville, 53200 La Roche-Neuville

Craft knife maker and restorer.

02 72 88 12 81

coutellerie-du-maine-anjou.com



SAVON YVARD

1 Pl. Neuve, 53700 Villaines-la-Juhel

Soap maker.

06 95 63 74 10

savonyvard.fr

SENTEURS ET CHARME D'ANTAN

7 Rue Henri IV, 53270 Sainte-Suzanne-et-Chammes

Soap, candle and cosmetics maker.

02 43 98 57 49 / 06 98 99 65 12

senteurs-et-charme-dantan.hubside.fr

LA REINE ESTHER

Rue de la Belle Étoile, 53270 Sainte-Suzanne-et-Chammes

Shop offering hand-crafted jewellery, animal sculptures, art, local produce, honey and other products from the family beehive.

06 13 33 71 82

LES SAVONS DE RAPHAËL

30 Rue Saint-Martin, 53100 Mayenne

Soap and cosmetics maker.

02 43 08 54 57

lessavonsderaphael.fr





**"IMMERSION SONORE"
PODCAST**

Listen (in French) to the episode
with Florence Ankri, owner of
Les Savons de Raphaël in
Mayenne, at
mayenne-tourisme.com



Welcome to Mayenne TAKE TO THE WATER

As the weather starts to warm up, we're all suddenly desperate to get out in the fresh air. That's how three friends and I came to pootle off on an adventure on the river, to have some fun and recharge our batteries. Read on to hear all about it!

By Lucie

EXPLORE THE RIVERS OF WESTERN FRANCE®

Explore the twists and turns of The Rivers of Western France®, the river and riverside tourism destination encompassing the Sarthe, Mayenne and Anjou areas. Totalling 283 kilometres, the four rivers of the Maine Basin – the Mayenne, the Sarthe, the Maine and the Oudon – form France's largest network of navigable rivers. Explore the beautiful natural landscapes at your own pace as you cruise along. Relax and take some time out on The Rivers of Western France®.

www.west-rivers.com



Anchors aweigh!

We rented a **river-boat at Chenillé-Changé**, over the border in Maine-et-Loire department, opting for a Tarpon 42, complete with four comfortable cabins and a sun deck. After a 30-minute induction, we were ready to take the tiller. Full steam ahead!

Our first challenge was to navigate La Jaille-Yvon lock, so that we could motor on up the river to Mayenne department. I admit we were a little tense as we approached, but the lock-keeper was very reassuring. He explained what to do and gave us a helping hand, and 20 minutes later we were on our way.

Our first port of call was **Château-Gontier-sur-Mayenne**. We moored the boat in the marina and enjoyed lunch in the sun, right by the riverside at **La Capitainerie restaurant**.



La Capitainerie in Château-Gontier ©InstapadesStudio - La Vélo Francette



©Mathieu Lassalle - French Wanderers - Mayenne Tourisme



Château-Gontier Waterskiing Club ©2BS - Image & Drone - MT

Exploring by bike

After a well-deserved nap in the shade of the swimming pool gardens, we decided to hire some bikes from nearby **Canotika**. Christian, the captain and a **Slowlydays**® member, guided us through the reservation process and we were off for a 10-kilometre ride along the tow path, following the route of **La Vélo Francette**®. We came across cyclists, ramblers and runners, and everyone said hello.

We stopped off at Neuville for a well-deserved drink, sinking into the sofas at **Les Copains d'Abord** restaurant. It's located right by the river, and we had a fabulous view of the cliff, the dam and Neuville Lock.

A glimpse into the world of a knife maker

Before we left, we called into **La Coutellerie du Maine-Anjou**, which is housed in an old lock-keeper's cottage dating from 1874. We had a lovely time chatting to **Slowlydays**® members **Antoine Fauchoux and his staff**, who were keen to tell us about their work as craft knife makers.

We saw them assemble, shape and personalise the knives. They were so friendly, and as we watched them at their age-old craft while soaking up the peace of the riverbank, the pressures of 21st-century life seemed far away.

The team also offer knife-making workshops, and you even get to take your handiwork home with you!

Glitz and glamour!

We then climbed back into the saddle and pedalled the 10 kilometres back to Château-Gontier-sur-Mayenne. We opted to spend our evening at **Cabaret Le Live**. The dancers were all dressed up in sequins and frills, and the magician's show was spectacular. The whole experience really was something different!

The next day, we enjoyed a leisurely breakfast on the sun deck of the boat, feasting on home-made cookies and cannelé cakes from **Le Coin des Saveurs** while enjoying stunning views of **Saint-Jean-Baptiste Church and Le Bout du Monde Garden**. All too quickly, it was time to leave. We made our way back down the river, stopping off at **Ménil** to explore the village with its cable ferry and 11th-century church.

Insider tips



Bringing your motorhome?

Head for one of southern Mayenne's three campsites. All are nestled in the heart of nature, close to the **River Mayenne**.

Camping du Parc in Château-Gontier-sur-Mayenne

Camping du Bac in Ménil

Camping des Rivières in Daon



Organising an event?

La Préhouillère at Bouère is a farm with a difference, offering an enormous marquee for private functions as well as plenty of accommodation for your guests. The entire site is available to rent. Party the night away in a beautiful country setting, with no worries about getting home!

Into water sports?

Mayenne is not on the coast, that's a fact. But you can still take a boat out, sail a dinghy, go waterskiing or give wakeboarding a try!

Waterskiing and tube rides at the Waterskiing Club in Château-Gontier

Wakeboarding, windsurfing, dinghy sailing and paddle-boarding at La Rincerie in La Selle-Craonnaise

Paddle-boarding at Canotika in Château-Gontier and in Daon



FEEL THE VIBE



©Pascal Beltrami - Mayenne Tourisme

What's on in Mayenne

There's always something going on in Mayenne. Come and join us at our concerts, festivals, shows, markets, local fetes, horse-racing meetings and sports fixtures. Whether it's a large-scale event or something far simpler, live in the moment and create happy memories as a family, as a couple or with friends.

March

FESTIVAL MONTE DANS L'BUS

LAVAL
4 - 10 March

Music - Theatre

FESTIVAL REFLETS DU CINÉMA CANADIEN

MAYENNE
15 - 24 March

Cinema

April

NATIONAL TOURISM & DISABILITY DAYS IN MAYENNE

Exhibition - Talks

LE RÉGION PAYS DE LA LOIRE TOUR

2 - 5 April

Sport

LAVAL VIRTUAL

LAVAL
10 - 12 April

Exhibition - Talks

May

LE BREVET DES RANDONNEURS

GORRON
1 May

Sport

MAYENN'BIÈRE FESTIVAL

SAINT-JEAN-SUR-MAYENNE
4 May

Music - Fine food

FESTIVAL ATELIER JAZZ

MESLAY-GREZ
4 - 11 May

Music

NUIT DES MUSÉES

LAVAL
18 May

Arts - Culture

LES BOUCLES DE LA MAYENNE IN MAYENNE

23 - 26 May

The 49th Boucles de la Mayenne - Crédit Mutuel cycle race will be held from 23 to 26 May 2024. It will be made up of a prologue followed by three stages, totalling around 550 kilometres. Grab this opportunity to watch professional cyclists battle for first place in one of the department's premier sporting events. The route passes through various local towns and villages.



©D. Vernier

FESTIVAL LES MOUILLOTINS

SAINT-POIX
24 and 25 May

Music

GONTIERAMA

CHÂTEAU-GONTIER-SUR-MAYENNE
From 25 May to 25 August

Arts - Culture

FESTIVAL LES 3 ÉLÉPHANTS

LAVAL
26 May - 2 June

Music - Street theatre

THE OLYMPIC TORCH RELAY IN MAYENNE

29 May

A few weeks before the Paris Olympics begin in summer 2024, the Olympic Torch Relay will criss-cross Mayenne department, stopping off at Château-Gontier-sur-Mayenne, the Mont des Avaloirs observation tower in Pré-en-Pail, the Robert Tatin Museum in Cossé-le-Vivien, Sainte-Suzanne-et-Chammes medieval village, Mayenne, Chailland and Espace Mayenne in Laval.



