

Places to visit on the way

Veloscenic takes the back roads around Alençon to meander to the château of Carrouges, the head office of Normandy-Maine Natural Park. Some lovely viewpoints over the forest of Écouves before a slightly challenging arrival at Carrouges. Small lanes with some fairly steep climbs and descents.



The château of Carrouges



The grain market Alençon



House birthplace of Sainte-Thérèse - Alençon

A Alençon

A charming town. Fine Arts and Lace Museum (lace listed as part of UNESCO's intangible cultural heritage). Martin-Maison family house birthplace of Sainte-Thérèse, Notre-Dame Basilica (15th century nave).

B Carrouges

Built between the 14th and 16th centuries the château of Carrouges consists of four wings built in brick and granite surrounding a rectangular courtyard. The ensemble is surrounded by a moat and protected by two square guard towers, a keep and a mini-castle gatehouse. The furnished apartments and the bedroom where Louis XI spent a night can be visited. The old collegiate church, or canony, is the head office for the organisers of activities in the Regional Natural Park of Normandy-Maine.

Information on cycle routes

Tourists Offices and Visitor Centres

Pays d'Alençon

Tel. 02 33 80 66 33
contact@paysdalencontourisme.com
www.paysdalencontourisme.com



Regional Natural Parks

Maison du Parc Normandie-Maine

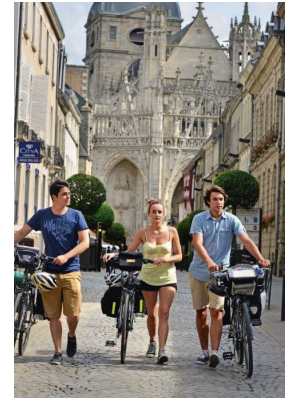
Tel. 02 33 81 13 33
info@parc-normandie-maine.fr
www.parc-naturel-normandie-maine.fr

Cycle Hire

Alençon

Bayi Cycles

Tel. 02 33 29 65 13



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CYCLING IN NORMANDY

DISCOVER our SCENIC

... Historical

... Coastal

... Impressionist ...trails



Useful Information

Plan your trip and find out more

www.normandy-tourism.org
www.ornetourisme.com

Download on-line brochures for more cycling trails in Normandy:

- **Calvados by bike:** www.calvados-tourisme.co.uk
- **Manche by bike:** www.manche-tourism.com/en/hikings
- **Orne by bike:** www.randonnee-normandie.com
- **Eure by bike:** www.eure-tourisme.fr (heading Loisirs et Rando)
- **Seine-Maritime by bike:** www.seine-maritime-tourism.com/en (heading Activités / Randonnée et Itinérance)

