

Sarthe Tourisme.

GETAWAY GUIDE

 English



Neuville-sur-Sarthe © P. Beltrami

Sarthe
Tourisme



www.sarthetourism.com

La Sarthe.

- An exceptionally **well-placed destination** with excellent road and rail links.
- A **wealth of history** and unique savoir-faire.
- An outstanding and well-preserved **cultural heritage**.
- A variety of **landscapes** and unspoilt countryside.
- A renowned **gastronomic culture** and quality local produce.
- An impressive array of **leisure activities**.



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Ever-evolving heritage



Le Mans ©M.Oudoux

Having been at the centre of influence in medieval times and an innovative hub during the 19th and 20th centuries, La Sarthe boasts a very rich heritage, accessible to all. Over the past few years, several cultural sectors have emerged and further boosted the region's appeal.

In the footsteps of the Plantagenêts



Cité Plantagenêt, Le Mans ©M.Oudoux

A LEAP BACK IN TIME

IN THE CITÉ PLANTAGENÊT

Spanning an area of around 15 hectares, the old town is the site of a hundred or so timber-framed houses, the oldest of which date back to the 15th century. A number of sculpted cornice pillars and engraved lintels tell the story of the town's commercial activity and perpetuate certain legends. The cathedral of Saint Julien, whose spire rises like a beacon high above the town, provides the link between Romanesque and Gothic architectures. Make sure you go along and see the outstanding Gallo-Roman wall, built in the third and fourth centuries, at the foot of the old town.

BERENGARIA OF NAVARRA'S ABBEY: L'ÉPAU ROYAL ABBEY

Wife of Richard the Lionheart, Berengaria of Navarra decided to found a large Cistercian abbey, L'Épau Royal Abbey, in 1229. It is now one of the most significant cultural centres in La Sarthe and each year hosts exhibitions, photographic walks in its gardens, classical and contemporary music festivals, and light-and-sound shows at the end of the year. There is also a pleasant vegetable garden. Following the example of the Cistercian monks who were self-sufficient, the gardens supply fresh produce for the restaurant, the Café des Moines, including herbs, vegetables, fruit, eggs and even honey.

<https://epau.sarthe.fr>



Epau Royal Abbey ©M.Oudoux



©M.Guillon



Festival de l'Épau ©CD71



Panoramic terrace at the Château de Montmirail ©M.Guillon

THE SCENE OF A HISTORIC MEETING

AT THE CHÂTEAU DE MONTMIRAIL

This castle, with its medieval foundations and rebuilt in the 15th century, is noteworthy for its history: it was the site of a historic meeting between Henry II (or Henry Plantagenêt) and the Archbishop of Canterbury, and is the former castle of Louis XIV's daughter. Its armouries, dungeons and listed rooms are open to visitors. In summer, it hosts concerts, picnics and an array of activities.

www.chateaudemontmirail.com

A FAIRYTALE EXPERIENCE DURING LA NUIT DES CHIMÈRES

At nightfall in July & August (free)

The cobbles and façades of the city's historic monuments are turned into giant projection screens as the Cité Plantagenêt comes to life at nightfall. A unique journey through history and legends.

www.nuitdeschimeres.com



Find out more
about La Sarthe's
heritage



Ever-evolving heritage

From art to an automotive icon

STREET ART AROUND THE CITY

AT THE FESTIVAL PLEIN CHAMP

This festival brings together an array of international street artists over the first weekend of July. They spend three days creating designs on mobile structures, live before the public. To add to the festival vibe, there are DJ sets, local food trucks, and more. This free event is a great opportunity for the public to come along and meet the artists. The mural created by artist Seth was voted the fifth most beautiful piece of street art in 2022!



Plein Champ / Seth ©A. Szczuczynski



Plein Champ / BKFoxx



Plein Champ / Lapin Blanc



Plein Champ / Missy

FUN MUSEUMS FOR ALL

Delve into the rich culture of La Sarthe by exploring any of its 70+ museums and interpretation centres. From the must-sees like the Tessé museum in Le Mans to the quirky gems such as the mechanical music museum in Dollon or the cycling museum in the Maine Saosnois. Make the most of your holiday to expand your knowledge and have fun at the same time!

www.sarhetourisme.com/decouvrir/patrimoine-culturel/les-musees-de-la-sarthe/



Tessé museum ©M.Guillon

BEHIND THE SCENES OF THE ICONIC RACE AT THE 24 HOURS MUSEUM

Almost 140 legendary vehicles are on show at the museum. Take a visit to see why the revered race generates so much excitement every year. Complete the experience with a guided visit of the circuit and get a peek behind the scenes. Visit race control and the press room, and step on to the podium to imagine the thrill of winning Le Mans!

www.lemans-musee24h.com



©M. Guillon

Crafts and antiques

THE VILLAGE OF ARTISTS AND ANTIQUE DEALERS

AT LA CHARTRE-SUR-LE-LOIR

La Chartre-sur-le-Loir is a peaceful village that is home to a number of antique dealers, designers and artists. With around fifteen stores in all, it's a heavenly spot for bargain-hunters!

