

CROSSING ANTIOCHE

This 3 steps tour, spread over two days and destined to veteran sea rowers with a good physical condition, will make you discover a landscape between land and water, strewn between oyster and mussel parks known as the "estran"; a place spanned with "carrelets", fishermen's cabins perched over the water, at the far end of a wooden footbridge. The Pertuis d'Antioche, located between La Rochelle, and the isles of Ré and Oléron, offers a variety of landscapes : you will sail from La Rochelle, a trade town of narrow back-streets and rich history, towards the island of Aix, where Napoleon boarded the ship that took him to Saint-Hélène. Then you will set course for Fort Boyard, before reaching "Oléron la lumineuse" (sunny Oléron), a famed seaside resort abound with beaches, oyster basins, salt marshes, and fortifications. During this voyage, you will enjoy the exceptional setting of rich heritage, which has made the reputation of La Rochelle and nearby island across the world.

19 & 20 JUNE

2 DAYS / 60 KM

ROWING LEVEL 

PRATICAL INFORMATION

TOUR PLACE

Antioche strait

BOATS

Quadruple coastal rowing boat

FEES

140€ : with accommodation, 1 night and 3 meals included

125€ : without accommodation, 3 meals included

FOR COMPANIONS

115€ : with accommodation, 1 night and 3 meals included

100€ : without accommodation, 3 meals included

A biking tour is available on Oléron Island and/or La Rochelle (depending on the number of participants). Bike rental and/or boat crossing fees from Rochelle-Oléron are at the expense of the companions.

SEAT RENTAL

50 seats available, 15€/day



CONTACT

CLUB D'AVIRON DE MER DE LA ROCHELLE

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TO ENLIVEN YOUR STAY

TOURIST OFFICE DE LA ROCHELLE

05 46 41 14 68

www.larochelle-tourisme.com

TOURIST OFFICE ÎLE D'OLÉRON AND BASSIN DE MARENNES

05 46 85 65 23

www.ile-oleron-marennes.com



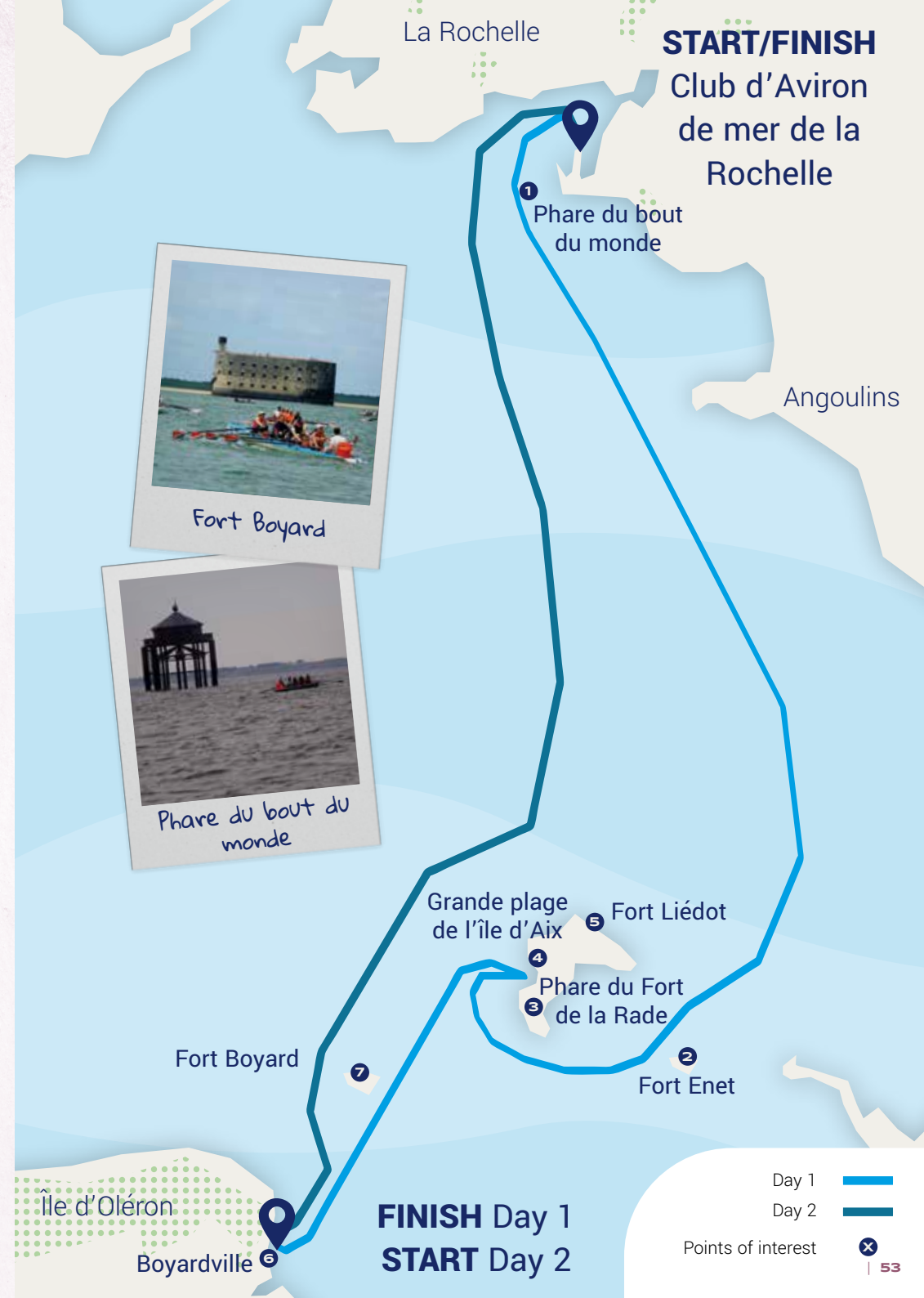
PROVISIONAL PLANNING

You can arrive Friday between 5pm and 8.00pm



Day 1 : Welcome from 7.30am. 9am : Safety briefing and launch

Step 1 - 25 km from La Rochelle (Port des Minimes) to Aix island through the old harbour and Enet fort (picnic) - Step 2 - 10 km from Aix island to Oléron island («Boyardville») through le fort Boyard (Evening meal and night on Oléron island)

Day 2 : Step 3 - 25 km from Oléron island («Boyardville») to La Rochelle (port des Minimes) (1.30pm : Lunch at the club)



FINISH Day 1
START Day 2

Day 1 
Day 2 
Points of interest 