NORMANDY TOURIST BOARD

14, rue Charles Corbeau - 27000 ÉVREUX (France)
www.normandy-tourism.org



CYCLING IN NORMANDY

UNspoilt CYCLING TRAILS



CYCLING TRAIL

from PARIS to the MONT-SAINT-MICHEL

Alençon → Carrouges

29 km / 18 miles
3hrs



Création Agence 02 33 06 75 81



Trail

3

Cycling Trail

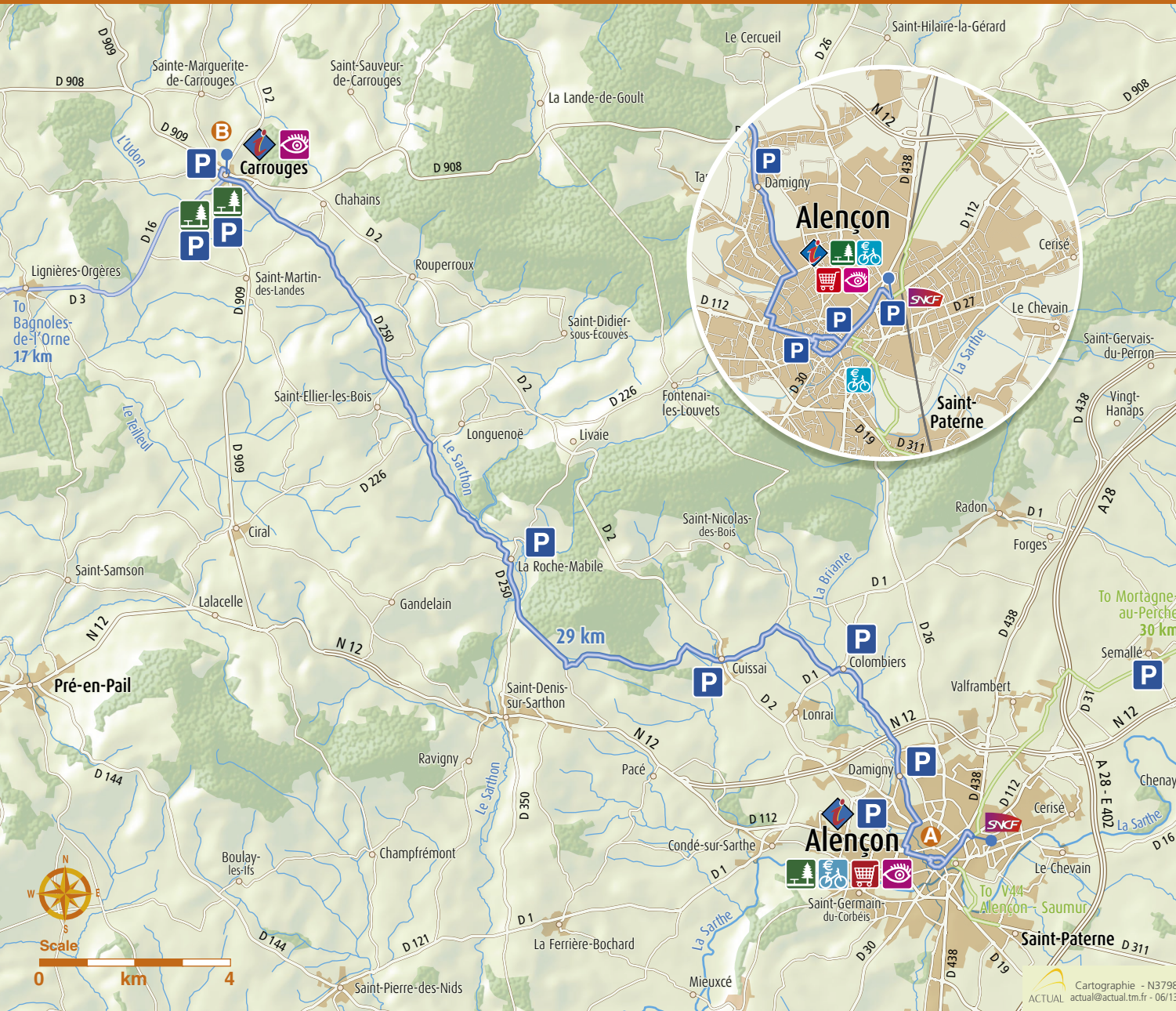
from PARIS to the MONT-SAINT-MICHEL

Alençon → Carrouges



DISTANCE
29 km
18 miles

TIME
3 hrs



1.7 km
2.9 km
2.8 km
3.6 km
7 km
12 km

ALENÇON

- Theatre car park between avenue de Quakenbruck and avenue de Basingstoke
- Hôtel de ville (Town Hall) Place Foch - Rue de Bretagne

Damigny

- Facing the church

Colombiers

- By the church

Cuissai

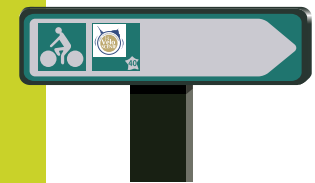
- By the church

La Roche Mabile

- Behind the church

CARROUGES

- Church (at 30 km)
- Normandy-Maine Park Office (29.3 km)
- Château de Carrouges (at 29.8 km)



Key

- Level of difficulty:**
- Easy and accessible to all (generally very flat)
 - Moderate (gentle uphill)
 - Difficult (some steep climbs)

ROUTES

- Green ways
- Cycling paths
- Shared lane
- Shared lane without road markings
- Watch out!

SERVICES

- Tourist Office
- Car park
- Picnic Area
- Accommodation*
- Cycle Hire
- Shops and Refreshments
- Station

HERITAGE

- Place of interest

*Accommodation for cyclists located within 5 km of the cycling trail, members of a quality trail.