



CHM MONTA

SINCE 1950

Welcome to
CHM Montalivët



WELCOME

MESSAGE FROM THE DIRECTOR,

Dear Naturist Friends,

It is great to be back in touch with you again after the long winter months. Your CHM is ready to welcome you for a new summer season, which we hope will be outstanding.

For our second year at the head of this iconic and historic site, with some great moments last year, my teams and I have been working to set up an even more complete programme of activities and events to turn your summer into an enchanting break.

Alongside all the staff and with all our heart, we hope you will enjoy it and will have an unforgettable experience.

Your well-being and your happiness are our driving force, your satisfaction is our main priority!

Welcome home.

OLIVIER TESTARD



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CHM MONTA Domaine Naturiste

NATURIST VALUES

To be at the CHM means to subscribe to the fundamental values of naturism, nudity, respect for the others, for oneself and for the environment...

RESPECT OF NUDITY

- You are in a naturist centre. Nudity is the rule in all the premises of the CHM.
- Several ambassadors of the naturist ethic will raise awareness among holiday-makers about the main values of this lifestyle.
- If the weather, hygiene, or security conditions require clothes, let's choose sobriety (sarong, large clothes, sportswear).
- Parents, let's help children to respect the naturist gear, in spite of the temptation to seek protection or clothes as outfits.

REMINDER OF THE RULES

Not respecting the nudity on site might cause a warning from the staff who have the responsibility to make sure that the internal rules are respected. If two successive warnings are issued, the offender will be permanently excluded from the site.

ACKNOWLEDGE INDIVIDUAL FREEDOMS AND ENSURE SAFETY FOR ALL

- Let's live our nudity in total liberty in the respect of the rules which guarantee the freedom of all.
- Let's lower the volume of our radio, wherever we are, so as to have a quiet stay.
- Let's avoid talking loudly specially at night.
- Respect the equipment provided and the amenities of the centre so that everyone can enjoy them.
- Let's give a sense of responsibility to our children who ride their bicycles so as to avoid accidents.
- Let's build on our tolerance.

► RESPECTING YOURSELF & OTHERS

Because we all feel concerned, let's all participate in the permanence of naturism in the CHM and to the safeguard of the true values attached to it.

INTERIOR REGULATIONS



ARRIVAL

Between 5pm and 7pm
(Rentals)

From 12pm (Camping pitches)

- **48h maximum after your arrival:** you must hand in your completed policy form and your inventory.



DEPARTURE

Before 10am
(Rentals)

Before 12pm
(Camping pitches)

- **The cleaning service at the end of your stay** is not included. You have the possibility to take out a cleaning package at least **48 hours maximum** after your arrival.
- **If the housework is not done at the end of your stay** the sum of **90€** will be retained.
- **After your departure** a satisfaction questionnaire will be sent to you. We would be curious to know how your stay went!
- **You will be charged** for an additional day after 12 noon.

► GENERAL



Badge mandatory wearing



Canis available for dog excrement



Hold your dogs on a lead



Mandatory declaration of visitors at the reception of the campsite



Silence between 11pm-7am



Coal barbecue prohibited



No smoking indoors

► CAMPSITE TRAFFIC



Traffic prohibited from 0:30am to 6am



Barrier closed from 0:30am to 6am



10Km/h limit on the whole site



1 vehicle per location maximum

CHM RULES

- **Badge checks for your safety.** Spot checks at the different entrances to the CHM are carried out. Everyone must wear their badge, for your tranquility and your children's safety.

- **CHM declines all responsibility** in case of a theft. Do not leave any objects of value in your accommodation (tent, caravan, rental, motor home) during your absence.

- **Parking on neighbouring pitches** is not permitted.

- **Car traffic is regulated** by the Highway Code. The maximum speed limit in force is 10km/h. In order to avoid pollution and nuisance, use your bike, not your car. **Watch out for children!**

- **Bike traffic is regulated** by the Highway Code too.

- For your security, respect the direction of traffic and turn on your light when you ride in the darkness.

- Cycle safely!

- Stick to the Highway Code

- Watch out for other vehicles

- Be alert to road conditions

- Have the right equipment (brakes, light, etc.)

- **The night gates** : are open from 6am to 0:30am. All traffic is forbidden between 0:30am to 6am.

RESPECTING YOUR NEIGHBOURS

- **It is forbidden** to take photos and/or film individuals or groups with in the campsite.

- **Campers are expected to refrain** from any action which could be detrimental to the cleanliness, hygiene or appearance of the campsite and its facilities, especially sanitation facilities.

- **In order to respect your neighbours**, it is asked that you avoid all noise or disruption which could disturb others. Any sound equipment should therefore be used sensitively.

