

## RAMBLING

**i** AGENCE DE DÉVELOPPEMENT TOURISTIQUE DE LA NIÈVRE:

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Tel: +33 (0)3 86 36 39 80 - info@nievre-tourisme.com

www.nievre-tourisme.com (order guides online)

Ask questions or order documentation (rambling guides available for purchase).

**i** PARC NATUREL RÉGIONAL DU MORVAN:

Office de Tourisme de la Maison du Parc 58230 Saint-Brisson, France

Tel: +33 (0)3 86 78 79 57 - Fax: +33 (0)3 86 78 74 22

contact@parcdumorvan.org - www.parcdumorvan.org

www.patrimoinedumorvan.org

### EXPLORING NIÈVRE BY FOOT

#### RAMBLING IN TOTAL FREEDOM: TOPOGRAPHICAL RAMBLING GUIDES

These guides can be purchased from bookstores, the main tourist offices in Nièvre, the Maison du Parc Naturel Régional du Morvan (+33 (0)3 86 78 79 57) and the Agence de Développement Touristique de la Nièvre (+33 (0)3 86 36 39 80).

■ **Topo-guide FFRP Nièvre by foot (39 PR®):** A selection of 39 Walking and Rambling trails (PR) covering the whole Department. An excellent way to discover the major sights of Nièvre, from Val de Loire to Morvan, including the Nivernais River and canal. Categorized by level of difficulty, these trails are indexed on IGN maps and include commentaries on various subjects, as well as sections to help readers discover the region.

■ **Topo-guide FFRP, GR 13 (across Morvan).**

■ **Topo-guide FFRP: Tour du Morvan par les Lacs (Morvan and the lakes).**

■ **Topo-guide FFRP, GR 3: Nièvre (Val de Loire).**

■ **Topo-guide FFRP, GR 654: the Santiago de Compostela Way, from Namur to Nevers (vol. 1).**

■ **Topo-guide FFRP, GR 654: the Santiago de Compostela Way, from Vézelay to Montréal-du-Gers (vol. 2).**

■ **Topo-guide Bibracte-Alesia.**

■ **Balades et randonnées en Vaux d'Yonne (Walking and Rambling Guide to Les Vaux d'Yonne):** Twelve walking trails and three mountain-bike circuits to discover the Yonne ponds near Clamecy, the raft wood capital of France. These circuits will guide you along the banks of the Canal du Nivernais and the Yonne River, and invite you to follow in the footsteps of French writer Romain Rolland.

■ **Balades et randonnées en Pays Corbigeois (Walking and Rambling Guide to Pays Corbigeois):** Twenty-two walking trails and mountain-bike circuits around the canton of Corbigny to help you discover the area's architectural and natural heritage.

■ **Balades entre Val-de-Loire, Puisaye, Donziais (Walking and Rambling Guide to Val de Loire, Puisaye and Donziais):** Twenty-nine circuits available as twenty-two handy guides. Lovers of old buildings, pottery, gastronomy and fine wines will appreciate these circuits that promise a surprise at every step of the way.

■ **Balades et randonnées entre Loire et Bertranges (Walking and Rambling Guide between Loire and Bertranges):** This guide offers 11 walks and rambles across a total 158 km of signed trails for walkers, mountain-bikers and horse-riders. A great opportunity to explore the richness of the wild Loire River and the majesty of the Forêt des Bertranges estate.

■ **Balades et randonnées en Bertranges (Walking and Rambling Guide to Bertranges):** Twenty-eight circuits to explore the Forêt des Bertranges by foot, 8,000 hectares of woodland, comprising mainly oaks, and populated by wild animals including stags, deer and foxes.

■ **Balades entre Loire et Allier (Walking Guide between the Loire and Allier Rivers):** This guide contains twenty-five trails covering a variety of different landscapes, including groves, fields and forests across the Entre-Loire-et-Allier region between these two majestic rivers. These guides sheets are organised into various of themes and centre on the Loire, the Allier, the region's châteaux and Charolais livestock.

■ **Balades au Pays des Amognes (Walking Guide to the Pays des Amognes):** Available in sheet-form, this guide features 25 walking and rambling trails to explore forests, rivers and meadows and the architectural heritage of Les Amognes in the heart of Nivernais region.

■ **Randonnées d'Essie, entre Nièvres et forêts (Rambling Guide to Essie, between the Nièvre rivers and forests):** Sixteen routes, including three educational circuits, will enable visitors to explore the canton of Prémery, a town set between Central Nièvre and Val-de-Loire, 30 kilometres from Nevers. Discover the source of the two rivers of Nièvre, which lent their name to the Department.

■ **Balades et randonnées des Grands Lacs du Morvan (Walking and Rambling Guide to the Great Morvan Lakes):** Sixteen circuits to discover the lakes of Pannecièrre, Les Settons and St Agnan and their surroundings. A few examples of the themes explored: raft wood transportation, the Chemin du Tacot, the Dolmen de Chevresse, the higher Cure, maquis and more.

■ **Balades et randonnées en Sud-Morvan (Walking and Rambling Guide to South Morvan):** This guide contains thirty walking and rambling trails where visitors can experience the diversity of the South Morvan region from an environmental, cultural and architectural perspective. Eighteen communes in the cantons of Luzay and Moulins-Engilbert provide the starting points for these circuits.

■ **Balades à pied: Le Morvan (Walking Guide to Morvan) (Chamina):** The Parc Naturel Régional du



Morvan alone boasts over 1,500 km of signed footpaths. This guide offers 30 Walking and Rambling circuits and five weekend loop trails.

■ **Balades entre Loire et Morvan (Walking Guide between Loire and Morvan):** This guide offers 13 walking and rambling trails, some 130 km of signed footpaths around Fours and Cercy-la-Tour, a chance to discover a region where the River Loire and the Canal du Nivernais conserve the traces of a rich and fascinating history.

■ **Balades et Mémoire au cœur du Nivernais (Walking and History Guide to the centre of Nièvre):** This guide offers 11 walking circuits over the 10 communes of the canton of St-Saulge on the theme of history: the Resistance movement during the Second World War.

■ **Balades en Val du Sauzay (Walking Guide to Val du Sauzay).**

## GUIDED WALKS AND EXCURSIONS

The Comité Départemental de Randonnée Pédestre, in partnership with the region's rambling associations, offers visitors a fun way to discover the Department by joining other nature and rambling lovers on half-day and full-day excursions, which are available every weekend. Alternatively visitors can take part in special rambling events such as the Nevers to Montenoison walk (April) and Les Randonnées du Val de Loire (October).

📄 Information: To receive the half-yearly calendar of organized walks and rambles from the Comité Départemental de Randonnée Pédestre, please call +33 (0)3 86 59 09 44 or +33 (0)3 86 84 05 66 [cdprp58@wanadoo.fr](mailto:cdprp58@wanadoo.fr), <http://ffrandonnee.nievre.monsite.wanadoo.fr>.

