

# La Meilleraye-de-Bretagne / Nort-sur-Erdre

## La Régalante



**Départ**  
La Meilleraye-de-Bretagne

**Arrivée**  
Nort-sur-Erdre

**Durée**  
1 h 34 min

**Distance**  
23,65 Km

**Niveau**  
I cycle often

**Thématique**  
In forest

As this Régalante stage runs close to a beautiful river, in hot weather cyclists will find it very refreshing. Plus, the major Lac de Vioreau reservoir is a good place to go for a swim if you've worked up a sweat. Another refreshing stop is Joué-sur-Erdre, on the banks of the Erdre and beside Vioreau Forest – the place has even been nicknamed “the little Canada of Loire-Atlantique county”, with shaded woods guaranteed! In fact, the Erdre River is never far off on this stage taking you via peaceful country roads. It's a river that's both natural, largely unspoilt and noble in looks, what with the extravagant little manors and châteaux (nicknamed “folies” here) dotted along its banks. Stop at Nort-Sur-Erdre to take in its marina and a country trail, the Circuit des Arcades, guiding you via aqueducts feeding the regional canal, as well as to make the most of the town's many facilities. Next day, you can ride off for the big city of Nantes – or Naoned, as it's known in the Breton language.

## The route

On this stage, you ride mainly along peaceful little country roads with little motorized traffic. Much of the way is relatively flat and easy to cycle along, although there is a steep portion at the level of Vault: also note carefully that in heavy rain, it is forbidden to cross the bridge here, with information on this eventuality given alongside the D178 road. Bear in mind also the significant slope at the place called Le Gué and at Le Creux Chemin.

## Practical information

- [Bureau touristique Erdre Canal Forêt](#) - accueil de Nort-sur-Erdre quai Saint-Georges 44390 Nort-sur-Erdre - 02 51 12 60 74

## SNCF

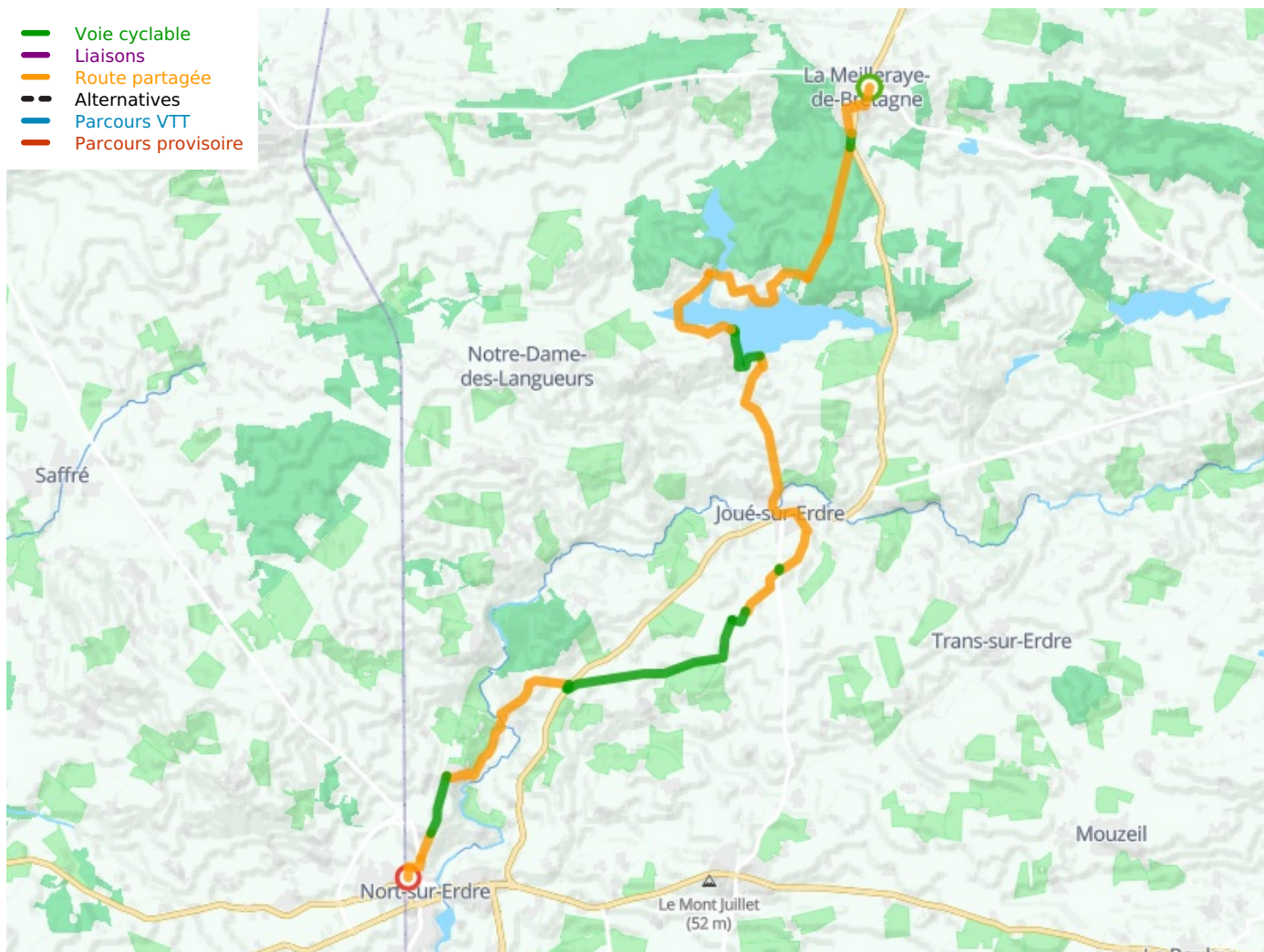
- Nort-sur-Erdre train station. Amidst the station's buildings you'll find: a bike rental and repair company and a secure bike shelter provided with bicycle pump.

