

# Le Mans / La Suze-sur-Sarthe

## La Vélobuissonnière



**Départ**  
Le Mans

**Arrivée**  
La Suze-sur-Sarthe

**Durée**  
1 h 58 min

**Distance**  
29,83 Km

**Niveau**  
I cycle often

**Thématique**  
Castles & Monuments

This stage begins with a gentle ride along the pretty Boulevard Nature, starting from the quay at Le Mans port and following the River Sarthe. At Spay, stop off at Spaycific Zoo for a fun natural history lesson. The unusual mammals and birds will no doubt be the highlight of your children's day! If your party is a bit older or more into sports, try wakeboarding or water skiing and then relax on the beach. Back on your bike, pedal gently on for a few kilometres until you reach Fillé village. At Île MoulinSart, learn all about milling at the Cyprien Mill, take in the contemporary art exhibition at the Art Centre or refuel with a meal at the Bistrot du Moulin. And, if your legs are still up to it, take to the dance floor at the guinguette!

### The route

A greenway goes from the exit from Le Mans up to the path under the D 323 road. Then you follow quiet roads.

### SNCF Train services

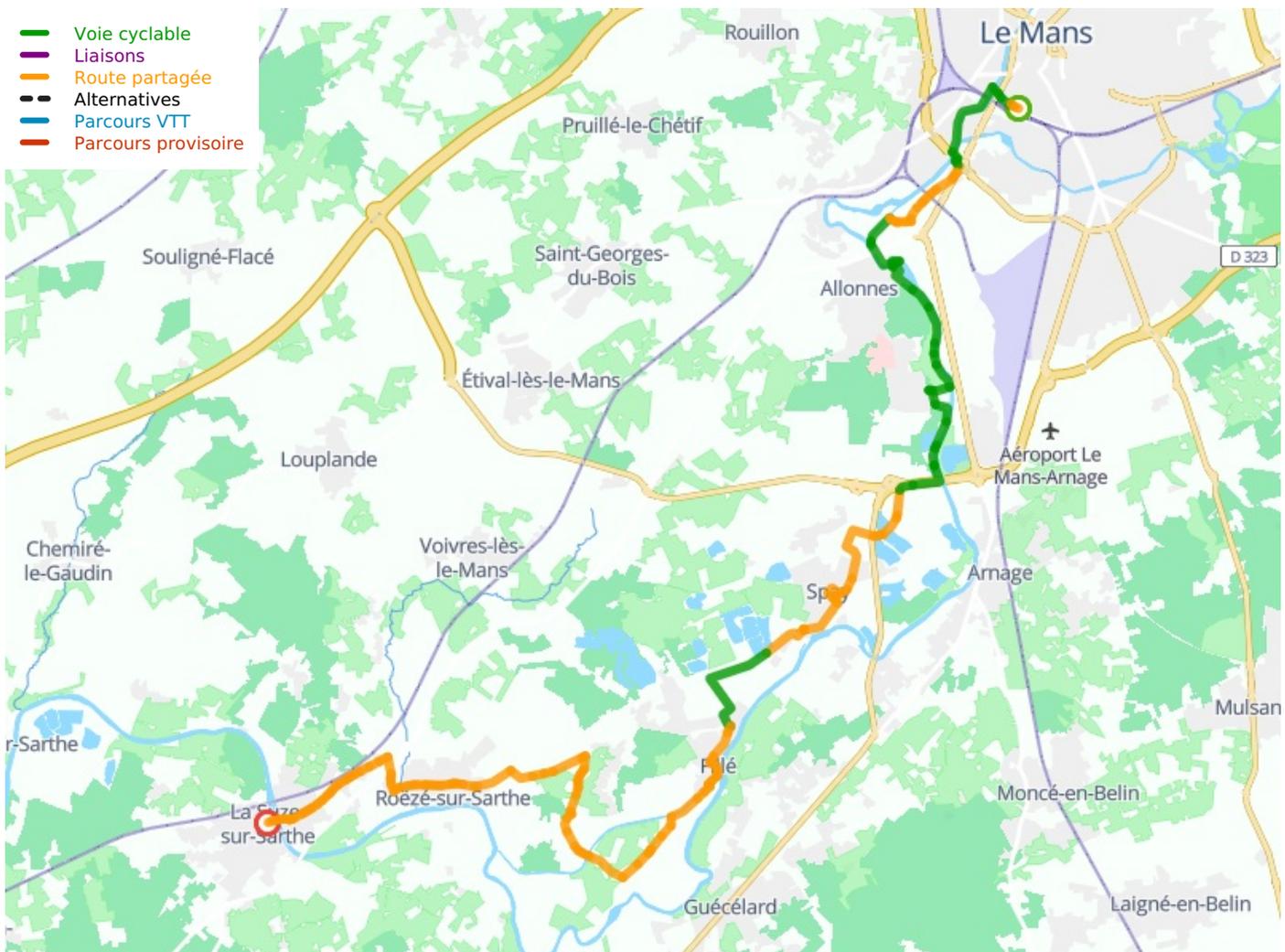
Train at La Suze s/Sarthe  
Line 21: Le Mans - Angers - Nantes

### Tourist Information

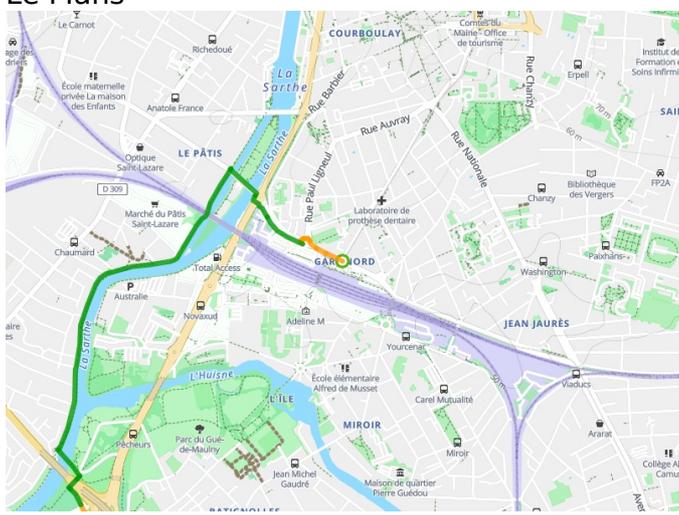
- [Office de Tourisme du Mans](#) Tél : 02 43 28 17 22
- [Office de tourisme de la Vallée de la Sarthe à Malicorne](#) Tél : 02 43 95 00 60

### Don't miss

Le Mans - Spay - Fillé-sur-Sarthe



**Départ**  
**Le Mans**



**Arrivée**  
**La Suze-sur-Sarthe**

