

# Activity Book

## Discover the countryside

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## Hikes and walks for all

There are numerous way marked paths in our region just waiting for you. The only essential equipment needed is a good pair of walking shoes!

### Long comment

Interesting and varied walking routes in undulating countryside, encouraging you to "travel a little further" along the path.

Walking is both a leisure activity and a form of physical exercise. It is interesting to encounter local characters with knowledge of the rich heritage and who will share their local knowledge with you.

Hikers are excited and delighted by what they see and experience in the wonderful local countryside. In the Gâtine, hiking trails are accessible to all, even if they are sometimes moderately physically demanding, they remain a pleasure.

We have walked almost all of them, and we can say that the gradients are bearable and the distances manageable with shortcuts identified on the maps.

In the vicinity there are more than a hundred circuits, from 6 to 20 km, some of which lead to National Trail GR 364, which connects the Mediterranean to the Atlantic coast. Many detailed maps and walking notes are available for walkers to enjoy.

One thing is sure: you certainly won't have any trouble finding paths to wear your shoes out on in the Gâtine, the Vendée and the Marais Poitevin.

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