

To see, to discover

Forteresse royale de Chinon

Experience a fun-filled interactive tour in one of the greatest medieval fortresses in the Loire Valley and meet famous historical figures: Eleanor of Aquitaine, Richard Lionheart, Joan of Arc and more. Family events every half-term.

Puys du Chinonais

Sensitive Nature Area and its Balades en Touraine-approved footpath.

The Loire by Bike

Véron Ecomuseum in Savigny-en-Véron

Technical information

GPS DEPART 47°13'57" - E 0°17'09"

ELEVATION + 103m

Accommodation/Catering

Bed and breakfast, restaurant in Cinais
Car park, picnic area

Musée Rabelais

4 rue de la Devinière

37500 SEUILLY

Tél : 02 47 95 91 18

www.musee-rabelais.fr

Seuilly Town Hall

2 place François Rabelais - 37500 SEUILLY

Tél. 02 47 95 90 35

Cinais Town Hall

Le Bourg - 37500 CINAIS

Tél. 02 47 95 91 16

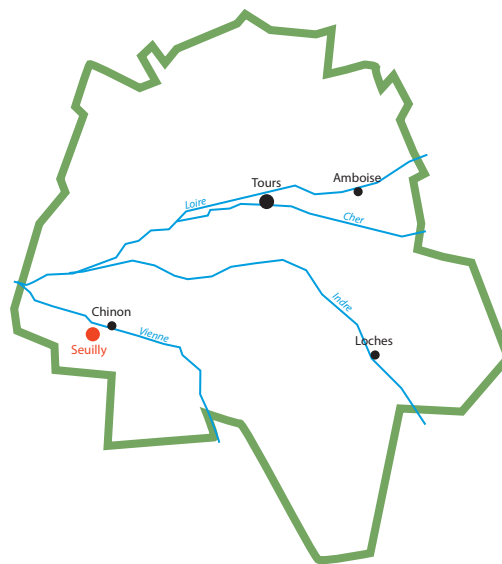
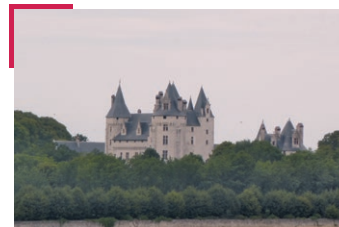
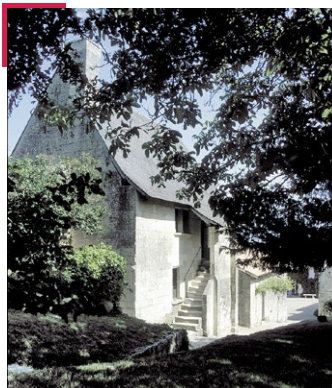
Tourist office Azay Chinon Val de Loire

1 rue Rabelais - 37500 Chinon

Tél : 02 47 93 17 85

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www.azay-chinon-valdeloire.com



Walking charter

Cherish and respect nature. Listen to it, do not spoil it and do not harm it. Stay on the trail and be discreet. Do not damage plants or undergrowth. Do not smoke in the forest or do not light fires. Do not scare animals. Do not neglect human contact. Respect and get to know this rural world that welcomes you.

This material is funded by the Indre-et-Loire Council as part of the Footpath and Hiking Trail Regional Plan.

If you encounter any problem during the process of your walk, please inform us at sentinellesportsdenature.fr



