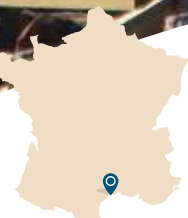


A Day in BALARUC-LES-BAINS



EARLY MORNING

MARKET



Stroll around the Balaruc-les-Bains market in Parc Charles de Gaulle (Tuesdays and Fridays) or the market hall (daily except Sunday, Rue Barbusse).

Soak it all up as the colours catch your eye and aromas tickle your nose. Seafood, fruit and vegetables, cheese... Our local produce will get your mouth watering!



Bus n° 10 and 14
Stop at Athéna



10am

THAU LAGOON

Linger a little longer with a wander along the lagoon on Promenade des Bains with fantastic views of this little inland sea packed with biodiversity. You can explore the secure promenade on foot, by bike or with a pushchair.



Bus n° 10 and 14
Stop at Centre nautique Manureva

Let's rewind :

Balaruc-les-Bains flourished thanks to the benefits of thermal baths that have been famous since Antiquity. The Romans were the first to use hot springs to tend to their aches and pains and there are lots of relics from their time here: the Gallo-Roman basilica ruins, mosaic paving in the church, foot bath at Pavillon Sévigné.



11am



JARDIN ANTIQUE

Pay a visit to the Jardin Antique Méditerranéen (open March to November). Learn how ancient Mediterranean societies made the most of the extraordinary and abundant nature back then. You can book your place on the guided tour every Wednesday at 10am.



Bus n° 10 and 14
Stop at Pech d'Ay



WELLNESS

You don't need a doctor's prescription to experience intense relaxation with Escales Thermales (spa breaks). Enjoy some me-time and the expertise of Thermes de Balaruc-les Bains on a 5-day spa break.

NEW : experience the Obalia treatment at Thermes de Balaruc-les Bains. Indulge in a magical moment of relaxation and the ultimate in luxury with a bespoke massage tailored your needs and how you feel.

12.30pm

SATE YOUR APPETITE

Head for a restaurant by the lagoon with prime views of Mont Saint-Clair. Tuck into a seafood platter or delicious local dishes. Take a walk to digest but don't go too far: stop at the trompe-l'œil in tribute to the local fisherman Laurent Spinosi and his famous friends who visited his hut on the lagoon shores, including the famous Sète poet and singer Georges Brassens.



Afternoon



NATURAL HAVENS

Do you want to let off some steam and have fun? Hit the bike path from Balaruc-le-Vieux to Bouzigues and ride as far as Balaruc-les-Bains if you're feeling brave. If you're a water baby then dive into a whole host of water sports at Centre Nautique Manuréva (paddleboarding, windsurfing, catamaran etc.) unless you'd rather a skipper take the helm on a trip on board the Baroulaire.



Evening



MAGICAL MOMENTS

Spend your evening at a concert, play or performance. Visit Théâtre de Verdure in summer and Le Piano-Tiroir between September and June. The town puts on a variety of first rate cultural events and introduces artists to the general public.

Our top tips :

Tourist excursions, guided tours, events schedule, tickets for leisure activities and shows available on balaruc-les-bains.com



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