

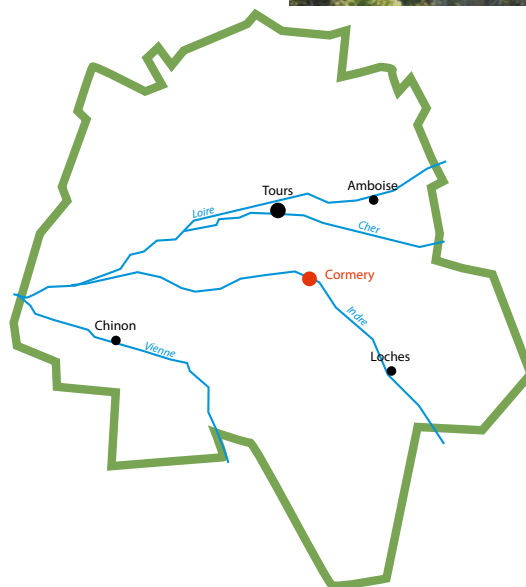
## To see, to discover

### Montbazon Keep :

In 991, Cormery's monks complained to the king that Foulques Nerra also called the "Black Falcon" was building a keep on their land in Montbazon. It was the starting point of fortresses in France.

### Cormery Macarons

These little cakes, soft and crunchy at the same time, are round in shape. Derived from meringue, they are made from ground almonds, icing sugar, caster sugar and egg whites. Legend has it that the « monk's navel » macaroon was created in Cormery after the abbey was founded in 791.



### 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 [sentinelles.sportsdenature.fr](mailto:sentinelles.sportsdenature.fr)

