

ANTOIGNY



Commune de La Ferté-Macé

Walking in the Fertois Bocage
Walking in the Orne (Normand Bocage)



Crédit photo : N.Houssemaine



- Distances and varied landscape.
- farmland criss-crossed with hedges and trees
 - River
 - Heathland
 - Peat bog
 - Gorges

Half the circuit is in open countryside and half is in the forest.

Duration	Distance	Height range	Bridle paths	Marked footpaths
2H30	8 km	105 m	50%	In progress
Difficulties	« average »: wear good walking shoes/boots. The ground can be slippery. It is hilly in one part.			

(free sheet)

The XVIIth century church (built during the reign of Louis XIV) with its rustic nave and choir. Its bell tower dates from 1693 and is decorated with a niche housing a painting stone statue of saint Martin of the poor dating from the XVIth.



The three XVIIth century altars form a decorative ensemble in coloured wood. They are decorated with twisted columns, hanging garlands and little pediments. Over the great altars is a XIXth century painting representing the Assumption.

Vallée de la Cour

In 1864, Céleste Frébet obtained permission to improve a lake and a dam. He installed a water and weaving mill operated by steam and hydrolic power.. This was closed at the end of the XIXth century (ie: the gearwheel). It was then transformed into an ice-block factory then a discothèque and is now used as holiday homes.



This is a departure point for various marked walks.



Mayor's office : open monday et le tuesday 17h-19h,
02 33 37 14 91

Tourist office for La Ferté Macé and surroundings
02 33 37 10 97

11 rue de La Victoire, 61600 La Ferté Macé

<https://www.montagnesdenormandie.fr>

www.randobobcagefertois.fr

Geology : extending from the Andaines forest, the Gorges de Villiers site is located on a strip of Armorican sandstone, overlooking the plains of the Orne and Mayenne regions. The gorges were formed following the appearance of a geological fault, which was the deepened by a stream.



The ground is covered in scree. Alternating ice ages and warmer periods in the quaternary era (2 million to 100,000 years ago to the present) caused fragments of rock to break off. The

phenomenon is known as frost-thaw action and here led to the formation of the rocky scree slope.

The environments offers extreme living conditions where moss and lichens thrive.

The hot water spring or « hot fountain » : the water temperature doesn't exceed 15 °C. Drawn from the granitic depths, it remains at a constant temperature all year round so, in winter, it might actually feel warm. It seems to spring from the rocks, with strings of bubbles rising to the surface. These bubbles contain various gases, such as nitrogen, argon and helium.



The marshland : This marshland or peat bog fed by seepage of underground water. It is a wet zone, characterized by accumulation of peat. Sphagnum moss forms a spongy ground cover. These mosses can hold up to 30 times their dry weight. Quite rare plants grow here.

How do you tell the difference between calluna and heather ? Calluna leaves look like scales whereas heather leaves are more like small needles.



Extraits du fascicule du Conseil Général:

<http://www.orne.fr/sites/www.orne.fr/files/fichiers/parution/13/06/fasciculegorgesdevilliers.pdf>

Document sur la faune et la flore de cet espace naturel sensible

ANTOIGNY COMMUNE DE LA FERTÉ-MACÉ (Fléchage A)

