



Lake Book

Concept:

Developed following the virtual Moloka'i-2-Oahu race since 2020, our race is a stage of the

- **Swiss Paddle Cup**

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

Date and time: July 11, 2026, starting at 8:00 a.m.

Check the weather forecast on July 9, 2026, at 12:00 p.m. for confirmation of the course.

Location: THE Paddle Club, Quai 1, 1844 Villeneuve

Place de l'Ouchettaz, 1844 Villeneuve

Schedule:

- 6:30–7:00 AM Launch
- 7:30 AM Briefing in front of Peilz Island—water ring and photo
- 8:00 AM Start: Surfskis, Canoes, Kayaks
- 8:03 AM Start: SUP-Prone
- 8:13 AM Start: V6
- 8:13 AM Start: Pump Foil (from the harbor deck)

Safety Equipment

- Leash and life jacket (Restube or Sécumar accepted)
- Charged phone in a waterproof bag with the safety sheet provided by the organization
- Drinks as needed
- Inflatable stand-up paddleboards prohibited; subject to approval for the 12 km course

2 courses to choose from: 12 km or 27 km

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



Short route: Peilz Island – Chillon Castle (2 km) – Montreux (Freddy Mercury, 4 km) – Salagnon Island (7 km) – Peilz Island – Eau Froide Canal (12 km)



Detailed route:

The starting line is marked between Peilz Island and the marker (559'854-138'795)



Start:

Head for Chillon Castle (560,755-140,377) 2 km

Large green buoy



Head toward Montreux (Tour d'Ivoire), continue through the Montreux cove (turn in front of Freddy Mercury) at km 4 (559'265-142'426)

Large yellow buoy





A buoy in front of Freddy Mercury

1st exit ramp: Clarens Beach, **Km 6**

Head toward Ile de Salagnon, **7 km**

When you reach Salagnon Island, if you've chosen the short route, make a 120-degree turn and head back toward Peilz Island. (557'285-143'356)

Buoy on a boat



For the long route, continue toward La Becque (Pointe de) La Tour de Peilz, **8.5 km** (watch out for shallow water)



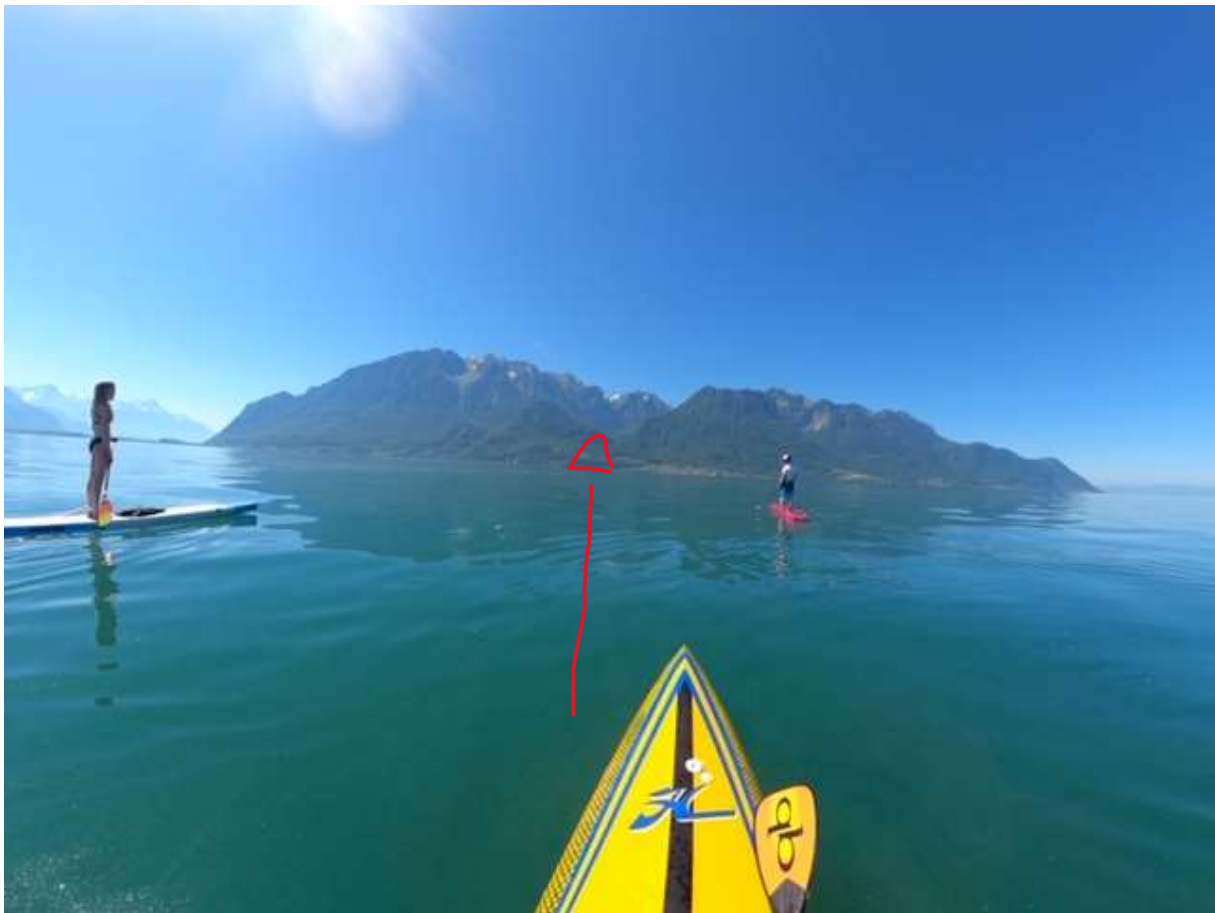
Head toward Vevey (La Fourchette-Alimentarium) at the **10 km** mark (554'491-145'331). Note that this marker may not be clearly visible in the morning sun, but once you're right in front of it, you won't be able to miss it...

