



Lake book

Concept:

Conceived as a successor to the virtual Moloka'i-2-Oahu since 2020, our race is a stage of the

- Swiss Paddle Cup.

It's not just a race, it's a..... adventure

Date and time: July 19, 2025 start at 08.00 am (reserve July 20, 2025 at 08.00 am). Weather check on July 16, 2025 at 12 noon for confirmation of the start.

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

Place de l'Ouchettaz , 1844 VilleneuveZeitplan:

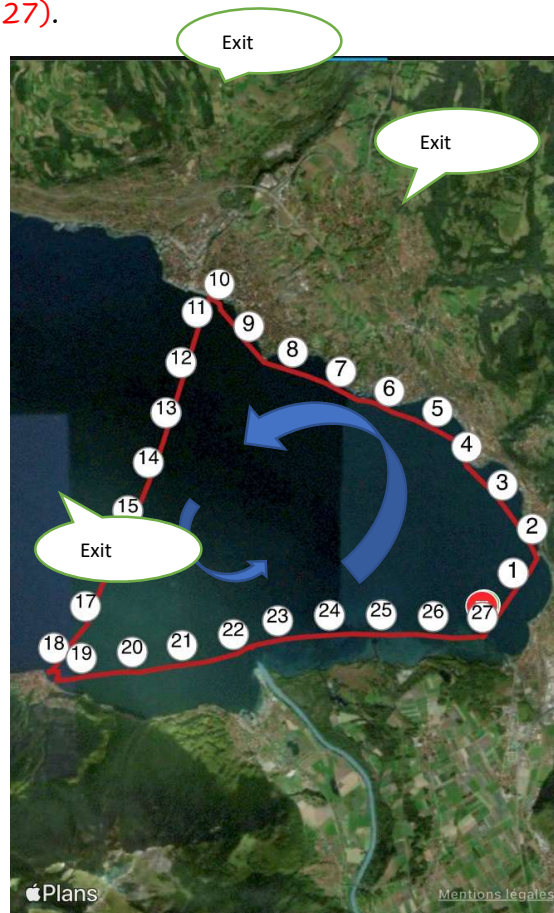
- 06.30-07.00 Launch.
- 07.30 Briefing in front of the island Peilz - water ring and photo.
- 08.00 a.m. Start Surfski-Pirogen-Kayak
- 08.03 hrs Start SUP-Prone
- 08.13 hrs Start V6

Safety equipment

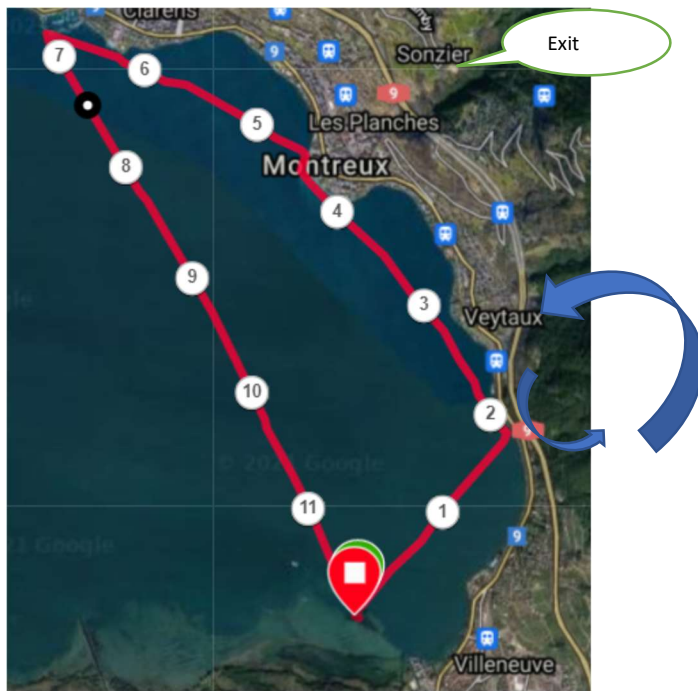
- Leash and vest (Restube or Sekumar accepted)
 - Charged phone in a waterproof bag with the safety data sheet provided by the organization.
 - Drink as required
 - Inflatable stand up paddle prohibited, on validation for the 12km course
- 2 Strecken zur Auswahl: 12 km oder 27 km

