

# Domfront / Mayenne

## La Vélo Francette: Normandy / Atlantic by bike



**Départ**  
Domfront

**Arrivée**  
Mayenne

**Durée**  
2 h 58 min

**Distance**  
50,15 Km

**Niveau**  
I cycle often

**Thématique**  
Canals & intimate rivers,  
Nature & small heritage

The route leaves the southern Norman hilltop town of Domfront, taking you on a long stage going via roads and greenways beside the Varenne River up to the Mayenne River and on to Mayenne-town. Three remarkable sights on the Varenne are the mills of Moulin de Varenne, Moulin d'Ambloux and Pont des Planches. The village of Ambrières-les-Vallées offers a last view of the Varenne before you join the banks of the Mayenne. Works are in progress, but the signposts will guide you throughout the deviation.

### The route

At the bottom of Domfront, while awaiting the setting up of the greenway Domfront > Céaucé, it is possible to reach Torchamp by using the greenway serving the Mont Saint-Michel (part of the Véloscénie cycle route) and crossing the D 976 road going to the left towards the Agrial company building. Behind the building, a bridge over the railway line allows you to cross the Varenne and join the way to Torchamp. Carry on via St-Fraimbault and Soucé. Then, at the place named La Boufferie, join the greenway linking Ambrières-les-Vallées to Mayenne-town.

Be aware of the markedly hilly terrain around the Varenne Valley, with a particularly fine slope to negotiate at the level of the Moulin d'Ambloux.

At the town of Mayenne, as the greenway comes to an end, follow signs for the Mayenne River towpath, marked Chemin de halage de la Mayenne. If you wish to explore the historic city of Mayenne, follow signs for the Halte Fluviale (river port) and Office de Tourisme.

### Tourist Offices

- [Domfront Tourist Office](#)
- [Vallée de Haute-Mayenne Tourist Office](#)

### Buses

Lane n°25 - Lonlay l'Abbaye > Domfront > Saint Bomer les Forges > Flers

Cap Orne: +33 (0)2 33 81 61 95. Bikes admitted in holds if the place allows it. To see with the carrier: +33 (0)2 33 65 61 61

### Markets

**Mayenne:** Monday

### Don't miss

**Domfront medieval town:** the castle ruins; town watchtowers, gateways and towers; timber-frame houses; Notre Dame sur l'Eau Church [www.ot-domfront.com](http://www.ot-domfront.com)