www.abap72blog.wordpress.com/les-boutiques-du-village



©M. Guillon



©PBeltrami

THE EARTHENWARE VILLAGE

AT MALICORNE-SUR-SARTHE

As the historic capital of openwork ceramics, Malicorne-sur-Sarthe is home to a number of craftspeople boasting unique know-how and using the special local clay, or "terre de Ligron". The Malicorne Earthenware and Ceramics Museum explores the history of this art and displays an array of everyday and decorative objects in a fun and interactive setting suited to all ages.

www.espacefaience.fr

See a list of all the
outstanding craftspeople



Explore the châteaux

A LOIRE CHÂTEAU ON THE LOIR

WITH THE CHÂTEAU DU LUDE

Here, the Middle Ages stands alongside the Renaissance. Inside, expect a few surprises, including a remarkable Italian-style studiolo, decorated with 16th-century wall paintings and a collection of ceremonial costumes from Louis XVI's time. There are also the new rooms telling the story of daily life at the château in the 19th century. The site is busy all year round with workshops in the medieval kitchens, two escape games set in the time of Jules Verne and the Musketeers, the Gardeners' Festival, and more.

www.lelude.com



Gardeners' festival, château du Lude ©Kukla

THE MYSTERIOUS LEGACY OF A ROMANIAN PRINCESS

AT THE CHÂTEAU DE COURTANVAUX



©J.P.Berlose

This 15th-century castle has witnessed the lives of four important French families. More recently, in the 19th century, Marie Bibesco, a Romanian princess, strove to modernise the castle.

She used her fortune to install gas lighting, running water, central heating and even an indoor telephone, a rare luxury at the time!

The château is also the setting for special Cluedo days.

<https://www.chateaucourtanvaux.com>

A 15TH-CENTURY STRONGHOLD TO DISCOVER AT THE CHÂTEAU DE SILLÉ-LE-GUILLAUME

The castle was the seat of a very old barony of the Haut-Maine region and was built in the 15th century on the ruins of an ancient 11th-century fortress. It has the shape of a quadrilateral with towers at its corners, including the huge machicolated tower which looms over the town.

www.sille-le-guillaume.fr/listes/chateau/



©J. Wevill

See all the castles
and gardens



Enchanting villages and gardens

DELIGHTFUL VILLAGES TO EXPLORE WITH THE PETITES CITÉS DE CARACTÈRE®

The Petites Cités de Caractère – or small towns of character – have managed to preserve their rich heritage and are ideal for a journey back in time! Explore the medieval and Renaissance times, the Age of Enlightenment or the Industrial Revolution with a tour of the 10 Petites Cités de Caractère de la Sarthe: Asnières-sur-Vègre, Fresnay-sur-Sarthe, Le Lude, Luché-Pringé, Montmirail, Mamers, Parcé-sur-Sarthe, Sillé-le-Guillaume, Saint-Calais et Saint-Léonard-des-Bois.



Discover all
the charming
villages



ADMIRE SPECTACULAR NATURAL BEAUTY IN REMARKABLE GARDENS



For a poetic experience, amble around the seven bucolic gardens in La Sarthe that have been awarded the Jardins Remarquables label: Vauboin Priory (first prize in the 2020 Art du Jardin awards), the gardens of the keep in Ballon, Le Petit-Bordeaux, the Château du Lude, the château de Villaines, the Château du Mirail and the Renaissance garden of Poncé-sur-le-Loir. They are all equally splendid!



See
all the gardens



A natural escapade

Forêt d'Exception de Bercé ©P.Beltrami

The landscape in La Sarthe is made up of forests, hedgerows and meadows, rivers and even small mountains. Such diversity is full of promise for nature lovers or anyone looking for a change of scenery.

Close to nature



Bercé Forêt d'Exception ©P.Beltrami

THE TREE IS KING IN LA SARTHE!

La Sarthe is the most wooded area in Western France. It has four state forests where you can indulge in some tree hugging! The most emblematic is the Bercé Forêt d'Exception, where the oak trees are 350 years old. Meanwhile, the forests of Perseigne, Sillé-le-Guillaume and Petite Charnie offer a different atmosphere, with their tall pines, golden plains and craggy slopes.

www.sarthetourisme.com/decouvrir/au-plus-proche-de-la-nature/les-forets-de-la-sarthe

THE MINIATURE MOUNTAINS OF LA SARTHE, THE ALPES MANCELLES

The Alpes Mancelles are a fragment of the Armorican Massif. This distinctive landscape is characterised by the unique scree slopes of Saint-Léonard-des-Bois, its steep hills and its forests. A wonderful area for hiking enthusiasts to explore!

DID YOU KNOW? The Normandy-Maine Regional Natural Park, which encompasses the Alpes Mancelles, has just been awarded the UNESCO World Geopark label!

www.sarthetourisme.com/incontournables/les-alpes-mancelles



Les Alpes mancelles ©P.Beltami

A vast outdoor playground

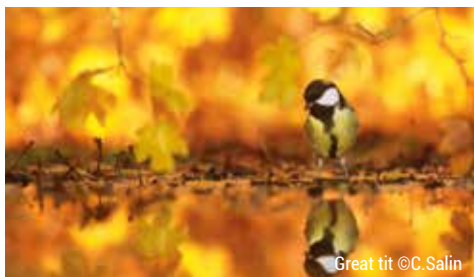
GET TO KNOW NATURE BETTER WITH SENSITIVE NATURAL AREAS YOU CAN EXPLORE

Every year, La Sarthe organises a series of nature visits at its 17 Sensitive Natural Areas. A great opportunity to discover the local fauna and flora, including bats, stag beetles, newts and toads.

