

Distances are in miles. O & o= big & mini roundabouts, T=T junction, GW=give way, TR & TL mean Turn Right or Left, BR & BL mean Bear Right or Left, SO=Straight On, X=Crossroads

## Laval to Flers      Tuesday 9<sup>th</sup> July      66 miles

	Start opposite Best Western hotel, 22 Rue de la Paix. If you're not staying there, you passed it just after crossing the bridge yesterday.
0.1	Lights TR just before bridge (bar La Terrasse)
0.2	O SO and continue through lights
0.5	Under viaduct
0.6	Bear left to follow cycle signs and continue cycling by river
	You're on a cycle path that follows the river Mayenne all the way to...
9.2	Rochefort – café and loos
13.6	Écluse de Corçu <b>Mandatory check in</b> (To visit the Escape to the Chateau leave the cycle path taking the right uphill path, stay on road. 0.5 TL and continue on road for a mile, the chateau is on the left). You can enter the first gateway to take photos of the chateau. Return to cycle path.
	Continue on cycle path until it finishes in Mayenne.
21.4	End of cycle path – Mayenne. (The main town is over the bridge to your left at the traffic lights so you may want to stop and get coffee, baguettes etc now and then return to continue the route alongside the river.)
21.7	Lights TR Rue Saint Martin – green cycle signs Ambrieres
21.8	O SO Rue Saint Martin O SO Pl du 9 juin 1944 Rue de Madeleine
22.1	Immediately after car park on the left, TL onto cycle path Ambrieres les Vallées. Continue on cycle path to St Frambault de Pierres (Loup Gast)
29.4	Immediately, with a station on your left, TR Chantrigné C3
30.1	T TL D202
31.8	TL D202
32.2	TL D33 Ambrières les Vallées
35.1	GW TR D23 cycle path on left then right, continue on D23 for 6 miles, becomes D962
41.5	X SO in Ceaucé (bar)

41.6	o 3 <sup>rd</sup> exit Torchamp D262 Rue de Torchamp
45.2	X SO
46.4	Enter Torchamp
46.8	TR D882
51.3	T TL D976
51.4	TR D22A Flers (2nd right)
52.2	TL D962 Flers, Caen
56.3	Les Forges TR D56
60.1	Banvou TL D264 Flers, continue on D264
65.4	TR D64 Rue Pierre Vander Gucht (small blue sign)
65.7	TL Rue de la Fournière
66.1	TR D462 Rue de Domfront
66.2	O 2nd exit, Rue Jacques Durmeyer. Ibis Styles hotel is on the right