

50 ROWING TOURS



DISCOVER FRANCE WHILE ROWING ON OUR SEAS, LAKES AND RIVERS



ffaviron.fr/randonaviron



50 TOURS APPROVED BY THE FEDERATION FOR 2025

Whether rowing peacefully on crystal-clear lakes, challenging the waves at sea, or undertaking a journey to discover hidden rivers, each tour of the Randon'Aviron 2025 circuit is an invitation to travel and change scenery.

This year, we are pleased to offer you 50 rowing trips, 14 of which are accessible to disabled rowers, across France including overseas territories, for you to experience a total immersion into our diverse landscapes.

New to this edition:

- Two sea routes in the Provence-Alpes-Côte d'Azur region, the Cassidaine and the Randonnée du Golfe d'Amour, to explore the calanques and Mediterranean coast;
- The comeback of the Raid des Courreaux de Groix for an adventure in Brittany;
- Modified itineraries to discover new aspects of some iconic routes such as Les Trois Rivières, Les Pertuis Rochelais, Embrun-Lac de Serre-Ponçon, and Les Galères Ligériennes.

For the "Tour of the year", we invite you to the Randonnée Nautique des Gorges de la Loire, where the preserved landscapes will delight nature lovers.

Beyond the sporting fun and the touristic discovery, I also encourage you, through each of these events, to participate in the preservation of aquatic ecosystems, adopting a water-friendly practice, whether you have the chance to row on rivers, lakes or seas.

We can knowingly rely on the commitment of the organizers and their teams of volunteers to offer you moments of sharing, conviviality, and discovery, in the best safety conditions required by our activity.
Happy rowing to all!




Christian Vandenberghe

HEAD OF THE FRENCH NATIONAL ROWING FEDERATION

ROWING THROUGHOUT FRANCE

We invite you to discover or rediscover throughout the pages of this guide the 50 tours selected this year. Then it's up to you to make your choice and participate in the one that won your heart. So as to navigate safely, you must own a rowing diploma of level 2 and/or a crew half-marathon stamina diploma. These diplomas guarantee your level of autonomy, which is an important information for organizers.

3 TYPES OF TOUR

-  **GETAWAY : A TOUR WHICH WON'T TAKE MORE THAN A DAY**
-  **WEEK-END : WHEN THE TOUR IS TWO DAYS LONG**
-  **ITINERANT TOUR : WHENEVER THE TOUR TAKES MORE THAN TWO DAYS**



INFORMATION TO READERS

The information detailed in those pages was given by the organizers months ago. Therefore they are the only ones able to confirm the information you may find in this guide. Please note that the fees were given for information purpose only, and may in some cases not include possible extras, such as for example: special dinners, evenings or guided visits... Besides, given the limited number of seats available it is necessary to book early or at least contact the organizers. For further information please ask the organizer for the specific program or download it on the Federation's website :

www.ffaviron.fr

- > Pratiquer l'aviron
- > Programmes fédéraux
- > Circuit Randon'Aviron



SEAT RENTAL

The organizer proposes a number of seats to rent which enables the rowers to come without material (boats and oars). Since the seats are limited, make sure to make your reservations early.

DETAILED CHARACTERISTICS

AUTONOMOUS ROWER

The rower has the technical knowledge but is not trained.

CONFIRMED ROWER

The rower already has at least one year of regular practice.

TRAINED ROWER

The rower has more than one year of regular practice several times a week.



TOUR OF THE YEAR

Throughout the years a community came to life around these tours, mainly composed of the participants and the organizers. However, there are few opportunities for the participants to gather on a national level and share their passion and experience. That is why the French Rowing Federation decided to nominate a « Tour of the Year », which will reward the tour which stands as the flagship event in France.

GOALS

- Creating a national yearly event around rowing tours.
- Federating all the actors taking part in these events (members, organizing clubs, federation representatives, suppliers, public or private partners, waterway users...).
- Highlighting a tour which offers an ambitious project on the reference year.
- Promoting rowing tours thanks to country wide communication throughout the year.

SELECTION CRITERIA

- Meeting the criteria required for the "Randon'Aviron" label.
- Organizing a two-day event at least including a festive evening.
- Using a local or regional traditional event to make this tour a special one.
- Proposing other sport activities complementary to the tour (hiking, canoe, roller or horse riding, biking...) so as to bring together other participants and companions.
- Creating a village for tour participants: rowing gear stands, local products, advertising other tours and tourist activities, events, debates...
- Organizing a sustainable event thanks to the « Sustainable Event » tool provided by the Rowing Federation.



The event designated as the "Tour of the year" in 2025 is the Randonnée Nautique des Gorges de la Loire, organized by the Aviron Stéphanois club on June 14th and 15th. This event is one of the oldest on the Randon'Aviron circuit and will celebrate its 30th anniversary.

On this occasion, the club invites you to an in-depth rediscovery of the history of the Loire riverbanks and offers festivities worthy of this milestone. With about 40 km located in a Natura 2000 area, you will be enchanted by the rich biodiversity and heritage.

Grab your oars to explore this corner of France, which is too often unknown to the wider public!

Rankings of the "Tours of the year":

- 2021 : La Pelle du Pied
- 2022 : Destination Léman
- 2023 : Ram'n Jazz du Pays de Fontainebleau
- 2024 : Descente du Lot

N°	ROWING TOUR	START	FINISH	KM	DAY	LEVEL	RIVER/SEA	
01	RANDO DES MIMOSAS	15/02/25	16/02/25	30	2		confirmed lake	p.8
02	LA BRESSANNE	05/04/25	05/04/25	26	1		autonomous river	p.10
03	RANDONNÉE DU LAC DE VILLEREST	06/04/25	06/04/25	42	1		autonomous lake	p.12
04	LA PELLE DE LA DORDOGNE	12/04/25	12/04/25	28	1		autonomous river	p.14
05	RANDO BROUILLARTA COTE BASQUE	19/04/25	20/04/25	65	2		trained sea	p.16
06	L'APPEL DE LA MOSELLE À METZ	26/04/25	26/04/25	57 ou 25	1		trained river	p.18
07	RANDONNÉE DES PICANTINS	26/04/25	27/04/25	20	2		confirmed river	p.20
08	TRAVERSÉE DE LYON	01/05/25	01/05/25	28	1		confirmed river	p.22
09	RANDONNÉE DES NÉNUPHARS	03/05/25	04/05/25	25	1		confirmed river	p.24
10	ÉTANG DE THAU : LE JARDIN DE LA MER	03/05/25	04/05/25	50	2		confirmed sea	p.26
11	YOL'ERDRE	17/05/25	18/05/25	50	2		confirmed river	p.28
12	RANDONNÉE CARRY LE ROUET	18/05/25	18/05/25	30	1		autonomous sea	p.30
13	RONDE DES CASTORS	18/05/25	18/05/25	23	1		confirmed river	p.32
14	LA SEURROISE	24/05/25	24/05/25	25	1		autonomous river	p.34
15	RAID DES COURREAUX DE GROIX	24/05/25	25/05/25	37	2		trained mer	p.36
16	DESTINATION LÉMAN	31/05/25	01/06/25	48	2		confirmed lake	p.38
17	LES TROIS RIVIÈRES	07/06/25	09/06/25	63	3		trained river	p.40
18	LES PERTUIS ROCHELAIS	14/06/25	15/06/25	60	2		trained sea	p.42
19	RANDO COTENTIN AVENTURE	14/06/25	15/06/25	40	2		trained sea	p.44
20	RANDONNÉE NAUTIQUE DES GORGES DE LA LOIRE	14/06/25	15/06/25	47	2		autonomous river	p.46
21	DESCENTE DU LOT	20/06/25	22/06/25	47	3		autonomous river	p.48
22	TOUR DU GOLFE DU MORBIHAN	20/06/25	22/06/25	58	2		trained sea	p.50
23	LA SAINTONGEISE	21/06/25	22/06/25	44	2		confirmed river	p.52
24	RAM'N JAZZ DU PAYS DE FONTAINEBLEAU	28/06/25	29/06/25	42	2		autonomous river	p.54
25	EMBRUN-LAC DE SERRE PONÇON	28/06/25	29/06/25	55	2		autonomous lake	p.56
26	LES ROSELIÈRES	29/06/25	29/06/25	25	1		autonomous river	p.58
27	RANDONNÉE DES PASSERELLES DE MONTEYNARD	06/07/25	06/07/25	28	1		autonomous lake	p.60
28	LES CASTILLONNADES	12/07/25	13/07/25	40	2		autonome lake	p.62
29	LA MEUSE ET SES CITADELLES	26/07/25	02/08/25	180	7		confirmed river	p.64
30	RALLYE DU CANAL DU MIDI	18/08/25	23/08/25	164	6		confirmed river	p.66
31	JURAVIRON	23/08/25	23/08/25	35	1		autonomous lake	p.68
32	LA PELLE DU PIED	30/08/25	30/08/25	29	1		confirmed river	p.70
33	RAMER AVEC LES BALEINES	30/08/25	30/08/25	20	1		confirmed sea	p.72
34	RANDO GOURMANDE	05/09/25	07/09/25	40	3		autonomous river	p.74
35	LA BONNE MÈRE	06/09/25	06/09/25	25	1		autonomous sea	p.76
36	DESCENTE DU CHER	06/09/25	07/09/25	42	2		autonomous river	p.78
37	TRAVERSÉE DE PARIS ET DES HAUTS-DE-SEINE	14/09/25	14/09/25	26	1		confirmed river	p.80
38	LES GALÈRES LIGÉRIENNES	20/09/25	21/09/25	44	2		autonomous river	p.82
39	LA CASSIDAINE	27/09/25	27/09/25	23	1		trained sea	p.84
40	RANDONNÉE DU CHASSELAS	27/09/25	28/09/25	41	2		autonomous river	p.86
41	LES COULEURS DE LA MARNE	04/10/25	04/10/25	40	1		confirmed river	p.88
42	RAND'EAU DU BEAUJOLAIS	05/10/25	05/10/25	28	1		autonomous river	p.90
43	DESCENTE DE L'AA	05/10/25	05/10/25	25	1		confirmed river	p.92
44	RANDONNÉE AVIRON DES ILES DE LÉRINS	05/10/25	05/10/25	25	1		confirmed sea	p.94
45	RANDONNÉE DU GOLFE D'AMOUR	11/10/25	11/10/25	23	1		confirmed sea	p.96
46	RAND'EAU ANCILEVIENNE	12/10/25	12/10/25	38	1		confirmed lake	p.98
47	LES 3 RIVIÈRES D'AUTOMNE	25/10/25	26/10/25	40	2		trained river	p.100
48	LA TRAVERSÉE DU SUD	01/11/25	01/11/25	50	1		trained sea	p.102
49	BOUCLE DU VIDOURLE	08/11/25	09/11/25	30	2		confirmed river	p.104
50	TRAVERSÉE DE LA BAIE DES ANGES	06/12/25	07/12/25	37	2		confirmed sea	p.106

50 ROWING TOURS IN 2025





The "Rando des Mimosas" offers you the first opportunity to row in bright sunshine at the beginning of the year. With its blue waters surrounded by the snowy Alps in the background and the blooming mimosa forests, the Saint-Cassien lake offers you an enchanting landscape and a taste of spring. You can enjoy having lunch on sunny terraces, visiting mimosa forests, having a typical Provençal dinner cooked by a local chef. You will long remember this dream weekend, mixing the flavours and scents of the Provence region.

PROVISIONAL PLANNING

DAY 1

15 km

9.00-12.00 a.m. : tour, on-site meal.

•

Visiting mimosa forests and Provençal dinner.

↓

DAY 2

15 km

9.00-12.00 a.m. : tour, on-site meal.



Lake



Recreational double scull, recreational four-person sculling boats



• ROWERS :

110 € without accommodation,
3 meals

• COMPANIONS : identical fees

• SEAT RENTAL : 50 seats, 16€



AVIRON SAINT-CASSIEN

Olivier Descamps

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PARA-ROWING

Olivier Descamps

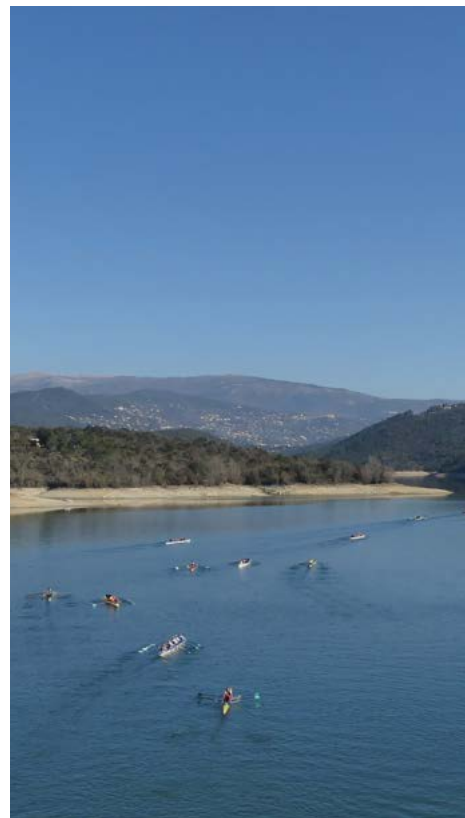
olivier.descamps7@orange.fr



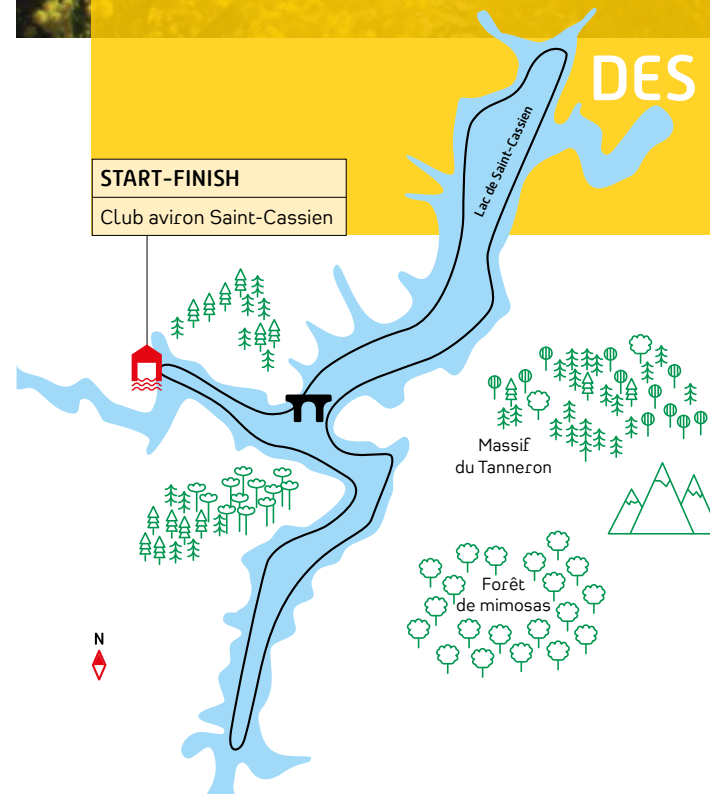
OFFICE DE TOURISME DE FAYENCE

04 94 76 01 02

www.paysdefayence.com



RANDO DES MIMOSAS





You will navigate on the Seille river in the heart of the Bresse region. Departing from Louhans, a city with 157 arches, you will cross the Bresse bocage between the two Locks of Branges and Loisy (with its castle on the heights), before arriving in Cuisery, the village of the book, which means a 26-km nature journey. If you wish to stay longer, you will discover the book market in Cuisery on Sunday morning and the gathering of vintage cars in Louhans. And on Monday morning, you can visit the Louhans market and eat a traditional calf's head.

PROVISIONAL PLANNING

12.30 a.m. : departure from Louhans

- passing the Branges Lock 3 km away

- crossing the Loisy Lock 3 km before arriving

- arrival in Cuisery.

Group accommodation in a high-quality bed and breakfast (3 ears Label).

• Visiting the cities of Cuisery and Louhans, craft market, tour along the bank of the Seille river.



River



Recreational four-person sculling boats



• ROWERS :

- 60 € with accommodation, 1 meal, 1 night

- 25 € without accommodation, 1 meal

• COMPANIONS :

identical fees

• SEAT RENTAL : 30 seats, 22 €



CERCLE D'AVIRON BRESSE LOUHANNAISE

Xavier Faria

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cabresse.louhannaise@gmail.com



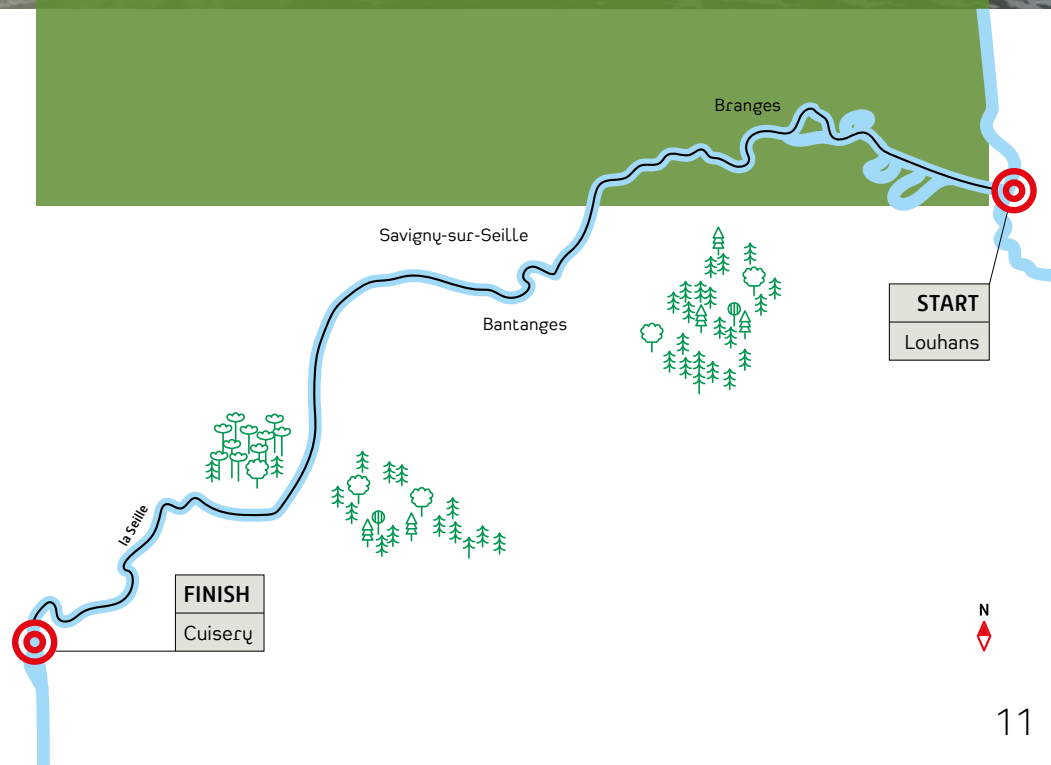
OFFICE DE TOURISME DE LA BRESSE BOURGUIGNONNE

03 85 75 05 02

www.bresse-bourguignonne.com



LA BRESSANNE





The Villerest Lake is located on the Loire river, between Roanne and Saint Etienne. The original gorges have changed and become less deep but they now offer a long and quiet water body winding between villages and castles. Nestled between the Lyonnais and Forez mountains, the Loire valley boasts architectural treasures, including La Roche castle, to be discovered during the trip!

PROVISIONAL PLANNING

The day before : welcome at the nautical base of Cordelle. Nautical activities (canoeing, paddling, rowing) or touristic visit of the Roanne area.

•

30 to 42 km

8.00 a.m. : welcome at the nautical base of Cordelle.

9.00 a.m. : departure for the Villerest lake tour.

12.30 a.m. - 1.00 p.m. : return and lunch.



Lake



Recreational four-person sculling boats



- **ROWERS** :
35 € without accommodation, 1 meal
- **COMPANIONS** :
identical fees
- **SEAT RENTAL** : 60 seats, 30 €



AVIRON ROANNE - LE COTEAU

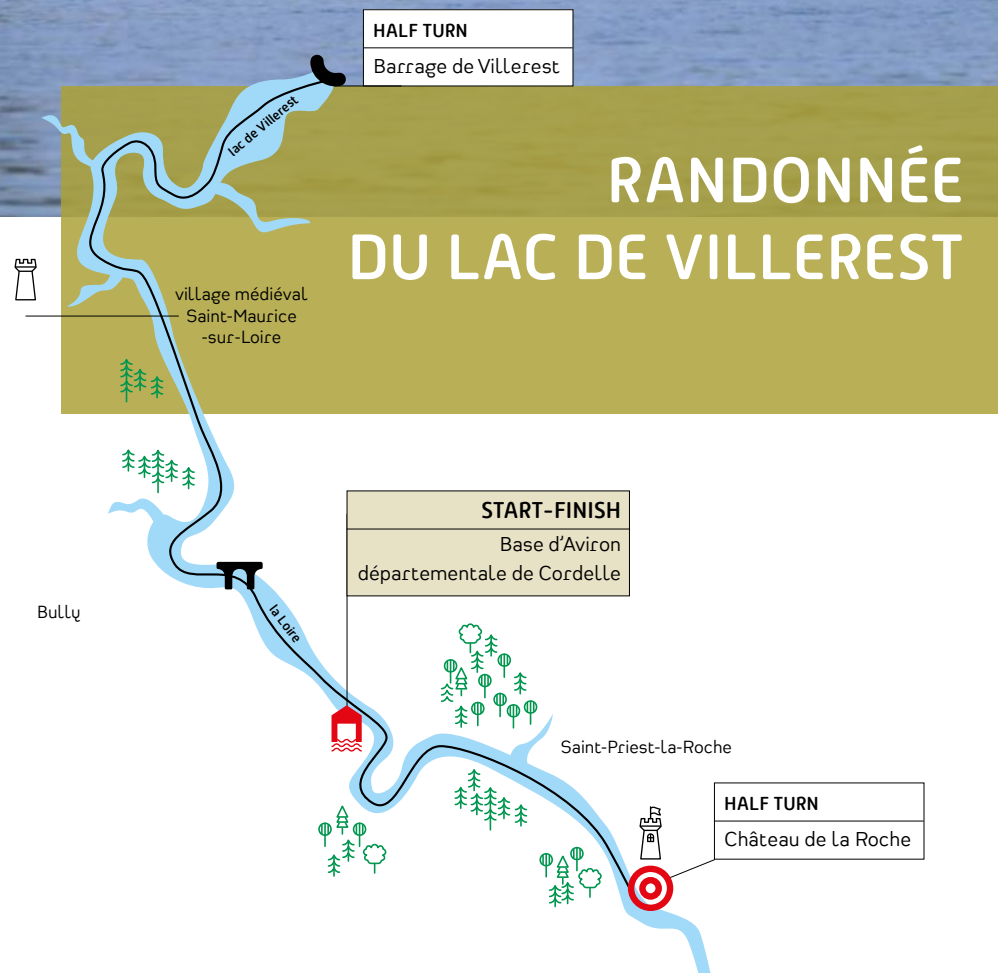
Catherine Forot
06 03 62 45 27
randovillerest@avironroannelecoteau.net

PARA-ROWING
Catherine Forot



OFFICE DE TOURISME DU ROANNAIS

Tel : 04 77 71 51 77
accueil@ot-roanne.fr
www.roannais-tourisme.com





You will navigate on the Dordogne river, classified as a UNESCO World Biosphere Reserve, which the Celts once called "Du Unna" meaning fast water! However, the route of this beautiful rowing tour winds peacefully between the prestigious vineyards of Sainte-Foy and those of Castillon Côtes de Bordeaux. The river is wide, calm, and not very winding. From the river, you will admire the well-aligned wine châteaux and the beautiful 18th-century limestone

sand-coloured houses. To round off your weekend, take the time to visit Saint-Émilion or explore Sainte-Foy-la-Grande and Castillon-La-Bataille. A full immersion into the Middle Ages is guaranteed!

