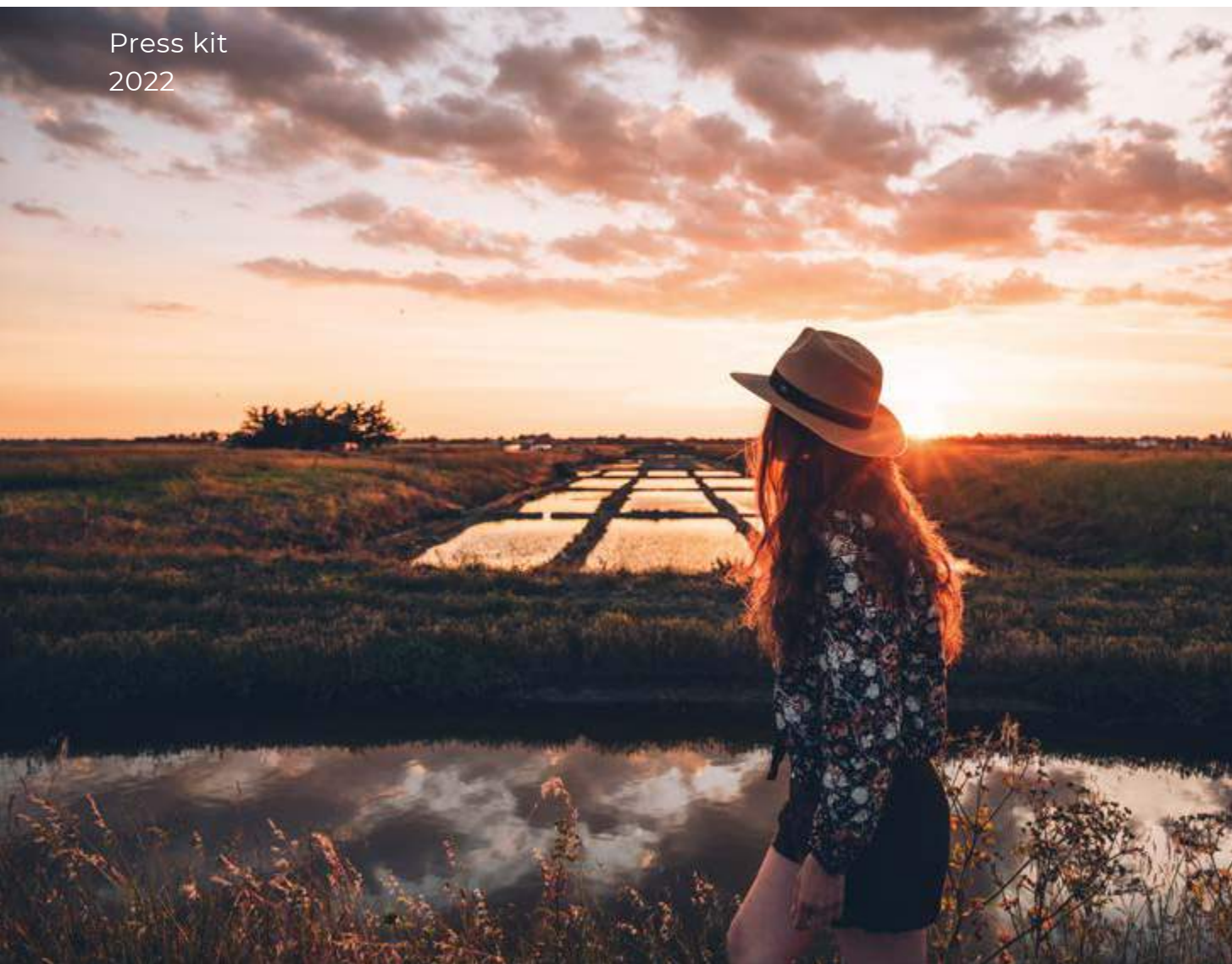


# Slow tourism

Another way to experience the Atlantic Loire Valley region

Press kit  
2022





La pêcherie bleue de Tharon-Plage - St-Michel-Chef-Chef

## SLOW TOURISM

# A fresh approach to travel

More environmentally friendly, sustainable, inclusive and socially responsible, tourism is changing to reflect the aspirations of consumers for experiences, encounters and discoveries that are more original, grounded and kinder to people and the planet. Mindful of these challenges, the Atlantic Loire Valley region and its partners have curated this press kit to foreground tourism products and services that fulfil the needs and desires of visitors today.

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## Top visitor attractions

### LOIRE-ATLANTIQUE (44)

- 1- **Blain** - Château & Nantes-Brest canal
- 2- **Bouaye** - Maison du Lac de Grand-Lieu
- 3- **Châteaubriant** - Château of Châteaubriant
- 4- **Clisson** - Italianate town, Château & Domaine de la Garenne-Lemot
- 5- **Guérande** - Salt marshes
- 6- **La Baule** - The bay
- 7- **La Boissière-du-Doré** - Boissière-du-Doré Zoo
- 8- **Le Croisic** - Océarium sea life centre
- 9- **Nantes** - Les Machines de l'île & the Château of the Dukes of Brittany
- 10- **Pays d'Ancenis** - Tower at Oudon
- 11- **Pornic** - Fishing huts
- 12- **Port-St-Père** - Planète Sauvage
- 13- **Saint-Nazaire** - Chantiers de l'Atlantique shipyards & Escal'Atlantic

### ANJOU (49)

- 14- **Angers** - Terra Botanica, the Château d'Angers & the Cointreau distillery
- 15- **Baugé** - The twisting steeples of Baugéois
- 16- **Brézé** - Château of Brézé
- 17- **Brissac** - Château of Brissac
- 18- **Doué-la-Fontaine** - Bioparc and troglodyte houses
- 19- **Fontevraud-l'Abbaye** - Fontevraud Abbey
- 20- **Le Choletais** - Maulévrier Oriental Park
- 21- **Pays de Segré** - Blue Mine and slate
- 22- **Saumur** - Cadre Noir & Château of Saumur

### MAYENNE (53)

- 23- **Château-Gontier** - Refuge de l'Arche
- 24- **Cossé-le-Vivien** - Robert Tatin Museum
- 25- **Jublains** - Jublains Gallo-Roman Archaeological Site
- 26- **Laval** - Naive Art Museum - Le Douanier Rousseau
- 27- **River trips & towpath**
- 28- **Mayenne** - Carolingian palace
- 29- **Saulges** - Caves, canyon and Museum of Prehistory
- 30- **Sainte-Suzanne** - Château and town with remarkable architecture & natural heritage

### SARTHE (72)

- 31- **Asnières-sur-Vègre** - Town with remarkable architecture & natural heritage
- 32- **La Flèche** - Zoo and Safari Lodge
- 33- **Le Breil-sur-Mérize** - Domaine de Pescheray
- 34- **Le Mans** - The 24 Hours of Le Mans - Plantagenet City - Papéa Park
- 35- **Le Perche Sarthois** - La Ferté-Bernard
- 36- **Mancelles Alps**
- 37- **Poncé-sur-le Loir** - Gardens of the Château of Poncé-sur-le Loir
- 38- **Loir Valley** - Château of Le Lude
- 39- **Sarthe Valley** - Solesmes Abbey

### VENDEE (85)

- 40- **Île de Noirmoutier** - Le Bois de la Chaize - Le Gois
- 41- **Île d'Yeu** - Old Castle
- 42- **La Roche-sur-Yon** and the Machines on Place Napoléon
- 43- **La Tranche-sur-Mer** - Surfing
- 44- **Poitevin Marsh**
- 45- **Les Épesses** - Puy du Fou
- 46- **Les Sables-d'Olonne** - Vendée Globe & Sables d'Olonne Zoo
- 47- **Moutiers-les-Mauxfaits** - Indian Forest & O'Gliss Park
- 48- **Saint-Gilles-Croix-de-Vie** - Sardines
- 49- **Saint-Jean-de-Monts** - Sand yachting
- 50- **Vouvant** - Town with remarkable architecture & natural heritage

# The region: key figures



**250 km**

of Loire waterways  
including 75 km UNESCO  
World Heritage listed



**450 km**

of Atlantic coastline  
and two islands:  
Yeu and Noirmoutier



**215 km**

of beaches



**375 km**

of navigable riverways



**4**

**Regional Nature  
Parks**



**43 Petites Cités  
de Caractère®**

villages and towns with  
remarkable architecture  
and natural heritage



**3<sup>rd</sup> largest French  
wine-growing region**

in AOCs



**3 000 km**

marked and secure  
cycle routes



**690 Accueil Vélo®**

quality cycle-friendly  
service providers  
and places to stay



**92 Vogue&Vague  
water sports facilities**

and 160+ aquatic activities  
for people of all ages  
and abilities



**3 leading  
agritourism  
networks**

Accueil Paysan,  
Bienvenue à la ferme,  
Gîtes de France



**Some 350  
farm-stay properties**

and farm-to-fork outlets



**3 areas awarded the  
Vignobles & Découvertes**

quality wine tourism label



**350+  
Caves Touristiques**

wine cellars providing  
quality services to tourists



Passage du Gois - Noirmoutier

Travel on the spot

# Put stars in your eyes



Sainte-Suzanne

Travel is a state of mind and a way of seeing the world. There's no need to go halfway round the globe to get away from it all. From rolling vineyards and enchanting towns and villages to the Atlantic coast and royal river, the sheer diversity of landscapes and terrains in the Atlantic Loire Valley region transports visitors to new horizons close to home. For a glimpse of other worlds, simply open your eyes, admire the view and let your imagination go with the flow...





