

# MORET & SEINE LOING

msl



**NATURE & ADVENTURE**

*Visitor Guide*



# Welcome to Moret Seine & Loing

Whether you're here for a short stay or just a day, you can immerse yourself in local landscapes that have inspired many painters and writers. Here, to the south-east of the Île-de-France region, at the crossroads of the Seine and Loing valleys, and on the edge of Fontainebleau forest, you can discover a superb mixture of unique history and generous, preserved nature.

Patrick SEPTIERS  
*President of Moret Seine & Loing*



The church of Saint-Martin  
in La Genevraye.





[www.msl-tourisme.fr](http://www.msl-tourisme.fr)

ON SCREENS, TABLETS AND SMARTPHONES

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A walk through Fontainebleau forest, near Montigny-sur-Loing, amid sandstone rocks and Scots pines.



## RECHARGE YOUR BATTERIES IN SEINE & LOING

*Moret Seine & Loing is a wonderful area to be explored, for ramblers and hikers, budding naturalists or anybody looking to slow down and unwind. Take a stroll through the countryside, surrounded by wild orchids, or a relaxing “bath” in the forest. Float gently down the stream, take in the beauty and fragrances of extraordinary gardens, or enjoy the peace and calm of a hot-air balloon flight at dawn or dusk. Here, come to reconnect with nature.*



## WALKING AND HIKING

*Breathe in the countryside*

A great exercise for the body and soul, walking is an accessible way to promote well-being. And what better way to connect with and discover a place than to explore it on foot? Moret Seine & Loing offers a varied choice of routes, trails and paths, suitable for all levels, from Sunday afternoon strollers to experienced hikers, to explore its 220 km<sup>2</sup> territory and its 23 towns and villages. You will find more than 60 km of *grande randonnée* (GR®) hiking routes in the territory, including the GR®11, which goes all the way round Île-de-France, and the GR®2, running from Dijon to Le Havre, as well as the Pays de l'Orvanne and Lunain routes through the Bocage Gâtinais. They offer a chance to discover a natural environment with changing landscapes, including the Loing and Seine valleys, where splendid villas stand on sometimes steep slopes, as well as rivers, brooks and streams running through hedged farmland, vast rural spaces and the famous star-shaped paths of Fontainebleau forest. For those who prefer history and more urban landscapes, three walking trails will take you through the maze of alleyways of Veneux-Les Sablons, the port and narrow streets of the sailing town of Saint-Mammès, and the Golden Chasselas vine walls of Thomery, which are listed as historic monuments.

Don't hesitate to explore the many routes available. With more than 200 kilometres of well-maintained and sign-posted paths, and 16 loop trails to choose from (see p.10), there is no risk of getting lost along the way. Seize the opportunity to get back in touch with yourself and recharge your batteries! ✂

*More than 200 km of paths to discover the surrounding area and reconnect with nature.*



A wooded path through the massif of Fontainebleau forest, near Montigny-sur-Loing.

### STEP INTO THE WORLD OF IMPRESSIONISM



*Le Canal du Loing,*  
Alfred Sisley, 1892.

RMN-Grand Palais/S. Maréchal/  
Paris musée d'Orsay

The 'Sur les pas de Sisley' (In the footsteps of Sisley) routes offer a chance to explore the scenery that inspired one of the great landscape artists of the Impressionist movement. The landscapes immortalized by the painter's work, which is now exhibited in the world's most renowned museums, have remained almost unchanged. There are several routes to choose from, which will take you through the towns of Thomery, Moret-Loing-et-Orvanne and Saint-Mammès.



## Loop trails and hiking paths

**YOU WILL FIND 16 LOOP TRAILS IN MORET SEINE & LOING, ALL OFFERING OPPORTUNITIES TO EXPLORE THIS AREA THAT IS IDEAL FOR A STROLL OR BRISK HIKE.**

The 16 trails, with descriptive (*Les venelles de Veneux* - The alleyways of Veneux) or more imaginative names (*L'être suprême en terre romaine* - The supreme being in Roman lands), offer round walks of 7 to 19 km, suitable for all levels and interests. If you would like to explore these 200 km of paths, pick up the free Moret Seine & Loing hiking route map available at the Tourist Office, which is full of essential information that will come in handy before you set off and on the trail. The map shows the location and routes of the MSL paths, as well as the main hiking trails (GR\*, GRP\*, PR) nearby. On the back of the map, for each path, you will find a summary of key information (distance, estimated time, altitude difference and signs to follow), as well as car parks and recommended starting points, sites of



interest to see and visit along the way, and a brief presentation of the route. All of this information will help you find routes that match your interests, physical condition and available time: an à la carte menu to choose from! Signs have been placed along the way to show the route and help you get your bearings: The 200 km of paths are fully marked out, including information boards, and you will find a detailed map of the route at the start.

**Free map available on request at the Tourist Office and route details accessible online at [www.msl-tourisme.fr](http://www.msl-tourisme.fr)**

**HAVE YOU ALREADY TRIED ALL OF OUR LOOP TRAILS? No problem!**

There are also three routes to discover with no need for a guide. Download the routes at the Seine-et-Marne department's website ([www.seine-et-marne.fr](http://www.seine-et-marne.fr)) or ask for them at the Tourist Office:

- **À l'assaut de la montagne creuse** (Scaling the hollow mountain): 10 km round walk / 2½ hr, starting at Saint-Mammès.
  - **Gravine de Sorques et roches de Marion** (The Plain of Sorques and Roches de Marion route): 9 km round walk / 2¼ hr, starting at Montigny-sur-Loing.
  - **Sur le sentier de la Plaine de Sorques** (On the path to the Plain of Sorques): 5 km round walk / 1¼ hr, starting at Montigny-sur-Loing. You can also buy one of the topographic guides co-published with the Fédération française de randonnée (French hiking federation) at the Tourist Office.
- 'Au Confluent de la Seine, de l'Yonne, et du Loing... à pied'* includes 30 routes for walks and short hikes (2 hr 10 min to 4 hr 45 min), as well as three routes from station to station (4 hr 30 min to 6 hr 30 min).

## EVENTS AND HIKES GUIDED BY LOCALS

Because it can sometimes be a bit scary setting off to discover a forest or unknown place alone, you can join a group for a walk and benefit from local guides and their knowledge! Moret Seine & Loing regularly organises gentle walks for groups, as well as hiking-related events. The events La Printanière and La Patrimoine, held each year between March and September, include a number of routes suitable for all levels, as well as many themed activities, offering chances to learn about biodiversity, geology, heritage, flavours of the *terroir* and more... Walking clubs and associations (Rando Seine & Loing, Nordic walking club) also offer a variety of outings all year round, as well as shorter "gentle hikes" to enjoy walking at your own pace. They welcome visitors passing through with open arms. Don't hesitate to contact the Tourist Office for further information and to find a walk or hike for you! ✂

## Tips and advice

### HANDY APPS

Available to download for free at the App Store and Google Play.

#### BOUGEOTT

Discover the app Bougeott, developed by the Île-de-France region. It provides personalised walks, combining exercise with discovery of cultural and natural heritage.

#### BALADE BRANCHÉE

Choose a route, download it and have fun exploring Île-de-France's natural and cultural heritage. With audio, photo and video content that is automatically triggered near noteworthy spots, you can enjoy nature while remaining in control.

#### BALAD'NATURE

Routes and info to discover forests, protected natural areas and heritage in Seine-et-Marne.

#### CIRKWI

A free community portal that indicates hiking routes, interesting things to see and viewpoints.

#### CLÉS DE FORÊT

With quiz, investigation and secret modes, this fun app released by the ONF (French National Forestry Office) helps beginners identify trees and animals. Download before you go. Once you're in the forest, you won't need a mobile data connection, as all the features and content are accessible offline.



Viewpoint looking out over  
Fontainebleau forest from  
Grotte Béatrix (Béatrix cave),  
near Montigny-sur-Loing.

LIFE  
OUTDOORS

## CALL OF THE FOREST

*A prescription for well-being*

**S**eine & Loing is a wooded area. Nearly one third of its territory is covered with oaks, beeches and other broad-leaved trees, as well as Scots pines and maritime pines. It is home to the state-owned forests of Champagne, in the north, and Nanteau, in the south, and neighbours the famous Fontainebleau forest to the west. It is a paradise for outdoor leisure activities, offering a leafy green environment and plenty of fresh air, just three quarters of an hour outside of Paris. Whether you want to contemplate nature with a walk, a nature study outing, or a spot of *Shinrin-yoku* (Japanese “forest bathing”), or prefer a sporty option with rock climbing, horse-riding or bike-riding, answer the call of the forest! ✂

### *Did you know?* **FONTAINEBLEAU FOREST**

***This vast forest, covering more than 20,000 hectares, well deserves its Forêt d'Exception\* certification.***

A former hunting ground for the kings of France, particularly Francis I, this rich forest was a source of wood for timber and heating, as well as sandstone. Famous around the world, Fontainebleau forest has inspired many painters (such as Corot, Millet and Renoir), writers and poets (including Victor Hugo and George Sand), who



have been drawn to its evocatively shaped rock formations, lights and varied ambiances. At the instigation of such artists, particularly the Barbizon school of painters and, later, Rosa Bonheur, certain parts of the forest, designated as '*sanctuaires de la nature*' (sanctuaries of nature), escaped the

usual rules of exploitation (hardwood logging and sandstone extraction). This “art reserve” would become the world's very first nature reserve. Attracting many visitors (more than 17 million people a year), the forest has a network of more than 1000 kilometres of signposted paths, routes and alleys, which are very popular with walkers, cyclists and horse riders. As a cradle of mountaineering (see p.15), it is also a popular site for rock climbing. This exceptional forest is in the running to be named a UNESCO World Heritage Site.



## How to discover THE FOREST

### *Different ways to explore Fontainebleau forest*

#### GUIDES AND MAPS

At the Tourist Office's shop, you will find the 'Guide des sentiers de promenades dans le massif forestier de Fontainebleau', an essential guide to the paths criss-crossing the largest state-owned forest in Île-de-France, as well as a map of the forest published by the French National Institute of Geographic and Forest Information (IGN). Other IGN maps are also available at the Tourist Office's shop. It's easy to get from Fontainebleau to Moret-sur-Loing or vice versa via the paths in Fontainebleau forest (about a 12 km walk).

#### THE FRANCHARD ECOTOURISM CENTRE

This is the place to come to learn all about this exceptional forest and its residents. The centre is located next to the Gorges of Franchard, a major tourist attraction in Fontainebleau forest, just a few kilometres from Moret Seine & Loing. Run by the association La réserve de biosphère de Fontainebleau et du Gâtinais, it welcomes visitors and organises nature outings, exhibitions and awareness-raising actions, particularly aimed at children. It is open to the public from mid-April to mid-October, Wednesday to Saturday inclusive, as well as on all public holidays (including extended weekends), from 10 am to 6 pm. Activities every Saturday.

Centre d'écotourisme  
de Franchard,  
Route de l'Ermitage,  
77300 Fontainebleau  
+33(0)1 60 70 65 57,  
contact@biosphere-  
fontainebleau-gatinais.fr  
biosphere-ecotourisme.com  
Facebook: biosphere.gatinais

### *Discover our three forests*

Among the 16 loop trails included in the Moret Seine & Loing hiking route map, four will take you on a discovery tour of the three forests in our territory :

- Fontainebleau forest Route n°1: 'Seine, murs et forêt' (The Seine, walls and forests), in Thomery, 8.8 km ;
- Route n°6: 'De Kosciuszko à Croc Marin' (From Kosciuszko to Croc Marin) in Montigny-sur-Loing, 16.3 km.
- Champagne forest Route n°2: 'L'eau, le fer, la pierre' (Water, iron and stone), 9.8 km in Champagne-sur-Seine ;
- Nanteau forest Route n°14 'La forêt de Nanteau' (The forest of Nanteau), 13 km between Treuzy-Levelay and Nanteau-sur-Lunain.

Free map available on request at the Tourist Office and details of routes accessible online at [www.msl-tourisme.fr](http://www.msl-tourisme.fr)

#### ROCK CLIMBING

Offering alternatives to the busiest spots in Fontainebleau, Seine & Loing has three climbing sites that are listed by the Fédération française de la montagne et de l'escalade (French Federation of Mountaineering and Climbing):

- Le Long rocher in Fontainebleau forest, near

Montigny-sur-Loing,

- La Fosse aux loups in Nanteau-sur-Lunain,
- La Roche du Sault in Villecerf.

