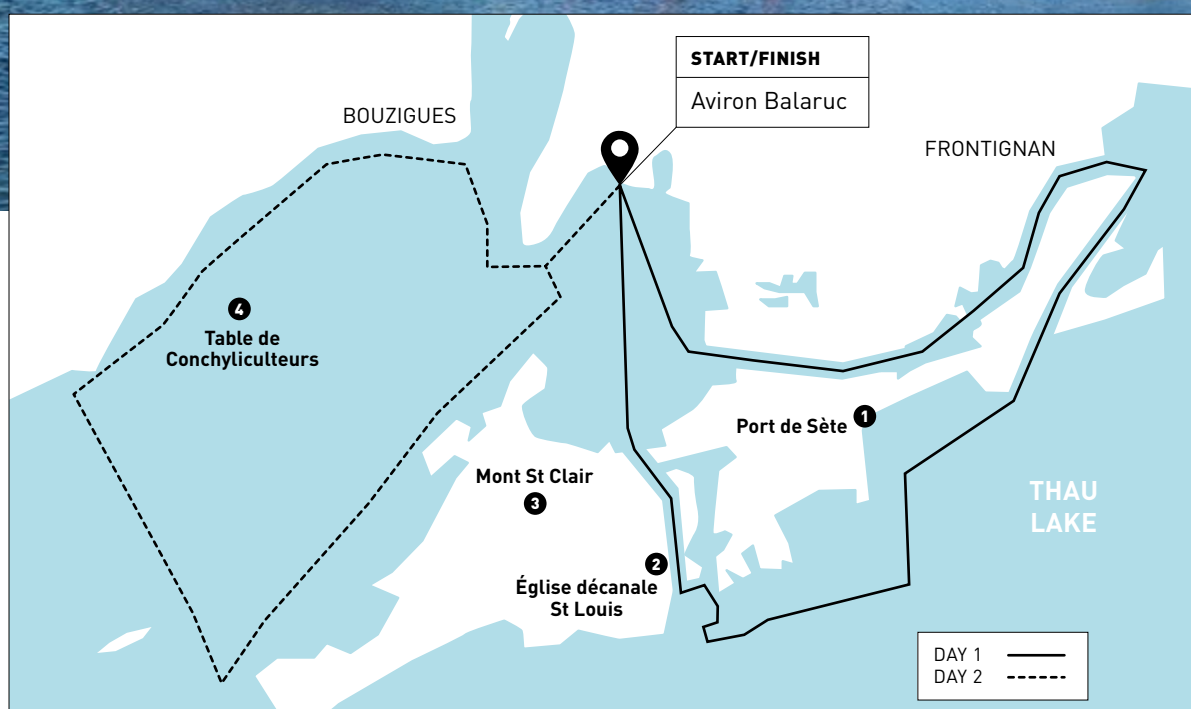
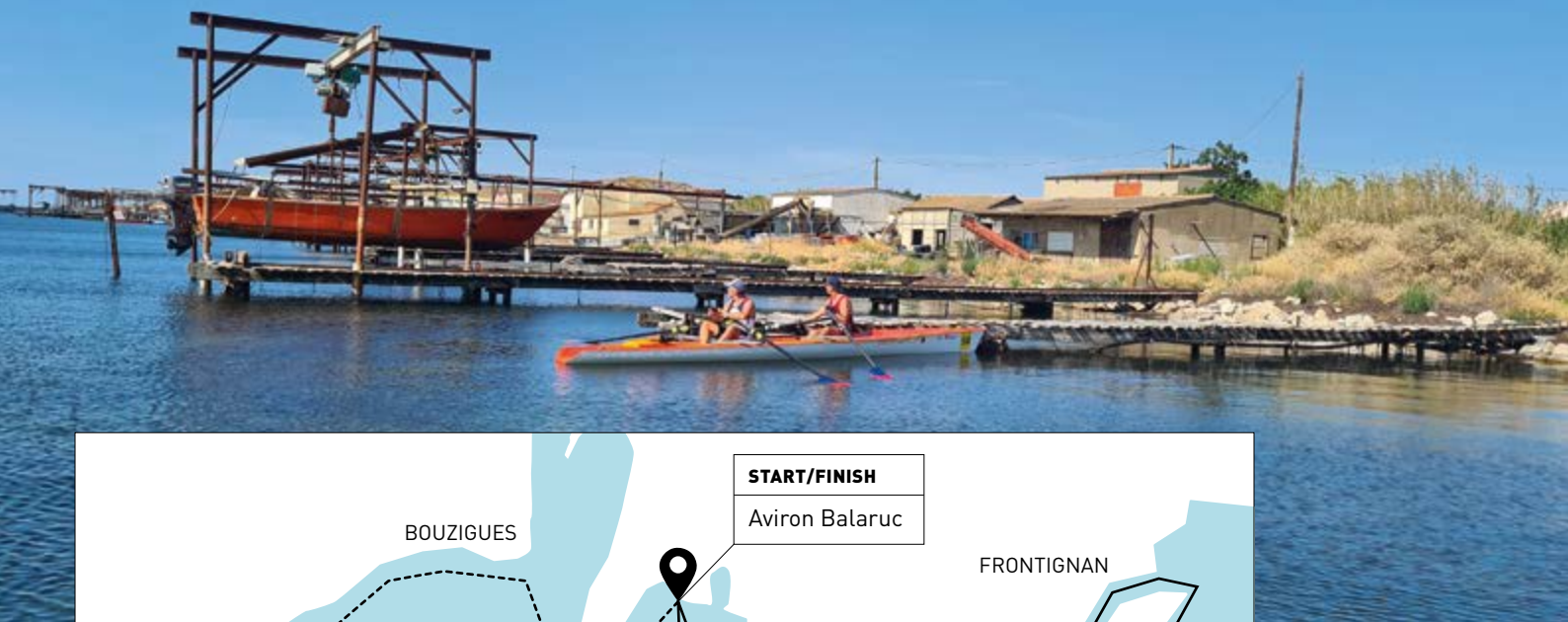