To find out more: www.sarthe.fr



Otter ©C.Salin



Great tit ©C.Salin



Yellow-bellied toad ©C.Salin



Peregrine falcon ©C.Salin

HORSEBACK ADVENTURES

IN LA SARTHE

Equestrian tourism is very popular in La Sarthe with over 1,000 km of bridle paths for horse riders. The many riding centres offering an array of amazing stays for all.

In Beaufay, there is a special gîte that welcomes riders and their horses!

See the equestrian centres at: www.sarthe-tourisme.com/randonnees-equestres



Domaine du Gasseau ©P.Beltrami

LEARN ABOUT RESPECTFUL FISHING

WITH THE FÉDÉRATION DE PÊCHE

With 4,500 km of rivers and 50 lakes, La Sarthe is a dream destination for fly-fishers, spinners, bobbers and No-Kill fishers. No-Kill fishing means releasing the fish without harming them and is becoming an increasingly popular pastime. Some fishing spots, such as the fly-fishing area in the Alpes Mancelles, are reserved for this type of fishing.

The Sarthe Fishing Federation is very active and offers a range of training sessions with a coach to help you get started or improve your fishing skills.

www.peche72.fr/



©Fédération de Pêche

DOG-SLED RIDES OR HIKING

IN LA PETITE CHARNIE FOREST OR THE BOCAGE



Canic-Rando Sled Dog Ride,
La Petite Charnie forest ©E.Pirat

Sled-dog hiking is walking with a dog in front of you, attached to a waist belt. It is more than just an outing, but a real opportunity to develop a bond with the animal. Meanwhile, sled-dog rides use a kind of sled on wheels, pulled by a dozen or so dogs. As if you were out with a team in the Far North, you'll hurtle through the forest at high speed and enjoy an unforgettable thrill! Dog sledding is accessible to people with reduced mobility.

www.sleddogride.fr

www.lescrocblancssartheois.fr

Sport and nature

RUNNING OR ALL-TERRAIN CYCLING?

Lace up your trainers and head for the first trail running site in La Sarthe. Jog along the 6-40 km routes that will take you through fields and forests. Then change gear and hop on your mountain bike for a ride along one of the 40 or so circuits that criss-cross the area, with both loops and linear routes for beginners or experts.

Download the various trails to prepare your outings



TRAIL
CIRCUITS



VTT
CIRCUITS



World trail running Nathalie Mauclair ©M.Guillon

HIKING - MORE THAN 300 CIRCUITS AND GR PATHS (MAIN HIKING ROUTES)

Discover the countryside of La Sarthe at your natural pace. You'll love the variety of hiking trails (hedgerows and meadows, forests, hollow ways, wetlands and craggy slopes) and the varied rural heritage of the picturesque villages.



Forêt domaniale de Sillé-le-Guillaume ©P.Beltrami



Perseigne forest, lookout tower ©J. Damase

Download the info sheets



HIKING

See all the natural treasures of La Sarthe



On two wheels



Beaumont-sur-Sarthe ©P. Beltrami

Browse through our cycle touring ideas and explore La Sarthe at your own pace.

Cycling tours

240 KM OF NATURE AND HERITAGE TO EXPLORE: LA VÉLOBUISSONNIÈRE®

Set off on a carefree ride! La Vélobuissonnière runs from Normandy to the Loire châteaux, crossing La Sarthe on a series of green ways and quiet country roads. Linked to western France's main cycle routes, it invites you to explore the region's remarkable architectural and landscape heritage. Take your pick from the UNESCO-listed sites, the stunning scenery of the Alpes Mançelles, the banks of the rivers Sarthe and Loire, the Cité Plantagenêt or old town of Le Mans, and the craftwork of Malicorne's earthenware makers. Savour a delicious coffee on a terrace in one of the lovely village or town squares. Follow the signs for the V44 and see where your journey takes you!

www.lavelobuissonniere.com

NEW:

2 detailed guides cover all that there is to do and see along La Vélobuissonnière.

CHAMINA GUIDE: In bookshops from mid-May 2024. →

QUEST FRANCE GUIDE: In tourist offices in La Sarthe and in bookshops from the end of March 2024.



Cycling around La Sarthe.

Pick up the cycle map in the tourist offices in La Sarthe.



More info on The Loir Valley by bike



More info on La Vélobuissonnière®



- La Vélobuissonnière (V44)
- The Loir Valley by Bike (V47)
- Green Routes
- Regional Trail Noyen/Sarthe - Sablé/Sarthe
- Bike Loop Trails:
 - La Petite Reine (130 km)
 - La Ronde des Vallées et Forêts (185 km)
- Local Bike Loop Trails

FROM PICTURESQUE VILLAGES TO THE LOCAL VINEYARDS

THE LOIR VALLEY BY BIKE - 320 KM

This cycle route follows a section of the Loir over a distance of 320 kilometres from its source in Eure-et-Loir to Maine-et-Loire. Along the way, you'll discover a series of picturesque villages and the valley's distinctive vineyards.