Upon landing at the Castillon-la-Bataille rowing club, after a refreshing shower, the welcoming reception will be followed by a pleasant meal with live music, included in your registration fees.



River



Recreational double scull, recreational four-person sculling boats, double coastal rowing boat, quadruple coastal rowing boat



• ROWERS :

46 € without accommodation, 1 meal

• COMPANIONS :

26 € without accommodation, 1 meal

• SEAT RENTAL : 40 seats, 30 €



ROWING CLUB DE CASTILLON

Jean Chenus

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avironcastillon@gmail.com

www.avironcastillon.com/

avirondordogne

OFFICE DE TOURISME
DE CASTILLON-LA-BATAILLE

05 57 40 27 58

castillontourisme@castillonpujols.fr

www.tourisme-castillonpujols.fr

OFFICE DE TOURISME
DU PAYS FOYEN

05 57 46 03 00

tourisme@paysfoyen.fr

www.tourisme-dordogne-paysfoyen.com

PROVISIONAL PLANNING

10.30 a.m. : meeting at Port-Sainte-Foy
to prepare the boats.

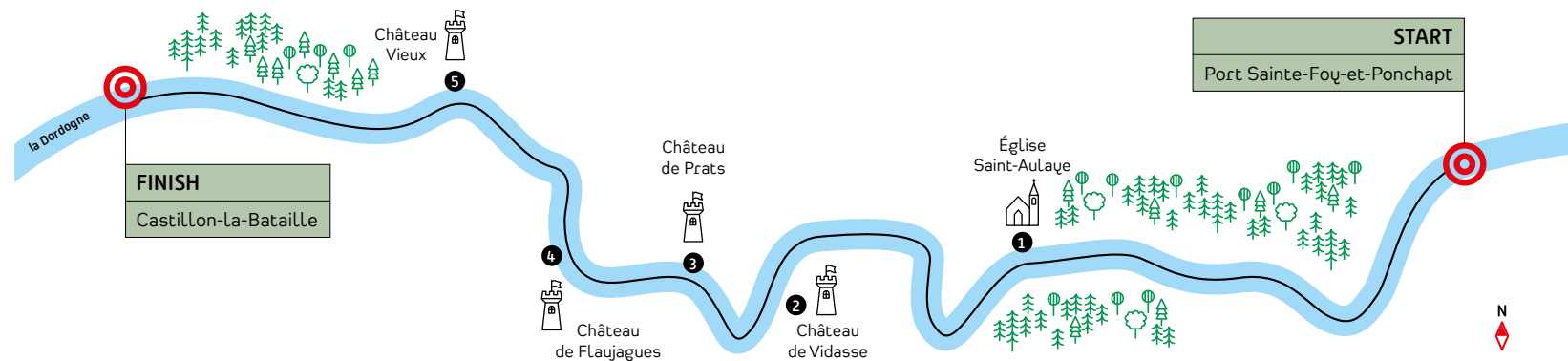
11.30 a.m. : drink offered and picnic lunch.

1.00 p.m. : tour departure.

4.30 p.m. : arrival at Castillon-la-Bataille,
boat dismantling, and loading onto
the trailers.

6.00 p.m. : arrival welcome drink.

7.30 p.m. : dinner with music.

LA PELLE
DE LA DORDOGNE



This tour including three legs and lasting two days, along the Basque coast between Hendaye at the Spanish border and Biarritz has been designed for experienced sea-rowers in a good physical shape. The participants will enjoy two types of landscapes all along the route, with the Pyrenean chain and the Spanish coast, including the Txingudi bay in Hendaye and the bay of Saint Jean de Luz, without forgetting their fishing harbours of course. The tour will take you near the unavoidable Rocher de La Vierge.



Sea



**Double coastal rowing boat,
quadruple coastal rowing boat**



• ROWERS :

- 240 € with accommodation, 3 meals, 2 nights
- 180 € without accommodation, 3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 30 seats, 30€



**UR YOKO AVIRON TRAINIÈRE
UR YOKO ARRAUN ELKARTEA**

Lydia Raboisson

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randobrouillarta@gmail.com



**OFFICE DE TOURISME
SAINT-JEAN-DE-LUZ**

05 59 26 03 16

www.saint-jean-de-luz.com

CAMPING À LA FERME

05 59 26 34 26

contact@camping-ecromardi.com

PROVISIONAL PLANNING

DAY 1

35 km

9.30 a.m. : tour departure from Saint-Jean-de-Luz, heading to Hendaye.

12.00 a.m. : picnic at the Txingudi bay.

Vers 4.00 p.m. : return to the bay of Saint-Jean-de-Luz.

7.30 p.m. : drink and dinner at the club with entertainment.

•

Night at the Lycée Ramiro Arrue boarding school nearby, breakfast included.

↓

DAY 2

30 km

8.30 a.m. : tour departure from Saint-Jean-de-Luz, heading to Biarritz.

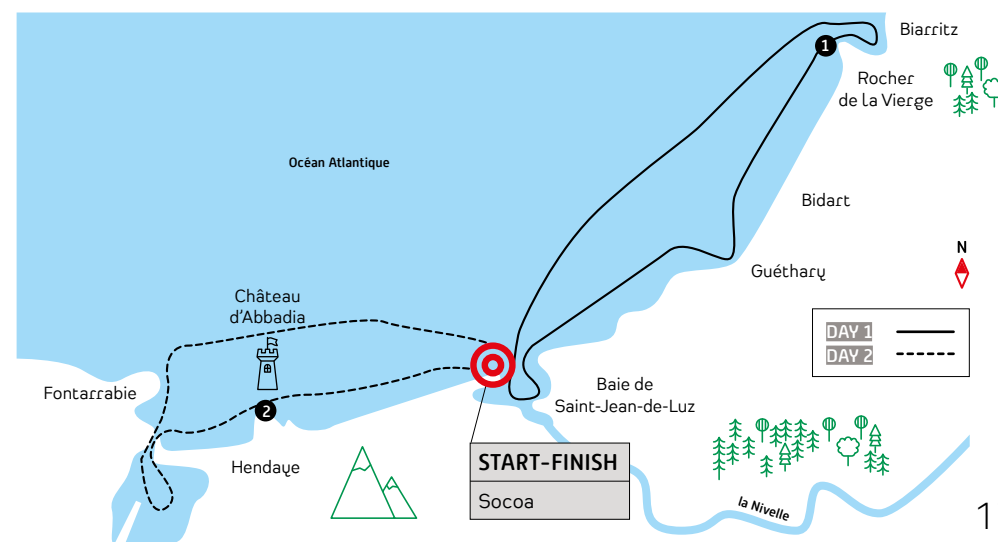
12.00 p.m. : return to the club, drink, buffet lunch and plancha at the club.

•

Possibility of booking the dinner on Friday evening at a restaurant, for those arriving the day before (price not included, and upon prior registration). Option for an additional night on Sunday evening, 40 € per night (price not included, and upon prior registration).



RANDO BROUILLARTA CÔTE BASQUE





Our rowing tour allows you to discover the city of Metz and its surroundings on the Moselle river, through two intertwined routes. Either 57 km for the bolder ones, or 25 km for the less experienced. Boats will be launched on the Jouy canal, a "green corridor" which brings joy to walkers and sports fans. You will join the Moselle river at Jouy-aux-Arches, boasting its Roman aqueduct, to navigate to Pagny-sur-Moselle. The next part of the route takes place completely on the Moselle river and its branches that feed the water body of Metz and you will enjoy a surprising view of the city and our club.

PROVISIONAL PLANNING

- 7.00 a.m.** : meeting point at the Société des Régates Messines (SRM), welcome coffee and briefing of the skippers and club representatives.
- 7.45 a.m.** : boat launching on the Jouy canal, for a 37/57 or 25-km tour.
- 1.00 p.m.** : lunch at the SRM base.
- 2.45 p.m.** : departure from the club for a 20/57-km tour or guided visit of Metz offered for those who took part in the 25-km tour.
- 5.30 p.m.** : arrival on the waterbody in Metz and friendly drink offered to everybody.

For the accompanying persons:

trip on an electrical boat in the morning,
guided walking visit of Metz in the afternoon.



L'APPEL DE LA MOSELLE À METZ



River



Recreational four-person sculling boats



- **ROWERS :**
50 € without accommodation,
1 meal
- **COMPANIONS :**
identical fees
- **SEAT RENTAL :** 60 seats, 30 €



SOCIÉTÉ DES RÉGATES MESSINES
Alain Courvoisier
06 85 28 56 31
alain.courvoisier@regatesmessines.fr



**OFFICE DU TOURISME
AGENCE INSPIRE METZ**
03 87 39 00 00
contact@tourisme-metz.com
www.tourisme-metz.com
www.inspire-metz.com





The Picantins tour will make you travel from the Oise river to the Aisne river, before reaching the Old Oise which winds between trees, and it will take you throughout history with the visits of its cultural sites. Discover Compiègne city centre, with its fortifications and numerous historical sites, looking for "Picantins". The whole route comes with fascinating explanations! For the sports part, in addition to rowing, you will discover the dragon boat practice. Grab your oars!

PROVISIONAL PLANNING

DAY 1

8.30 a.m. : welcome and visit of the historical heritage of Compiègne + discovery of the dragon boat by alternating activities.

1.00 p.m. : lunch.

2.00-6.00 p.m. : alternating activities.

8.00 p.m. : dinner, accommodation in rooms for 2 to 6 persons in a private residence.



DAY 2

8.00-9.00 a.m. : breakfast.

9.00-12.30 a.m. : 20-km tour and free time for the non-rowers.

12.30 a.m. : lunch.



2.00 p.m. : optional extra: visit of the historical city centre of Compiègne.



RANDONNÉE DES PICANTINS



River



Recreational four-person sculling boats



• ROWERS :

- 155 € with accommodation, 3 meals, 1 night
- 140 € without accommodation, 3 meals

• COMPANIONS :

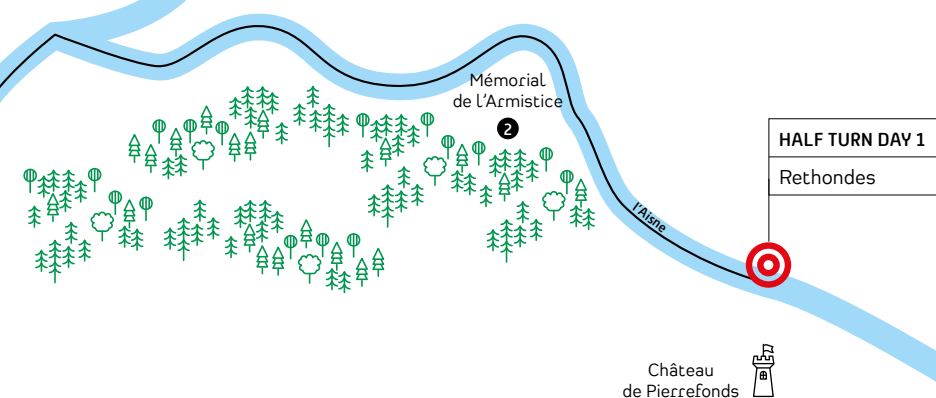
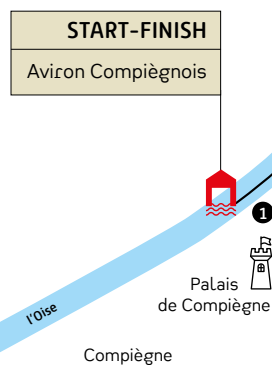
- 135 € with accommodation, 3 meals, 1 night
- 120 € : without accommodation, 3 meals

• SEAT RENTAL : 35 seats, 20 €



SPORT NAUTIQUE COMPIÉGNOIS

Magali Giaume
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Château
de Pierrefonds





Starting from the Barbe island, where the 12th-century old Notre-Dame chapel stands, you will head towards Lyon and its neighbourhoods Saint-Jean, Presqu'île and Confluence, from the Saône river and then the Rhône river. You will particularly admire the Notre-Dame de Fourvière basilica which overlooks the Law Court and its 24 columns; once docked, stop in front of the Fresque des Lyonnais, which is part of the UNESCO World Heritage.

PROVISIONAL PLANNING

8.00 a.m. : welcome coffee, registration check, handing out the rowing tour bags and boat preparation.

9.00 a.m. : boarding.

9.30 a.m. : start of the tour from Barbe island heading towards the city center of Lyon.

1.00 p.m. : return of the first boats, drink.

1.30 p.m. : lunch.



River



Recreational four-person sculling boats



• ROWERS :

42 € without accommodation, 1 meal

• COMPANIONS :

21 € without accommodation, 1 meal

• SEAT RENTAL : 100 seats, 21 €



AVIRON UNION NAUTIQUE DE LYON

Jehan-Nicolas Pacquot

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contact@aunlyon.com



ONLYLYON TOURISME ET CONGRÈS
(MÉTROPOLÉ DE LYON)

Tel : 04 72 77 69 69

info@lyon-france.com

www.onlylyon.com

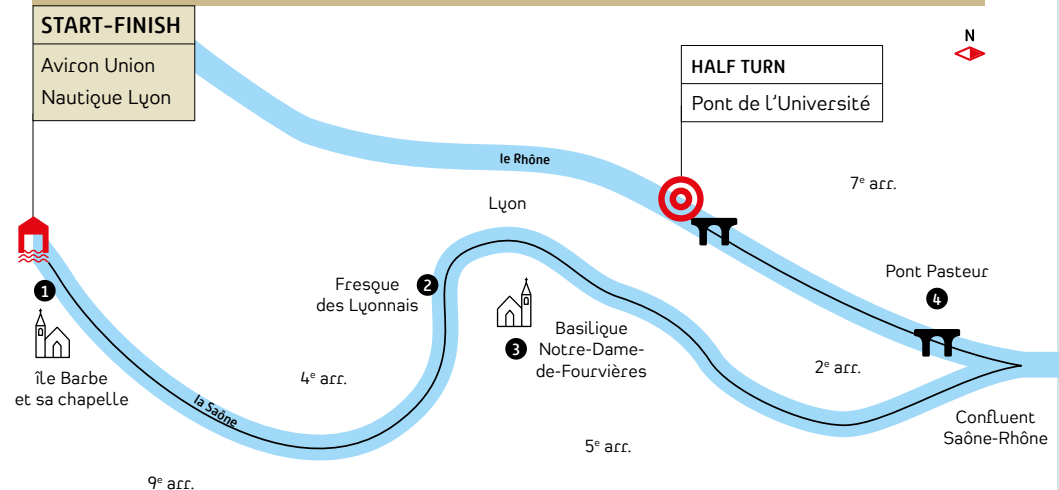
AUVERGNE RHÔNE-ALPES TOURISME

04 26 73 31 59

www.auvergnherhonealpes-tourisme.com



TRAVERSÉE DE LYON





The waterlilies tour takes you across the Audomarois marsh, the only marsh which is still used and populated in France. With its 700-km long watercourses spread over 4,000 hectares, it houses about 1,700 animal and plant species and offers exceptionally wild landscapes. Along the course, you will see chain ferries, "escutes" or "bacôves", which are flat-bottomed wooden boats, witnessing a long tradition of vegetable farming.

PROVISIONAL PLANNING

8.00 a.m. : welcome, breakfast, showing the specificities of the tour, handing out the maps.

9.30 a.m. : 25 km in the Audomarois marsh.

1.30 p.m. : drink and hot meal with local specialties served under a huge tent along the Houlle river. Each participant will be offered a local specialty as a gift.

For the accompanying persons:

walking or cycling tour along the Houlle river.



River



Recreational four-person sculling boats



• ROWERS :

38 € without accommodation,
1 meal

• COMPANIONS :

23 € without accommodation,
1 meal

• SEAT RENTAL : 110 seats, 25 €



AVIRON AUDOMAROIS

Annick Gesquiere

06 75 46 42 67

randonenuphars@gmail.com



OFFICE DU TOURISME DE SAINT-OMER

03 21 98 08 51

www.tourisme-saintomer.com

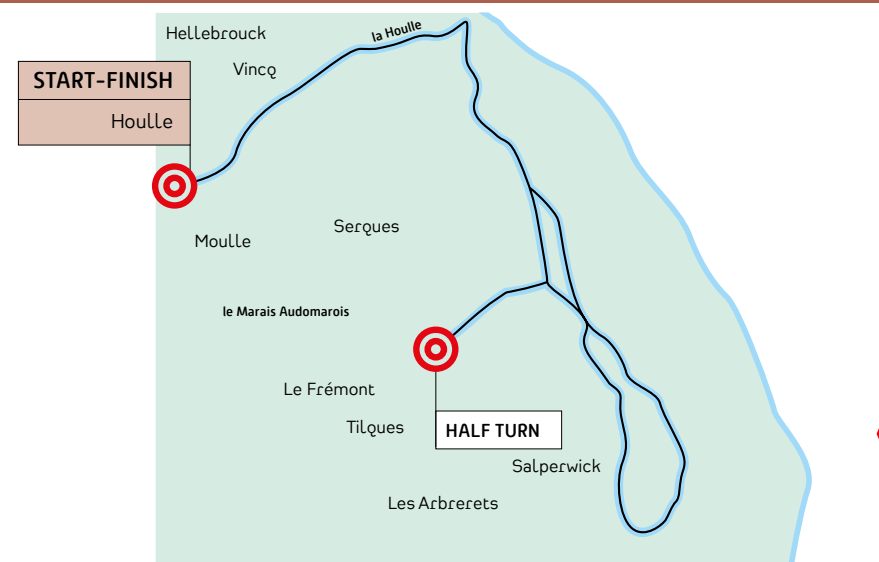
MAISON DU MARAIS

03 21 11 96 10

www.lamaisondumarais.com



RANDONNÉE DES NÉNUPHARS





The seahorse club welcomes you to its lake which is classified as 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.



River and sea



Double coastal rowing boat, quadruple coastal rowing boat



- **ROWERS :**
150 € without accommodation, 2 meals
- **COMPANIONS :**
identical fees
- **SEAT RENTAL :** 40 seats, 50 €



AVIRON BALARUC

Julien Olmi
06 60 78 44 99
jules.orion@yahoo.com

PARA-ROWING

Josiane Velay
06 19 75 51 80
jvelay@sfr.fr



OFFICE DE TOURISME BALARUC LES BAINS

04 67 46 81 46
www.balaruc-les-bains.com

CENTRE D'ACCUEIL LE TAURUS

04 67 18 34 34
letaurus@ville-meze.fr
www.le-taurus.fr

OFFICE DE TOURISME DE SÈTE

04 86 84 04 04
www.tourisme-sete.com

PROVISIONAL PLANNING

DAY 1

25 km

- 8.00 a.m. : welcoming the crews with a coffee and safety briefing.
- 9.00 a.m. : boat launching, crossing the lake and canals towards Sète then heading towards the sea.
- 1.00 p.m. : return to the club, getting out of the boats, washing the boats.

• Lunch tray from a caterer.

- 4.00 p.m. : possibility of visiting the wineries of the Story castle or free time.

- 8.30 p.m. : dancing dinner at the restaurant "La Table de Lauze" (the additional amount will be provided upon registration).



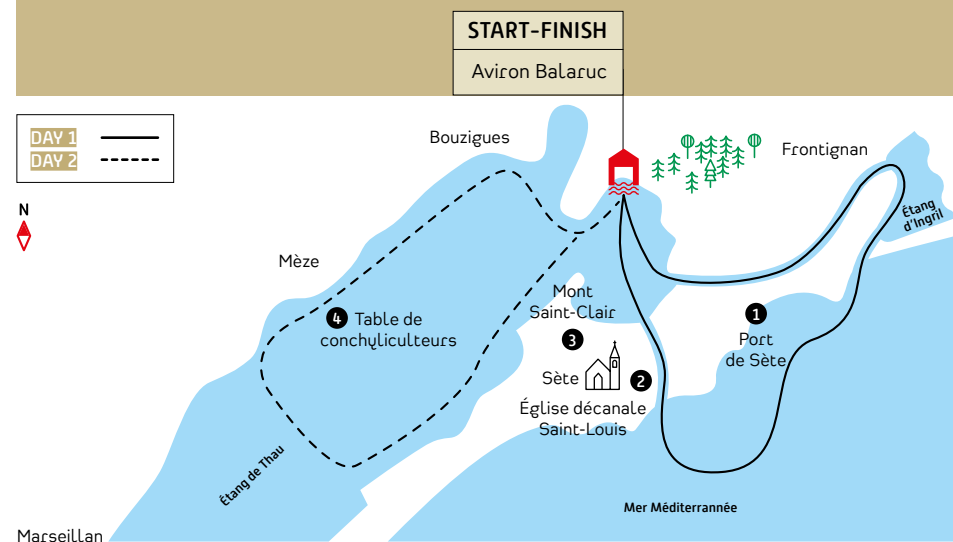
DAY 2

20 km

- 8.30 a.m. : welcoming the rowers with a coffee and safety briefing.
- 9.30 a.m. : boat launching and off to the lake.
- 10.00 a.m. : crossing the Thau Lake passing by the shellfish tables.
- 1.30 p.m. : lunch tray from a caterer and tasting Bouzigues oysters.



ÉTANG DE THAU : LE JARDIN DE LA MER





A few kilometers away from Nantes, you will be able to embark on the Erdre, which was considered as the most beautiful French river by Francis the 1st. You will start the tour in an urban landscape almost at the heart of the city, then navigate through beautiful marshy meanders along typical gorgeous manors which create a very romantic setting. From the marinas to the wide plains around Mazerolles, you will discover a peaceful and enchanting scenery all along the river.

PROVISIONAL PLANNING

DAY 1

12.00 a.m. : welcoming the rowers

(possibility of eating on site).

2.00 p.m. : departure from the club of Nantes and start of the tour, with a break halfway.

6.00 p.m. : arrival in Nort-sur-Erdre.

• Festive evening meal.

Accommodation in a boarding school (limited number) and mobile homes (price on request).



DAY 2

8.30 a.m. : departure after breakfast.

Break halfway if needed.

12.30 a.m. : arrival scheduled at the club of Nantes.

• Cold buffet on arrival.