To find out more and access the sites, contact the Tourist Office or visit

[www.msl-tourisme.fr](http://www.msl-tourisme.fr)

Fact sheets are available at the federation's website: [ffme.fr](http://ffme.fr)

#### FOREST THERAPY

We know intuitively that immersing ourselves in nature, in the woods, surrounded by trees and plants, is good for us. Teams of Japanese scientists have demonstrated that woods have a positive effect on stress, insomnia and even conditions such as arthritis and high blood pressure. A forest therapy guide offers forest bathing courses in the forests of Fontainebleau and Nanteau, for individuals or families, to recharge your batteries and enjoy an extraordinary experience in close contact with trees.

- Salvo Natura [www.salvonatura.fr](http://www.salvonatura.fr)
- Victor Rouliot - Arbor'Essence Centre équestre de Graville 06 46 81 72 70 [victorrouliot@icloud.com](mailto:victorrouliot@icloud.com)

#### A WALK WITH LLAMAS

To discover the forest in a different way and experience a unique adventure, book a 1 to 1½-hour walk guided by Caramel, Mikado and Nougat, three sweet llamas kept the association Rando Lamas. Accessible for all. Price: pay what you want; the money collected helps the association cover the costs of looking after their llamas. +33 (0)6 65 50 89 75

[contact@randolamas.fr](mailto:contact@randolamas.fr)  
[www.randolamas.fr](http://www.randolamas.fr)

## FONTAINEBLEAU FOREST: A CRADLE OF MOUNTAINEERING

With its famous sandstone rocks, Fontainebleau forest, on the north-western edge of our territory, has long been a playground for mountaineering enthusiasts. Here, in the 1920s and 30s, 'Les Bleusards', a group of young Parisian mountain-climbers, unable to train on real mountains, would come here on Sundays to climb the forest's rocks instead. Not only did Les Bleusards create their own art of climbing, they were pioneers of unguided mountaineering and came up with many innovations and inventions, including climbing shoes!



Flying over the countryside  
in a hot-air balloon, at dusk,  
in La Genevraye.

LIFE  
OUTDOORS

## BLOWING IN THE WIND

*Whether it's in a glider,  
an aeroplane or a hot-air balloon,  
the sky is the limit!*

Enjoy the calm and the stunning spectacle offered by a hot-air balloon flight, and appreciate the “impressionist light” of the sunsets (or sunrises) painted by Alfred Sisley, see our most beautiful nature and heritage sites from the sky on board a tourist plane, leaving from Épisy aerodrome, or why not try your hand at flying a twin-engined aircraft or glider: all of these unforgettable experiences can be had in Seine & Loing. Let your spirit soar! ✂

### HOT-AIR BALLOON FLIGHT

Two companies provide flights in our area:

- **Montgolfiere.com** offers hot-air balloon flights to discover our landscapes in a basket. Flights must be reserved in advance.

Basket accessible for passengers with reduced mobility

47, avenue Jean Jaurès  
77250 Moret-sur-Loing  
+33 (0)1 60 70 80 85 /  
(0)6 74 75 31 06

info@montgolfiere.com  
www.montgolfiere.com

- **France Montgolfières** offers an adventure lasting more than three hours, leaving at sunrise or sunset, when winds are stable, in total safety. Booking required.

21 rue Grande,  
77710 Villemaréchal  
+33 (0)1 60 70 52 33 /  
(0)3 80 97 38 61

reservations@  
francemontgolfieres.com  
www.franceballoons.com  
Facebook: FrMontgolfieres



### GLIDER AND ENGINE-POWERED FLIGHTS

To discover the unique sensation of flying in silence, on board a glider, the **Centre de vol à voile de Fontainebleau et sa région (CVVFR)** provides first-time glider flights, a flying school, courses and more. Office open on Wednesday and Saturday from 2 to 6 pm

Aérodrome de Moret-Épisy,  
Chemin de la vallée droite,  
Épisy 77250 Moret-Loing-et-Orvanne

+33 (0)1 64 45 80 71

cvvfr@free.fr

www.cvvfr.org

Facebook: CvvfrPlaneurMoret

**L'Aéroclub de la vallée du Loing (ACVL)** offers the following:

- 20-minute flights above our region to discover our most beautiful sites (including châteaux, fortified towns and villages, and valleys) as seen from the sky.

- first-time flights, a flying lesson with active participation in pre-flight preparations, followed by a half-hour flight with an experienced instructor, who will let you take the controls and introduce you to the basics of flying a plane.

- flights above our region, flying over the Loing valley. Monday, Tuesday, Thursday and Friday from 1 to 4:30 pm. Saturday from 9 am to 12:30 pm.

Aérodrome de Moret-Épisy,  
Chemin de la vallée droite,  
77250 Épisy

+33 (0)1 64 45 83 23

secretariat.acvl@free.fr

www.aeroclub-moret.fr

Facebook: ACVLMoretEpisy



# PARADISE FOR NATURE ENTHUSIASTS

## *Reconnect with nature*

**H**ere, in Seine & Loing, you are just a stone's throw from where it all began. The place where "nature sanctuaries" were created in 1853, followed by "art reserves" in 1861, in Fontainebleau forest: the world's very first nature reserves. This may have something to do with the fact that passion for nature and its protection is a key part of our local identity. With a great variety of landscapes and natural environments – forests, hedged farmland, valleys that are majestic (the Seine and the Loing) or more modest (the Orvanne and the Lunain), limestone plateaus and wetlands – our territory is a dream location for biodiversity. Our woods and rivers, where numerous rare species thrive, are actively protected as part of the European programme Natura 2000. Along with the Bocage Gâtinais, Fontainebleau forest belongs to the biosphere reserves created by UNESCO to encourage actions that support sustainable development. Lastly, six *Espaces Naturels Sensibles* (Sensitive Natural Areas), listed for the exceptional richness of their fauna and flora, are open to the public all year round. All of these protected sites are dedicated to discovery and awareness-raising, as well as simply enjoying a stroll outdoors. So, keep your eyes and ears wide open and discover nature as you've never seen it before! ✂

### *Did you know?* **BOTANICAL TREASURES**

*In the eighteenth century, the most well-known botanists of the day came to Épisy to collect plants for the King's herbaria, which can still be seen at the Muséum national d'Histoire naturelle in Paris.*

The tradition is still alive today. A fantastic spot for nature in Île-de-France, included on the highly select IUCN Green List and classified as a Sensitive Natural Area, the Marais d'Épisy (Marsh of Épisy) offers a chance for nature lovers and newcomers to experience a great diversity of flowers and herbs, with species that date back to the Ice Age. This 44-hectare site has a discovery

path along which visitors can learn more about the unique natural heritage of the wetland. Raised platforms are provided along the path to observe the wildlife. There are also hiking routes (documents available at the Tourist Office) and nature outings are organised each year by Seine-et-Marne Environnement.

[www.seine-et-marne-environnement.fr](http://www.seine-et-marne-environnement.fr)

Butterfly on a purple  
loosestrife in the  
marsh of Épisy.

*The Marsh of Épisy is home  
to a variety of protected  
wildlife, including forty or  
so dragonfly species.*



## SENSITIVE NATURAL AREAS

Open and equipped to welcome visitors, five sites with remarkable wildlife that is protected and promoted, stretch out over an area of more than 200 hectares. They offer numerous walking paths for nature lovers and a chance to discover various ecosystems. Outings in these nature reserves are regularly organised by the Seine-et-Marne Environnement agency. Accompanied by a specialised guide, you can observe dragonflies, butterflies, wild orchids, toads and spiders, according to your area of interest. To discover them without a guide, brochures are available at the Tourist Office and you'll find information boards on the sites. ✂

### *The sites and their specificities*

#### LES BASSES GODERNES

This wooded area has a round walking path by the river, alongside a former branch of the Seine. It is an ideal spot for fishing (licence required).

→ **Where:** Champagne-sur-Seine.

→ **Location:** on the banks of the Seine, car parks on Rue de l'Aqueduc and Rue du Vieux Clos.

→ **Distance:** walk of around 2 km on the site (round walk around the pond 1.2 km).

→ **Natural environments:** pond, banks of the Seine, meadow, woods.

→ **Interesting for:** plant and bird life.

#### PRAIRIE CLEMENCEAU

This vast wetland located by the river in Moret-sur-Loing is opposite the Grange Batelière, a former property of the



family of the man known as "The Tiger", Georges Clemenceau. It is home to many protected species.

→ **Where:** Moret-Loing-et-Orvanne.

→ **Location:** from the Porte de Bourgogne, take Rue de l'Eglise, Rue de Grez, turn left onto Rue de Madame, and then take the path before the bridge of the RD 606 road.

→ **Distance:** 1.4 km round walk.

→ **Natural environments:** woods, banks of the Loing, meadow liable to flooding.

→ **Interesting for:** plant and insect life.

#### PLAINE DE SORQUES

Linking the banks of the Loing to Fontainebleau forest, this plain is formed of woods, meadows, swamps and ponds. There are two bird-watching platforms and "discovery" paths for walkers.

→ **Where:** Montigny-sur-Loing and Moret-Loing-et-Orvanne (Épisy).

→ **Location:** from the hamlet of Sorques in Montigny-sur-Loing, follow signs for Moret-Loing-et-Orvanne (RD 104 road), car park 200 metres from the Sorques crossroads.

→ **Distance/duration of the route:** blue path (access to the bird-watching platform): 1 km / 40 min, red path (around the plain of Sorques via the banks of the Loing and Fontainebleau forest): 5 km / 2 hr

→ **Natural environments:** woods, man-made lakes, banks of the Loing.

→ **Interesting for:** plant, insect, bird and amphibian life.

#### MARAIS D'ÉPISY

Well-known in France, this marsh has been a magnet for botanists since the eighteenth century and is home to an amazing variety of flowers, herbs and mosses. It can be accessed via a raised



passageway above the peat bog.

→ **Where:** Moret-Loing-et-Orvanne.

→ **Location:** at the exit of Épisy towards La Genevraye (RD 40 road), car park on the left, entrance next to the sports field.

→ **Distance:** round walk

suitable for people with reduced mobility: 1 km There is an additional 500-metre path to get to the observation platform.

→ **Natural environments:** man-made lake, marsh.

→ **Interesting for:** remarkable natural environment, plant, insect, bird and amphibian life.

#### TUF DE LA CELLE

This geological site of national importance, permanently open to the public, has surprising things to discover. You will find an educational trail with information displays that present the site's paleontological richness.

→ **Where:** Vernou-La Celle-sur-Seine

→ **Location:** from the RD39 road to La Celle, follow signs for the cemetery, next to which you will find a car park.

→ **Distance:** 200 m round walk

→ **Interesting for:** geological features

#### LE TROU CANARD

This site, overlooking

the Seine valley, brings together remarkable geological formations: diaclasses and tuff cascades along a small stream.

→ **Where:** Champagne-sur-Seine.  
→ **Location:** D39 or rue des Poiriers.

#### NATURE OUTINGS

##### • Seine-et-Marne Environnement

Site Prugnat  
18 allée Gustave Prugnat  
Moret-sur-Loing  
77250 Moret-Loing-et-Orvanne  
+33 (0)1 64 31 11 18  
contact@me77.fr  
www.seine-et-marne-environnement.fr

• Association Le Loriot (for outings in the Sensitive Natural Area of Basses Godernes in Champagne).

+33 (0)1 64 24 06 34  
contacts@leloriot.org

Please remember to take your litter with you when you leave and respect these sites.

### *Did you know?* TUNNELS FOR TOADS

Each spring, toads and other amphibians return to the pond where they were born. However, they often have to cross roads on their journey, which is a risky business!

The Plain of Sorques, in Montigny-sur-Loing, is home to numerous toad,



frog and newt species. In order to allow them to cross the road that separates the forest from the ponds and river they make their way

to each year to reproduce, special tunnels have been built. The ingenious system designed uses wooden barriers that channel the animals into small tunnels made for them under the road. Thanks to these tunnels, thousands of amphibian friends have been able to stay alive during their reproductive period and raise the next generation.



# FAUNA & FLORA *unusual*

## EXOTIC FLOWERS & ANIMALS

*You don't need to go far from home!*

### Orchids

You don't need to go as far as Papua New Guinea or Indonesia to see beautiful orchids growing wild. Many species of wild orchids with amazing shapes and shimmering colours, such as the bee orchid, pyramidal orchid, heath spotted-orchid and lady orchid, come into bloom from April to June along our paths and in our meadows. You will have the best chance of seeing them in flower along the loop trail n°3, 'Autour du mont Vernou-La Celle' (Around Mont Vernou-La Celle), and loop trail n°2, 'L'eau, le fer, la pierre' (Water, iron and stone), as well as at sites listed as Sensitive Natural Areas. Please note that these are protected species and it is forbidden to pick them!

