

## SPORTS & ACTIVITIES

### top picks

- Espace St-Louis (p319)
- Hammam de la Mosquée de Paris (p318)
- Patinoire de l'Hôtel de Ville (p321)
- Piscine de la Butte aux Cailles (p322)
- Piscine Joséphine Baker (p323)
- Spa Nuxe (p318)
- Stade de France (p183)

# SPORTS & ACTIVITIES

Hot, sticky sports and ice-cool Parisians seemingly don't go together. *Au contraire*: not only are Parisians mad about watching sport, they play it too. The only trifling difference between us and them is that they wouldn't be seen dead walking down the street in their tracksuit (or working out in their lunch hour).

As the French capital, Paris is privy to big games in world-class stadiums, and there are bags of opportunities to see great sporting moments unfold before your very eyes. Out of the arena, it's dead easy for all those closet *sportifs* (sportspeople) to stay fit (and sickeningly slim). Be it cycling, swimming, lounging on the beach, street blading with the masses or practising the silent art of t'ai chi in the Jardin du Luxembourg, this urban landscape is action-packed.

The best single source of information on sports – spectator and participatory – is the free, 500-page *Parisports: Le Guide du Sport à Paris* ([www.sport.paris.fr](http://www.sport.paris.fr), in French), published online and on paper by the **Mairie de Paris** (Paris Town Hall; [Map pp98–9](http://Map pp98–9); ☎ 39 75; [www.paris.fr](http://www.paris.fr); Hôtel de Ville, 29 rue de Rivoli, 4e; 📍 Hôtel de Ville); *mairies* (town halls) in every *arrondissement* have information on sports in their own patch. For sports stadiums, venues, public spaces and associations surf [www.parisinfo.com](http://www.parisinfo.com).

## HEALTH & FITNESS

Whether you want to hobnob with the stars at a *spa de luxe* or dance the samba on the Seine, Paris has spaces to suit every whim. Spoil yourself.

## HAMMAMS & SPAS

Nothing beats a lavender-and-ginger massage, perfumed foot soak or flop in a traditional Turkish bath (hammam) between sips of *thé à la menthe* (mint tea) after a hard day slogging the city sights.

### ESPACE JOÏYA [Map pp140–1](http://Map pp140–1)

☎ 01 40 70 16 49; [www.joia.fr](http://www.joia.fr); 6 rue de la Renaissance, 8e; 30min/1hr/90min €45/80/115; 🕒 10.30am–7pm Mon–Thu, 10.30am–9pm Fri & Sat; 📍 Alma-Morceau

The creation of former Russian model mad about Asia, Julia Lemigova (she looks like Julia Roberts), this exclusive spa unwinds wound-up city slickers with detox and de-stress massages using natural and essential oils. The truly indulgent can go for a four-hand massage, followed by a bento box lunch (€25) in the stylish *salon de thé*. Or plump for both options: a 30-/60-minute massage and bento lunch costs €65/100.

### HAMMAM DE LA MOSQUÉE DE PARIS

[Map pp110–11](http://Map pp110–11)

☎ 01 43 31 38 20; [www.la-mosquee.com](http://www.la-mosquee.com); 39 rue Geoffroy St-Hilaire, 5e; admission €15; 🕒 men 2-

9pm Tue & 10am–9pm Sun, women 10am–9pm Mon, Wed, Thu & Sat, 2–9pm Fri; 📍 Censier Daubenton or Place Monge

Massages at this atmospheric hammam cost €1 a minute and come in 10-, 20- or 30-minute packages. Should you fancy an exfoliating body scrub and mint tea, get the 10-/30-minute massage *formule* (€38/58). There are lunch deals for rumbling tummies. Bring a swimsuit but hire a towel/dressing gown (€4/5). No children under 12 years.

### SPA HARNN & THANN [Map pp82–3](http://Map pp82–3)

☎ 01 40 15 02 20; [www.harnn-spa.fr](http://www.harnn-spa.fr); 11 rue Molière, 1e; massage from €75; 🕒 11am–9pm Mon–Wed, Fri & Sat, 11am–10pm Thu; 📍 Pyramides

This relaxing 'natural home spa' is another heady one for the senses. Masseuses soothe muscles with traditional Thai massage techniques and an aromatic mix of plant and essential oils. Particularly inventive are its Wednesday Les Petit Duos – a 30-minute massage for one worn-out mum or dad plus kid (aged six to 12 years) – and its after-work *bien-être* (well-being) deal for couples, which includes a foot bath, massage *en duo* and dinner at a neighbouring Thai restaurant. A 20-minute lounge in the peacock-blue hammam costs €20.

### SPA NUXE [Map pp82–3](http://Map pp82–3)

☎ 01 55 80 71 40; [www.nuxe.com](http://www.nuxe.com); 32 rue Montorgueil, 1e; massage from €75; 🕒 9am–9pm Mon–Fri, 9am–7.30pm Sat; 📍 Les Halles