■ **Excursions, guided walks and guided tours in Morvan** centred on various topics including the natural environment, the countryside, history, archaeology and popular traditions. Available all year round on request in French, English and Spanish.

📄 Information from the guides on +33 (0)3 86 30 08 63 (Claire Maillant), Le Bourg, Tazilly (58170), [guidesenmorvan@wanadoo.fr](mailto:guidesenmorvan@wanadoo.fr).

## NIÈVRE BY BIKE

### BIKE TRAILS AND GREENWAYS

■ **Voie Verte Nevers-Le Guétin:** Opened in 2004, the first section of this new pathway is ideal for cyclists and rollerbladers, while walkers will enjoy a peaceful 14km stroll along the Canal Latéral à la Loire.

📄 For more information and guides contact the Tourist Office for Nevers and the surrounding region on +33 (0)3 86 68 46 00.

■ **The Canal du Nivernais bike trail:** From Clamecy to Decize, cycling along the Canal du Nivernais towpaths and minor trails, visitors can safely explore this canal built to supply the French capital with firewood.

■ **Cyclo-rail du Sancerrois:** Starting at Port-Aubry (Cosne-sur-Loire), cyclists cross a bridge over the Loire that offers panoramic views of the surrounding region before reaching the foot of the Sancerre hills (Saint-Satur). This highly original countryside circuit follows 8 km of disused railway tracks. Perfect for families or groups of friends.

📄 Information on +33 (0)3 86 45 70 15 or +33 (0)6 85 22 80 72, [cyclorail@wanadoo.fr](mailto:cyclorail@wanadoo.fr), [www.cyclorail.com](http://www.cyclorail.com).

### BIKING GUIDES

■ **La Véloroute Voie Verte (Green Bike Trail Guide):** A topographical guide to the green bike trail along the Canal du Nivernais.

■ **A vélo, autour du Canal du Nivernais (Cycling Guide to the Canal du Nivernais):** Featuring 15 loop trails, this guide will help you discover the Canal du Nivernais, between Clamecy and St-Léger-des-Vignes.

■ **Découvrez la Voie Verte Nevers-Le Guétin (leaflet on the Nevers to Le Guétin greenway):** This leaflet provides a visual guide to the 14-kilometre greenway.

📄 Available from the Tourist Office of Nevers and the surrounding region on +33 (0)3 86 68 46 00.

■ **La Nièvre en cyclotourisme: 48 circuits (Guide to Cycling and Sightseeing in Nièvre: 48 circuits):** This comprehensive topo-guide was specially produced for cycling tourists. Visitors can choose from 48 sheets that offer a guide to Nièvre along its most beautiful lanes and roadways.

■ **Carte touristique et Cyclotouristique – Le Morvan (Tourism and Cycling Tourism Map – Morvan):** Numerous cycling tourist circuits through the Parc Naturel Régional du Morvan. Map with contours and sights of interest indicated.

📄 Available from the Parc on +33 (0)3 86 78 79 57.

### MOUNTAIN-BIKE TRACKS

■ **The Station VTT de Saint-Saulge FFCT,** an exceptional site for mountain-biking with 550 km of signed tracks comprising 16 circuits.

📄 Information from the Tourist Office on +33 (0)3 86 58 25 74 (in season) or +33 (0)6 82 90 65 25 ([sa.billaud@wanadoo.fr](mailto:sa.billaud@wanadoo.fr)).

■ **Vélo Morvan Nature:** 137 circuits between 4 and 50 km long, offering 2,500 km of signed footpaths setting out from 22 towns and villages in the Parc Naturel Régional du Morvan, and tailor-made guided rambles with state-qualified guides.

📄 Information and bike-related events: Vélo Morvan Nature – Maison du Parc du Morvan on +33 (0)3 86 78 71 77, [velo.morvan.nature@wanadoo.fr](mailto:velo.morvan.nature@wanadoo.fr), [www.morvan-tourisme.org](http://www.morvan-tourisme.org).

### MOUNTAIN-BIKING GUIDES

■ **Autour de St-Saulge à VTT (Mountain-biking Guide to St-Saulge):** This topographical guide is dedicated to mountain-bikers. Featuring 15 sheets comprising a map, road book and a variety of other information, this guide will take you through hilly and wooded landscapes around St-Saulge and its mountain-biking centre via several hundred kilometres of signed circuits.

■ **Le Morvan à VTT (Morvan by Mountain-Bike guide):** A range of starting points for any mountain-bike adventure, 22 towns and villages located on the French Cycling Federation's mountain-biking site at the Parc du Morvan are listed in this guide, which comprises of 19 sheets.

📄 To order the guide, call the Parc du Morvan on +33 (0)3 86 78 79 57).

## NIÈVRE ON HORSEBACK

📄 To enquire about horse-riding activities, horse-drawn treks and excursions on packsaddle donkey around Nièvre, contact the CDTE (Nièvre's Departmental Committee for Equestrian Tourism) at 63, rue des Filles in Coulanges-les-Nevers (58660) on +33 (0)3 86 57 63 28 or +33 (0)6 09 39 86 06.

📄 For information on equestrian activities in Morvan, centres and accommodation, please contact the AREM (Association for Horse Trekking in Morvan) at the Maison du Parc du Morvan on +33 (0)3 86 33 32 78.

### HORSE-TREKKING GUIDES

■ **La Nièvre à cheval (a booklet about "Nièvre on horseback"):** Lists all of the addresses for horse-riding activities in the area: equestrian tourist centres, horse-riding schools and accommodation awarded the FRETE label in the Department.

■ **À cheval en Nivernais sur les chemins de St-Jacques-de-Compostelle (Horse-riding Guide to Nièvre on the Santiago de Compostela Way):** A guide containing a detailed map for anyone wishing to cross Nièvre on horseback, from Vézelay to La-Charité-sur-Loire, by following one of the paths of Santiago de Compostela.

■ **Tour équestre du Morvan (Guide to Touring Morvan on Horseback):** Along 500 km of signed trails, discover the various aspects of the Parc Naturel Régional du Morvan. The trails can be taken in both directions.

📄 To order the guide, call the Parc du Morvan on +33 (0)3 86 78 79 57.

■ **De Loire en Morvan (the Loire to Morvan Guide):** Signed trails stretching 130 km to the River Loire starting out from La Charité-sur-Loire and along the Canal du Nivernais to Morvan.

### DONKEY TREKS AND HORSE-DRAWN EXCURSIONS

■ **Les Attelages de Pannecièrre:** A superb trek around the magnificent Lac de Pannecièrre in Morvan, whether you feel like a short one-hour walk or a full half-day excursion. Horse-drawn excursions in Western-style carriages all year around. Reservations only.

€ Prices: €8 for adults and €7 for children for a one hour trek.

📄 Information: Alain Perruchot, Ferme du Bonin in Montigny-en-Morvan (Tel: +33 (0)3 86 84 73 46).