Second exit point; from here, you begin the lake crossing (**8 km**). If you're not in good physical condition, please exit at Vevey

Buoy on a boat



Head toward St-Gingolph (18 km), then follow the signs for the Novel Valley (see photo). Be sure to stay well to the left of this route. This will prevent you from passing through France.



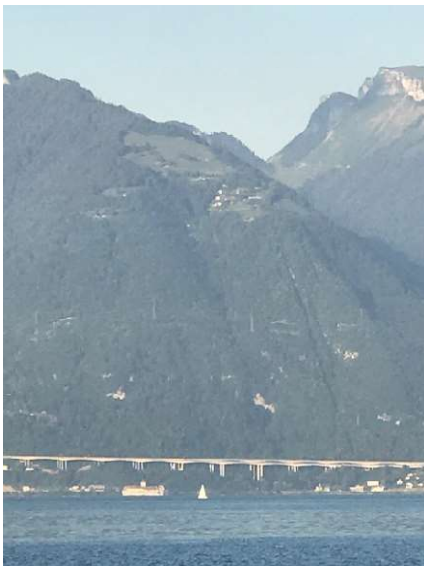
As soon as you see the restaurant umbrellas, head toward St-Gingolph—turn in front of the rescue station (551'416-138'110) km18

3rd exit route.

Large yellow buoy



Head back toward Chillon Castle (carved into the mountainside) to pass on the port side of the floating barriers on the Rhône. **Mile 22**



Set a course for Peilz Island, pass to the port side of the island, and head toward the finish line and the bell that will mark the end of your adventure **(27,500)**



12-km route



27-km route

Warning... A 3-minute penalty will be assessed if the island is not rounded in the correct direction or if a buoy on the course is missed

Head to the finish line in front of Place de l'Ouchettaz and go around the buoy following the direction shown in the map below



Bravo...

Categories

Stand-Up Paddle Men – Women

Tandem SUP Men – Women – Mixed

Outrigger 1 Men – Women

Outrigger 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

Pump Foil Men – Women

The rankings will be determined by category (which may be modified depending on the number of participants)

We offer a prize to every participant and a special prize for the last finisher in each race.

Safety

10 boats will be on the course, including

1 x photo boat

5 x rescue boats

4 x support boats (long course and short course)

If you encounter someone in trouble, your assistance is a priority.

There are 3 possible exit points on the long course (see lakebook), and a transport vehicle is provided.

Due to changing weather conditions, the long course may be replaced by 2x the short course

Parking

Parking in front of the mini-golf course and the campground requires a fee during the day. There is a long-term parking lot (a 10-minute walk) behind the Tronchenaz Hall.

Accommodations

There are several campgrounds 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

Vessels operated by the Compagnie Générale de Navigation sur Léman have the right of way.

In all cases, you must maintain a distance of **100 meters from a CGN vessel** and, if possible, stay on the port side of the vessel relative to its direction of travel.

There is a risk of encountering a boat coming from **Le Bouveret** (departing at 9:10 a.m.) heading toward **Montreux** (9:35 a.m.), and then continuing on toward **Vevey** (9:55 a.m.)

Traffic from La Fourchette toward St-Gingolph will be halted **for 5 minutes between 9:45 a.m. and 9:50 a.m.** to allow the boat to pass.