(Safety variant 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) - 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 route description:

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



Departure:

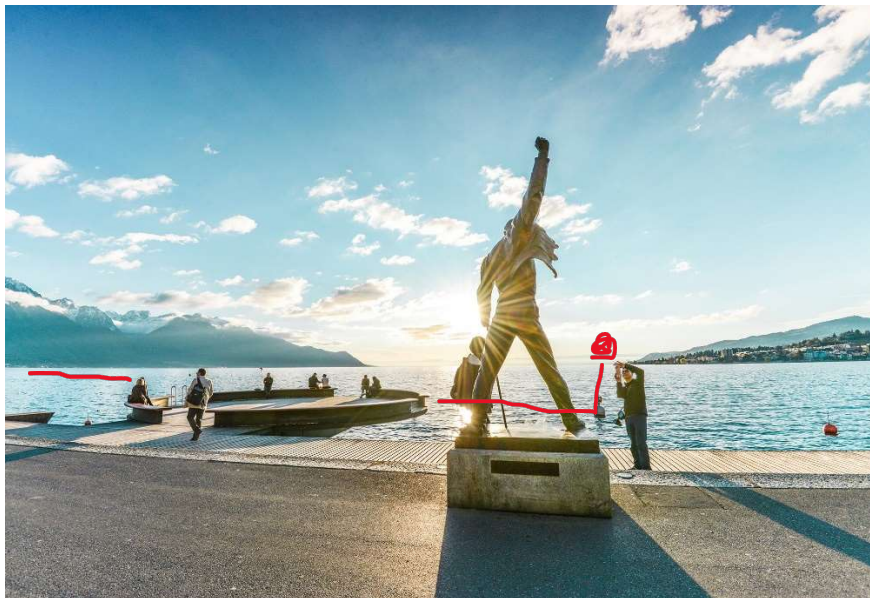
Course towards Chillon Castle (560'755-140'377) **km 2**

Large green buoy



Head for Montreux (ivory tower) Continue into the bay of Montreux (bend before Freddy Mercury) **km 4** (559'265-142'426).

Buoy on boat





Buoy in front of Freddy Mercury

1st escape to the outside The beach of Clarens **km 6**

Head for Ile de Salagnon **km 7**

Before Ile de Salagnon, if you have 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 in the direction of La Becque (point of) La Tour de Peilz **km 8.5** (watch out for high ground)



Head for Vevey (La Fourchette-Alimentarium) **km 10** (554'491-145'331)
Attention this is not necessarily clearly visible in the morning sun, but if you are in front, you cannot miss it.....

2nd exit hatch, from this point you start the lake crossing (**8 km**), if you are not in good shape, please get off in Vevey. Boje auf Boot



Head for St-Gingolph at **km 18** and take the direction of the Vallée de Novel (see photo), do not hesitate to keep far to the left of this direction. This will prevent you from driving over France.



