



THE RECEPTION

- On Sunday afternoon, 2 teams will welcome you:
 - Allées Paul Sabatier in Toulouse from 3 pm: information and administrative points, composition of crews for individual engagements, distribution of roadbooks, ... (GPS - lat :43.59.63.59 – long : 1.45.50.39)
 - Area of Port Lauraguais South in Avignonet from 4 pm for participants coming with their equipment. (GPS – lat : 43.35.35.16 – long : 1.80.31.85)
- Monday morning: meet at 6:30 am Allées Paul Sabatier in Toulouse with your luggage to be dropped off on the buses that will take you to Port Lauragais, the starting point of the two events.

SCHEDULES

- A member of the organisation is dedicated to departures and arrivals of which he is the authorising officer and coordinator.
- The departure times of the boats are particularly intended for people in free accommodation who are in charge of their own transport
- **4** The expected arrival times must allow adequate time to reach the accommodation.

THE MATERIAL

- For those who come with their boats and trailers it is necessary to tow the trailers in Béziers from Monday evening.
- (to be seen with the organizing team from Sunday).
- 4 A technical team helps you with the maintenance and repair of equipment
- Respect and check at each stage their condition, boats (porters, swimming ladies, seat), trolleys and bicycles.
- A trailer is dedicated to the bikes that are grouped and secured at the end of the stage.

CARE

- The healthcare team is present in the morning before departures, at the lunch site, and before dinners at the Auberge.
- **4** The care is provided in accordance with the order of departure of the boats.
- Consult our "prepare physically" sheet

TRANSPORTATION

- Every day the buses provide transport for the participants in full accommodation from their place of accommodation to the place of departure of the stage.
- **4** Participants who have opted for free accommodation move by their own means
- Bus transport for all participants is provided from Toulouse to Béziers for the outward and return journey.
- We cannot support personal vehicles.
- 4 A parking area is provided for participants who wish to leave directly from Béziers.

ACCOMMODATION-CATERING

- In full accommodation, accommodation 4 days at the Youth Hostel of Carcassonne then at the hotel on Friday evening on the outskirts of Béziers.
- Lunches are served on the banks of the canal, if the weather is capricious, the municipalities provide us with a local.
- A refreshment is installed halfway through each 1/2 day, the team also distributes the bottled water before boarding.
- A moment of conviviality is often offered by the municipalities, honor this benevolent welcome with your presence.

SECURITE

- We are subject to the code of river navigation which must be respected, tourist boats have priority to ours.
- Respect the instructions of the team that ensures your safety during the passage of locks, crossing roads and bridge crossings.
- Caution on the towpath that may contain obstacles that are a source of falls (roots or mooring rope). We circulate at the pace
- Caution near the locks which are a source of strong turmoil, stay at a distance to disembark and embark.

ENVIRONMENT

Classified as a UNESCO World Heritage Site, the Canal du Midi site is the subject of careful care, let's respect its environment (no waste) and the people who coexist there (lockkeepers, boatmen, fishermen, tourists...

THE STAY IN DETAIL



MORNING		AFTERNOON	
<section-header></section-header>	 ← 6 :15 AM : Breakfast ← 7 AM : Start by bus at de bottom of de city of Carcassonne. ← 8 :30 AM : Start of the boats from Bram ← Supply point : Lock of Villesèque ← Around 11:30 to 12 AM : Finish at the port of Carcassonne. Boats are parked on the left bank just before the lock. ← 12:30 AM : Lunch under the trees near the Capitainerie ← Toilets on the square 	Carcassonne - Trèbes 12,7 km – 4 locks	 → 2:30 PM : Start of the boats from Carcassonne Boarding is done as far as possible from the lock. CAUTION : We are circulating in town and take care of cars. → No supply point → In order to have fun time in the City, we recommend you to not row too slowly !! → 4:30 PM : Finish at Trèbes. Landing is difficult. Follow carefuly the instructions and be patient. → 5 PM: An aperitif is given by local authority. → Retsrooms at reception place. → 18 PM : Start of the buses to Carcassonne. → 7:30 PM : Diner at the Youth Hostel. → 9 PM : Conference on the Canal du Midi by Samuel Vannier (archivist at Voies Navigables de France –VNF)
<section-header><section-header><section-header></section-header></section-header></section-header>	 ← 6:15 AM : Breakfast ← 7:15 AM : Start of the buses. ← 8:30 AM : Start of the boats from Trèbes ← Supply point : Lock of St Martin ← 11 AM : Finish La Redorte. ← boat parking on the instructions of the organizing team ← 11:30 AM : Reception by the municipality in the square 'Le Manège' (follow the arrows) ← 12:30 AM : Lunch in the same place ← Public restrooms on site. 	<section-header></section-header>	Guided tour of the city of Carcassonne (on registration) Tasting at the Caveau de la Cité - I I 8:30 pm: Dinner at the Youth Hostel

MORNING		AFTERNOON	
Thursday <i>La Redorte - Ventenac en Minervois</i> 21,4 km - 5 locks	 → 6 AM : Breakfast → 7 AM : Start of the buses → 8:30 AM : Start of the boats from La Redorte → Supply point : Lock of Pechlaurier → 12 : Finish at Ventenac en Minervois. Landing after the bridge. 	Ventenac en Minervois - Capestang 27,4 km no locks	 → 2:30 PM: Start of the boats from Ventenac CAUTION: Long distance stage without locks, but the trolley stays on the boat → Supply point: after the old bridge of Argeliers → 6 PM: Finish at Capestang.
	 → 12:30 PM : Reception given by the municipality. → 13 PM : Lunch (location to be defined) → Public restrooms on site. 		 Boats are carefuly linked on both sides 500 m before the bridge. Follow instructions. 6:30 PM : Reception by the municipality Restrooms Place Jean Jaurès. 7 PM : Start of the buses to Carcassonne 9 PM : Diner at the Youth Hostel. CAUTION : Last night in the City of Carcassonne Prepare your luggage and advise the organisators of your wishes to leave Béziers (bus Toulouse, Béziers train station, etc)

MORNING		AFTERNOON	
<section-header></section-header>	 6 AM : Breakfast CAUTION : Leave your sheets at the places indicated by the youth Hostel people. Leave keys and cards at the reception. 7 AM : Start of the buses. Leave your luggage in the bus corresponding to your hotel in Béziers. This information has been given by Muriel at the start of the Rallye on Sunday. 9:15 AM : Start of the boats from Capestang CAUTION : Passing the tight tunnel of Malpas is done by group under supervion of the organisators. Motorcrafts are prior to us Supply point : after de tunnel 11 :30 AM : Finish at Béziers, Narbonne Bridge Take out the boats to go down to the Rowing club. This will be done under local police supervision. 13 PM : Lunch (location to be defined) Restrooms at Rowing Club. 		 3PM to 4:30 PM : animation as part of the International Criterion for Rowing After the races, complete cleaning of the boats and loading them on the trolley under André et Luc supervision. Group the bicycles near the dedicated trolley with Joël. Restrooms at Rowing Club. 6:30 PM : Start as soon as possible to the hotels 8:30 PM : Festive evening for ALL the participants : Awards ceremony, coktail and lunch, (location to be defined).

Samedi	-⊨ 8h30 : Départ des bus pour Toulouse.	There you go
Béziers Toulouse	Les bus sont répartis pour l'oulouse. Maximum de lieux possibles : gare de Béziers, gare de Toulouse, Emulation	It's over
	Nautique Toulouse, aéroport Toulouse- Blagnac.	See you next year!