



Hello all,

We will be waiting you at the [Cruckin campiste](#) in Paimpol on **Saturday 16 April from 2pm.**

*Please note that the campiste is closed during this period and will only be open for the duration of the Symposium (from Saturday 16 April to Sunday morning 24 April). Outside of these dates, you can go to other campsites (<http://www.campingpanorama.com/camping-du-rohou.php>, for example).*

Dès l'ouverture, vous pourrez profiter du **Village Kayak** avec la présence de plusieurs partenaires ([Alpine Paddle](#), [BeKayak](#), [Idoine Kayak](#), [Nautiraid](#), [Njord Aventure](#), [Tentes4Saisons](#)). Nous sommes également soutenus par d'autres partenaires, malheureusement non présents sur le site : [MACK](#), [Passion Nature](#), [Plasmor](#).

Please note that the day of April 16 will end, after a welcome speech and presentation of the Symposium, with the traditional "**Apéro des regions**".

*In this respect, we remind you of the principle: everyone brings something to drink and/or eat, to discover and share typical products from each region and country*

	<b>Samedi 16 Avril Saturday, April 16th</b>	<b>Dimanche 17 Avril Sunday, April 17th</b>	<b>Lundi 18 Avril Monday, April 18th</b>	<b>Mardi 19 Avril Tuesday, April 19th</b>
<b>08:30-09:00</b>		Briefing Quotidien Daily briefing	Briefing Quotidien Daily briefing	Briefing Quotidien Daily briefing
<b>09:00-09:30</b>		Symposium Jour 1 Symposium Day 1	Symposium Jour 2 Symposium Day 2	Symposium Jour 3 Symposium Day 3
09:30-10:00				
10:00-10:30				
10:30-11:00				
11:00-11:30				
11:30-12:00				
12:00-12:30				
12:30-13:00				
13:00-13:30				
13:30-14:00				
<b>14:00-14:30</b>	Accueil - inscriptions & Installations sur le camp Home - Registration & Camp Facilities			
14:30-15:00				
15:00-15:30				
15:30-16:00				
16:00-16:30				
16:30-17:00				
17:00-17:30				
17:30-18:00				
18:00-18:30				

<b>18:30-19:00</b>		Yoga & Stretching	Yoga & Stretching	Yoga & Stretching
<b>19:00-19:30</b>	Présentation du Symposium CK/mer Presentation of the CK/mer Symposium			
<b>19:30-20:00</b>	Apéro des régions			Repas Symposium Symposium Dinner
<b>20:00-20:30</b>				
<b>20:30-21:00</b>				
<b>21:00- +</b>			Kayak & Environnement - Enjeux et Perspectives	

The selected workshop of the Symposium :

- Incident management and rescue techniques
- Rescues and auto-rescues
- Paddling manoeuvres and techniques (European paddle, Greenlandic paddle, Greenlandic storm paddle)
- RockHopping
- Tide race courses (intermediate and advanced)
- Trip preparation
- Leadership
- Eskimo rolling (initiation, advanced traditional eskimo rolling, eskimo rolling in engaged situation)

You will be supervised during these workshops by the following coaches :

Agnès	Penisson	Planete Kayak
Anna	Moreno	Pagaia
Anton		SeaKayak Spain
Aurélien	Coffignal	Plouhinec Kayak
David	Appere	Camino-Kayak
Gwendal	Le Lan	Cercle Ria d'Etel
Jean-Christian		Palavas Canoe-Kayak
Jean-marc	Terrade	Interactions Pleine Nature
Jérôme	Le Ray	CK/mer
Kai	Urban	Salzwasser Union
Manolo	Pastoriza	Indépendant
Marc	Martin	SeaKayak Spain
Michal	Maderova	SixKnots
Mirco	Stefan	SKUK
Natalie	Maderova	SixKnots
Olivier	Grosset	Indépendant



Patrice	Duval	Indépendant
Richard	Uren	Paddlecrest Coaching
Rick	Cooper	<a href="http://www.britishseakayaks.co.uk">www.britishseakayaks.co.uk</a>
Vincent	Achard	Camino-Kayak
Yann	Lemoine	Peuple Nomade

### Tuesday 19th April, a festive meal will be organized.

For those registered from Wednesday 20 to Sunday 24 April for the week of sailing (Wednesday, Thursday, Friday and Saturday), the reception will be in two stages:

- **Tuesday 19th April from 18:00 to 19:30**
- **or on Wednesday 20 April from 8.00 am**

*For those registered for the week of navigation only (formula 3 - 140€), please note that you will take part in the festive meal on the evening of Tuesday 19<sup>th</sup>, April with a supplement of 15.00€ to be paid on site.*

**Each morning, briefing under the barnum at 08h30** then we will go to our respective practice sites. Various information will be posted under the barnum. Registrations on the boards under the barnum. The proposed activities are likely to be adjusted according to the number of participants (a strong demand on a theme could lead to the opening of another group).

At the **end of the day (6.30-7.30 pm)**, you will be able to follow a **yoga session**, to recover from your day, in the expression room next to the campsite.

At the end of the week, **on Friday 22th April, a festive meal with a concert will be organized.**

	<b>Mercredi 20 Avril Wednesday, April 20th</b>		<b>Jeudi 21 Avril Thursday, April 21th</b>		<b>Vendredi 22 Avril Friday, April 22th</b>		<b>Samedi 23 Avril Saturday, April 23th</b>	
<b>08:30-09:00</b>	Briefing Quotidien Daily briefing		Briefing Quotidien Daily briefing		Briefing Quotidien Daily briefing		Briefing Quotidien Daily briefing	
<b>09:00-09:30</b>	Accueil & Inscriptions Registration	Navigation Jour 1 Paddling Day 1	Navigation Jour 2 Paddling Day 2	Pagaies Couleurs / EPP level 3	Navigation Jour 3 Paddling Day 3	Pagaies Couleurs / EPP level 3	Navigation Jour 4 Paddling Day 4	Paimpol Kayak Day
09:30-10:00								
10:00-10:30								
<b>10:30-11:00</b>								
11:00-11:30								
11:30-12:00								
12:00-12:30								
12:30-13:00								
13:00-13:30								
13:30-14:00								
14:00-14:30								
14:30-15:00								
15:00-15:30								
15:30-16:00								
16:00-16:30								
16:30-17:00								

17:00-17:30								
17:30-18:00								
18:00-18:30								
18:30-19:00	Yoga & Stretching			Yoga & Stretching			Yoga & Stretching	
19:00-19:30	Yoga & Stretching			Yoga & Stretching			Yoga & Stretching	
19:30-20:00							Repas Symposium Symposium Dinner	
20:00-20:30								
20:30-21:00								
21:00- +	Présentation sur prévisions océanographiques							

### Other information :

Contact our partners in the Kayak Village, in order to be delivered on site. That will better for the planet.

Don't forget to take your kayak trolleys, some marine maps will be offered to you in the welcome pack.

Presence of a food truck at the entrance of the campsite: ÔP'tiCreux (Monday 18th April in the evening) and a pizza truck - Ty Pizza (Wednesday 20th April in the evening)

Kayak Day in Paimpol on Saturday 23rd April with a kayak trip open to all. For those who wish, sailing will also be offered on that day.