**Admire**  
**the Maine Valley**  
**from the Château-**  
**Thébaud lookout**  
**point** (44)

For breathtaking wraparound views over the Maine Valley and its granite cliffs carpeted with vineyards, head for the Château-Thébaud lookout on Pont Caffino, a clifftop 45 metres above the river. Designed by Savoyard architect Emmanuel Ritz, this 30-metre-long viewing gallery is one of the permanent sites on the Voyage à Nantes (Journey to Nantes) culture and heritage trail. Take time out as you watch the sun set over the vineyards of Nantes.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

**Watch**  
**the sun set from**  
**the Pêcheries**  
**de Corsept** (44)

For postcard-perfect views, there's nothing like watching the sun set over the Loire estuary and its traditional stilted seaside fishing huts to set your mind free just minutes from Saint-Nazaire. For visitors in search of peace and quiet, the Corsept seawall to the south of the Loire is an ideal spot to enjoy a moment of uninterrupted bliss as you dream of new horizons...

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



**Enjoy**  
**a unique vantage**  
**point over the**  
**Loire Valley from**  
**the Mont-Glonne**  
**esplanade** (49)

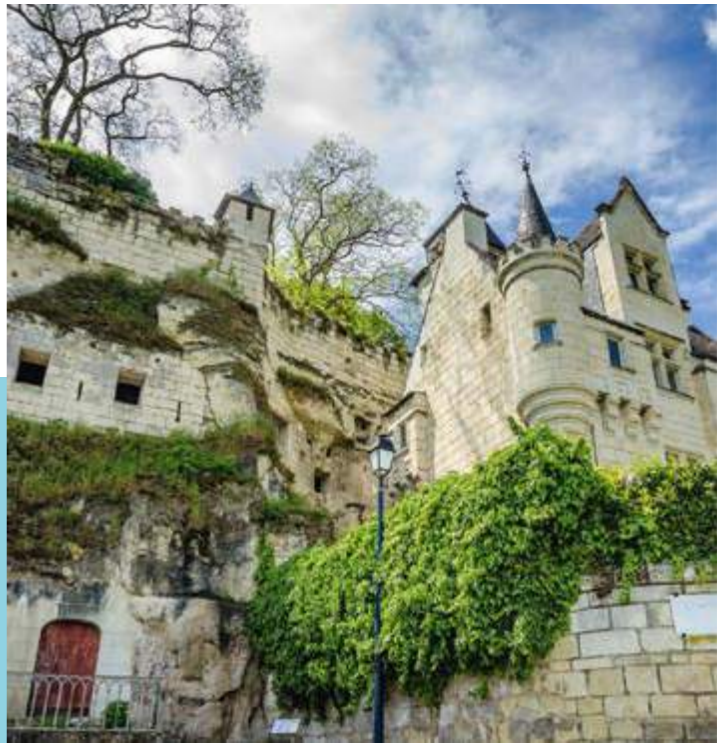
A must for visitors to Saint-Florent-le-Vieil, the Mont-Glonne esplanade affords stunning views of the Loire Valley. Halfway between Nantes and Angers, these fortifications steeped in history enjoy commanding vistas over the former fishing village of La Meilleraie and Palais Briau, a 19th-century palace of Italian inspiration built in the pure Palladian style.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

**Discover**  
**an underground world**  
**in Souzay-Champigny** (72)

One of the most prestigious wine-growing areas in the Saumur region, Souzay-Champigny is famed for its unique troglodyte architecture, unusual landscapes and Saumur-Champigny wine production. Located on the Loire, this one-of-a-kind village bears witness to tuffeau and shell marl stone quarrying in Anjou during the medieval period. The natural cavities created by quarrying were gradually occupied by local people who transformed them into dwellings and then into mushroom and wine cellars. Between the houses built from local tuffeau stone, explore the subterranean streets cut into cliffs lined with beautiful manor houses.

[www.ot-saumur.fr](http://www.ot-saumur.fr)





**Travel**  
**back in time**  
**in Sainte-Suzanne** (53)

At the heart of the Mayenne bocage, the medieval settlement of Sainte-Suzanne is considered one of the most beautiful villages in France. Perched on a rocky spur above the Erve Valley, this historic village enjoys many stunning views over the surrounding countryside. Its lovingly preserved architectural heritage, stone houses and narrow flower-lined streets untouched by the hands of time make the perfect bucolic interlude.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

**Reach new heights**  
**in the Toyères**  
**canyon** (72)

On the border between La Sarthe and La Mayenne, in the rural district of Saint-Pierre-des-Nids, this extraordinary landscape has been carved from granite rock by the winding course of the Sarthe river. A picturesque site set deep in the Mancelles Alps, the Toyères canyon viewing platform overlooks the Sarthe river gorges for breathtaking panoramas. Renowned for its preserved natural environment, this unique and authentic site commands bird's-eye views over a leafy landscape.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



**Celtic drama**  
**on the rocky coast**  
**of the Île d'Yeu** (85)

A sparkling island on the Atlantic coast, the Île d'Yeu, with its varied landscape and rich, preserved natural environment, makes the perfect getaway. From the Pointe du But to the Pointe de Corbeaux, the small creeks and rocky cliffs along the island's west coast recall the Celtic seascapes of Brittany and Ireland. There are few better examples than the beaches of Sables Rouis and Belle Maison, nestled between the craggy cliffs and wild moors near the Old Castle.

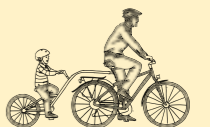
[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



Soft mobility & roaming

# Explore at your own pace

If you enjoy exploring destinations at your own pace, getting closer to nature and connecting with local communities in sustainable ways, there's nothing like a free-roaming holiday on eco-friendly transport. For anyone who prefers the road less travelled, there are countless laidback ways to explore the Atlantic Loire Valley region by foot, bicycle, train or boat. For an original and out-of-the-ordinary experience, hire an electric scooter or segway.



## A connected and intermodal public transport network

To promote the use of public, eco-friendly and intermodal forms of transport, since 2017, the Atlantic Loire Valley region has been working to expand and improve its regional train network and make it more accessible. The Loire à Vélo train, for example, welcomes bicycles free of charge between Orléans and Le Croisic. As the mood takes them, cycle tourists following the Loire à Vélo route can also continue their journey by water on a boat cruise along the Loire.

[www.ter.sncf.com](http://www.ter.sncf.com)

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)





## Cycle Tourism

### Explore 3,000 km of cycle routes

The Atlantic Loire Valley is crossed by several major cycling routes recognised for their quality facilities and easy access, including La Vélobuissonnière, La Vélocyssée, La Loire à Vélo, La Vélo Francette, La Vélocéan, and the La Vallée du Loir à Vélo. Cycle tourists can choose from more than 3,000 kilometres of cycle routes. Since cyclists can travel at their own pace and get closer to nature, it's an unbeatable way to explore the beauty and diversity of the Loire region. Thanks to more than 640 professionals awarded the Accueil Vélo label providing quality, cycle-friendly services across the region, everyone can enjoy cycle tourism in the Atlantic Loire Valley, including families and beginners.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



## Cycle Tourism

### An open-air museum along the Loire à Vélo trail from Nantes to Saint-Nazaire (44)

From Nantes to Saint-Nazaire, the Loire à Vélo cycle route runs along the Loire estuary for 63 kilometres. Spend a day or weekend admiring the collection of contemporary artworks along the Estuary route, with the option of returning by train at the end of your trip. From the Pendule by Roman Signer in the pretty village of Trentemoult to the incredible Serpent d'Océan by Huang Yong Ping on Saint-Brévin-les-Pins beach and the beautiful Jardin étoilé with views over the Loire by Kinya Maruyama in Paimboeuf, this family-friendly trail combines fresh air fun with art. Perfect for a complete change of scene not far from Nantes.

[www.loireavelo.fr](http://www.loireavelo.fr)

## Water sports

### The Rivières de l'Ouest®: 283 km of navigable riverways (53-72-49)

France's largest network of navigable rivers and its second most popular river destination, the Rivières de l'Ouest offers 283 kilometres of navigable waterways spread over four rivers straddling three regions - Anjou, La Mayenne and La Sarthe - to delve into the Atlantic Loire Valley by water. For a bucolic stay on the river, simply go with the flow by renting a houseboat for one or more days. It's an ideal way to admire the lock houses, attractive villages and waterside bars and cafés that line the banks of the Loire.

[www.rivieres-ouest.com](http://www.rivieres-ouest.com)



## Original accommodation

### A romantic night on the Loire on board the Étoile qui Rit (49)

Departing from Montsoreau, l'Étoile qui Rit - a flat-bottomed wooden boat identical to a traditional "toue" craft with a large deck cabin - runs themed cruises along the Loire for tourists to discover the many species of birds and historical sights on the peaceful banks of this royal river. Besides terns, grey herons and little egrets, visitors can also admire two châteaux - Montsoreau and Saumur - from the water. Leave the world behind as you go with the flow before watching the sun set or enjoying a romantic night on the Loire.

