

# Fougères / Vitré

## La Régalante



**Départ**  
Fougères

**Arrivée**  
Vitré

**Durée**  
2 h 20 min

**Distance**  
35,13 Km

**Niveau**  
I begin / Family

**Thématique**  
Old railway

This stage of our cycle route links two iconic medieval towns guarding the eastern Marches of Brittany – Fougères and Vitré. Riding along a greenway, you meander through countryside, past a few lakes, notably Châtillon and La Cantache Lakes, great places to stop for a picnic. As on the stage to the north, look out for vestiges of the local railway heritage at the former stations at La Selle-en-Luitré and Châtillon-en-Vendelais. Your cycling terminus for this stage is the town of Vitré, dominated by its magnificent château – the iconic picture-postcard image for the whole trip along the Régalante cycle route. Vitré was a prosperous trading town as far back as the Middle Ages, and there's a rich heritage to uncover exploring its streets. You might even consider staying here a day or two.

## The route

This is an ideal stage for beginners and families with children, or if you're after a gentle cycling outing along greenways with a stable surface and presenting virtually no shift in altitude.

### Points at which to take care:

At the point where the greenway meets the RD178 road, between Luitré-Dompierre and Châtillon-en-Vendelais; after the parish of Montreuil-sous-Pérouse and just before arriving at the Lac de la Cantache, take care at the place named Ribert, on the 500m-stretch shared with motorized traffic along the RD305 road; at the level of La Ville en Bois, turn left to ride around the lake using the segregated cycle lane alongside the RD794 road and then rejoin the greenway; arriving in Vitré, take care at the round-about to cross the RD178 road, after which a cycle lane leads you, alongside a road with motorized traffic, to the historic centre of town.

**Link with the VD6:** Vitré < > St Méen-le Grand via Moutiers

## Practical information

- [Office de Tourisme Destination Fougères](#) 2 rue Nationale - 35300 Fougères - 02 99 94 12 20
- [Office de Tourisme du Pays de Vitré](#) place du Général de Gaulle, 35500 Vitré - 02 99 75 04 46

## SNCF

- Vitré train station

## Don't miss

**Fougères:** designated a Ville d'Art et d'Histoire for its historical riches, including: the imposing château, one of the largest medieval fortresses in Europe, recalling the history of the eastern Breton Marches; views of the historic fort and town from the public gardens and the Carrière du Rocher Coupé, the latter an old quarry; the Circuit découverte, or discovery trail through town; also taste the traditional local galette-saucisse speciality (think Breton equivalent to a hot-dog, the sausage wrapped in a pancake!), easily found at the splendid Fougères Saturday morning market.