Château du Lude - the Jasnnières vineyards - the village of antique dealers at La Chartre-sur-le-Loir - the banks of the Loir - the château of the Dukes of Anjou.

www.sarthetourisme.com/la-vallee-du-loir-a-velo



Chateau du Lude ©M. Guillon

LA PETITE REINE - 130 KM

Through the fields from one picturesque village to the next, this 130 km bike ride will take you from the Alpes Mancelles hills to the Perseigne national forest, the highest point in La Sarthe!



Le Saosnois greenway - The La Belle Échappée cycle museum, a unique collection of bicycles and objects retracing the history of competitive cycling in France - the Perseigne forest lookout tower - Rillettes tasting in Mamers.

www.sarthetourisme.com/la-petite-reine-des-alpes-mancelles-au-saosnois



©Musée La Belle Échappée

LA RONDE DES VALLÉES ET FORÊTS - 185 KM

As you pedal through the extensive forests and scenic valleys, you'll come across some of the most outstanding natural and cultural sites of La Sarthe. Starting from Le Mans cathedral, head for the south of the Sarthe where you'll find Bercé Forest, an array of tufa stone houses and the magnificent 19th-century round railway depot, the Rotunda.



L'Épau Royal Abbey - the prestigious Bercé Forest - the Montabon railway rotunda - La Flèche Zoo.

www.sarthetourisme.com/la-ronde-des-vallees-et-forets-2



Sillé-le-Guillaume forest ©M. Guillon

LOCAL CIRCUITS for a day's cycling complete the offering, with the chance to pedal along the Saosnois greenway, explore the Bercé Forêt d'Exception and discover the Perche Sarthois.

Download all the cycling routes



Find tourist operators with "Accueil Vélo" accreditation



All the info you need to visit La Sarthe by bike



Services for cyclists

ELECTRIC MOUNTAIN BIKE HIRE

WITH CHASE THE LINE



Maxime Davoust ©M.Guillon

In the heart of the Alpes Mancelles region, on the La Vélobouissonnière route, Maxime Davoust provides an electric mountain bike hire service for guided or unaccompanied rides (lasting a few hours, a day or several days). More athletic visitors can even get expert advice from a coach! Chase The Line also repairs and services bicycles.

Facebook: Chase The Line

BICYCLE REPAIRS AND HIRE SERVICE FROM THE GREEN BIKE

Romain Galpin, a former carpenter, moved into the cycling sector last July when he set up The Green Bike. His workshop is just a stone's throw from the new Loir Valley by Bike greenway and there he can take care of any kind of repair, from changing a brake cable to a complete overhaul of your bike. He also has around a dozen bikes for hire, with all the equipment you need for children.

Facebook: The Green Bike



©Romain Galpin

BIKE RIDES FOR ALL TO ENJOY

WITH ESCAPA2

Fabien Garnier, a sports instructor, created Escapa2 so that people with disabilities and the elderly can enjoy a bike ride in complete safety. The tour is adapted to different types of disability. He has two bicycles available. The three-wheeler can accommodate two people for an effortless ride. Meanwhile, the tandem can be used for physical therapy. The rider sits in front of Fabien and will pedal with him, adapting the effort to their condition.

<https://escapa2.fr/>



Fabien Garnier ©M.Guillon

THE SARTHE BIKE CAFÉ LA PINCE À VÉLO

In Têlochê, a 30-minute cycle ride from the Bercé forest, La Pince à Vélo is a friendly stopover for cyclists on their travels. This vintage-style bicycle café has a repair workshop and a bar where you can relax and chat with the many cycling enthusiasts you'll find among the clients. There is also a shop selling local Sarthe produce and cycling accessories (vintage T-shirts, caps, etc.).

<https://lapinceavelo.eatbu.com>

On the water's edge



Sillé Plage ©M. Picouleau

Feeling the heat? Enjoy a dip or indulge in some watersport in total safety. La Sarthe has a number of lakes with lovely beaches and good quality water.

Refreshing experiences

CANOEING-KAYAKING

- FROM SMALL WILD STREAMS
TO PEACEFUL RIVERS

Canoeing and kayaking are great ways of getting close up to nature and exploring the local heritage. Meander along the Huisne, the Vègre and the Loir. Or would you prefer the River Sarthe and its vast expanses? Among other points of interest, it flows past the Abbey of Saint-Pierre de Solesmes. If you love smaller, wild rivers, you can paddle down from the Alpes Mancelles to Fresnay-sur-Sarthe.



La Ferté-Bernard ©J.P Berlose

TRAVEL BACK IN TIME IN AN ELECTRIC BOAT



Treat yourself to an electric boat ride along the canals of La Ferté-Bernard, a small medieval town with numerous bridges, walkways and wash houses along the river.

In Le Mans, you can enjoy a spectacular view of the Gallo-Roman wall and the Cité Plantagenêt old town. In Fresnay-sur-Sarthe, officially named one of Most Beautiful Villages in France, admire the Weavers quarter from the river.

STAND-UP PADDLEBOARDING ALONE OR WITH (THE WHOLE) FAMILY!

