

Regional produce

Check availability and order in advance where possible

- Honey from Ange Bigot in La Dorée
- Goat's cheese from La Rouerie, St Berthevin la Tannière
- Sheep's cheese from Carré d'Ouailles, Chantrigné
- Cheese from Les Forges, Désertines,
- Apple and pear cidre from Ferme de la Geraudais, Soucé
- Apples, pears, pumpkins, ... from Maisonneuve, Soucé
- Beers from Ambrières-les-Vallées
- Fresh rabbits from La Martinais, Brecé
- Poultry, pork from open air reared pigs, cooked meats pâté, rillettes, Ferme Auberge du Bailleul, Hercé - Gorron
- Poultry from Pautonnier, Brecé and Les Grands Moulins Neufs, St Mars sur la Futaie
- Beef from l'Aire du Bois, Montaudin, from Hemenard, St Berthevin la Tannière, from Monsieur Fermier (only in delivery) with pork too
- Poultry, butter, fresh cream, yogurt, Les Vallées, Chantrigné
- Poultry, lamb, sheep meat, vegetables from Mitopie, Brecé
- Potatoes from Nancé, from La Grande Reignière, Brecé
- Vegetables from Ma Mijot', Gorron, from Jardins Ty-Bio in

Montaudin

Markets

Ambrières les Vallées, Fougerolles du Plessis, Gorron, Landivy, Oisseau. *For more info and all contact details see Le Guide Haute Mayenne*

A What's - On guide from June to September is available from the Tourist Office.

Walks in the Bocage

The Bocage is just the place for people who enjoy country walks and hiking...

There 15 circuits with a choice of between 5k and 25k walks. They are signposted.

Nature and heritage Trails

The walk at Brecé with information boards, in French and English, about various heritage points along the walk.

Arboretum at Pontmain - a nature trail with information boards about the trees brought back from the journeys of the missionaries.

St Loup du Gast - a signposted, thematic trail showing the history of the former railway, the viaduct and the plant and animal life.

Voies vertes at Ambrières - Greenways.

Conservatoire pomologique Ambrières - Walk through a traditional orchard to see old varieties of apples with information boards.

Cinema

The cinema in Gorron offers an English language film approximately once a month.

Library (médiathèque)

During your stay, books are available from the following libraries: Gorron, Ambrières les Vallées, Landivy, Montaudin, Fougerolles du Plessis, Pontmain, Oisseau, Chantrigné and Châtillon sur Colmont. The libraries also hold regular exhibitions.

Fishing

Fishing: there are a lot of rivers in Le Bocage. Fishing is a favourite hobby but please remember you need a permit.

It is also possible to fish in the communal lakes: Colombiers du Plessis, Fougerolles du Plessis, La Dorée, Le Pas, Montaudin, St Mars sur la Futaie. More info available from the tourist office.

Other things to do

Crazy-golf : AMBRIÈRES-LES-VALLÉES

Skate park : AMBRIÈRES-LES-VALLÉES

Tennis : AMBRIÈRES LES VALLÉES , GORRON

ULM : AMBRIÈRES-LES-VALLÉES

Most villages have a play park for young children and an area for playing boules

All contact details, opening times and lots more can be found in the 'GUIDE HAUTE MAYENNE' available from the Tourist Office