■ **Les Zigzags from Martin to Brassy:** Sit astride a donkey and head out to discover Morvan. Your four-legged companion will carry your bags or your children, to their great delight! Unguided tours for one to six days, and guided excursions.

📄 € Information and prices on +33 (0)3 86 22 27 97 and +33 (0)6 08 28 02 15.

■ **A donkey in Morvan,** Les Aubues in Lormes: One-day discovery trails or treks lasting several days.

📄 Information on +33 (0)3 86 22 89 83, [aneenmorvan@tele2.fr](mailto:aneenmorvan@tele2.fr), [www.bourricot.com/un-ane-en-morvan.com](http://www.bourricot.com/un-ane-en-morvan.com).

■ **Donkeys in La Beue,** La Beue farm in Varennes-Vauzelles: Treks on packsaddle donkeys, from one hour to a full day.

📄 Reservations on +33 (0)3 86 38 27 13.

## CANOEING ON THE LOIRE

[Also see section on "water sports".]

Unguided and guided canoe treks.

📄 Information from the Comité Départemental de Canoë Kayak on +33 (0)3 86 57 63 28, [cdck58@wanadoo.fr](mailto:cdck58@wanadoo.fr).

### WATER TREKKING GUIDE

This guide can be purchased from any major tourist office in the Val de Loire.

■ **Descendre la Loire en Canoë-Kayak (Canoe-Kayak Guide to the Loire):** This unique guide to Europe's last wild river features 11 waterproof sheets. Each sheet contains a detailed map of the river, a logbook providing you with fascinating facts at each stage and a host of tourist and environmental information required to enjoy rambling while respecting the Loire environment.

## CRUISES AND RIVER TOURS

### THE CANAL DU NIVERNAIS AND THE CANAL LATÉRAL À LA LOIRE

[See also the section on Nièvre by bike.]

The canals in Nièvre offer a variety of water cruises, providing you with a highly original way to discover the Department. The enchanting countryside, well-preserved natural heritage and many locks will make your journey a true moment of relaxation and discovery. Please remember that all other vehicles, both motorized and unmotorized, are not permitted on the towpaths except in authorized sections.

📄 To book your canal holiday, contact: Les Bateaux de Bourgogne, Service de Réservation Loisirs Accueil de l'Yonne, 1-2 quai de la République, 89000 Auxerre, France - Tel: +33 (0)3 86 72 92 10 - Fax: +33 (0)3 86 72 92 14 - [bateaux@tourisme-yonne.com](mailto:bateaux@tourisme-yonne.com) [www.bateauxdebourgogne.com](http://www.bateauxdebourgogne.com).

📄 To receive practical information on the canals, consult the guides on the canals in Nièvre and the Pays d'Accueil du Canal du Nivernais: 5, Rue du Moulin, 58110 Châtillon-en-Bazois, France or Tel: +33 (0)3 86 84 05 66, Fax: +33 (0)3 86 84 52 11, [canal-nivernais@wanadoo.fr](mailto:canal-nivernais@wanadoo.fr).



## BOAT RENTALS (FOR THE WEEK, NO LICENSE REQUIRED)

### ■ Baye – Port des Pougeats in Bazolles (Etangs de Vaux et Baye): Aqua Fluvial.

Information on +33 (0)3 86 38 90 70, info@aquaflyvia.fr, www.aquaflyvia.fr.

### ■ Maison Eclusière at Châtillon-en-Bazois: Les Canalous.

Information on +33 (0)3 86 84 00 34 or +33 (0)3 85 53 76 74, resa@canalous-plaisance.com, www.canalous-plaisance.com.

### ■ Port de Chitry-les-Mines: Rive de France.

Information on +33 (0)3 86 20 14 80 or +33 (0)3 86 43 44 00, rdf@i2m.fr, www.rivedefrance.com.

### ■ Port de La Chaise in Corbigny: Locaboat Holidays.

Information on +33 (0)3 86 20 07 29 or +33 (0)3 86 91 72 72, info@locaboat.com, www.locaboat.com.

### ■ 3, Quai Promenade in Corbigny: Association Découvertes.

Information on +33 (0)3 86 20 16 38.

### ■ Bassin de la Jonction at Decize and Saint-Didier in Tannay: Crown Blue Line.

Information on +33 (0)3 86 25 46 64, decize@crow-blue.com, www.crowblue.com and on +33 (0)3 86 29 35 52, tannay@crow-blue.com.

### ■ The Port at Marigny-sur-Yonne: Burgundy Cruisers.

Information on +33 (0)3 86 20 10 56 or +33 (0)3 86 81 54 55, france.afloat@wanadoo.fr.

### ■ Port de Plagny-Seremoise: Tourisme Fluvial du Centre.

Information on +33 (0)3 86 37 64 42 or +33 (0)2 38 30 33 47, www.tfc-france.com.

## BOAT RENTALS BY THE DAY

### ■ Le Wanday: Capacity: 12 persons max.

⌚ Departs from Baye at 9 a.m. at the Port des Pougeats - Return: 6 p.m.

€ Prices: €160 for the day, €78 for a return journey through "Les Voûtes de la Collancelle".

Information: Aqua Fluvial, Port des Pougeats, Baye, on +33 (0)3 86 38 90 70, info@aquaflyvia.fr.

### ■ La Nivernaise: Barge trip on the Loire and its canals, with pilots, for six persons maximum, for one hour, a half-day or full-day (see section on Nature and the Local Environment).

Information from the Decize Tourist Office: +33 (0)3 86 25 27 23.

## ELECTRIC BOAT RENTALS

### ■ L'Évadeau: Capacity: 5 persons max. € Price: €55 for a return trip.

### ■ Le Margot: Capacity: 7 persons max. € Price: €65 for a return trip.

Information: Aqua Fluvial, Port des Pougeats, Baye, on +33 (0)3 86 38 90 70, info@aquaflyvia.fr.

### ■ Stade Nautique de Decize: Electric boats (no license required) for five persons. Navigation on the Veille Loire and Aron rivers.

€ Prices: €10 for a ½ hour, €16 for an hour, €30 for two hours, €41 for three hours, €46 for a half-day and €76 for the day.

Information on +33 (0)3 86 25 00 99 and the Tourist Office on +33 (0)3 86 25 27 23.

## BOAT TRIPS ON LAC DES SETTONS

### ■ Les Settons: Plage du Midi, on the right bank of Lac des Settons.

Operating times: from 16 April to 14 October from 9 a.m. to 7 p.m. Capacity for 100 persons max. Panoramic view, toilets, heating, access for persons with disabilities. 40-minute cruise with commentary (in French and English).

Photo opportunities at the boat's cockpit. Departs from the barrier. Parking for coaches. Pedalo hire.

€ Prices: €2.50 for children, €5 for adults, €3.10 for groups, and €1.80 per person for school groups.

Information on +33 (0)3 86 84 51 97, settonsboat@aol.com.