Excursions from €125 an hour for 1 to 12 people.  
One night from €150 for 2 people.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)





### Water sports and cycle tourism

#### La Mayenne by bicycle and boat with Canotika (53)

Starting from Château-Gontier, a few kilometres south of Laval, hire a Dandy boat from Canotika from April to October. Suitable for people of all ages, these small crafts are easy to steer and extremely stable for trips along the Mayenne at your own pace. Canotika also hires out electric bicycles and mountain bikes so you can continue exploring La Vélo Francette cycle route along the towpath.

**Dandy boat hire from €8 for 15 minutes.**  
**Bicycle hire from €7.60.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### Wine tourism

#### Explore the vineyards of the Domaine Saint-Nicolas by scooter (85)

Surrounded by marshland and forests, the Saint-Nicolas family estate between L'Île d'Olonne and Brem-sur-Mer organises tours of its vineyards by electric scooter. Follow this original excursion into the natural and cultural heritage of the Pays des Olonnes by a guided tour of the wine press and storehouse and sample the estate's five premium cuvée wines.

**From 4 people.**  
**By reservation only.**

[www.domainesaintnicolas.com](http://www.domainesaintnicolas.com)

### Water sports

#### Go with the flow in the Atlantic Loire Valley

There's nothing like a trip on the water to explore the Atlantic Loire Valley region from a completely different angle. Accompanied by a qualified guide, explore the Atlantic Loire Valley, its landscapes and heritage on a paddle board, canoe, sailboat or "toue sablière" - a traditional flat-bottomed boat once used to collect sand from the riverbed - as you navigate the Loire, marshlands or Atlantic coast on a short excursion or longer trek with family or friends. Choose from no fewer than 31 experiences in La Baule, Noirmoutier, Le Mans and Nantes.

[www.sport.paysdelaloire.org](http://www.sport.paysdelaloire.org)



### Cycle tourism and wine tourism

#### Bucolic bicycle trip through the Loir Valley (72)

Explore vineyards, orchards, picturesque villages and troglodyte dwellings along the 320-kilometre Vallée du Loir à Vélo cycle route from Saint-Éman to Angers. Two new circuits starting from La Flèche were opened in July 2021. The first leads visitors around two iconic sites in the Loir Valley - the famous La Flèche zoo and the Château of Le Lude - along a 48-kilometre trail. The second takes in twisted steeples and marshland along 36 kilometres of a converted former railway track. On the nearby Wine Route, starting from Chartre-sur-le-Loir or Ruillé-sur-Loir, the "Vignoble de Jasnières à vélo" wine discovery circuit guides cyclists along a 16-kilometre route through the vineyards of Chenin to learn more about this AOC white wine.

[www.vallee-du-loir.com](http://www.vallee-du-loir.com)  
[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

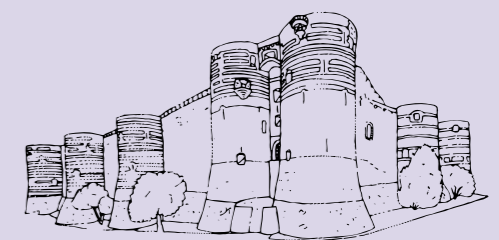


Urban transitions & green cities

# Take a new approach to city breaks



Aware of the need to develop a new and environmentally sustainable economic model, many towns in the Atlantic Loire Valley region are greening their centres while improving quality of life for residents and visitors. Nantes, Angers and Cholet have won national recognition and awards for their long-standing commitment to the planet. Many urban areas in the Atlantic Loire Valley region are also fortunate to be crossed by rivers with adapted embankments and by major cycle routes.



Saumur



### Nantes: the city of 101 parks and gardens (44)

For visitors looking to relax in leafy surroundings, Nantes has more than 1,000 hectares of wild areas and gardens, including the Jardin des Plantes, the Jardin Extraordinaire and the Île de Versailles. Winner of the European Green Capital Award in 2013 and ranked France's second greenest city in 2020, it focuses its urban development projects around nature and aims to become a "Sustainable Innovative Destination" in 2022. Take time out and relax with nature as your companion on waterside walks through this city crossed by three rivers: the Loire, the Erdre and the Chézine. For the ultimate slow experience, visit Nantes and its environs by bicycle on one of two iconic cycle routes: La Loire à Vélo and the Nantes-Brest Canal.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### Cholet: « Ville Fleurie - 4 fleurs » and « Fleur d'Or » 2019 (49)

If you're looking for some peace and quiet and all the benefits of nature without leaving town, visit Cholet! Awarded the "Ville Fleurie - 4 fleurs" label since 2005 and winner of the "Fleur d'Or" prize in 2019, this medium-sized town with an excellent quality of life has been recognised for its "Cholet in bloom" policy and efforts to protect the environment. With its wide choice of walking and cycle paths, and parks, gardens and natural sites, Cholet is perfect for strollers and cyclists.

[www.ot-cholet.fr](http://www.ot-cholet.fr)

### Angers: France's greenest city (49)

If you're a nature lover who likes exploring cities, Angers, named France's greenest city in 2020, is for you. A shining example of a modern green city, the capital of the Duchy of Anjou is crossed by the Maine river. Its parks and gardens are ideal for city breaks in lush green surroundings. The city stands at the crossroads of three national cycle routes: La Vallée du Loir à Vélo, La Loire à Vélo and La Vélo Francette. The Angers trails are also great for exploring the city's unique historical and cultural heritage by bike.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### Laval: green and blue city (53)

Deep in the Mayenne region, Laval is ideal for tourists who love small towns with real charm where they can explore local heritage sites in a pristine natural setting. Crossed by the Mayenne, Laval has more than 259 hectares of green spaces and countless ways to explore the town and surrounding area while enjoying the fresh air. Why not discover Laval on a family-friendly river cruise by electric boat? The nearby Echologia park - a disused lime quarry transformed as part of an environmental rehabilitation programme - is also ideal for a peaceful day out with the family, where water, ecology, local heritage and outdoor fun meet.

**Hire electric boats without a licence from the Halte fluviale de Laval from €20 an hour for 4 to 5 people.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)





### Le Mans: 500-hectare nature reserve just outside the city (72)

The Arche de la Nature is a vast 500-hectare nature reserve just ten minutes from the centre of Le Mans and a short walk from the Abbaye Royale de l'Épau. Bringing visitors back to nature, a learning trail explores the landscapes and animals in La Sarthe, its water houses, forests and grasslands. For a one-of-a-kind experience, visitors can extend their visit by spending a relaxing night in one of six eco-lodges on the Domaine de l'Épau, opened at the end of 2021. With green roofs, pellet heating and phyto-purification systems, these innovative low-energy lodges are built as part of an environmentally-friendly approach.

**Maison de la prairie:**

**Open all year. Free entry.**

**Maisons de la forêt & de l'eau:**

**Open Wednesday and Sunday, 2pm to 5.30pm and Tuesday to Sunday during the school holidays. €2 entry fee. Free for students and children under 12.**

**Domaine de l'Épau eco-lodges:**  
**From €150 to €280 per night.**

[www.domainedelepau.com](http://www.domainedelepau.com)



### The Atlantic Loire Valley region: outstanding towns and villages

The Atlantic Loire Valley is one of France's leading regions in bloom, with more than 370 districts bearing the "Villes et Villages Fleuris" label, which recognises their rich landscape and plant heritage, commitment to sustainable development, and quality of life. Reflecting the diversity of its landscapes and heritage, the region also has 43 Petites Cités de Caractère® (villages and towns with remarkable architecture and natural heritage), five Plus Beaux Détours de France (sites off the tourist trail) and three Plus Beaux Villages de France (most beautiful villages in France). If charm and authenticity are high on your list, this is for you!

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

### In Noirmoutier The Müllembourg nature reserve: a paradise for birds (85)

At the heart of the Île de Noirmoutier and just minutes from Noirmoutier-en-l'Île, the Müllembourg nature reserve is a refuge for countless animal and plant species. This outstanding 48-hectare marshland site is ideal for observing - discreetly, of course - a wide variety of nesting birds in spring, including the common shelduck, the common tern, and the black-capped avocet, as well as the handful of salt collectors who still work here. It's unusual to find a nature reserve this big so close to town!