Tourist Offices in the Bocage Mayennais

1, grande rue - Gorron

Les Mézerais – Colombiers du Plessis

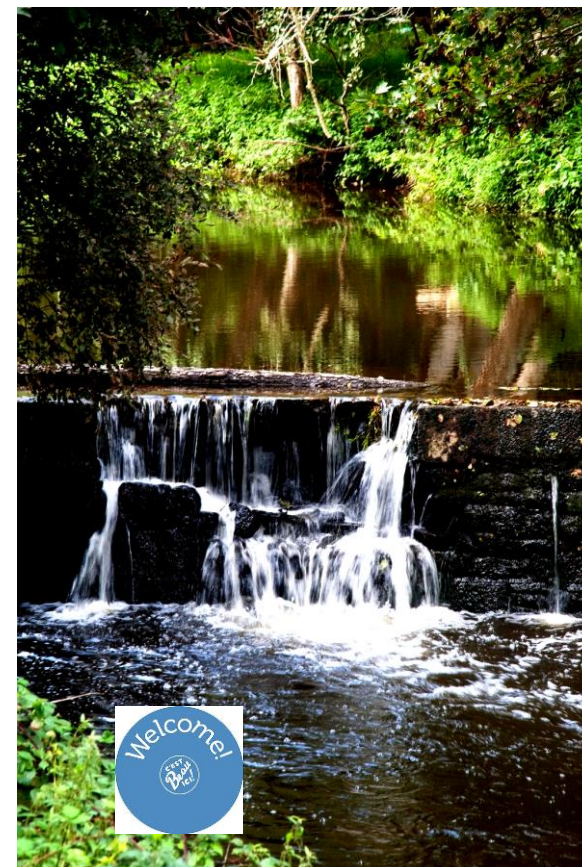
5, rue de la Grange – Pontmain

9, rue de la Chaussée – Ambrières les Vallées

Tél : 02 43 11 26 55

e-mail : tourisme@bocage-mayennais.fr

www.hautemayenne-tourisme.com



WELCOME TO



THE BOCAGE MAYENNAIS



Canoe

There is canoeing and kayaking available on the La Varenne river for beginners and experienced participants. **AMBRIERES LES VALLEES**. Canoeing and mini-raft on the Colmont river. **GORRON**

Centre équestre (horse riding)

Horse riding is available by the hour or half-day. Indoor and outdoor arenas. **AMBRIERES LES VALLEES**

Château de Goué (Château of Goué)

The Château de Goué was built with granite in the 16th and 17th centuries. **FOUGEROLLES DU PLESSIS**

Contemporary Arts Centre

This exhibition centre is part of the cultural department of the Communauté de Communes du Bocage Mayennais. There are three exhibitions per year. Every spring there is an artist in residence, in summer an exhibition and in the autumn, a group exhibition based on a theme. There are also public collections and an art library. **PONTMAIN**

Corn-maze - in Les Jardins des Renaudies

Natural and unusual maize - 10000 m². The maize is high enough for both adults and children to enjoy from mid-July to mid-October. **COLOMBIERS DU PLESSIS**



ECOMUSEUMS

Atelier du Sabot (clog markers' workshop)

Come and discover the craftsmanship (machines, photos and videos) in a genuine restored workshop. See the craft of clog making and its history from cutting out to finishing. **FOUGEROLLES DU PLESSIS**

Ecomusée de Brecé (Ecomuseum)

Discover life in the countryside at the beginning of the 20th century. Yes there was life before electricity! - **BRECE**

Ecomusée des Renaudies (Ecomuseum)

Come and see the old farm house and the tools of yester year, before industrialisation took over farming. **COLOMBIERS DU PLESSIS**



Jardins des Renaudies (Renaudies gardens)

Mayenne holds the department in bloom national trophy. Make the most of your stay and visit this enchanting place where plants abound. Les Jardins des Renaudies is an English style garden. Great for garden enthusiasts but also those who just want to walk and relax. The gardens are spread over 4 hectares with over three thousand species of plants. **COLOMBIERS DU PLESSIS**

The garden of Bayette

This private garden belongs to British people who wanted to create a garden with many faces: color, scent and wildlife throughout the year. Enjoy a moment to pause in this garden. **LA DOREE**

Farm discovery

The Carré d'ouailles is an organic sheep farm. Discover this farm and take part in the milking with the producers. **CHANTRIGNE**

Pontmain Ville Sanctuaire (Marian Shrine)

The twin spires of the basilica are an imposing sight, dominating the village and the surrounding countryside. Pontmain is a Marian Shrine – the Virgin Mary is said to have appeared to some children on 17 January 1871. It is now possible to visit the original barn, from where the children saw the apparition, the parish church and the basilica. There was a fortress in Pontmain and the Chemin de Vie - Stations of the Cross – is where the moat was. **PONTMAIN**



Musée des Tisserands (The weavers' museum)

The museum is located in a genuine, 18th century weaver's house, where the history of hemp and the weaving culture is brought to life. Find out how the weavers' lived and their work.

AMBRIERES LES VALLEES



Parc de loisirs de la Colmont (amusement park)

Explore the banks of the Colmont and take part in any of the following family activities:

Three Tree top adventure courses, Toddler trail (3/7 years old). Swin golf (9 holes) Swin-golf is played with a single club that has three faces and a softer, larger ball. Canoeing, mini rafting, mountain bike rental, golf driving range. Paint-ball or laser game for groups of 8. **GORRON**

Parc de Vaux - Camp Site and Lac de Haute Mayenne

Fishing permit for 2nd category rivers is required - available from the camp site.

Crazy-Golf, Equestrian Centre, Canoeing Club, Swimming Pool on site. **AMBRIERES LES VALLEES**

Vélo-rail (rail-bike)

Discover Saint-Loup-du-Gast via its 6 kilometre rail-bike circuit. The rail-bike is a leisure sport which combines biking along the old railway track with visiting the countryside. From the Rosserie viaduct there is a panoramic view of the beautiful Mayenne Valley. St Loup is also a village in bloom, one of the few villages to be awarded the 4 flowers title in Mayenne. **ST LOUP DU GAST**

Swimming-pool



In **GORRON** there is an all year pool – which is open air in the summer (closed for works). In **AMBRIERES LES VALLEES** there is an open air pool which opens during the summer.