## Don't miss

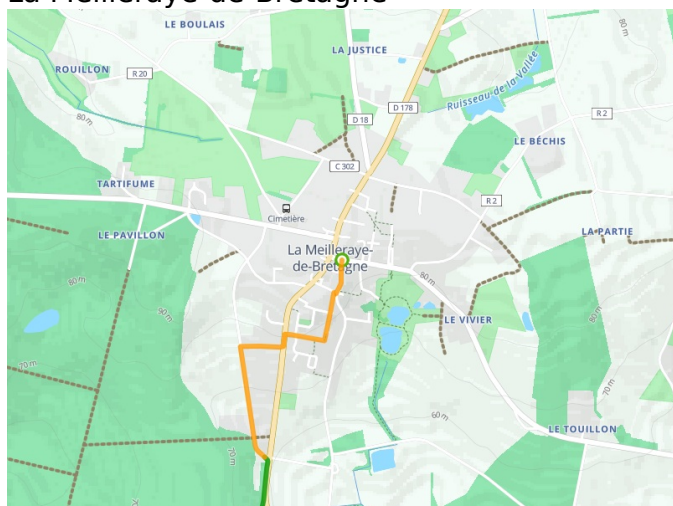
- **La Meilleraye de Bretagne:** secure bike shelter in town, beside the épicerie (grocer's shop).
- **Joué-sur-Erdre:** discovering the water-based activities on Vioreau Lake, plus the forest of the same name beside the pretty little town of Joué-sur-Erdre.
- **Nort-sur-Erdre:** the village of Vault, beside an unspoilt section of the Erdre that makes for a lovely picnic spot; the country trail to discover arcaded aqueducts (those of Nochère and Pré Bourcier) that kept waters flowing to a feeder canal; L'Erdre au Gué, a spot with a wooden bridge and picnic table. In Nort-sur-Erdre itself: the majestic church; the port; the minoterie, an old industrial-scale waterside mill; the tourist office; the Plan d'Eau (a lake) and Jardins du Port

(gardens providing nautical activities, a children's play area, restaurant, picnic tables and festive activities); the Parc du Port Mulon with its château. There are secure bike shelters at the Plan d'Eau (a lake) as well as close to the tourist office.

- Voie cyclable
- Liaisons
- Route partagée
- Alternatives
- Parcours VTT
- Parcours provisoire



## Départ La Meilleraye-de-Bretagne



## Arrivée Nort-sur-Erdre

