

PRACTICAL INFORMATION

24^{ème}
édition

Voiles du Froid

Cité de la Voile, Lorient

L'île de Groix

10-11-12
JUN 2016

Mobil SHC



climalife



Honeywell



Rpf



L'île de Groix



Dear sailors,

Climalife and its partners are delighted to welcome you for the **24th edition** of the Voiles du Froid on **Friday 10th of June at 10.30 AM** at the **Cité de la Voile Eric Tabarly** (Lorient) to navigate towards **l'île de Groix**.

Please find enclosed some practical information



Summary

[Access to Cité de la Voile in Lorient - The Base](#)

[Program – Friday](#)

[Program – Saturday](#)

[Program – Sunday](#)

[Plans](#)

[Don't forget !](#)

[Useful phone numbers](#)

Annex :

[Racing advices](#)

[Accommodations](#)

How to get to the Cité de La Voile in Lorient – The Base

Submarine base of Keroman, 56100 Lorient
[GPS] Latitude : 47.748252 | Longitude : -3.370245

By plane



Lann-Bihoué Airport Lorient South Brittany (13 km)

by car : Follow direction Lorient - N165, 2nd exit direction Lorient. Follow direction "Lorient / Larmor-Plage". At the roundabout of Keroman, take the 2nd exit and enter the submarine base. Go straight ahead at the 2 following roundabouts. Take to the right at the 3rd roundabout: Cité de la Voile - Taxi : (+33) 02 97 21 29 29



Nantes Atlantique Airport (171 km) By car, take the N165, follow direction "Lorient / Larmor-Plage". At the roundabout of Keroman, take the 2nd exit and enter the submarine base. Go straight ahead at the 2 following roundabouts. Take to the right at the 3rd roundabout: Cité de la Voile - Taxi : (+33) 02 40 69 22 22

By train



SNCF train station of Lorient

by bus : Go to the bus station located at the back of the train station. Take the bus line 21 "Lanester-Jardins du Blavet / Lorient-Port de pêche". Get off at the busstop "Cité de la Voile".

By car : Follow direction Lorient - N165, 2nd exit direction Lorient. Follow direction "Lorient / Larmor-Plage". At the roundabout of Keroman, take the 2nd exit and enter the submarine base. Go straight ahead at the 2 following roundabouts. Take to the right at the 3rd roundabout: Cité de la Voile - Taxi : (+33) 02 97 21 29 29



By car



From Rennes, Nantes, Vannes : On the N165, follow direction "Lorient / Larmor-Plage". At the roundabout of Keroman, take the 2nd exit and enter the submarine base. Go straight ahead at the 2 following roundabouts. Take to the right at the 3rd roundabout. Leave your car at the parking of the base



From Quimper : On the N165, take the 2nd exit direction Lorient. follow direction "Lorient / Larmor-Plage". At the roundabout of Keroman, take the 2nd exit and enter the submarine base. Go straight ahead at the 2 following roundabouts. Take to the right at the 3rd roundabout. Leave your car at the parking of the base

Friday 10th June 2016

10h30 – 12h00

Welcome & inscription of the participants

12h00 – 13h15

Lunch at the docks

13h30 – 13h45

Briefing of the participants

13h45

Departure from the port of the Cité de La Voile of Lorient The Base

13h45-14h30

Handover of the sailing boats

14h30 – 18h30

Regatta

Mobil SHC™

Regatta

Kelvion



18h30 - 19h00

Arrival at the port Tudy of île de Groix

19h00-20h00

Hotel check-in

20h00 – 23h00

Evening « Ty-Breizh » at Fort du Grip

Conclusion of the evening @ Ti Beudeff



* provisional program

climalife®

Saturday 11th June 2016

9h15-9h30

Rendez-vous & boarding at the pontoon of port Tudy

10h00 – 13h15

Regatta **Honeywell**

Regatta 
ite-tools.com

13h30 – 15h00

Lunch and landing on the beach «Les Grands Sables»