### ■ Morvan: Left bank of Lac des Settons.

Boat with panoramic views with a capacity for 80 persons.

Information on +33 (0)3 85 52 52 17, bateau@settons-tourisme.com, www.settons-tourisme.com.

## MOTOR SPORTS

### NEVERS MAGNY-COURS RACE TRACK

Located just 10 km from Nevers, the Circuit de Nevers Magny-Cours has always been a Mecca for car racing. Free entry (admission charge on race dates); sit in the stands, buy gifts at the track shop and discover the history of French Formula 1 at the Musée Ligier.

⌚ Opening times: from 8 a.m. to 8 p.m., seven days a week.

■ **Motor sport events (car and bike):** Since 1991, the track has held the Formula 1 Grand Prix and several other world championships: the World Touring Car Championship-WTCC, the Bol d'Or, the World Superbike and the GTI Tuning, Europe's largest gathering of customized sportscars. The general public are welcome to meetings all year round.

■ **Main events in 2006:** Bol d'Or Classic: 1 and 2 April ■ French Formula 1 Grand Prix: 14-16 July ■ GTI Tuning: 29 and 30 July ■ Bol d'Or: 15-17 September ■ World Superbike: 7-8 October.

■ **Guided tour of the Musée Ligier and the track facilities:** Discover the track's technical and sporting facilities, combined with an optional tour of the Musée Ligier dedicated to Formula 1. Visits of the "PC vidéo / Direction de Course" (track security video system), the media centre, the Salle Ayrton Senna, the Paddock and museum shops, the medical centre and the Formula 1 Musée Ligier.

Information for groups of at least 25 persons, the tour lasts 1 hour 45 minutes (by appointment only). Please request a price estimate.

### ■ Musée Ligier de la F1: This museum recounts the 20-year history of French Formula 1.

Information All year for groups (by appointment). Open to the general public on race dates.

### ■ Leisure activities:

- **Go-karting:** seven days a week for individual karting or exclusive use of the track for groups. Endurance or speed tests for a few hours or whole days.

- **Karting courses:** courses are regularly organized on the Grand Prix or Club tracks all year round. Available for private individuals and companies.

Accessible to everyone: a morning training session enables visitors to pick up the basic skills from day one.

- **F1 course:** drive an authentic Grand Prix F1 car.

- **F3 course:** take control of a one-seater – surprises guaranteed!

- **Fun Boost Challenge:** test your endurance onboard a prototype sportscar.

- **Porsche Driving Experience course:** combine driving, training and a passion for speed at the wheel of a luxury sportscar. Sheer pleasure!

■ **Seminars and conferences:** With a worldwide reputation for the safety of its circuits and high-performance facilities, the Circuit de Nevers Magny-Cours comprises a vast, fully-equipped complex catering to corporate meetings, seminars and conferences.

- **Conference room, show room and reception rooms** adapted to simple working meetings for 10 guests or large seminars attended by between several hundred and over a thousand participants.

- **Les Loges,** 45 modular, multi-purpose private areas, equipped on request (10-80 persons).

- **Le Salon Panoramique** for prestigious events (20-100 persons).

- **Salle Ayrton Senna,** adjoining the Club F1, this conference centre and restaurant is located on the same floor, providing a real time-saver for company events (50-200 persons).

- **The Terrasse Paddock Club** is covered to serve as a show room or reception hall (400-1,000 persons).

- **The Visiocenter** is an amphitheatre seating 300 guests with top-of-the-range equipment (28 sq. m image wall).

- **La Thématique,** exhibition hall for catering or events, with access to the Musée Ligier (350 persons).

€ Prices and terms: please enquire.

Information: Circuit de Nevers Magny-Cours, Service INFO-COM on: Tel: +33 (0)3 86 21 81 11, Fax: +33 (0)3 86 21 80 82, circuit@magnyf1.com, www.magnyf1.com.

Technopole – 58470 Magny-Cours – France.

## GO-KARTING, QUAD BIKING AND 4X4

■ **Go-karting at Nevers Magny-Cours,** Technopole: On one of France's finest go-karting circuits covering 1,110 m in excellent safety conditions. Recreational go-karting for men and women, sport and super go-karts. Open to spectators and drivers: terrace with panoramic view, café, video games and visitor parking. Individual hire of 4 and 2-stroke engines; groups catered for (please enquire). Speed and endurance challenges, driving courses.

⌚ Opening times: from March to late October, every day from 10 a.m. to 8 p.m. From November to March, Monday to Friday from 2 p.m. to late evening and weekends from 10 a.m. to late evening.

€ Prices: €13.50 per session in a recreational 4-stroke go-kart in high season; €11 in low season. 10 session carnet: €120.

Information on +33 (0)3 86 21 26 18, karting.magny-cours@wanadoo.fr.

### ■ Cosne Karting, Route de l'Aérodrome.

+33 (0)3 86 28 09 58.

■ **Okhéanos Loisirs,** Bornoux, Dun-les-Places: **Quad biking: After an initiation session that allows you to experience the safety and stability of these vehicles, head out along the trails to explore Morvan.**

€ Prices: One-hour introduction: €38/pers.; two-hour excursion: €68/pers.; three-hours: €85; full day: €150/pers.; two-day trek: €310/pers.

Other activities: mountain-biking tours: half-day for €16/pers or full-day for €23/pers.

Information on +33 (0)3 86 84 60 61, infos@okheanos.com, www.okheanos.com.

### ■ Slide Control at Dun-les-Places, Le Bourg: Quad-bike rentals.

Information on +33 (0)3 86 84 60 67, slide.control@slide-control.com, www.slide-control.com.

### ■ Recreation in Morvan at Avallon: Quad biking

€65/pers. for two hours, €90/pers. for three hours, day with meal €165/pers.

Information on +33 (0)3 86 49 55 50 or +33 (0)3 86 78 75 98 (in summer), info@loisirsenmorvan.com, loisirsenmorvan.com.

### ■ Tous Azimuts at Montsauche-les-Settons, Plaine de Nataloup - Route de Saulieu.

Information on +33 (0)3 86 84 53 49, perronet@infonie.fr.

## PLANES AND MICROLIGHTS

■ **Aéronautique du Nivernais in Marzy,** Aérodrome de Nevers-Fourchambault: Offers introductory flights in planes or microlights.

€ Price: for 1, 2 or 3 persons, introductory flights at €2/minute (for around 20-25 minutes in total).

Information on +33 (0)3 86 57 27 51, adn.avion@wanadoo.fr, http://perso.wanadoo.fr/aero.nivernais/

# WATER SPORTS

## GUIDED AND UNGUIDED CANOE TREKS

Companies offering trips on the Loire and Allier rivers.

■ **Association LOIRE**, L'Abri du Castor, Bureau des guides de Loire, 26 quai des Eduens à Nevers: **Guided and unguided tours. Canoe trekking on the Loire and Allier rivers.**

Departures from Quai des Eduens in Nevers.