River



Recreational four-person sculling boats



• ROWERS :

- 178 € with accommodation, 2 meals, 1 night
- 151 € without accommodation, 2 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 100 seats, 22 €



CERCLE AVIRON DE NANTES

Marc Boursier
02 40 50 67 45
secretariat@canantes.com

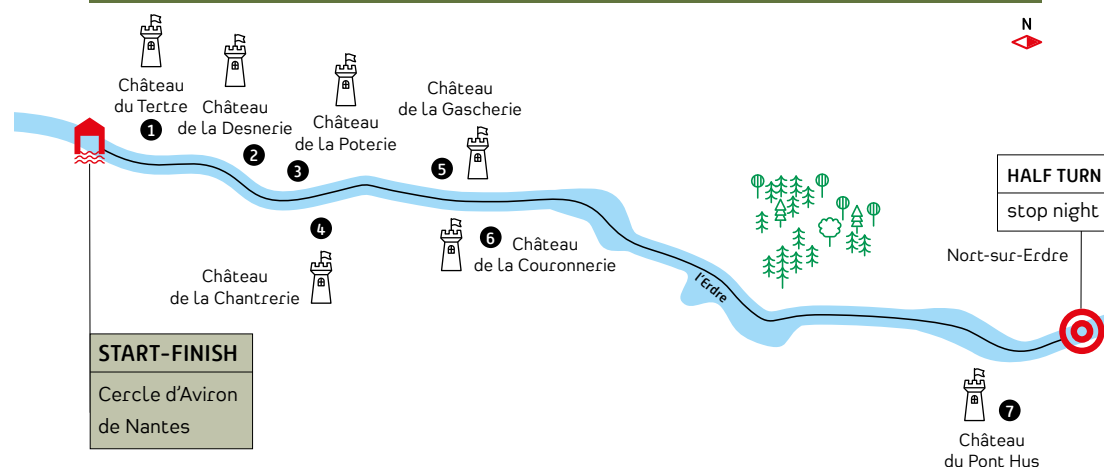


PARA-ROWING

Brice Huaulme
02 40 50 67 45
bhuaulme@canantes.com



YOL'ERDRE





A tour on a part of the blue coast with a spectacular view over Marseilles and its "Bonne Mère", view over the Frioul and breathtaking creeks. History lovers will be able to see bunkers all along the journey. We will be rowing through several places that you won't regret having seen!

PROVISIONAL PLANNING

7.45 a.m. : welcome with breakfast and preparation of the equipment.

8.30 a.m. : departure on the water.

11.30 a.m. : landing in the creek and lunch.

1.30 p.m. : return to the nautical base.

At about 4.30 p.m. : arrival, storing of the equipment.



RANDONNÉE CARRY LE ROUET



Sea



Quadruple coastal rowing boat



• **ROWERS :**

50 € without accommodation,
possibility of ordering a packed
lunch, 10 € extra

• **COMPANIONS :**

20 € without accommodation

• **SEAT RENTAL :** 30 seats, 30 €



ASSOCIATION L'AVI SOURIRE

Fatima Masci

06 80 35 97 70

benevoles@lavisourire.com

PARA-ROWING

Dominique Guende

06 17 50 29 83

lavisourire13@gmail.com



OFFICE DE TOURISME MARSEILLE

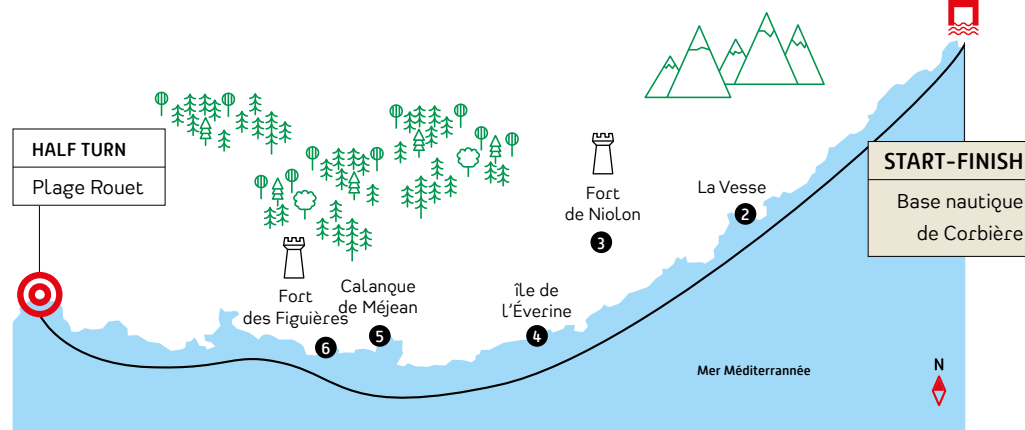
08 26 50 05 00

information@marseille-tourisme.com



Viaduc
de Corbière

1





The rowing tour starts from the Épervière harbour, the first harbour in inner waters in France, which is worth a visit on its own. The route enables you to experience very contrasting navigation conditions: bucolic and peaceful on the old Rhône River, more animated and sometimes a bit windy (the so-called "mistral", a northerly wind) on the navigable part. But the efforts are rewarded by a festive part which has made the tour very famous for more than 20 years.

PROVISIONAL PLANNING

9.00 a.m. : round tour on the River Rhône, starting from the port de L'Épervière.

•

12.30 a.m. : return to the club for a friendly meal.

•

For the accompanying persons:

may hike along the Rhône River, while following the boats.



River



Recreational double scull, recreational four-person sculling boats



• ROWERS :

35 € without accommodation,
1 meal

• COMPANIONS :

25 € without accommodation,
1 meal

• **SEAT RENTAL** : 30 seats, 25 €



AVIRON VALENTINOIS

Christine Villesseche
06 03 30 38 42
contact@avironvalentinois.fr

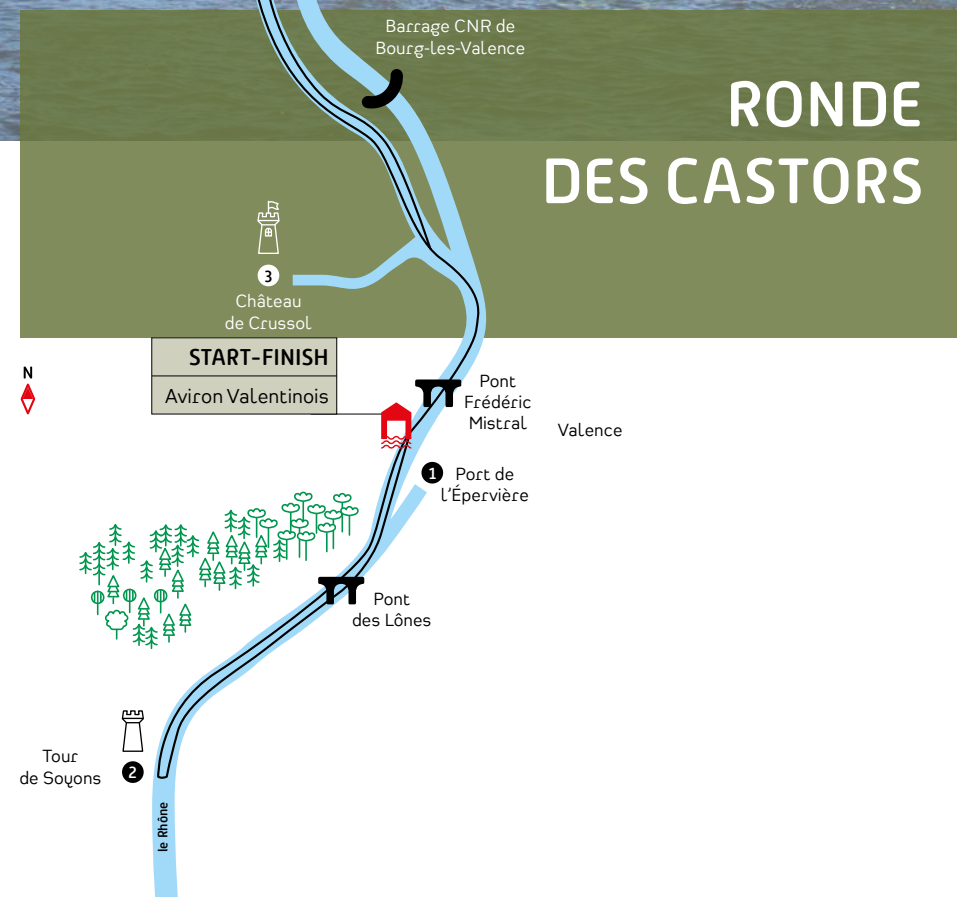


VALENCE ROMANS TOURISME

04 75 44 90 40
www.valence-romans-tourisme.com

MAISON DES VINS ET DU TOURISME RHÔNE CRUSSOL

04 75 40 46 75
www.rhone-crussol-tourisme.com





Starting from the beach campsite and moving downstream to the bridge island, you will then bypass the oxen island and navigate along the Hotel Dieu, Saint Martin church and the city wharfs. After changing tack, you will navigate on a branch of the Saône river without any commercial shipping. Once you have got past the Boileau and Ant islands, you will discover the Pouilly castle and then the Auvillars castle. A few kilometers later, you will reach a lovely village called

Lechâtelet and the old lock. You will make a U-turn and navigate back to the campsite in order to enjoy a friendly picnic lunch on the bank of the Saône river.

PROVISIONAL PLANNING

8.00 a.m. : breakfast.

8.45 a.m. : departure from the campsite of the Seurre beach for a 25-km return trip to Lechâtelet.

1.00 p.m. : return to the campsite of the Seurre beach and lunch at the beach restaurant.

For the accompanying persons:

biking on the towpath to follow the boats.
Town visit: Bossuet museum, Saint Martin church and "Étang rouge".

List of possible accommodations:

- Maison d'Anne-Marie à Chamblanc
06 69 11 60 15 - lamaisondannemarie@gmail.com
- Caravan rental at the beach campsite
03 80 20 49 22 - camping@mairie-seurre.fr



River



Recreational four-person sculling boats



• ROWERS :

40 € without accommodation, breakfast, 1 meal

• COMPANIONS :

30€ without accommodation, breakfast, 1 meal

• **SEAT RENTAL** : 70 seats, 25 €



AVIRON CLUB SEURROIS

Pascale Schleuniger
06 40 12 26 41
randoavironacs@gmail.com

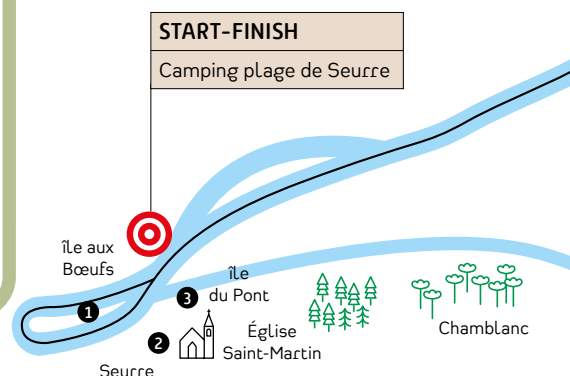


OFFICE DU TOURISME RIVES DE SAÔNE

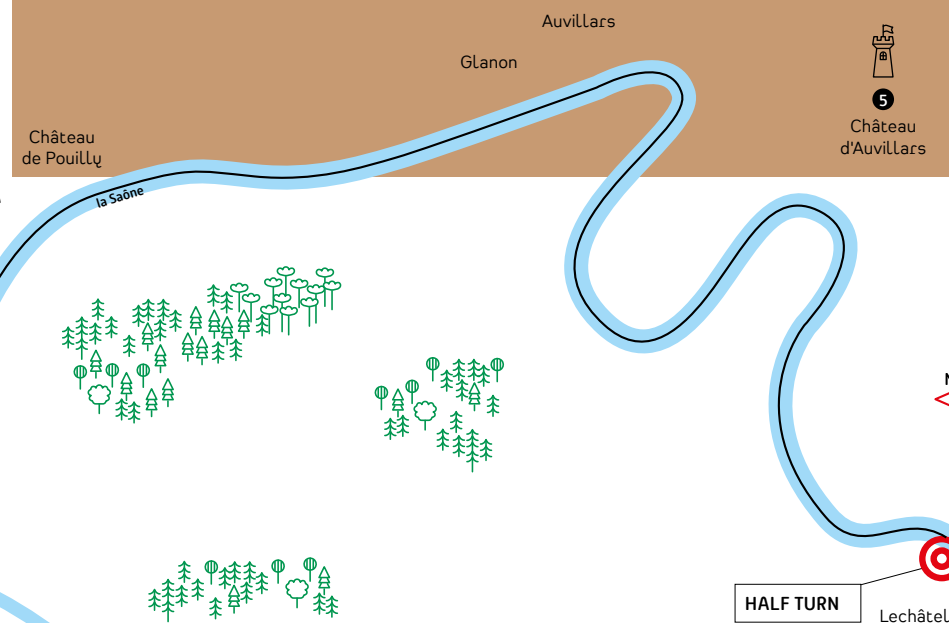
09 61 58 36 11
contact@saone-tourisme.fr
www.saone-tourisme.fr

OFFICE DU TOURISME DE BEAUNE
www.beaune-tourisme.fr

OFFICE DU TOURISME
DE NUITS SAINT GEORGES
03 80 62 11 17
www.ot-nuits-st-georges.fr



LA SEURROISE





Set off to discover the warm, dignified, beautiful, and unforgettable Groix island! The tuna fish on the bell tower of the village church, instead of a rooster, symbolizes its unique identity! Starting from Kerguelen, you will head towards the western tip of the island, and the Pen Men lighthouse and admire the really magnificent wild coast. You will then follow the southern coast, where you will catch a glimpse of the "trou de l'enfer", a deep and dizzying fault, before reaching Locmaria, a village peacefully nestled around a small bay. You will then pass the Pointe des Chats, a beautiful rocky plateau with silver gleams, and its lighthouse with the same name. Rowing along the eastern coast, you will pass small beaches before skirting the wide Grands Sables beach, one

of the few convex beaches in Europe, before arriving at Port Tudq. On the next day, you will head towards the Errants, a rocky plateau located in the middle of the bay, before returning to Kerguelen.

PROVISIONAL PLANNING

DAY 1

Leg 1 : 18 km

Kerguelen > Locmaria (on the Groix island),
1-hour stop at Locmaria (lunch not included).

•

Leg 2 : 8 km

Locmaria > Port Tudq.

•

Dinner with Breton specialties and night in a B&B, rooms for 2 to 6 persons, bed linen not provided (extra cost if sheets are requested).

↓

DAY 2

Leg 3 : 11 km

Port Tudq > Kerguelen via Les Errants.

Breakfast and picnic provided.



Sea



Double coastal rowing boat,
quadruple coastal rowing boat



• ROWERS :

- 140 € with accommodation,
2 meals, 1 night
- 105 € without accommodation,
2 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 25 seats, 30 €



CENTRE NAUTIQUE DE LORIENT

Marine Dano
06 84 36 75 05
courreauxdegroix@gmail.com

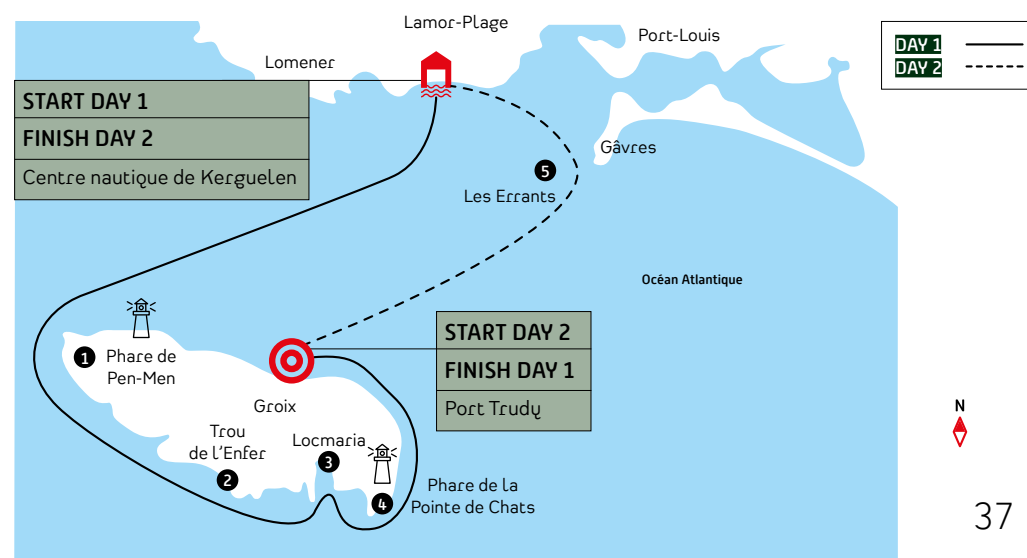


LORIENT BRETAGNE SUD TOURISME

02 97 84 78 00
accueil@lorient-tourisme.fr
www.lorientbretagnesudtourisme.fr



RAID DES COURREAUX DE GROIX





It's Heaven on Earth according to the locals, who can't be wrong... please come and make your own opinion! Presenting the Chablais or "lake head" after such an introduction is not easy: lake AND mountain, perches AND groundhogs, pebbles AND sand, reblochon AND abundance cheese... There is something appropriate for everyone, because the settings are full of contrasts! Your tour on the Geneva Lake will offer you this variety and diversity: to the west, the Coudrée and Beauregard castles, the medieval villages of Yvoire and Nernier; to the east, the Montjoux and Ripaille castles... We will be pleased to share the delights of Lake Geneva with you from the brand-new nautical base in Sciez. See you soon!



Lake



Recreational four-person sculling boats



• ROWERS :

100 € without accommodation,
2 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 100 seats, 44 €



BASE NAUTIQUE DE SCIEZ

Gilles Drocourt

06 30 08 10 85

bns.randolemanique@gmail.com

OFFICE DE TOURISME
DE SCIEZ-SUR-LEMAN

04 50 72 80 21

www.destination-leman.com

CAMPING DU CHATELET

04 50 72 52 60

www.camping-chatelet.com

PROVISIONAL PLANNING

DAY 1

23 km

12.00 a.m. : boat preparation (wrenches 10).

2.30-5.00 p.m. : return trip Sciez – Saint-Disdille.

7.30 p.m. : drink and dinner at the nautical base.



DAY 2

25 km

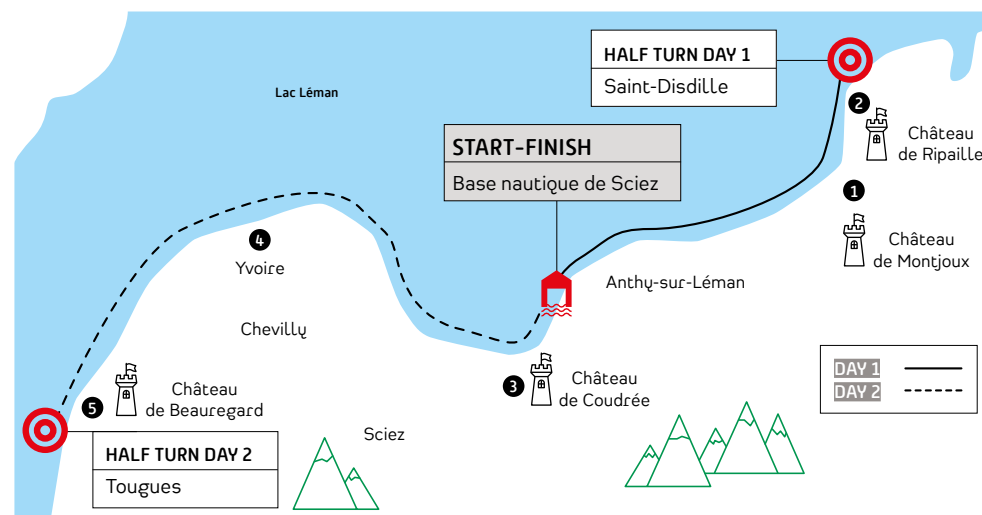
7.30 a.m. : breakfast at the nautical base.

9.00-12.00 a.m. : return trip Sciez > Tougues.

1.00 p.m. : drink and closing lunch at the nautical base.

DESTINATION
LÉMAN

TOUR OF THE YEAR 2023





Rowing tour across the marshy meadows (called "barthes") of the Landes et Pays-Basque region, you will navigate on three rivers: Adour, united Gaves and Nive. Reaching the Aviron Bayonnais rowing club will take you across the historical and unconventional city center of Bayonne. On Saturday evenings in Bayonne, you will have fun in a guaranteed festive atmosphere in casemates within the ramparts built by Vauban. The closing meal will be entertained with songs of a Basque choir.



River



Recreational four-person sculling boats



• ROWERS :

290 € with accommodation,
5 meals, 3 nights

• COMPANIONS :
identical fees

• SEAT RENTAL : 120 seats, 60 €



AVIRON BAYONNAIS

Sophie Girard / Mélanie Harrault
06 45 72 57 86 / 06 76 38 44 88
les3riversbayonne@gmail.com

PARA-ROWING

Christine Celhaigibel
06 72 00 46 17



OFFICE DE TOURISME DE BAYONNE

05 59 46 06 00
info@visitbayonne.com
www.visitbayonne.com

PROVISIONAL PLANNING

DAY 1

23 km

9.00 a.m. : breakfast at the club.

11.00 a.m. : departure by bus from the Aviron
Bayonnais towards Saubusse.

Welcome and picnic lunch.

2.00-5.00 p.m. : Saubusse - Guiche.

Return to Bayonne by bus.

•
Meal at a cider house in Bayonne.



DAY 2

26 km

11.00 a.m. : brunch at the club.

12.30 a.m. : departure by bus towards Guiche.

1.30-5.30 p.m. : Guiche - Bayonne.

•
Dinner and festive evening in a Peña in Bayonne.



DAY 3

14 km

7.30 a.m. : breakfast.

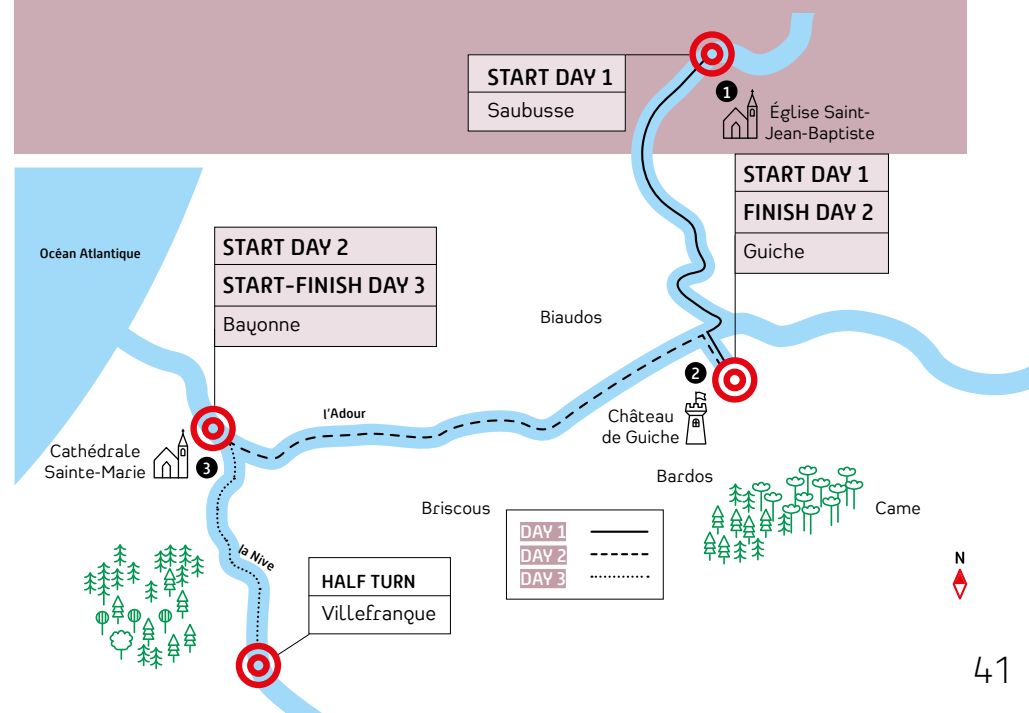
9.00-11.00 a.m. : Loop Bayonne - Villefranque.

12.30 a.m. : closing lunch at the club.

•
Night at a boarding school nearby, accessible
on foot from the club.



