Places to visit on the way

You take a mixture of small country and forest roads until you arrive at Bagnoles de l'Orne. With its luxuriant setting, this Orne spa town is happy to welcome tired cyclists and send them on their way reinvigorated.
Small roads up to the outskirts of Bagnoles from where you take a cycle track on the edge of the forest.

The château of Carrouges

Casino - Bagnoles-de-l'Orne

Spa - Bagnoles-de-l'Orne

A 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 canonry, is the head office for the organisers of activities in the Regional Natural Park of Normandy-Maine.

B Lancelot-du-Lac Forest
The forest of Andaines with its pine, oak and beech trees also has many remarkable attractions. The stone tower of Bonvouloir, a relic of a 15th century castle gives a far-reaching view over the forest. The Tower Valley lake, the gloomy gorges of Villiers with their hot spring, the little chapel of Saint-Antoine, the Hippolyte oak, monarch of the woods, are some of the popular destinations within this forest which may have been the birthplace of Sir Lancelot of The Lake, knight of the Round Table.

C The spa town of Bagnoles
The warm waters of Bagnoles-de-l'Orne may have ejuvenating powers on those that drink them. A very old monk is reputed to have jumped over the tall rocks in the Andaines forest after drinking them. Known since time immemorial, the beneficial properties of the spring didn't really become well known until the 19th century, when the thermal baths were built alongside an area of 'Belle Époque" villas. The success of the spa, specialising in rheumatology, has not ceased since.

Information on cycle routes

Tourists Offices and Visitor Centres

Bagnoles de l'Orne
Tel. 02 33 37 85 66
tourisme@bagnolesdelorne.com
www.bagnolesdelorne.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

The château of Carrouges

CYCLING IN NORMANDY

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... Coastal
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Useful Information

Plan your trip and find out more
wwww.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

Normandy Love the land. Live the life.

L'ORNE en Normandie

Création Agence 02 33 05 75 81

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CYCLING IN NORMANDY

UNSPOILT CYCLING TRAILS

CYCLING TRAIL

from PARIS to the MONT-SAINT-MICHEL

Carrouges → Bagnoles-de-l'Orne

23.7 km / 16.9 miles
2.15 hrs

Trail 4

Normandy Love the land. Live the life.

Trail 3

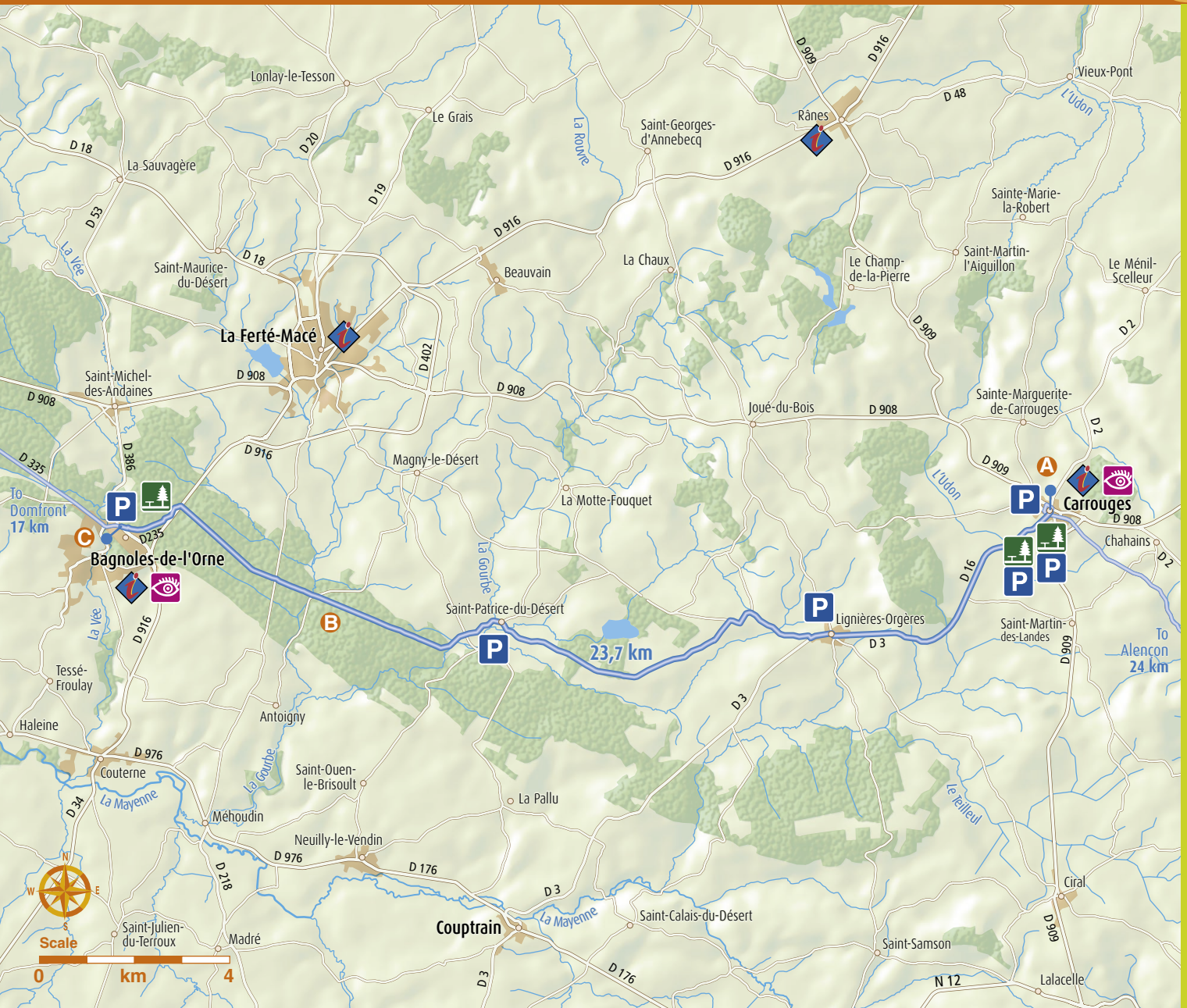
Cycling Trail

from PARIS to the MONT-SAINT-MICHEL

DISTANCE 23.7 km 16.9 miles

TIME 2.15 hrs

Carrouges → Bagnoles-de-l'Orne



CARROUGES

- P Carrouges Church
- P Normandy-Maine Park Office
- P Château of Carrouges

0.3 km · 0.5 km · 5.2 km · 7.9 km · 9.8 km

Lignères-Orgères

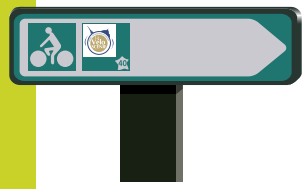
- P Close to the church

Saint-Patrice-de-Désert

- P Close to the church

BAGNOLES-DE-L'ORNE

- P By the Tourist Office of Bagnoles-de-l'Orne



Key

Level of difficulty:

- Easy and accessible to all (generally very flat)
- Moderate (gentle uphills)
- 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 charter.

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