Solo stand-up paddleboarding is a great opportunity to test your balance, with birdsong as your soundtrack and the river and its peaceful landscapes as your backdrop. Meanwhile, the giant paddleboard can accommodate 8 to 10 fun-seekers for a trip out together!



A WAKEBOARD OR EFOIL BOARD FOR THRILLING ACTION ON THE WATER!



At Aventure Nautique in Roëzé-sur-Sarthe, you can try out another unusual activity, efoiling. As you gather speed, the e-foil board lifts up and you'll feel like you're flying over the water!

www.aventurenautique.fr

Wake Paradise in Spay offers a thrilling wakeboard experience – towed behind a motorboat, attempt to perform manoeuvres on a course lined with ramps.

www.wakeparadise.fr

See the full range of water activities



All aboard!



Solesmes ©Clo & Clem

A STAY ON A HOUSEBOAT

ON THE RIVERS OF WESTERN FRANCE®

Embark at Sablé-sur-Sarthe and set sail for several days along the rivers Sarthe, Mayenne, Maine or Oudon. You'll love the tranquillity and the diversity of the landscapes you pass through, plus the many experiences to be enjoyed, from heritage tours to nature activities.

www.sarhetourisme.com/rivieres-de-louest

Pick up the Rivers of Western France® map in the tourist offices in Le Mans, Malicorne-sur-Sarthe and Sablé-sur-Sarthe.

More information on
the Rivers of Western
France®



PICNIC ON A TRADITIONAL VESSEL

ON LA RÊVEUSE SAINT-NICOLAS

La Rêveuse de Saint-Nicolas is a *toue*, a flat-bottomed boat used to carry passengers and goods on our local rivers. You'll feel like you're back in the 17th century aboard this boat, which will take you along the River Sarthe for a historic outing from Le Mans (or Malicorne-sur-Sarthe, depending on season) or for a half-day trip including a picnic at the lock..

Facebook: [La Rêveuse de Saint-Nicolas](https://www.facebook.com/LaRêveuseSaintNicolas)



La Rêveuse de Saint-Nicolas au Mans ©M. Guillon

A ROMANTIC DINNER OR AN APERITIF CRUISE

ON BOARD LE SABLÉSIEEN



Le Sablésien ©P.Beltrami

Enjoy a trip on board the *Le Sablésien* cruise boat. Embark at Sablé-sur-Sarthe and savour a lovely meal or aperitifs as you discover the manor houses hidden away in the gorgeous green surroundings.

www.bateau-sablesien.fr

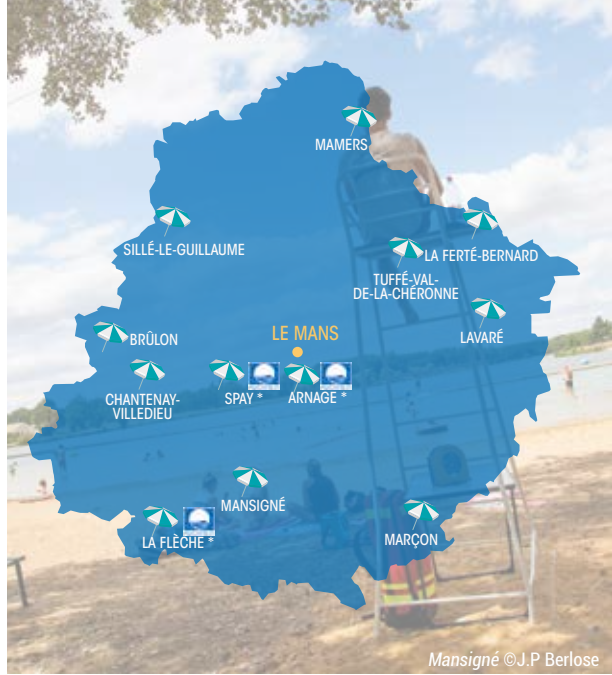
Dive in!

LEISURE PARKS IN THE SARTHE

Do you feel like a day of fun with the family? The beaches at the leisure centres and swimming pools offer something for everyone with watersports, a chance to bask in the sun, fishing, or even cycling nearby!



La Ferté-Bernard ©J.P Berlose



Mansigné ©J.P Berlose

*Blue Flag: a mark of exemplary environmental quality

See all the places you can swim →



See all the swimming pools near you →



DRINKS ON THE WATER'S EDGE, *GUINGUETTE* STYLE

For a total change of scenery, how about an evening of music in a relaxed atmosphere on the waterfront?

You can shake your stuff at the Bistro on the island of MoulinSart!
www.ile-moulinsart.fr

Or try the lakeside La Guinguette de Beaumanoir, where you can enjoy a dance and discover local bands.

Facebook: Guinguette de Beaumanoir

At La Guinguette des Tanneries on the edge of the Cité Plantagenêt in Le Mans, enjoy a relaxing interlude on the banks of the River Sarthe.

Facebook: Guinguettelemons

At Wake Paradise in Spay, enjoy drinks al fresco in an enchanting setting. Soak up the mesmerising atmosphere as a DJ performs his mix in the middle of the lake.