15h30 – 17h30

Regatta «Loups de Mer »
(catfish)



Walk back to the Port Tudy by the coastal footpath

20h00

Climalife reception at the party hall of Groix



*provisional program

climalife

Sunday 12th June 2016

9h00-9h30

Boarding on the boats for all participants

10h00 – 12h00

Regatta

climalife®

12h30 – 14h00

Award ceremony and closing cocktail at «La Cité de la Voile »

14h30

The end



*prévisionnel

climalife®





Escalier et chemin du Port Tudy vers Fort du Gripp (Soirée Ty-Breizh)

Stairs and path from Port Tudy to Fort du Gripp (Ty-Breizh evening)



Don't forget...

Mandatory : send your **MEDICAL CERTIFICATE** stating that you are capable to sail before **20th May 2016**

Also bring

- ⚓ Medicines against seasickness
- ⚓ Sailing gloves, a rainjacket and boots
- ⚓ Warm and waterproof clothes
- ⚓ A swimsuit and a bath towel
- ⚓ Sunglasses, cap and sunblock
- ⚓ Sneakers and shorts
- ⚓ And last but not least be utterly fit to navigate!

If you have chosen to sleep on the sailing boat ...

- ⚓ don't forget your sleeping bag !

Some suggestions...

- sausages, rolls, dips, toasts to spread, ...
- crisps, olives, salty pastry,...
- beer, white, red or rosé wine, other local drinks from your country

For the evening party on Friday:

- ⚓ Habits have changed this year: we prepare for you a « Ty-Breizh » evening with hot meal!
- ⚓ However, we would like you to bring some snacks for the aperitive and regional drinks for the party
- ⚓ Foresee some warm clothing

useful phone numbers

You are in permanent connection with the speedboat of the organization, if you need us call up through the VHFradio or by mobile phone. For other problems please find below some **emergency phone numbers**:

climalife®	Delphine MARTIN	+33 6 22 21 42 67
	Jocelyne BOISNEAULT	+33 6 26 58 06 47
	Sophie FENAIN	+49 172 26 47 833
	Sofie CATTRY	+32 473 26 22 36
	Aurélie DEHON	+33 7 63 03 75 69
	Michel PRALON	+33 6 03 43 05 12
	Vincent MOUREAUX	+33 6 16 80 39 51
TEAM YACHTING	Géraud LE ROUX	+33 6 19 22 20 24
	Romain LEPINE	+33 6 13 29 61 70
Tourism office Lorient	Quai de Rohan, 56100 LORIENT	+33 02 97 847 800
Tourism office Groix	Port Tudy 56590 ILE DE GROIX	+33 02 97 847 800
Police		17
Police of Lorient		+33 2 97 02 21 17
SAMU		15
Fire brigade		18
Sea Rescue : SNSM		+33 2 97 55 35 35
Harbours master's Office Cité de la Voile (Lorient)	Sylvain MOREL	+33 2 97 87 00 46 +33 6 28 56 31 49
Harbours master's office île de Groix	Port Tudy	+33 2 97 86 54 62
Sailing committee	Julien BOTUAN	+33 2 97 84 81 30 +33 6 31 31 20 18
SOS doctor	18 Rue Colonel Jean Muller, 56100 Lorient	0 825 85 03 08
Doctor	Lorient : 15 rue Hector Berlioz, 56100 Lorient	+33 2 97 37 66 02
	Groix : 1 Rue du Général de Gaulle	+33 2 97 59 46 81
Pharmacy	Lorient : 21 Rue de Carnel, 56100 Lorient	+33 2 97 64 37 77
	Groix : 5 Rue du Général de Gaulle, 56590 Groix	+33 2 97 86 81 68
Bodélio hospital	27 Rue du Docteur Lettry 56100 LORIENT	+33 2 97 64 90 00
Poison control center	Rennes	+33 2 99 59 22 22
RESCUE from your mobile phone		112
Shuttle boat Lorient to Groix	Compagnie Océane	+33 2 97 35 02 00