### Tarantulas

Tarantulas in Fontainebleau forest, really?! Yes! This forest is a paradise for entomologists. There's no need to panic, however, as these tarantulas, unlike their huge cousins in the Amazon, measure no more than a couple of centimetres and present absolutely no danger to humans! Only their name is enough to send shivers up your spine.

## AQUATIC ANIMALS

*Majestic and poetic*

### Swans, Canada geese and gulls

You will find many swans swimming on the waters of the Seine. These majestic creatures are not the only ones to appreciate the pleasant surroundings of our streams and rivers. You may also get a chance to spot some of the Canada geese that like to rest on the banks of the Loing and Seine on their migrations, or admire the dance of the mallards, cormorants and gulls: birdwatchers will be in seventh heaven.

**The best spots to observe them:**  
Port d'Effondré in Thomery, the Saint-Mammès walk, Port de la Celle in Vernou and Pré de Pins in Moret-sur-Loing. There is an observation platform at the Sensitive Natural Area of Plaine de Sorques, in Montigny-sur Loing, where you can watch birds, does, roe deer and other animals without being seen by them.



## GIANT ANIMALS

*Record-breakers!*

### The deer

The majestic red deer living in our forests is the largest wild animal in Europe. It can weigh up to 220 kg. The state-owned forest that borders our territory has between 650 and 750 stags and hinds. It is indisputably the king and even the spirit of our forests, with its magnificent antlers that are shed each winter, only to grow back again in the spring. These fascinating creatures are shy and fleet of foot, meaning only a lucky few will get to see them on a walk. They prefer nocturnal life.

### Hundred-year-old oaks

These stately trees are the guardians of our forests, which are home to many remarkable trees. With multiple trunks and amazing shapes, you can admire them as you stroll beneath the canopy, or get to know them even better by spending a night together. At Le Domaine de Graville, in Vernou-La-Celle, you can sleep in one of the tree houses perched in the branches of these hundred-year-old giants (see the Restaurant and accommodation guide). They offer an ideal place from which to observe the deer, does, foxes and boars, in total safety. [www.ferme-equestre-graville.com](http://www.ferme-equestre-graville.com)

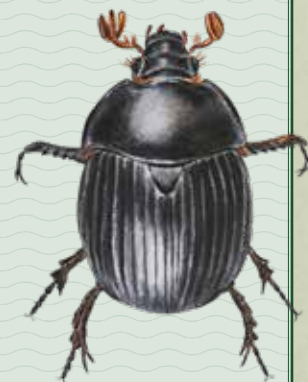


## FOUL WILDLIFE

*A stinky plant and a grimy beetle*

### Wild arum

These white flowers tinged with green, related to the arums found in gardens, release an odour of... excrement. Their name: Arum maculatum, or wild arum. This herbaceous plant releases a foul smell that attracts insects for pollination. Thankfully, the odour disappears once the flower has been pollinated. Rest assured, they only remain in flower for a short period and are very discreet in these parts!



### The dung beetle

You will often see these beetles on paths trodden by horses or sheep. The reason they like to be near these animals is that they are coprophagous, meaning that they feed on excrement. A mini powerhouse, the dung beetle is able to lift up to 1141 times its own weight. It is the world's strongest insect. Above all, it plays an important role in the environment by fertilizing soil and avoiding the spread of parasites and pests. It's no surprise that these beetles were venerated in Ancient Egypt!





## IN THE GARDEN

A number of gardens are open to visitors, including kitchen gardens and ornamental gardens. They include the grounds of the château where the great wildlife painter Rosa Bonheur once lived, in Thomery (to be discovered as of 2022, see page on the left), and the extraordinary estate of Berville, next to the village of La Genevraye, with its luxuriant gardens around the château. In this splendid green setting, where countless antique roses grow, nature is respected and gardening is an art of living. Berville opens its gardens to the public two weeks each year, one in May or June, when the roses and peonies are blooming, and one in autumn, when the English garden is resplendent with flaming colours. An amazing sight that is not to be missed! ✂

*A splendid green setting, where roses and peonies bloom.*

### Gardens to visit

#### JARDINS DE BERVILLE

Opening of the gardens:  
15 May to 15 July and  
1 September to late  
November.

Visits by appointment  
only. Group of 15 people  
minimum.

Dates of open door days  
are announced on the  
website

[jardins-de-berville.fr](http://jardins-de-berville.fr)

Price: Adult: €10/adult,  
guided tour: €12/ child,  
up to 12 years old: €5

Domaine de Berville

Route de Moret, La Genevraye

+33 (0)6 88 72 51 31

+33 (0)6 85 86 27 49

[contact@domaine-de-berville.fr](mailto:contact@domaine-de-berville.fr)

used to more rapidly  
mature the precious  
Golden Chasselas grapes  
that made the village  
famous.

For further information,  
see the website [www.thomery.fr](http://www.thomery.fr) and the guide  
Art and History  
Place Greffülbe, Thomery

#### JARDIN DU DONJON

The donjon is one of the  
remains of the twelfth-  
century royal castle.

Each year, you can visit  
its French-style garden  
and the park on European  
Heritage Days (subject to  
change).

Rue du Donjon, Moret-sur-Loing.  
[www.donjondemoret.com](http://www.donjondemoret.com)

#### THE GREENHOUSES OF JARDIN SALOMON

This public garden was  
named after one of the  
biggest grape producers  
in Thomery, in the  
nineteenth century. Its  
greenhouses were once

pondlife and vegetables,  
for children aged 5  
and above, as well as  
participative workshops  
for grown-ups, with no  
reservation required,  
on Wednesdays and  
weekends, 2 to 5 pm.

At the crossroads of Chemin  
du Port and Rue du Viaduc,  
in Veneux-Les Sablons  
(Moret-Loing-et-Orvanne).  
Programme available at  
[www.moretloingetorvanne.fr](http://www.moretloingetorvanne.fr)  
[jardindesnoues@posteo.net](mailto:jardindesnoues@posteo.net)

**Other private gardens  
open their doors on  
request and for events.**

#### EVENTS FOR YOUR DIARIES

- Couleurs Jardins,  
throughout the month  
of June,
- Rendez-vous au jardin,  
on the first weekend of  
June.

### THE GROUNDS OF CHÂTEAU ROSA BONHEUR

More than a garden, the  
grounds surrounding  
Rosa Bonheur's château  
in Thomery will tell you  
the life story of this  
great wildlife painter. An  
ultramodern heroine, who  
was worshiped around  
the world during her  
lifetime, Rosa Bonheur  
lived and created her body  
of work, her legend here,  
surrounded by her models:  
nearly 40 wild and domestic

animal species, including  
deer, lions, wolves and  
monkeys. You will be able  
to explore the grounds with  
their rose garden, kitchen  
garden, orchard, groves,  
and woods populated  
with rare tree species and  
remarkable four-hundred-  
year-old trees. You will  
also be able to visit the  
recently renovated *Pavillon  
des Muses*, the artist's rural  
studio, and the estate's

grape storage room. The  
grounds have many other  
surprises in store for visitors,  
including a shooting range  
that was used to train the  
people of the village to  
resist the invasion of the  
Prussian army in 1870, a  
reflection of the artist's  
incredible patriotism, as  
well as a mysterious train  
line and its experimental  
station. A green and poetic  
world to explore from 2022!



## BATHING AND WELL-BEING

*Take a break!*

In Seine & Loing, you will find all you need to relax and recharge your batteries! Boasting a heated outdoor pool open all year round, to cool down in the summer and warm up in the winter, water games for children, and a balneo-relaxation area for adults, with hammam, sauna, massage jets and salt-air therapy room, the Grand Jardin water park is an oasis of relaxation. To take a slice of well-being home with you, you can try our range of natural cosmetics made using the produce of our beehives, or our artisanal, plant-based soaps, all gentle and organic. Let yourself be pampered! ✂

*Take care of yourself*



### CENTRE AQUATIQUE DU GRAND JARDIN

The Grand Jardin has two large pools, indoor and outdoor, a splashpad for little ones, beaches and a balneotherapy area. (1½-hour slots, reservation required). Activities, times, prices and reservations at [www.ccmsl.fr](http://www.ccmsl.fr)  
Route de Saint-Mammès  
Moret-sur-Loing  
Moret-Loing-et-Orvanne  
+33 (0)1 60 70 42 15

### PEAU DE MIEL

The young local brand Peau de Miel sells soaps and shampoos made with honey produced by the beehives run by Sébastien and Elisabeth, farmers and beekeepers in Saint-Ange-le-Vieil.

They are on sale at the Tourist Office, the shop at Ferme de la Nozaie, in Nonville, and online.



<https://peaudemiel.com>  
2 bis Rue de la Chapelle,  
77710 Saint-Ange-le-Vieil  
[elisabeth@peaudemiel.com](mailto:elisabeth@peaudemiel.com)



### LES BULLES DU LUNAIN

Products on sale at the Tourist Office.

The artisanal and organic soap factory «Les Bulles du Lunain» offers a whole range of soap and hygiene products based on natural ingredients good to the skin and the environment.

12 Route d'Épisy  
77690 La Gennervaye  
+33 (0)6 18 82 15 49  
Facebook: [contact@bullesdulunain.com](https://www.facebook.com/bullesdulunain.com)  
Facebook:  
bulles du Lunain

Aquatic center  
Le Grand Jardin  
Moret Seine & Loing.

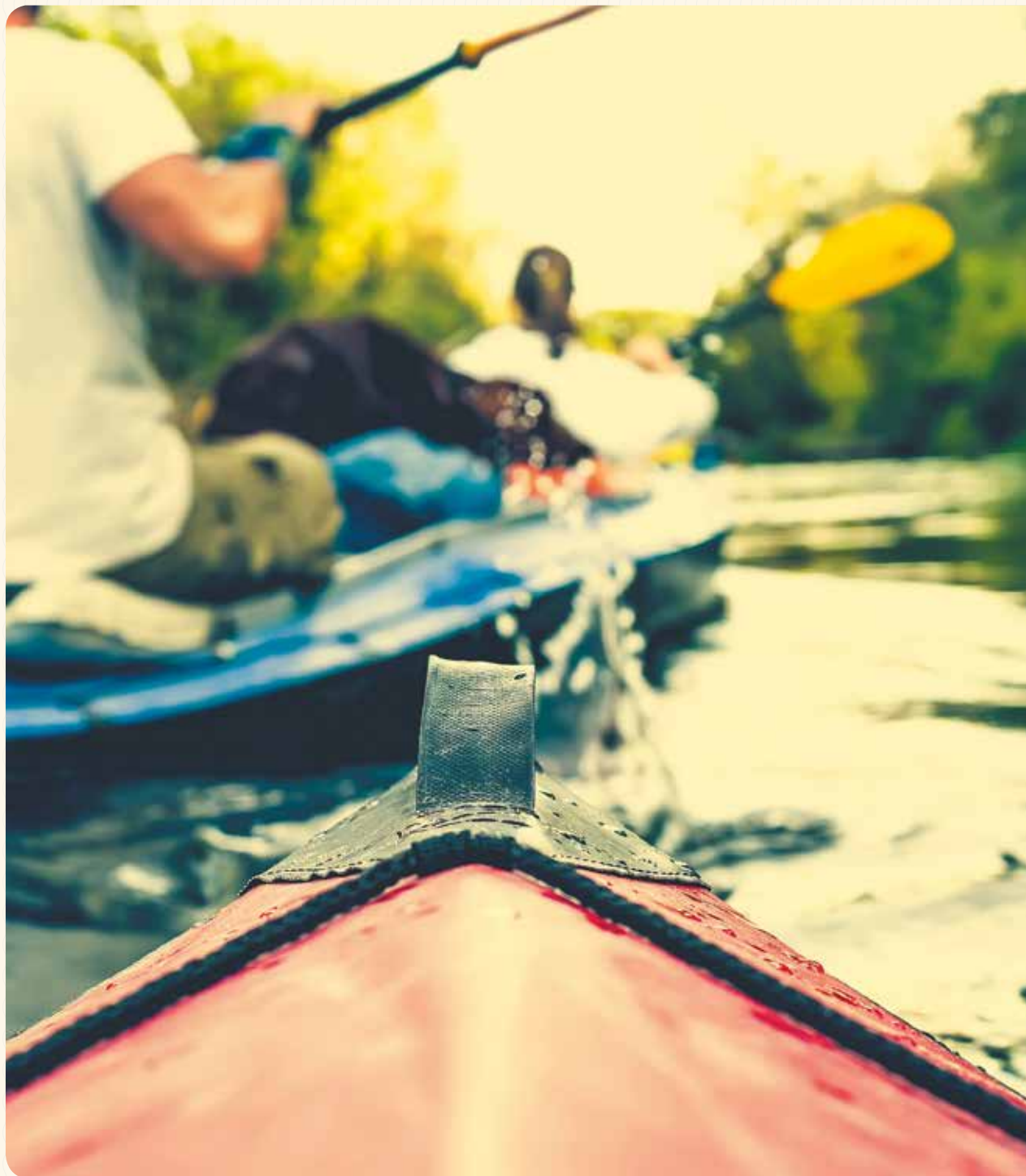


*Did you know?* **PLAGES EN SEINE**



Popular as early as the time of Francis I, who liked to swim at the Port of Thomery during his stays at the Château of Fontainebleau, bathing on the banks of the Seine was all the rage in the last century. In Veneux and Thomery, in the Roaring Twenties, the riverbanks were the place to be. Thousands of swimmers and dancers would gather around giant slides and dance halls each weekend, to the sound of big band jazz. While bathing in the river is now forbidden, a brand-new water park, with a heated outdoor pool in the winter, is open all year round in Moret-sur-Loing.