[www.ile-noirmoutier.com](http://www.ile-noirmoutier.com)



### Water sports Explore the towns of the Loire from the water

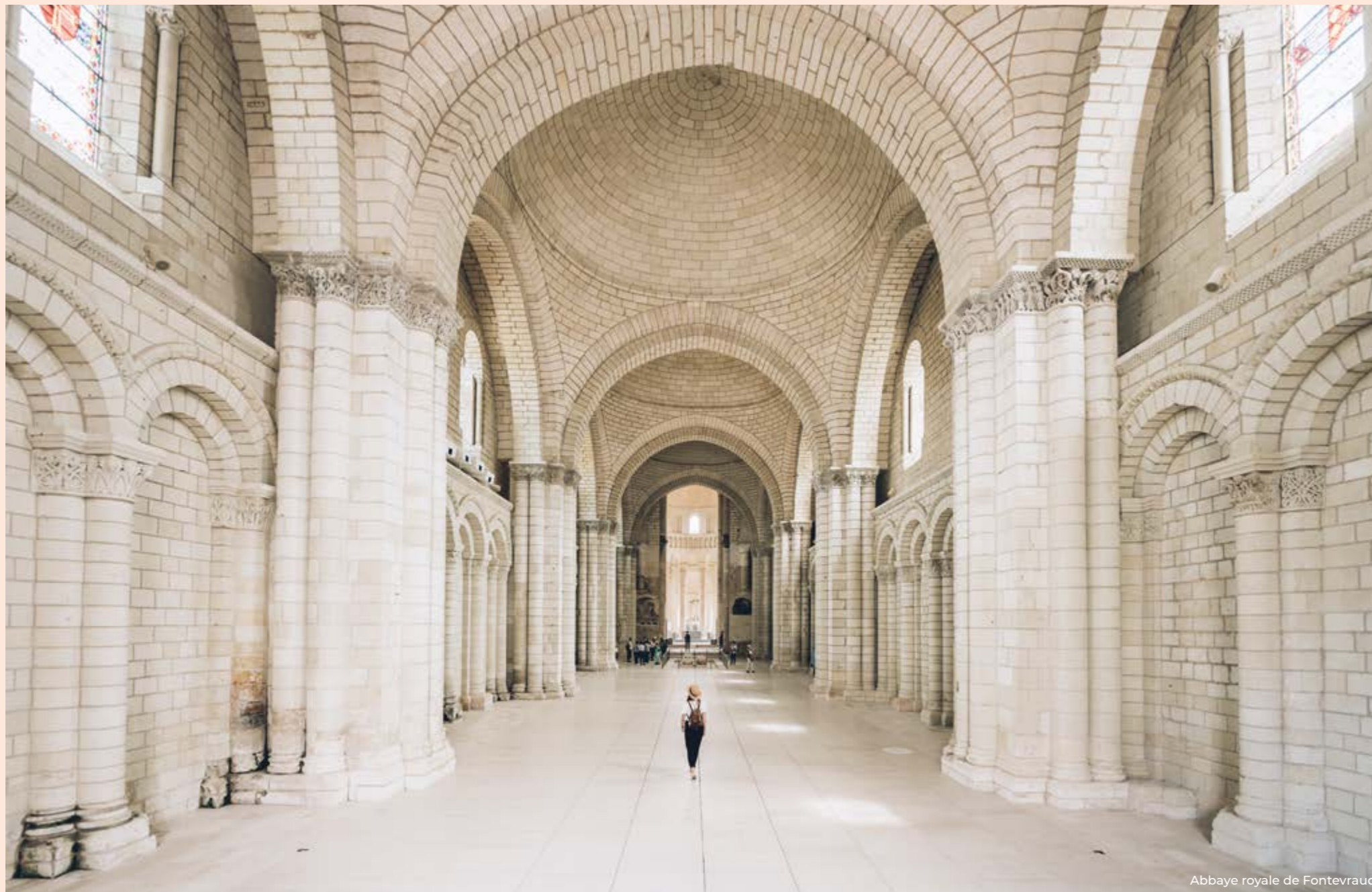
There are countless ways to explore the cities of the Atlantic Loire Valley region from the water! Discover Angers by canoe, gain a fresh insight into the heritage of Saumur on a cruise along the Loire with a live commentary, cross Laval in an electric boat or stay in a barge on the Erdre in Nantes. The water is also the perfect place from which to admire the Plantagenet City of Le Mans, its Gallo-Roman wall and riverside gardens.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



Culture & heritage

# Immerse yourself in the local culture



Abbaye royale de Fontevraud

There's nothing like a guided tour of the region's iconic sites and their secrets to really get to grips with its history and local culture. From the Abbaye Royale de Fontevraud to the Château d'Angers, and the Solesme Abbey to the Château of Tiffauges and the residence of the dukes of Brittany, the Atlantic Loire Valley region enjoys an exceptional architectural and cultural heritage, witness to the region's rich history, but also smaller, under-the-radar sites like the Robert Tatin museum, the Château of Bourgon and the Château of Le Plessis Macé. This diversity means visitors can explore the region as they please.





## Explore art from every angle in Saint-Nazaire (44)

From modern, classic and contemporary artworks to street art and exhibitions in out-of-the-ordinary places, Saint-Nazaire is an open-air art gallery to explore on walks around the streets of this surprising city. Integrated into the cityscape, a myriad of outsized works can be found in every corner of town. Saint-Nazaire is also home to quirky social spaces like the Grand Café, the Centre d'Art Contemporain and the Life, a former German submarine base that regularly hosts eye-opening exhibitions.

[www.saint-nazaire-tourisme.com](http://www.saint-nazaire-tourisme.com)



## The Château du Plessis Macé: where history and culture meet (49)

Witness to the medieval splendour of Anjou and its eventful history, the Château of Le Plessis Macé now organises a packed programme of cultural events. Visitors are invited to explore this château built in the Flamboyant Gothic style, just 15 minutes from Angers, at their own pace or during family-friendly events and escape games. The site also plays host to countless events all year round, including the Anjou Festival and its open-air theatre programme and the European Heritage Days.

Times vary.

From €6.50 per person.

Free for children under 6.

Learn more about family events and escape games on

[www.chateau-plessis-mace.fr](http://www.chateau-plessis-mace.fr)

## The Apocalypse Tapestry: the largest set of medieval tapestries in the world (49)

A masterwork of medieval pictorial art, the Apocalypse Tapestry, commissioned by Duke Louis I of Anjou, depicts the Apocalypse of Saint John spread over six tapestries, each divided into 14 scenes. Created during the Hundred Years' War, it bears terrible witness to the tumultuous events that haunted its creation and the historical, social and political conditions of the late 14th century. Some 100 of the original 140 metres of this unique work have been preserved and are now on show in their own museum at the Château d'Angers.

The Château d'Angers opens from 12 February.

Daily from 10am to 5.30pm.

The Apocalypse Gallery closes 15 minutes before the château.

From €9.50 per person.

Free for children under -18.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



## Le Carrousel des Mondes Marins is ten years old! (44)

A symbol of the city of Nantes, the famous Carrousel des Mondes Marins, like its neighbour the Grand Éléphant, celebrates its first decade in 2022. Located on the Île de Nantes next to the Loire, opposite the Jules Verne Museum, this incredible 25-metre-high structure created by La Machine theatre company explores the marine world over three floors, from the seabed through the deep ocean abyss and up to the surface. The hardest part is choosing your mount: a giant crab, the bathyscaphe, the manta ray or a flying fish!

Tour with a ride from €8.50 for adults and €6.90 for children.

Tour without a ride from €6.30 for adults and €5.30 for children.

[www.lesmachines-nantes.fr](http://www.lesmachines-nantes.fr)





### The Robert Tatin Museum: a curious creation deep in the Mayenne bocage (53)

World renowned Mayenne artist, Robert Tatin created an extraordinary world that blurs the boundaries between nature and culture. An improbable palace approached along an alley lined with giants and other imaginary creatures, this unique work was inspired by his travels in South America. A wonderful opportunity to let your imagination run wild during a visit to Mayenne.

**Open daily except on Tuesdays.**  
**From €6 per person.**  
**Free for children under 10.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### Solesmes Abbey: a religious landmark in La Sarthe (72)

Halfway between Le Mans and Angers and close to Sablé-sur-Sarthe is one of the most remarkable religious buildings in France: the Solesmes Abbey. On the banks of the Sarthe river in a peaceful setting, this epicentre of Gregorian chant offers visitors a unique chance to attend a chanted service. Adorned with two remarkable sculptural ensembles, The Saints of Solesmes, the transept of the chapel is considered a masterpiece of French sculpture from late 15th and early 16th centuries.

**Open daily from 9am to 7pm. Free entry.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

### The Château de Bourgon: a historical monument surrounded by nature (53)

Set in the leafy surroundings of Montourtier, at the heart of Mayenne, the Château of Bourgon, built in the 15th and 16th centuries, used to be an important stronghold during the English occupation of the region in the Hundred Years' War. A listed historic monument, this building with a Renaissance heritage hosts an array of cultural events throughout the year including concerts, exhibitions, theatre plays and open-air cinema screenings. Hire one of three recently opened cosy guestrooms with an authentic feel to extend your stay and spend the weekend in this outstanding natural environment.

**Open to the public from 1 July to 15 August and by reservation year round.**

**The guided tour lasts around 45 minutes.**

**Tour from €12 per person.**

**Free for children.**

**From €95 per person per night.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### The Château of Tiffauges: Bluebeard's castle (85)

The largest medieval stronghold in western France, listed as a historic monument in 1957, the Château of Tiffauges has a fascinating history and more than its fair share of secrets. The residence of Gilles de Rais, better known as Bluebeard, and a highlight of any visit to the Vendée region, immerses visitors in the medieval world through a full programme of shows and events. People of all ages can fire actual projectiles from 16 reconstructions of contemporary war machines.

**Open April to November.**

**€8 to €14 for people aged 26 and over**

**€6 to €10 for people under 26**

**Free for children under 6.**

**Family rate (2 adults and 2 children over 6): €24 to €42**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



Nature

# Experience the beauty of the natural world



Enjoying 450 kilometres of coastline, the Atlantic Loire Valley region is crossed by a 250-kilometre stretch of the Loire river and has four regional nature parks, making it ideal for nature lovers in search of a change of scene. Visitors who pause in these outstanding sites to observe the diversity of the flora and fauna of the Loire region enjoy breathtaking views over its preserved natural environment, coastline and countryside to explore by foot, bicycle or boat. An interlude of peace and quiet to savour alone, with family or friends.





