

# Châteaubriant / La Meilleraye-de-Bretagne

## La Régalante



**Départ**  
Châteaubriant

**Arrivée**  
La Meilleraye-de-Bretagne

**Durée**  
2 h 49 min

**Distance**  
42,42 Km

**Niveau**  
I cycle often

**Thématique**  
Nature & small heritage

The Régalante cycle route certainly focuses a lot on medieval times in the Breton Marches. But 20th-century history also features along it, most notably with the Resistance group of the Maquis de Châteaubriant, whose part in the fight against Nazi occupation was powerfully recalled in the works of Breton poet René Guy Cadou. There are many visits to choose between here: the castle; the Carrière des Fusillés, a quarry where Resistance martyrs are remembered; the Musée Numérique Micro-Folie Châteaubriant, featuring digital displays of great works from the French national collections; and the Site des Étangs de Choisel, to appreciate the green surrounds here set around lakes, plus with outdoor sports possibilities within the grounds. At La Meilleraye de Bretagne, explore the unmissable Abbaye de Melleray (home to a vibrant modern religious community), along with the Parc des Lavandières, where you can enjoy a walk in nature. With so many places to discover, remember that you do have to cycle a bit in order to reach La Meilleraye de Bretagne!

## The route

Between Châteaubriant and Louisfert, there's a greenway lasting 6km. Between Louisfert and La Meilleraye de Bretagne, passing via Saint Vincent des Landes, Issé and Moisdon la Rivière, you ride along quiet little country roads shared with motorized traffic.

## Practical information

- [Office de tourisme Châteaubriant - Derval](#) 29 place Charles de Gaulle 44110 Châteaubriant - 02 40 28 20 90

## SNCF

- Châteaubriant train station
- Issé train station

## Don't miss

- **Châteaubriant:** the Étangs de Choisel et de la Courbetière, lakes where local biodiversity is protected, but that are also good for fishing and other outdoor activities; the château; the Carrière des Fusillés, a quarry where Resistance martyrs from World War II are remembered; the Musée Numérique Micro-Folie, displaying digital copies of great works from France's prestigious national art collections.
- **Louisfert:** the home (demeure) of Hélène and René Guy Cadou, presenting the works of this former teacher turned poet and including wall paintings in which he features; the monumental sculpture, Les Fusillés de Châteaubriant, a tribute to local Resistance martyrs; note too that there's a secure bike shelter in Louisfert on the square, Place de la Mairie
- **Issé:** the Étang de Beaumont (a lake).
- **Moisdon la Rivière:** the Site de la Forge Neuve, a remarkable 17th-century ironworks, with its museum, its lake and its walking trails.

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