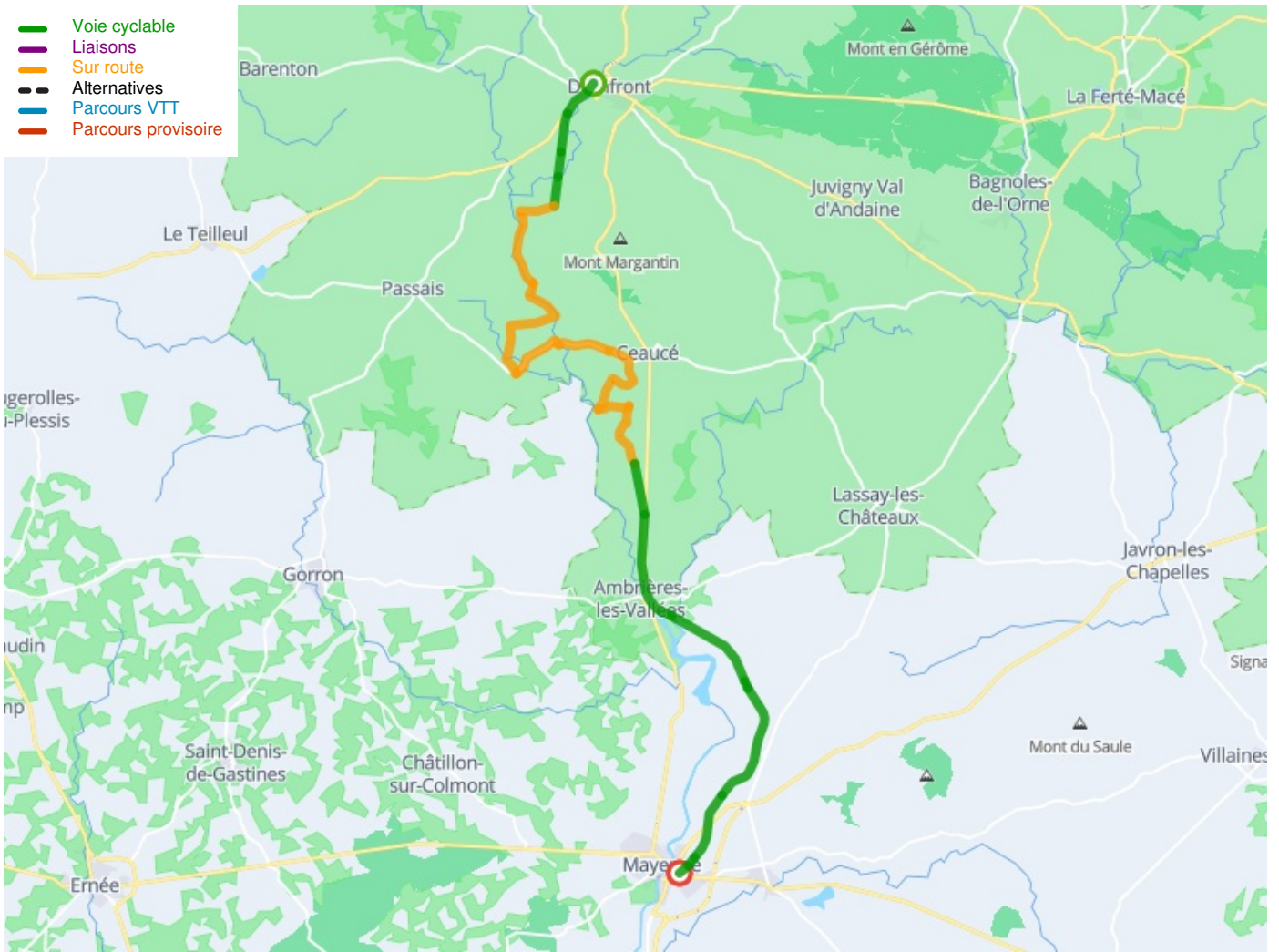
**Torchamp:** outdoor sports and leisure centre Ambrières-les-Vallées: Musée des Tisserands (on weavers), +33 (0)2 43 04 96 19; Vaux outdoor sports and leisure centre, +33 (0)2 43 04 90 25

**St-Loup du Gast:** [the vélorail](#), a former railway track tourists can travel along on specially adapted little railway carts – the track runs alongside the greenway from Ambrières-les-Vallées. Also marvel at La Rosserie Viaduct. +33 (0)2 43 00 80 61

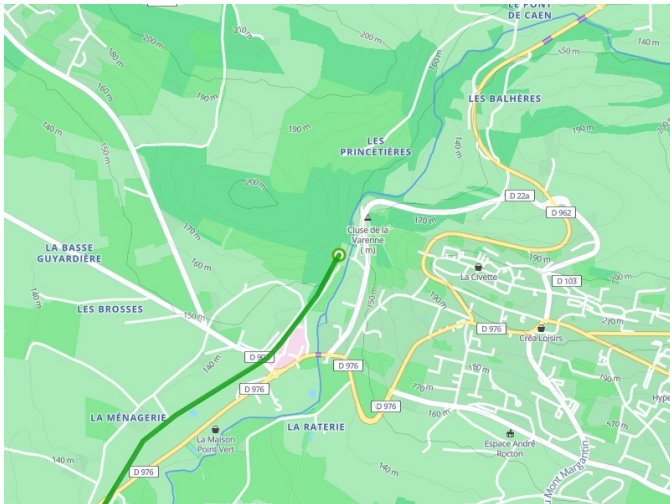
**Saint Fraimbault de Prières:** Les Roues Vertes (company hiring bikes, special carts, etc), +33 (0)6 15 56 56 72

**Mayenne town:** [Musée du Château](#) (archaeological and history museum) +33 (0)2 43 00 17 17; Les Calvairiennes Chapel; Notre-Dame Basilica; river-boating +33 (0)2 43 04 19 37 - the [Mémorial de la Déportation](#) (dedicated to those deported from the county of Mayenne during the Second World War) +33 (0)2 43 08 87 35

- Voie cyclable
- Liaisons
- Sur route
- Alternatives
- Parcours VTT
- Parcours provisoire



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