

Weekly schedule :

AQUATIC VIBRATION ON THE ATLANTIC COAST

Dates : July

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MATIN	3.5H OF COURSES			3H OF COURSES			1H30 OF COURSES
MIDI	COOKING WORKSHOP + MEAL	LACANAU AND AQUATIC ACTIVITY	VISIT OF ARCACHON AND BOAT TRIP	<u>VISIT OF ST EMILION AND ONE VINYARD</u>	VISIT OF LE CAP FERRET AND OYSTERS TASTING	VISITE OF SOULAC AND THE POINT OF GRAVE	MONTALIVET'S MARKET + MEAL
APRÈS-MIDI	VISIT OF BORDEAUX						ACTIVITY ON DEMAND, BIKING, BEACH, LIGHTHOUSE ETC.
SOIR	FREE	FREE	FREE	FREE	FREE	FREE	RETURN EVENING OR SUNDAY

6 OR 7 NIGHTS IN BORDEAUX - 1 OR 2 NIGHTS IN SOULAC