LABEL BALADE
EN TOURAINE



Hiking
NATURE - HERITAGE

In the country
of Rabelais

Seuilly

2h30 - 8km - easy



UN LABEL DU CONSEIL DÉPARTEMENTAL
D'INDRE-ET-LOIRE



TO FIND YOUR WAY

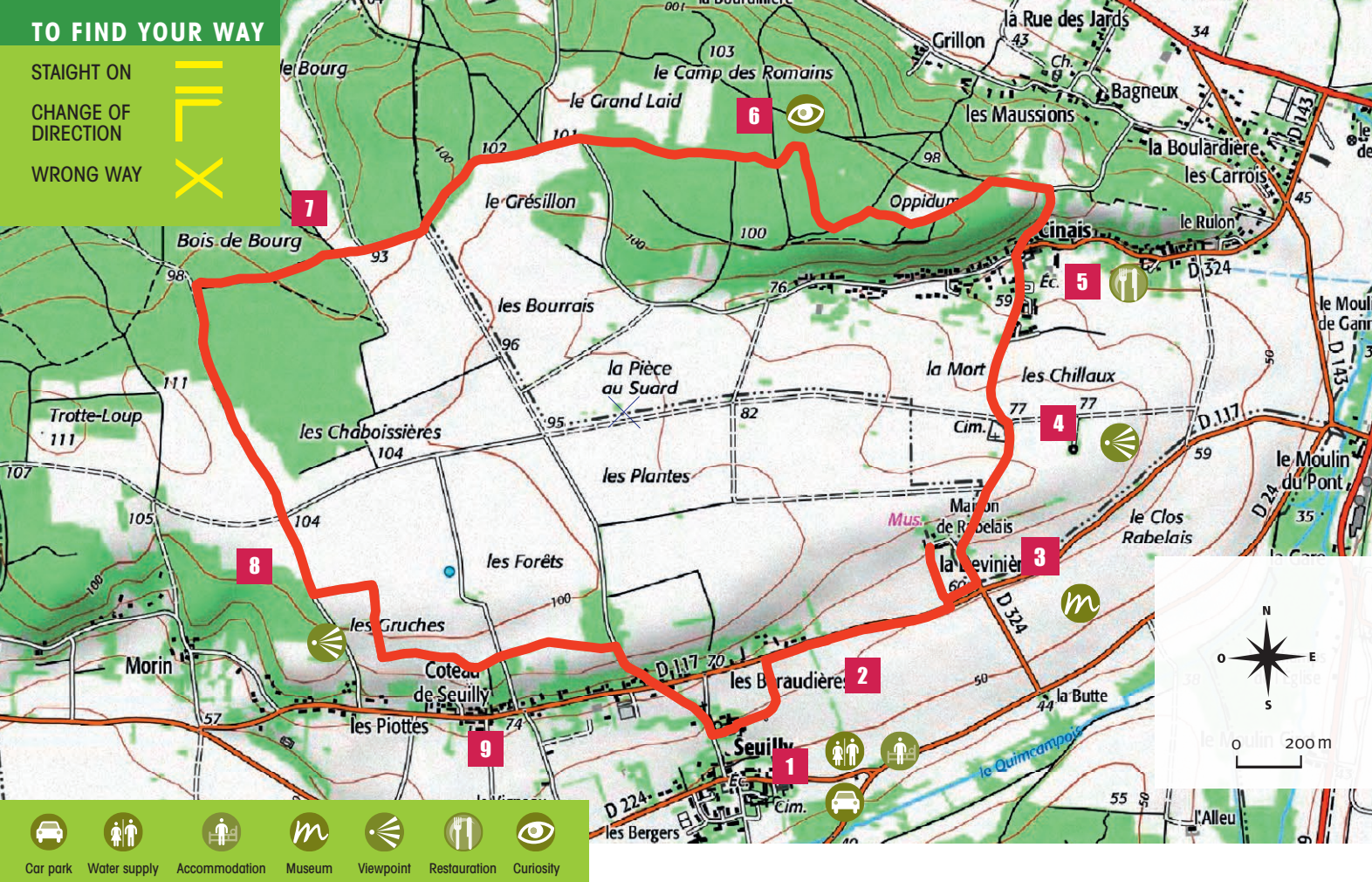
STRAIGHT ON



CHANGE OF DIRECTION



WRONG WAY



This walk from from Seuil to Cinais is bursting with variety with valleys, woodlands, heaths, views and its famous native François Rabelais. Follow in the footsteps of the famous author.

1

Seuil Abbey

The walk starts at **Seuil Abbey** in the village centre. It was founded by the Benedictines in 1100 and François Rabelais studied here. It is now home to the CPIE (Permanent Environmental Project Centre) which runs themed guided tours. A regional centre has local produce, exhibitions and crafts. Follow the yellow markers.

2

Educational trail

Hit the white stone path to La Devinière Abbey. **The In Rabelais' Footsteps educational botany trail** runs along the route for approximately 600 m. Information boards and puzzles show you that nature isn't just for specialists. Reach the museum car park.

3

Musée Rabelais

A trip to the **museum in La Devinière** is highly recommended. The 15th century house is where Rabelais was born in 1494. It set the scene for the Picrocholine Wars depicted by the author in his book *Gargantua*. It is now home to a literary museum devoted to him with countless events and temporary exhibitions. Turn left after the car park and up the road towards the hill.

4

Panorama

Stop at Cinais Cemetery for endless views of the Seuil plateau. To the south you can see the **Château de Coudray-Montpensier** which was built in the 14th and 15th century. To the east you can also see the recently restored Forteresse Royale de Chinon.

Go back down to Cinais village. Fork left towards a clearing then right.

5

Cinais

Go past the 19th century **Saint-Hilaire Church** which is built on the site of an older building that was pillaged by protestants in 1562. Then take your time going up Chemin de la Garenne lined with houses dug into the tuffeau stone known as «residential caves» or «troglodyte homes». Turn left.

6

Roman Camp

Take a left at the fork. Welcome to the **Roman Camp** which was actually a site from the Iron Age (1 BC) making up a unique group of megaliths in Chinon until it was demolished. Go right through the heather. There are 25 different species here. Signs tell you about the flora, fauna and the many mysteries surrounding the site.

7

Chemin de Saint Martin

Stay on the plateau, the peak of the town at an altitude of 110 m. Go through woodlands made up mainly of oaks, chestnuts trees and crop plots. The white markers you can see on the way show that you're on **Chemin de Saint Martin**, the saint who died in nearby Candes-Saint-Martin. Aside from the cardinal points, the initials D and M stand for Doyenné de Saint-Martin (group of several parishes). Turn left.

8

Bois de Bourg

Leave Bois de Bourg and walk between crop fields and the edge of the woods. Turn left then right. On the Seuil hills ahead you can see the fabulous Château de Coudray-Montpensier which, after surviving the Picrocholine Wars, underwent restoration work of «gargantuan» proportions to use Rabelais' words.

9

Seuil

You're nearing the end of your outing. Spot some vines. They make AOC (Controlled Designation of Origin) Chinon wine. Return to the abbey's walls where, according to Rabelais, **Frère Jean des Entommeurs** so valiantly defended the perimeter by killing 13622 men who had come to pillage the vineyards.