

9 SEPTEMBER

1 DAY / 24 KM

ROWING LEVEL 

This tour takes place in the Rade de Marseille, an exceptionally diverse and beautiful natural setting, from the old harbour up to the Calanques. Starting in the centennial Rowing club, located at the old harbour's entrance, you'll catch a glimpse of the Notre Dame de la Garde basilica (La Bonne Mère), the Vauban forts known as Saint-Jean and Saint-Nicolas, and the Saint-Victor abbey. You'll then sail down to the foot of the Palais du Pharo, not too far from the Cathédrale de la Major, and then pass the Chateau d'If and the Frioul Island. A few oar strokes later, you'll find yourself at the entrance of the Parc des Calanques, where it's not unusual to catch sight of some dolphins. You will then row toward the Goude neighbourhood, and then head to the Maire Island and the famous Baie des Singes before rowing back to the club along the Marseille shoreline.

PROVISIONAL PLANNING

8AM Guest welcome.

9AM Departure from the old port.

1PM-3PM Lunch break.

5PM Arrival at the club.

8.30PM Dinner at the club's restaurant.



Mediterranean sea



Quadruple coastal rowing boat



Rowers : 75 € without accommodation, 2 meals

**Companions: identical fees
40 seats available, 25 €**

**ROWING CLUB MARSEILLE**

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