LA VÉLO FOURCHETTE IN MAYENNE

From mid-May to mid-June

Cycling - Fine food

June

FESTIVAL LES BOUTS DE FICELLES

DAON
7 - 9 June

Music

BACK HOME FESTIVAL

LA BACONNIÈRE
14 and 15 June

Music

VÉLO AGGLO RÉTRO

LAVAL AGGLO
16 June

Cycling - Music

FRENCH ELITE MOTOCROSS CHAMPIONSHIP

ERNÉE
22 and 23 June

Following on from the fantastic Motocross of Nations in 2023, this year Ernée Moto Club will be hosting the French Elite Motocross Championship.



©Motocross Ernée

FESTIVAL UN SINGE EN ÉTÉ

MAYENNE
28 - 30 June

Music

FESTIVAL LA CHALIBAUBE

CHÂTEAU-GONTIER-SUR-MAYENNE
29 and 30 June

Street theatre

July



FESTIVAL AU FOIN DE LA RUE SAINT-DENIS-DE-GASTINES

5 and 6 July

Music

KEUDFEST

COSSÉ-EN-CHAMPAGNE

5 and 6 July

Music

FESTIVAL LES ARTS SACRÉS

ÉVRON

5 - 10 July

Music

FESTID'AL

GORRON

12 and 13 July

Music

FESTIVAL LES ENTRELACÉS

LASSAY-LES-CHÂTEAUX

13 and 14 July

Street theatre

FÊTE DE L'ÉTINBULLE

PRÉ-EN-PAIL-SAINT-SAMSON

19 - 21 July

Music - Activities

LE MARCHÉ DES CURIOSITÉS

JUBLAINS

27 and 28 July

Crafts

FESTIVAL LES NUITS DE LA MAYENNE

IN MAYENNE

15 July - 8 August

Street theatre



©ZBS - Image & Drone - Les Nuits de la Mayenne

August

MAYENNE LIBERTY Celebrating the 80th anniversary of the Liberation

MAYENNE

2 - 4 August

History

V AND B FEST'

CHÂTEAU-GONTIER-SUR-
MAYENNE

23 - 25 August

The V and B Fest' is back for its fourth edition at La Maroutière, Château-Gontier-sur-Mayenne. Three days of banging tunes and fabulous food. Don't miss this!



©Pascal Beltrami - Mayenne Tourisme

LA FÊTE DE LA TERRE

FONTAINE-DANIEL

23 - 25 August

Culture

FÊTE DE LA VIANDE

ÉVRON

30 August - 1 September

Fine food

LES TROIS GLORIEUSES

CRAON

31 August - 2 September

Sport

September

FESTIVAL LE CHÂNON MANQUANT

LAVAL AND CHANGÉ

17 and 22 September

Music - Street theatre

LES JOURNÉES DU PATRIMOINE

IN MAYENNE

21 and 22 September

Arts - Culture

©Alexandreleiry - Mad Jacques



LA MAD JACQUES

IN MAYENNE

20 - 22 September

Ever had a sudden desire to grab a few friends, jump on a train to Mayenne department with your bikes and go off exploring? This three-day adventure through the local countryside at your own pace was made for you! It finishes in a small village, where you'll find a festival celebrating cycling and local heritage.

FESTIVAL LES EMBUSCADES

COSSÉ-LE-VIVIEN

26 September - 12 October

Street theatre

LE MARATHON DES ÉCLUSES

BETWEEN MAYENNE AND LAVAL

29 September

Sport

October

INDUSTRIELLE ATTITUDE

IN MAYENNE

Company visits

FESTIVAL DE LA BD

CHÂTEAU-GONTIER-SUR-MAYENNE

5 and 6 October

Literature

December

30TH ANNIVERSARY OF THE LAVAL CHRISTMAS LIGHTS

LAVAL

30 November - 5 January

What shall we do today?

10 places to go in Laval



75 minutes from Paris

SIP AN APERITIF BY THE RIVER AT THE 11-22

The **11-22**, a bright and colourful **riverside café**, is open from April until October. With a bar, home-cooked food, games to borrow and a programme of events, it's a great place to spend time with family and friends.

Or why not hire an electric boat from the **Laval River Stop** and cast off for a relaxing interlude on the water. You can admire the views of the pretty town from the river or head off and explore. Bonus: no boat licence required!



WANDER ROUND THE MARKET

This is the place to buy seasonal produce and local products: fruit and vegetables, cheese, cold meats and ready-cooked meals. There's so much choice!

TAKE PART IN A COOKERY WORKSHOP AT FOURCHETTE ACADEMY

Join Elodie and Thomas at their friendly, spacious cookery workshop in the heart of Laval. Come and learn new skills and develop your creative flair! Once the hard work is over, sit down with your fellow participants to sample your creations.



STROLL IN THE PERRINE GARDEN AND EXPLORE THE ZOOM

The Perrine Garden is THE place for a walk with family or friends. With the botanical gardens, children's play areas, animals and ponds, there's something for everyone. Take the time to admire the varied flowerbeds, painstakingly planted and replanted by the council gardeners as the seasons change. The hilltop location offers beautiful views over Laval and the river.

Before you leave, stop in at the **ZOOM Scientific, Technical and Industrial Centre**. It's a fun, positive and inclusive place where adults and children alike can learn more about contemporary science.



©Pascal Beltrami - Laval Tourisme

ADMIRE LAVAL'S MAGICAL CHRISTMAS LIGHTS

The **Christmas Lights** have been an eagerly awaited event on Laval's annual calendar since 1994. Each year, they are enjoyed by locals and visitors alike.

HAVE FUN WITH FRIENDS OR FAMILY AT THE NEW MONKY LEISURE PARK

Monky indoor activity complex is the ideal place to have fun and chill as a family or with a group of friends. Battle it out on the arcade games, play laser tag, go bowling or have a round of pool or a game of darts. Fun for all, guaranteed!



©Kevin Rouschausse - Ville de Laval

WATCH A SPORTING EVENT AT ESPACE MAYENNE

Espace Mayenne opened in 2021. Equipped with the latest high-tech facilities, it's the department's leading venue and one of the top locations for sport in western France. It has rapidly established itself as a mecca for sports fixtures in the department, and has hosted numerous world-class events in sports as diverse as climbing, volleyball, boxing and futsal.



©G.Bélier - Mayenne Tourisme

EXPERIENCE THE FESTIVAL ATMOSPHERE

All year round, Laval hosts festivals of all sizes, with everything from concerts and street theatre to shows for children. Look out for **Monte Dans L'Bus, Les 3 éléphants, Le Chainon Manquant, Les Nuits de la Mayenne, Festival J2K** and many more!

WATCH A PUPPET SHOW AT LAVAL THEATRE

Laval theatre has a special focus on one specific art form: puppetry! In 2020, it was awarded prestigious "National Puppetry Centre" status by the French Ministry of Culture.

GO TO A CONCERT AT 6PAR4 CONTEMPORARY MUSIC VENUE

This live music venue is managed by a non-profit called Poc Pok. The concert season runs from September to May, closing in style with **Les 3 éléphants**, a festival held all over the town in May.



©Kevin Rouschausse - Ville de Laval

WATCH THE TANGOS PLAY!