LES TROIS RIVIÈRES





Participating in the "Les Pertuis Rochelais" rowing tour is a unique way to discover the Charente maritime coasts and heritage. This 3-leg, 2-day tour is intended for experienced sea rowers in a good physical condition combining endurance and strength. It offers the opportunity to explore a landscape between land and sea, where you will enjoy an exceptional heritage and natural setting that has contributed to the international fame of La Rochelle and its nearby islands.



Sea



Quadruple coastal rowing boat



• ROWERS :

- 195 € with accommodation, 3 meals, 1 night
- 165 € without accommodation, 3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 60 seats, 45 €

CLUB D'AVIRON
DE MER DE LA ROCHELLE

Agnès Beauvilliers
06 13 20 18 56
avironlarochelle@gmail.com

OFFICE DE TOURISME
DE LA ROCHELLE

05 46 41 14 68
www.larochelle-tourisme.com

OFFICE DE TOURISME ANGOULINS

05 46 56 80 25
www.angoulins.fr/mon-village/presentation/territoire-daccueil/

OFFICE DE TOURISME DE RIVEDOUX

05 46 09 00 55
www.iledere.com/decouvrir/10-villages-1-ile/rivedoux-plage

PROVISIONAL PLANNING

Possibility of being welcomed on Friday from 5.00 to 8.00 p.m. Possibility of staying an extra night for 30 € (breakfast included).

DAY 1

Leg 1 : 19 km

From La Rochelle (Minimes harbour) to Rivedoux Sud Beach via the harbour "port du Plomb" and the "fort de la Prée".

7.30 a.m. : welcome.

8.45 a.m. : safety briefing then boat launching.

9.30 a.m. : tour departure.

12.30 a.m. : picnic on the beach.

•

Leg 2 : 16 km

from Rivedoux Sud Beach to La Rochelle.

2.00 p.m. : departure from the Rivedoux Sud beach via the Chauveau lighthouse

4.30 p.m. : arrival at La Rochelle (Minimes harbour).

7.00 p.m. : drink and festive dinner at the nautical base of La Rochelle.

•

Night at the youth hostel in La Rochelle Les Minimes.

↓

DAY 2

Leg 3 : 25 km

Port des Minimes harbour > Old harbour > Pointe du Chay > Loiron harbour and return to Minimes via the Bout du monde lighthouse.

8.00 a.m. : welcome.

9.00 a.m. : safety briefing.

9.30 a.m. : tour departure.

12.30 a.m. : arrival at the Port des Minimes, cleaning and storing the boats.

1.30 p.m. : aperitif and buffet at La Rochelle nautical base.

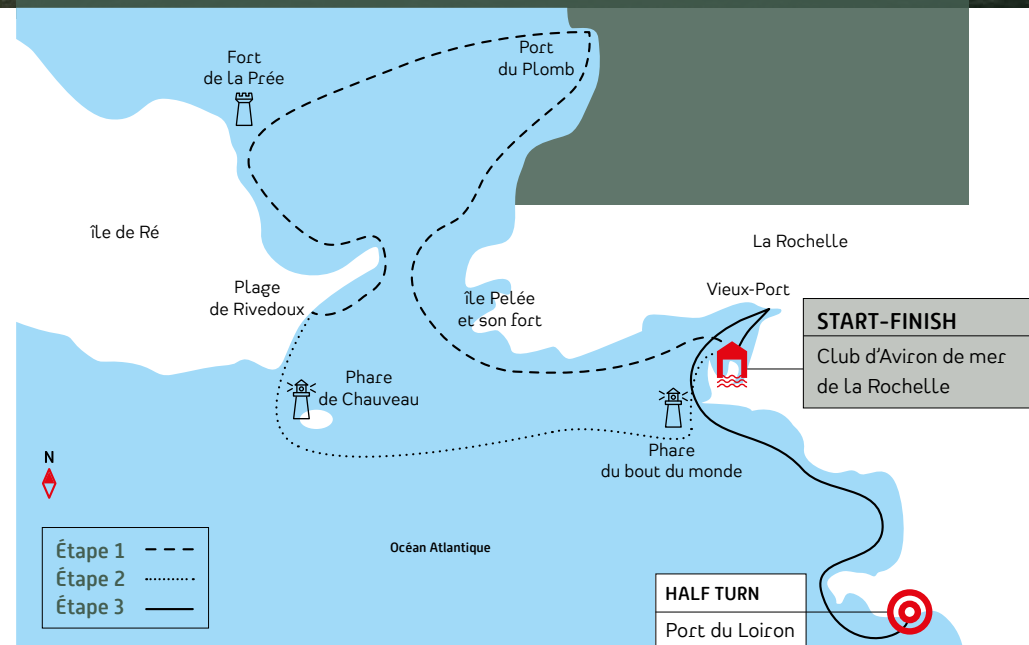
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For the accompanying persons:

the club will offer a bike ride on the island of Ré on the first day, and on the following day, along the coast to the Port du Loiron in Angoulins (bike not provided).



LES PERTUIS ROCHELAIS





Heading west! Starting from the Cherbourg marina, your Rando Cotentin will begin with a guided tour of the forts and dikes that make up the largest artificial harbor in Europe. You will cross the Grande Rade from east to west, passing by the salmon farms of Cherbourg, or, depending on the weather, you will navigate outside the Grande Rade towards Omonville, passing through the Hague, with its steep cliffs and the Goury Lighthouse.

PROVISIONAL PLANNING

DAY 1

20 km

At the beginning of the afternoon : departure from Cherbourg to Omonville, stay at Omonville for the night.

↓

DAY 2

20 km

Morning : return and arrival scheduled in Cherbourg at noon.



RANDO COTENTIN AVENTURE



Sea



Quadruple coastal rowing boat



• ROWERS :

- 150 € with accommodation, 1 night, 3 meals
- 140 € without accommodation, 3 meals

• COMPANIONS :

- 95 € with accommodation, 1 night, 3 meals
- 85 € without accommodation, 3 meals

• **SEAT RENTAL** : 50 seats, 20 €



CHERBOURG CLUB AVIRON DE MER

Lydie Gondet
06 74 47 72 72
randocotentin@cherbourg-aviron.fr



OFFICE DE TOURISME DU COTENTIN

Tel : 0805 320 200
www.encotentin.fr/cherbourg





This tour on the Grangent reservoir celebrates its 30th anniversary. On this occasion, a festive meal will be organized in a Guinguette atmosphere by the water, in the original spirit of the Vigie Mouette nautical base. You can row during either one day (32 km) or one day and a half (47 km). The tour takes place almost exclusively in the magnificent natural site listed NATURA 2000 of the gorges carved by the Loire river, with the

green surrounding forests. You will admire the castles on the heights which overlook the Loire river such as Tour de Chambles, St-Victor-sur-Loire, Essalois and closer to the water, the Grangent island and castle.

PROVISIONAL PLANNING

DAY 1

12.00 a.m. : picnic.

Afternoon : you can choose between the following:

- free trip on the waterbody corresponding to a part of the nautical tour upstream the club: U-turn at the Semène mouth (10 km) or under the Aurec sur Loire bridge (15 km).
- hike starting from the club at 1.45 p.m., guided by a club member.
- free visit of the « Le Corbusier » site in Firminy (not included) www.sitelecorbusier.com
- Free visit of the interpretation centre in the Château d'Essalois (not included).

5.00 p.m. : visit of the honey house of the Gorges de la Loire, route de Saint-Victor in La Roche-La Molière.

6.45 p.m. : musical aperitif followed by a meal and a Guinguette evening by the Loire River, at the Rives d'Aurec Leisure centre.

Accommodation available at the B&B Gîte des Gorges de la Loire in Aurec-sur-Loire.



DAY 2

7.30 a.m. : welcome.

8.30 a.m. : meeting of the skippers.

9.00 a.m. : departure from the nautical base.

1st loop - 22 km : downstream the club to the Grangent dam, bypassing the island.

2nd loop - 10 km : upstream the club, towards Aurec sur Loire. U-turn at the "Semène" river mouth.

1.00 p.m. : drink and lunch.

For the accompanying persons:

a walking and mountain biking route along the Loire allows them to follow the rowers.



River



Recreational double scull, recreational four-person sculling boats



• ROWERS :

- 125 € with accommodation, 1 night, 2 meals
- 45 € without accommodation, 1 meal (day 2)

• COMPANIONS :

- 125 € with accommodation, 1 night, 2 meals
- 35 € without accommodation, 1 meal (day 2)

• SEAT RENTAL : 114 seats, 25 €



AVIRON STÉPHANOIS

Jérôme Delebecque

06 22 09 22 04

randonautique@avironstephanois.fr

For the registrations, please

mention in the mail subject :

« RGL 2025 - Club name »

www.gorgesdelaloire.fr



LOIRE TOURISME

04 77 43 59 17

www.loiretourisme.com

SYNDICAT MIXTE D'AMÉNAGEMENT DES GORGES DE LA LOIRE

04 77 43 24 46

www.smagl.com



RANDONNÉE NAUTIQUE DES GORGES DE LA LOIRE

HALF TURN DAY 1

Aurec-sur-Loire





Rowing down the River Lot starts at the bottom of the medieval village of Saint-Cirq-Lapopie, a major site of the Lot valley and goes upriver to Crégols, a small village which is typical of the rural architecture of the Quercy region. The tour continues between steep cliffs and arid rocky slopes across villages with their own identity and character, you will then arrive in Cahors, a Gallo-Roman and medieval town. Aged 700 years, the Valentré bridge, emblem of the city, is listed as a UNESCO World Heritage Site.



River



Recreational four-person sculling boats



ROWERS :

- 330 € with accommodation, 2 nights, 4 meals
- 140 € without accommodation, 4 meals

COMPANIONS :

identical fees

SEAT RENTAL : 90 seats, 60 €



AVIRON CADURCIEN

Nathalie Mateo / Didier Andrieu
descentedulot@gmail.com

OFFICE DU TOURISME
DU GRAND CAHORS

05 65 53 20 65
officetourismecahors@mairie-cahors.fr
www.tourisme-cahors.com

OFFICE DE TOURISME
DE SAINT-CIRQ-LAPOPIE

05 65 31 31 31
www.cahorsvalleedulot.com

PROVISIONAL PLANNING

DAY 1

10 km

At noon : welcome at the club (lunch not included).

Trip by bus to the departure.

3.00-5.00 p.m. : Saint-Cirq-Lapopie > Crégols
> Bouziès.

•

Drink before dinner at the hotel restaurant.

Accommodation in a hotel.

↓

DAY 2

14 km + 12,6 km

8.30-12.30 a.m. : Bouziès > Vers.

Picnic on the banks of the Lot River.

2.30-6.30 p.m. : Vers > Cahors.

•

Festive dinner at the restaurant "La Chartreuse"
on the banks of the Lot River.

Accommodation in a hotel.

↓

DAY 3

10,4 km

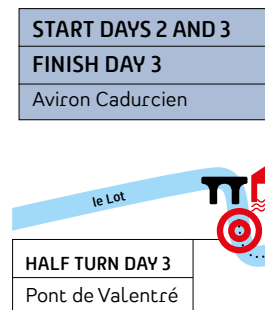
9.00-12.00 a.m. : Cahors > Cahors.

Photos at the foot of the Valentré bridge.

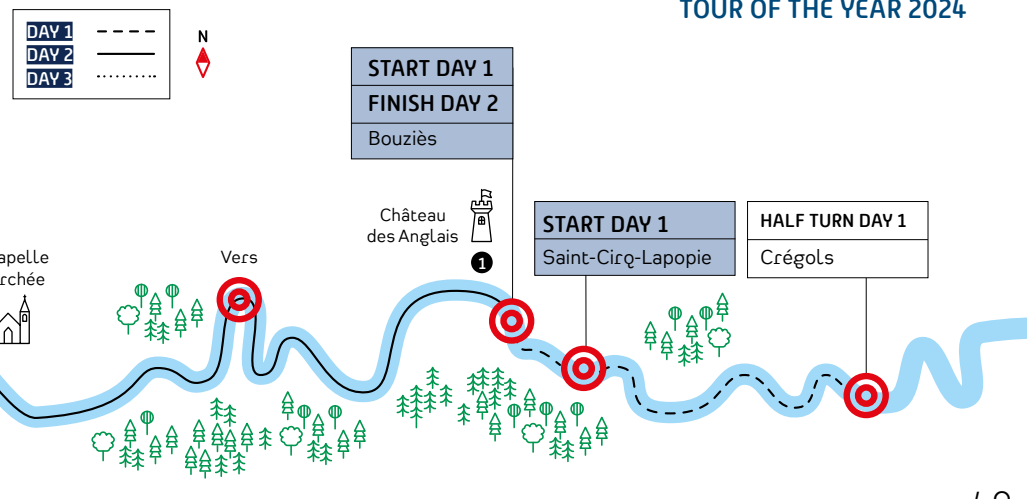
Lunch at the restaurant La Chartreuse.

•

For the accompanying persons: walks and visits.

DESCENTE
DU LOT

TOUR OF THE YEAR 2024





This tour will take you around the Golfe du Morbihan, the inland sea and its 42 islands, which are all different yet providing unique scenery. Combining earth and sea, you will pass by several of them, and you will row alongside a "sinagot" or a "guépard", two typical boats of the Gulf. You will come across a unique heritage, with chapels, tide mills, and the square tower overlooking the Gulf waters.

PROVISIONAL PLANNING

Possibility of arriving the day before, welcome of rowers and night in a UCPA center.

DAY 1

40 km

7.00 a.m. : welcome with breakfast.

10.00 a.m. : tour of the Gulf, via the East.

Picnic for lunch on one of the gulf islands.

6.00 p.m. : return.

Dinner with tasting local oysters and regional specialties, festive evening.

Night in a UCPA center.



DAY 2

18 km

7.00 a.m. : breakfast.

9.00 a.m. : tour around Arz island.

1.00 p.m. : return, lunch.



Sea



Recreational four-person sculling boats, double coastal rowing boat, quadruple coastal rowing boat



• ROWERS :

250 € with accommodation,
2 nights, 3 meals

• COMPANIONS :

180 € with accommodation,
2 nights, 3 meals

• SEAT RENTAL : 40 seats, 40 €



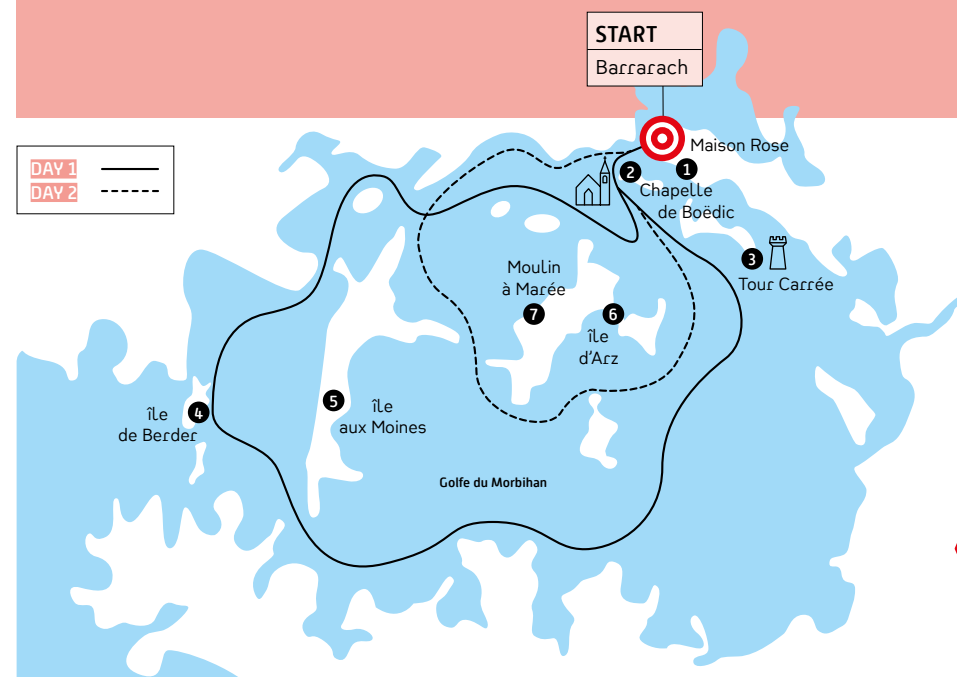
CERCLE DE L'AVIRON DE VANNES

Isabel Pugnieri-Saavedra
06 78 82 54 90

cavannes.tdg@gmail.com



TOUR DU GOLFE DU MORBIHAN





A rowing tour on the “most beautiful river of the kingdom” according to Henri IV, in the heart of green landscapes, where nature lovers will be able to discover otters, storks, or kingfishers and enjoy the wet flood meadows and the riverbanks with alders and ash-trees. Moving with the meanders of the Charente river, you will discover many monuments and remains dating from the 11th to the 20th century.



River



Recreational double scull, recreational four-person sculling boats



• ROWERS :

- 150 € with accommodation, 1 night, 3 meals
- 110 € without accommodation, 3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 35 seats, 25 €



CLUB D'AVIRON SAINTAIS

Lionel Dumas-Lattaque

07 72 14 58 93

dumas.saintes@wanadoo.fr



OFFICE DE TOURISME DE SAINTES

05 46 74 23 82

accueil@saintes-tourisme.fr

www.saintes-tourisme.fr/

[office-de-tourisme](#)

OFFICE DE TOURISME

DE SAINT SAVINIEN/LE MUNG

05 46 90 21 07

accueil@destinationvalsdesaintonge.com

www.destinationvalsdesaintonge.com/

[destination/que-faire-a-saint-savinien-sur-charente/](#)

PROVISIONAL PLANNING

Possibility of arriving on the day before.

DAY 1

23 km

12.00 a.m. : welcome, picnic at the club.

2.00 p.m. : one way – departure from Saintes, stop halfway if needed.

5.30 p.m. : arrival at Saint-Savinien-sur-Charente.

6.30 p.m. : guided visit of Saint Savinien or free trip Terra Aventura.

•

Dinner and night at a mobile home in Saint-Savinien.



DAY 2

21 km

9.00 a.m. : return, departure from Saint-Savinien-sur-Charente.

12.00 a.m. : arrival in Saintes.

•

Lunch on Sunday at the club in Saintes.





This tour takes place in the surprisingly preserved woodland area of the Ile de France. It's on the river Seine from Héricy that you will discover the history of the villages you cross: Samois-sur-Seine, where Django Reinhardt lived; Thomerçy, home of the Chasselas grape variety; Champagne-sur-Seine and its large gauge water gate; Saint-Mammès, city of bargemen; Moret-sur-Loing, a medieval town impressionists painters used to haunt, where you will berth for a picnic on the grass. You'll catch sight of "Affolantes", rich houses built on the shoreline in the 19th century. On the Saturday, you'll spend the evening at the "Jazz Django Reinhardt" festival, listening to renowned musicians around the Chateau de Fontainebleau. Saturday morning, companions will be able to do a guided trek through the woods (a 3-hour-walk) and follow the rowers by bike on Sunday upon reservation. If the weather allows, you'll be able to complete this weekend with hikes or some rock-climbing in Fontainebleau forest, or a visit to the famous Vaux-Le-Vicomte castle.



River



Recreational four-person sculling boats



• ROWERS :

150 € without accommodation,
2 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 85 seats, 40€



AVIRON DU PAYS DE FONTAINEBLEAU

Michel Sequier
06 31 31 64 82
ramjazz.anfa@gmail.com

OFFICE DE TOURISME
DE FONTAINEBLEAU

01 60 74 99 99
info@fontainebleau-tourisme.com

PROVISIONAL PLANNING

DAY 1

20 km : rowing downriver, round trip.

07.00 a.m. : welcome at Héricy.

09.15 a.m. : boat launch.

10.00 a.m. : tour start.

12.30 a.m. : return to Héricy and festive lunch
by the Seine.

4.30 p.m. : Django Reinhart Festival.

•

Free evening and meal on the spot.

↓

DAY 2

24 km : rowing upriver, round trip.

08.00 a.m. : welcome, breakfast and boat launch
at Héricy.

09.15 a.m. : tour start

11.00 a.m. : passing Champagne's Lock.

12.00 a.m. : docking "with the feet in water"
+ bucolic lunch in Moret-sur-Loing.

1.45 p.m. : embarking for return trip.

2.15 p.m. : passing Champagne's Lock.

5.00 p.m. : arrival at the club or at Héricy.

For the accompanying people:

DAY 1

Guided walking tour in the forest
(10 km, for trained hikers).

•

DAY 2

Possibility of renting bikes (15 €)
to follow the rowing tour with a guide.

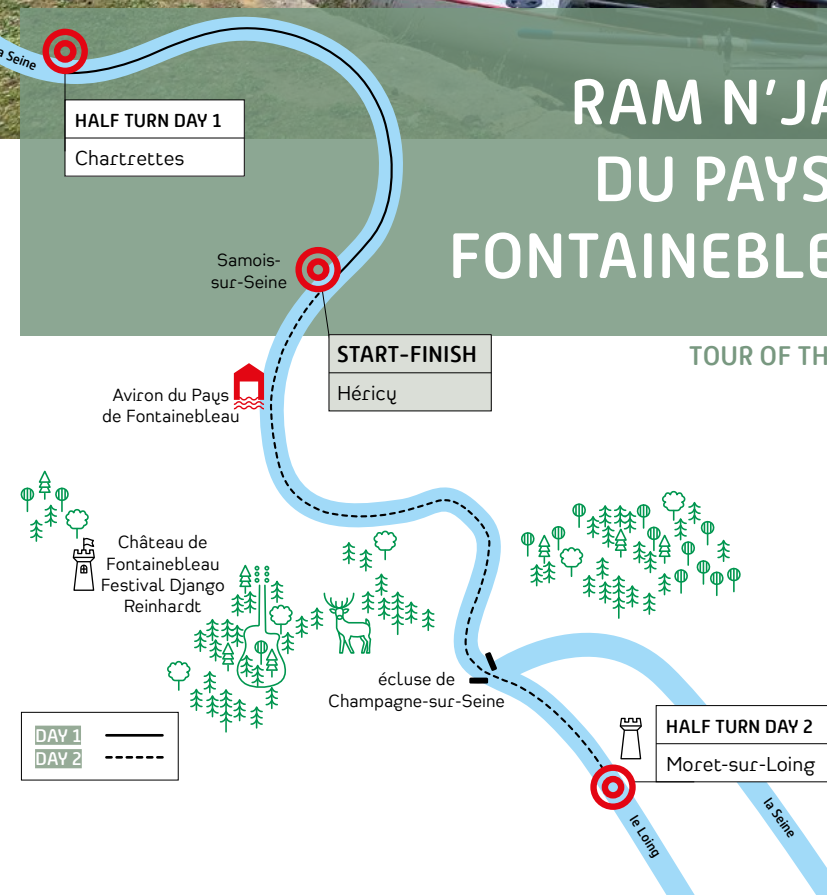
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The club reserves the right to change its
organization in case of a specific hydrological
event.



RAM N'JAZZ DU PAYS DE FONTAINEBLEAU

TOUR OF THE YEAR 2023





At the foot of the national Parc des écrins, the Serre-Ponçon lake, the largest artificial lake in Europe, extends from Embrun city to Ubaye. You will directly start on the shore of the lake, at the Club Nautique Alpin on Chadenas (CNA) in Embrun. You will tour on both shores of the lake and get close to the Saint Michel chapel, a small unavoidable island of the lake.



