

**VVF**

&

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

AQUA WALKING

From 26 august to 2 september 2023



You want to practice the discipline of Aqua Walking? Take part in our federal training course and discover an exceptional territory in the north of the Guérande peninsula which is maritime city in the west of France, located in the department of Loire-Atlantique, in the region of Pays de la Loire. Two levels of Aqua Walking practice are proposed: initiation and confirmed.

- You are expected to arrive on Saturday at 3:00 p.m. and you will be able to move into your accommodation from 5 pm, and then participate in the welcome drink and meet the rest of the team!
- Every morning from 10 am to 12 pm and in the afternoons from 2 pm to 4 pm, you will practice Aqua Walking along the beaches surrounding the VVF. The program will be adapted to the tide times.
- On Sunday afternoon, you will participate in a technical workshop on the principles of Aqua Walking: all the tricks and good advice to practice at best and take advantage of the benefits of this activity.
- On Tuesday morning, a VVF animator will give an initiation session to Yoga.
- Wednesday, after a free afternoon to discover the surroundings or to rest you will practice Aqua Walking in a night session called "moon walk" to walk with in the water under the moon!
- On the Saturday of departure, the return of the keys is scheduled before 10 am and You will have your last lunch at the VVF (or packed lunch to take away).



8 days / 7 nights



From 10 to 22 people.

Activities :
Aqua Walking,
technical workshop,
night session
yoga initiation



Full board

From August 26th to
September 2nd 2023

595 € /pers*

ERA member rate

Closing date for registration
on 20/07/2023

MORE INFO:

monsejouextra@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 Federation of Hiking, 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 (23,70 €/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: July 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 vvf.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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