



Lake Book

Concept :

Conceived as a follow-up to the virtual Moloka'i-2-Oahu since 2020, our race becomes this year a stage of the

- Swiss Marathon Paddle Cup
- SUP Suisse Tour SST 1000
- SUP World Ranking (events calendar)

It's not just a race, it's an..... Adventure

Date and time: July 20, 2024 departure at 08:00 (reserve July 21, 2024 at 08:00). Weather check on July 17, 2024 at 12:00 to confirm departure.

Location: THE Paddle Club, le Quai 1, 1844 Villeneuve

Schedule :

- 06h30-07h00 Launching
- 07:30 Briefing in front of Peilz Island -water-ring and photo
- 08:00 Start Surfski-Pirogues-Kayak
- 08:05 Start SUP-Prone

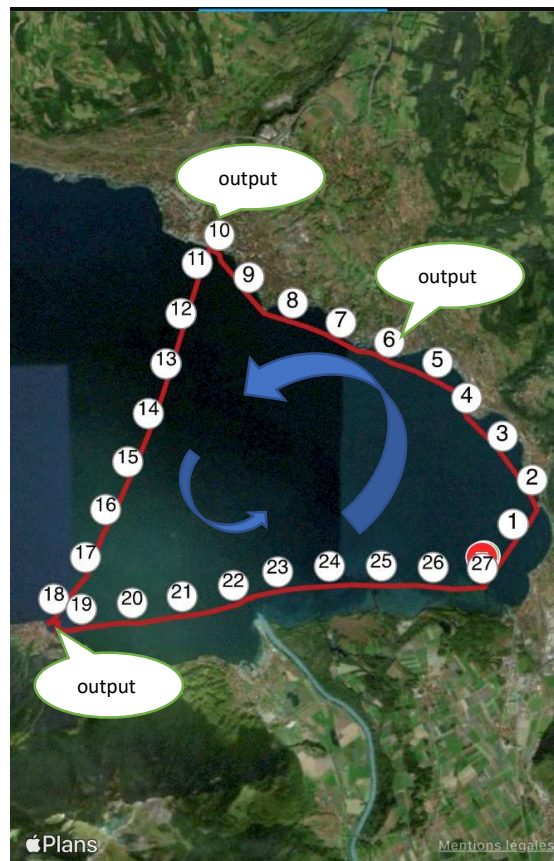
Safety equipment

- Leash and vest (restube or secumar accepted)
- Phone charged in waterproof pocket with safety card supplied by the organization
- Drinks to suit your needs
- Inflatable stand-up paddling prohibited, on validation for the 12km course

2 routes to choose from: 12 km or 27 kms

(Safety alternative in case of bad weather: 2x the 12 km route)

Long route: Ile de Peilz - Château de Chillon (km 2) - Montreux (Freddy Mercury, km 4) - Vevey (Fourchette Alimentarium, km 10) - St-Gingolph (km 18) - Ile de Peilz - Canal de l'Eau Froide (km 27)



Short route: Ile de Peilz - Château de Chillon (km 2)- Montreux (Freddy Mercury, km 4) - Ile de Salagnon (km 7)- Ile de Peilz- Canal de l'Eau Froide (km 12)



Detailed itinerary :

The start line is marked between Peilz Island and the pole (559'854-138'795).



Departure :

Heading for Chillon Castle (560'755-140'377) **km 2**



Head for Montreux (Tour d'Ivoire) continue into the Montreux creek (turn in front of Freddy Mercury) **km 4** (559'265-142'426)

Buoy on boat





Buoy in front of Freddy Mercury

1st escape route Clarens beach **Km 6**

Heading for Ile de Salagnon **km 7**

In front of Ile de Salagnon, if you've opted for the short route, make a 120° turn and head back towards Ile de Peilz. (557'285-143'356)

Buoy on boat



For the long route, continue towards Becque (pointe de) La Tour de Peilz **km 8.5** (caution: high ground)