## Agritourism

### **NEW** Sheep, moors and the ocean at Pornic (44)

Deep in the Pays de Retz, in a lush green environment, Thierry introduces hikers to the biodiversity of his region and the age-old practice of pastoralism. Starting out at the old longhouse with its wood-fire oven and mill, the “Fontaine aux Moutons” walk introduces visitors to the symbiotic relationship between the moorland sheep and their environment. A one-of-a-kind experience.

From the age of 5.

Length of the walk: 2 hours and 30 minutes / Distance: approximately 6.5 km

Monday and Wednesday at 4pm during the Spring school holidays and in July and August.

Wednesday at 4pm from September to the October school holidays (reservation only)

[www.pornic.com](http://www.pornic.com)

### The Grand-Lieu lake: a marvel of biodiversity close to Nantes (44)

The Grand-Lieu lake was awarded Natura 2000 status for its outstanding natural environment and incredible biodiversity. It is considered one of the most beautiful wetlands in Europe, as defined by the Ramsar Convention. Just outside Nantes, this preserved ecosystem makes the ideal day trip to walk off the stress of modern life. Choose from several hiking trails and viewpoints to admire this unique landscape and some of the 270 species of birds that nest here, including egrets, great crested grebes and white spoonbills. In winter, the lake covers more than 6,000 hectares, making it the largest natural plain lake in France.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### The scents of Asia at the Maulévrier Oriental Park (49)

For a complete change of scene, the Maulévrier Oriental Park transports visitors to the distant climes of Asia. The largest Japanese garden in Europe, this park in its unique architectural and botanical setting is perfect for peaceful walks in tranquil surroundings. The nearby gardens of the Château Colbert are home at a vast 8,000 sq.m. kitchen garden, voted the “Most Beautiful Vegetable Garden in France” in 2016 and 2021.

Open from 12 March  
to 13 November 2022.

From €8 per person.

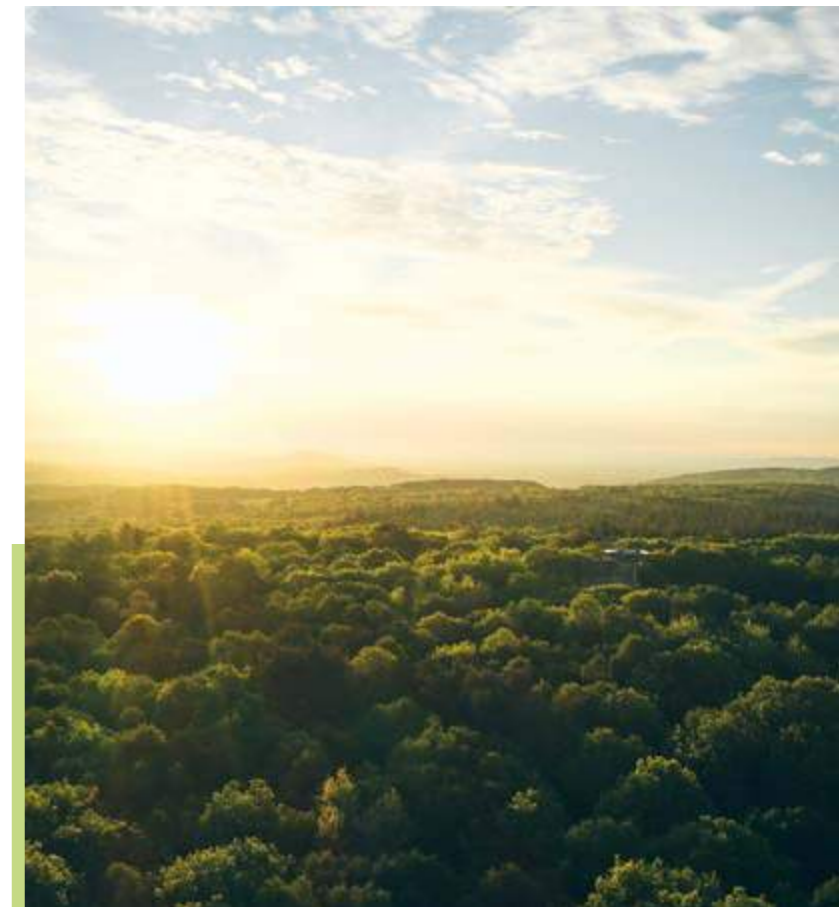
Free for children under 12.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

### Normandy-Maine Regional Nature Park: between forest and bocage (53-72)

With one foot in Normandy and the other in the Atlantic Loire Valley, this regional nature park covers an area of more than 257,000 hectares and contains a wide variety of landscapes, each of them unique. Protected since 1975, nearly a quarter of its surface area is covered by a centuries-old forest, vast bocages, open countryside and urban spaces spread over four *départements*, including La Sarthe and La Mayenne. Committed to protecting nature and the natural habitats and species within its boundaries, the park can be visited on foot, mountain bike and even horseback! Don't miss the Mancelles Alps, a forested landscape crossed by rivers and streams with a steep terrain for hiking, climbing and even bungee jumping.

[www.parc-naturel-normandie-maine.fr](http://www.parc-naturel-normandie-maine.fr)





### La Sarthe: a preserved environment one hour from Paris (72)

Ideal for anyone looking for a total change of scene and wide-open spaces, La Sarthe is replete with natural sites and varied landscapes guaranteed to surprise you. With 13 sites awarded the "Fragile Natural Environments" label for their protected flora and fauna, this pristine and unspoilt region is perfect for green breaks close to nature just one hour from Paris by train. In La Ferté-Bernard, the Ajeux Fragile Natural Environment is recognised for its biodiversity and 226 species of birds.

[www.sarthetourisme.com](http://www.sarthetourisme.com)

### Water sports

#### Going with the flow on the Mayenne river (53)

There are countless ways to explore the river - by foot, bicycle, boat or on horseback. One of the region's most iconic sights, this natural waterway with 37 locks in bloom offers incredible views over the surrounding countryside to discover from the deck of a small barge or electric boat for a true slow-travel experience. Cyclists might prefer to tackle a section of the Vélo Francette cycle route, follow the 130-kilometre greenway along a former railway track or skirt along the water's edge for a leafy, bucolic bike ride.

[www.francevelotourisme.com](http://www.francevelotourisme.com)



### Water sports

#### La Tranche-sur-Mer: all at sea with Big Paddle (85)

Nicknamed "Little California", La Tranche-sur-Mer is made for water sports, including boardsurfing and windsurfing. For something a little different, spend quality time with family or friends and soak up the Atlantic coast from the water by hiring a Big SUP for 4 to 10 people from Wave School. Part of the Vogue&Vague scheme, this activity is suitable for beginners and children over the age of 6 and promises hours of unforgettable fun.

**Open year-round by reservation,  
9am to 7pm, July to August.  
Big SUP hire from €45 an hour.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

### La Pointe du Payré: most remarkable site in Vendée (85)

An unspoilt site of opulent natural beauty, Talmont-Saint-Hilaire has more than 16 kilometres of coastline, from plunging cliffs carpeted with forests to secluded creeks, pebble shores and long fine sandy beaches. On the other side of the estuary, starting from Jard sur-Mer, the Pointe du Payré circuit takes walkers on a 90-minute trek between land and sea, with unique views over the turquoise lagoon. Listed as a «Grand Ensemble Naturel», and named the most remarkable site in Vendée in 2007, this sector, awarded Natura 2000 status, contains numerous protected plant species including the stone pink, sand toadflax and English scurvygrass. End a day of discovery in style with a dish of oysters in the Port de la Guittière.

*Plage du Veillon:* [www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

*Pointe du Payré:* [www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



Lifestyle

# A unique dining experience



Local cuisine is intrinsically linked to its terroir, geographical area and lifestyle, making it a rite of passage on any visit to a new region. From Guérande salt to Nantes lamb's lettuce, mogette white beans and Vendée ham, potted meat from Le Mans, Mayenne cheese and Vendée Atlantique oysters, the diversity of the Loire region is also to be found in its fisheries and farm produce. Enjoy the tasty regional specialities of the Atlantic Loire Valley direct from the farm in the enthusiastic company of its friendly producers.





### Wine tourism

## NEW Organic and local wines at Les Flacons in Paimboeuf (44)

After an apprenticeship under Chef Philippe Etchebest and a decade as a sommelier in several starred restaurants in the Loire region, Nicolas Barbou created Les Flacons in 2021. He shares his insights and passion for wine by organising tasting sessions and wine workshops in a unique and elegant setting in Paimboeuf, where he also sells 250 different French organic and biodynamic wines. Proud of his roots, Nicholas gives a starring role to Nantes, with 70 vineyard-designated wines from the local terroir among his selection.

**Open Monday to Saturday except Tuesday, 10am to 1pm and 3pm to 8pm and Sunday 9am to 1pm.**

[www.lesflaconsnicolasbarbou.fr](http://www.lesflaconsnicolasbarbou.fr)

### Agritourism

## Organic bread in La Cueillease, lock house on the Nantes-Brest Canal (44)

The Cueillease is a place for sharing and spending time in good company at the Cramezeul lock on the Nantes-Brest canal. This lock house renovated by Léa Gaudry, Guillaume Tauzia and Camille Grudé hosts a small café and bakehouse producing hand-kneaded sourdough bread made from local organic ingredients and cooked in a wood-fire oven. The perfect place for a drink and a chat as you enjoy a pancake in the bucolic surroundings of the canal. Since 2021, campers can also pitch their tent for a night in the 7,000 sq.m. garden.

