WEEK-END **05**

16 & 17 APRIL

2 DAYS / 55 KM

ROWING LEVEL

THE SEA GARDEN STOPOVER IN SÈTE

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, Mediterranean Sea

double coastal rowing boat, quadruple coastal rowing boat

Rowers: 125 € without accommodation, 2 meals / Companions: identical fees
30 € : without accommodation, 1 meal
30 seats available, 15 €

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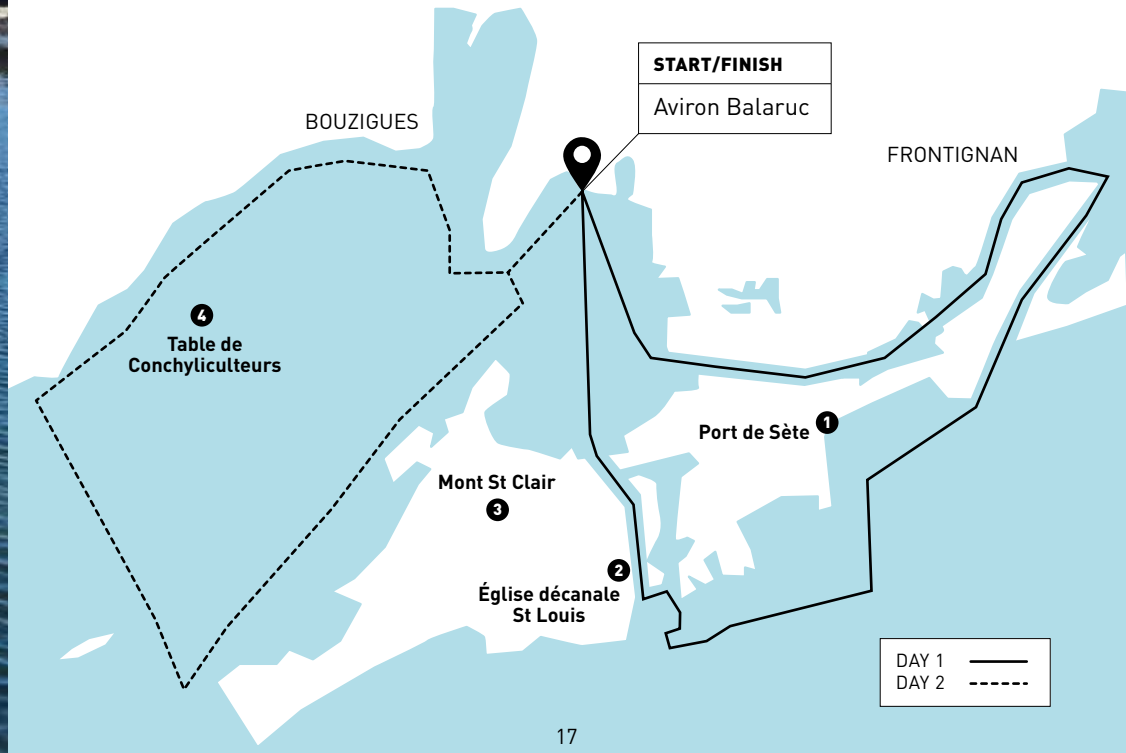
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