Lake



Recreational four-person sculling boats



• ROWERS :

140 € without accommodation,
3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 100 seats, 40 €



CLUB D'AVIRON D'EMBRUN

Isabelle Bigeon

06 01 87 94 47

bureau.avironembrun@gmail.com



OFFICE DE TOURISME

INTERCOMMUNAL DE SERRE PONÇON

04 92 43 72 72

www.ville-embrun.fr/office-tourisme-intercommunal-serre-poncon

MUSÉOSCOPE DU LAC

04 92 54 50 00

www.museoscope-du-lac.com

VILLAGE FORTIFIÉ DE MONT DAUPHIN

04 92 45 42 40

www.village-fortifie-montdauphin.fr

PROVISIONAL PLANNING

DAY 1

25 or 30 km : the wildest tour of the Ubaye Lake.

7.00 a.m. : breakfast and skippers' meeting.

8.30 a.m. : departure from baie Saint-Michel.

- Head towards baie de Chanteloube, then baie des Lionnets (possible stop).

- Then, continue towards the baie de La Bréole (a 25-km-Leg) or Saint-Vincent Les Forts beach (a 30-km-Leg), then head to the left bank towards Le Sauze du Lac and return to baie Saint-Michel.

7.00 p.m. : aperitif and dinner at baie Saint-Michel.



DAY 2

20 or 25 km : historical tour.

7.00 a.m. : breakfast and skippers' meeting.

8.30 a.m. : departure from baie Saint-Michel.

- Crossing on the left riverside.

- Heading towards Savines Le Lac.

- Proceed under the bridge then row alongside the Chanterenne beach.

- Heading towards the Durance river mouth to go to the right bankside by Chadenas (or sooner if needed) and return to the Saint-Michel bay.



List of possible accommodations:

- Camping municipal de la baie Saint-Michel

04 92 50 67 72

- Camping Le Serre du Lac

resa@campingleserredulac.fr

- Camping 4* Sunélia de la Presqu'île

04 92 50 62 63

- Camping 3* Le Nautic

04 92 50 62 49

- Village Club Les Hivans

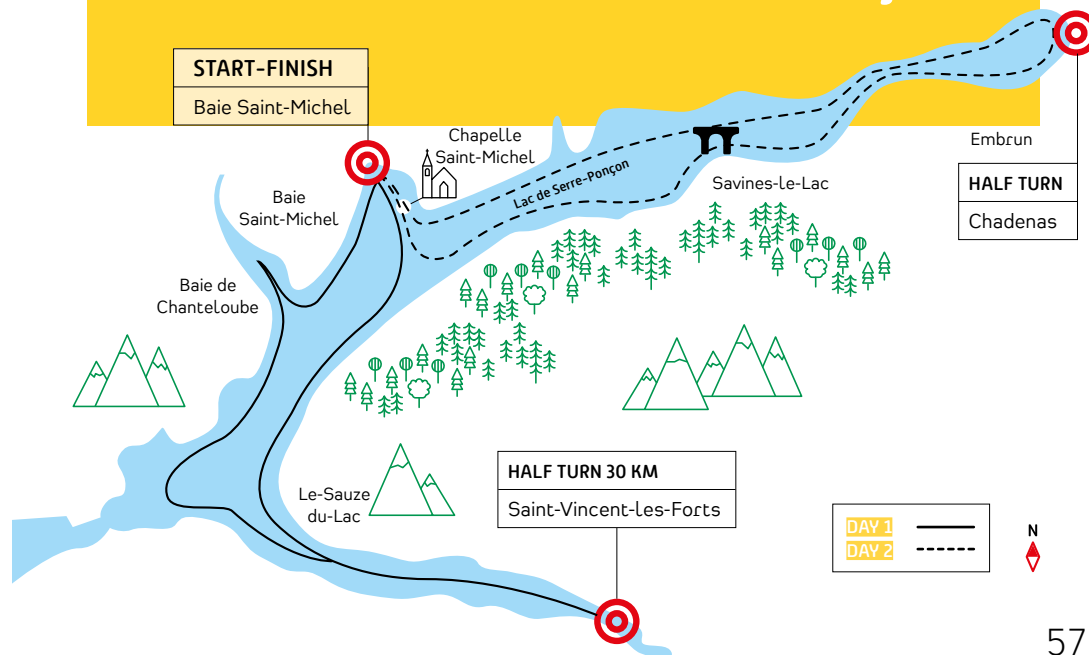
04 92 55 50 00

- Ax'Hotel 3*

04 92 21 45 17 - reception@ax-hotel.com



EMBRUN-LAC DE SERRE PONÇON





At the foot of the Vercors massif between Valence and Grenoble, you will sail on the peaceful waters of the Isère river to the Bourne affluent, a small river that finds its source in the limestone mountain range. After rowing upstream the Isère for a few kilometres to admire the Sône castle sitting atop the waterfall of the garden of petrifying fountains, you will head south between reed beds and walnut orchards down to the confluence and reach Saint-Nazaire-en-Royans, famous for its shores of red ochre and its aqueduct. Your companions will be able to enjoy the same itinerary on a paddle boat.

PROVISIONAL PLANNING

Kayaking the day before.

•

8.30 a.m. : welcome.

9.30 a.m. : boarding.

12.30 a.m. : return and lunch with regional specialtie.

•

Break halfway (12 km) at Saint-Nazaire-en-Royans.



River



Recreational double scull, recreational four-person sculling boats



• ROWERS :

32 € without accommodation,
1 meal

• COMPANIONS :

25 € without accommodation,
1 meal

• **SEAT RENTAL** : 60 seats, 25 €



CLUB D'AVIRON DU SUD GRÉSIVAUDAN

Danièle Marreaud
06 11 62 08 36
daniele.marreaud@orange.fr

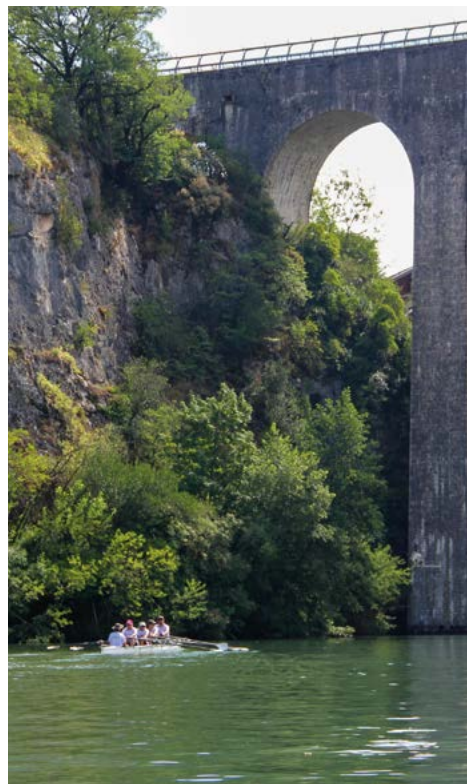


OFFICE DE TOURISME COMMUNAUTAIRE SAINT-MARCELLIN VERCORS ISÈRE

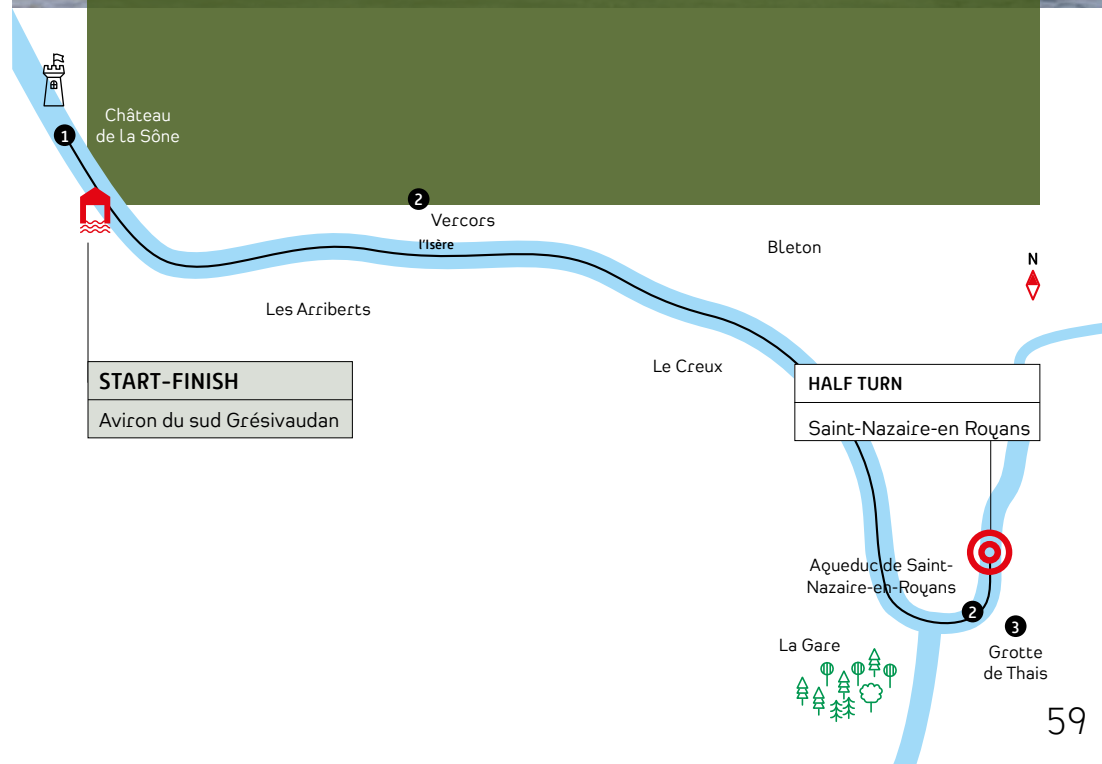
04 76 38 53 85
tourisme@smvic.fr
www.tourisme.saintmarcellin-vercors-isere.fr

OFFICE DU TOURISME DE SAINT-NAZAIRE-EN-ROYANS

04 75 48 61 39
ot.royans@wanadoo.fr
www.vercors-drome.com



LES ROSELIÈRES





Located one hour away in the south of Grenoble, 15 minutes away from La Mure on the Matheysine plateau, the Monteynard Lake is a 10-km long and 300-m wide artificial lake, fuelled by two rivers, Drac and Ebron. It is situated in an exceptional natural spot, between Trièves and Matheysine. In this world apart and along the route, you will enjoy a spectacular and always changing mountain scenery – the turquoise water takes you far away...The Himalayan footbridges are unique and stunning from the coxed fours.

PROVISIONAL PLANNING

8.45 a.m. : departure from the beach.

- To the dam on the right bank, then return via the left bank.
- The crews will row on the river Ebron to the 1st Himalayan footbridge and join the river Drac to the 2nd Himalayan footbridge and return to the beach after a 30-km tour.

• Possibility of returning without going to the 2nd Himalayan footbridge (a 28-km tour).



Lake



Recreational four-person sculling boats, double coastal rowing boat, quadruple coastal rowing boat



• ROWERS :

44 € without accommodation,
1 meal

• COMPANIONS :

26 € without accommodation,
1 meal

• SEAT RENTAL : 60 seats, 26 €



CLUB DE VOILE ET D'AVIRON DE LAFFREY

Bruno Cuinet
06 89 18 81 18
bruno.cuinet@orange.fr

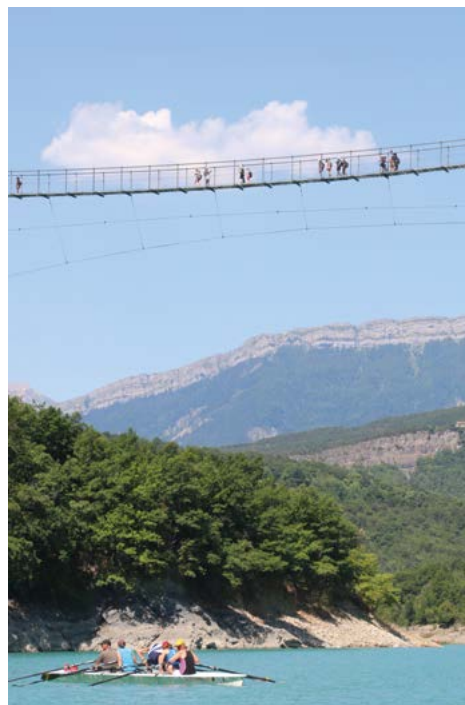
PARA-ROWING

Hubert Jouvel
06 26 07 56 34
hubert.jouvel@gmail.com

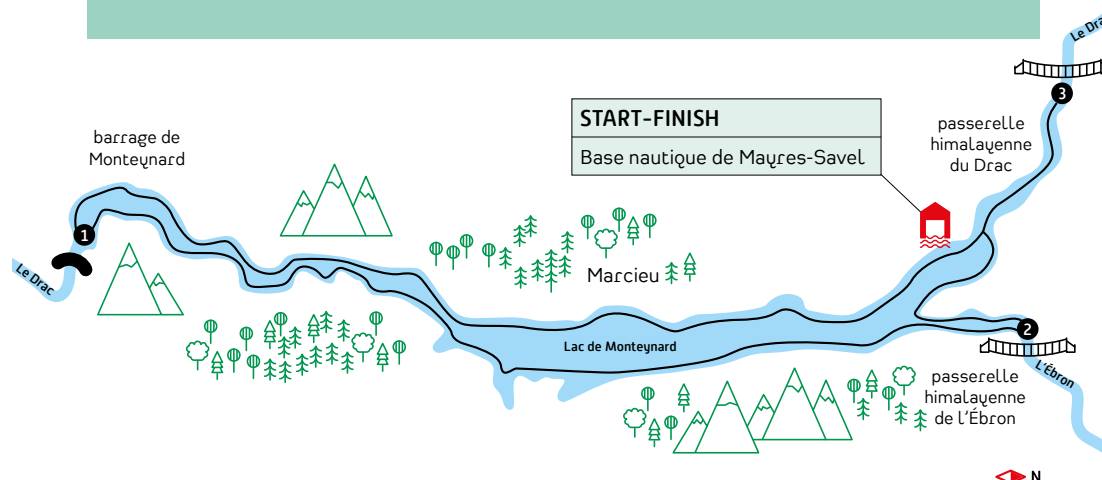


OFFICE DE TOURISME LA MURE

04 76 81 05 71
www.matheysine-tourisme.com



RANDONNÉE DES PASSERELLES DE MONTEYNARD





The Castillon Lake is located in Saint-Julien-du-Verdon, a little Provence village between the Val d'Allos mountains and the Verdon gorges. The boat club in Castillon welcomes you for a 8-km journey along the basin with turquoise waters and protected from strong winds by the high surrounding mountains.

PROVISIONAL PLANNING

In the evening before, 5.00 p.m. : welcome drink and boat preparation.

•

DAY 1

18 km

8.00 a.m. : breakfast/briefing and tour.

12.00 a.m. : picnic near the water, activities in the nature: swimming in the Verdon river, electric bikes to ride on the famous "Route des Crêtes" (crest road) ; nature hike with a guide around the shores of Lake ALlos.

•

Drink with a pétanque game and dinner at the Pidanoux hotel and festive evening.

↓

DAY 2

22 km

9.00 a.m. : breakfast-briefing, orientation tour.

•

Country-style buffet, activities outside rowing (catamaran sailing, stand-up paddling, windsurfing, kayaking,...).



LES CASTILLONNADES



Lake



Recreational four-person sculling boats



• ROWERS :

120 € without accommodation,
3 meals + optional activities

• COMPANIONS :

identical fees

• **SEAT RENTAL** : 50 seats, 25 €



CLUB NAUTIQUE DE CASTILLON

Daniel Techy

0032 472 49 02 55

club.nautique.castillon@gmail.com



PARA-ROWING

Frédéric Dieudonné

06 03 44 46 22

sabine.dieudonne0146@orange.fr

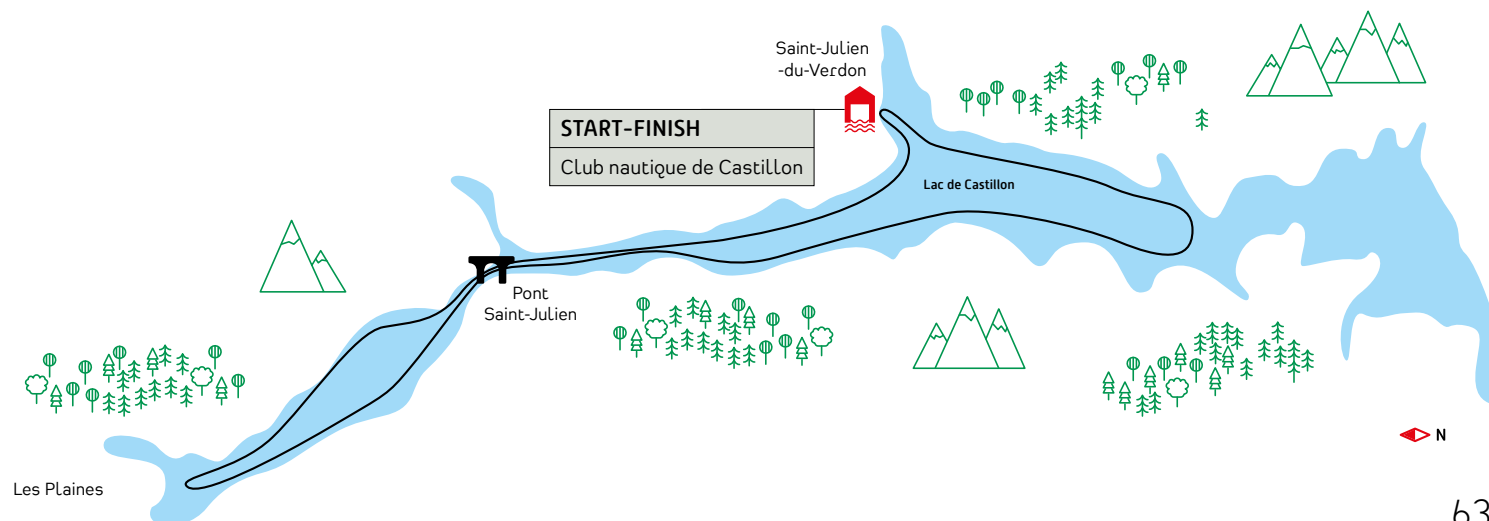
OFFICE TOURISME

SAINT-ANDRÉ-LES-ALPES

04 92 89 02 39

info@ot-st-andre-les-alpes.fr

www.verdontourisme.com





The Meuse river and its citadels, a one-week rowing holiday. An itinerant excursion famous for its friendly atmosphere and its organization, it is all about rowing through the Ardennes and discovering historical sites and wild landscapes. The DUO formula allows you to change between rowing and biking. The Green trail on the French side, called Trans-Ardennaise, is replaced by the Autonomous network of slow ways, in short RAVeL, on the Belgian side and gives rowers the opportunity of spending this week while being accompanied!

PROVISIONAL PLANNING

- DAY 1** Welcoming participants, visiting the Sedan castle.
↓
DAY 2 Sedan > Charleville-Mézières Leg.
↓
DAY 3 Visit of Charleville.
Charleville-Mézières > Deville Leg.
↓
DAY 4 Deville > Haybes Leg.
↓
DAY 5 Haybes > Givet Leg. Visit of Givet.
↓
DAY 6 Givet > Anhée Leg (Belgium).
↓
DAY 7 Anhée > Namur-Wépion Leg.
↓
DAY 8 Closing regatta.

• Cold meals for lunch and hot meals for dinner, night in sports halls.



LA MEUSE ET SES CITADELLES



River



Recreational four-person sculling boats



• ROWERS :

460 € with accommodation,
7 nights, 14 meals

• COMPANIONS :

440 € with accommodation,
7 nights, 14 meals 14 repas

• SEAT RENTAL : 60 seats, 5 €



AVIRON SEDANAIS

Clotilde Averlant
06 81 24 60 50
randosedannamur@yahoo.fr

PARA-ROWING

Clotilde Averlant
caverlant@yahoo.fr





You come to the Rallye du Canal du Midi because as you keep rowing mile after mile and passing through watergates (off the water on a carriage), you will be amazed by the majestic water body, the beautiful tree lines, the

charming lockkeepers' houses, the friendly locals, the smart locks and the quiet scenery and by the detail-oriented organizers, who take care of their guests' comfort.



River



Recreational double scull, recreational four-person sculling boats



• ROWERS :

- 640 € with accommodation (315 for those under 25), 5 nights, 10 meals
- 210 € without accommodation (105 for those under 25), lunch 17 € per day

• COMPANIONS :

identical fees

• SEAT RENTAL : 76 seats, 90 €

• BIKE RENTAL : 44 €



TOULOUSE PIERRE-PAUL RIQUET

Marie-Christine Trigo

06 77 54 97 03

atppr.canaldumidi@gmail.com

PARA-ROWING

André Perrot

06 70 81 33 74

arm.perrot@orange.fr



COMITÉ DÉPARTEMENTAL

DU TOURISME DE LA HAUTE-GARONNE

www.hautegaronnetourisme.com

COMITÉ DÉPARTEMENTAL

DU TOURISME DE L'AUDE

www.audetourisme.com

COMITÉ DÉPARTEMENTAL

DU TOURISME DE L'HÉRAULT

www.office-de-tourisme.net/34-Herault

PROVISIONAL PLANNING

DAY 1

Morning : Toulouse – Ayguesvives 23 km.

Afternoon : Ayguesvives – Port Lauragais 21,8 km.



DAY 2

Morning : Port Lauragais – Viviers 18,8 km.

Afternoon : Viviers – Bram 12,1 km.



DAY 3

Morning : Bram – Carcassonne 24,4 km.

Afternoon : carrying then guided tour of the city of Carcassonne, booking required.



DAY 4

Morning : La Redorte – Ventenac 21,5 km.

Afternoon : Ventenac – Lieu-dit "Pain de sucre" 19,9 km.



DAY 5

Morning : Lieu-dit "Pain de sucre" – Béziers 25,8 km.

Afternoon : loading the trailers.

Return to Carcassonne for a festive evening.



DAY 6

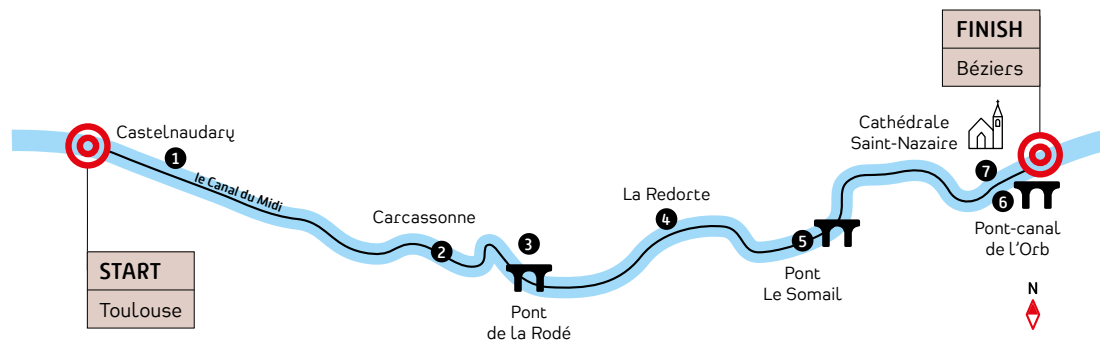
Departure of the buses from Carcassonne.



Every day: the lunch takes place alongside the canal and dinner and breakfast in the international accommodation center Lamourelle in Carcassonne.