Facebook: Wake Paradise



©Wake Paradise

See where to find other guinguettes →



Farm visits



La Ferme les Deux Sabots ©M.Guillon

The farmers of La Sarthe are proud of what they do and love to welcome visitors! They're keen to share their knowledge with you and promote the region. From vineyard visits to overnight stays on a farm, you'll be spoilt for choice.

Countryside experiences



©Noscoeursvoyageurs

HUG A COW!

AT LA FERME LES DEUX SABOTS

At this open farm located in Ecorpain, you'll learn how a dairy farm works. Accessible to visitors with reduced mobility. After your visit, discover the virtues of a warm hug with a cow, enjoy a coffee in the meadow and make crêpes in a workshop.

www.lesdeuxsabots.com

A SAFARI TO DISCOVER

THE STAGS IN THE PERCHE



Hop on board a 1960s military truck for a ride out into the vast expanses of La Haie farm to discover the stags of Le Perche. Dominique Vadé has been breeding stags for 30 years and has a deep understanding of their behaviour. He has even worked with the INRA, France's agricultural research institute. He'll explain everything you need to know about these kings of the forest, including their autumn bellowing antics, their antler cycle and diet.

www.cerfduperche.com

ALPACA KINGDOM

AT THE PARADIS DE LA CHARNIE

Meet the adorable alpacas kept by Géraldine Caplain at Saint-Symphorien. Follow a guided visit and then discover the clothes created using the animals' soft wool, which is hard-wearing and hypoallergenic. Take your pick from the hats, scarves, gloves and baby outfits.

www.paradischarnie.com



Gourmet indulgence

SAMPLE THE WINES

- JASNIÈRES AND CÔTEAUX-DU-LOIR

The Loir Valley in the south of La Sarthe is well suited to winegrowing. Two appellations d'origine contrôlée (AOC) wines, Jasnières and Coteaux-du-Loir, are produced there and have been awarded the Vignobles et Découvertes label. All year round, there are guided visits, workshops, tasting sessions and hikes, organised by the many Loir Valley wine cellars.

NOUVEAUTÉ: Learn more about the wines of La Sarthe at the new Maison des Vins et du Tourisme that opens this year in La Chartre-sur-le-Loir. www.sarthetourisme.com/les-vins-du-loir



PICK UP WELL-KNOWN LOCAL PRODUCE AT THE FARM SHOPS



La Sarthe is fortunate to have exceptional farm produce within easy reach, including Loué chickens, cheeses, organic vegetables and even edible flowers. Savour the local flavours, straight from field to plate.

www.sarthetourisme.com/produits-du-terroir-sarthis

See all
the farm-based
activities



Family fun



©Papée Parc, Yvré-l'Évêque

La Sarthe is teeming with original recreational destinations ideal for families, with fun and laughter guaranteed. Some of them are quite surprising and all of them are surrounded by beautiful countryside!

LA FLÈCHE ZOO



This well-known zoo is home to 1,500 animals from five continents, accommodated in a lush green setting.

BECOME A ZOOKEEPER FOR THE DAY!

Spend several hours in the company of one of the animal keepers to learn about this fascinating job (booking required).

www.zoo-la-fleche.com



©S.Lira

SPAYCIFIC'ZOO



The park boasts over 180 species of animals rarely seen in zoos: dingoes, Asian leopard cats, and many more. It also has a beautiful immersive aviary. **FEED THE PARAKEETS in their aviary at teatime!**

www.spaycificzoo.com

THE MANOIR DE LA COUR

The Manoir de la Cour in Asnières-sur-Vègre revisits medieval history and evokes the daily life of that time in an entertaining way. Children can even dress up for full immersion in the era!

DON'T MISS the Rendez-vous du Moyen Âge, with cooking demonstrations, and demonstrations of the art of war... learn all about this period of history!

www.lemanoirdelacour.fr



L'ÎLE MOULINSART

Canoeing, stand-up paddleboarding, a visit of the working mill... Spend the day at Fillé-sur-Sarthe and enjoy a bite to eat at the Guinguette. There's also a contemporary art centre here with exhibitions indoors and outside in the grounds.

www.ile-moulinsart.fr

CARNUTA

Carnuta is a visitors' centre devoted to the Forest and People in Jupilles, and offers a fun and interactive way to learn more about the world of the forest. It hosts an array of activities and exhibitions for visitors of every age.

www.carnuta.fr



PAPÉA PARC



Experience the rapids of the "River Splash" attraction, become a pirate for the duration of a ride, or set off on an adventure on the mine train... The amusement park's 36 attractions will thrill visitors big and small.

www.papeaparc.fr



L'ARCHE DE LA NATURE



This 500-hectare natural haven is a wonderful playground for families, who can hire canoes, bicycles and vel'trams (tricycles for up to seven people).

DID YOU KNOW? L'Arche de la Nature est can be reached on the tram!

www.arche-nature.fr



© J.P Berlose

PESCHERAY ZOO



Discover European elk, brown bear, golden jackal and tayra in a vast natural woodland that is lovely to walk around. The zoo helps to protect and safeguard the European bison.

www.pescheray.com



© J.P Berlose

TÉPACAP ET LES TYROLIENNES DE LA FORÊT



With Tépacap, embark on an adventure on the edge of Le Mans. Choose from a treetop adventure course, the Pitchouns little kids' area, paintball, an outdoor laser game, bubble football and more!