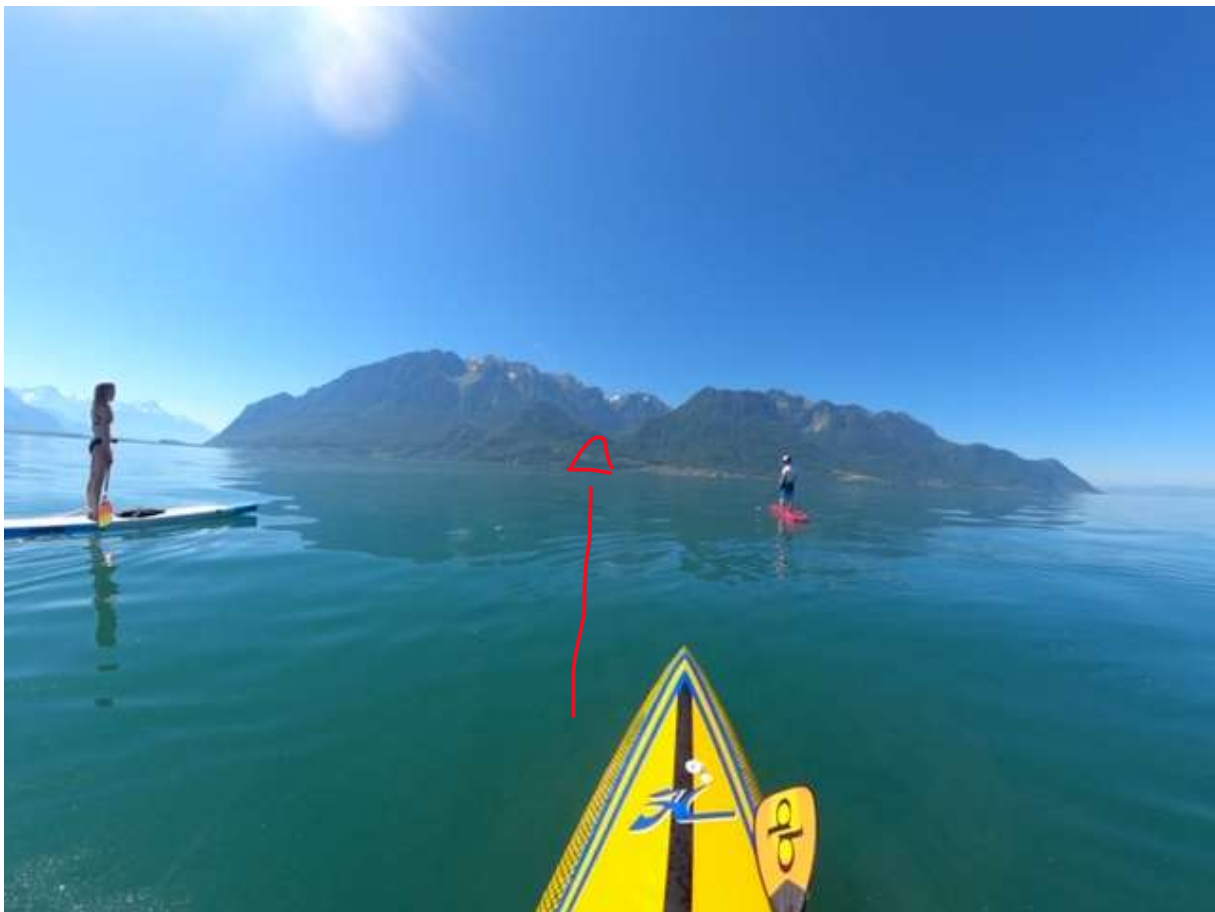
Head for Vevey (La Fourchette-Alimentarium) **km 10** (554'491-145'331)
note that this one may not be clearly visible in the morning sun, but
when you get to the front, you won't be able to miss it....

2^{ème} exit escape route, from this point you start the lake crossing (8 km),
if you are not in good physical condition, please exit at Vevey

Buoy on boat



Heading for St-Gingolph **km 18**, take the direction of Vallée de Novel (see photo), don't hesitate to stay well to the left of this direction. This will avoid you passing France.



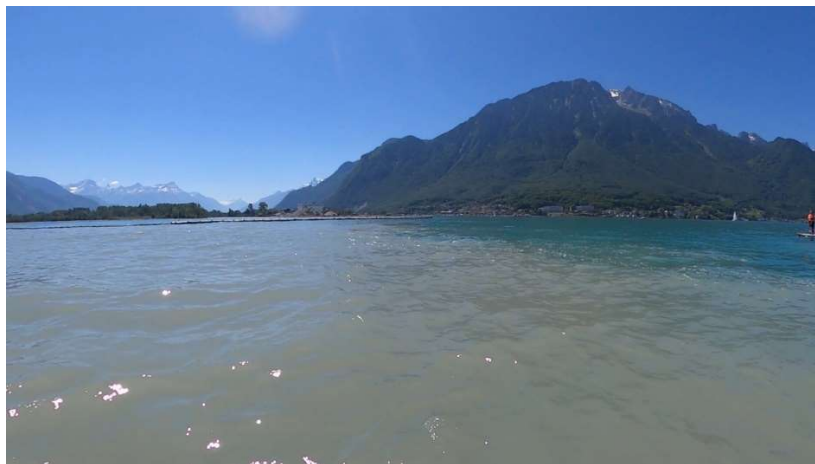
As soon as you see the restaurant umbrellas, you can set course for St-Gingolph - turn in front of the rescue centre (551'416-138'110) **km 18**

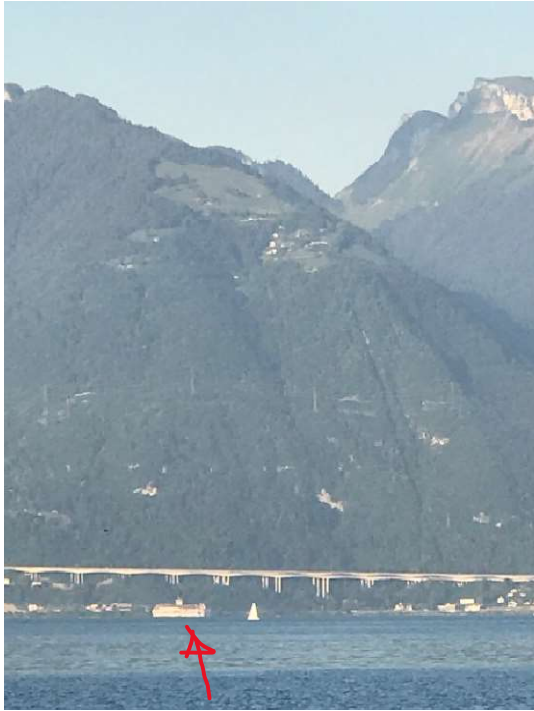
3 rd escape route.

