

WEEK-END

04

1^{er} & 2 APRIL

2 DAYS / 50 KM

ROWING LEVEL 

THE THAU LAKE: THE SEA GARDEN

PROVISIONAL PLANNING



DAY 1

- 8.00AM** You will share a welcome breakfast at the club.
- 8.30AM** Safety briefing.
- 9.00AM** Boat launch and departure from Balaruc club.
- 10.00AM** Crossing the Sète canals then heading towards the sea.
- 1.00PM** Friendly lunch tray from a caterer on the beach, animation with traditional songs. Discovering the nautical jousts, typical Languedoc water tournaments.
- 4.00PM** Possibility of visiting old-rigged sailing ships or thermal spa (not paid by the club).
- 6.30PM** Nice aperitif then free evening.

DAY 2

- 8.30AM** Welcome coffee at the club.
- 9.00AM** Safety briefing.
- 9.30AM** Boat launch.
- 10.00AM** Crossing the Thau lake passing the shellfish tables.
- 1.30PM** Friendly lunch tray from a caterer, Relaxing moment in O'balia thermal spa (not paid by the club).
- 4.00PM** Free time.

The Thau lake is listed Natura 2000, and is the largest body of water in the region. This lagoon is separated from the Lion Gulf by a sand bar which links Agde volcano and Saint Clair mountain (Sète). The shells are the lake's main resource. 2800 shellfish tables provide 800 farms with oysters and mussels. This inland sea is a natural habitat which displays an exceptionally rich ecological diversity. The tour will provide you with beautiful views on Sète, "the singular island", Saint Louis church which shelters the city Saint, Balaruc les bains (spa), Bouzigues and Mèze (fishing cities), before passing the shellfish tables. Many activities and visit are available, such as : shellfish table visit, visit of the old-rigged sailing ships, visit of the antique Mediterranean garden, spa relaxation, and of course shellfish tasting!

 **Thau Lake**
 **double coastal rowing boat, quadruple coastal rowing boat**
 **Rowers: 150 € without accommodation, 2 meals / Companions: identical fees 40 seats available, 20 €**
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