🕒 From 1 March to 30 October 📞 Prices: please enquire.

📞 Information on +33 (0)3 86 57 69 76, loire@l-o-i-r-e.com, www.l-o-i-r-e.com.

■ **Canoe évasion**: Setting off from La Charité-sur-Loire and Marseilles-les-Aubigny, why not rent a canoe or kayak for the half-day, full day or several days from April to late October. Monitors available for group supervision. Excursion on the "trail of the beavers" lasting two hours.

📞 Prices: adults at €15 per half-day and €21 per full day; children at €5 per half-day and €8 per full day; groups at €14 per half-day and €19 per full day.

📞 Information on +33 (0)3 86 39 13 75, 17, Quai Jules Pabiot in Pouilly-sur-Loire, canoeevasion@aol.com, www.canoeevasion.com.

■ **Loire Nature Découverte from La Charité**: Rentals of canoes, unguided tours and guided nature trails to explore the Loire (April to September).

📞 Prices: canoe rentals from €15 per adult for a half-day.

Other activities on offer: horse or donkey trekking.

📞 Information on +33 (0)2 48 78 00 34, contact@loirenaturedecouverte.com, www.loirenaturedecouverte.com.

■ **Trips on the Yonne**: Au fil de l'eau, Hameau de Reviry, 58800 Mouron-sur-Yonne, France.

■ **Canoe-kayak clubs bearing the FFCK label in Nièvre offering supervised and unsupervised activities:**

- **U.C.S. Canoe-Kayak** in Cosne-sur-Loire on +33 (0)3 86 26 99 66 or +33 (0)6 03 19 20 93, rollindo@wanadoo.fr.

- **Canoe Club de Decize-Saint-Léger-des-Vignes** on +33 (0)3 86 77 12 29, esperance.canoe@wanadoo.fr.

- **Canoe Club de Nevers** on +33 (0)3 86 36 72 47, canoeclubnivernais@wanadoo.fr.

■ **Other clubs:**

- **ASC Canoe-Kayak Alain Colas de Clamecy** on +33 (0)3 86 24 49 38, ckalaincolas@wanadoo.fr.

- **Canoe Club de La Charité-sur-Loire** on +33 (0)3 86 70 35 88.

## RAFTING AND WHITE WATER RAFTING

■ "Water release" days on white water rivers:

**The River Cure**: 9-15 and 23-30 April; 5-8, 11, 14-16, 18 and 25 May; 4-12 June.

And every day between 9 July and late August.

**The River Chalaux**: 2-3 and 16-18 April; 1, 21-22 and 28-29 May; 24-25 September; 1-2, 8-9, 15, 22-23 and 29-31 October; 1, 5-6 and 12-13 November.

■ **Activital Base Sport et Nature de Chaumeçon in Saint-Martin-du-Puy**: Situated on the banks of the Lac de Chaumeçon. A monitor supervises activities: rafting, white-water swimming, hot-dogs and hair-boats on the River Chalaux or canoes and kayaks on the lake.

🕒 Opening times: from Easter to All Saints' Day.

📞 Prices for activities: €33-39 by raft, hot-dog or hair boat; €38-41 for white-water rafting and €14.70/adult and €13.30/child for canoeing and kayaking.

Other activities: mountain-biking rentals at €18 per day and €12 per half-day. Supervision at €95/group for a half-day and €172/group for a full day.

Orienteering (minimum 10 pers.) €14.70/adult and €13.30/under 16s.

📞 Information on +33 (0)3 86 22 61 35, chaumecon@wanadoo.fr, www.activital.net.

■ **A.B. Loisirs**, Route du Camping at Saint-Père-sous-Vézelay: **To help you enjoy the full range of water sports, AB Loisirs offers two types of craft: Rafts, with a capacity for six plus the guide, an ideal vessel for white-water excitement, or the canoe-raft, for two people, for those looking for more autonomy. Two rivers are possible for boat trips: the Chalaux (from Lac de Chaumeçon to Lac du Croissant) and the Cure (from Pont de Nataloup to Saut de Gouloux or Montal).**

To register, fill in the form on the website or contact A.B. Loisirs at the address below.

📞 Prices: Raft treks: €33 for children aged 12-16 years; €39 for adults.

Other activities: quad-biking, adventure trails and more, all in the vicinity of Vézelay.

📞 Information on +33 (0)3 86 33 38 38, contact@abloisirs.com, www.abloisirs.com.

■ **Loisirs en Morvan** in Avallon:

- **Rafting or hot-dog**: 📞 trips at €42 - **HydroSpeed**: 📞 trips at €45.

📞 Information on +33 (0)3 86 49 55 50 or +33 (0)3 86 78 75 98 (in summer), info@loisirsenmorvan.com, loisirsenmorvan.com.

■ **Okhéanos Loisirs in Dun-les-Places**:

- **Rafting**: Once you've been briefed and kitted out with a diving suit, safety jacket and helmet, take on the turbulent white waters of the Chalaux or Cure rivers in groups of six to seven under the watchful eye of your guide.

📞 Prices: Introductory packages at €35/pers. for 2-hour raft trips or €64/person for a full day (food not included).

- **White-water swimming (hydroSpeed)**: fitted out with a reinforced suit, a foam float and a pair of flippers to propel yourself along, experience a new way to glide through the waters.

📞 Prices: €38/pers.

📞 Information on +33 (0)3 86 84 60 61, infos@okheanos.com, www.okheanos.com.

■ **Tous Azimuts at Montsauche-les-Settons**, Plaine de Nataloup – Route de Saulieu.

📞 Information on +33 (0)3 86 84 53 49, perronet@infonie.fr.

## LAKE AND WATERSIDE LEISURE CENTRES

■ **Activital Base Sport et Nature des Settons in Montsauche**: Set beside Lac des Settons (360 hectares) just 25 km from Saulieu. Catamaranning, dinghy sailing, windsurfing for individuals and groups; equipment hire. Man-made beaches, supervised swimming, sailing school, pedalo rentals, fishing, boat trips (see section on boat trips). For children: the miniature port with electric boats. Ecole Française de Voile. Discover the lake and its beaches, islands, bays, either on your own or in a group, in a rowing boat or a canoe.

Accommodation in gîtes, chalets or campsites. Canteen.

🕒 Opening times: from Easter to All Saints' Day. Courses held from 10 July to 25 August. Courses in July and August (bookings only).

📞 Prices for activities: one-hour rentals: from €12 for windsurfing to €24 for two-man catamarans. Courses: €120 for five two-hour sessions; individual classes: €30-35 per hour. Supervised water sports for groups of 10: €13.30/child and €14.70/adult. Other prices: please enquire.

📞 Information on +33 (0)3 86 84 51 98 or +33 (0)3 86 84 56 70, settons@wanadoo.fr, www.activital.net.