The Stade Lavallois, our local football team, are nicknamed the Tangos thanks to their orange strip. Join local fans to cheer them on throughout the season at **Francis Le Basser Stadium**.
stade-lavallois-billetterie.com



Dr. Basal Balam - Mysore Tourism

Insta glimpses

Many of you, both visitors and residents, have shared your experiences, your favourite activities and walks in Mayenne on **#mayennetourisme**, **#slowlydays** and **#destinationmayenne**.

The Mayenne Tourisme team had a tough time choosing, but here's a glimpse of the beautiful photos you've published throughout the year.

A big thanks to all the photographers!



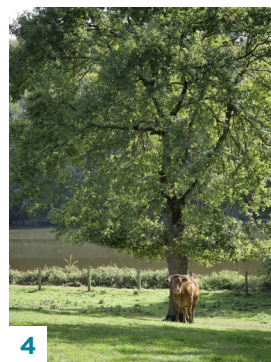
1



2



3



4

1. Okm distance marker on the towpath in Mayenne by @_marinette_

2. Laval Old Chateau by @matson_photo

3. Mont des Avaloirs observation tower in Pré-en-Pail by @grd24ra

4. Banks of the Mayenne by @cecildvl

5. Fontaine-Daniel by @ink_53memory

6. The Robert Tatin Museum at Cossé-le-Vivien by @thieraube

7. Bois Thibault Chateau in Lassay-les-Châteaux by @les_curiosites_de_guillaume



5



6



7



© Joël Damase - Mayenne Tourisme

Tourist Offices

SUD MAYENNE TOURISME

Couvent des Ursulines
Place André Counord - Château-Gontier
53200 CHÂTEAU-GONTIER-SUR-MAYENNE
02 43 70 42 74
www.sudmayenne.com

TOURISME EN PAYS DE CRAON

2 A rue du Mûrier
53400 CRAON
02 43 06 10 14
www.sudmayenne.com
Open in July and August.

BOCAGE MAYENNAIS TOURISME

1 Grande Rue
53120 GORRON
02 43 11 26 55
www.hautemayenne.fr
• Annexes: Pontmain, Colombiers-du-Plessis
and Ambrières-les-Vallées.

OFFICE DE TOURISME DE LAVAL AGGLO

84 avenue Robert Buron
53000 LAVAL
02 43 49 46 46
www.laval-tourisme.com

OFFICE DE TOURISME VALLÉE DE HAUTE MAYENNE

Quai de Waiblingen
53100 MAYENNE
02 43 04 19 37
www.hautemayenne-tourisme.com
• Annexe: Lassay-les-Châteaux
02 43 04 74 33

OFFICE DE TOURISME DU PAYS DE MESLAY-GREZ

1 voie de la Guiterrière
53170 MESLAY-DU-MAINE
02 43 64 29 00
www.paysmeslaygrez.fr

OFFICE DE TOURISME DE ST-DENIS-D'ANJOU

2 Grande Rue
53290 SAINT-DENIS-D'ANJOU
02 43 70 69 09
www.saintdenisdanjou.com

OFFICE DE TOURISME DE SAINTE-SUZANNE - LES COËVRONS

1 rue Jean de Bueil
53270 SAINTE-SUZANNE
02 43 01 43 60
www.coevrons-tourisme.com
• Annexe: Évron

MAISON DE L'ÉCONOMIE ET DU TOURISME DU MONT DES AVALOIRS

Villaines-la-Juhel Tourist Information Point
17, Bd du Général de Gaulle
53700 VILLAINES-LA-JUHEL
02 43 30 11 11
www.cc-montdesavaloirs.fr
• Annexe: Pré-en-Pail



© Fabien Chêré - Sparadrap53

Small Towns of Character



CHAILLAND

02 43 02 70 11
chailland.mairie53.fr

LASSAY-LES-CHÂTEAUX

L'ATELIER DE SCULPTURE SUR BOIS ALAIN LEGROS

06 32 53 55 73
www.alain-legros.com

LA ROSERAIE ET LE JARDIN MÉDIÉVAL

LE CHÂTEAU DE BOIS THIBAUT

LE CHÂTEAU DE LASSAY

02 43 04 05 47
www.chateaudelassay.fr
Open from May to September.

PARNÉ-SUR-ROC

02 43 98 01 57
www.parne-sur-roc.fr

SAINT-DENIS-D'ANJOU

02 43 70 69 09
www.saintdenisdanjou.com

SAINT-PIERRE-SUR-ERVE

02 43 90 25 73
www.saint-pierre-sur-erve.fr

L'ÉGLISE ROMANE

LE PONT PIÉTON

SAINTE-SUZANNE

LE CHÂTEAU ET LE CIAP

02 43 58 13 00
patrimoine.lamayenne.fr/sainte-suzanne/
Open from February to 15 December.

LE MOULIN À PAPIER

06 16 43 40 46 / 06 77 43 17 53
moulin-papier.com
Open in July and August every afternoon
except Mondays and all year by appointment.

SAULGES

VALLÉE DES GROTTES DE SAULGES

MUSÉE DE PRÉHISTOIRE

02 43 90 51 30
www.grottes-musee-de-saulges.com
Open from mid-March to mid-November.

L'ORATOIRE DE SAINT-CÉNERÉ

02 43 90 52 35



© Nos Cours Voyageurs

Towns

LAVAL

L'ESPACE ALAIN GERBAULT ET LE JARDIN DE LA PERRINE

Open all year.

LA CITÉ DU LAIT*

02 43 59 51 90
lacitedulait.com

LE BATEAU-LAVOIR

Office de tourisme de Laval Agglo
02 43 49 46 46
www.laval-tourisme.com
Open in July and August.

LE ZOOM - MUSÉE DES SCIENCES

02 43 49 47 81
zoom.laval.fr
Open all year.

LE MUSÉE VIVANT DE L'ÉCOLE PUBLIQUE

02 43 53 87 10
www.museeécole-laval53.fr
Open on Mondays and on Wednesday
afternoons.

LE VIEUX-CHÂTEAU

LE MANAS I LE MUSÉE D'ART NAÏF ET D'ARTS SINGULIERS

02 53 74 12 30
musees.laval.fr
Open all year except on Mondays.

MAYENNE

L'ÉGLISE SAINT-MARTIN

LA BASILIQUE NOTRE-DAME

LA CHAPELLE DES CALVAIRIENNES

02 43 30 10 16
kiosque-mayenne.org
Open Wednesday, Saturday and Sunday during
exhibitions.

LA VIGIE - MÉMORIAL DES DÉPORTÉS DE LA MAYENNE

02 43 08 87 35
www.memorial-des-deportes-mayenne.fr
Open all year round from Tuesday to Saturday
and the first Sunday of each month. Closed
during the Christmas holidays and in January.

LE MUSÉE DU CHÂTEAU DE MAYENNE

02 43 00 17 17
www.museeduchateaudemayenne.fr
Open from February to December.

CHÂTEAU-GONTIER-SUR-MAYENNE

LE 4BIS - CENTRE D'ART CONTEMPORAIN

02 43 09 21 67
www.le-carre.org
Open Wednesday to Sunday from 2pm to 7pm
during exhibitions.

LE COUVANT DES URSULINES

02 43 70 42 74
patrimoine-chateaugontier.fr

LES JARDINS DE LA VILLE

MUSÉE D'ART ET D'HISTOIRE

02 43 70 42 74

LE REFUGE ANIMALIER DE L'ARCHE

02 43 07 24 38
www.refuge-arche.org
Open all year.



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Châteaux

LE CHÂTEAU DE LA GRANDE COURBE IN BRÉE
02 43 90 04 10
Open in July and from 14 to 30 September.

LE CHÂTEAU DE CRAON ET SON PARC
02 43 06 11 02
www.chateaudecraon.fr
Park and garden open from 1 April to 1 November except Saturdays.
Guided tour of the castle in July and August.