Near the lake in Sillé-le-Guillaume, the gorgeous setting of Les Tyroliennes de la Forêt will delight thrill-seekers! www.tepacap-lemans.fr / www.tyros72.com

THE MUSEUM OF MECHANICAL MUSIC



© M. Guillon

In Dollon, travel back in time to a magical age of mechanical music. From barrel organs and cylinder phonographs, to scopitones, jukeboxes and automatic accordions... listen to over 250 items from the 1800s to the 1960s!

www.musiquesmagiques.fr

LE DOMAINE DU GASSEAU



© J.P Berlose

Go climbing, horse riding or hiking in the heart of the Alpes Mancelles. Or take to the heights and get an adrenaline rush in the treetop adventure course. Enjoy lunch at La Maison du Gasseau restaurant, which serves a range of exquisite dishes showcasing local produce.

www.parc-aventures-du-gasseau.com



© Tépacap

MUSÉOTRAIN / TRANSVAP / MONTABON RAILWAY ROTUNDA



Step aboard the Muséotrain in Semur-en-Vallon and explore the world of trains from the 1900s to the 1950s. You can visit a dozen historic wagons and locomotives with an amazing immersive sound experience. Continue the journey aboard a steam locomotive with the Transvap between Beillé and Bonnétable. In the south of the department, discover the Montabon rotunda, a wonderful witness of 19th-century railway activities.



Semur-en-Vallon ©J.P Berlose

www.lepetittraindesemur.com
<https://rotonde-rfvl.s2.yapla.com/fr/>

ESCAPEDREAM



©Escapedream

Created by three farmers with a love of escape games, Escapedream in Soulligné-sous-Ballon immerses players in three different worlds with games lasting around 90 minutes each, right in the middle of a dairy farm. Search a dark attic for the hidden treasure of your suddenly deceased grandfather. Try to escape the clutches of a jealous lord.

www.escapedream.fr

VERTICAL'ART



Discover this specialist bouldering centre in Le Mans and climb the 4.5-metre walls without a harness or rope. But don't worry – there are mats to cushion your falls! There are different rooms so whether you're a beginner or an expert, you can tackle a challenge to suit you. One area is accessible to children aged 4 and up.

<https://lemans.vertical-art.fr>



©M.Guillon

LE SPOT INDOOR



Le Spot Indoor is a skatepark in Le Mans and the ideal place for kids, teens and anyone who's still a kid at heart, looking for an adrenaline rush! With slides and jumps on skateboards, BMX bikes or scooters.

www.lespot.fr



©Le Spot

See the complete
leisure offering



Accommodation



Safari suites zoo de La Flèche ©S. Le Ludec

Keen for something new? Here are a few ideas for a quirky kind of stay not too far from home!

A quirky choice

A MANOR STRAIGHT FROM AN AGATHA CHRISTIE NOVEL:

MANOIR DE LA MASSONNIÈRE

Five guest rooms and a gîte that has been completely redecorated: with floral and scenic wallpaper and pastel-coloured paints, great care has been taken to replicate the garden's atmosphere in the bedrooms and shared living areas. The gardens that surrounded the old manor house were designed in the twentieth century, and feature a small perennial garden, a formal garden, a kitchen garden, a rose garden, a cut flower garden and an arboretum, all forming a poetic alliance of stonework and foliage.

<https://lemanoidelamassonniere.fr/>



©Massonnière

ECO-RESPONSIBLE TOURISM AT THE JARDIN DES 4 SAISONS

Set in a verdant oasis close to the centre of Le Mans, the Jardin des 4 Saisons has five guest rooms and two gîtes, all beautifully decorated. Guests can enjoy a stunning backdrop featuring a vegetable garden, orchard, henhouse and apiary. Each room's terrace is adorned with plants, creating a serene and natural environment for guests to relax in.

<https://lejardindes4saisons.com>



COSY CABINS ON THE WATER WITH THE CABANES DU PLESSIS

"La Cachee", "L'Observatoire", "La Toue cabanée", evocative names for these cabins on a large lake in the middle of the forest. The first of them is perched on stilts beside the shore. The large terrace overlooking the water is ideal for fishing. And if you're feeling a bit chilly, you can curl up inside by the wood-burning stove. "L'Observatoire" has large picture windows offering great views of the surrounding flora and fauna. "La Toue cabanée" can only be reached by boat as it floats in the middle of the lake.

<https://lescabanespduplessis.com>

Browse and select your quirky accommodation choice.



A LEAP INTO PSYCHEDELIA AT THE GÎTE DU MISFON

The Misfon gîte (6 separate rooms) whisks you back to the 70s with its teak sideboards, armchairs covered in fluffy blankets, black and white tiles, shaggy rugs and vinyl records.

Sip on a drink beside the (heated) pool and gather round the large table with its funky styling for a joyful blast from the past.