www.randobocagefertois.fr

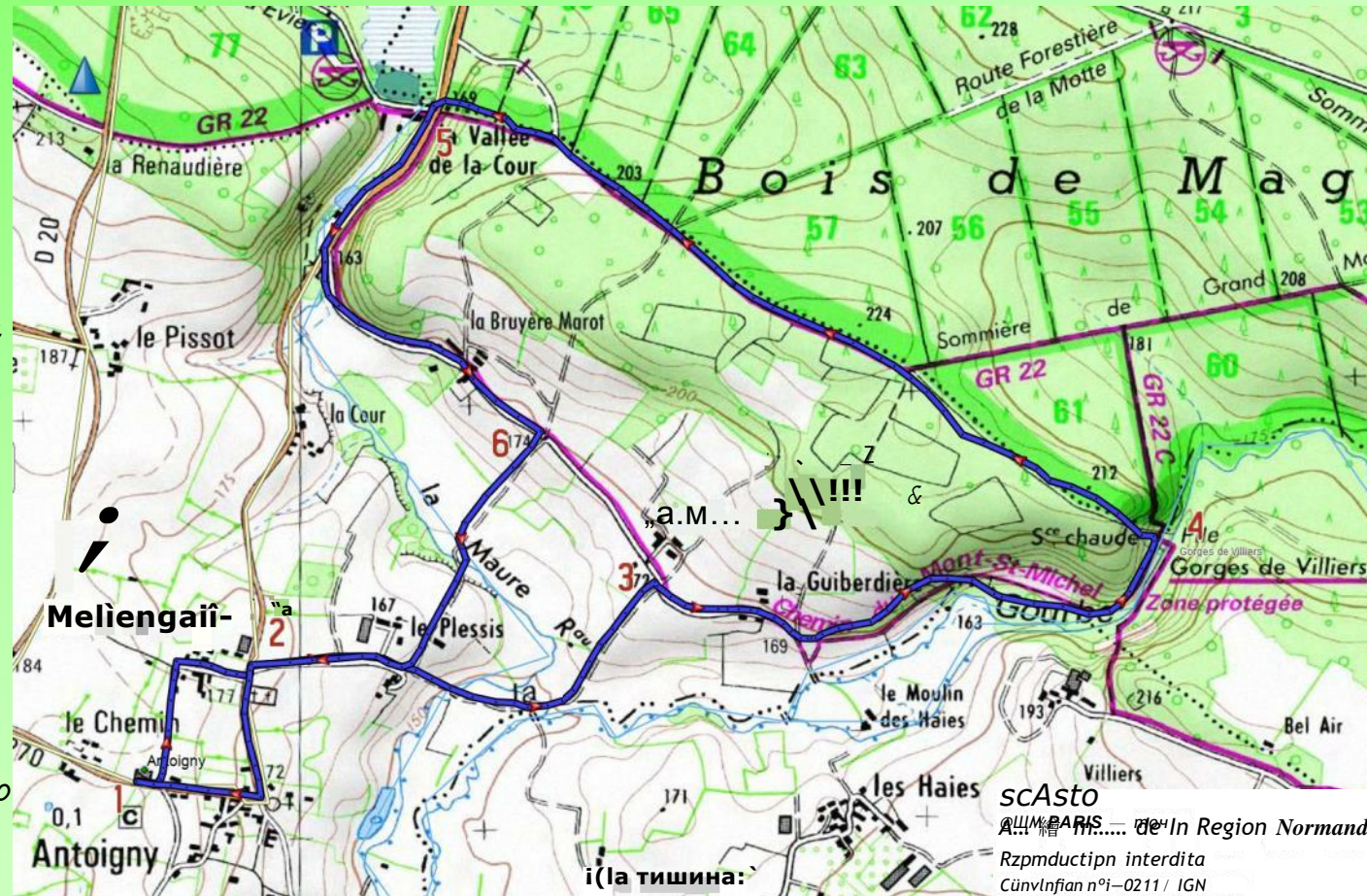
- 1** Depart : Mairie (town hall). On the way to the church, take the first lane on the left. At the first junction, turn right.
- 2** Cross D 270. Take the opposite lane in the direction of « Le Plessis ». When you arrive at the bend, take a small lane where you can read a sign « Pêcheurs, préservez les clôtures ».
- 3** At the next junction, take the road on the right. Go straight on. At the junction take the lane in the middle. Follow « Fontaine chaude » (hot spring).
- 4** Just after the hot spring, follow « Sentier des Gorges » on the left. At the fifth stage of the « Circuit découverte », turn off to the right. Turn left at the end of the lane. Walk up and cross the ditch. Continue along the ditch which is on your left. Turn left at parcel 64.

At the next junction : 2 possibilities

- Go along GR 22 until « La Vallée de La Cour » It's shorter than the other way but the track is a little uneven.
- Go along the lane on the right. After the car park, on the road turn left towards « Vallée de la Cour ».

5 Go left along D 270 for 800 metres. Turn left in the direction of « Bruyère Marot ». Go through the village of « Bruyère Marot ».

6 Continue until the next crossroads – Turn right along the lane to go back to « LePlessis ».
You arrive at point 2. Turn left and return to the departure point.



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