

LAKE ACTIVITIES

Come discover our Lake of Lourdes through various types of boats:

- stand up paddle
- kayak
- canoe

Come just row and admire the scenery or add a hint of craziness on demand by racing or balance games that are very fun! We also offer Yoga on Paddle to relax.

- Supervised session to learn how to improve on any type of boat
- Rental of canoe, kayak or paddle
- Racing or balance games to spice up your session
- Relaxation sessions and yoga on paddle



Disconnection from the outside world and reconnect with yourself !

To know :

These practices are open to all, subject to knowing how to swim at least 25 meters.
Do not forget your cord if you wear glasses!