## TAKE AN ADVENTURE IN SEINE ET LOING

*Navigate the waters of the river Loing  
in a canoe or kayak.  
gallop along the tree-lined paths of  
Montigny-sur-Loing, hit the road  
on a bicycle along the EuroVelo Pilgrims  
Route, or spend a night surrounded  
by the foliage of hundred-year-old oaks  
in the Forest of Champagne...  
Enjoy a fresh taste of adventure  
in Seine & Loing!*



## HERE, CYCLING IS KING

*Hop on for a ride or a journey...*

With a museum devoted to the history of the bicycle, two major champions of the Tour de France as local legends, a velodrome and a European cycle route, cycling reigns supreme in Seine & Loing! Whether you simply fancy a breath of fresh air with a leisurely bike ride, or you're a veteran bicycle traveller, Moret Seine & Loing is an ideal destination. Follow the EuroVelo Pilgrims Route along its canals, rivers, meadows and forests, well away from the busy roads. It will take you on a discovery tour of many charming and characterful villages, as well as tourist attractions that are sometimes out of the ordinary: the famous medieval town of Moret-sur-Loing, the Marsh of Épisy, the little boating town of Saint-Mammès, the cathedral factory of Champagne-sur-Seine and the church of Saint-Martin de la Genevraye, perched high up in the fields overlooking the surrounding countryside. Along the way, you can stop off at the Musée du Vélo in Moret-sur-Loing to discover the history of the bicycle and the first champions of the Tour de France. Don't hesitate to ask our experts about where you can repair your bicycle or hire one that will meet your needs (suitable for our paths, with or without electrical assistance, or a trailer for children). They will be more than happy to offer advice and share their favourite routes or tucked-away picnic spots. Ready to hit the road? ✂

*The EuroVelo Pilgrims Route will take you on a tour of charming villages.*

On the Eurovéloroute along the canal, in Épisy.



### *Did you know?* **BICYCLE CLIPS**



An essential accessory to protect the bottom of the trousers, these little clips are always popular with cyclists. The first models were made in Moret-sur-Loing, on the very spot where the Musée du Vélo (bicycle museum) now stands.

Until the late 1970s, the Prugnat factories also made many other bicycle accessories here, including forks, frame tubes, pedals and chainsets. Three decades later, they were opened to the public and became the home of the Musée du Vélo.



## Things to see and do

### MUSÉE DU VÉLO

Located on the site of the former workshops of the Prugnat factories, where the famous 'pinces parisiennes' (bicycle clips) were manufactured, the Musée du Vélo looks back at the history of the bicycle, from 1817 to the present day, including the Laufmaschine, the Michaux velocipede, the penny-farthing and the Hirondelette... Visitors can also learn about the very first years of the Tour de France, through the routes taken by great champions from Seine & Loing: René Pottier, winner of the 1906 race, and André Leducq, two-time winner in 1930 and 1932. The museum also runs a workshop on its premises that sells and repairs bicycles, along with the company Velo Bello. The museum opens Tuesday to Friday from 1 to 7 pm, and Saturday from 10 am to 6 pm. Free entrance. Guided tours for groups are available all year round, and for individuals (programme available at the Tourist Office).

Site Prugnat, Allée Prugnat, Moret-sur-Loing, Moret-Loing-et-Orvanne. Further information at the Moret-sur-Loing Tourist Office +33 (0)1 60 70 41 66 [tourisme@ccmsl.com](mailto:tourisme@ccmsl.com) [www.msl-tourisme.fr](http://www.msl-tourisme.fr)

### VELO BELLO

Velo Bello is a shop dedicated to touring, trekking, all-terrain and city bikes. The mission is to make cycling easy, pleasurable and even inspiring: a small shop with big ambitions! Services provided: Bicycle

sales and repairs. Languages spoken: english and spanish. Site Prugnat, Allée Prugnat, 77250 Moret-sur-Loing, Moret-Loing-et-Orvanne. +33 (0)6 02 17 91 48 [velobello@orange.fr](mailto:velobello@orange.fr) [www.velo-bello.com](http://www.velo-bello.com) Facebook: Vélo Bello

## Bicycle hire

**LES CYCLOS DU LOING** provides a bicycle hire service for children and adults. A wide range, including comfortable bikes, mountain bikes, tandems, electric bikes and various equipment, is available for hire from April to October. Weekends, public holidays and school holidays: 9:30 am - 6:30 pm. Weekdays: reservation required. Useful tips, ideas for routes and themed tours are offered for cyclists. Services provided: hire of all types of bikes. Language spoken: English



12 rue Eugène Moussour, 77250 Moret-sur-Loing Moret-Loing-et-Orvanne +33 (0)6 42 50 98 13 [contact@lescyclosduloing.fr](mailto:contact@lescyclosduloing.fr) [www.lescyclosduloing.fr](http://www.lescyclosduloing.fr)

### LE LOCAL DE MONTIGNY

Le Local de Montigny, located inside Montigny-sur-Loing railway station, provides a hire service for all-road bikes (and helmets) for adults, from a half-day to a week.

Reservations at the shop or online at <https://lelocaldemontigny.fr> +33 (0)7 49 42 10 40

### TOP LOISIRS

Rent a bike for the day or half day. A bicycle helmet, repair equipment as well as cycling route suggestions will be communicated to discover the Forest of Fontainebleau or la Scandibérique. Reception from 9:00 am to 12:00 pm and from 2:30 pm to 6:30 pm (during the Campsite's opening period / mid-March - late November).

Camping le parc du gué Rue Michel Caban 77690 La Genevraye 06 14 75 53 69 [www.toploisirs.fr](http://www.toploisirs.fr) [infos@toploisirs.fr](mailto:infos@toploisirs.fr)

### CYCLE PATHS AND BIKE ROUTES

Discover other bike routes at the Cirkwi website: Cirkwi is a free community portal for tourist routes and outings. [www.cirkwi.com](http://www.cirkwi.com)

### EUROVELO, BEFORE YOU HOP ON THE SADDLE, HOP ONLINE!

Various digital tools have been created to help you make the most of EuroVelo 3, the Pilgrims Route. You can visit the general website dedicated to the French section of EuroVelo 3 ([www.scandiberique.fr](http://www.scandiberique.fr)), and you will find specific information for the Seine-et-Marne section of the route on the website (Scandi77.com). To help with your preparations, you can also use the social networks (Facebook, Instagram) and download a smartphone app.

## Route of la Scandibérique in Moret Seine & Loing



The route of La Scandibérique from Norway to Spain (or vice versa).



## Did you know? EUROVELO

The EuroVelo route that goes along the towpaths of Moret Seine & Loing is a huge 5122 km cycle path, which is part of a Europe-wide network of 17 long-distance routes. It is known as EuroVelo 3 or La Scandibérique. It links the city

of Trondheim in Scandinavia to Saint-Jacques-de-Compostelle in the north of the Iberian peninsula. It enables amateur and experienced cyclists alike to explore seven countries: Norway, Sweden, Denmark, Germany, Belgium, France and Spain.



# The fascinating history OF CYCLING

To give you a taster of the bicycles to be discovered when you visit the bicycle museum, here are some of the models and inventions that led to the birth of the modern bicycle.

## THE LAUFMASCHINE OR "RUNNING MACHINE" (1817)

*The ancestor of the bicycle*

Léonard de Vinci may have designed the first bicycle model, but his revolutionary invention remained nothing more than a drawing, until the nineteenth century. It was not until several centuries later, in 1817 to be precise, that Baron Karl von Drais made the first working two-wheeled machine. There were not yet any pedals or brakes. To make it move forward, the rider had to run their feet along the ground. To slow down or stop, they simply put their feet back on the ground. The saddle was adjustable and the pivoting front wheel could be steered with a pole. Only three materials were needed to make a Laufmaschine: iron, wood and leather.



*To make it move forward, the rider had to run their feet along the ground.*

## THE MICHAUX VELOCIPEDE (1861)

*The moustachioed bicycle, or the invention of pedals*



While the pedal was invented as early as 1853, it was while repairing a Laufmaschine that Pierre Michaux and his son Ernest had the idea of adding pedals to it. Work on the system was complete by 1861 and it was officially presented at the International Exposition of 1867. The rider could now move forward by pressing down on the pedals, which turned the wheels. Michaux also fitted his machine with a foot rest, called a 'moustache', so the rider would have a place to rest their legs once they were moving. This ingenious invention was named the 'velocipede'.



## THE PENNY-FARTHING (1870)

*A big wheel for more speed*

As time went by, designers sought to make the velocipede easier to handle. And, above all, the aim was to go ever faster and further, without using more energy. In 1870, the penny-farthing appeared on the scene: with its large front wheel, it enabled the rider to go much faster and further with a stroke of the pedal than with previous



bicycle models. The small rear wheel enabled the rider to maintain balance on the saddle. Mounting a penny-farthing is tricky, however, as a run-up is required to get onto the saddle (which is sometimes 1.50 metres or more above the ground). By 1881, the wooden frame and wheels of the penny-farthing were replaced with lighter steel.

## WHY DO THE FRENCH SOMETIMES REFER TO THE BICYCLE AS LA PETITE REINE (THE LITTLE QUEEN)?

The bicycle was nicknamed 'la petite reine' in memory of Wilhelmina, who became queen of the Netherlands when she was a child, in 1890, and who loved riding bicycles.



## THE BICYCLE (1879)

*The first popular bike*

The word 'bicyclette', which was adopted in France, was coined by British designer Henry John Lawson, in 1879. A French model, very similar to this machine, was designed a few years earlier, in 1868, by Charles Desnos-Gardissal. The bicyclette is very recognisable and similar to the modern bike, with two wheels of the same diameter, a chainset connected to a link chain and a cross-shaped frame.. A number of improvements

were later made to the bicycle, with the invention of the freewheel, gears, brakes and more. Two new features were particularly noteworthy: the appearance of the first tyre, created by Scotsman John Boyd Dunlop in 1888, followed by that of the first removable tyre by the brothers Édouard and André Michelin in 1891. The bicyclette was the first truly popular bicycle: in 1900, nearly one million bicyclettes were in circulation in France.



In 1891, the Michelin brothers invented the first removable tyre.



The Rose mare,  
a resident of the horse  
farm of Graille in  
Vernou-La Celle.

SPORT &  
NATURE

## HORSE RIDING

### *Adventures on four legs!*

**H**ere, it's paradise for horses and horse-riders. Just a stone's throw from Fontainebleau, known as the "horse capital", with its Grand Parquet horse-riding events venue, its hippodrome and the prestigious Military Riding School of Fontainebleau, the Seine & Loing is a land of horses. It has no less than a dozen stud farms and riding schools. In addition to rearing and training horses, riding clubs and horse farms offer beginner classes, riding by the hour, horse treks and even caleche rides. The wide forest and country paths are particularly suited to this original way of getting around, which brings you closer to nature. Whether you're a budding or experienced rider, saddle up for a fantastic adventure! ✂

### *Did you know?* **THE HORSE FAIR**

**Among the most famous paintings depicting horses, those of Géricault and Delacroix spring to mind, but so do those of Rosa Bonheur. Her painting *The Horse Fair* is today exhibited at The Met in New York.**



The artist was able to buy her château in Thomery, which is now open to visitors, with the earnings from the sale of this artwork alone. This impressive painting - a large format measuring 2.45 by 5.07 metres - depicts the Paris horse fair, which the painter observed every day for a year and a half, before producing this work bursting with energy. A great master of wildlife painting in the nineteenth century, a feminist and environmentalist before her time, and a major celebrity of

her time, Rosa Bonheur lived in Thomery from 1860 until her death in 1899, in her home on the edge of Fontainebleau forest, surrounded by her wild and domestic animals. 40 species, including lions, wolves and monkeys, shared her daily life and were the subjects of her paintings and sculptures. She strove endlessly to reveal their souls through the depth of their gazes. Reserve your visit to discover her life and work.

