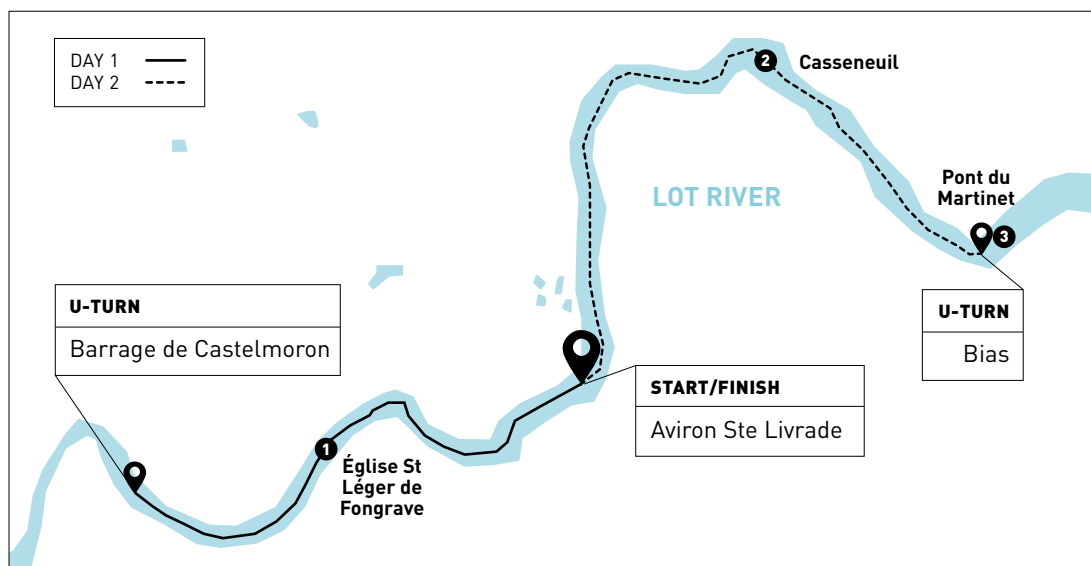


7 &amp; 8 SEPTEMBER

3 DAYS / 40 KM

ROWING LEVEL 

## "RANDO GOURMANDE"


 **Recreational four-person sculling boats**

€ **Rowers : OPTION 1 170 € with accommodation, 2 nights, 4 meals, 2 breakfasts / OPTION 2 120 € with accommodation, 1 night, 3 meals, 1 breakfast / OPTION 3 45 € without accommodation, 1 meal, 1 breakfast**  
**Companions : identical fees**  
**100 seats available, 25 €**

 **AVIRON SAINTE LIVRADE**

Lionel Jouffreau / 07 83 52 49 64

[randogourmande@avironsaintelivrade.fr](mailto:randogourmande@avironsaintelivrade.fr)
 **COMITÉ DÉPARTEMENTAL DU TOURISME DE LOT-ET-GARONNE**

05 53 66 14 14

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 confluence 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, welcome at 5.30/6.00 pm with a discovery of the site, theme meal.

**DAY 1** Welcome and breakfast, visit of local producers. Picnic served by the club, departure downstream on 14 km (energy supply). From 7.30 pm drink and dinner served at the club. Night at the boarding school Lycée Ramiro Arrue, close to the club.

**DAY 2** Breakfast and then departure upstream on 26 km (surprise supply), lunch at the club.