

FOR YOUR NATURE AND SLOW-PACE LOVER CLIENTS

☀️ 4 DAYS 📍 430 KM

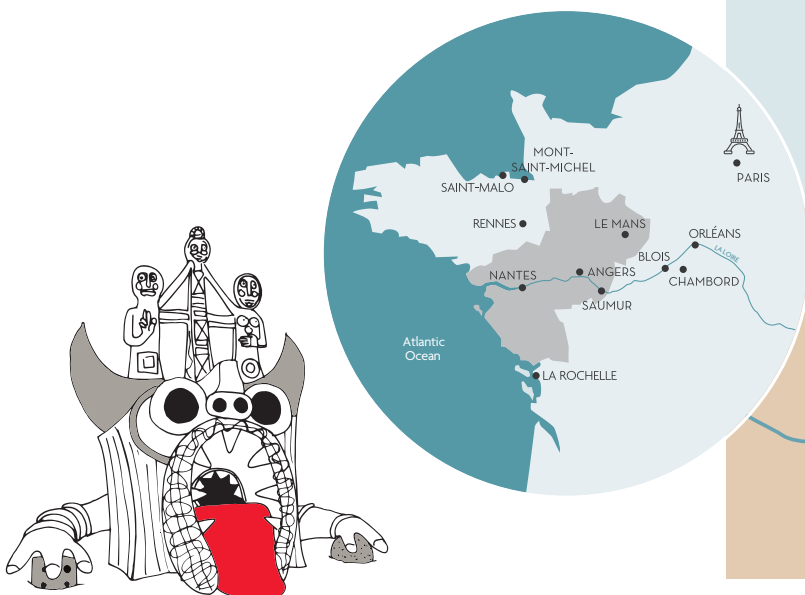
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GREEN AND SLOW LIFE IN ATLANTIC LOIRE VALLEY

Highlights of the trip:

- Sainte Suzanne, one of the most beautiful villages of France
- The charming city of Laval and its market
- The Robert Tatin art museum
- The Mancelles Alps in the Normandy-Maine regional nature park
- Unusual accommodation in the middle of nature
- Self-drive house boat on the Sarthe river
- The creative city of Nantes and Les Machines de l'île

Sainte-Suzanne, one of the most beautiful villages of France, Mayenne



Day 1

80 KM



Did you know
that Laval is only
100km away from
Le Mont-Saint-Michel?

Morning | Laval

Arrive at Laval TGV train station

Take your time in Laval, at your own pace

Lunch in Laval in a typical restaurant

Afternoon | Sainte Suzanne & Laval

Explore Sainte-Suzanne, labeled as one of the “most beautiful villages of France”. This medieval village is perched on a rock, overlooking the valley

Dinner at the gastronomic restaurant “L’Epicurien” in Laval
> Alternative: *l’Antiquaire-Laval*

Night at the 4* Perier du Bignon Hotel in Laval
> Alternative: 3* *Best Western Hôtel de Paris. Laval*

Day 2

60 KM



The famous
naïve art painter
Henri Douanier Rousseau
was born in Laval



Morning | Laval

Explore Laval, labeled “city of art and history”. Discover its:

- Naïve Art Museum
- Historic Center
- Local Market
- The World’s Largest Dairy Museum – Lactopôle

Enjoy a cheese-themed lunch in Laval

Afternoon | Cossé-le-Vivien

Discover the Robert Tatin museum: is it an Asian temple? A Mayan palace? A Maori fortress? Discover by yourself this monumental Palace-museum by the artist Robert Tatin

Festive dinner at the Natur’eau Parc Echologia

Night at the 4* Perier du Bignon Hotel in Laval
> Alternative: 3* *Best Western Hôtel de Paris in Laval*

Day 3

150 KM



Every day, at 17.00, the monks at the Solesmes Abbey sing Gregorian vespers



Morning | Mancelles Alps

Explore the Mancelles Alps. Don't miss the local heritage monuments

Discover unusual accommodation "Insolites de JSK" in the middle of nature

Picnic lunch with local and fresh products

Afternoon | Sablé-sur-Sarthe

Have fun exploring the surrounding countryside by driving a swincar, an electric offroad & nature friendly vehicle

Be a captain of a self-drive house boat on the Sarthe River

Explore the charming village of Asnières-sur-Vègres, labeled as "petite cité de caractère"

Dinner in a typical restaurant in Sablé-sur-Sarthe

Night at the 4* Grand Hôtel de Solesmes in Solesmes

Day 4

140 KM



Nantes' Jardin des Plantes is one of the 4 major botanical gardens of France



Morning | Nantes

On your way to Nantes, stop and enjoy the panoramic views over the River Loire

Lunch in the theatre district in Nantes.