30 &amp; 31 MARCH

2 DAYS / 50 KM

ROWING LEVEL 

# THE THAU LAKE: THE SEA GARDEN



## Quadruple coastal rowing boat

€ **Rowers: 150 € without accommodation, 2 meals**  
**Companions: identical fees**  
**40 seats available, 40 €**

 **AVIRON BALARUC**  
 Julien Olmi / 06 60 78 44 99  
[jules.orion@yahoo.com](mailto:jules.orion@yahoo.com)

**PARA-ROWING**  
 Cécile Carduner / 06 20 68 09 80  
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 **OFFICE DE TOURISME BALARUC LES BAINS**  
 04 67 46 81 46

**CENTRE D'ACCUEIL LE TAURUS**  
 04 67 18 34 34

**OFFICE DE TOURISME DE SÈTE**  
 04 86 84 04 04

The seahorse club welcomes you to its lake which is classified Natura 2000: the Thau Lake is the largest water body of the Occitanie region. A true inland sea, the main resource of which is shellfish farming (oysters and mussels), this natural environment boasts an exceptional ecological diversity.

## PROVISIONAL PLANNING

### DAY 1

**8 AM** Welcoming the crews with a coffee and safety briefing.  
**9 AM** Boat launching, crossing the lake and canals towards Sète then heading towards the sea (a 25-km loop).  
**1 PM** Return at the club. Getting out of the boats, washing the boats, and lunch tray from a caterer.  
**4 PM** Possibility of visiting old-rigged sailing ships or free time.  
**8.30 PM** Dinner at the restaurant of the Casino in Balaruc les Bains (the additional amount will be provided upon registration).

### DAY 2

**8.30 AM** Welcoming the rowers with a coffee and safety briefing.  
**9.30 AM** Boat launching and off to the lake.  
**10 AM** Crossing the Thau lake passing by the shellfish tables (a 20-km or so route).  
**1.30 PM** Lunch tray from a caterer and tasting Bouzigues oysters.