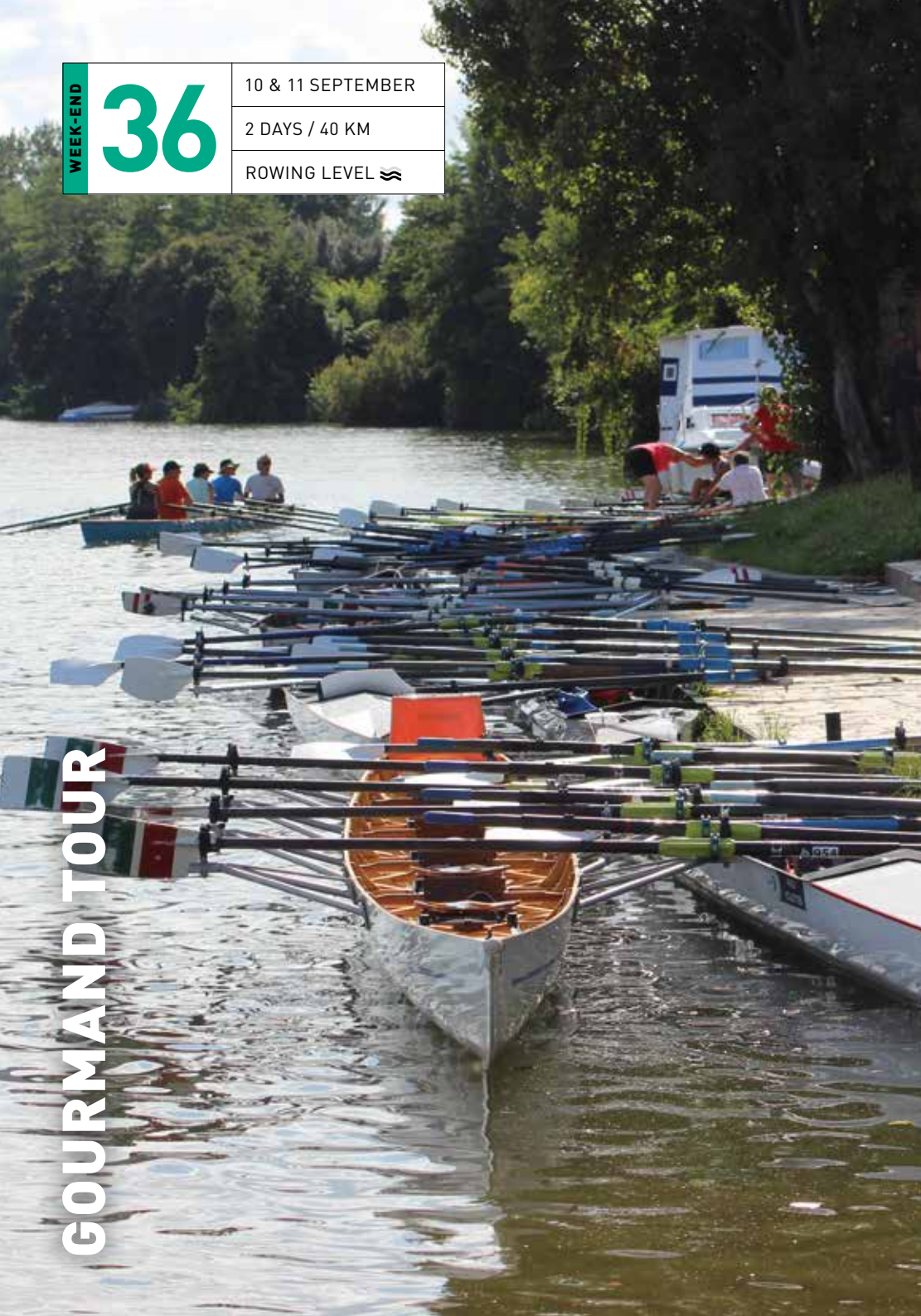


10 & 11 SEPTEMBER

2 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. Each meander unveils enchanting landscapes and gardens. Once you have rowed past Temple-sur-Lot, training site of the national French rowing team, you will perform a U-turn in front of the beautiful marina of Port-Lalande before sailing up to the typical village of Fontgrave for a tasty break. On the next day, you'll row the Lot upstream in direction of Bias where a basket resupply will be waiting for you. Then you'll sail the peaceful wilds up until Casseneuil : A medieval village famed for its Agen prunes. Near the end of the trail, the Lot widens on a plain laden with cultures: vegetables, cereals, tobacco, chestnuts... and the famous Ente plumtree, which history you'll be able to discover in the prune museum. Bikes are available for companions.

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

3PM-6PM 14km: Ste Livrade sur Lot - Castelmoron (Round trip)

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: 170 € with accommodation, 2 nights, 4 meals**
Companions: identical fees
50 seats available, 50 €

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 **TOURIST OFFICE OF VILLENEUVE SUR LOT CITY**

05 53 36 17 30

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