[www.chateau-rosa-bonheur.fr](http://www.chateau-rosa-bonheur.fr)



## Stud farms and horse treks

### LES ÉCURIES DE VILLEMER

1-hour trek, introduction to riding in the school. Open all year round, every day. First-time pony ride for ages 3 and up. Prices start at €10  
3 Rue Froide, Hameau de Montméry 77250 Villemer  
+33 (0)6 72 98 79 25  
lesecuriesdevillemer@gmail.com  
Facebook: ecuriedevillemer

### LES ÉCURIES DE NONVILLE

Lessons, pony rides... Prices start at €30/hour (adult), €15/30 min for children aged under 10. Open all year round, 8:30 am to noon and 2 to 6 pm, closed on Sundays  
9 Rue Grande 77140 Nonville  
+33 (0)6 99 27 45 62  
ecuriesdenonville@gmail.com  
https://ecuriesdenonville.jfe.com  
Facebook:  
Écuries de Nonville

### CENTRE ÉQUESTRE DE MONTIGNY

Rides. Classes and activities on Sundays and during school holidays, open to all, by the half-day or week.  
Open all year round.  
Opening times:  
Tuesday to Saturday:  
8 am - 12:30 pm /  
1:30 - 6 pm  
Sunday: 8 am - 12:30 pm /  
1:30 - 5 pm. Closed on Mondays. Price: outing (half-day): €45. Other outings by appointment. Children (4 years and over), beginners and experienced riders accepted.  
Chemin des Trembleaux,  
77690 Montigny-sur-Loing  
+33 (0)6 83 86 61 55  
poneyclub.montigny@gmail.com  
Facebook: poneyclubdemontigny  
www.centre-equestre-montigny.com

### ÉCURIE DES PLEIGNES

Pony club, classes and forest outings. Beginners accepted. Disabled access. Opening times: Monday to Sunday: 8 am to 7 pm  
Le Cottage, Hameau des Pleignes,  
77690 La Genevrière  
+33 (0)6 22 44 52 12  
contact@ecuriesdespleignes.com  
http://ecuriesdespleignes.com/  
Facebook: pleignes

### HARAS DU CROC MARIN

Classes, schooling, forest rides (accessible directly from the quarry, without passing by the road), rooms and table d'hôte meals. Horse ride €40/hr (accompanied or unaccompanied). Open all year round, every day. From ages 12-13 up.  
Chemin des Trembleaux,  
77690 Montigny-sur-Loing  
+33 (0)1 64 45 84 01 /  
(0)6 08 60 40 73 /  
(0)7 69 82 79 83  
contact@harasducrocmarin.com  
https://harasducrocmarin.wixsite.com/crocmarin  
Facebook:  
Haras du Croc Marin

### CHAUVILLE ÉQUESTRE

Courses, lessons, horse and pony treks. Accompanied horse ride for ages 12 up. Hand-led pony ride for children (for ages 2 to 12). Prices (starting from): horse ride €30/hr, pony ride €20/hr. Open all year round, every day, from 8 am to 7 pm. Disabled access, mentally and physically disabled groups welcome.  
16 Rue de la Vallée  
77140 Nonville  
+33 (0)6 88 06 39 31  
chauville-equestre@hotmail.fr  
Facebook: https://www.facebook.com/elevageoopss/

### LES ATTELAGES HANDI-LOISIRS

Rides, horse-drawn carriages for people with and without disabilities. Disabled access calesche. Prices (starting from): €100/hr  
Reservation required, by email or telephone.  
114 Route de Fontainebleau,  
77140 Nonville  
+33 (0)6 84 41 56 88  
attelages.handiloisirs@gmail.com  
https://lesattelageshandiloisirs.jimdo.free.com/  
Facebook:  
LesAttelagesHandiLoisirs

### FERME ÉQUESTRE DE GRAVILLE

Rides by the hour and treks by the day or week, food and accommodation, horse-drawn carriage, pony club, equine therapy. Room and table d'hôte meals. Open all year round, rides available from March to December.  
One-hour ride: €25  
Half-day ride: €65  
from ages 12 and up  
Rue de la Vallée, Gravelle, 77670  
Vernou-La Celle-sur-Seine  
+33 (0)6 14 20 00 64  
nathalie.rouliot@wanadoo.fr  
www.ferme-equestre-gravelle.com  
Facebook: La ferme equestre de Gravelle et ses cabanes dans les arbres

### HARAS DE MARANGIS

Courses and individual classes, show. Visitors welcome. Rides possible with required level and for 4/5 people. Possible with reservation 2/3 days in advance.  
Rue du Moulin,  
77670 Vernou-La Celle-sur-Seine  
+33 (0)1 64 23 36 03 /  
(0)6 80 25 40 81  
contact@harasmarangis.fr  
www.harasmarangis.fr  
Facebook: harasmarangis





Arrival of the canoes  
in the heart of the  
medieval city of  
Moret-sur-Loing.

SPORT &  
NATURE

## A BREAK ON THE WHITE WATERS OF THE LOING

*Unforgettable experiences  
and adventures in a canoe*

Get a fresh perspective! Everything looks different on the water. Set off for a session of sport or exploration, either alone to enjoy the calm of the surroundings, or with family and friends to experience a great adventure together. Hire companies have canoes, kayaks and even paddle boards for a day on the river, or a short session of one or two hours. Once you reach the starting point, equipped and briefed, you're all ready to set off to explore with paddle in hand. The adventure begins! Read on to further whet your appetite... From your canoe, you will be able to observe mallards and mandarin ducks, swans and moorhens, or surprise a heron catching a frog. Between the water lilies, water grass and water-crowfoot swaying in the current, you will also be able to catch glimpses of carp, pike or trout, and watch the mesmerising dance of the dragonflies. A few beautiful villas with amazing architecture, jealously protected from passers-by on the street by high walls, can be seen from the river. The end of the route, the crowning piece, offers some thrills as you go past the spillway, the final stage before the spectacular arrival in a scenery worthy of a postcard, or a painting even: the medieval town of Moret-sur-Loing, with its church, donjon and bridge, so often depicted by the great impressionist landscape painter Alfred Sisley. The river awaits! ✂

*You're all ready to  
set off to explore with  
paddle in hand.*





## Where to hire a canoe?

### CANOE, KAYAK AND PADDLE BOARD HIRE

Canoe trips on the Loing are available for individuals and groups. There are several routes to choose from according to your wishes and available time. You can go at your own pace. While you do not need to be sports person to do canoeing, you must be able to swim at least 25 metres, even when wearing the life jacket supplied by the hire company. For those who wish to try the paddle board, you must test your balance first before taking a board out onto the river.

### APIKOPA

Apikopa has a fleet of 25 canoes and 3 kayaks available. They offer three routes to choose from: Grez-sur-Loing - Épisy, Grez-sur-Loing - Moret-sur-Loing and Épisy - Moret-sur-Loing.  
+33 (0)6 21 09 37 50  
contact@apikopa.fr  
www.apikopa.fr  
Facebook:  
LocationCanoesMoretLoing

### TOP LOISIRS

Top Loisirs, a specialist in sports and leisure outings for individuals and groups, offers two canoeing routes on the Loing: Grez-sur-Loing - Épisy, Grez-sur-Loing - Moret-sur-Loing (for ages 7 and up) and

stand-up paddling. Top Loisirs also offers other activities, including archery, climbing, orienteering and guided hikes.

+33 (0)6 14 75 53 69  
infos@toploisirs.fr  
www.toploisirs.fr

### NATURE LOISIR ÉVASION

Nature Loisir Évasion offers canoe and kayak trips down the Loing and paddle board hire. Various half and full-day routes are available, on the section running from Grez-sur-Loing to Épisy and Grez-sur-Loing to Moret-sur-Loing.  
+33 (0)6 19 37 43 24  
information@nature-loisir.fr  
www.nature-loisir.fr

## Did you know? YOU CAN COME BY BOAT!

### RIVER STOPS

The Moret Seine & Loing ports of call welcome some 500 boats from April to October, from small barges to 80-metre cruise liners bringing passengers from around the world. It has thirty or so berths on the river Seine, the river Loing and the Canal du Loing. The port authority building is open every day of the week, except public holidays specific to river navigation. A boat wintering service, from October to March, is available on reservation.



**PORT OF  
MORET-SUR-LOING**  
9 berths + 1 berth for  
passenger boats.  
Water and electricity.  
77250 Moret-sur-Loing  
Moret-Loing-et-Orvanne

**PORT OF  
SAINT-MAMMÈS**  
13 berths + 2 berths for

passenger boats.  
Water and electricity.  
15 bis, Quai de Seine  
77670 Saint-Mammès

**PRUGNAT STOP**  
Upstream of the lock  
of Moret-sur-Loing,  
Moret-Loing-et-Orvanne  
3 berths on Canal du Loing

Ports of call of  
Saint-Mammès and  
Moret-sur-Loing  
+33 (0)6 47 68 79 51  
laurette.levis@ccmsl.com  
Tourist Office  
Moret Seine & Loing:  
4 bis Place de Samois,  
77250 Moret-sur-Loing  
+33 (0)1 60 70 41 66



Ice cream break  
at the pré de Pins,  
in Moret-sur-Loing.



## GET A TASTE OF NATURE'S BOUNTIES

*Calling all lovers of fine food,  
beautiful landscapes  
and delicious stories:  
you may develop a taste  
for Seine & Loing!*

*Let us guide you to our farms  
and brasseries.*

*You are sure to meet some fascinating  
people and find some food  
that will improve your mood!*





## WELCOME TO THE FARM!

*Fresh and authentic produce  
to fight unhealthy food !*

What kind of food is Seine & Loing famous for? To find out, you can visit one of our restaurants – where some chefs revisit local specialities, such as the legendary *sucre d'orge* (barley sugar) and the famous Gâtinais honey and saffron – or buy your food directly from the farm. There, you will get a chance to meet independent producers who are passionate about what they do, including shepherds, market gardeners, breeders and beekeepers, who keep our villages alive, bring beauty to our countryside and put tasty ingredients in our dishes! Seine & Loing has nearly 80 farms. And more and more are joining them, to promote short supply chains and healthy eating! Located throughout our territory, they produce the ingredients that shape the identity and unique flavours of our terroir. For example, certain orchards are bringing back to life old local varieties that can only be found in rare gardens, including heirloom apples such as the Rouge de Bourron and the Locard Châtaigne. If you like, you can experience the unique pleasure of eating them beneath the trees, at one of the farms that offer fruit, vegetable and flower picking during the summer. Taste the very best that nature has to offer ! ✂

*Meet the shepherds,  
market gardeners  
and breeders who  
put tasty ingredients  
in our dishes!*

### *Did you know?* **THE THOMERY CHASSELAS**

**An iconic local fruit, the Golden Chasselas of Thomery has a fascinating story!**

Before exotic fruits became widely available, these precious grapes, which remain fresh in all seasons thanks to a unique preservation method, were hugely popular on dinner tables. More than 1000 tons were shipped out each year, throughout France and as far as Russia. The small town is still

organised around the walls built to grow the vines. Today, this grape is only grown by private individuals, but you can discover this singular and exceptional architectural heritage in Thomery or on guided tours. Further information is available at the Tourist Office, in the Art & History guide or at [www.msl-tourisme.fr](http://www.msl-tourisme.fr).



## Direct sales, shops and picking at the farm

### LE FOURNIL DU BOIS PIGET

Located in Dormelles, Gilles and Sabrine Derosin are sheep breeders, farmers and bakers. The wheat used to make the bread is grown on the farm using organic methods, before being ground on a millstone. The bread is kneaded and cooked at the farm. You can also buy flour and meat here. Open Saturday from 10 am to 1 pm and by appointment.  
19 Hameau du Bois Piget,  
77130 Dormelles  
+33 (0)1 60 96 63 72  
lefournilduboispiget@orange.fr  
Facebook: Le Bois Piget

### LES LÉGUMES DU LAVOIR

The market gardeners at the wash house in Flagy produce many kinds of seasonal, uncalibrated fruit and vegetables, using responsible agricultural practices, as well as juices, jams and many other kinds of local produce, all available to buy directly at the farm.

