



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

FOR YOUR NATURE AND SLOW-PACE LOVER CLIENTS

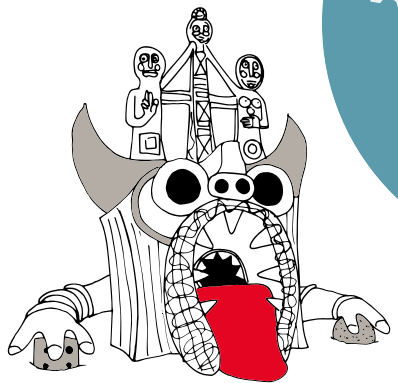
☀️ 4 DAYS 📍 265 KM

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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 Loir Valley: wine and cycling



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.

Explore the medieval district of Laval with its chateau, and don't miss the birthplace of the painter Douanier Rousseau. Take the time to look at the boats sailing up to Mayenne or down to Angers.

Lunch in Laval in a typical restaurant.

Afternoon | Sainte-Suzanne & Laval

Explore Sainte-Suzanne, labelled 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, labelled “city of art and history”. Discover its:

- Naïve Art Museum
- Historic centre
- Local Market
- The World's Largest Dairy Museum – La Cité du Lait.

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 and night at the Natur'eau Parc Echologia.
> *Alternative: Night at the 4* Perier du Bignon Hotel 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-Vègre**, labelled 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

45 KM



La Chartre-sur-Le Loir is famous for its antique boutiques.



Morning | Vallée du Loir & Château du Lude

Visit the **Château du Lude** and its “**remarkable garden**”, one of the last remaining important historic castles in France, which has been lived in by the same family for 260 years. Le Lude is part of the Loire Valley chateaux.

Lunch at **Les Mères Cocottes** restaurant in **Beaumont-sur-Dême**, typical and local cuisine.

Afternoon | Vallée du Loir & La Chartre-sur-le Loir

Cycle through the **Loir Valley** and the **Jasnières vineyards**. The Loir Valley cycle route V47 stretches 320 km to Angers, where it joins “The Loire by Bike” cycle route.

Wine-tasting of **Jasnières wine** & visit of a **cave-dwelling** at the **Domaine Lelais**.

Dinner at the **Relais de Ronsard** restaurant in the **Hotel de France** in La Chartre-sur-le Loir.

Night at the 3* **Hôtel de France** in La Chartre-sur-le Loir.

Depart from Le Mans TGV station (50km drive from La Chartre-sur-le Loir).

CONTACTS OF SUPPLIERS

The Château de Sainte-Suzanne

chateau.ste-suzanne@cg53.fr

4* Perier du Bignon Hotel, Laval

perreimmobilier@orange.fr

The Château of Laval and Naïve Art Museum

cyrielle.langlais@laval.fr

La Cité du Lait – Dairy Museum, Laval

damien.soulice@lactalis.fr

Robert Tatin Museum, Cossé-le-Vivien

musee.tatin@lamayenne.fr

Natureau 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

Château du Lude

contact@lelude.com

Domaine Lelais – wine estate, Jasnières vineyard

vins@domainelelais.com

3* Hotel de France and restaurant, La Chartre-sur-le Loir

welcome@thehoteldefrance.com

INTERESTED IN SLOW TOURISM?

PLEASE FIND BELOW ADDITIONAL SUGGESTIONS IN ATLANTIC LOIRE VALLEY

• At **1** 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, **2** 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.

• 30 mins drive from Nantes and the beaches of La Baule, **Terre d'Estuaire** cultural center offers a unique way to discover the Loire River (hot air balloon captive flight experience and interactive museum), not forgetting unusual accommodation.

• Renting **3** a **self-drive houseboat** 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 or Les Canalous**.

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

• 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.

• 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.

• On the Atlantic Coast, explore **4** 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.

• Experience an original tour on the smooth and comfortable traditional "**toue cabanée**" (cabined flat-bottomed barge) with la Toue de Nantes: whether in the heart of Nantes, or on the Erdre or Sèvre rivers – groups of 12 persons maximum.

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For more details: b2b@solutions-eco.fr