Elegant and cultural, the Graslin district is a gem of 18th and 19th century urban planning. Graslin is reputed for its chic shops, its gourmet restaurants and its Passage Pommeraye, the only three-storey covered arcade in Europe.

Afternoon | Nantes

Follow the Green line in Nantes.

A green line literally painted on the ground enables visitors to discover all the main city landmarks, from the Chateau des ducs de Bretagne to the latest artworks of Le Voyage à Nantes. Get ready!

Dinner in Nantes city centre

Dine in a restaurant recommended by the selection Les Tables de Nantes. Fresh, creative, and healthy: Nantes' cuisine will delight you!

Night at the 4* Hotel Seven Urban Suites hotel on the Ile of Nantes

> *Alternative: 4* Mercure Centre Passage Pommeraye Hotel in Nantes*

CONTACTS OF SUPPLIERS

HIGHLIGHTED IN THE ITINERARY

The Chateau de Sainte-Suzanne

pascal.tregan@lamayenne.fr

4* Perier du Bignon Hotel, Laval

evenements@hotelperierdubignon.fr

The Chateau of Laval and Naïve Art Museum

cyrielle.langlais@laval.fr

Lactopôle – Dairy Museum, Laval

damien.soulice@lactalis.fr

Robert Tatin Museum, Cossé-le-Vivien

museetatin@cosse-le-vivien.fr

Natur'eau Parc Echologia – Natural Park, Laval

contact@echologia.fr

Insolites JSK – unusual accommodation in the nature, Saint-Léonard-des-Bois

contact@lesinsolitesdejsk.fr

Anjou Navigation – House boat renting, Sablé-sur-Sarthe

contact@anjou-navigation.fr

4* Grand Hôtel de Solesmes

solesmes@grandhotelssolesmes.com

Les Tables de Nantes

www.lesablesdenantes.fr/en

4* Seven Urban Suites hotel

amelie.joubioux@7urbansuites.fr

INTERESTED IN SLOW TOURISM?

PLEASE FIND BELOW ADDITIONAL SUGGESTIONS IN ATLANTIC LOIRE VALLEY

- At **the Maison du Lac de Grand-Lieu**, 30 mins drive west of Nantes, discover one of the most beautiful wetlands in Europe, known for its biological richness (270+ species of birds). The site includes a museum & observation site. Have a stop at the Guerlain pavilion where the famous perfume maker used to live and enjoy the lake's poetical and imaginary universe.

- 45 mins drive west of Nantes, **the Regional Nature Park of Briere** is the 2nd largest marshland in France, home to 900 different species and thousands of bird species. Flat-bottomed boat guided tours can be organised.

- Renting a **self-drive house boat** on **the Maine, Mayenne or Sarthe Rivers** will allow you to really live the slow life, following the pace of the river. From 2 days to one week with **Nicols or Anjou Navigation**.

- Try a **canoe trip** on **the river Mayenne** from the port of Chateau-Gontier with **Canotika**. Discover bird species and enjoy nature on your own. Canoe, kayak, paddle boards and pedal-boat rentals are available.

- In Vendée, explore **the Salt Route in Sallertaine by canoe or bicycle**. With an English-speaking tour guide or on your own, enjoy the quiet atmosphere of the marshland. Possibility of overnight stay in a bivouac.

- In South Vendée, in **the Marais Poitevin Regional Nature Park**, discover the marshland, also known as "Green Venice" during a rowing boat ride. 1 hour to 3-hour round trips, from the majestic 14th century Maillezais Abbey

- 30 mins drive north of Laval, explore the charming village of **Fontaine Daniel**, and marvel at the former Cistercian abbey turned into a spinning mill, where the famous Toiles de Mayenne (specific cloth fabric) are made.

- **Between Laval and Angers**, for a tree-top experience, sleeping in the middle of nature, Gwendoline will host your group (up to 12 pers.) in a quiet and peaceful environment in **La Chouette Cabane**.

- In Vendée, **near the Puy du Fou theme park**, experience **the Domaine de l'Oiselière**, a modern campsite with cottages and lodges nestling in the countryside, with activities for children (zip line, pony rides...) and an organic and local restaurant. European Ecolabel.

- For quality **holiday rentals**, don't hesitate to consult the **Gites de France** offers in Atlantic Loire Valley. Country houses, city flats or houses by the sea, with flexible arrival and departure dates.

For more details: b2b@solutions-eco.fr

