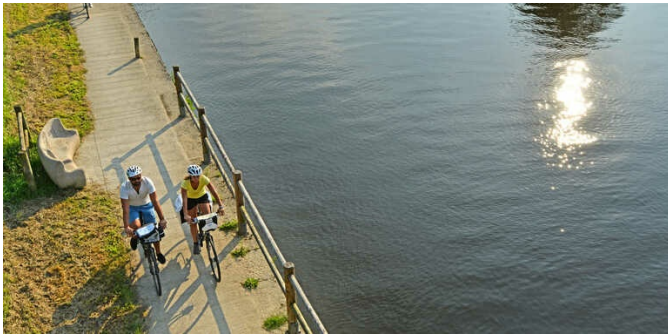


# Mayenne / Laval

## La Vélo Francette: Normandy / Atlantic by bike



**Départ**  
Mayenne

**Arrivée**  
Laval

**Durée**  
2 h 24 min

**Distance**  
35,53 Km

**Niveau**  
I begin / Family

**Thématique**  
Canals & intimate rivers,  
Castles & Monuments

After visiting the historic town of Mayenne, with its castle dating back in part to Carolingian times, head south via the Mayenne Valley. This La Vélo Francette stage is well suited to families, following the riverside towpath in a lovely natural setting punctuated by lock-keepers' houses and beautiful old homes. The town of Laval is a delight to walk around.

### Cycle route

Setting out from Mayenne-town, follow the Mayenne River's east bank. You join the towpath as you leave town. At the level of the small business park, the ZA de l'Huilerie, there's an interconnection with the greenway linking Ambrières-les-Vallées > La Chapelle-Anthenaise. Follow the signs indicating the Chemin de halage de la Mayenne.

### Tourist Offices

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

### SNCF train services

**Laval train station:** TGV high-speed services and TER regional services on line 22, Le Mans > Laval > Rennes  
[www.ter.sncf.com/pays-de-la-loire](http://www.ter.sncf.com/pays-de-la-loire)