Open Tuesday and Friday from 4 to 7 pm, and Saturday from 9 am to noon and 2:30 to 6 pm. Closed between Christmas Day and New Year's Day  
11 Rue de l'Orvanne,  
77940 Flagy  
+33 (0)6 32 98 38 89  
alain.patron@wanadoo.fr  
auxlegumesdulavoir.com  
Facebook: SCEA du Lavoir

### FERME CUEILLETTE DU FOURCHET

Overlooked by a remarkable pigeon house, this family-run farm has grown cereal, protein and oilseed crops, as

well as fodder legumes, for two generations. Soil conservation methods are used in the fields and the produce is used partly to feed the farm's animals: sheep and Aubrac cattle. You can also pick and buy fruit from the orchards here, including apples and red fruit (such as strawberries and raspberries), as well as apple juice, cider and cider vinegar. In winter: Friday and Saturday afternoon from 2 to 6 pm. Red fruit picking: in June, every day except Thursday. Apple picking: Friday, Saturday and Sunday, all day.



Possible to visit by appointment  
6 bis Rue du Fourchet, 77710  
Nanteau-sur-Lunain  
+33 (0)1 64 29 06 74  
fermedufourchet@orange.fr

### BERGERIE DE LA FONTAINE CLAIRETTE

A breeder of milk ewes and goats, Catherine Joubert sells her speciality cheeses, Le Nanteau and Le Paley, as well as ewe's milk tomme cheese, fromage frais, curd cheese and yoghurt, directly at the farm. If you would like to visit the sheep barn, discover the life of the herd or learn about how the milk is processed, visits are organised on an occasional basis. The shop opens every day from March to October, 10 am to 1 pm, Friday

and Saturday afternoons from 3:30 to 6 pm and by appointment. Certified organic produce Open-doors during the 'Balade du Goût' (taste walk). Group visits by appointment. Opening times: March to October, Friday 2 to 6 pm, Saturday 11 am to 1 pm and 3 to 6 pm. Please call before arriving. Charter/certification: Agriculture Biologique, Bienvenue à la ferme, Produits du terroir and Ferme découverte.  
Route des Ricordeaux,  
77710 Nanteau-sur-Lunain  
+33 (0)1 64 29 66 98 /  
(0)6 77 39 46 81  
bergerie.clairrette@gmail.com

### FERME DE LA NOZAIE

This farm handed down from father to son for three generations is home to chickens, guinea fowl, capons, ducks, geese and pigs. All of these animals are raised outdoors and fed with cereals from fields on the property (wheat, maize, peas and horse beans). La Nozaie has its own shop selling numerous local products (including vegetables, eggs, flour, beer, honey and soap). Opening times: Friday from 9 am to 12:30 pm and 2:30 to 7 pm. Saturday from 9 am to 12:30 pm and 2:30 to 6 pm. Charter/certification: Organic certification Disabled access  
6 Route de Montereau,  
77140 Nonville  
+33 (0)1 64 29 06 31  
contact@la-nozaie.com  
http://www.la-nozaie.com/  
Facebook: Ferme de la Nozaie



Jardin de Noisy  
in Ville-Saint-  
Jacques.

### FERME AVICOLE DE VILLEMARÉCHAL

Hens, guinea fowl, capons, turkeys, ducks and geese, as well as sheep and pigs, are raised outdoors and fed with non-GMO cereals. The farm directly sells meat, terrines, potted meat, foie gras and various other produce from the terroir. 'Bienvenue à la ferme' certification Opening times: Friday from 3:30 to 7 pm and Saturday from 2:30 to 5 pm. Language spoken: English  
10 Rue de la Sablière, Boisroux,  
77710 Villamaréchal  
+33 (0)1 60 96 54 62 /  
(0)6 84 52 87 68  
ferme.avicole.villamaréchal@gmail.com  
https://ferme-avicole-villamaréchal.jimdoofree.com

### EARL DU CHÈVRE FERMIER

While a famous Brie cheese was once produced here, this goat farm's reputation is now built on its small farmhouse cheeses. Come to the farm to taste and fill your baskets with produce from the terroir. Opening times: all day, except Sundays and public

holidays, 9 to 11 am, Wednesday to Friday : 5 to 6:30 pm, Saturday : 3 to 6:30 pm.  
9 Rue de l'Abreuvoir,  
77130 Ville-Saint-Jacques  
+33 (0)1 60 96 65 95 /  
(0)6 16 68 86 38  
armellehaye@hotmail.fr

### PICK-YOUR-OWN FARM AU JARDIN DE NOISY

Fruits, vegetables and flowers, including forty or so varieties ripened on the branch and without pesticides, are available for visitors to pick themselves and buy directly from the farm, from May to November. Le Jardin de Noisy also has a food shop where you will find a selection of local produce. Certification: 'Produit en Île-de-France' and 'Bienvenue à la ferme'.  
25 Rue de Noisy,  
77130 Ville-Saint-Jacques  
+33 (0)1 60 96 69 71  
contact@jardindenaisy.fr  
www.jardindenaisy.fr/  
Facebook: Au Jardin de Noisy

### LES POULETTES DE PALEY

Françoise Yvonet sells the 100% organic eggs laid by

her hens, as well as flour and home-made honey. She also sells organic products from other local small-scale producers, including cider, apple juice, cosmetics and honey. Products can be bought at the farm on Monday from 5:30 to 7 pm. Visitors can call the farm to make an appointment for other days. Certification: 'Certifié BIO'  
1 Rue du Réservoir,  
Hameau des Tesnières  
+33 (0)6 74 80 81 13  
yvonetf@gmail.com  
Facebook: Les Poulettes de Paley

### LE CLOS DE NONVILLE

Around the château, old varieties of fruits and vegetables are grown (sold at the farm, reservation required), as well as 7 hectares of vines shared out between Chardonnay, Sauvignon and Pinot Noir, which, in the years to come, should give rise to one of the very first appellation wines in Île-de-France. Stay tuned!  
6B Rue Grande,  
77140 Nonville  
contact@closdenonville.fr  
www.closdenonville.fr/fr



## FOOD DATES

*You can't beat our markets!*



**Explore the history of our gastronomic tradition and local specialties: barley sugar of Moret, Thomery Chasselas grapes, Gâtinais honey, cheeses and more... as well as recommended addresses in the Art & History guide available for free at the Tourist Office.**

### TUESDAY

*Morning:* Rue du Pavé Neuf, Moret-sur-Loing (77250).

*Morning:* Place Greffülhe, Thomery (77810).

### THURSDAY

*Morning:* Place du Marché, Champagne-sur-Seine (77430).

### FRIDAY

*Morning:* Rue Pavé Neuf, Moret-sur-Loing (77250).

*Morning:* Car park under the viaduct - Montigny-sur-Loing (77690)

*Afternoon:* Place Marquis de Roys, Villecerf (77250).

### SATURDAY

*Morning:* Place du Marché, Champagne-sur-Seine (77430).

*Morning:* Avenue de Fontainebleau, Veneux-les Sablons (77250).

*Morning:* Place de l'Église, Ville Saint-Jacques (77130).

*Morning:* Car park under the viaduct - Montigny-sur-Loing (77690)

### SUNDAY

*Morning:* Quai de Seine, Saint-Mammès (77670).

## Events

### VEUX-LES SABLONS

La Foire aux fromages et aux vins (Cheese and wine fair). First weekend of September.

### CHAMPAGNE-SUR-SEINE

Salon de la Gastronomie (Gastronomy Fair) in February.

### SAINT MAMMÈS

Salon de la gourmandise et du savoir-faire (Food and know-how fair) in October.

### VERNOU-LA-CELLE

Salon de la gastronomie et de l'artisanat (Gastronomy and craft fair) in May.

and artisanry fair) in May.

### SEINE-ET-MARNE

The flavour trail. Open days at farms every autumn.

Further information: [balade-du-gout.fr](http://balade-du-gout.fr)



## FOUR RIVERS RUN THROUGH IT

*Carpe diem!*

**A**long the rivers Loing, Seine, Orvanne and Lunain, the ponds of Épisy, and the man-made lake by the château of Ravannes, there is no shortage of fishing spots in Seine & Loing. Get your reels, landing nets, gamebags and fishing permit for the day! For those who don't have their own fishing tackle, at the fish farm of Moulin de Grateau you can fish without a permit and there is an equipment loan service, for adults and children, in the heart of a bucolic estate with barbecues to grill your catch. Enjoy fishing as a family. ✂

### FISHING PERMIT

One-day permit  
€13/ for under 12s €6  
One-week permit from  
€20 to 33.

#### Where to buy one:

You can get your fishing permit at the Tourist Office. For further information, visit us or call +33 (0)1 60 70 41 66. Before going fishing, you must contact the AAPPMA or the Fédération de Seine-et-Marne pour la Pêche et la Protection du Milieu Aquatique to ask about authorised fishing areas and applicable regulations. You will find all fishing associations at the following website:  
<http://new.federationpeche77.fr/liste-associations/>

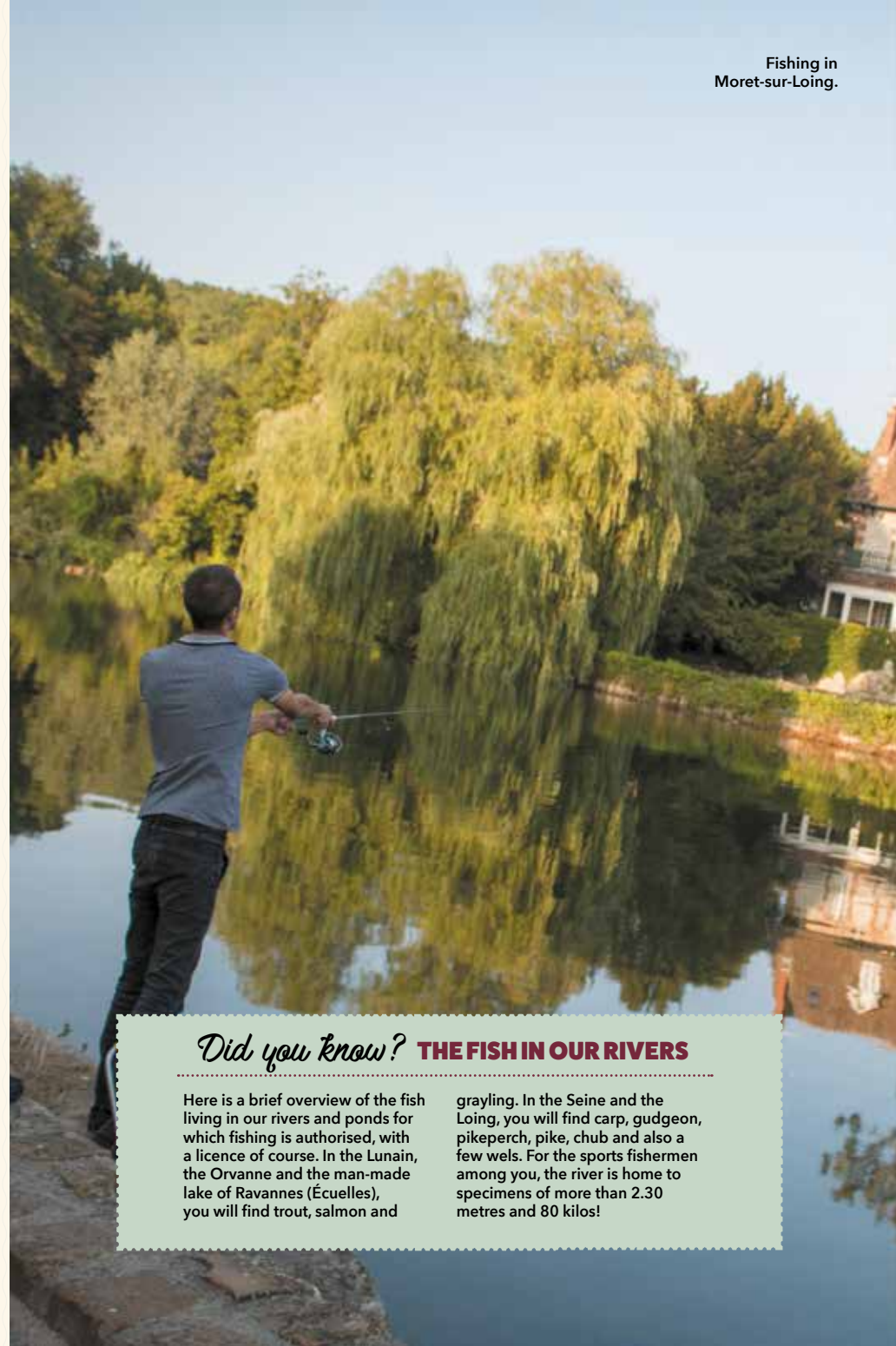
### FISH FARM OF

#### MOULIN GRATEAU

In a more than 5-hectare estate with 700 metres of river banks, you can spend a pleasant day outdoors and taste the fruits of your labour (barbecues and picnic tables are provided for visitors). The fish farm is open to visitors from late February to November, Thursday

to Monday and public holidays, from 7:30 am to 6:30 pm. A fishing licence is not required. Services provided: trout (rainbow) fishing, sale of fish by the kilo, fishing tackle hire

Access via the RD 40 road,  
opposite Route de Cugny.  
77690 La Genevraye  
+33 (0)1 64 45 80 51  
Facebook: La Truite d'Épisy



### Did you know? THE FISH IN OUR RIVERS

Here is a brief overview of the fish living in our rivers and ponds for which fishing is authorised, with a licence of course. In the Lunain, the Orvanne and the man-made lake of Ravannes (Écuellen), you will find trout, salmon and

grayling. In the Seine and the Loing, you will find carp, gudgeon, pikeperch, pike, chub and also a few wels. For the sports fishermen among you, the river is home to specimens of more than 2.30 metres and 80 kilos!