LE CHÂTEAU DE VARENNES L'ENFANT IN ÉPINEUX-LE-SEGUIN
02 43 98 43 44
chateaux-jardins-mayenne.fr
Open from 1 July to 4 August and from 20 to 31 August.

LE CHÂTEAU DE GOUÉ IN FOUGEROLLES-DU-PLESSIS
06 75 81 99 60
Open from July to September.

LE CHÂTEAU DE LA BOISSIÈRE
06 11 94 69 30
www.chateaudelaboissiere.fr
Open from July to September.

LE CHÂTEAU DU BOIS THIBAUT IN LASSAY-LES-CHÂTEAUX
06 38 52 50 87

LE CHÂTEAU DE LASSAY IN LASSAY-LES-CHÂTEAUX
02 43 04 05 47 / 06 62 06 87 02
www.chateaudelassay.fr
Open from April to September.

LE VIEUX-CHÂTEAU LE MANAS - MUSÉE D'ART NAÏF ET D'ARTS SINGULIERS IN LAVAL
02 53 74 12 30
musees.laval.fr
Open all year except on Mondays.

LE MUSÉE DU CHÂTEAU IN MAYENNE
02 43 00 17 17
www.museeduchateaudemayenne.fr
Open from February to December.

LE CHÂTEAU DE MAGNANNE IN MÉNIL
06 79 39 45 13
Open from April to September.

LE CHÂTEAU DU ROCHER IN MÉZANGERS
02 43 90 65 26
Park and exteriors open from 15 June to 15 October.

LE CHÂTEAU DE LA LANFRIÈRE IN MONTJEAN
06 23 55 77 79
Open all year by appointment.

LE CHÂTEAU DE BOURGON IN MONTOURTIER
02 43 02 16 20 / 06 11 37 29 99
www.chateaubourgon.com
Open from 1 August to 30 September and all year by appointment.

LE CHÂTEAU DE MORTIERCROLLES IN SAINT-QUENTIN-LES-ANGES
06 77 61 66 62
Open from mid-July to the end of August.

LE CHÂTEAU ET LE CIAP IN SAINTE-SUZANNE
02 43 58 13 00
patrimoine.lamayenne.fr/sainte-suzanne/
Open all year except from 15 December to 31 January.



© Les dromiers - Claire et Arthur

Gallo-Roman sites

LES THERMES IN ENTRAMMES
02 43 90 20 72 / 02 43 49 46 46
www.laval-tourisme.com
Open from 1 May to mid-September.

LE MUSÉE ARCHÉOLOGIQUE DÉPARTEMENTAL IN JUBLAINS
02 43 58 13 20
patrimoine.lamayenne.fr/jublains/
Open all year except between 15 December and early January.



© Mayenne Tourisme

Parks and gardens

LES JARDINS DU CHÂTEAU D'HAUTERIVES IN ARGENTRÉ
02 43 66 90 50 / 06 26 22 49 51
Open from May to September.

LE CHÂTEAU DE LA GRANDE COURBE IN BRÉE
02 43 90 04 10
Open in July and from 14 to 30 September, every day except on Tuesdays.

LES JARDINS DE LA VILLE IN CHÂTEAU-GONTIER-SUR-MAYENNE

LES JARDINS DES RENAUDIES IN COLOMBIERS-DU-PLESSIS
02 43 08 02 08
www.jardinsdesrenaudies.fr
Open from 31 March to 1 November.

LE PARC DU CHÂTEAU IN CRAON
02 43 06 11 02
www.chateaudecraon.fr
Park open from 1 April to 1 November every day except on Saturdays.

LE JARDIN REMARQUABLE DE LA PELLERINE
06 85 85 59 95 / 02 43 05 93 31
Open from May to October.

LA ROSERAIE ET LE JARDIN MÉDIÉVAL IN LASSAY-LES-CHÂTEAUX

LE JARDIN DE LA PERRINE IN LAVAL

LE PARC DU CHÂTEAU DES ARCIS IN MESLAY-DU-MAINE
www.chateaudesarcis.com
Open from mid-April to July and mid-August to September. Closed on Tuesdays and Thursdays.

LES JARDINS DU MANOIR DE FAVRY IN PRÉAUX
09 64 39 07 18 / 06 82 40 83 46
manoirdefavry.com
Open from mid-May to mid-August.

LES JARDINS DU CHÂTEAU LE PUY IN RUILLE-FROIDS-FONDS
02 43 07 74 56
Open from 15 July to 31 August.

LE PARC DU CHÂTEAU DE LA RONGÈRE IN SAINT-SULPICE
02 43 07 71 44
Open from June to September.



© Pascal Bellami - Mayenne Tourisme

Animal parks

FERME PÉDAGOGIQUE PAT'À FOIN KID'S IN CHAMPÉON
06 52 64 33 66
Open from 15 April to the beginning of January.

LE REFUGE ANIMALIER DE L'ARCHE IN CHÂTEAU-GONTIER-SUR-MAYENNE
02 43 07 24 38
www.refuge-arche.org
Open all year.

FERME PÉDAGOGIQUE - VILLETTE EN DIRECT IN GENNES-LONGUEFUYE
06 73 57 54 35
www.villetteendirect.fr

FERME PÉDAGOGIQUE LA GASSELINAIS IN ERNÉE
09 61 30 13 86 / 06 49 57 32 04
bienvenuealaferme.net

L'ARCHE DESNOË IN SAINT-BERTHEVIN
06 25 03 95 37
www.arche-desnoe-parcanimalier.fr
Open from 15 April to October.

LA FERME DE LA PAPINIÈRE IN SAINT-GEORGES-BUTTAVENT
02 43 00 27 59
www.dupetitcoindeparadis.fr

FERME PÉDAGOGIQUE DU COUDRAY IN SAINT-GERMAIN-DE-COULAMER
06 15 27 71 49

Mills

LE MOULIN DE THÉVALLES IN CHÉMERÉ-LE-ROI
02 43 98 66 70
www.moulin-de-thevalles.fr
Open from 15 June to 20 September.

LE MOULIN DES GUÉS IN FONTAINE-COUVERTE
02 43 06 50 33

LE MOULIN CAVIER DE LA GUÉNAUDIÈRE IN GREZ-EN-BOUÈRE
02 43 64 29 00
Unrestricted visits (outdoor only) all year.

LE MOULIN DE GÔ IN ST-PIERRE-SUR-ERVE
02 43 90 27 42
moulindego.com
Open by appointment.

LE MOULIN À PAPIER IN SAINTE-SUZANNE
06 16 43 40 46 / 06 77 43 17 53
moulin-papier.com
Open in July and August every afternoon except Mondays and all year by appointment.



Museums

LE MUSÉE DES TISSERANDS IN AMBRIÈRES-LES-VALLÉES

06 21 06 01 51

Open in July and August.

LA MAISON DE LA MOISSON IN BEAULIEU-SUR-ODON

02 43 02 11 40

Open from 1 May to 30 September by appointment.

L'ÉCOMUSÉE DE BRECE

06 73 95 95 37 / 06 03 06 65 43

www.brece.com

Open all year by appointment.

MUSÉE D'ART ET D'HISTOIRE IN CHÂTEAU-GONTIER-SUR-MAYENNE

02 43 70 42 74

Open from 25 May to 22 September.

LE MUSÉE ROBERT TATIN IN COSSÉ-LE-VIVIN

02 43 98 80 89

patrimoine.lamayenne.fr/robert-tatin/

Open all year. Closed in January.

ATELIER DU SABOT IN FOUGEROLLES-DU-PLESSIS

02 43 05 52 71

Open all year by appointment.

