

St-Jean-de-Daye / St-Lô

La Vélomaritime - EuroVelo 4



Départ
St-Jean-de-Daye

Arrivée
St-Lô

Durée
1 h 30 min

Distance
22,72 Km

Niveau
I begin / Family

Thématique
Canals & intimate
rivers, Nature & small
heritage

Follow the pretty, winding Vire Canal through lush countryside all the way to St Lo. Heavily destroyed in 1944, "The Capital of Ruins" has risen from the ashes to become a lively, bustling place, with enough reminders of the past to make this town a fascinating diversion - including an abbey church and relics of the old citadel.

Itinerary

Between St. Jean-de-Daye and St. Fromond, the route continues along minor, quiet roads that pose no major difficulties for cyclists. Take care when crossing the RD 8 to the East of St. Fromond. There is a specially created stopping point to take a rest in comfort. Next, you will cycle along the towpath on the banks of the Vire till you reach St. Lô and, beyond that, towards the Calvados region. The greenway here is completely safe, and very easy going. Numerous stopping points.

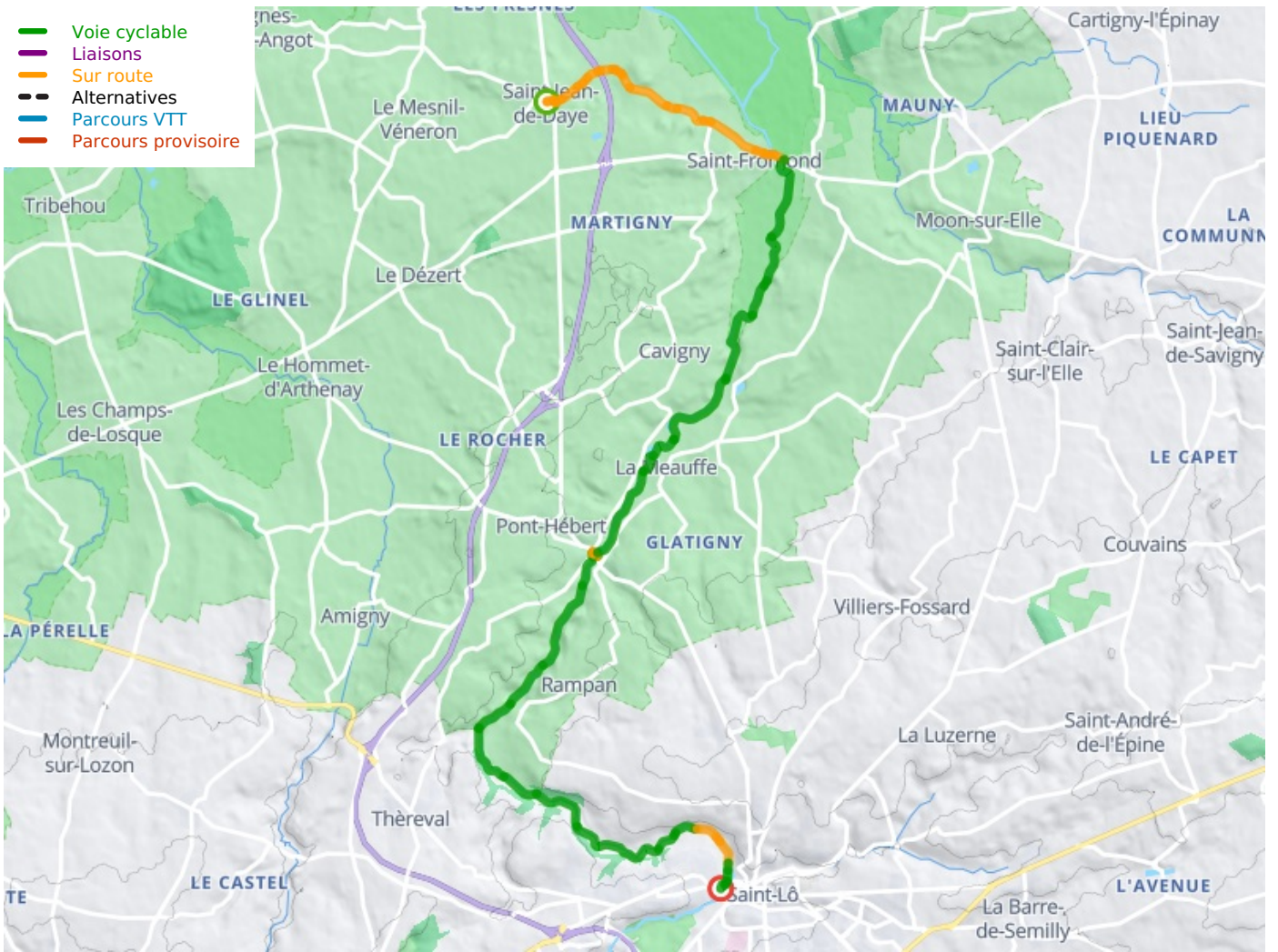
Tourism Information

[Saint-Lô](#)

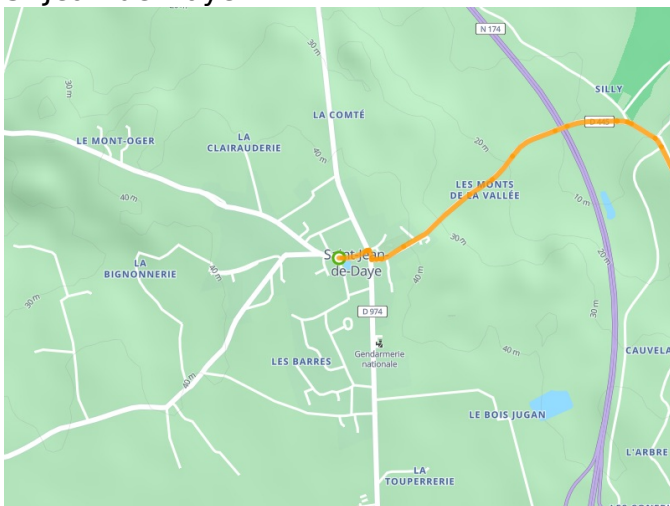
Rue de la Poterne
50 000 Saint-Lô
Tél. 02 14 29 00 17
tourisme@saint-lo-agglo.fr

Not to be missed

Saint Lô is world famous for its national stud farm (as well as being the most important equestrian centre in France, with the greatest concentration of stud farms), its 'green beach' of lawns next to the river, and its ramparts dating back to the Middle Ages. Saint Lô was bombed very heavily in the Second World War, earning it the title of 'Capital of Ruins'. Since totally restored, it retains various memorials - including the Chapel of Madeleine, the Memorial hospital and prison gate.



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