■ **Base nautique Aquadis du Lac at Saint-Agnan (150 hectares)**: Centre of the Bois du Loup Holiday Village in Saint-Agnan, set on a sandy beach. Open in July and August. Swimming and fishing. Rentals of mountain-bikes, canoes and pedal boats. Health walks. Ice-cream parlour.

📞 Information and prices on +33 (0)3 86 37 95 83, aquadis1@wanadoo.fr, www.aquadis-loisirs.com.

■ **Activital Base Sport et Nature in Baye**, Étang de Baye (Bazolles): Set on the banks of Baye Pond just 15 km from Châtillon-en-Bazois. Catamaranning, dinghy sailing, windsurfing for individuals and groups; equipment hire. Water sports accessible to persons with disabilities (triak). Ecole Française de Voile et Handivoile (French Sailing and Handicap Sailing School). Rowing boats and canoes/kayaks provided for discovering the ponds, either on your own or in a group.

Accommodation in gîtes, chalets or Bengali tents. Canteen.

🕒 Opening times: from Easter to All Saints' Day. Courses held from 10 July to 25 August. Courses in July and August (bookings only).

📞 Prices for activities: one-hour rentals: from €12 for rowboats to €24 for two-man catamarans. Courses: €120 for five two-hour sessions; individual classes: €30/hour for 1-2 persons.

Other prices: please enquire.

📞 Information on +33 (0)3 86 38 97 39, chaumecon@wanadoo.fr, www.activital.net.

■ **Base de Loisirs de l'Etang du Merle in Crux-La-Ville (19 hectares)**: The site in Merle offers a well-preserved and wild area including a 17-hectare lake surrounded by beaches. Alongside the campsite visitors can enjoy supervised swimming (July/August) and the sandy beach. Rentals of canoes/kayaks, peddle-powered crafts, windsurfing boards and small boats. Activities on offer include volleyball, table tennis, billiards, games for children, bouncy castle, kiting, mountain-biking circuits and footpaths. Picnic tables and refreshments stand. Fishing passes. Well shaded. For the day, weekend or an entire holiday. A perfect stay guaranteed!

🕒 Open from June to October.

📞 Information on +33 (0)3 86 37 95 83, aquadis1@wanadoo.fr, www.aquadis-loisirs.com.

■ **Stade Nautique de Decize**, Allée Marcel Merle: A leisure centre on the banks of a large lake. Admission is free. Numerous facilities and activities are on offer: mini-golf, children's play area, rentals of pedal boats and electric boats with no license required for up to 5 people (see section on electric boat rentals), bouncy castle and video games. Bar, terrace, restaurant and dances in high season and various other events in summer. Room hire, groups welcome (catering packages available).

🕒 Opening times: 30 April to late September from 11 a.m. to 11 p.m.

📞 Prices: please enquire.

📞 Information on +33 (0)3 86 25 00 99 or +33 (0)3 86 25 27 23, tourisme.decize@wanadoo.fr.

■ **Base de Loisirs de Chevenon (2.5 hectares)**: Leisure centre with free admission in July and August. Campsite, swimming, beach, picnic areas, water slides, fishing pond and games.

📞 Information on +33 (0)3 86 68 72 75.

■ **Base de loisirs de l'Etang Grènetier (4.5 ha)** in La Machine: Leisure centre including a campsite, swimming and diving platform. Health walks.

📞 Information on +33 (0)3 86 50 49 00.

## OTHER LAKES AND STRETCHES OF WATER

■ **Lac de Pannecièrre**, Chaumard (520 ha): Beaches, sailing, windsurfing, fishing, picnic area. Rentals of pedal boats and mountain bikes.

📞 Information from Chaumard Tourist Office on +33 (0)3 86 78 05 83 or +33 (0)3 86 78 03 22.

■ **Etang Marnant** (17 ha) in La Nocle-Maulaix: Sailing, canoeing, beach, fishing, sailing, horse riding. Rentals of pedal boats and windsurfing boards.


📞 Information and prices from the town hall on +33 (0)3 86 30 84 13 or +33 (0)3 86 30 82 44.

■ **Etang de Goulot** (10 ha) in Lormes: Close to a campsite. Canoeing, mountain-biking, mini-golf, tennis and fishing.

📞 Information from Morvan des Lacs Tourist Office on +33 (0)3 86 22 82 74.




■ **Lac du Crescent** (165 ha) in Marigny-l'Église: **Fishing.**

 Information from Morvan des Lacs Tourist Office on +33 (0)3 86 22 82 74.


■ **Plan d'eau de Montapas: A lake next to a campsite. Swimming and fishing.**

 Information from the town hall on +33 (0)3 86 58 34 32.


■ **Plan d'eau de l'Escame** (2.5 ha) in Moulins-Engilbert: **Canoes/kayaks, fishing, tennis.**

 Information from the town hall on +33 (0)3 86 84 21 48.


■ **Plan d'eau de Prémery** (3 ha): **Next to a campsite. Swimming, fishing, canoeing, tennis and play area.**

 Information from the town hall on +33 (0)3 86 68 12 40.

■ **Plan d'eau privé de Fleury-la-Tour** in Tintury (60 ha): **Rentals of canoes/kayaks; fishing passes. Accommodation in a gîte in the vicinity of the lake.**


 Information on +33 (0)3 86 84 12 42.

■ **Plan d'eau du Moulin Naudin** in Varzy (3 ha): **Fishing.**


 Information from the town hall on +33 (0)3 86 29 43 73 or the campsite on +33 (0)3 86 29 43 12.

## WATER PARKS AND SWIMMING POOLS IN SUMMER


■ **Piscine au Port de Cercy-la-Tour.**

 Opening times: In June from Monday to Friday, 4 to 7 p.m. and weekends from 11 a.m. to 7 p.m.; every day in July and August from 11 a.m. to 7 p.m.


 Prices: €1.60 for children and €2.10 for adults.

 Information on +33 (0)3 86 50 57 51 or the town hall on +33 (0)3 86 50 89 01.


■ **Piscine de Clamecy**, Boulevard Misset: **Outdoor pool.**


 Opening times: open all year. Monday from 6.00 to 7.30 p.m., closed Tuesdays and Thursday, Wednesday from 1.30 to 6.00 p.m. Friday from 12.15 to 1.30 p.m. and 4.30 to 6.00 p.m., Saturday from 2 to 5 p.m., Sunday from 9.30 a.m. to 12.00 p.m.


 Summer prices: free for children under 6, €0.51 for children aged 6-16 years, €1.02 for adults. Other prices: please enquire.

 Information on +33 (0)3 86 27 22 01.

■ **Piscine de Decize**, Allée Marcel Merle: **Outdoor paddling pool, water slides.**


 Opening times: open all year. 26 June-20 August, Monday from 10 a.m. to 7 p.m., Tuesday to Friday from 9 a.m. to 8 p.m., Saturday from 9 a.m. to 7 p.m. and Sunday 10 a.m. to 1 p.m. and 3 to 7 p.m.