LE MUSÉE ARCHÉOLOGIQUE DÉPARTEMENTAL DE JUBLAINS

02 43 58 13 20

www.museedejublains.fr

Open all year except between 15 December and early January.

LE MUSÉE DE L'ÉVOLUTION AGRICOLE IN JUVIGNÉ

02 43 68 51 54

Open from May to September.

LA CITÉ DU LAIT*, IN LAVAL

02 43 59 51 90

lacitydulait.com

LE BATEAU-LAVOIR IN LAVAL

Office de tourisme de Laval Agglo

02 43 49 46 46

www.laval-tourisme.com

Open in July and August.

LE ZOOM - MUSÉE DES SCIENCES IN LAVAL

02 43 49 47 81

zoom.laval.fr

Open all year except on Mondays.

LE MUSÉE VIVANT DE L'ÉCOLE PUBLIQUE IN LAVAL

02 43 53 87 10

www.museeecoole-laval53.fr

Open on Mondays and on Wednesdays afternoons.

LE VIEUX-CHÂTEAU DE LAVAL LE MANAS - MUSÉE D'ART NAÏF ET D'ARTS SINGULIERS

02 53 74 12 30

musees.laval.fr

Open all year except on Mondays.

ÉCOMUSÉE IN MADRÉ

02 43 08 57 03

www.legrandchemin.com

Group visits all year round by appointment.

LA VIGIE - MÉMORIAL DES DÉPORTÉS IN MAYENNE

02 43 08 87 35

www.memorial-des-deportes-mayenne.fr

Open all year round from Tuesday to Saturday and the first Sunday of each month.

Closed during the Christmas holidays and in January.

LE MUSÉE DU CHÂTEAU IN MAYENNE

02 43 00 17 17

www.museeduchateaudemayenne.fr

Open from February to December.

LE MUSÉE DU CIDRE IN MELLERAY-LA-VALLÉE / LASSAY-LES-CHÂTEAUX

02 43 04 03 26

museeducidre53.fr

Open from 1 April to 30 September.

MUSÉE MISSIONNAIRE IN PONTMAIN

02 43 30 26 00

L'ARCHÉO-FERME L'ÉTINBULLE IN PRÉ-EN- PAIL-SAINTE-SAMSON

09 78 80 98 20 / 07 68 23 47 57

etinbulle.com

In April, June, Sept. and Oct., open every Sunday from 2pm to 7pm (except the 1 of the month). In July and August from 2pm to 7pm every Sunday, Monday and Tuesday.

LE MUSÉE DE L'ARDOISE ET DE LA GÉOLOGIE IN RENAZÉ

02 43 06 40 14 / 06 38 14 34 01

renaze53.fr

Open from July to August.

LE MUSÉE DE LA CHOUANNERIE ET DE LA RÉVOLUTION IN SAINT-OUEN-DES-TOITS

02 43 37 76 44 / 02 43 37 73 31

Open in July and August every afternoon except Monday.

LE CHÂTEAU ET LE CIAP IN SAINTE-SUZANNE

02 43 58 13 00

patrimoine.lamayenne.fr/sainte-suzanne/

Open from February to mid-December.

VALLÉE DES GROTTES DE SAULGES MUSÉE DE PRÉHISTOIRE

02 43 90 51 30

www.grottes-musee-de-saulges.com

Open from mid-March to November.



Art spaces

LE GARAGE DE LA GARE IN CHÂTEAU-GONTIER-SUR-MAYENNE

02 43 70 39 00

www.garagedelagare.info

LE 4BIS IN CHÂTEAU-GONTIER-SUR-MAYENNE

02 43 09 21 67

www.le-carre.org

Open Wednesday to Sunday from 2pm to 7pm during exhibitions.

LE MUSÉE ROBERT TATIN IN COSSÉ-LE-VIVIN

02 43 98 80 89

patrimoine.lamayenne.fr/robert-tatin/

Open all year. Closed in January.

LA MAISON BLEUE IN CRAON

02 43 06 99 08

www.ville-craon53.fr

DINANDIER D'ANTAN ET MICRO-MUSÉE DE LA TONNELLERIE IN GORRON

06 09 64 67 93

Open by appointment.

LE FORUM MÉTIERS D'ART IN JUBLAINS

02 43 04 97 92

www.forumdesmetiersdart.com

EXPOSITION DE SCULPTURES ET DE PEINTURES D'ART SACRÉ À L'ÉGLISE IN LA CROPTÉ

02 43 98 74 69

ATELIER DE SCULPTURE SUR BOIS ALAIN LEGROS IN LASSAY-LES-CHÂTEAUX

02 43 08 51 97 / 06 32 53 55 73

www.alain-legros.com

LA GALERIE EUGÈNE IN LAVAL

06 65 16 10 23

galerie-eugene.com

LE MANAS - MUSÉE D'ART NAÏF ET D'ARTS SINGULIERS IN LAVAL

02 53 74 12 30

musees.laval.fr

Open all year except on Mondays.

LES BAINS-DOUCHES MUNICIPAUX IN LAVAL

02 53 74 12 50

ESPACE DES ARTS IN LE HAM

02 43 03 97 07

www.leham.mairie53.fr

LA CHAPELLE DES CALVAIRIENNES IN MAYENNE

02 43 30 10 16

kiosque-mayenne.org

Open Wednesday to Sunday during exhibitions.

MAJESTIC GALLERY IN MONTSÛRS

07 60 45 80 77

majestic-gallery.com

LE CENTRE D'ART CONTEMPORAIN IN PONTMAIN

02 43 05 08 29

www.centredartpontmain.fr

Open during exhibitions.



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Religious heritage

LE PRIEURÉ DE LA COTELLERIE IN BAZOUGERS

02 43 66 43 66

www.la-cotellerie.com

L'ABBAYE DE PORT-DU-SALUT IN ENTRAMMES

02 43 64 18 64

www.portdusalut.fr

LA BASILIQUE IN ÉVRON

02 43 66 85 04

www.evron.fr/La-Basilique.html

L'ABBAYE DE LA COUDRE IN LAVAL

02 43 02 85 85

www.abbaye-coudre.fr

L'ABBAYE DE CLAIRMONT IN OLIVET

02 43 02 11 96

www.abbaye-de-clairmont.com

Open from April to November, every afternoon except Monday. Guided tours by appointment.

PONTMAIN, CITÉ MARIALE

Basilica, Pilgrimage Centre, Apparition Barn, Arboretum, Parish Church, Seer Museum, Oblate Chapel

02 43 05 07 26

www.sanctuaire-pontmain.com

Bike rental

BOUVIER CYCLES

IN CHÂTEAU-GONTIER-SUR-MAYENNE

02 43 07 17 43

CANOTIKA

IN CHÂTEAU-GONTIER-SUR-MAYENNE

06 15 49 28 73 / 02 53 68 50 11

canotika-tourisme.fr

BASE DE LOISIRS IN DAON

07 82 18 61 03

anjousportnature.com

Open in June (weekends) and every day in July and August.

BASE DE LOISIRS DE LA RINCERIE IN LA SELLE-CRAONNAISE

02 43 06 17 52

www.la-rincerie.com

PARC DE LOISIRS DE LA COLMONT IN GORRON

02 43 08 52 93

parcloisirscolmont.wixsite.com/gorron

HALTE FLUVIALE IN LAVAL

02 43 49 46 38 / 07 54 32 99 87

www.laval-tourisme.com

Open from April to September.

