

## Agenda

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## Sports and Leisure Day

**Morning: Objective: great outdoors (8 km)**

**Starting Point:** parking lot of the Condé-sur-Vire Leisure Centre.

Come hike to the sound of water during a walk of about 4 km along the tow-path. Known for its tranquillity and beauty. On your holliday in Normandy, immerse yourself in the calmness of our countryside !

**Arrival:** Roches de Ham [1]\*

This is where our beautiful countryside will prove itself to you. From the top of this 107 m high cliff, you will discover a panoramic view of the Vire Valley and the St. Lois area.

*\* It is possible to access the Roches de Ham by car. A parking lot is available.*

**Break:** On the Roches de Ham site, a Crêperie [2] is available to you. Take the time to gaze at our beautiful nature on an outdoor terrace and savour authentic Normandy pancakes accompanied by a corked bottle of cider.

**Return to the leisure centre parking lot.**

Lunch break

## **Afternoon: Objective: soothing**

Many options are offered to you as you continue to explore our territory and fully profit from your holiday in Normandy.

- **Option 1:** Discover the Vire Valley by Kayak [3]
- **Option 2:** Discover our trails on horseback
- **Option 3:** Discover one of our former railway tracks on a rail bike [4]

Then, to relax at the end of the day, head to the Centre Aquatique de Saint-lô [5], you can continue sports by swimming lengths, or relaxing in the Jacuzzi and sauna.

To end this beautiful day, journey towards the Hippodrome de Graignes [6]. During high season, races and shows are organised. In the evening you can dine on site.

*Subject to periods and site opening hours - Non exhaustive list*

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**Source URL:** <https://www.ot-saintloagglo.com/sports-and-leisure-day>

### **Links**

[1] <http://www.ot-saintloagglo.fr/les-roches-de-ham>

[2] <http://www.ot-saintloagglo.fr/cr%C3%A0perie-les-roches-de-ham>

[3] <http://www.ot-saintloagglo.fr/asev-cano%C3%AB-kayak>

[4] <http://www.ot-saintloagglo.fr/v%C3%A9lorail-de-la-vall%C3%A9e-de-la-vire>

[5] <http://www.ot-saintloagglo.fr/centre-aquatique-du-pays-saint-lois>

[6] <http://www.ot-saintloagglo.fr/hippodrome-de-graignes>