RALLYE DU CANAL DU MIDI





In the heart of the Jura mountains, the Juraviron tour will have you sail the 35-km long Vouglans lake and discover the training site of the national French rowing team: the Bellecin sports center. While rowing, you will be able to admire the Pyle bridge, the Bellecin and Mercantine beaches, as well as the Chartreuse village, sunken when the lake was created, and the Pèle waterfall before seeing the dam.

PROVISIONAL PLANNING

7.30 a.m. : delegates' meeting.

8.00 a.m. : start of the tour.

1.30 p.m. : friendly drink and meal.



Lake



Recreational four-person sculling boats



• **ROWERS :**

35 € without accommodation,
1 meal

• **COMPANIONS :**

identical fees

• **SEAT RENTAL :** 55 seats, 23 €



CLUB D'AVIRON DE VOUGLANS

Daniel Messi

06 02 35 21 41

avironvouglans@orange.fr



INFORMATION TOURISTIQUE ORGELET

09 70 71 77 05

www.terredemeraudetourisme.com





The tour called “La PELLE du Pied” allows rowers to discover the charming French Ardennes. As a short version of the “Meuse and its citadels” journey, the tour connects three rowing clubs: start from the Aviron Sedanais in Sedan, lunch at the club in Flize and arrival at the club in Charleville-Mézières. You will enjoy a unique stay on the water and banks of the Meuse river. Non-rowers can ride bikes to follow the rowers on the green trail “TransArdennaise”.

PROVISIONAL PLANNING

7.30 a.m. : welcome in the morning (coffee, tea, fruit juice, pastries).

9.30 a.m. : departure tour from Sedan to Charleville.

- Barbecue halfway at the club of Flize.
- Snack on arrival.



River



Recreational four-person sculling boats



• ROWERS :

55 € without accommodation, 1 meal

• **COMPANIONS :**
identical fees

• **SEAT RENTAL :** 60 seats, 5 €



AVIRON SEDANAIS

Clotilde Averlant
06 81 24 60 50
avironsedanais@hotmail.fr

PARA-ROWING

Clotilde Averlant
caverlant@yahoo.fr

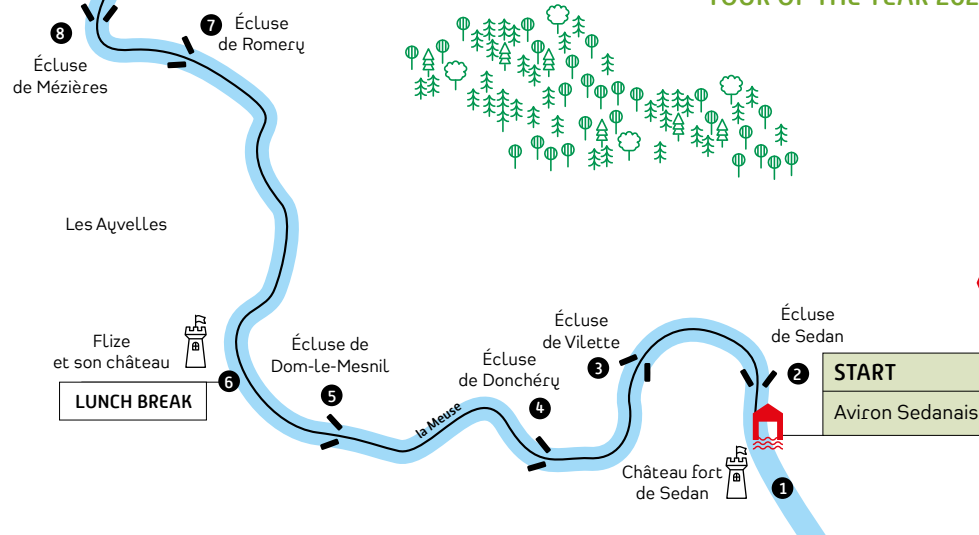


LA PELLE DU PIED

FINISH

Base nautique
de Charleville-Mézières

TOUR OF THE YEAR 2021





An exceptional day meeting humpback whales, the mothers and their babies and extraordinary jumps. You can dive if you comply with the Agreement on the Conservation of Cetaceans.

PROVISIONAL PLANNING

8.30 a.m. : departure from the nautical base Mascareignes in the harbour.

It takes between 2 and 3 hours to reach the nautical base of the West in Saint-Gilles.

- Picnic in the harbour of Saint-Gilles.
-

Return in the afternoon in adverse (wind, swell and stream) conditions.



RAMER AVEC LES BALEINES



Sea



Double coastal rowing boat,
quadruple coastal rowing boat

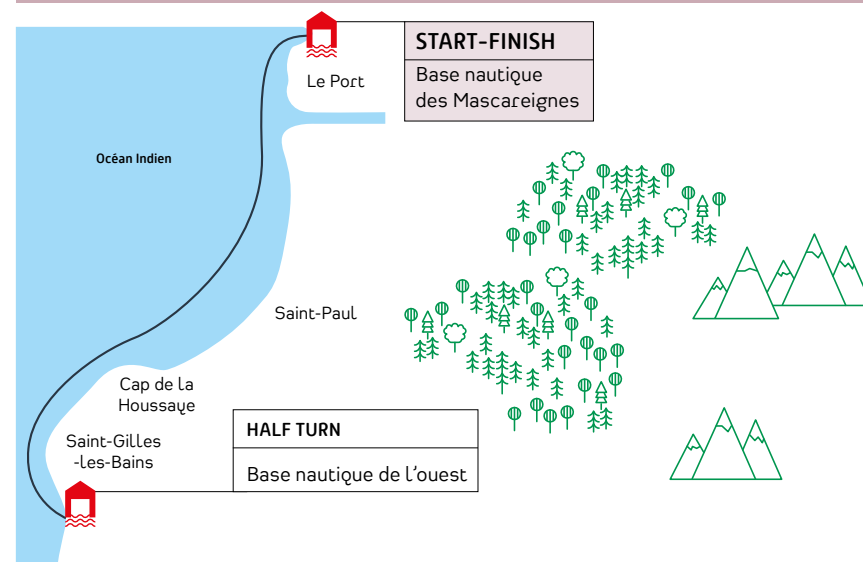
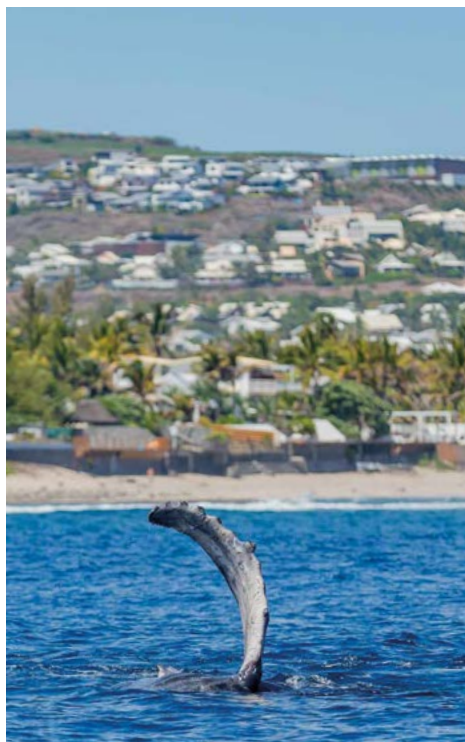


- **ROWERS** :
not disclosed
- **COMPANIONS** :
not disclosed
- **SEAT RENTAL** : 5 seats, 52 €



BASE NAUTIQUE DES MASCAREIGNES

Benjamin Scribe
2626 92 88 01 98
president@aviron.ce





The Sainte-Livrade rowing club is pleased to invite you to row on the wide downstream and upstream part of the Lot river for some high-quality rowing. While enjoying the peaceful nature, you will discover the Lot confluent in the Garonne river, and typical villages such as Castelmoron-sur-Lot and plains with many cultures, such as vegetables, cereal, tobacco, chestnuts and the famous Ente plumtree. A joyful team of volunteers will be with you during this sporty, fun and friendly weekend.

PROVISIONAL PLANNING

The evening before, 5.30 p.m. : welcome with a discovery of the site, theme meal.

•

DAY 1

14 km

Sainte-Livrade-sur-Lot > Castelmoron, supply of food halfway.

•

8.30 a.m. : breakfast at the club.

9.30 a.m. : tourist visit.

12.30 a.m. : welcoming participants, cold buffet

3.00 p.m. : departure toward Castelmoron.

7.30 p.m. : drink-gourmet meal and festive evening.

•

Night at the boarding school Lycée Etienne Restat.

↓

DAY 2

26 km :

Sainte-Livrade-sur-Lot > Bias, supply of food at the Pont des Martinets (bridge) (surprise).

•

7.30 a.m. : breakfast at the club.

8.30 a.m. : welcoming new participants.

9.00 a.m. : boarding towards the Pont des Martinets.

12.30 a.m. : lunch at the club.



River



Recreational four-person sculling boats



• ROWERS :

- 200 € with accommodation, 2 nights, 4 meals

- 150 € with accommodation, 1 night, 3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 100 seats, 30 €



AVIRON SAINTE-LIVRADE

Lionel Jouffreau

06 99 52 52 20

randogourmande@avironsaintelivrade.fr



MAIRIE DE SAINTE-LIVRADE-SUR-LOT

05 53 49 69 00

www.ville-ste-livrade47.fr



RANDO GOURMANDE

DAY 1
DAY 2

HALF TURN

Barrage de Castelmoron



Église
Saint-Léger-
de-Fongrave

START-FINISH

Aviron Sainte-Livrade

2 Casseneuil

HALF TURN

Bias



Pont
du Martinet





This tour takes place in the Marseilles bay, an exceptionally diverse and beautiful natural setting, from the old harbour up to the Calanques National Park. You will catch a glimpse of the Notre Dame de la Garde basilica (La Bonne Mère), the Vauban forts known as Saint-Jean and Saint-Nicolas, the Saint-Victor abbey, the Palais du Pharo, the Cathédrale de la Major, and then the château d'If and the Frioul islands. 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 Marseilles shoreline.

PROVISIONAL PLANNING

8.00 a.m. : welcome and breakfast.

9.00 a.m. : departure for a 25-km or so tour.

1.30 p.m. : lunch.

3.00 p.m. : optional tour according to the conditions.

8.00 p.m. : dinner at the club restaurant.



LA BONNE MÈRE



Sea



Quadruple coastal rowing boat



• ROWERS :

80 € without accommodation,
2 meals

• COMPANIONS :

identical fees

• **SEAT RENTAL** : 40 seats, 30 €



ROWING CLUB MARSEILLE

Marie-Claude Blanc

06 84 78 17 60

rcmarseille.avironfrance@gmail.com



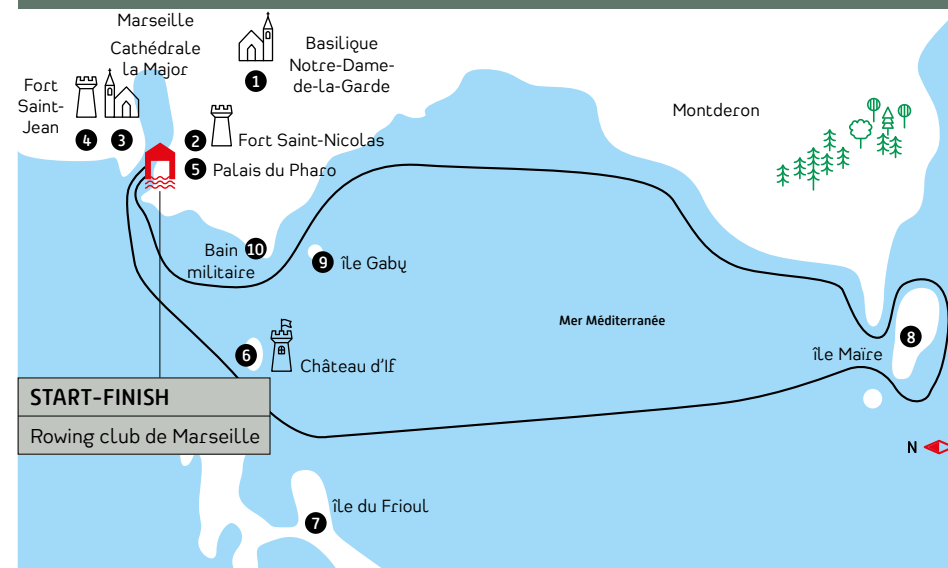
OFFICE DE TOURISME

DE LA VILLE DE MARSEILLE

04 91 13 89 00

info@marseille-tourisme.com

www.marseille-tourisme.com





Rowing down the Cher will take you on a tour down the pastoral shores of the Cher valley, laden with castles, old houses and mills. Navigating on peaceful waters, you will be enchanted passing under the arches of Chenonceaux castle, an unforgettable moment when leaving and coming back! Some additional surprises wait for you, like the Moulin Fort, a watermill from the 16th century,

needle dams built in the 19th century. You will meet the period-costumed rowers of the "Yole de Loire" association. Accompanying people can follow the route by bike on the "Le Cher à vélo" trail.



River



Recreational four-person sculling boats



• ROWERS :

135 € without accommodation,
3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 90 seats, 52 €



AVIRON TOURS MÉTROPOLE

Danièle RousselLe

06 12 53 91 04

rando.atm@gmail.com

OFFICE DE TOURISME
DE TOURS LOIRE VALLEY

02 47 70 37 37

contact@tourstourisme.fr

www.tours-tourisme.fr

OFFICE DE TOURISME

« AUTOUR DE CHENONCEAUX »
VALLÉE DU CHER

02 47 23 94 45

contact@autourdechenonceaux.fr

www.autourdechenonceaux.fr

MAISON DU TOURISME
DE MONTRICHARD

02 54 32 05 10

info@sudvaldeloire.fr

www.sudvaldeloire.fr

PROVISIONAL PLANNING

DAY 1

22 km : Montrichard-Vallagon-passage
passing under the Chenonceaux-Bléré castle.

9.00 a.m.-5.00 p.m. : tour.

•

Picnic in Chisseaux with local specialties, dinner
and musical atmosphere, accommodation
alongside the Cher at the campsite in Bléré
(rental accommodation or tent).

↓

DAY 2

20 km : Bléré - passing under the Chenonceaux
castle.

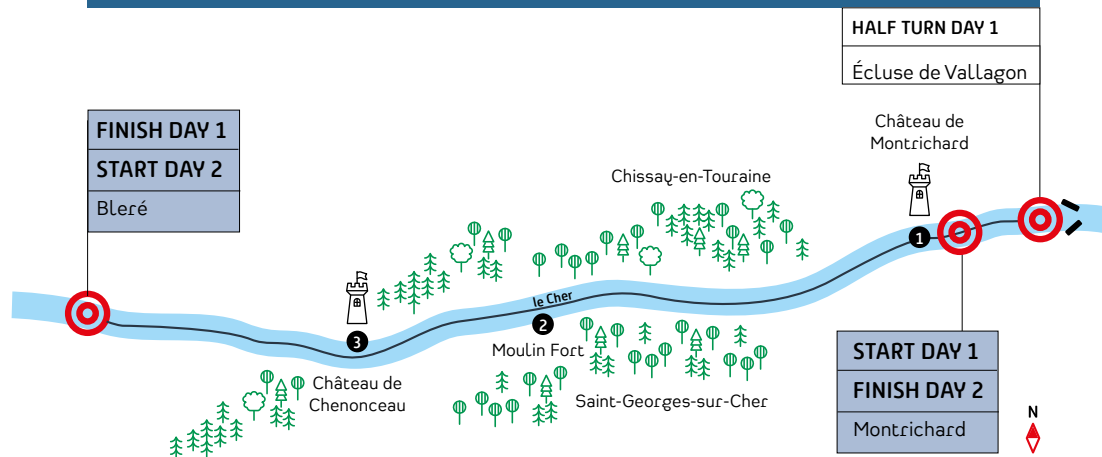
8.00 a.m.-2.00 p.m. : tour.

•

Lunch at the end of the tour at the restaurant of
Parc-Plage in Montrichard in a festive atmosphere
(Banda Jean).



DESCENTE DU CHER





You will be the lucky ones enjoying a unique rowing tour for a half-day! It's the only time of the year when it is allowed to row in Paris and make a tour on the Seine river to the heart of the capital city, with more than 1,000 rowers ready for an original and

unforgettable sightseeing experience: the esplanade des Invalides, the Eiffel tower, the Assemblée Nationale, quai d'Orsay, Notre Dame... and without forgetting 33 historical bridges which decorate the river with their specific and varied architectures. Crossing Paris and Hauts-de-Seine will end with a festive and friendly meal.

PROVISIONAL PLANNING

5.30 a.m. : breakfast for the rowers.

7.15 a.m. : official departure from the Pont de Sèvres, U-turn after the "Île de La Cité" at the Quai Saint Bernard, in order to arrive at the "Île de Monsieur".

10.30 a.m. : arrival.

11.30 a.m. : lunch (the hours are subject to change).



River



Recreational four-person sculling boats, quadruple coastal rowing boats, "trainières"



CREW (5 rowers) :

- 260 € without accommodation, meals included
- 460 € including boat rental

COMPANIONS :

- 25 € without accommodation, 1 meal

SEAT RENTAL : 120 seats



LIGUE AVIRON ILE-DE-FRANCE

Tifenn Gleonnec
06 01 88 75 35
traverseeparis@aviron-iledefrance.org

Information and tickets

www.traverseeparis-aviron.com

PARA-ROWING

Pedro Ferreira
06 42 75 43 87
pedro6311@gmail.com



OFFICE DE TOURISME PARIS

www.parisjetaime.com

OFFICE DE TOURISME HAUTS-DE-SEINE

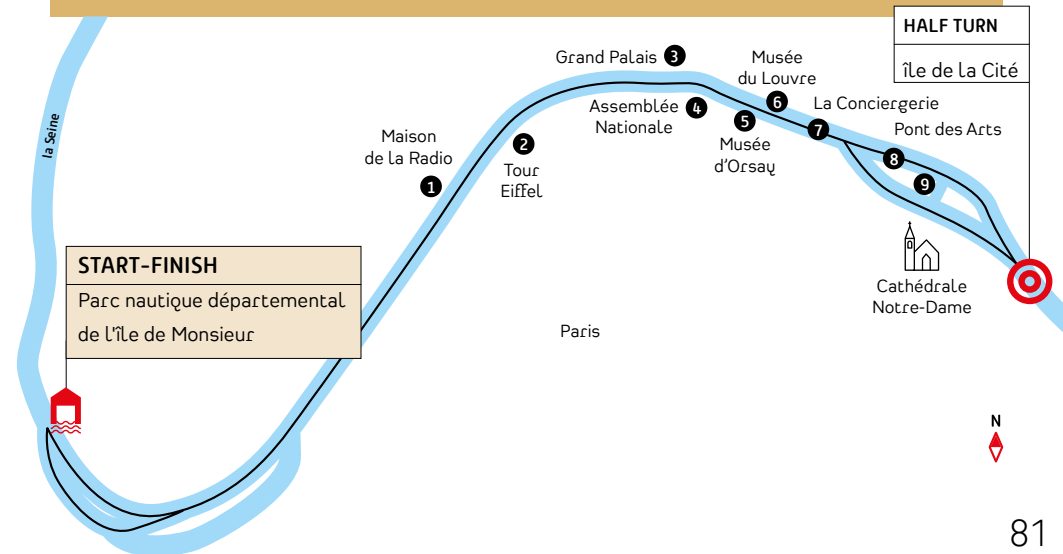
destinationhautsdeSeine@gmail.com
www.destination.hauts-de-seine.fr

PARC NAUTIQUE ILE DE MONSIEUR

iledemonsieur@hauts-de-seine.fr
www.ile-de-monsieur.hauts-de-seine.fr



TRAVERSÉE DE PARIS ET DES HAUTS-DE-SEINE





Starting from Chouzé-sur-Loire, the first few kilometers will take you through the wild Loire, teeming with birds, until you reach the confluence with the Vienne river, where the Prieuré de Saint Martin and the Château de la Dame de Montsoreau gradually unveil themselves. You will pass by troglodyte villages and cross the town of Saumur, under the watchful eye of its castle, until you reach the mouth of the Thouet river, where

the club is located, which is the end of the first day leg.

On the next day, you will continue your journey along the royal river, pass under the suspension bridge between Gennes and Les Rosiers, and arrive at a sandbank in front of the former Saint Maur Abbey after passing the charming village of Thoueil.



River



Recreational four-person sculling boats



• ROWERS :

- 170 € with accommodation, 1 night, 3 meals
- 140 € without accommodation, 3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 90 seats, 40 €

SOCIÉTÉ NAUTIQUE
DE SAUMUR AVIRON

Patrick Morineau
07 85 23 63 83
pnmorineau@yahoo.fr



OFFICE DE TOURISME DE SAUMUR

02 41 40 20 60
www.ot-saumur.fr

OFFICE DE TOURISME
DE DOUÉ-EN-ANJOU

02 41 59 20 49
douelaufontaine@ot-saumur.fr

OFFICE DE TOURISME
DE GENNES-VAL-DE-LOIRE

02 41 51 09 10
gennes@ot-saumur.fr

PROVISIONAL PLANNING

DAY 1

22 km

10.00 a.m. : welcome and boat preparation.

11.30 a.m. : drink and barbecue..

2.00 p.m. : departure of the 1st leg of the tour.

4.30 p.m. : arrival at the club in Saumur and snack.

5.00 p.m. : visit to a tourist site.

7.30 p.m. : drink and local specialties
in a troglodyte cave.

• Night in a hotel.



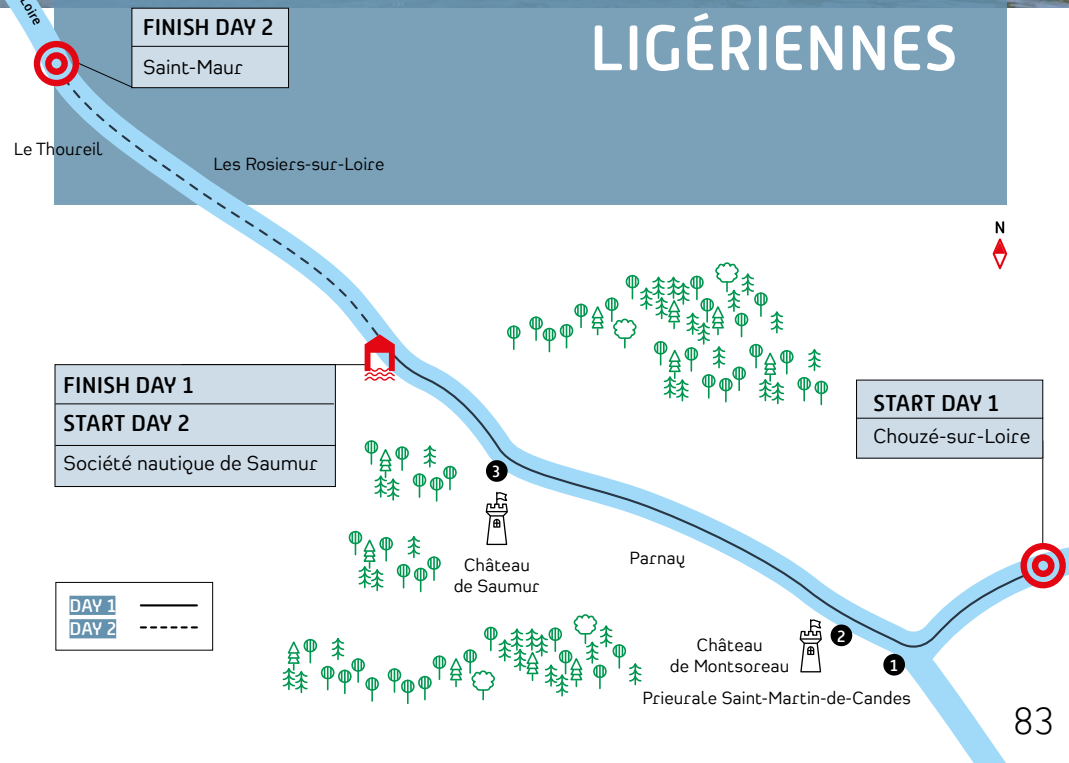
DAY 2

22 km

7.00 a.m. : breakfast at the club.