GIANT IN MAYENNE

02 43 32 24 31

www.giant-mayenne.fr

AU GRAND BI IN MAYENNE

02 43 04 58 72

augrandbi.weebly.com

HALTE FLUVIALE IN MÉNIL

02 43 70 24 54

LES REFUGES DU HALAGE IN SACÉ

07 68 51 51 20

www.rdhmayenne.com

CYCLES ATTITUDE IN SAINT-BERTHEVIN

cyclesattitude.fr

02 43 98 76 93

LES ROUES VERTES

IN SAINT-FRAIMBAULT-DE-PRIÈRES

06 15 56 56 72

AFAC CYCLES LOCATION

IN THORIGNÉ-EN-CHARNIE

06 61 11 83 22

www.afac-cycles-location.com

YVARD CYCLOS IN VILLAINES-LA-JUHEL

02 43 03 21 27

PRIVATE-HIRE TRANSPORT SERVICE FOR BIKES, LUGGAGE AND PEOPLE

BIP BIP VOYAGES

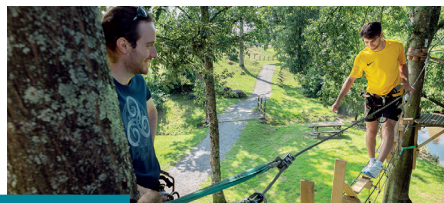
06 64 37 89 36

www.bipbipvoyages.fr

VINCENT DEROUET

06 82 84 54 88

vincent@andegave-communication.fr



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Leisure

PARKS AND LEISURE BASES

PARC DE LOISIRS DE VAUX IN AMBRIÈRES-LES-VALLÉES

02 43 04 90 25

www.parcdevaux.com

BASE DE LOISIRS IN DAON

02 43 06 38 14

anjousportnature.com

Open every day in July and August.
By reservation at other times of year.

BASE DE LOISIRS DES BIZEULS IN ERNÉE

02 43 08 71 10

L'ORBIÈRE - DOMAINE DE LOISIRS

IN FORCÉ (Parcbranche et paddock)

02 43 56 63 93

lorbiere.fr

PARC DE LOISIRS DE LA COLMONT IN GORRON (Accrobranche)

02 43 08 52 93

parcloisirscolmont.wixsite.com/gorron

Open from April to October.

LE BOIS DU TAY IN HAMBERS

02 43 01 21 60

www.boisduhay.com

MAY'N LOISIRS

IN LA HAIE-TRAVERSAINE

06 30 14 41 07 / 02 43 04 23 93

www.maynloisirs.com

BASE DE LOISIRS DE LA RINCERIE IN LA SELLE-CRAONNAISE

02 43 06 17 52

www.la-rincerie.com

ECHOLOGIA IN LOUVERNÉ

09 80 80 53 53

echologia.com

BASE DE LOISIRS DU GUÉ DE SELLE IN MÉZANGERS

02 43 90 63 90

BASE DE LOISIRS

CAMPING DU BAC IN MÉNIL

02 43 70 24 54

www.camping.menil53.fr

Open from April to September.

BASE DE LOISIRS DE LA CHESNAIE IN SAINT-DENIS-DU-MAINE

02 43 98 48 08

BASE DE LOISIRS DE SAINT-CÉNÉRÉ IN SAULGES

02 43 90 52 35

Open from 1 April to 15 October.

AERIAL RECREATION

MAYENNE ULM IN AMBRIÈRES-LES-VALLÉES

02 33 65 76 37 / 06 32 27 41 15

mayenne-ulm.sportsregions.fr

MAYENNE AIR LOISIRS IN ARON

06 82 80 40 56

PLANEUR PASSION IN ARON

06 43 82 08 91

planeurpassionroge.wixsite.com/aron

PÉGASE ULM IN LA BAZOUGE-DE-CHÉMÉRÉ

02 43 90 57 23 / 06 84 35 66 47

sites.google.com/view/pegase-ulm/

MAYENNE PARAMOTEUR IN COURCITÉ

06 36 50 20 15

mayenneparamoteur.com

AÉRO TOM SERVICES IN LAVAL

06 07 68 78 06

www.aerotomservices.com

AÉROCLUB DE LA MAYENNE IN LAVAL

02 43 53 02 09

www.aeroclub53.fr

PARACHUTISME IN LAVAL

02 43 53 53 02 / 07 89 79 47 65

www.parachutismelaval.fr

CENTRE ÉCOLE DE VOILE DE LA MAYENNE

02 43 49 11 21 / 06 30 08 20 12

www.cevvm.fr

GROUPE FRANCE AÉROSTATION IN SAINTE-GEMMES-LE-ROBERT

06 13 61 52 66

GOLF, SWIN-GOLF AND MINI-GOLF

MINI-GOLF DU CAMPING LE PARC DE VAUX IN AMBRIÈRES-LES-VALLÉES

02 43 04 90 25

www.parcdevaux.com

Open from April to October

MINI-GOLF IN CHÂTEAU-GONTIER-SUR-MAYENNE**02 43 09 61 51**

sports-chateaugontier.fr

MINI-GOLF DE LA ZONE DE LOISIRS DES BIZEULS IN ERNÉE**02 43 05 26 34**

Open in July and August.

MINI-GOLF IN ÉVRON**07 83 67 24 87****MINI-GOLF IN FOUGEROLLES-DU-PLESSIS****02 43 05 56 17**

www.fougerolles-du-plessis.fr

PRACTICE DE GOLF IN GORRON**06 63 63 86 44**

Open all year.

SWIN GOLF DU PARC DE LOISIRS DE LA COLMONT IN GORRON**02 43 08 52 93**

parcloisirscolmont.wixsite.com/gorron

Open from April to October.

SWIN-GOLF DE LA BASE DE LA RINCERIE IN LA SELLE-CRAONNAISE**02 43 06 17 52**

www.la-rincerie.com

Open from March to November.

GOLF IN LAVAL**02 43 53 16 03**

golfdelaval.fr

MINI-GOLF IN LAVAL**02 43 56 02 85**

www.espacegames.fr

MULTIGOLF IN MESLAY-DU-MAINE**02 43 98 44 45**

www.multigolf-meslay.com

Open from March to October.

SWIN-GOLF DE LA BASE DE LOISIRS DU GUÉ DE SELLE IN MEZANGERS**02 43 90 63 90**

Open in July and August.

SWIN-GOLF IN QUELAINES-SAINT-GAULT**06 26 08 02 47**

csq53360.jimdofree.com

Open all year by appointment.

MINI-GOLF IN SAINTE-SUZANNE**02 43 01 40 10****GO-KARTING****KARTING IN CHANGÉ****02 43 56 63 94****PARC MONKY LAVAL****02 43 26 13 67**

monky.fr/laval/

LAVAL KART INDOOR**02 43 02 89 89**

www.capform-53.fr

LAVAL KARTING**02 43 49 15 95**

www.karting-laval.fr

KARTING DU NORD MAYENNE**06 50 29 38 32**

kartingdunordmayenne.fr

CORN MAZE**LES JARDINS DES RENAUDIES IN COLOMBIERS-DU-PLESSIS****02 43 08 02 08**

www.jardinsdesrenaudies.fr

LASER GAME**LE PARC DE LOISIRS DE LA COLMONT IN GORRON****02 43 08 52 93**

parcloisirscolmont.wixsite.com/gorron

Open all year by appointment.

LASER GAME IN HAMBERS**02 43 01 21 60**

www.boisdutay.com

PARC MONKY LAVAL**02 43 26 13 67**

monky.fr/laval/

ESPACE GAMES IN LAVAL**02 43 56 02 85**

www.espacegames.fr

TRACTION WATER SPORTS**CLUB DE SKI NAUTIQUE ET WAKEBOARD IN CHÂTEAU-GONTIER-SUR-MAYENNE****02 43 07 21 41 / 06 80 28 21 06**

www.skinautique53.fr

LE WAKEPARK DE LA RINCERIE IN LA SELLE-CRAONNAISE**02 43 09 12 64 / 06 59 40 84 17**

www.wakeparkrincerie.com

RAIL-BIKING**VÉLO-RAIL IN SAINT-LOUP-DU-GAST****06 26 10 60 17 / 02 43 00 80 61**

Open from April to October.

