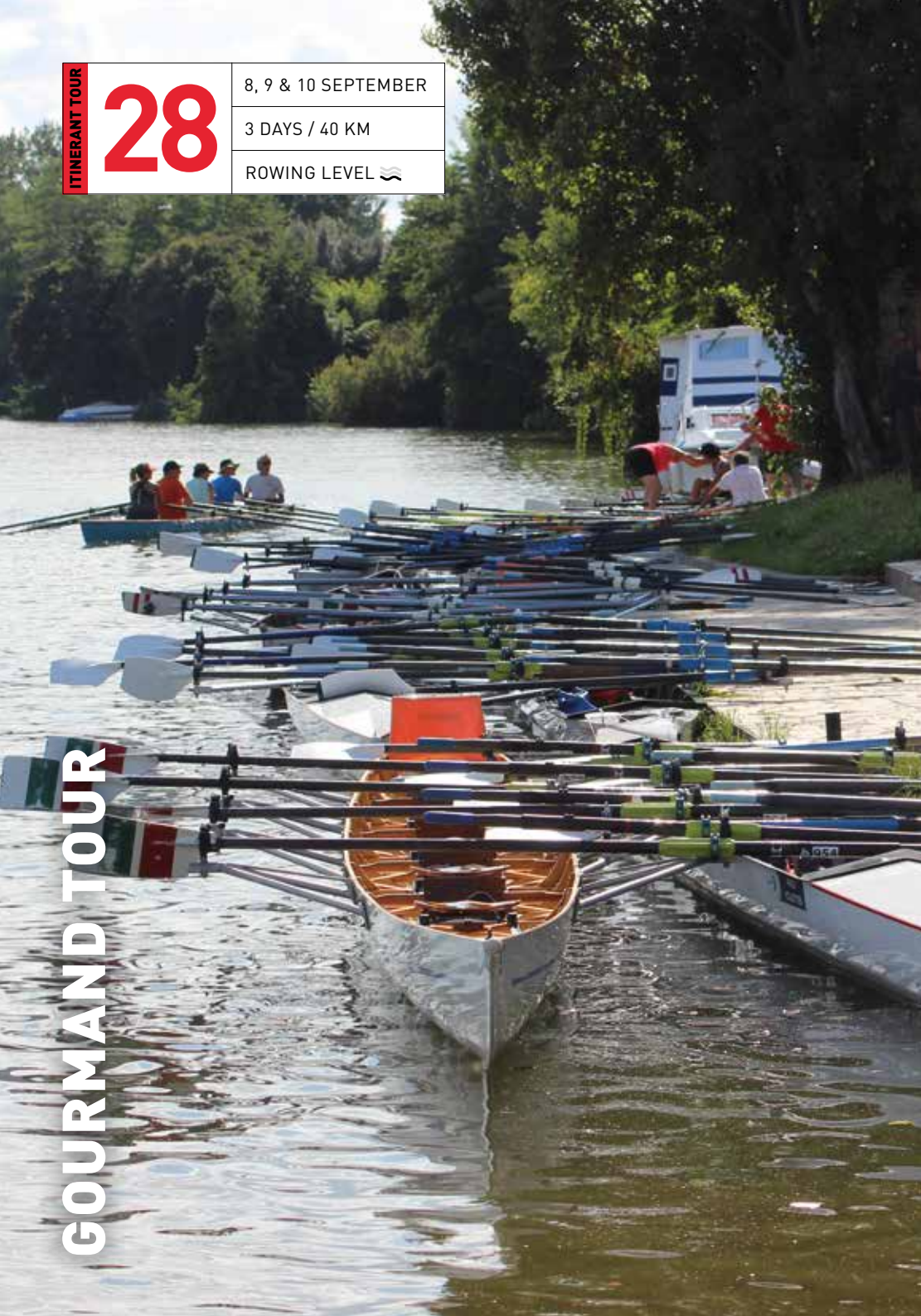


8, 9 & 10 SEPTEMBER

3 DAYS / 40 KM

ROWING LEVEL 

The Sainte-Livrade rowing club has the pleasure of inviting you to the downstream part of the Lot river for some high-quality rowing. You will start heading for where the Lot joins with the Garonne towards Castelmoron-sur-Lot. Each meander unveils enchanting landscapes and gardens. Once you have rowed past Temple-sur-Lot, training site of the national French rowing team and olympic site 2024, you will perform a U-turn in front of the beautiful marina of Port-Lalande before sailing up to the typical village of Castelmoron-sur-Lot. On the next day, you'll row the Lot upstream in direction of Villeneuve-sur-Lot. You'll sail the peaceful wilds up. Near the end of the trail, the Lot widens on a plain laden with cultures: vegetables, cereals, tobacco, chestnuts... and the famous Ente plumtree. A team of dynamic and helpful volunteers offers you some local food throughout the weekend. Come and share this lovely environment and these local treasures in the ephemeral shop of the rowing club.

PROVISIONAL PLANNING

Welcome for participants the day before at 6pm and themed dinner at 8pm.

DAY 1

08.30AM Breakfast at the club.

09.30AM Sightseeing tour.

12.30AM Cold buffet courtesy of the club.

2PM-5.30PM 14km: Ste Livrade sur Lot - Castelmoron (Round trip) + gustatory stopover.

07.30 PM Drinks and regional dinner at the club and festive evening.

DAY 2

07.30AM Breakfast at the club


09.00AM Safety briefing

09.30AM 26km: Ste Livrade sur Lot - Bias (Round trip)

12.30AM Drinks and lunch at the club

 Lot, river

 recreational four-person sculling boats

 **Rowers:**
 OPTION 1: **170 € with accommodation, 2 nights, 4 meals, 2 breakfasts**
 OPTION 2: **120 € with accommodation, 1 nuit, 3 meals, 1 breakfast**
 OPTION 3: **45 € without accommodation, 1 meal, 1 breakfast**
Companions: identical fees
100 seats available, 25 €

 **AVIRON SAINTE LIVRADE**
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 Informations and booking by email

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