**The bakehouse is open year-round, on Tuesdays and Thursdays, 4.30pm to 7pm.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### Agritourism

## Le Comptoir: delicatessen, bar and eatery in Pré-en-Pail-Saint-Samson (53)

At the heart of the village of Pré-en-Pail-Saint-Samson, the Comptoir is a modest delicatessen with a traditional feel selling local and organic products. This warm space with a friendly feel also has a bar and eatery where you can taste beers by Clément Cousin and enjoy the home cooking of Céline Pelluau made with local produce.

**Open Tuesday to Friday, 9.30am to 6.30pm, and Saturday 9am to 6pm.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

### Agritourism

## A meal at the farm with Les Cerfs de la Fardellière (49)

Just a short walk from the Coteaux du Layon vineyards, Émilie and Freddy welcome visitors to their farm for a rustic meal prepared with fresh local, homemade produce to enjoy with family or friends. As deer breeders, they also organise guided tours from spring onwards to admire their stags, does and fawns.

**Open daily, January to November. Booking required.**

**Rustic menu: from €25 per person.**

**Children's menu: from €13 per person.**

**Farm tours on Tuesday morning during the school holidays, February to November. Booking required.**

**From €6 per person.**

**Free for children under 12.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)





### Agritourism

## A tasty break at the Ferme des Basses (72)

Apple grower Éric Martineau organises tours of his orchards throughout the year. These behind-the-scenes visits of his eco-responsible orchards where he grows multiple varieties of apples using organic methods last one hour and give a fascinating insight into his work. And to show that learning can also be fun, the tour ends with the chance to taste specialities prepared with apples from his orchards.

**Open Monday to Friday, 2pm to 6pm and Sunday 9.30am to midday.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### Wine tourism

## Organic wine tour and tasting at Orée du Sabia (85)

For a unique, authentic and fun experience, join Bastien Mousset on his young organic wine estate in Brem-sur-Mer. The team at Orée du Sabia share their biodynamic wine-growing techniques and reveal the secrets of winemaking as they guide you through the vineyards, wine storehouse and cellar. In summer, the terrace turns into a wine bar where visitors can taste the estate's *cuvées* and relax with friends.

**Open Tuesday to Saturday, 10am to 12.30pm and 3pm to 6pm. Open daily, 10am to 7pm in July and August.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

### Wine tourism

## Time out on the wine route at the Domaine Lelais (72)

Deep in the Loir Valley, the Domaine Lelais is one of the tastiest stops on the wine route. Francine, Claire and Guillaume have been harvesting and vinifying 14 hectares of AOC Jasnières and four hectares of AOC Coteaux du Loir grapes on their family estate since 1984. During the summer season, they organise tours of their troglodyte cellars and estate, followed by tastings of their finest vintages.

**Open Monday to Saturday, 9am to midday and 2pm to 6pm. Tours of the troglodyte cellars and estate in July and August, on Tuesdays at 11am and on Thursdays at 4pm.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



### Agritourism

## A bouquet of floral fragrances at the Jardin de Pauline (85)

In 2019, Pauline Dominicy, a life-long plant and nature enthusiast in Coëx, decided to grow an original and little-known crop: edible flowers. On a 2,700 sq.m. site, she grows more than 350 varieties of edible and organic aromatic flowers and plants according to permaculture principles and supplies some thirty restaurants, starred chefs, bakers and cakemakers in the Loire-Atlantique and Vendée regions. Bubbling with enthusiasm, Pauline offers garden tours followed by tastings to introduce visitors to flower production. It's a perfect opportunity to explore the subtle complexities of flowers.

**Visits of the gardens and tasting sessions from April to October, first Monday of the month.**

[www.lejardindepauline85.com](http://www.lejardindepauline85.com)



Green accommodation & farm stays

# Get to know the locals



Domaine Marchais - Thouaré-sur-Loire

There's nothing better than a homestay to discover a region, enjoy an authentic experience, and get a feel for the local culture. From quirky tree cabins to eco-lodges and guestrooms on farms or in vineyards, the Atlantic Loire Valley region offers a wide variety of accommodations for out-of-the-ordinary stays.





### Original accommodation **NEW A Finnish kota close to the Ocean** (44)

Between the sea and the countryside, the Insolites de Prigny in the little village of Moutiers-en-Retz hires out an original Finnish kota to enjoy on a quiet 6,000 sq.m. site close to the Ocean. Awarded three stars by Gîtes de France, this one-of-a-kind dwelling with a private spa makes a cosy bolthole for getaways with partners or friends that's anything but routine! **The little extra?** Pornic, Saint-Nazaire, Noirmoutier, the Île d'Yeu and many of the region's other top tourist attractions are just a short ride away.

**From €125 per night for 4 people.**

[www.lesinsolitesdeprigny.fr](http://www.lesinsolitesdeprigny.fr)



### Accommodation **A relaxing luxury break just one hour from Paris** (72)

Designed to entertain royalty and Enlightenment philosophers in the late 18th century, the prestigious Château of Le Grand Lucé was transformed into a hotel in 2019 with 17 elegant rooms and suites surrounded by 30 hectares of wooded parkland. With its swimming pool, French- and English-style gardens, kitchen garden, orchard, lake and even a forest, this neoclassical gem in the Loire Valley, less than one hour from Paris by train, is perfect for relaxing luxury breaks in leafy surroundings.

**From €475 per night for 2 people.**

[www.chateaugrandluce.com.fr](http://www.chateaugrandluce.com.fr)

### Wine tourism **Cabins in the vineyards for hikers** (44)

Constructed with the planet in mind, Rando Cabanes were designed to blend seamlessly into their environment, which is why they are perfect for a quiet weekend surrounded by nature. Built in out-of-the-ordinary places deep in the vineyards of Nantes, they make ideal landing points for new and seasoned hikers. **The little extra?** Passionate about nature, encounters, and wine tourism, Franck Pasquier offers a wide range of bespoke services, including guided tours, wine tasting, breakfast delivered to your door and picnic baskets.

**From €44 per night for 2 people.**

[www.randocabane.fr](http://www.randocabane.fr)



### Agritourism **Farm stay to get back to basics** (49)

At the heart of Les Mauges, an hour from Nantes and Angers, L'Étable des Mauges has been a small livestock farm for Salers cows since 1908 and certified organic since 2020. Members of the fourth generation, Florent and Charlyne recently took over the business with the intention of giving people an insight into their daily lives and introducing consumers to their work through farm-to-fork sales and a brand-new farm campsite. Activities include pond-fishing, farm animal walks and stays in simple but comfortable rustic lodges where you can really focus on the essentials and enjoy quality time in down-to-earth surroundings with the whole family.

**From €375 for two nights for 6 people.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)





#### Original accommodation

### A high-end eco-friendly tiny house (72)

Surrounded by orchards, just one hour from Paris by train, Sacrée Cabane in La Sarthe is a high-end, eco-friendly “tiny house” for couples, families and friends looking to get away from it all deep in the countryside. Relax and leave the pressures of home behind you as you sip cider made with apples from the orchard, watch the sun set as you wallow in a hot tub, savour a gourmet picnic prepared by a starred chef or take breakfast on the terrace.

**From €210 per night for 2 people.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



#### Accommodation

### An eco-friendly stay on the coastal farm of Le Marais Girard (85)

At Brétignolles-sur-Mer, 200 metres from the beach, the coastal farm of Le Marais Girard is a mix of traditional rural architecture, contemporary design and sympathetic landscaping. Heritage and eco-construction enthusiasts, its owners have restored this former farm in a way that preserves its character by creating six eco-lodges and five studios combining modern comfort with an eco-friendly approach in a preserved natural environment. **The little extra?** A natural swimming pool, kitchen garden, bar, a delicatessen and friendly social space where guests can enjoy a drink as they savour a board of regional produce or pick up organic and local products.

**From €79 per night for 2 to 3 people.**

**Villas from €660 per week for 4 to 5 people.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

#### Agritourism

### A night with the cows at the Atelier & Cow (72)

Deep in the Sarthe Valley, surrounded by pastureland and dairy cows, Marie-Thérèse and Jean-Marie welcome guests in their fully renovated and attractively decorated 90 sq.m. stone gîte. A cosy country retreat for a comfortable weekend on the farm in bucolic, leafy surroundings.

**From €290 per weekend and €350 per week for 6 people.**

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



#### Original accommodation

### A night on the water or in the trees at Echologia (53)

A labour of love for two young Mayenne locals in the former Louverné quarry, the Echologia park offers forest, tree-top and floating cabins and tipis for an out-of-this-world night deep in a leafy 70-hectare park. During the day, the Natur'Eau Parc helps people of all ages learn more about the extraordinary history of this rehabilitated site where people and nature meet. From breathing new life into an old quarry to restoring its heritage, developing its ecosystems and preserving its biodiversity, the park's guides explain the origins and foundations of the project with genuine enthusiasm.