Buoy on boat



Resume course for the Château de Chillon, (trench in the mountain) to pass to port of the Rhône booms. **Km 22**





Set course for Ile de Peilz, pass to port of the island, and head for the finish line towards the bell that will free you from your adventure **(27.500)**.



12 km route 27 km route

Warning ... 3-minute penalty if the island is not rounded in the right direction or a buoy is forgotten.

Well done...

Categories

Stand up Paddle	Men - Women
SUP tandem	Men - Women - Mixed
Outrigger 1	Men - Women
Ourtrigger 2	Men - Women - Mixed
Surfski 1	Men - Women
Surfski 2	Men - Women - Mixed
Canoe- Kayak	Men - Women
Prone	Men - Women
V6	Male - Female - Mixed

The ranking will be established by category (which may be modified according to the number of participants).

We offer a prize to every participant and a special prize for the winner and runner-up of each race.

Security

- 10 boats will be on the course, including
- 1 x photo boat
- 5 x lifeboat
- 4 x follower boat (long course and short course)

If you come across someone with a problem, your help is a priority.

There are 3 possible outings on the long route (see lakebook), and a return vehicle is provided.

With changing weather conditions, it is possible that the long course will be replaced by 2x the short course.

Parking

Parking in front of the mini-golf course and campsite is subject to a charge during the day. There is a free parking lot (10 min walk) behind the Salle de la Tronchenaz.

Housing

There are several campsites and youth hostels in the area

<https://www.camping-club-vaudois.ch/camping-caravaning-les-horizons-bleus-villeneuve/>

<https://www.region-du-leman.ch/fr/P16573/camping-les-grangettes>

<https://www.lamaladaire.com/>

<https://www.closdelageorge.ch/>

<https://www.french.hostelworld.com/Auberges-de-Jeunesse/Montreux/Suisse>

<https://www.duport.ch/>

<https://www.hotel-duquai.ch/>

CGN guidelines

Boats belonging to the Compagnie Générale de Navigation sur Léman have priority. In all cases, you must keep a **distance of 100 m** from a CGN boat and preferably be on the **port side** of the boat in the direction of travel.

For the long route, there will be a risk of crossing at St-Gingolph in the direction of Villeneuve.

Departure St-Gingolph 10h25

Departure Le Bouveret 10:38 a.m.

Departure Villeneuve 11:00 a.m.

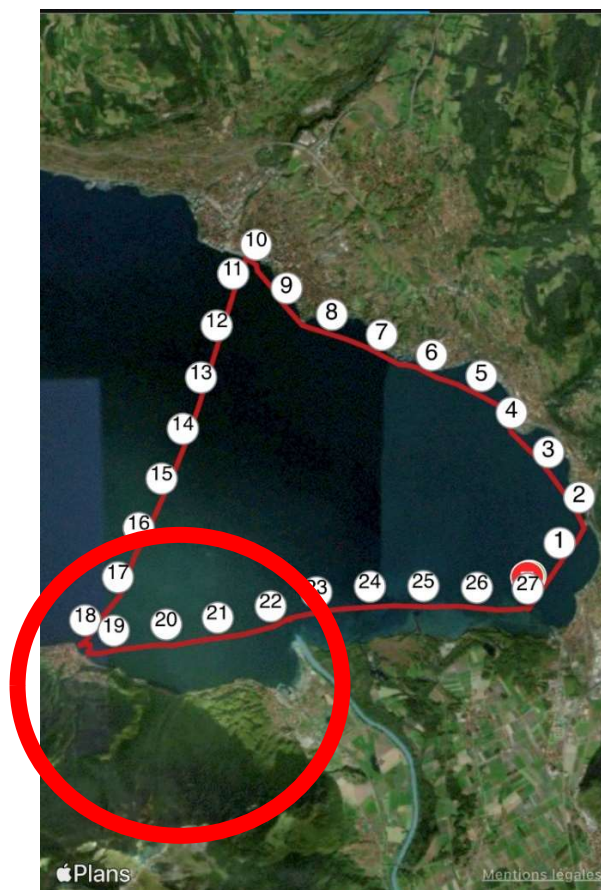
and vice versa

Departure Villeneuve 10:50 a.m.

Departure Le Bouveret 11:15 a.m.

Departure St-Gingolph 11:28 a.m.

We recommend that you pay particular attention between **km 17 and 23**.



For the short route, as soon as you start back to Ile de Peilz, there's a risk of crossing a boat coming from Le Bouveret (departure 09:05) heading for Montreux (09:27/09:30) and then Vevey (09:52/09:55).