9.00 a.m. : departure of the 2nd leg of the tour.11.30 a.m. : arrival in Saint Maur, dismantling
and loading the boats.

1.15 p.m. : bucolic lunch at the club.

LES GALÈRES
LIGÉRIENNES



The tour entitled La Cassidaine takes place in the Calanques National Park. Its uniqueness lies in sea navigation, which requires a good physical condition and a level 3 in rowing.

Starting from the harbour of Cassis, you will enjoy a beautiful tour right in the heart of the calanques, you will approach by sea, at the foot of majestic cliffs in an exceptional setting. You will follow the white limestone cliffs towards the calanques of Sugiton, Morgiou, passing through the calanques of l'Oule and Devenson. From Cap Morgiou, you will row in open water to the calanque called En Vau before reaching the red cliffs of Cap Canaille. Then, you will head towards the wild beach of l'Arène, where the bravest can swim before returning to Cassis.

PROVISIONAL PLANNING

The day before, 6.00-7.30 p.m. : welcome for the trailers (optional).

7.00-8.00 a.m. : participant registration and breakfast.

8.00-8.15 a.m. : crew briefing, route overview.

8.15-8.50 a.m. : launching of the boats.

9.00 a.m. : start of the tour.

12.15 a.m.-1.00 p.m. : return to the harbour and boat storage.

1.00-1.30 p.m. : aperitif on the esplanade of l'Oustau.

1.30-3.00 p.m. : lunch on the esplanade.

3.00-3.30 p.m. : departure of the crews.

List of possible accommodations:

- Hôtels Cap Canaille

04 42 01 70 10

www.hotels-capcanaille.com

(a discount will be applied on the room price and breakfast offered in the 3 hotels of the group in Cassis - code: AVIRONCASSIS2025)



Sea



Double coastal rowing boat,
quadruple coastal rowing boat



• ROWERS :

55 € without accommodation,
1 meal

• COMPANIONS :

45 € without accommodation,
1 meal

• SEAT RENTAL : 30 seats, 20 €



AVIRON CLUB DE CASSIS

Frédéric Séméria - 06 62 81 36 17

Registration from May 15, 2025

on the website only :

www.avironclubcassis.fr



OFFICE DU TOURISME

04 28 01 01 03

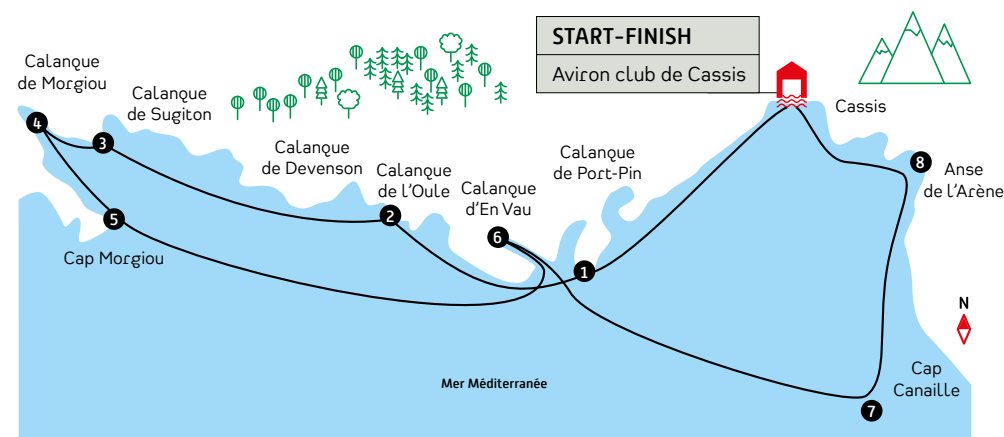
Discover the route in the video:



LE FILM



LA CASSIDAINE





Moissac is a major site of the Midi-Pyrénées region, which boasts a thousand-year-old history. This tour will include the unavoidable visit of the roman cloister and tympanum of the UNESCO classified Saint-Pierre abbey. You will navigate on the rivers Tarn and Garonne, discovering the "Ile des Oiseaux" natural preserve, for a quiet tour in the greenery, before joining Sainte Livrade on the next day. We will be pleased to have you enjoy the specialties of the region: the Chasselas table grapes (the first fruit that has been awarded an AOC appellation) and the Philibon melons, grown on the hillsides surrounding Moissac.

PROVISIONAL PLANNING

DAY 1

25 km

Chasselas grape tasting.

10.00 a.m. : departure towards Saint-Nicolas-de-la-Grave and the "Birds' island".

12.30 a.m. : picnic.

2.00 p.m. : departure to Malause, the Garonne mouth.

5.00 p.m. : return to Moissac.

7.00 p.m. : departure by bus for dinner and dancing evening.



DAY 2

16 km

10.00 a.m. : departure of the round trip to Sainte-Livrade castle.

Hot meal with entertainment.



River



Recreational four-person sculling boats



• ROWERS :

- 180 € with accommodation, 1 night, 3 meals
- 150 € without accommodation, 3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 80 seats, 20 €



AVIRON CLUB MOISSAC

Joseph Gea

06 23 33 61 27

randonneeduchasselas@gmail.com



OFFICE DE TOURISME

05 32 09 69 36

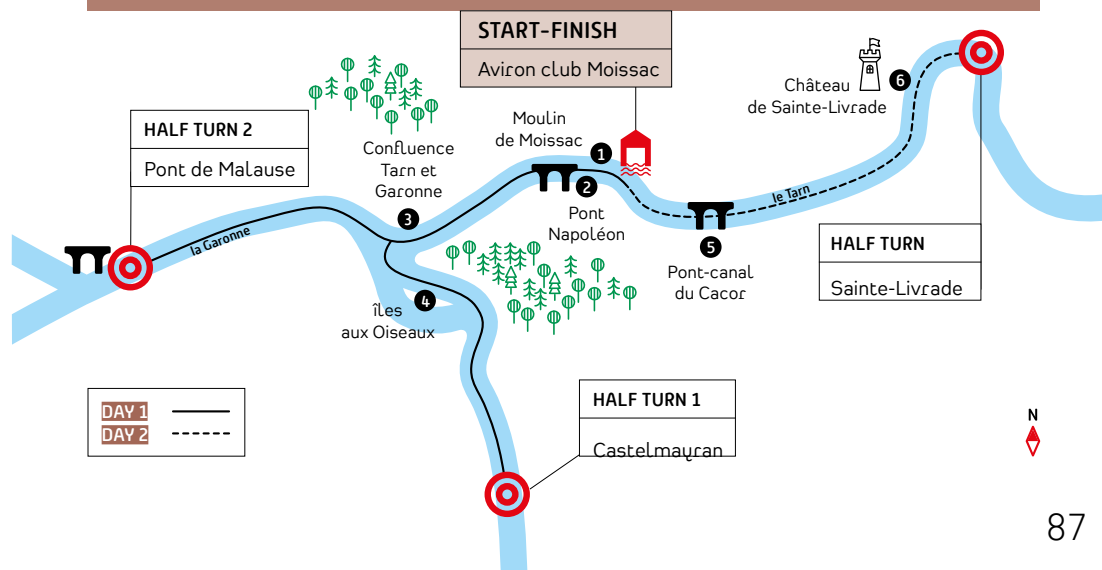
accueil@tourisme-moissacconfluences.fr

www.tourisme-moissac

-terresdesconfluences.fr



RANDONNÉE DU CHASSELAS





The tour takes place in the autumn countryside, along the peaceful and quiet typical meanders of the Marne, the longest French river (525 km) with its numerous bird species. You will set out to discover many surprising sites, such as the Quincangrogne mill, the sculpture garden of the Dhuys, a fantastic bestiary... Upon arrival you will be stopped by the impassable dam in Trilbardou, then you will arrive at the site of the elevator factory, a stunning hydraulic machine from 1869, that you can visit with a guide.

Possible accommodation with the rowers of the club.



River



Recreational four-person sculling boats



- **ROWERS :**
55 € without accommodation,
1 meal
- **COMPANIONS :**
45 € without accommodation,
1 meal
- **SEAT RENTAL :** 30 seats, 30€



SOCIÉTÉ NAUTIQUE DE LAGNY

Fabienne Piché
06 89 58 02 26
fab.aviron@gmail.com



MARNE ET GONDOIRE

01 60 35 43 50
accueil@marneetgondaire.fr
www.marneetgondaire.fr

OFFICE DE TOURISME

01 64 02 15 15
officedetourisme@marneetgondaire.fr
www.marneetgondaire-tourisme.fr

PROVISIONAL PLANNING

- 7.00 a.m.** : welcome and breakfast at the Lagny club.
- 8.00 a.m.** : meeting with all rowers, safety briefing.
- 8.30 a.m.** : boarding for a departure at the Maunoury bridge and heading towards Trilbardou.
- 12.00 a.m.** : drink with a band followed by a hot meal in Trilbardou.
- 2.00 p.m.** : visit of elevator factory.
- 3.45 p.m.** : return to the club.
- 4.00 p.m.** : arrival at the club.
- 5.45 p.m.** : welcomed by our pancake maker.
- 6.15 p.m.** : surprise gifts and friendly drinks.

• Possibility of riding a bike to follow the rowers.



START-FINISH

Société nautique de Lagny

LES COULEURS DE LA MARNE





In the heart of Beaujolais UNESCO Global Geopark, which is famous worldwide for its wines and outstanding geological diversity, you will enjoy the fauna and flora. You will row on the Saône river, starting from the Beauregard bridge, then between the "Evil's barn" and the ferryman's house, before going alongside small villages like Port-Ri-

vière and Montmerle, until Belleville. Accompanying persons will be able to walk, ride a bike or even a horse on the towpath throughout the tour.



River



Recreational four-person sculling boats



• ROWERS :

37 € without accommodation,
1 meal

• COMPANIONS :

identical fees

• SEAT RENTAL : 105 seats, 22 €

AVIRON UNION NAUTIQUE
DE VILLEFRANCHE

Christine Ezerzer
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randodubeaujolais@gmail.com

PARA-ROWING

Christine Ezerzer

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DE VILLEFRANCHE

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info@villefranche-beaujolais.fr
www.destination-beaujolais.com

GÎTES DE FRANCE
DESTINATION BEAUJOLAIS

04 72 77 17 50
accueil.reservation
@gites-de-france-rhone.com
www.gites-de-france.com/fr/destinations-en-france/vacances-beaujolais

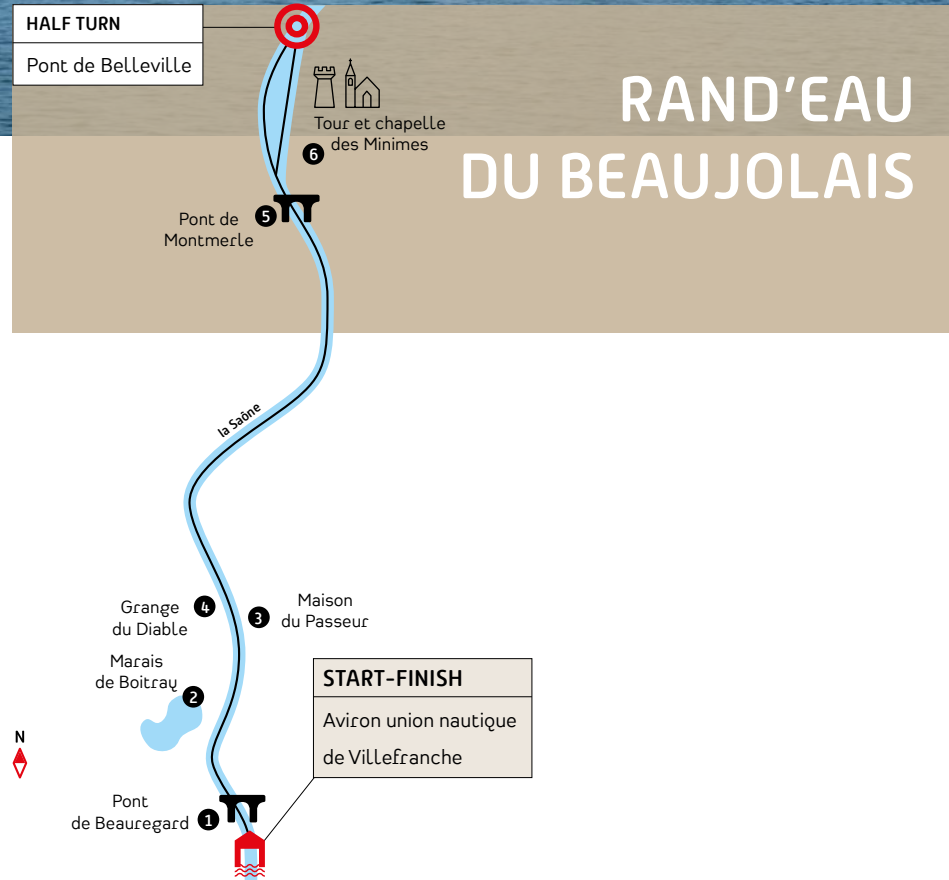
PROVISIONAL PLANNING

8.00 a.m. : welcoming of participants at the rowing club in Villefranche-sur-Saône, breakfast, boat preparation.

9.00 a.m. : Launching.

9.30 a.m.-1.00 p.m. : round tour from Villefranche to Belleville, KP 42 to 55.

1.00 p.m. : drink and friendly lunch at the club.





Rowing down the Aa river is a 25-km tour from Houlle to Gravelines. You will depart from the Houlle river within the Audomarois marsh. The Bistade drawbridge is lifted to the sound of horns when boats are passing, attracting many an onlooker. The rowers will be able to admire the fauna (mallard ducks, herons, swans ...) and flora all along

the journey down the small river. The tour will end by a friendly drink and a meal taken within the Gravelines Aviron club, the premises of which are located on the edge of the Olympic rowing arena.



River



Recreational four-person sculling boats



• ROWERS :

- 80 € with accommodation, 1 night, 1 meal
- 35 € without accommodation, 1 meal

• COMPANIONS :

- 70 € with accommodation, 1 night, 1 meal
- 25 € without accommodation, 1 meal

• SEAT RENTAL : 35 seats, 15 €



GRAVELINES AVIRON

03 28 23 36 03
Arnaud Blocklet
06 01 43 20 49
descentedelaa@gmail.com

PARA-ROWING

Arnaud Blocklet
blocklet.arnaud@gmail.com



DUNKERQUE TOURISME

03 28 51 94 00
gravelines@dunkerque-tourisme.fr
www.tourisme-gravelines.fr

MAIRIE GRAVELINES

03 28 23 59 00
contact@ville-gravelines.fr
www.ville-gravelines.fr

PROVISIONAL PLANNING

The day before : activities available for an additional fee: "nature" tour of the park, introduction to Longe côte, self-guided walking tour to discover Gravelines, dinner at your own expenses, followed by an overnight stay in a hotel or accommodation center.

8.00 a.m. : meeting at the Gravelines club for a group departure to Houlle, where the tour will begin.

8.45 a.m. : boat assembly on Sunday morning at the departure point in Houlle.

9.30 a.m. : departure.

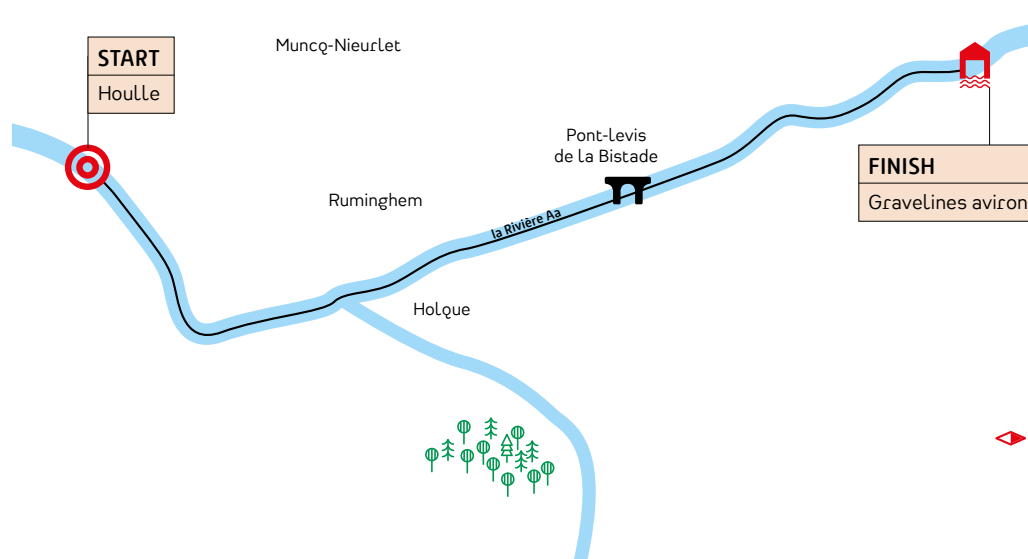
A 4-km-route on the Houlle river before joining the Aa river, first on the large-gauge canal, then 2 km further, a wilder section leading to Gravelines.

For accompanying persons:

option to follow the tour by bike (not provided) or by joining the safety team (limited place).



DESCENTE DE L'AA





You will start from the beach called “Bijou Plage” and head towards the famous “Iron Mask” prison on Sainte-Marguerite island. You will row along the island until reaching its eastern endpoint then pass between the two Lérins islands surrounded by turquoise waters. You will then go back to Cannes before heading west towards the Esterel red rocks and Cannes-Mandelieu Club. You can also visit the Fort on Sainte-Marguerite island or the monastery on Saint-Honorat, or else wander on the “Croisette” with its Palais des Festivals, and visit the old city of “Suquet” famous for its Castre museum and its many typical restaurants on Saint-Antoine street.

PROVISIONAL PLANNING

8.00 a.m. : meeting at Bijou Plage for a welcome breakfast.

8.30 a.m. : departure from the end of the Palm beach in Cannes.

- Crossing between the Lérins islands (Sainte-Marguerite and Saint-Honorat islands).
- Return to the Croisette, then heading towards the Esterel and the Siagne mouth in the La Napoule gulf.



RANDONNÉE AVIRON DES ILES DE LÉRINS



Sea



Double coastal rowing boat,
quadruple coastal rowing boat



• ROWERS :

47 € without accommodation,
1 meal

• COMPANIONS :
identical fees

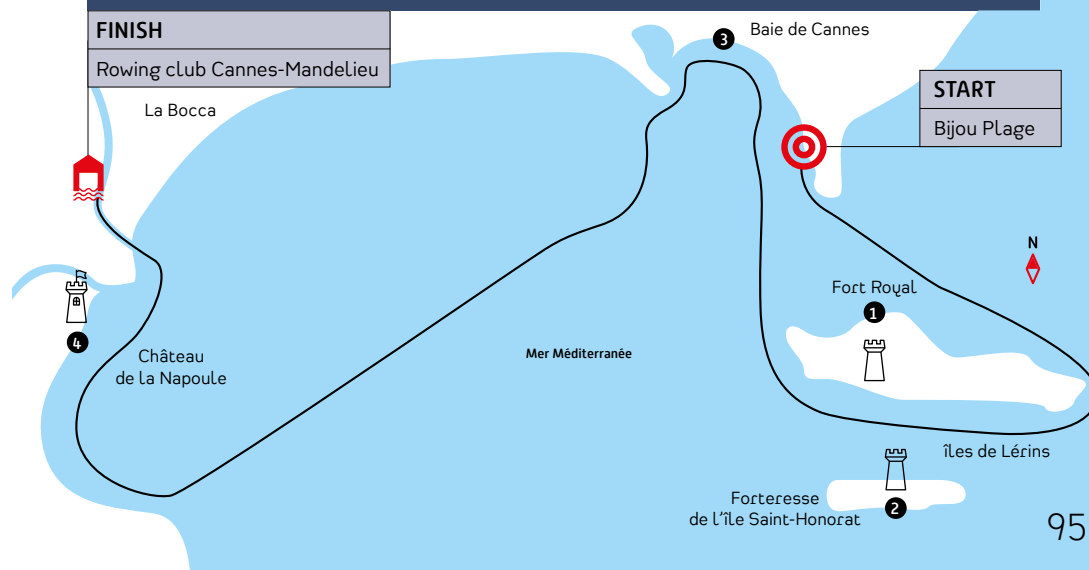
• SEAT RENTAL : 45 seats, 32 €



ROWING CLUB CANNES-MANDELIEU

Lydie Jouvray
06 03 17 38 70

aviron@rccannesmandelieu.com





Join us for a unique adventure combining the beauty of the sea, the power of rowing, and the delightful flavors of our region's local products. Our nautical rowing tour promises an unforgettable experience where you will explore the sparkling waters of La Ciotat, named the most beautiful bay in the world in 2019, while indulging in local delicacies. On the water, you will venture along the picturesque coastline of La Ciotat, where you can admire its coastal landscapes, from steep cliffs to isolated coves bordered by Mediterranean pines, all within the heart of the Calanques National Park. There are no fewer than 20 remarkable points to discover along these 23 km at sea.

PROVISIONAL PLANNING

8.30 a.m. : welcome, breakfast and safety rules.

9.30 a.m. : launching (boat already equipped by volunteers).

10.00 a.m. : departure to the old harbour of La Ciotat and the shipyard.

10.30 a.m. : arrival at the bottom of the eagle's beak and calanque Mugel.

11.00-12.00 a.m. : passing in front of the Gaméou cove, "trou du diable" (devil's hole), the calanque Figuerolles, the cannier cove and trou de Jeannette.

12.30 a.m. : heading towards the green island, passing by the Cannonier lighthouse, the calanques Saint-Pierre, Seynerolle, Isserot.

1.00 p.m. : return to the nautical base in La Ciotat to have lunch.

3.00 p.m. : launching for the second part of the tour, heading towards the Lumière beach, the bay of the Virgin and the Liouquet.

4.30 p.m. : return to the club.

7.30 p.m. : dinner at "Flot bleu" next to the club.



Sea



Quadruple coastal rowing boat



• ROWERS :

80 € without accommodation,
2 meals

• **COMPANIONS :**
identical fees

• **SEAT RENTAL :** 60 seats, 30€



SOCIÉTÉ NAUTIQUE DE LA CIOTAT

Guillaume Blanc

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guillaume_blanc_1997@hotmail.fr



OFFICE DU TOURISME

04 42 08 61 32

www.destinationlaciostat.com



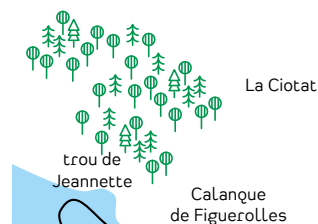
RANDONNÉE DU GOLFE D'AMOUR

Baie
de La Vierge

Le
Liouquet

START-FINISH

Société nautique de La Ciotat



Mer Méditerranée

île Verte





The tour will take you around the Annecy Lake, one of the purest European lakes, surrounded by the Aravis and Bauges mountains which will be wearing gorgeous autumn colours. In addition to this natural landscape, you will admire numerous monuments, castles and manors along the way: the Impérial Palace gardens, the Paquier esplanade, as well as the Swan island, the love bridge, the Annecy castle, the Duingt castle on its peninsula and finally the famous castle in Menthon St. Bernard. This year, the tour takes place on the weekend of the traditional descent of the cattle from the mountain pastures, you can take part in on the day before in the old city of Annecy.