**From €129 per night.**

[www.echologia.com](http://www.echologia.com)



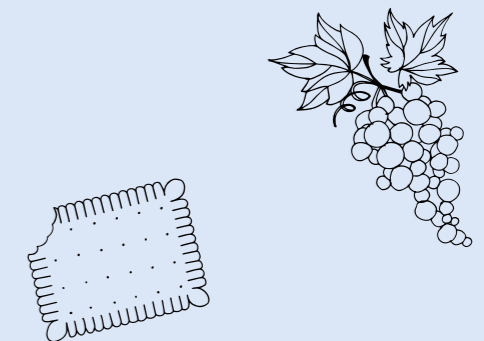
## Crafts & farm-to-table

# Eat and shop responsibly



Faïenceries d'art de Malicorne - Vallée du Loir

A land of tradition and know-how, innovation and creativity, the Atlantic Loire Valley region abounds with go-to places and small, one-of-a-kind stores where visitors can taste local specialities and discover innovative and eco-friendly products. For visitors, it's an opportunity to support the craftworkers who keep alive local traditions and the Loire terroir while fostering initiatives by young designers and entrepreneurs from the region. Get the bigger picture.





**Agritourism**  
**Dominique Grandjouan:**  
**from wheatfield**  
**to table (44)**

Farmer and baker, Dominique Grandjouan grows traditional varieties of wheat on his organic farm in Saint-Viaud near Saint-Brévin and transforms them into wood-fired organic bread and tourton pastries. Find his produce every Wednesday evening and Saturday morning along with organic vegetables from the Jardin de la Courandière at his market on Le Mondalin farm or from AMAP, an organisation of peasant farmers. Dominique also plans to organise tours and workshops on bread, from wheat farming to bread- and flour-making in his 130 sq.m. laboratory.

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)

**Crafts**  
**Plant cosmetics**  
**made in Anjou with**  
**Douces Angevines (49)**

Founded in 1994 by Michèle Cros at the heart of Anjou, Douces Angevines offers a wide range of handmade cosmetics including solid soaps and shampoos, day and night creams, and face and body oils and lotions made from organic plants locally grown in their wild garden on the banks of the Loire. Seven women draw inspiration from tradition and the centuries-old know-how of medieval herbalists to create innovative and nature-friendly care products in the workshop to reveal the beauty of all skin types.

[www.doucesangevines.com](http://www.doucesangevines.com)



**Agritourism**  
**Farm-to-fork beef**  
**and lamb from**  
**De La Terre farm (53)**

A 19-hectare family permaculture farm in Mayenne, deep in the Normandy-Maine Regional Nature Park, De la Terre rears pigs, sheep, goats, cows, chickens, geese, ducks and guinea pigs in the open-air according to high animal-welfare standards and sells small quantities of beef and lamb direct to customers. Open to the public, the farm also welcomes guests for a green retreat in their cosy and recently renovated *gîte* or for walks in the fresh air to meet the farm animals.

[www.delaterrefrance.com](http://www.delaterrefrance.com)



**Agritourism**  
**Elder-based treats from**  
**La Maison du Sureau (53)**

Awarded the Coq d'Or 2017 by the Guide des Gourmands and member of the Collège Culinaire de France since 2017, the Maison du Sureau produces its own organic black elderberries and elderflowers. Transformed into sweet and savoury treats, they can be purchased from their store at Changé in the heart of Mayenne. Products include syrups, juices, jams, wines, confectionary, infusions and beauty products.

[www.lamaisondusureau.com](http://www.lamaisondusureau.com)





**Agritourism**  
**Pure alpaca accessories from the Paradis de la Charnie activity farm (72)**

Just a short walk from La Petite Charnie forest in La Sarthe, the Paradis de la Charnie activity farm has reared Huacaya alpacas since 2015 on a 15-hectare organic site. Softer, warmer and more resistant than sheep's wool, wool from camelids, native to South America, is used to make pure alpaca slippers, hats, scarves and children's clothes. An original gift idea for warmer winters.

[www.paradischarnie.com](http://www.paradischarnie.com)

**Agritourism**  
**A coffee break in the meadow at Les Deux Sabots farm (72)**

Owned by a Dutch couple who fell in love with an old dairy in La Sarthe, Les Deux Sabots farm is a family concern with 200 head of cattle. An activity farm, it is open to people of all ages every Wednesday and Thursday by reservation for "pancake workshops" and guided tours to learn more about the milk production process and how the farm works. "Coffee in the meadow" sessions are also organised from April to November for snacks in the middle of the fields... and herds of cows!

**Tour from €7 per person.**  
**Pancake workshop from €10 per person.**  
**A coffee break in the meadow from €3 per person.**

[lesdeuxsabots.com](http://lesdeuxsabots.com)



**Crafts**  
**NEW Noirmoutier in a bottle with Artemia Cosmétiques (85)**

Deeply attached to Noirmoutier and inspired by the island's wild and preserved environment, Catherine Michel founded Artemia Cosmétiques at the end of 2021 to produce face and body care treatments free from sulphates, paraben and silicon and made from 98% natural ingredients. Artemia Cosmétiques products use simple and local formulas containing sea water and sea fennel, mimosa, maritime pine, fleur de sel and samphire to create an eco-friendly and authentic beauty range suitable for all skin types.

[www.artemiacosmetiques.fr](http://www.artemiacosmetiques.fr)

**Crafts**  
**NEW French-made and eco-friendly surfboards with Squid Surfboards (85)**

In Brétignolles-sur-Mer, just a short walk from the rollers of Sauzaie beach, Jimmy and Anthony, two material technicians from the Bénéteau R&D laboratory combined their expertise and love of surfing to create Squid Surfboards. This start-up designs, produces and markets French-made eco-friendly surfboards made from recycled materials combining two technical foams sourced from recycled plastic bottles and biomass. A world-first, it has been awarded the Initiatives Remarquables® label! These high-performance boards are affordable and long-lasting, with half the carbon footprint of a conventional board. **The little extra?** A deposit service for guaranteed end-of-life board recycling. The pair plan to open a store in the centre of Brétignolles and to develop a paddleboard using the same technologies.

[www.squid-surfboards.com](http://www.squid-surfboards.com)



# Events in 2022

For outings all year round, take a look at our selection of events, some internationally renowned and others with a strong local reputation.

## February

**Les Z'éclectiques music festival in Chemillé (49)**  
4 to 5 February 2022  
[www.leszelectiques.com](http://www.leszelectiques.com)

**Made in Angers (49)**  
7 February to 4 March 2022  
[www.madeinangers.fr](http://www.madeinangers.fr)

## March

**Le Printemps des rillettes in La Sarthe (72)**  
19 to 27 March 2022  
[www.printempsdesrillettes.fr](http://www.printempsdesrillettes.fr)

**Les Printemps de Terra local produce festival in Terra Botanica - Angers**  
26 to 27 March 2022  
[www.terrabotanica.fr](http://www.terrabotanica.fr)

**80th anniversary of Operation Chariot, the turning point in the Battle of the Atlantic in Saint-Nazaire (44)**  
28 March 2022  
[www.saint-nazaire-musees.com](http://www.saint-nazaire-musees.com)



Terra Botanica - Angers

## April

**Hanami: cherry festival in Maulévrier Oriental Park (49)**  
Early April 2022  
[www.parc-oriental.com](http://www.parc-oriental.com)

**Easter in Fontevraud (49)**  
April 2022  
[www.fontevraud.fr](http://www.fontevraud.fr)

**Laval Virtual (53)**  
12 to 14 April 2022  
[www.laval-virtual.com](http://www.laval-virtual.com)

**Spring Sardine Festival in St-Gilles-Croix-de-Vie (85)**  
16 April to 7 May 2022  
[www.payssaintgilles-tourisme.fr](http://www.payssaintgilles-tourisme.fr)

## May

**Spring Carnival in Pornic (44)**  
1 May 2022  
[www.pornic.com](http://www.pornic.com)

**Cholet Carnival (49)**  
1 to 7 May 2022  
[www.cholet.fr](http://www.cholet.fr)

**La Baule International Horse Jumping Show (44)**  
Four days of show jumping competitions in the François André stadium  
5 to 8 May 2022  
[www.labaule-cheval.com](http://www.labaule-cheval.com)

**Bonnotte potato festival in Noirmoutier (85)**  
7 May 2022  
[www.ile-noirmoutier.com](http://www.ile-noirmoutier.com)

**NEW - Sarthe Bike Tour (72)**  
Fun biking challenges combining sport and heritage  
14 to 15 May 2022  
[www.sarthe-biketour.fr](http://www.sarthe-biketour.fr)

**The 3 Éléphants music festival in Laval (53)**  
18 to 22 May 2022  
[www.les3elephants.com](http://www.les3elephants.com)

## June

**Medieval festival in Saint Philbert de Grand Lieu (44)**  
4 to 5 June 2022  
[www.grandlieu-tourisme.fr](http://www.grandlieu-tourisme.fr)

**Gardeners' Festival at the Château of Le Lude (72)**  
4 to 5 June 2022  
[www.lelude.com](http://www.lelude.com)

**Cinéscénie night show at the Puy du Fou (85)**  
4 June to 10 September 2022  
[www.puydufou.com](http://www.puydufou.com)

**Flower festival on the Île d'Yeu (85)**  
5 June 2022  
[www.ile-yeu.fr](http://www.ile-yeu.fr)

**Anjou Festival (49)**  
8 June to 2 July 2022  
[www.festivaldanjou.com](http://www.festivaldanjou.com)

**Les Mouillotins music festival in Saint-Poix (53)**  
10 to 11 June 2022  
[www.mouillotins.fr](http://www.mouillotins.fr)