PAINTBALL**PARC DE LOISIRS DE LA COLMONT IN GORRON****02 43 08 52 93**

parcloisirscolmont.wixsite.com/gorron

Open all year by appointment.

PAINTBALL IN LOUVERNÉ**06 07 13 28 31**

lavalpaintballexterieur.fr

ROCK CLIMBING**ESCALADE IN MOULAY****02 43 49 17 45****CANYON IN SAULGES****02 43 49 17 45**

grottes-musee-de-saulges.com

CANYON DES TOYÈRES**IN SAINT-PIERRE-DES-NIDS****TEN-PIN BOWLING****PARC MONKY LAVAL****02 43 26 13 67**

monky.fr/laval/

BOWLING CAP FORM LAVAL**02 43 02 89 89**

www.capform-53.fr



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Cruising**CRUISING BOATS****DUC DES CHAUVIÈRES IN CHÂTEAU-GONTIER-SUR-MAYENNE****02 43 70 37 83**

www.leducdeschauvieres.com

Open from April to September.

VALLIS GUIDONIS IN LAVAL

Laval Tourist Offices

02 43 49 45 26 / 02 43 49 46 18

www.laval-tourisme.com

LA MEDUANA IN MAYENNE

Vallée de Haute Mayenne Tourist Offices

02 43 04 19 37

www.hautemayenne-tourisme.com

LICENCE-FREE HOUSEBOATS**AR'NAUTIK IN ENTRAMMES****06 32 38 60 84**

ar-nautik.fr

LES CANALOUS**03 85 53 76 74**

www.lescanalous.com

DAY BOATS / CANOES / PEDAL BOATS**CANOE-KAYAK****IN AMBRIÈRES-LES-VALLÉES****02 43 08 84 90**

canoe kayak-ambrieres.fr

Open in July and August.

PÉDAL'EAU AU CAMPING LE PARC DE VAUX IN AMBRIÈRES-LES-VALLÉES**02 43 04 90 25**

www.parcdevaux.com

Open in July and August.

CANOTIKA**IN CHÂTEAU-GONTIER-SUR-MAYENNE****06 15 49 28 73 / 02 53 68 50 11**

canotika-tourisme.fr

DUC DES CHAUVIÈRES**IN CHÂTEAU-GONTIER-SUR-MAYENNE****02 43 70 37 83**

www.leducdeschauvieres.com

Open from April to October.

BASE DE LOISIRS IN DAON**02 43 06 38 14**

anjousportnature.com

Open every day in July and August.

By reservation outside opening periods.

AR'NAUTIK IN ENTRAMMES**06 32 38 60 84**

ar-nautik.fr

PARC DE LOISIRS DE LA COLMONT IN GORRON**02 43 08 52 93**

www.parcloisirscolmont.wix.com/gorron

HALTE FLUVIALE IN LAVAL**02 43 49 46 38 / 07 54 32 99 87**

www.laval-tourisme.com

Open from April to September.

CANOE-KAYAK IN LAVAL**02 43 67 03 27**

www.cklaval.fr

Open from April to October.

JSPA IN MAYENNE**02 43 04 18 33**

kayak-mayenne.fr

HALTE FLUVIALE IN MÉNIL**02 43 70 24 54**

www.camping.menil53.fr

Open from mid-April to mid-September.



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Swimming lakes

PLAN D'EAU IN ARGENTRÉ

BASE DE LOISIRS MAY'N LOISIRS
IN LA HAIE-TRAVERSAINE



BASE DE LOISIRS DE LA RINCERIE
IN LA SELLE-CRAONNAISE

BASE DE LOISIRS DU GUÉ DE SELLE
IN MÉZANGERS

BASE DE LOISIRS DE LA CHESNAIE
IN SAINT-DENIS-DU-MAINE



BASE DE LOISIRS DE SAINT-CÉNÉRE
IN SAULGES



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Swimming pools

AMBRIÈRES-LES-VALLÉES
02 43 00 61 64

BAIS
02 43 37 95 03

CHÂTEAU-GONTIER-SUR-MAYENNE
02 43 09 61 51

CRAON L'ODYSSÉE
02 52 21 02 90

AQUAFITNESS IN L'ERNÉE
02 43 05 03 80

JARDIN AQUATIQUE IN ÉVRON
02 43 01 91 23

GORRON
02 43 08 11 69

LASSAY-LES-CHÂTEAUX
02 43 08 55 80

LAVAL - PISCINE SAINT-NICOLAS
02 53 74 11 81

LAVAL - AQUABULLE
02 43 59 29 99

MAYENNE - CENTRE AQUATIQUE LA VAGUE
09 82 99 09 84

MESLAY-DU-MAINE - L'AZUREO
02 43 01 40 40

SAINT-BERTHEVIN
02 43 69 09 42

SAINT-CHARLES-LA-FORÊT
02 43 98 43 88

SAINTE-SUZANNE
02 43 01 41 32

VILLAINES-LA-JUHEL
AQUALUD ANDRÉ MORIN
02 43 04 61 85



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Markets in Mayenne

MONDAY

Villaines-la-Juhel
Craon
Mayenne

TUESDAY

Montsûrs
Greze-en-Bouère
Ernée
Laval
Landivy
Azé
Port-Brillet
Saint-Denis d'Anjou
Oisseau

WEDNESDAY

Laval Bourny
Gorron
Lassay-les-Châteaux
Saint-Pierre-des-Nids
Cossé-le-Vivien
Saint-Berthevin

THURSDAY

Martigné-sur-Mayenne
Évron
Château-Gontier-sur-Mayenne
Andouillé
Saint-Denis-de-Gastines

FRIDAY

Javron-les-Chapelles
Laval Murat
Renazé
Bonchamp-lès-Laval
La Chapelle la Riboult
Chailland
Fougerolles-du-Plessis
Meslay-du-Maine

SATURDAY

Laval
Ambrières-les-Vallées
Sainte-Suzanne
Château-Gontier Faubourg
Pré-en-Pail-Saint-Samson
Mayenne



Tourism & Disability

A label that guarantees a warm welcome, accessibility and comfort for all.



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The Most Beautiful Villages in France



Tourist Office



Remarkable garden



Cycling Facilities

A label that guarantees a high-quality welcome and services for cyclists along the cycle routes.



Museum of France



The Most Beautiful Detours in France



Towns and Lands of Art and History



Famous house



Vogue & Vague

Water sports activities accessible to beginners and families.



DEPARTEMENTAL TOURIST DEVELOPMENT AGENCY

84 avenue Robert Buron
53000 LAVAL

TOURIST OFFICE SERVICES

Whether you're looking to prepare your itinerary, ask a specific question, get top tips on what to see and do during your stay or pick up the leaflets and brochures you need, our Tourist Offices are your best bet! You can benefit from the staff's local knowledge both before you arrive and while you're with us.

You'll find all the details in the address book on page 56.



A group of local tourism professionals came together to create Slowlydays®. Their goal was to make their values, which are the values of our department – **kindness, sharing, fairness, sustainability and a local focus** – shine through in their work.

Slowlydays® members guarantee you a warm and friendly welcome. Find out about their products and services at mayenne-tourisme.com

USEFUL INFO



Special offers

Find all our latest news, special offers, insider tips and ideas for days out in "The Mag" online mayenne-tourisme.com



With Kids

Whatever your age and whatever you enjoy, it's always great to spend quality time together. Our special "With Kids" section is packed with ideas of days out and things to do with children.

mayenne-tourisme.com



Explore Mayenne for less with May'N PASS,

This free card entitles you to reductions and special offers at a list of partner sites – attractions and leisure activities – across the department.