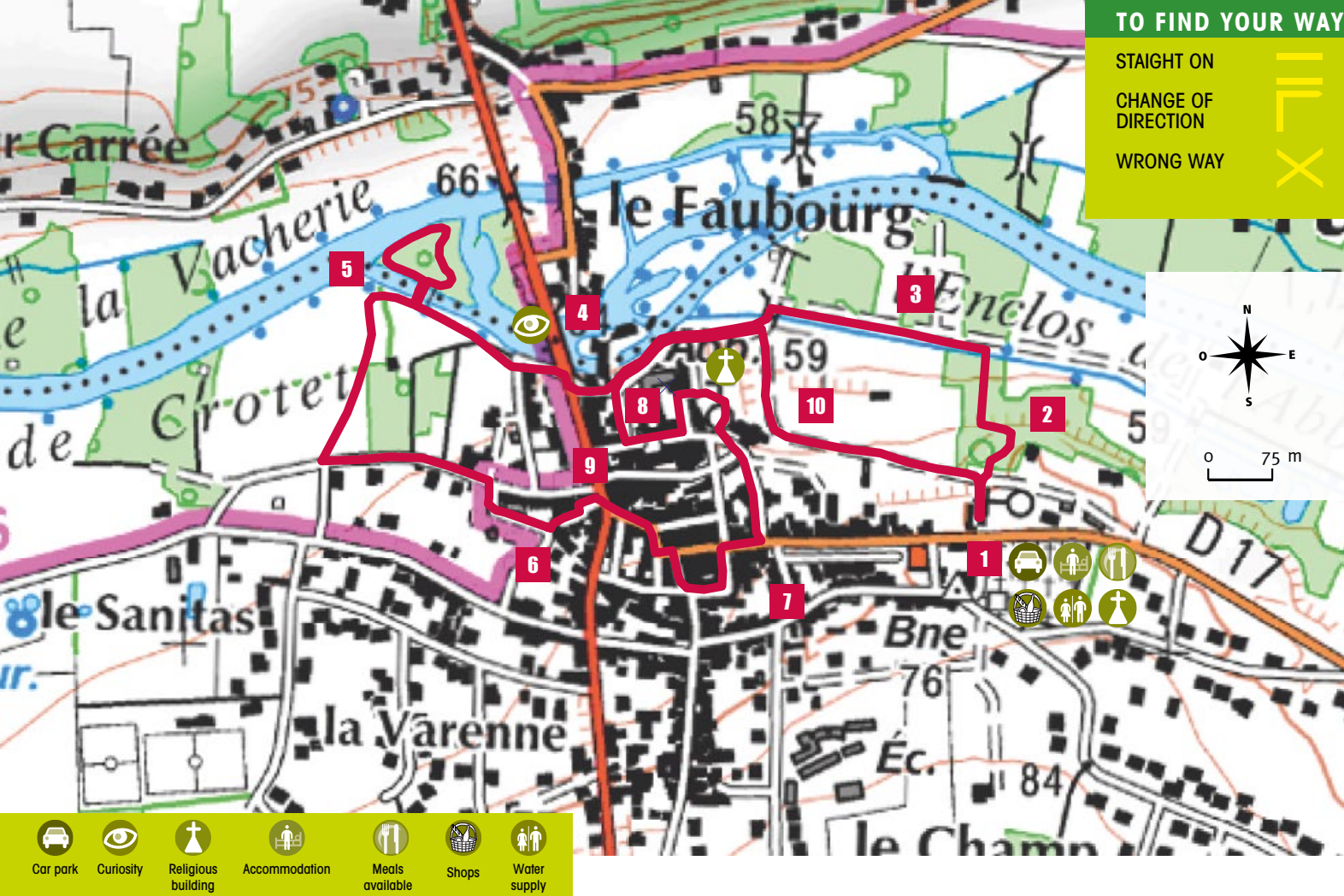


Hiking  
**NATURE AND HERITAGE**

A walk in the abbey  
neighbourhood

**Cormery**

1 h - 3 km - medium

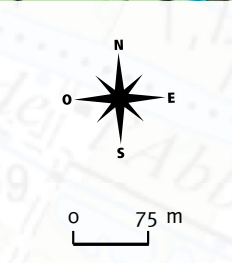


**TO FIND YOUR WAY**

STRAIGHT ON 

CHANGE OF DIRECTION 

WRONG WAY 



Halfway between Tours and Loches is the village of Cormery. Small in size, Cormery's grandeur comes from its rich architectural heritage and environment including the abbey and the pleasant banks of the river Indre. Information boards along the path will tell you all the history of the place.

**1 Notre-Dame de Fougeray Church**  
The 3 km yellow waymarked circuit starts in front of the largest Romanesque church in the Indre valley, the 12<sup>th</sup> century **Notre-Dame de Fougeray**. Walk under the porch in front of the entrance to reach the gardens.

**2 Abbey views**  
Following the circuit you will come to a play area and picnic spot. This space, formerly used as a garden by the abbey's monks, is still comprised of private vegetable

gardens today. All sorts of vegetables were grown here, except potatoes - potatoes arrived in Europe in the 16<sup>th</sup> century. Medicinal plants were also grown here. Before descending towards the canal, take a moment to admire the **abbey of Cormery** in the distance, founded in the 8<sup>th</sup> century.

**3 Canal des Moines**  
Go over the bridge and follow the **canal des moines**, an artificial body of water used to supply with water the abbey, its mills and fish pond. When the water level of the nearby river Indre rises during the winter the water can sometimes cover the path. Nature is respected here. Beavers and numerous fish species such as the pike live here.

**4 Mill**  
Pass the **water mill**. This one was damaged by a fire in 1962 but its wooden waterwheel survived. Cross the D 943 road

using the pedestrian crossing. This road used to be the Berry royal road and then cross the N 143 road which linked Chambray-les-Tours to Riom in the Auvergne region.

**5 The Indre**  
Descend towards the banks of the river between the washhouse and the former **city wall tower**. Walk alongside the river for around 100 metres. Information boards about the flora and fauna appear at intervals along the riverbank and on the island. After the line of trees turn left onto the road. Turn left and then right.

**6 Perimeter wall**  
Look out for an almost invisible alley that takes you under a former city wall tower belonging to the curtain wall. This fortification was built in the 15<sup>th</sup> century to prevent pillaging. Go back to and then cross the D 943 road again.

**7 Place du Champ de Foire**  
Take the rue du Commerce, then the market square (place du Marché), then the rue Paul Louis Courier and then the rue Ithier to get to the Place du Champ de Foire. Three 15<sup>th</sup> century buildings stand before you: the **Saint-Jean tower** with its arrow slits, the **Viège chapel** and the **Abbot's lodge** with its mullioned windows and terrace which you cross before going down a small ramp.

**8 Abbey**  
Turn left onto the rue Alexis Meunier. You are in the heart of the abbey between the **chapter house**, used by the monks as a meeting room, and the cloister, an ancient courtyard surrounded by galleries. When you get to the rue de l'Abbaye, turn right.

**9 Saint-Paul Tower**  
You pass under the **Saint-Paul tower**, which dates from the end of the 11<sup>th</sup> century and is now missing the top of its bell tower. On your left are the Logis du Sacriste and the Maison de l'Aumonier which accommodated the main abbey officials. Turn right. You are now walking past the refectory which sits under vast granaries and the former kitchens now known as the **Logis Boyer**.

**10 Grounds**  
Take the rue Varin to your right and go up the white shell marl-covered path bordered by a number of allotments maintained by village residents. You are now back at the starting point and near the town hall (Mairie) car park.