**Luitré-Dompierre:** the Jardin de Belle Aude, with its

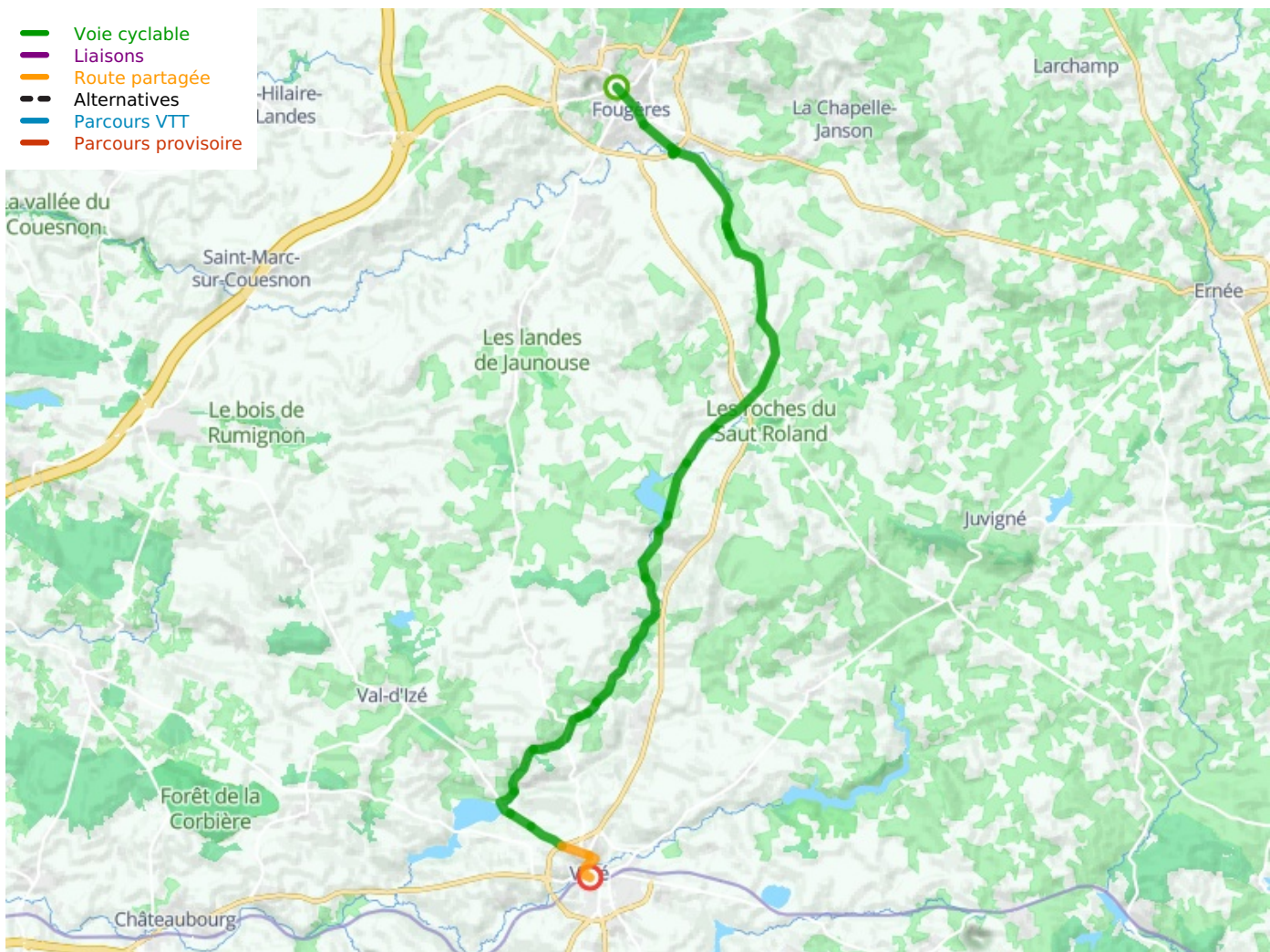
lake and children's play area, plus 3 cabanétapes, simple wooden huts you can book to stay at in season.

**The natural site of Le Saut-Roland:** with impressive cliffs rising as high as 173m, deeply wooded banks, and the legend of the courageous medieval knight, Roland.

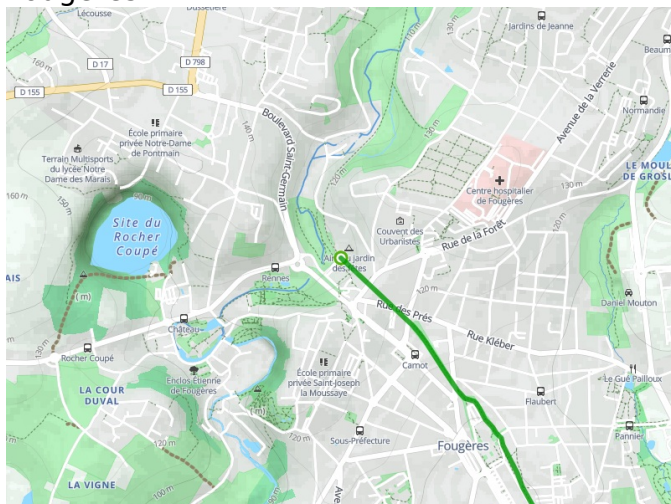
**Lac de Châtillon,** listed as an ornithological reserve: an observatory much appreciated by amateur bird watchers; pédalos for cycling out onto the waters; Les Rives du Lac campsite.

**Lac de la Cantache:** a paradise for bird watchers and walkers.

**Vitré:** designated a Ville d'Art et d'Histoire for its historical riches, with: a large number of historic monuments that immerse you in local history, going from Vitré in the Middle Ages, symbolized by the mighty château fort, to the mid-19th-century Second Empire, with the fine station and Haute Ville quarter, via the French Renaissance, represented by some notable town houses.



## Départ Fougères



## Arrivée Vitré