Pick one up from any Tourist Office in Mayenne department or order online at:

mayenne-tourisme.com



May'Gourde 53

You can find a list of around one hundred businesses across the department who will happily refill your water bottle for you at no charge at: mayenne-tourisme.com

TO FIND OUT MORE, VISIT

mayenne-tourisme.com

+33 (0)2 43 53 18 18

info@mayenne-tourisme.com

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@MayenneTourisme



Share your experiences, give us your top tips and tell us what you've been up to in Mayenne with the hashtags **#slowlydays** **#destinationmayenne** **#mayennetourisme**

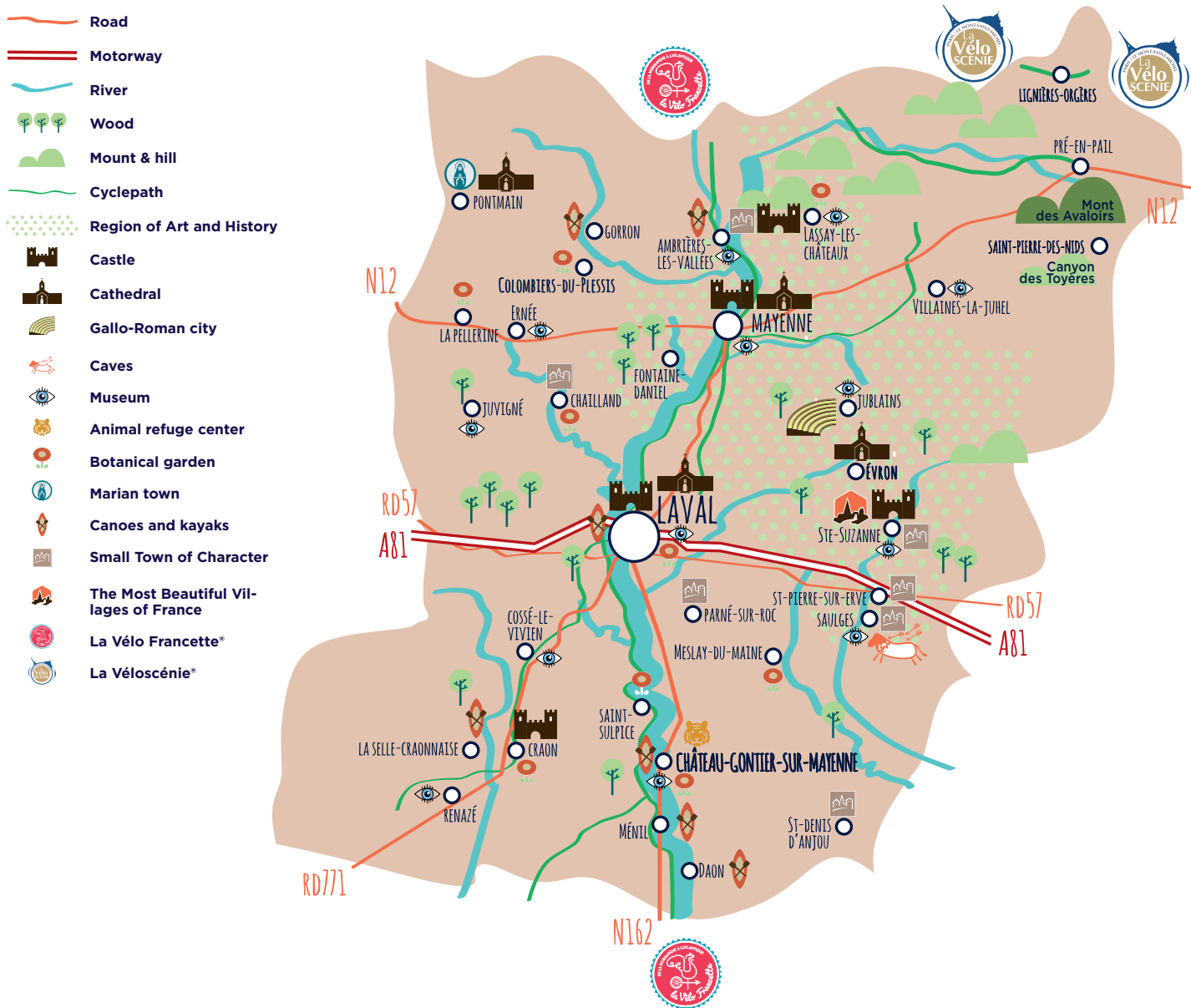
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to our newsletter and get great ideas for days out and holidays in Mayenne all year round. Simply enter your email on our website mayenne-tourisme.com



"IMMERSION SONORE" PODCAST

Listen to the **Destination Mayenne podcast** (in French) and get to know some fascinating local people who are passionate about what they do!



SO WHERE IS MAYENNE DEPARTMENT, EXACTLY?



2.5 hrs from Paris

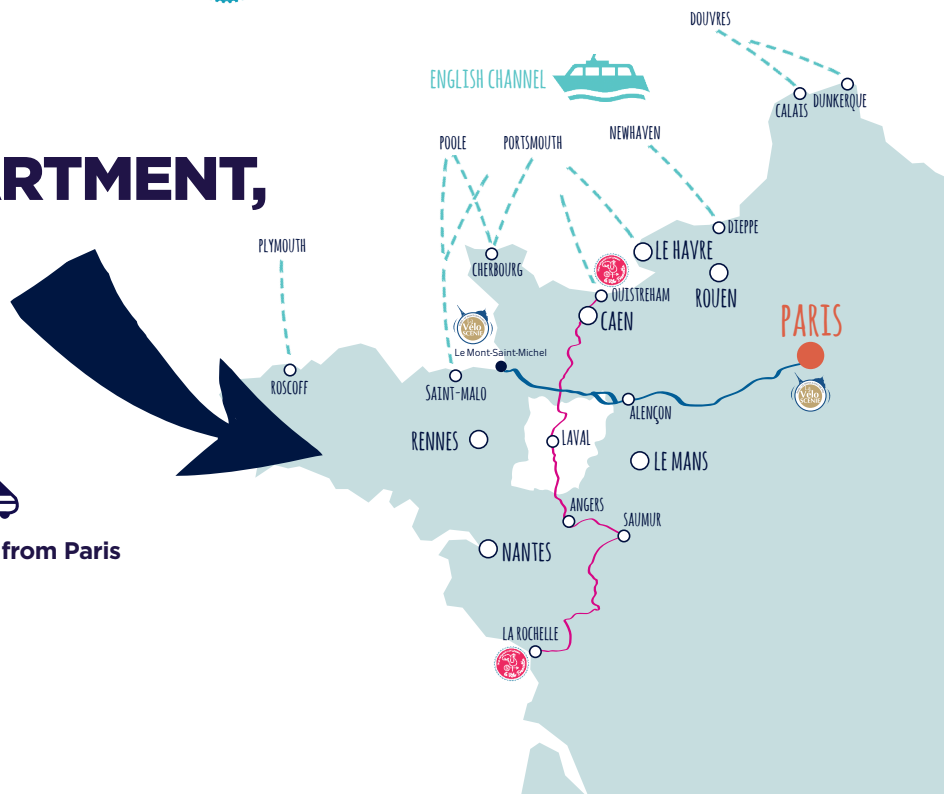
1 hr from Rennes
(Saint-Jacques)

2 hr from Nantes
(Nantes Atlantique Airport)

2.5 hrs from Caen



1.25 hrs from Paris



MAYENNE TOURISME
Departmental Tourist Development Agency

84 avenue Robert Buron
53000 LAVAL
Tel. : 02 43 53 18 18
info@mayenne-tourisme.com
www.mayenne-tourisme.com



#destinationmayenne