## A RISING TIDE OF BEER!

*Awaken your inner zythologist\* !*

**L**una, Chuche, Chouette bière montignonne and Font And bleau are the names of some of the brews that delight beer lovers throughout our local area. Four independent craft breweries have opened here in the space of just a few years. Passionate brewers from various backgrounds are reinterpreting and reinventing beer, infusing it with local character and creating a wellspring of creativity and enthusiasm. The tastes, personalities and styles vary, but they all share something in common: original beers and a will to revive quality through short supply chains and inject life into our local communities. In exceptional locations, in industrial or countryside settings, take a tour of our breweries and sample their lovingly crafted beverages! ✂

*Passionate brewers  
reinventing beer,  
infusing it with  
local character.*

\* A beer and beer tasting connoisseur

### BEER: A FRENCH TRADITION BROUGHT BACK TO LIFE.

Like the rest of the country, our local area is experiencing a revival of the brewing tradition. In 1900, there were more than 4000 breweries in France, but they had nearly all disappeared by the mid-twentieth century. However, there has been a boom in microbreweries in recent years. In 2017, their number had reached 1100.





# The brewery route OF SEINE & LOING



## 1 LA BRASSERIE DU PAYS DE SEINE & LOING

*Champagne-sur-Seine*

Located in a huge industrial building (the Schneider factory, built in 1900), the Brasserie du Pays de Seine & Loing, produces 100% malt beer, which Eddy, the brewer, seeks to fill with an authentic, no-nonsense and rock 'n' roll spirit. The dark beers, red ales and lagers are all named after classic songs, such as Sister Morphine and Lady Marmelade. The tone is set! The brewery also produces *bières de garde* ("beers for keeping"), matured in oak barrels.

Opening times: Friday from 2 to 6 pm and by appointment. The brewery can be visited on Saturday at 9 am (reservation required).

*Brasserie du pays de Seine et Loing*

3 Rue de Normandie, building 3 in Champagne-sur-Seine.

+33 (0)6 64 02 80 87 – [brasseriepaysdeseineetloing@gmail.com](mailto:brasseriepaysdeseineetloing@gmail.com)

[www.biere77.fr](http://www.biere77.fr) – Facebook: Brasserie du pays de Seine et Loing



## 2 BRASSERIE AOC - BIÈRE DU LOING

*Montigny-sur-Loing*

This microbrewery produces 100% organic-certified beers. The brand's emblem, the owl, watches over each of the bottles in the range: a deliciously acidic wheat beer with citrus notes, an excellent lager, an amber beer and a special Christmas beer during the festive season.

Opening times: Tuesday to Friday from 9 am to noon and 2 to 6 pm, by appointment. Saturday from 9 am to 1 pm

*Brasserie AOC Bière du Loing*

8 Rue Renée Montgermont, 77690 Montigny-sur-Loing

+33 (0)1 64 45 82 29 – [contact@bierebio77.fr](mailto:contact@bierebio77.fr) – [bierebio77.fr](http://bierebio77.fr)



## 3 LA PACHAMAMA, Hameau de Cugny, La Genevraye

In 2016, Sylvain and Boris, forest guides, set off on a great adventure by creating La Pachamama, in a small farm in the heart of the village where they grew up. In addition to their now renowned '5B', '6B' and '7A' lagers, wheat beers and amber beers (named after rock-climbing sites), they create beers with new flavours and special-edition ranges. While the Pachamama is committed to producing its beers using at least 50% raw materials grown within a 30 km radius of the brewery, it maintains an open outlook on the world. Their beer named the 'Strataspère', for example, is brewed using a unique hop that comes from a small farm in Oregon, which they are the first to use

in Europe. The 'Jamaican Coffee Stout', on the other hand, is a dark beer brewed with Jamaican coffee beans, sourced from the organic plantations run by one of Bob Marley's sons. They are perfect to enjoy during the events, concerts and shows regularly held by the brewery. La Pachamama also produces lemonade and cola (see p. 60).

Open April to October on Wednesday from 3 to 6 pm and Saturday from 3 to 7 pm. Open November to March on Wednesday and Saturday from 3 to 6 pm.

4 Rue de la Ferme – Hameau de Cugny 77690 La Genevraye

+33 (0)7 68 70 77 08

[biere@pachamama.bio](mailto:biere@pachamama.bio)

Facebook: Pachamama77

[www.pachamama.bio](http://www.pachamama.bio)

## 4 BRASSERIE ZIEGLER

*in Nanteau-sur-Lunain*

Opened in 2018 by two brothers, the Zieglers, this brewery specialised in the production of ales is located in the heart of the Bocage Gâtinais, in a former mill by a small river, the Lunain, which it is named after. LUNA'in beer is made using ingredients selected for their taste, while favouring local suppliers: when the season is right, you can discover a beer made with chestnut honey from the village! It also organises events and tastings in an exceedingly charming country setting.

Opening times: Friday and Saturday from 11 am to 7 pm, Sunday from 11 am to 6 pm

10 Rue des Moulins 77710 Nanteau-sur-Lunain

+33 (0)6 32 63 46 18 – [brasserie.ziegler@gmail.com](mailto:brasserie.ziegler@gmail.com)

[www.luna-in.fr](http://www.luna-in.fr) – Facebook: LunaInBIERE





## COURSES & EXPERIENCES

**W**hy not stop in Seine & Loing for a few days to delve deeper into the local area and open up new horizons. Numerous artisans, artists and enthusiasts await you to share their knowledge and skills in areas ranging from cookery to pottery, floral art, tapestry, drawing and horse-riding. In terms of accommodation, you can go for a traditional or more original option, with a choice of gîtes, charming guest houses, lakeside bungalows, treehouses, riverboats and more. Choose your very own cocoon to recharge your batteries, dream sweet dreams and make your stay one to remember! ✂

Moret, bords du Loing,  
Alfred Sisley, 1892.



RMN-Grand Palais/S. Maréchal/  
Paris musée d'Orsay

### Painting in nature

#### WALKING & OIL PAINTING

Set off for a day walking in the footsteps of Alfred Sisley along the rivers Loing and Seine, between the villages of Moret-sur-Loing and St-Mammès, to paint *sur le motif* (in nature). Atelier Le Vivier offers a chance to experience the art of the impressionists first hand: sketching outdoors in nature, introduction to the characteristics of the impressionist touch, drawing and composing a painting. Each participant will produce their own painting. Price: €120 (equipment and meal included), 4 participants at most.  
Atelier Le Vivier  
+33 (0)6 80 73 87 96  
[www.galerie-moret-levivier.fr](http://www.galerie-moret-levivier.fr)

### Green inspiration

#### INTRODUCTION TO PERMACULTURE

Permaculture has been widely adopted in Seine & Loing, including farms, estates, château grounds and private gardens. "What is 'permaculture'?" you may be wondering. Inspired by nature and the observation of ecosystems, it involves designing a harmonious, independent and productive garden, while avoiding waste and spending unnecessary energy. Come and pick up techniques, tips and advice on topics such as hügelkultur, watering and sowing at La Ferme des Longs Sillons in Thomery, or as a group at Domaine de Berville. Further information available at the Tourist Office

The domain of Berville,  
La Genevraye.



### Earth and material

#### POTTERY COURSES

Creating your own crockery, original vases, or a unique and personal object... Sound tempting? Discover the various steps involved in the creation of a ceramic item, from modelling to turning, enamelling and moulding. The Tourist Office will give you the locations and dates of workshops run by artisans in Seine & Loing, such as Poterie de la Genevraye (five days) and Les Terres d'Hélène.

• Les Terres d'Hélène - 30 rue de l'Église  
Moret-sur-Loing, 77250 Moret-Loing-et-Orvanne  
06 63 06 31 58 - [helene.marchal@neuf.fr](mailto:helene.marchal@neuf.fr)  
[www.les-terres-dhelene-poterie.fr](http://www.les-terres-dhelene-poterie.fr)  
• La Poterie de la Genevraye  
01 64 45 89 58 ou 06 32 83 98 43  
[contact@poteriedelagenevraye.com](mailto:contact@poteriedelagenevraye.com)  
[www.poteriedelagenevraye.com](http://www.poteriedelagenevraye.com)



#### DISCOVER CUTLERY-MAKING

Alongside Yann Nominé, trained in the art of cutlery-making at Thiers and Laguiole, and his associate Renaud Dumarçay, come and make your own knife in the lovely hamlet of Cugny, in La Genevraye. One-day assembly course (€340) or three-day manufacturing course (€900).  
+33 (0)7 71 87 18 05  
[lescouteillersdefontainebleau.fr](mailto:lescouteillersdefontainebleau.fr)  
[contact@lescouteillersdefontainebleau.fr](mailto:contact@lescouteillersdefontainebleau.fr)  
Facebook: Les Couteillers de Fontainebleau

This is a non-exhaustive list.  
Drawing and hiking,  
photography, horse-riding,  
sewing, relaxation in the  
woods, wild plant picking,  
making cosmetics, tapestry...  
Many other courses and  
activities are available  
depending on current events  
and the season.  
Contact the team at the Tourist  
Office for further information.  
+33 (0)1 60 70 41 66  
[tourisme@ccmsl.com](mailto:tourisme@ccmsl.com)



La Poterie de  
la Genevraye.

#### MOSAIC-MAKING STAY

For five days, in Montigny-sur-Loing, enter a creative bubble and make your first mosaic. Allow your imagination to express itself and go home with basic techniques and a unique, personal item. Courses are open to adults and teenagers. Sessions in summer. Price: €350  
Mosaïcoloing - +33 (0)6 89 01 37 76.  
[jerome.goubet@orange.fr](mailto:jerome.goubet@orange.fr) - [www.mosaïcoloing.com](http://www.mosaïcoloing.com)

### Culinary creations

#### IN THE KITCHEN

Chef Cordélia Franqueville welcomes budding cooks and anybody curious about new flavours, new recipes and learning handy tips, in her workshop in Veneux-les-Sablons. She uses local produce or ingredients from her own kitchen garden, according to the seasons and her current inspiration!  
FROM €45 per person.  
Les petits plats de Cordélia - +33 (0)6 12 15 54 14  
[lespetitsplatsdecordelia@gmail.com](mailto:lespetitsplatsdecordelia@gmail.com)  
Instagram / Facebook: les petits plats de Cordélia



For your stay in  
Moret Seine &  
Loing, you can  
consult  
the restaurants &  
accommodations  
handbook or our  
website :

[www.msl-tourisme.fr](http://www.msl-tourisme.fr)



## A SELECTION OF PRODUCTS *made in Moret Seine & Loing*



### ICE CREAMS MILLE & UNE GLACES

What if ice creams were a healthy option? This is the idea behind 1001 Glaces. The shop of this artisan ice-cream maker, which has stood on Rue de l'Église in Moret-sur-Loing for more than 35 years, is a magnet for grown-ups and kids alike: a local institution! At 1001 Glaces, there is no compromise on the quality of ingredients, which are carefully chosen to make ice creams with no egg, no synthetic emulsifier, no preservatives, no artificial flavours and less sugar (saccharose). In terms of the flavours, you will find all the traditional classics as well as extravagant combinations and unique local flavours, such as Gâtinais saffron and Nemours poppy.

Open Wednesday to Sunday:  
10:30 am to noon and 2 to 6:30 pm, and  
every day of the week in July and August  
(closed Monday and Tuesday mornings)  
Closed from October to March, except  
December.

13 Rue de l'Église, Moret-sur-Loing  
+33 (0)9 51 62 58 51  
contact@1001glaces.fr  
www.1001glaces.fr  
Facebook: 1001 Glaces



### ARTISANAL LEMONADE LA PACHAMAMA

La Pachamama, a craft brewery  
located in the heart of the hamlet  
of Cugny, in La Genevraye, also  
sells home-made lime lemonade  
and cola, all organic!