<https://gite-du-misfon.fr/>



A HAVEN ON THE WATER'S EDGE AT THE MOULIN DE BELLE QUEUE

This 14th-century water mill, now converted into a gîte, lies tucked away in the heart of the Perche Sarthois. Every part of the property has been re-designed, creating a seamless fusion of eras where contemporary pieces stand among the antiques. The interior features a cosy lounge and six carefully decorated bedrooms, creating a very welcoming atmosphere. The gentle waters of the millstream flow peacefully alongside the house, helping you to relax and unwind.

www.lemoulindebellequeue.com



©M.Guillon

SLEEP AMONG THE WILD ANIMALS IN THE SAFARI LODGE & SUITE AT LA FLÈCHE ZOO

Be prepared for a one-of-a-kind experience with a stay in these high-end suites surrounded by lions and cheetahs! The 12 suites, alongside a restaurant, bar and lounge, have been carefully designed to create an authentic African atmosphere. The large picture windows look out on to the African plain and its animals, which you can observe safely from the outdoor patio.

www.safari-lodge.fr



©S. Le Ludec

The joys of camping

NATURE, RECREATION AND RELAXATION SURROUNDED BY THE FOREST

AT THE HUTTOPIA CAMPSITE

The Lac de Sillé Huttopia campsite enjoys an outstanding natural setting in the heart of the Sillé-le-Guillaume state forest. With a leisure park, treetop adventure park and several hiking trails nearby, it's the perfect place for a sporty getaway. Take your pick from the range of accommodation (chalets, gypsy caravans, cottages, tents, etc.) and prepare for an idyllic holiday!

Profitez aussi des
nombreux campings
sarthois



Camping de Sillé-le-Guillaume ©S. R. Etienne

TOUTES LES INFORMATIONS UTILES DANS L'OFFICE DE TOURISME DE VOS VACANCES !



LE MANS

LE MANS MÉTROPOLE TOURIST OFFICE

16 rue de l'Étoile
72000 Le Mans
Tél. 02 43 28 17 22

www.lemans-tourisme.com/fr

MAISON DU PILIER ROUGE

(Tourist information desk during the
summer season)

41-43 Grande-Rue
72000 Le Mans
Tél. 02 43 47 40 30

www.lemans.fr

NORTH SARTHE

MAINE SAOSNOIS TOURIST OFFICE

■ MAMERS OFFICE

50 place Carnot
Tél. 02 43 97 60 63

■ BONNÉTABLE OFFICE

1 rue d'Isly
Tél. 02 43 97 60 63

www.tourisme-maine-saosnois.com

MAINE COEUR DE SARTHE TOURIST OFFICE

■ 36 rue du Général-Leclerc

72290 Ballon-Saint-Mars
Tél. 02 43 27 35 30

www.tourisme-maineceurdesarthe.fr

ALPES MANCELLES TOURIST OFFICE

■ FRESNAY-SUR-SARTHE OFFICE

19 av du Docteur Riant
Tél. 02 43 33 28 04

■ BEAUMONT-SUR-SARTHE OFFICE

13 place de la Libération
Tél. 02 43 33 03 03

■ SAINT-LÉONARD-DES-BOIS OFFICE

17 rue des Alpes Mancelles

www.tourisme-alpescancelles.fr

SOUTH SARTHE

LOIR VALLEY TOURIST OFFICE

■ LA FLÈCHE OFFICE

20 boulevard de Montréal
Tél. 02 43 38 16 60

■ LA CHARTRE-SUR-LE-LOIR OFFICE

13 place de la République
Tél. 02 43 38 16 60

■ LE LUDE OFFICE

Place François-de-Nicolaï
Tél. 02 43 38 16 60

■ MONTVAL-SUR-LOIR OFFICE

(Cabinet of curiosities)
4 avenue Jean-Jaurès
Tél. 02 43 38 16 60

www.vallee-du-loir.com

EAST SARTHE

LA FERTÉ BERNARD TOURIST OFFICE IN LE PERCHE ÉMERAUDE

■ 15 place de La Lice
72400 La Ferté-Bernard
Tél. 02 43 71 21 21

www.tourisme-lafertebernard.fr

TOURIST OFFICE FOR THE BRAYE AND ANILLE VALLEYS

■ SAINT-CALAIS OFFICE

14 place de l'Hôtel-de-Ville
Tél. 02 43 35 82 95

■ VIBRAYE OFFICE

8 place de l'Hôtel de Ville
Tél. 02 43 60 76 89

■ BESSÉ-SUR-BRAYE OFFICE

Place Jean Dufournier
Tél. 02 43 63 09 77

www.tourismebrayeannille.fr

WEST SARTHE

TOURIST OFFICE FOR LA CHAMPAGNE CONLINOISE AND THE PAYS DE SILLÉ

■ SILLÉ-LE-GUILLAUME OFFICE

place de la Résistance
Tél. 02 43 20 10 32

■ SILLÉ PLAGES TOURIST OFFICE

Allée Gabriel Richefeu
Tél. 02 43 20 10 32

www.destinationcoco.com

SARTHE VALLEY TOURIST OFFICE

■ SABLÉ-SUR-SARTHE OFFICE

18 rue Léon-Legludic
Tél. 02 43 95 00 60

■ MALICORNE-SUR-SARTHE OFFICE

(Earthenware and Ceramics Museum)
rue Victor-Hugo
Tél. 02 43 95 00 60

■ SOLESMES OFFICE

rue Marchande
Tél. 02 43 95 00 60

www.vallee-de-la-sarthe.com

Prepare and book your activities on:
www.sarthetourisme.com



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