

Les Coteaux Gymnasium

In images



Presentation of the equipment

The Les Coteaux Gymnasium is located in Argences, 2 hours from Paris and 20 minutes from Caen. The

facility, which opened in 2017, includes a dojo and a climbing wall. In addition to indoor pursuits, there is also a training facility nearby (athletics track, indoor and outdoor pitches and courts) and an aquatic centre. With all these sports facilities located so close together, the gymnasium is the ideal place for athletes to prepare.

Year of construction : 2017

Location and contact

Address : Allée Val Es Dunes, 14370 Argences

Email : Write a message

 Travel time from station (train)


5min

 Travel time from Airport

30min

 Harbor trip time (ferry)

25min

 Travel time from hospital

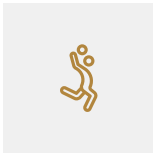
20min

 Travel time from Paris (*Porte d'Auteuil*)

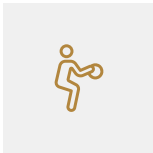
2h

This infrastructure provides training areas for the following sports

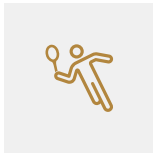
Olympic sports



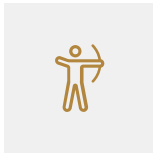
Handball



Basketball



Badminton



Archery

Paralympic Sports



Wheelchair
basket

Main equipment information

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‣ Typical Equipment :	Gymnasium	
‣ Air conditionné :	No	
‣ Main pitch size / lengths :	1034m²	
‣ Hauteur plafond :	8m	
‣ Floor type :	Poured resin	
‣ Time keeping and scoring system :	Yes	
‣ Occulation :	No	

Information on ancillary equipment

Dojo 190m²

Field of archery 70m

Cloakrooms & Sanitary

‣ Cloakrooms :	4	
‣ Sanitary users :	0	
‣ Sanitaires for people with reduced mobility :	0	
‣ Changing rooms for people with reduced mobility :	4	
‣ Public sanitary facilities :	2	

Services

‣ Hot and cold baths	✕	
‣ Hammam	✓	
‣ Sauna	✓	

› Cryotherapie / Ice baths	✕	
› Antidoping room	✕	
› Physiotherapie room/Massage room	✕	
› Work out room	✓	
› Medical room / Infirmary	✓	
› Behind closed doors / Possible privatization	✓	
› Storage space	✓	
› Caretaking	✕	
› Video surveillance system	✓	
› Bus parks	✓	
› Wifi	✓	
› Coach office	✓	
› Relaxation room / Refreshment room	✓	
› Meeting room	✕	
› Dining room	✕	
› Catering office	✕	
› Press room	✕	

Accommodations nearby

Caen la mer tourist office



 **Website :** <https://www.caenlamer-tourisme.fr>