


THAU LAKE : THE SEA GARDEN

 **MAY 09 & 10**
2 DAYS / 55 KM

 **ROWING LEVEL**

ROUTE

Both routes start from the club in Balaruc les Bains (55 kms total). The first route will take you to Sète ("the singular island") and its canals which inspired Jean Vilar, Paul Valéry and Georges Brassens. The joustier watching the entrance of the royal canal will greet you from his pedestal... During the tour you may gaze upon Haussmannian-styled building from the 19th century, Saint Clair mount and Saint Louis church which shelters the city's patron saint. When you reach the sea, you will glance at the sea theater and the seaside cemetery. On the second day you will wander Thau's lagoon which is a true inland sea and the cradle of hundreds of species. Then you will travel along the coast past a small fishermen's village called Bouzigues, where is located the ethnographic museum dedicated to the « sea peasants » and the sea related activities which developed around the lagoon. After both these tours you will take to sea, but without rowing for once. You will go aboard a glass-bottomed boat to visit the shellfish farms and then head towards a lakeside house to enjoy a typical meal while watching the sunset. On the second day you will visit the antic Mediterranean garden and discover its many varieties of trees, whose essence is used for agriculture, horticulture medicine, magic, cooking and cosmetics. The O'balia thermal spa will be the climax of the tour, allowing you a relaxing moment before heading back.

SIGHTSEEING

Thau lake is a classified Natura 2000 site and is the region's largest lake. A strip of sand parts the lagoon from the Lion Gulf, and links Agde volcano and Saint Clair Mountain (Sète). Shellfish are the lake's main resource. 800 shellfish farms manage 2800 shellfish beds which provide the oyster and mussel production. This true island sea is a natural site sheltering an amazing ecosystem which enable many species (400 plants and 100 animals) to thrive, as for example the hippocamps and whelks. The route will offer you amazing viewpoints on Sète (the singular Island), cradle of Languedoc jousts, Balaruc les bains (thermal spa), Bouzigues, Mèze (fishermen towns) and shellfish farms.



PRATICAL INFORMATION



TOUR DURATION
2 days - May 09 & 10, 2020



TOUR PLACE
Thau Lake, Mediterranean Sea



BOATS
Double coastal rowing boat, Quadruple coastal rowing boat



FEES
135€ : with accomodation, 1 night and 3 meals included
100€ : without accomodation, 3 meals included



FOR COMPANIONS
Identical Fees



SEAT RENTAL
30 sièges disponibles, 15€



SAFETY
Supervision : 15 people
Safety boats : 4



PROVISIONAL PLANNING

Day 1 : 8am : You will share a welcome breakfast at the club. 8.30am : Safety briefing. 9am : Boat launch and departure from Balaruc club. 10.30am : You reach Sète canals then head towards the sea and towards Frontignan before turning around to go back to the nautical base (27,5 km total). 1pm : Drinks and lunch. 4pm : Visit of the ethnological museum in Bouzigues. 6pm : You will visit the local shellfish farms and taste some oysters and spend your evening enjoying the sunset while sharing a traditional meal.
Day 2 : 8am : Welcome coffee at the club. 8.30am : Safety briefing. 9am : Boat launch and departure from Balaruc club towards Bouzigues then Mèze. You will make a loop on the lake along the oysters' beds before going back to Balaruc by the coast for a total of 28km. 1.30pm : Drinks then lunch. 3pm : Relaxing moment in O'balia thermal spa and / or visit of the antic Mediterranean garden.

CONTACT

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TO ENLIVEN YOUR STAY

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