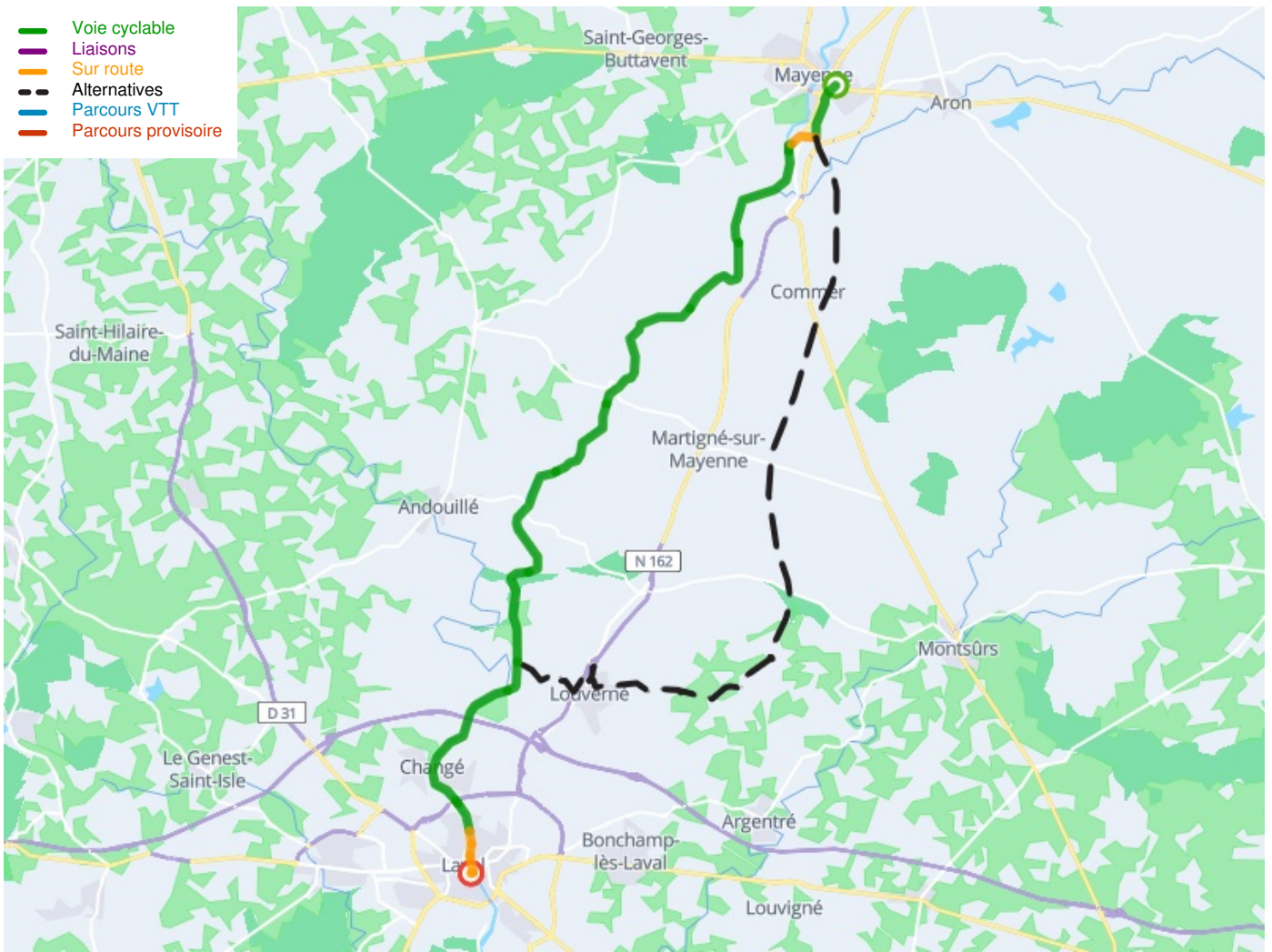
### Buses

Line N°28 Nantes > Laval  
Line N°29 Angers > Laval  
Contact TER: +33 (0) 810 324 324  
Bikes are allowed in the hold if there is room. The Perrin bus company decides on an individual basis, so try checking in advance: +33 (0)2 99 47 42 42.

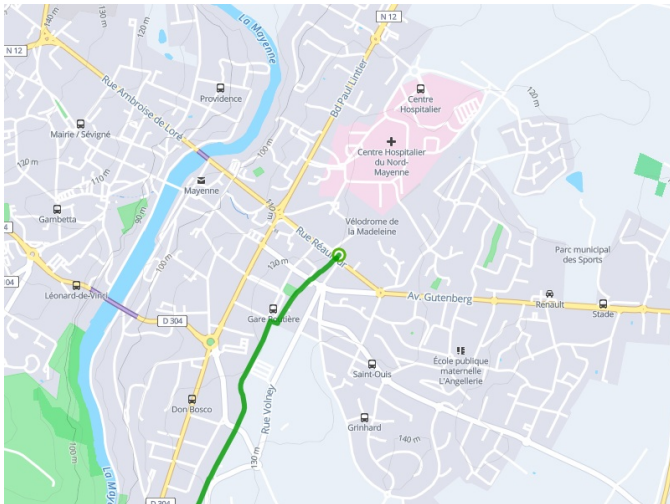
### Don't miss

**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  
**Laval:** [the castle and its Musée d'Art Naïf](#), +33 (0)2 43 53 39 89; [the Lactopole André Besnier](#) (a museum on milk production, also known as La Cité du Lait, in this, a major French milk-producing area), +33 (0)2 43 59 51 90; further museums, river wash sheds, [boat hire companies and river cruises from the river port](#), +33 (0)2 43 49 46 46

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



**Départ  
Mayenne**



**Arrivée  
Laval**

