## **Activity Book**

## Discover the contryside

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## Get on your bikes and ride! It's so good to get away!

Leisurely cycling, road or mountain biking: our region offers cycling for all tastes. The infinite variety of our landscapes and heritage become all the more charming when you travel by bike.

## Long comment

With family or friends, the bike stands out as an extraordinary means of discovering the area; it is also healthy, economic and ecological.

Cycling is getting ever more popular in our region, a means of transport which allows you to meet the local people who are happy to chat and pass on their local knowledge.

There are many cycling opportunities to choose from with numerous cycle paths in the surrounding region. More than 30 different cycle routes are available in the nearby Gâtine, Vendée and Marais Poitevin. Something to suit all levels of cyclists, from beginners and families to experienced riders (maps of these routes are available in all our cottages).

Travel without disturbing the environment with this silent and non-polluting mode of transport.
So, get on your bike and ride the routes carefully selected for interesting countryside in a well-preserved
and unspoiled natural region.

The cottages of La Clé des Champs and Le Petit Paradis, have bikes at your disposition, at our other cottages bike rental is available at reasonable rates.

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