 Prices: €1.20 for children and €1.85 for adults.

 Information on +33 (0)3 86 25 16 79.


■ **Piscine de Donzy**, 4, rue de la Piscine.


 Opening times: from 1 July to 31 August and weekends in June (weather permitting).


 Prices: €1.50 for children and adults (under 4s are free).

 Information on +33 (0)3 86 39 31 68 or +33 (0)3 86 39 30 28 (town hall).


■ **Piscine d'Entrains-sur-Nohain**, 12, route de Couloutre.

 Opening times: from 15 May to 30 June, Wednesday and Saturday from 3 to 7 p.m. and Sunday from 11 a.m. to 1 p.m. and 3 to 7 p.m. Every day in July and August from 11 a.m. to 1 p.m. and from 3 to 7 p.m. (except Monday and Tuesday, 3 to 7 p.m. only).


 Prices: €1 for children, €2 for adults and groups of 10 or more.

 Information on +33 (0)3 86 29 24 86 or +33 (0)3 86 29 22 06 (town hall)


■ **Espace Aquatique Amphélia in Imphy: Turkish baths, giant waterslide, whirlpool baths, river current, sunny beaches, outdoor pool, paddling pool and geyser. Many other activities including swimming, aqua aerobics, baby swimming and more.**


 Opening times: all year from Monday to Sunday. Summer: Monday from 9.30 a.m. to 1.00 p.m. and from 2.30 to 8.00 p.m., Tuesday and Thursday from 11 a.m. to 8 p.m., Wednesday and Saturday from 10 a.m. to 1 p.m. and from 2.30 to 8 p.m., Friday from 11 a.m. to 10 p.m., Sunday from 9.30 a.m. to 12.30 p.m. and from 3 to 7 p.m. Other times: please enquire.


 Prices: €3.25 for adults, €2.70 for children aged 3-16 years, a book of 10 tickets: €24 for children and €27.05 for adults.

 Information on +33 (0)3 86 90 95 90 – Fax: +33 (0)3 86 90 36 97.



■ **Piscine de la Saulaie in La Charité-sur-Loire**, Quai de la Saulaie (campsite).


 Opening times: every day in July and August from 10 a.m. to 8 p.m. (see Piscine des Clairs Bassins for the rest of the year).

 Prices: €1.22 for children and €2.44 for adults (free for under 3s).


 Information on +33 (0)3 86 70 08 93 or +33 (0)3 86 70 16 12 (town hall).


■ **Piscine de Luzy**, Route d'Autun.

 Opening times: from 1 July to 31 August  Prices: €1.50 for children and €2 for adults.

 Information on +33 (0)3 86 30 04 40 or the town hall on +33 (0)3 86 30 02 34.


■ **Bassin Aqua-Récréatif Extérieur de Moulins-Engilbert (Outdoor Water Leisure Activities).**

 Opening times: from 10 June to 1 September, 11 a.m. to 8 p.m. (7 p.m. as of 15 August).


 Prices: €1.20 for children, €2.20 for adults, access to campers, 20 tickets for adults and children for €27.05.

 Information on +33 (0)3 86 84 36 66 or the town hall on +33 (0)3 86 84 21 48.


■ **Piscine à Vagues de La Jonction de Nevers**, Quai de la Jonction: **Leisure pool with wave machine and two water slides, an instruction pool, sports pool and paddling pool.**


 Opening times: every day in June from 2 to 7 p.m. and every day between 1 July and 31 August from 10.30 a.m. to 8.30 p.m.


 Prices: €1.80 for children, €3.30 for adults and €1.60 for groups of 10 or more.

 Information on +33 (0)3 86 37 55 95.


■ **Piscine Les Chanternes de Pougues-les-Eaux.**

 Opening times: every day in July and August from 11 a.m. to 7.30 p.m.


 Prices: €1 for children (4-12 years), €2 for adults, access to campers: €1 for adults and children.

 Information on +33 (0)3 86 68 56 11.


■ **Piscine de Saint-Benin-d'Azy**, Viel Azy.


 Opening times: July and August from 10.30 a.m. to 12.30 p.m. and 2 to 7 p.m.


 Prices: €1 for children and €2 for adults.

 Information on +33 (0)3 86 58 49 98 or +33 (0)3 86 58 41 15 (town hall).


■ **Piscine de Saint-Honoré-les-Bains**, Avenue du Docteur Segard: **Indoor and outdoor pool, jacuzzi, sauna, gym, aqua aerobics, baby swimming.**


 Opening times: open all year. In summer, from 11 a.m. to 7 p.m.; school holidays from Tuesday to Friday, 2 to 7 p.m. and Saturday from 3 to 7 p.m.


 Prices: €1.50 for children, €2.40 for adults and sauna + swimming for €6.

 Information on +33 (0)3 86 30 74 89.


■ **Centre aquatique l'îlot Corail**, Place Paul Langevin in Varennes-Vauzelles: **Fun pool, paddling pool, water slide, gym, 25-m sports pool.**

 Opening times: open all year. In summer, Monday to Friday from 11 a.m. to 8 p.m., Saturday from 11 a.m. to 7 p.m. and Sunday from 10 a.m. to 1 p.m. and from 3 to 7 p.m. Other periods: please enquire.

 Prices: €3 for children under 16, €4 for adults, free for under 4s, €10 per activity session.


 Information on +33 (0)3 86 57 06 08, ilot-corail@wanadoo.fr.

## FISHING

 For a complete guide to fishing in the region contact: Fédération de Pêche de la Nièvre at 7, quai de Mantoue, 58000 Nevers - France - Tel: +33 (0)3 86 61 18 98 - Fax: +33 (0)3 86 61 93 04, fede.peche58@wanadoo.fr, www.unpf.fr/58.

 To find out more, please consult the Nivernais Morvan Fishing Guide, which can be requested from the ADT on +33 (0)3 86 36 39 80, info@nievre-tourisme.com.




 Fishing information points in the Department: The Tourist Offices at Decize, Chaumard, Clamecy, Saint-Honoré-les-Bains and La Charité-sur-Loire, plus Montsauche-les-Settons Town Hall.

## A FISHER'S PARADISE

Close to the lakes of Morvan are a collection of trout streams and rivers for whitewater fishing aficionados. Fly-fishing is especially recommended downstream of the great lakes along the Yonne, Cure and Chalaux rivers. Whole reservoirs are also dedicated to fishing, including Châtelet near Château-Chinon and Moulin Tala in Brassy. If it's carp you're after, several fishing trails around Nièvre offer sections open at night (the great lakes of Morvan, the Etangs du Bazois, the canals and the Loire).

## FISHING BREAKS

■ **Predator fishing boat holidays on the Great Lakes of Morvan:** Explore the length and depth of the lakes of Morvan on a fishing holiday. Onboard a superb vessel sailing the pure waters of the Morvan lakes, enjoy a relaxing weekend where your only concern will be throwing your line into the lake with the hope that a zander, perch or pike will take the bait.