PROVISIONAL PLANNING

9.00 a.m. : departure from the Petit Port in Annecy-Le-Vieux towards Annecy, Sévrier and Duingt. Crossing of the Lake near Angon waterfall. Return trip through Talloires, Menthon and Veuryer. Arrival at the Petit Port in Annecy-Le-Vieux.

1.00 p.m. : savoyard meal.



Lake



Recreational four-person sculling boats



• ROWERS :

50 € without accommodation,
1 meal

• COMPANIONS :

40 € without accommodation,
1 meal

• **SEAT RENTAL** : 120 seats, 27 €



CLUB DES SPORTS ANNECY-LE-VIEUX

Selim Boulouvar
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la_randeau@yahoo.fr

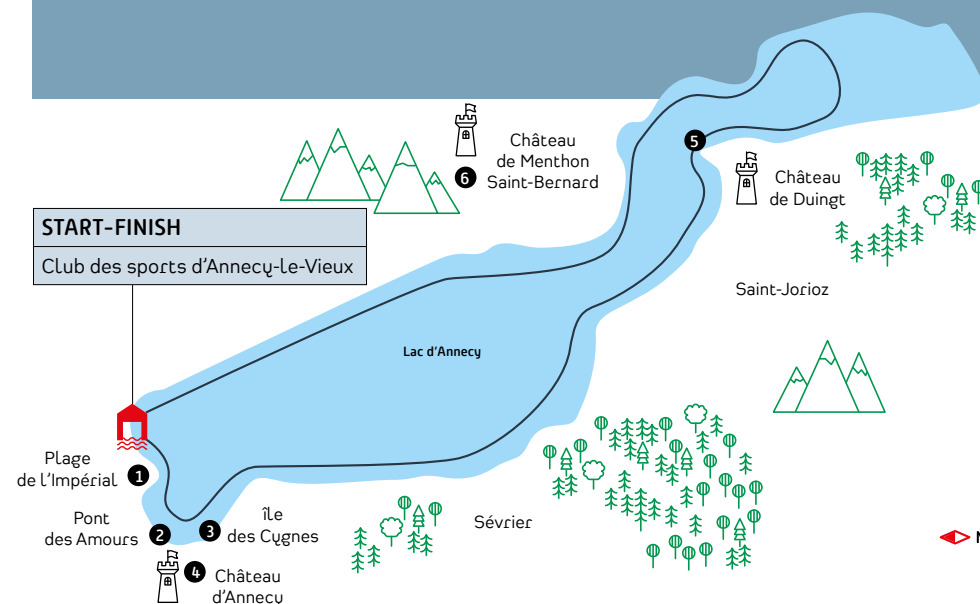


OFFICE DU TOURISME D'ANNECY

04 50 45 00 33
www.lac-annecy.com



RAND'EAU ANCILEVIENNE





You could not take part in the traditional Tour of the three rivers in spring? Never mind, the club offers you the opportunity to rediscover the Adour valley, its landscapes and the festive atmosphere of the South of the Landes region and Pays Basque in autumn. With a two-day route starting at the rowing club in Peyrehorade located in the Natura 2000 area, you will discover the 3 rivers (Adour, Gaves Réunis et Nive) with their lovely autumn colours. Evening in the "casemates" built inside the Vauban ramparts, and closing dinner entertained with songs of a Basque choir. The changing weather close to the ocean as well as the tidal influence may make this tour sporty.



River



Recreational four-person sculling boats



• ROWERS :

200 € with accommodation,
2 nights, 3 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 120 seats, 40 €



AVIRON BAYONNAIS

Sophie Girard / Mélanie Harrault
06 45 72 57 86 / 06 76 38 44 88
les3rivieresbayonne@gmail.com

PARA-ROWING

Christine Celhaiguibel
06 72 00 46 17



OFFICE DE TOURISME DE BAYONNE

05 59 46 06 00
info@visitbayonne.com
www.visitbayonne.com

PROVISIONAL PLANNING

DAY 1

26 km

9.00 a.m. : breakfast at the club.

11.00 a.m. : departure by bus from the Aviron
Bayonnais towards Guiche.
Welcome and picnic lunch.

1.30-5.30 p.m. : Tour from Guiche to Bayonne.

•

Dinner and festive evening in a peña in Bayonne.

↓

DAY 2

14 km

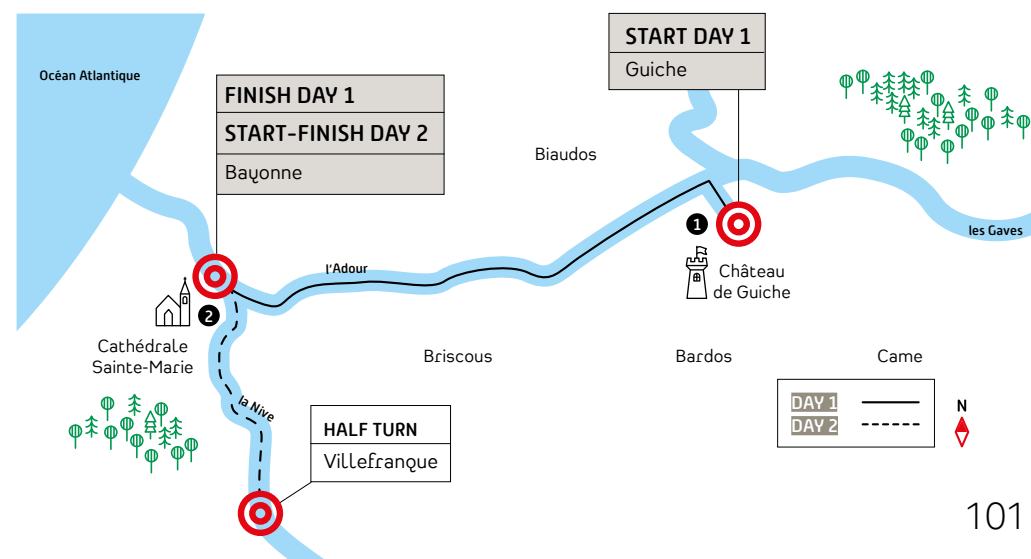
7.30 a.m. : breakfast at the club.

9.00-11.00 a.m. : Loop from Bayonne to Villefranque.

12.30 a.m. : closing dinner at the club.

•

Night in a boarding school, accessible on foot
from the club.

LES 3 RIVIÈRES
D'AUTOMNE



Departing from the touristic beach of Pointe Marin in Sainte Anne, you will row along the South Caribbean coast, a rugged coast with small islets, remains of the island volcanic structure. You can choose a traditional rowing boat or a "twa zaviwon", suited for the ancient nautical activity of Martinique. The must-do of this tour is the crossing of the «Passe des fous», in front of the beautiful Diamond rock, being classified as a "protected natural area" and the crossing of the Flamingo bay, which is one of the most beautiful in the world. You will keep your eyes wide open in front of the splendid landscapes.



Sea



Quadruple coastal rowing boat



• ROWERS :

70 € without accommodation,
2 meals

• COMPANIONS :

identical fees

• SEAT RENTAL : 30 seats, 20€



AVIRON CLUB 233

Daniel Joseph-Monrose

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OFFICE DE TOURISME
CENTRE MARTINIQUE

05 96 80 00 70

tourisme-centre.fr

BUREAU D'INFORMATION

TOURISTIQUE DE SCHOELCHER

05 96 80 00 71

tourisme-centre.fr

OCARTOUR

05 96 76 61 42

PROVISIONAL PLANNING

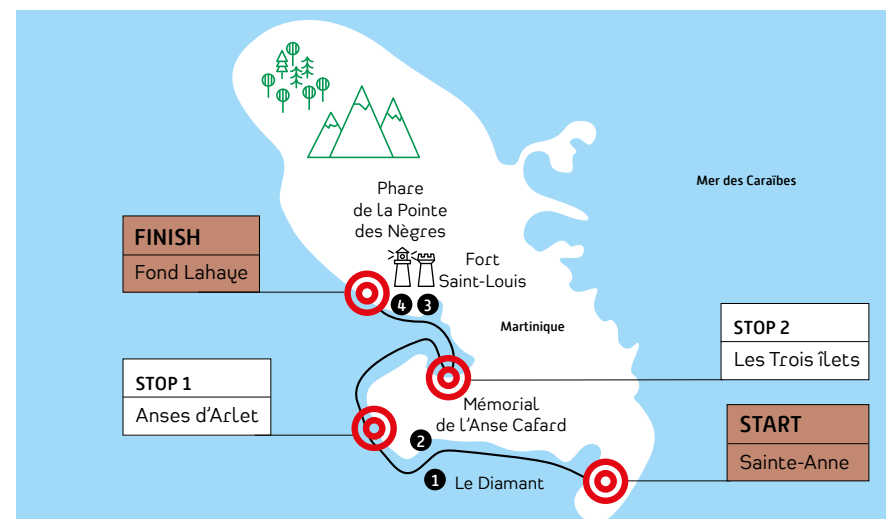
6.00 a.m. : departure from Sainte Anne.

9.30 a.m. : first stop at Anses d'Arlets.

11.30 a.m. : second stop at Trois Îlets.

2.00 p.m. : arrival at Fond Lahaye.

4.00-11.00 p.m. : festive evening.

LA TRAVERSÉE
DU SUD



The weekend in Camargue is composed of one day navigating on the canals and the other one discovering sea rowing. Both will make you believe in the local persistent summer because at this time of the year, winter clearly seems far away. You will start from the typical fishing harbour in Grau-du-Roi then row upriver the Vidourle to reach the beautiful wild landscapes of the Camargue region. You will navigate on the Rhône canal towards Sète until reaching the Carbonnière Tower, then you will row on the "Small canal" towards Aigues-Mortes and discover its amazing view on Constance tower and its fortifications.

PROVISIONAL PLANNING

DAY 1

21 or 25 km

2 possible routes, small loop or big loop.

9.00 a.m. : departure from the club in Grau du Roi.

12.00 a.m.-1.00 p.m. : return to the club by the Aigues Mortes canal.

•

Dinner.

↓

DAY 2

10 km

Breakfast.

According to the weather conditions, initiation to sea-rowing.

8.00 a.m. : Departure for 2 10-km rotations in the Aigues Mortes bay.

•

Lunch.



River and sea



Recreational double scull, recreational four-person sculling boats, quadruple coastal rowing boat



- **ROWERS :**
152 € without accommodation,
3 meals
- **COMPANIONS :**
identical fees
- **SEAT RENTAL :** 110 seats, 25 €

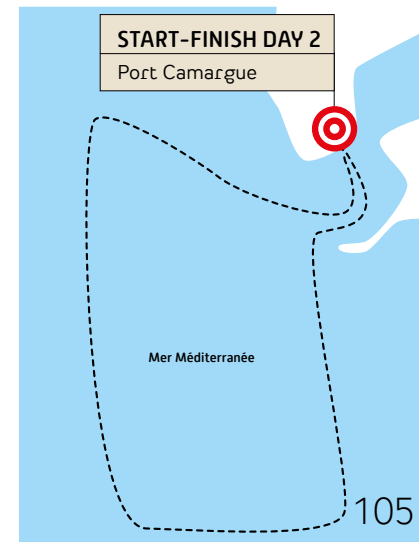
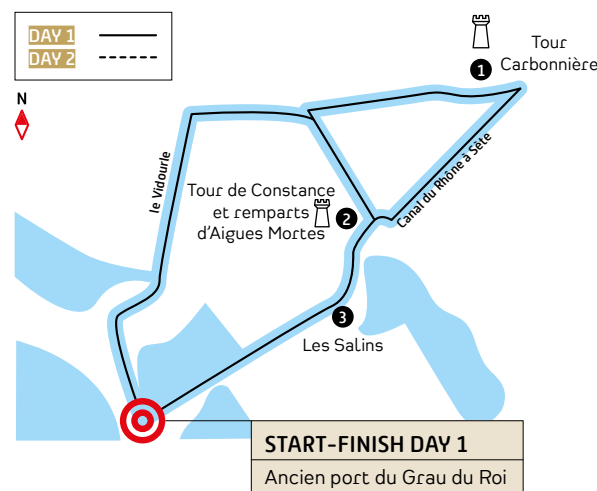


AVIRON TERRE DE CAMARGUE
LE GRAU-DU-ROI

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BOUCLE DU VIDOURLE



50

weekend

6 & 7 December

2 days

37 km



For more than 20 years, the Bay of Angels' tour has been the unmissable event in December. The trip allows those people who have never been there to discover Nice from its most beautiful viewpoint, the sea; and for those who have already been there, they will be able to be amazed by the wonderful weather of the French Riviera at this time of the year. Heading towards Saint Jean Cap Ferrat on the first day, you will discover a wilder coast, with magnificent Belle Epoque houses nested within the beautiful bay of Villefranche sur Mer. On the next day, you will discover the famous Bay of Angels, with a view on the snow-covered mountains. The bravest will even be able to swim in the Mediterranean Sea.



Sea



Double coastal rowing boat,
quadruple coastal rowing boat



• ROWERS :

110 € without accommodation,
3 meals

• COMPANIONS :
identical fees

• SEAT RENTAL : 90 seats, 50 €



CLUB NAUTIQUE DE NICE

Martine Audioire

06 14 13 59 23

martine.audioire@gmail.com

PARA-ROWING

Martine Audioire



OFFICE DU TOURISME

DE LA VILLE DE NICE

04 92 14 46 14

info@otcnice.com

www.nicetourisme.com

PROVISIONAL PLANNING

DAY 1

25 km

8.00 a.m. : welcome of the participants.

9.30 a.m. : departure from the club to discover the coast while heading towards Saint-Jean-Cap-Ferrat, via the Villefranche bay.

11.30-12.00 a.m. : return to the club.

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Lunch and evening in a restaurant.

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DAY 2

12 km

8.00 a.m. : welcome of the participants.

9.30 a.m. : departure from the club to discover Nice by the sea, while rowing in the Bay of Angels.

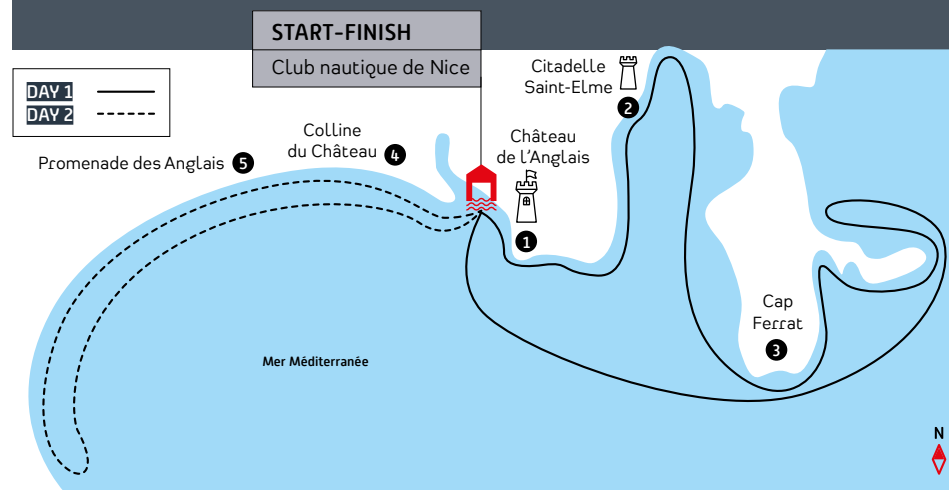
11.30-12h00 a.m. : return to the club.

•

Lunch in a restaurant.



TRAVERSÉE DE LA BAIE DES ANGÉS



ROWING AND TOURING FOR THE DISABLED



Some of the tours are available for handicapped rowers. Some sections and places may not be adapted but the organizer will do his best to welcome you and give you access all along the tour.

Be careful though, even if the organizer can make things easier they may not have the equipment required for any type of handicap.

Thus if you feel like rowing throughout France, make sure to contact clubs and organizers and ask them about their equipment beforehand, they will be delighted to have you onboard!



IN 2025, 14 TOURS SUGGEST WELCOMING DISABLED ROWERS

01 RANDONNÉE DES MIMOSAS

Olivier Descamps : olivier.descamps7@orange.fr

10 ÉTANG DE THAU : LE JARDIN DE LA MER

Josiane Velay : 06 19 75 51 80 - jvelay@sfr.fr

12 RANDO'CARRY LE ROUET

Dominique Guende : 06 17 50 29 83 - lavisourire13@gmail.com

17 LES 3 RIVIÈRES

Christine Celhaiguibel : 06 72 00 46 17

27 RANDONNÉE DES PASSERELLES DE MONTEYNARD

Hubert Jouvel : 06 26 07 56 34 - hubert.jouvel@gmail.com

28 LES CASTILLONNADES

Frédéric Dieudonné : 06 03 44 46 22 - sabine.dieudonne0146@orange.fr

29 LA MEUSE ET SES CITADELLES

Clotilde Averlant : 06 81 24 60 50 - caverlant@yahoo.fr

30 RALLYE DU CANAL DU MIDI

André Perrot : 06 70 81 33 74 - arm.perrot@orange.fr

32 LA PELLE DU PIED

Clotilde Averlant : 06 81 24 60 50 - caverlant@yahoo.fr

37 TRAVERSÉE DE PARIS ET DES HAUTS-DE-SEINE

Pedro Ferreira : 06 42 75 43 87 - pedrob311@gmail.com

42 RAND'EAU DU BEAUJOLAIS

Christine Ezerzer : 06 76 76 77 87 - randodubeaujolais@gmail.com

43 DESCENTE DE L'AA

Arnaud Blocklet : 06 01 43 20 49 - blocklet.arnaud@gmail.com

47 LES 3 RIVIÈRES D'AUTOMNE

Christine Celhaiguibel : 06 72 00 46 17

50 TRAVERSÉE DE LA BAIE DES ANGES

Martine Audoire : 06 14 13 59 23 - martine.audoire@gmail.com

TOUR CHART

Organizing a tour implies setting up a few ground rules in order to make sure the tour is as safe as possible. Organizers selected to be part of this guide have to make sure they respect the required criteria hereunder. In exchange the participants are supposed to be aware of the characteristics of the tour they choose, and to comply with the related conditions.

THE ROWERS' COMMITMENT

The rower guarantees:

- He can swim.
- He is fit and has enough rowing experience to complete the tour. (you must at least own the rowing diploma of level 2 and/or a crew half-marathon stamina diploma).
- He has a valid FFA license. Foreign rowers who practice abroad and are member of a foreign rowing club will be required to prove they are covered by public liability insurance. Any competition required both a license and medical certificate.
- He will respect the applicable navigating codes and any rule enforced by the organizers.

Aboard each boat:

- Each rower must have a safety vest available.
- The crew has bailers and a 10m long and 10mm wide cord onboard so as to ensure docking or towing if needed. Depending on the tour, boathook and compass may be required.
- The crew must pick a skipper :
- The skipper must be a qualified adult. He will be responsible for the crew' safety and the respect of navigating rules and regulations.
- He must know the tour schedule and the safety regulations. He should attend possible meetings.
- He must check the equipment before departure, and make sure its team members have enough experience.

THE ORGANIZER COMMITMENT

The tour organizer is a FFA member.

He guarantees:

- He has all the required administrative licenses.
- Must have checked that all the equipment and facilities, either fixed or movable in use are insured.
- He will set up and ensure the required logistics and safety throughout the whole tour, in agreement with the local authorities (river police, maritime affairs...).
- He will send to the participants a detailed program of the tour (sea, river, length...), equipment (boat type), as well as possible adjustments to be made on the boats.
- He will warn the participants about the schedule and characteristics of the tour, and remind them the safety rules. This information must be given to skippers before departure.
- He must post and remind participants of the information regarding the tour, such as the presence of safety boats.
- For tours taking place on rivers, lakes or sea, as for canals with locks, a minimum of safety boats is required according to the number of participants (FFA ratio).
- On narrow canals without any locks to pass (or passed by portage), mobile security can be ensured from the bank.



10 SIMPLE RULES FOR YOUR SAFETY

- 01** Before departing, always check your boat and the equipment inside it (bailers, rope, gaff, etc.).
- 02** Get acquainted with the tour and its characteristics.
- 03** Respect the navigating codes and don't forget:
 - Usually one navigates on the right side of channels (same as on the road).
 - Sailing and trading boats have priority.
 - Navigating is forbidden at night or by foggy weather.
- 04** Be careful when approaching dams and make sure to respect organizers' instructions in order to pass locks.
- 05** When you wander on the coastal path, think about other strollers.
- 06** Often take time to evaluate the current' strength and the water's depth, which may vary from one section to another.
- 07** Embark and disembark against the current or prevailing wind. Make sure your steersman is equipped with a paddle so he can maneuver whenever the oars are inside the boat.
- 08** If you come across a boat which makes waves, and your boat is not self-emptying, make sure to position yourself parallel to the wave in order to limit the water entry.
- 09** If you don't have a steersman, make sure to turn around frequently.
- 10** Never lose sight of the other boats.



«Voies Navigables de France» (VNF) is a public establishment which is in charge of managing the best part of the French river network which represents 6700 km of rivers and canals, about 4000 structures (locks, dams...), and around 40 000 hectares of river state property. Rowers may practice on these rivers and cross these structures, which are sometimes part of the local tourist attractions. «Voies Navigables de France» and the French Rowing Federation work together in developing rowing and rowing tours, while raising rowers' awareness for rivers respect and protection. Through the organization of rowing tour we take part in developing tourism in our country and help promoting the use of rivers.

LES POINTS RANDON'AVIRON

You were not able to release yourselves for the ride of the Chasselas? Or else, you were dreaming of discovering Brittany from the sea around Trégunc?

Fix a date on of the certified clubs Point Randon' and take advantage freely of the rivers, lakes and curiosities offered by their region.

Actually, there are 17 Randon'Aviron spots throughout France:

01 Cherbourg : Cherbourg Club Aviron de Mer

02 Fontainebleau-Avon :

Aviron du Pays de Fontainebleau

03 Hendaye : Endaïka

04 Moissac : Association Nautique de Moissac

05 Nantes : Cercle de L'Aviron de Nantes

06 Saint-Cassien : Base de Saint-Cassien

07 Saintes : Club d'Aviron Saintais

08 Trégunc : Trégunc Aviron

09 Vouglans : Club d'Aviron de Vouglans

10 Embrun : Club d'Aviron d'Embrun

11 Sevrier : Aviron Sevrier Lac d'Annecy

12 La Seyne-sur-mer : Aviron Seynois

13 Mulhouse : Rowing Club de Mulhouse

14 Cannes : Rowing Club Cannes-Mandelieu

15 Nogent-sur-Seine : Cercle de L'Aviron Nogentais

16 Strasbourg : Cercle de L'Aviron de Strasbourg

17 Cordelle : Comité départemental de La Loire

You can find more information on the website :

www.ffaviron.fr

> Pratiquer l'aviron

> Programmes Fédéraux

> Point Randon'Aviron.

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