

Maen Roch / Fougères

La Régalante



Départ
Maen Roch

Arrivée
Fougères

Durée
1 h 15 min

Distance
18,96 Km

Niveau
I begin / Family

Thématique
Castles & Monuments

From Maen Roch, the Régalante cycle route leads you gently onwards, via a greenway, through the countryside, but with vestiges of a remarkable railway heritage dotted along the way: the Gare de Saint-Germain-en-Coglès (an old station); level-crossing keepers' cottages; tunnels; bridges; and even a giant mural on the theme of the railways. Reaching Fougères, see how this town is dominated by one of the key defensive castles built along the eastern Breton Marches. In fact, it boasts one of the largest medieval forts in Europe, well worth a visit. Parking your bike, head out by foot to explore the medieval quarter and linger a time at one of the café terraces looking onto the castle. This intense historic town is proud of its one thousand years of history and has plenty to appeal to visitors.

The route

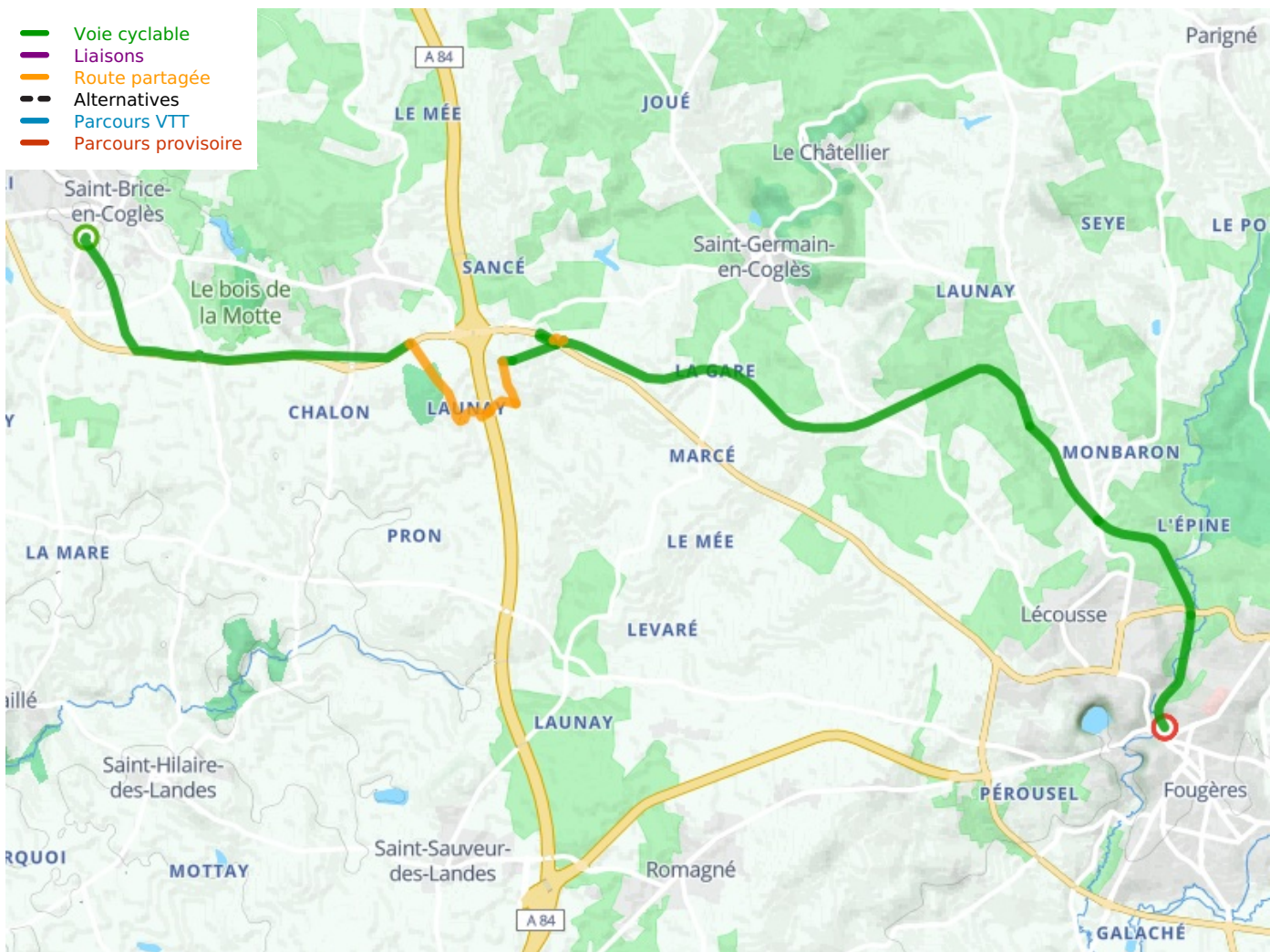
This is a perfect stage for beginners and families with children, or if you're after a calm cycling outing mainly along a greenway with a stable surface. There is a 2.5km stretch on roads shared with motorized traffic, in order to get around the A84 motorway, but this stretch is generally pretty quiet. There's a link to the VD5 Fougères < > Louvigné-du-Désert < > Saint-Hilaire-du-Harcouet cycle route at the spot named Le Haut-Clinchard.

Practical information

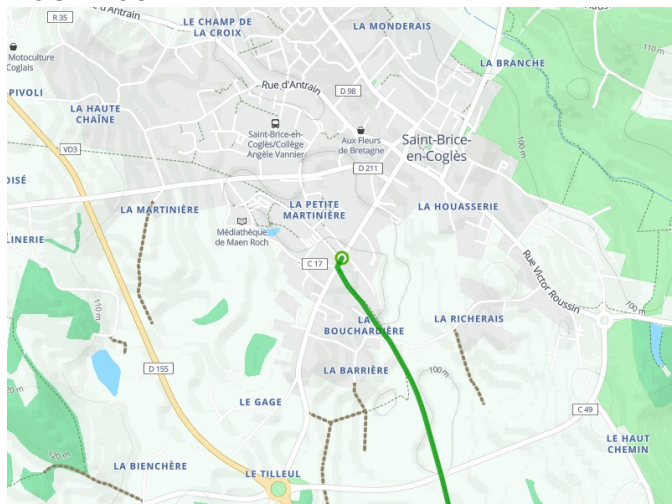
- [Office de Tourisme Couesnon Marches de Bretagne](#) - Bureau d'information de Maen Roch 9 rue du Souvenir 35460 Maen Roch - 02 99 97 85 44
- [Office de Tourisme Destination Fougères](#) 2 rue Nationale - 35300 Fougères - 02 99 94 12 20

Don't miss

- **Maen Roch:** a walk around the centre; the local railway heritage.
- **Saint-Germain-en-Coglès:** the wonderful flowerbeds (the town has won an acclaimed 4 rosettes in the national competition, Villes et Villages Fleuris); the Jardin de l'Eau (an ecological public garden)
- **Pommé:** around Maen Roch or Fougères, try out this distinctive, lightly alcoholic apple drink, a sweet, refreshing local speciality.
- **Fougères:** the medieval quarter; a tour of the château; the Ville Haute, or upper town, surrounded by medieval walls, looking down over the town centre; fine 18th-century town houses; creative boutiques and craft shops; lively restaurant and café terraces; plus, from the public gardens, don't miss the amazing views of the castle.



Départ Maen Roch



Arrivée Fougères