 Information and bookings: call the bookings service of the Agence de Développement Touristique Nièvre on +33 (0)3 86 59 14 22.

■ **Supervised days with specialists (fishing guides):** a host of suggestions are included in the Nivernais-Morvan fishing guide.

 Information: +33 (0)3 86 36 39 80.

## OTHER ACTIVITIES AND EXCURSIONS

### CLIMBING, POTHOLING, ADVENTURE TRAILS, TREE CLIMBING

■ **Climbing sites** are located in the region of Clamecy on Calvaire de Surgy and in the Morvan granite hills.

 Information from Gîte de Surgy on +33 (0)3 86 27 97 89 or the town hall on +33 (0)3 86 27 17 83.

Information from the Maison du Parc in Saint-Brisson on +33 (0)3 86 78 79 57.

■ **Loisirs en Morvan in Avallon**

 Climbing €35 per half-day. Potholing from €37 per half-day. Other activities: please enquire.

 Information on +33 (0)3 86 49 55 50 or +33 (0)3 86 78 75 98 (in summer), info@loisirsenmorvan.com, loisirsenmorvan.com.

■ **Okhéanos Loisirs in Dun-les-Places:** Treetop adventure trail. If you fancy an adventure, then



slip on a harness and climb through the trees as you try your hand at a series of obstacles, from the spider's web and the Nepalese bridge to the monkey bridge and a rope bridge.

€ Price: €26/pers. for a 90 minute trail.

Other activities: Paint Ball: you will be armed with a "gun" shooting out balls filled with biodegradable paint and fitted out with overalls and mask. A fun group activity, the aim of the game is to capture the opposing team's flag.

€ Price: €25/pers. For a 90 minute session (150 balls).

i Information on +33 (0)3 86 84 60 61, infos@okheanos.com, www.okheanos.com.

■ **Tree Climbing France®**: Accessible for visitors aged from 7 to 77, ideal for families or groups of friends, Tree Climbing is an opportunity to experience life amidst the treetops.

🕒 From 15 April to 15 October: every Wednesday, Saturday and Sunday – afternoons only from 2 to 5 p.m. From 1 July to 31 August: every day from 9 a.m. to 12 p.m. and from 2 to 5 p.m.

€ Prices: half-day introduction: €15 for adults, €10 for under 12s, free for under 6s. Groups of over 8 visitors: reservation only. Introductory courses to learn about rope techniques: €25 for a half-day, €45 for an initiation day, and €70 for a short course with a night in a tree hammock.

The best spots can be found at the Maison du Parc in Saint-Brisson and on Mont-Beuvray (Bibracte).

i Information on +33 (0)3 86 61 38 19 21, Rue de Loire in Nevers, info@treeclimbing.fr, www.treeclimbing.fr.

■ **Tous Azimuts at Montsauche-les-Settons**, Plaine de Nataloup - Route de Saulieu.

i Information on +33 (0)3 86 84 53 49, perronetr@infonie.fr.

## GOLF

■ **Golf Public du Nivernais in Magny-Cours (58470)**, Le Bardonnay: Putting green, 18-hole practice course, five-hole training course, approach, training bunker. Beginners and advanced players welcome. Individual and group classes arranged. Please enquire for prices. Golf weekend and week-long courses.

🕒 Closed from 23 December to 2 January.

i Information on +33 (0)3 86 58 18 30 or from the site pro: Benjamin Baron on +33 (0)6 77 47 56 18, golf-public-du-nivernais@wanadoo.fr.

## BOWLING

■ **Bowling de Cosne-sur-Loire (58200)**, 22, avenue Maréchal Leclerc: 1960s-style bowling bar, fastfood restaurant, pizzeria, billiards, arcade, Internet terminals. Computerized alleys with equipment for children, automatic games and bowling simulator. A range of formulas for work parties, associations and seminars.

🕒 Opening times: open all year (closed Mondays). Tuesdays from 9 p.m. on Wednesday and Sunday from 3.30 p.m. to midnight, Thursday from 5 p.m. to midnight, Friday from 5 p.m. to 2 a.m. and Saturday from 3.30 p.m. to 2 a.m. From Tuesday to Sunday from 3.30 p.m. during school holidays.

€ Prices: €4.70- 6.70 per game; €3.50-5.50 for groups of over 12 persons.

i Information on +33 (0)3 86 28 10 86, bowling.cosne@wanadoo.fr, http://monsite.wanadoo.fr/bowling.cosne58.

■ **Le Bowling du Triangle Nevers-Marzy (58180)**, Carrefour Shopping Centre.

🕒 Opening times: open all year. Times not known. € Prices: not supplied.

i Information on +33 (0)3 86 61 58 00.

## CASINOS

■ **Casino/Planétarium de Pougues-les-Eaux (58320)**, Avenue de Paris - A77 Exit 31: 130 slot machines, bowls. Black Jack, English Roulette, Stud Poker. "Le Privilège" bar, "Le Planétarium" bar, and slot machine bar. Restaurant "L'Ycaste" (seats 80). L'Eclipse event halls for congresses, seminars and receptions (capacity: 600 standing, 300 dining).

🕒 Opening times: seven days a week from 10 a.m. to 3 a.m. from Monday to Thursday and Sunday, and until 4 a.m. on Friday and Saturday evenings.

i Information on +33 (0)3 86 90 17 00, www.groupepétranchant.com.

■ **Casino de Saint-Honoré-les-Bains (58360)**, Avenue Jean Mermoz: 49 slot machines, bowls, piano bar, and speciality restaurant serving Charolais meat seven days a week, lunchtimes and evenings until 11 p.m. Special "birthday" package available. No admission for minors or unauthorized persons (people appearing on the official gambling "black list"). Dress code.

🕒 Opening times: every day from 10 a.m. to 2 a.m. and until 3 a.m. on Saturdays, evenings before public holidays and public holidays.

i Information on +33 (0)3 86 30 70 99, casino-sainthonore@g-partouche.fr, www.g-partouche.fr.

## SPAS

### SAINT-HONORÉ-LES-BAINS SPA TOWN

On the borders of the Parc du Morvan, recharge your batteries at Saint-Honoré-les-Bains in Burgundy, a spa town discovered by the Romans and renowned for its therapeutic properties. The facilities, housed in a building that harks back to the Second Empire, include cutting-edge techniques and ultramodern hydromassage baths. Offering an extensive choice of treatments, the sulphur and arsenical waters of Saint-Honoré-les-Bains are used to soothe the ENT, broncho-pulmonary and rheumatological disorders. The spas at Saint-Honoré-les-Bains offer various fitness packages to boost your health and sense of well-being.

i Information: Etablissement Thermal de Saint-Honoré-les-Bains on +33 (0)3 86 30 73 27.

BP N°8 – 58360 Saint-Honoré-Les-Bains - www.st-honore-les-bains.com.

