

**VVF**

&

**FFRandonnée**
les chemins, une richesse partagée
www.ffrandonnee.fr

AQUA WALKING

from June 24th to July 1st 2023



Supervised by federal instructors from FFRandonnee specialized in Aqua Walking, discover the French Mediterranean coast and the Aude coast differently! Near Narbonne Plage, this stay will seduce the lovers of Occitania in the south of France thanks to pedestrian and Aqua Walking in good mood and conviviality.

- You are expected on Saturday from 3 p.m. and you will be able to settle in your accommodation from 5 pm. At 6 p.m. the organizers will present you the program of the week and you will meet the rest of the team and form the groups!
- On Sunday morning you will participate in an aquatic evaluation and a initiation to get into the bath! After lunch at the VVF, you will start the practice with a Aqua Walking in Saint Pierre la mer.
- On Monday, the morning will be dedicated to Aqua Walking! After lunch at the VVF, you will participate in an aquagym session to warm up, a healthy preparation for what awaits you next: water games!
- Tuesday, after a second Aqua Walking session, and a well-deserved lunch, our guide will take you to the Gouffre de l'œil Doux, an impressive geological curiosity! A 7.5 km hike with a 100m drop that will give you a great view!
- On Wednesday, you will admire the first light of the day, with your feet and even your legs in the sea! The appointment is made, at 6:00 and everyone should be in the water! Breakfast will be served after this unique experience, then you can recover your strength with an afternoon of relaxation.
- On Thursday, you will resume training! On the program: Aqua Walking in the morning and aquagym in the afternoon!
- Friday is the day to show what you have learned by participating in a mini Aqua Walking challenge! You will have lunch at the VVF and then it will be time to close this week all together!
- On the Saturday of departure, the return of the keys is scheduled before 10 am and you will have the last lunch at the VVF (or packed lunch to take away).



8 days / 7 nights



From 10 to 22 people.



Activities :
Aqua Walking,
With paddle initiation,
hiking, aquagym,
challenge.



Full board

From June 24th to July 1st
2023

555 € /pers*

ERA member rate

Closing date for registration
the 20/05/2023

MORE INFO:

monsejourextra@vvf.fr

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* **The price includes:** accommodation in a room for 2 people, beds made up on arrival, supply of towels, cleaning at the end of the stay, full board from dinner on the first day to lunch on the last day, wine included during the meals, supervision of the Aqua Walking activity by instructors of the French Hiking Federation, access to the leisure access to the VVF leisure facilities, evening entertainment at the VVF. Discount ERA members included. Booking fees offered.

It does not include: aperitifs, coffees, transport and transfer, insurance (20 €/pers.), tourist tax to be paid on site.

Optional: single room supplement according to availability (19,80 €/pers./night)

In addition for non-members of the FFRandonnée: license "pass découverte 8 days" of 4€/pers. to be subscribed on the spot on arrival.

Limited places: minimum 10 people - maximum 22 participants.

Registration deadline: May 20, 2023.

Equipment to bring :

- Water shoes (or sneakers) required
- Swimsuit (1 piece preferably for women), wetsuit or shorts. No loan of wetsuits or equipment available on site.
- Sunglasses, sun hat or cap
- Sunscreen, lip balm

Medical certificate required for non-members

Special Conditions of Sale " VVF Extras ", complete description, access and contact details of the VVF on vfv.fr.

The order of the activities may be modified. We may also have to cancel the stay if the minimum number of participants is not reached.

MORE INFO:

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