La Pachamama in the hamlet  
of Cugny, La Genevraye.  
4 Rue de la Ferme,  
+33 (0)7 68 70 77 08  
www.pachamama.bio  
Facebook:  
Brasserie Artisanale Pachamama



### THE KNIVES OF LES COUTELIERS DE FONTAINEBLEAU

Trained in the art of cutlery-making at Thiers and  
Laguiole, Yann Nominé, and his associate Renaud  
Dumarçay, established their artisanal cutlery workshop  
in the hamlet of Cugny. Here, they make knives with a  
distinctly local personality.

Opening times: Wednesday and Saturday from 2 to 6  
pm. One and three-day knife-making courses are also  
available. Knives for sale.

4 Rue de la Ferme,  
Hameau de Cugny,  
77690 La Genevraye  
+33 (0)7 71 87 18 05  
lescouteillersdefontainebleau.fr  
contact@lescouteillersdefontainebleau.fr  
Facebook: Les-Couteillers-de-Fontainebleau

### FASHION INSPIRED BY NATURE OLIVE + BLUE

Olive + Blue is a young clothes brand  
launched in Thomery by the designer Mary  
Madeleine de Bellescize, who studied  
fashion and cut her teeth in the United  
States, England and Egypt. She sells clothes  
and accessories, including dresses, scarves  
and hats, made with hand-dyed linen, using  
pigments made with natural and organic  
plants grown in Seine & Loing and Europe.  
Part of the brand's sales are given to the  
network of beekeepers Un Toit Pour Les  
Abeilles, which promotes biodiversity.

+33 (0)6 66 78 61 04  
oliveblueparis@gmail.com  
fr.oliveblueparis.com  
Instagram: oliveblueparis



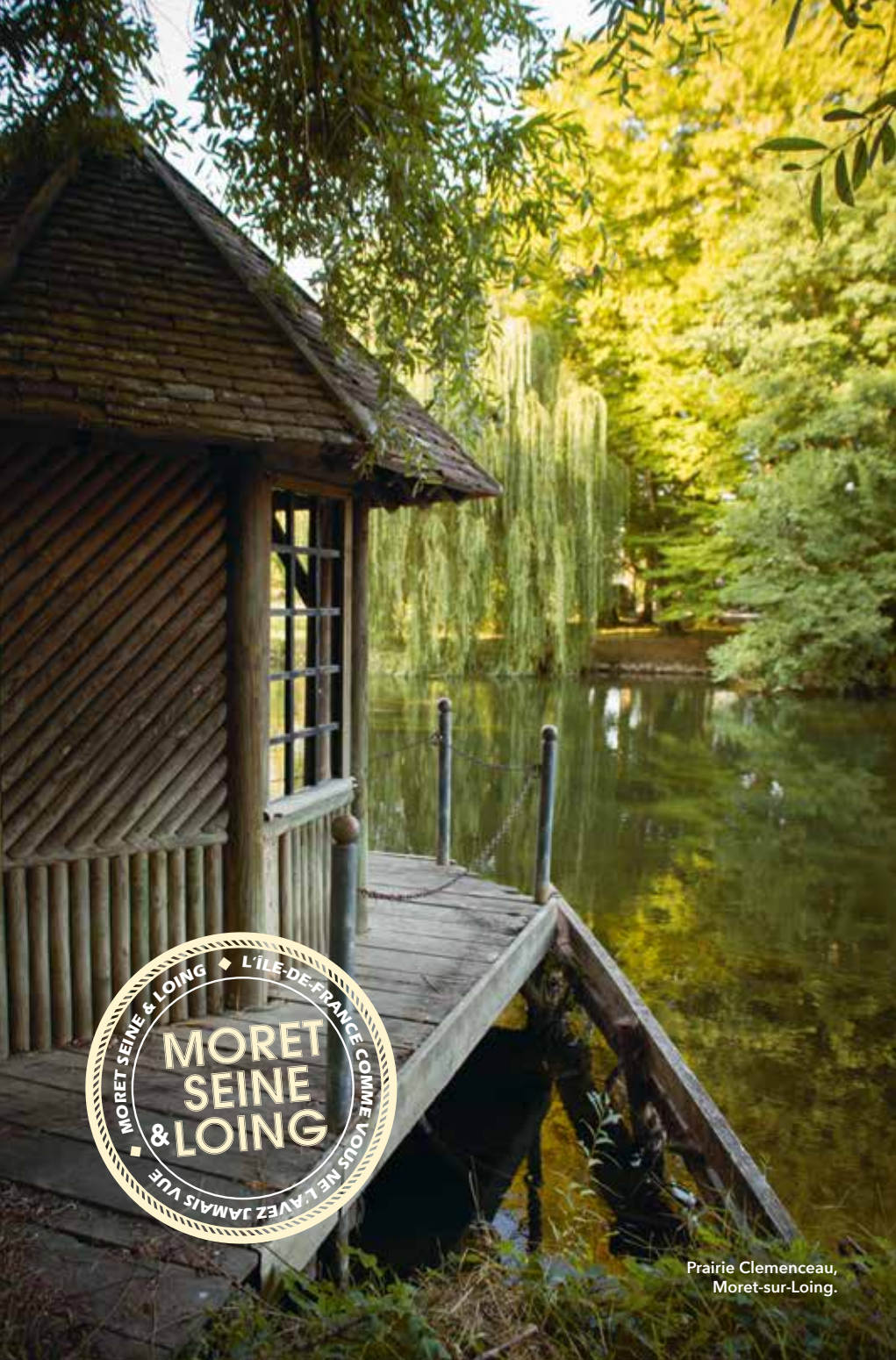
### SOAPS LES BULLES DU LUNAIN

Les Bulles du Lunain is an artisanal micro-soap  
maker. The soaps are made by hand in their  
workshop located in the charming hamlet of  
Cugny in La Genevraye. They are made using  
ingredients produced by organic farming and  
other natural ingredients of superior quality.  
They are saponified cold, a process that helps  
protect the environment by using little water  
and energy and preserves the properties of  
the natural ingredients. Very soft and rich in  
glycerin, they are gentle on the skin.  
Choose from their products 'Douceur  
d'Avoine', 'Douceur d'Aloe Vera', 'L' Olivier'  
and 'Chocacao', 'Détox' or 'Orange Épicée'  
On sale at the Tourist Office.

12 Route d'Épisy - La Genevraye  
+33 (0)6 18 82 15 49 - contact@bullesdulunain.com  
www.bullesdulunain.com  
Facebook: bullesdulunain





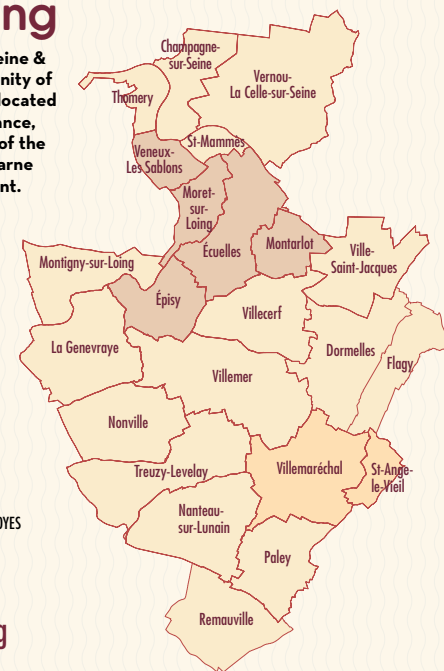


Prairie Clemenceau,  
Moret-sur-Loing.

## USEFUL INFORMATION

# Getting to Moret Seine & Loing

The Moret Seine & Loing Community of Communes is located in Île-de-France, to the south of the Seine-et-Marne department.



Territorial boundary of the new commune Moret-Loing-et-Orvanne  
Territorial boundary of the new commune Villemaréchal

## Getting here



**By car:** A6 motorway, Fontainebleau exit (no. 13), then towards Montereau. A5 motorway, towards Troyes from Paris, Forges exit (no. 17), then towards Montereau. Distance from Paris to Moret-sur-Loing: 80 km, journey time: 1 hr.



**By train:** R line of the Transilien, leave from Paris-Gare-de-Lyon (grandes lignes), towards Montereau/Laroche-Migennes/Montargis. One train every half hour. Journey time: 50 min.



**By boat:** two ports of call and a river stop on the Seine and Loing in Moret-sur-Loing and Saint-Mammès.

**If you have an annual Navigo pass for zones 2-3, 3-4 and 4-5, you can travel throughout Île-de-France (zones 1 to 5) without paying an additional charge on weekends, public holidays, during school holidays in France zone C, and in summer from mid-July to mid-August.**

Zones do not apply to the pass during these periods. Moret/Veneux-Les Sablons, Saint-Mammès, Thomery, Champagne and Vernou railway stations are located in zone 5.



## Moret Seine & Loing Tourist Office



In order to plan your stay in Seine & Loing with ease, contact the Moret Seine & Loing Tourist Office:

+33 (0)1 60 70 41 66 – [tourisme@ccmsl.com](mailto:tourisme@ccmsl.com)

In person, by telephone or by email, the team at the Moret Seine & Loing Tourist Office provide the following:

- up-to-date tourist information (transport, accommodation, food, leisure and events);
- guided tour reservations

(for groups and individuals);

- maps of towns and villages in the Community of Communes, and bus and train timetables;
- a souvenir shop (postcards, books, etc.), as well as IGN and Topoguide maps

- for walking and hiking in the territory of the Community of Communes and Fontainebleau forest;
- sale of local products;
- sale of fishing permits;
- an occasional ticket office service;
- a photocopying service.

A diary of all events taking place in the Community of Communes can be consulted on our website

[www.msl-tourisme.fr](http://www.msl-tourisme.fr)

## In the area around Moret Seine & Loing

**Around 15 minutes away**

### LA GRANDE PAROISSE WATER PARK

Wam Park: water skiing cables, inflatable water games, pedalos...

### FONTAINEBLEAU

Gardens of the Château de Fontainebleau and the Grand Parquet hippodrome.

### GOLF DE THOURY-FÉROTTES

A varied and technical golf course

around a twelfth-century fortified farm.

### TACOTS DES LACS IN GREZ-SUR-LOING

A ride through the countryside on an authentic old train. Vedette Panoramique du Loing in Montcourt-

Fromonville, cruise on the Canal du Loing, from April to mid-October

**30 minutes away**

### MUSÉE JARDIN BOURDELLE Égreville

This guide was produced by the Moret Seine & Loing Tourist Office and Communication Department. **Information:** MSL Tourist Office, Communication Department (the information contained in this Guide is provided as guidance only and is not legally binding). **Editorial design and editing:** Marie-Caroline Brulhet/MSL Communication Department. **Graphic design:** Laurent Assuid/MSL Communication Department. **Translation:** ACS Traduction, Tourist Office. **Photographs:** Aude Boutillon, RMN, Une Terre d'images, Château Rosa Bonheur, FrogImages, La Poterie de La Geneyraye, Pascal Otlinghaus (Les Bulles du Lunain), Mary Madeleine de Bellescize (Olive+Blue), Bière du Loing, Les Couteliers de Fontainebleau, Les Cyclos du Loing, Paul Ziegler, Freepik, DR. The photographs are the property of the establishments presented in this guide. **Printing:** Imprimerie Vincent, Tours. Free guide, may not be sold. Printed in July 2021.

# MORET SEINE & LOING'S NEW TOURIST GUIDES



Three new tourist guides  
and a new website  
[www.msl-tourisme.fr](http://www.msl-tourisme.fr)



[www.ccmsl.fr](http://www.ccmsl.fr)

**MORET SEINE & LOING,  
ÎLE-DE-FRANCE AS YOU'VE NEVER  
SEEN IT BEFORE**





Banks of the Loing,  
in Moret-sur-Loing.





## TOURIST OFFICE

### MORET SEINE & LOING

4 bis, Place de Samois – Moret-sur-Loing

77250 Moret-Loing-et-Orvanne

Tel.: +33 (0)1 60 70 41 66

Email: tourisme@ccmsl.com

## Opening days and times

### April to September

**Tuesday to Sunday and  
public holidays:**

10 am to 12:30 pm and 2  
to 6 pm

### October to March

**Tuesday to Saturday:**

9:30 am to noon  
and 2 to 5 pm

**Closed on Sunday,  
Monday and  
public holidays**

**[www.msl-tourisme.fr](http://www.msl-tourisme.fr)**

 **#msltourisme**

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23, Rue du Pavé Neuf – CS 80214

77815 Moret-sur-Loing Cedex

Tel.: +33 (0)1 60 70 70 20 – Website: [www.ccmsl.fr](http://www.ccmsl.fr)

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Communauté de Communes