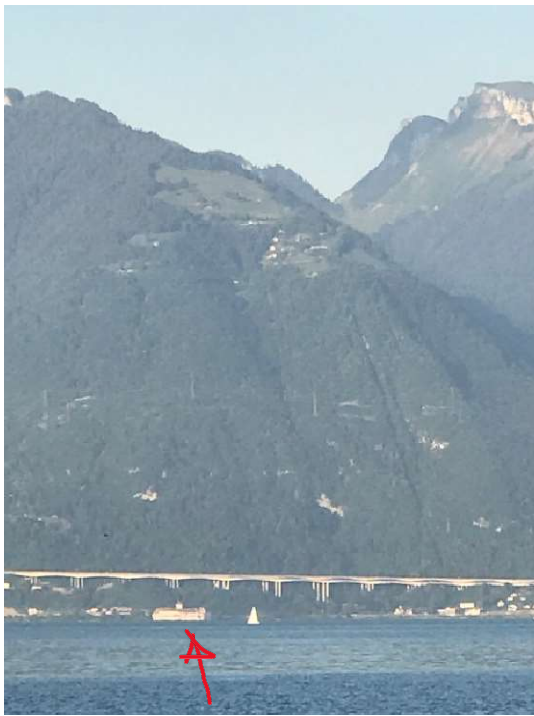
As soon as you see the restaurant umbrellas, you can set course for St-Gingolph - bend before the rescue center (551'416-138'110) **km18**

3rd escape route to the outside

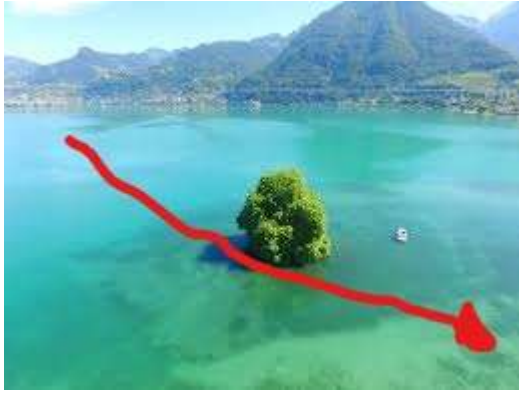
Large green buoy



Set course again for Chillon Castle (cut in the mountains) to pass on the port side of the floating weirs of the Rhône. 22 km



Set course for the Ile de Peilz, sail past the port side of the island and head for the finish line to the bell that will release you from your adventure (27,500).



12 km route



27 km route

Attention ... 3-minute penalty if the island is not circumnavigated in the correct direction or a buoy is forgotten on the course.

Well done...

Categories

Stand up Paddle	Men - Women
SUP Tandem	Men - Women - Mixed
Outrigger 1	Men - Women
Ourtrigger 2	Men - Women - Mixed
Va'a	Men - Women
Surfski 1	Men - Women
Surfski 2	Men - Women - Mixed
Canoe - Kayak	Men - Women
Prone	Men - Women
V6	Men - Women - Mixed

The ranking list will be drawn up by category (this can be changed depending on the number of participants). We offer a prize for each participant and a special prize for the last one in each race.

Security

10 boats will be on the course, including

1 x photo boat

5 x rescue boat

4 x chase boats (long course and short course).

If you come across someone who has a problem, your assistance will take priority.

There are 3 possible exits on the big course (see Lakebook), and a retrieval craft is provided.

In changing weather conditions, the large course may be replaced by the small course twice.

Parking lot

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

Accommodation

There are several campsites and youth hostels in the region.

[VILLENEUVE – LES HORIZONS BLEUS – camping vaud](#)

[Camping Les Grangettes | myvaud](#)

[LA MALADAIRE | Camping / Restaurant / Plage à la Tour-de-Peilz](#)

[Camping du Clos de la George](#)

[Hostels à Montreux à Partir de Fr.48.60](#)

[Hôtel du Port à Villeneuve: Accueil](#)

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

CGN Guidelines

The ships of the Compagnie Générale de Navigation sur Léman have priority.

In any case, you must keep a **distance of 100 m with a CGN vessel** and preferably in **babord** of the vessel in the direction of travel.

For the long distances, Villeneuve there is a danger of a crossing in the direction of St-Gingolph.

Departure Villeneuve 10.58 a.m.

Departure Le Bouveret 11.20 a.m.

Departure St-Gingolph 11.33 a.m.

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



For the short distance, As soon as you start the return journey to Ile de Peilz, there is a risk that a boat from **Le Bouveret** (departure 08:40) will meet you in the direction of **Montreux** (09:00/09:05) and then continue in the direction of **Vevey** (09:25/09:30).