**13th Translayon wine and vineyard festival in Anjou (49)**  
11 to 12 June 2022  
[www.anjou-vignoble-villages.com](http://www.anjou-vignoble-villages.com)

**24 hours of Le Mans (72)**  
Les 11 et 12 juin 2022  
[www.24h-lemans.com](http://www.24h-lemans.com)

**Vendée Arctic - Les Sables-d'Olonne Race (85)**  
12 June 2022  
[www.imoca.org](http://www.imoca.org)



Hellfest Éd. 2017 - Clisson



Cinéscénie - Puy du Fou

**Double Hellfest music festival in Clisson (44)**  
17 to 26 June 2022  
[www.hellfest.fr](http://www.hellfest.fr)

**French National Road Race Championships in Le Choletais region (49)**  
23 to 26 June 2022  
[www.cholet.fr](http://www.cholet.fr)

**2nd Nature is Bike festival in Angers (49)**  
24 to 26 June 2022  
[www.natureisbike.com](http://www.natureisbike.com)

**26th National Book and Wine Festival in Saumur (49)**  
25 to 26 June 2022  
[www.livreevin.com](http://www.livreevin.com)

**22nd La Nuit de l'Erdre music festival in Nort sur Erdre (44)**  
30 June to 3 July 2022  
[www.lanuitdelerdre.fr](http://www.lanuitdelerdre.fr)

**La Guinguette ensablée in Saint Hilaire de Riez (85)**  
Pop-up cultural space in the forest and dunes  
Late June to late July 2022  
[www.facebook.com/laguinguetteensablee](https://www.facebook.com/laguinguetteensablee)

Due to the Covid-19 epidemic, the programme of events is subject to change. Please contact us for additional information throughout the year.

# Events in 2022

## July

**Au Foin de la Rue festival in St-Denis-de-Gastines (53)**  
1 to 2 July 2022  
[www.aufoindelarue.com](http://www.aufoindelarue.com)

**Le Voyage à Nantes (A Journey to Nantes art festival) (44)**  
2 July to 11 September 2022  
[www.levoyageanantes.fr](http://www.levoyageanantes.fr)

**Saveurs Jazz Festival in Segré-en-Anjou-bleu (49)**  
8 to 10 July 2022  
[www.tourisme-anjoubleu.com](http://www.tourisme-anjoubleu.com)

**Baugé Opera (49)**  
22 July to 4 August 2022  
[www.operadebauge.fr](http://www.operadebauge.fr)

**Tempo Rives festival in Angers (49)**  
July 2022 (dates to be confirmed)  
[www.anjou-tourisme.com](http://www.anjou-tourisme.com)

**Nouveau Théâtre Populaire festival in Fontaine Guérin (49)**  
July 2022 (dates to be confirmed)  
[www.festivalntp.com](http://www.festivalntp.com)

**Les Impatientes festival in Beaufort en Vallée (49)**  
Summer 2022 (dates to be confirmed)  
[www.anjou-tourisme.com](http://www.anjou-tourisme.com)

**Par-delà les Villages festival in Anjou (49)**  
July-August 2022 (dates to be confirmed)  
[www.anjou-tourisme.com](http://www.anjou-tourisme.com)

**Festivini, wine-growing festival in Saumur (49)**  
July-September 2022  
[www.festivini.com](http://www.festivini.com)



«Reconstituer» de Stéphane Vigny - Le Voyage à Nantes 2019

## August

**20th Les Grandes Tablées du Saumur-Champigny food and wine festival (49)**  
Early August 2022 (dates to be confirmed)  
[www.sauumur-champigny.com](http://www.sauumur-champigny.com)

**La Solitaire du Figaro solo boat race (44)**  
16 August to 11 September  
[www.lasolitaire.com](http://www.lasolitaire.com)

**Les Rendez-vous de l'Erdre jazz festival (44)**  
22 to 28 August 2022  
[www.rendezvouserdre.com](http://www.rendezvouserdre.com)

**Les Montgolfiades air balloon festival at the Château of Brissac (49)**  
August 2022 (dates to be confirmed)  
[www.chateau-brissac.fr](http://www.chateau-brissac.fr)

**Les Heures Musicales du Haut-Anjou at Lion d'Angers (49) - 32nd edition**  
Classical music festival  
Août 2022 (dates to be confirmed)  
[www.lesheuresmusicales.fr](http://www.lesheuresmusicales.fr)

**Bois de la Chaise regatta in Noirmoutier (85)**  
August 2022 (dates to be confirmed)  
[www.associationlacheloupe.org](http://www.associationlacheloupe.org)

## September

**Vignes, Vins, Randos: wine and hiking in Anjou (49)**  
3 to 4 September 2022  
[www.vvr-valdeloire.fr](http://www.vvr-valdeloire.fr)

**392th Chausson aux pommes medieval festival in Saint-Calais (72)**  
3 to 4 September 2022  
[www.saint-calais.fr](http://www.saint-calais.fr)

**Golden Globe Race 2022 - Sables d'Olonne (85)**  
4 September 2022  
[www.goldenglobesrace.com](http://www.goldenglobesrace.com)

**19th La Terre environmental festival in Fontaine-Daniel (53)**  
September 2022 (dates to be confirmed)  
[www.fetedelaterre.fr](http://www.fetedelaterre.fr)

**6th Détours festival with artistic walks, shows and exhibitions in Paimboeuf (44)**  
September 2022 (dates to be confirmed)  
[www.paimboeuf.fr](http://www.paimboeuf.fr)

**La Fête des Possibles (49)**  
A festival celebrating sustainable, people-centred and socially responsible community projects  
September 2022 (dates to be confirmed)  
[www.fete-des-possibles.org](http://www.fete-des-possibles.org)

## October

**Les Muscadétours festival in the vineyards of Nantes (44)**  
Early October 2022  
[www.levignobledenantes-tourisme.com](http://www.levignobledenantes-tourisme.com)

**Le Grand Festin on the Île d'Yeu (85)**  
Grilled tuna and traditional sea shanties  
8 October 2022  
[www.ile-yeu.fr](http://www.ile-yeu.fr)

**Le Mondial du Lion: World Championships for Young Horses in Angers (49)**  
20 to 23 October 2022  
[www.mondialdulion.com](http://www.mondialdulion.com)

**Musicales du Cadre Noir musical festival in Saumur (49)**  
21 to 23 October 2022  
[www.ifce.fr](http://www.ifce.fr)

**Les Hortomnales autumn garden festival at the Prieuré de Saint Rémy (49)**  
22 to 23 October 2022  
[www.prieure-saint-remy.fr](http://www.prieure-saint-remy.fr)

**Regional business open days in the Atlantic Loire Valley**  
October 2022  
[www.visiteznosentreprises.com](http://www.visiteznosentreprises.com)



Balade dans les vignes - Montsoreau

## November

**Atlantique Zen wellbeing festival in Saint-Jean-de-Monts (85)**  
11 to 13 November 2022  
[www.atlantiquezen.fr](http://www.atlantiquezen.fr)

**3 Continents film festival in Nantes (44)**  
November 2022 (dates to be confirmed)  
[www.3continents.com](http://www.3continents.com)

**Bebop festival in Le Mans (72)**  
November 2022 (dates to be confirmed)  
[www.bebop-festival.com](http://www.bebop-festival.com)

## December

**Christmas market in Doué-la-Fontaine (49)**  
3 to 4 December 2022  
[www.ot-saumur.fr](http://www.ot-saumur.fr)

**Les Lumières de Laval: Christmas lights (53)**  
December 2022 (dates to be confirmed)  
[www.laval-tourisme.com](http://www.laval-tourisme.com)

**Christmas market at the Abbaye de Maillezais (85)**  
December 2022 (dates to be confirmed)  
[www.vendee-tourisme.com](http://www.vendee-tourisme.com)

**NEW - 1st Journey to Nantes Christmas edition (44)**  
December 2022 (dates to be confirmed)  
[www.levoyageanantes.fr](http://www.levoyageanantes.fr)



Festivini - Abbaye de Fontevraud

# Full of holiday ideas

[www.atlantic-loire-valley.com](http://www.atlantic-loire-valley.com)



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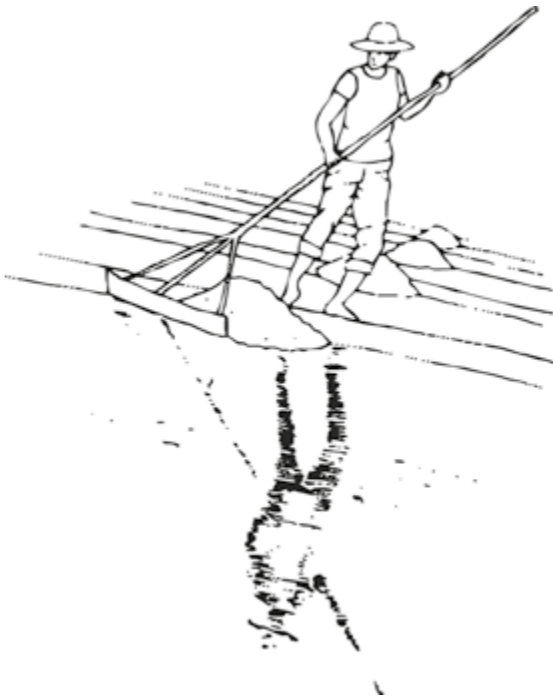
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**BRIMMING WITH HOLIDAY IDEAS**

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