NATURISM

CHM is an exclusively naturist campsite/holiday village; full nudity is compulsory and must be respected by anyone accessing the site. The wearing of swimsuits and/or swimming shorts, thongs, intimate jewelry is strictly prohibited. The naturist rules of life exclude any ambiguity or any form of exhibitionism or provocation.

Any breach of these rules will be penalized by the immediate expulsion of its author with immediate and definitive termination of the stay and/or the rental contract of the location.

BRINGING YOUR PET

- **Pets are accepted** after presentation of an up-to-date vaccination certificate.

- **1st and 2nd category dogs** are forbidden.

- **Dogs must be kept on a leash** and their owners must always immediately remove the animals' droppings.

- **There are plastic bags** at your disposal at the entrance of our two beach accesses, near the indoor swimming pool, at the cash dispenser in the shopping center and at the reception upon request.

- **For hygienic reasons**, animals are neither admitted at the beach from 11am to 7pm, the swimming pool, inside the shops and other businesses, nor in the sanitary buildings.

- **Do not leave dogs** alone for too long in the accommodation or on the pitches.

- **Any abandonment** of animals being punishable by law, a declaration will be made to the competent authorities.

ECO-FRIENDLY GESTURES

- **Water** is precious, don't waste it!

- **Car washing** or any form of watering the shared pathways or pitches is forbidden.

- **Household waste** must be placed in the bins provided.

WORTH REMEMBERING

Beach : The Ocean is full of dangers which are often invisible. Observing the bathing limits indicated by two red and yellow flags is the key to happy holidays!

RISKS RELATING TO SWIMMING ON THE GIRONDE COASTLINE

Strong *baïne* currents and shore breaks (very strong waves close to shore) can surprise unsuspecting swimmers which is why it is important to respect the warning signs and safety notices and to swim in the lifeguard supervised areas.

If you are caught by a current, it is important not to resist but to let yourself be taken by the current and to attract the attention of the lifeguards, or to try to get back to shore by swimming sideways, parallel to the beach, in order to escape the current at the side.



*In order to preserve
our links with
nature, let's adopt
Eco responsibility.*

ENVIRONMENT



Make sure you save water and energy.



Your campsite is attentive to the respect of the environment, thank you for using the containers for selective sorting.



In order to preserve the sewage system of the campsite and its region, please do not throw away dangerous and harmful substances and use the bins provided for this purpose.

Entreprise NEAU

NEAU Sébastien
06 10 46 62 83 - neau.seb@sfr.fr

Prestataire de services - Entretien de jardin, abattage et élagage
Évacuation de déchets, broyage des végétaux, taille de haie
NETTOYAGE : terrasse - bungalow - mobil-home

➤ FIRE PREVENTION

When you arrive, take note of all the security stations on your site. Make sure you know how to use the fire extinguishers.

Cleanliness is the enemy of fire: keeping your site clean and uncluttered will slow the fire down.

Open fires (wood, coal, etc.) and individual barbecues are strictly forbidden. Camping stoves must be kept in perfect working order and must not be used in a tent or near a car.

➤ FIRE-FIGHTING

If you see a fire starting:

- **Keep your calm**
- **Immediately warm** - the CHM security guard (red tee-shirt)
+33 (0)5 56 73 26 78 - who will alert the fire brigade.
- **Tell them:**
 - The location/Sector
 - The fire type: tent, forest...
 - The number of victims: injured or affected by smoke.
- **Attack the fire with a fire extinguisher or a hose attached to a water source. Attack the flames at the base.**

➤ EVACUATION OF THE SITE

Upon arrival, familiarize yourself with the CHM evacuation plans.

- Alert is given through a megaphone.
- Close windows and doors.
- Take warm clothes and your personal documents.
- Follow the instructions given by staff wearing yellow security vests.
- Follow the arrows.
- Join the gathering point.

➤ DOMESTIC RUBBISH

Cardboard and plastic packaging

This bin is not meant for glass, small packages of type yogurt, sour cream, cottage cheese packaging, plastic or polystyrene trays (eg croissants or meat trays or everything that is of dirty or greasy paper, leftovers, diapers).

Please bring all other waste (rubble, scrap metal, mattresses, gas stove, etc.) to the waste treatment centre, Déchetterie de Vensac:

125 route de Tastesoule – 33590 VENSAC

Opening time :

From Tuesday to Saturday from **8:30am-12pm** and from **2pm-5:20pm**

Tel : +33 (0)5 56 73 27 40

Plants deposite



You can find some plants deposite areas near your place thanks this sign.

Glass

Special containers for glass collecting are at your disposal at different areas of the campsite.

Please, do not put any glass on the floor of the waste collecting areas.

Toilets

Please do not flush : wet wipes, sanitary towels, tampons etc. Down the toilet; even biodegradable ones can block the pipes...

CHM MONTA

SINCE 1950

SERVICES



MAIL/PACKAGE : distribution/shipping

► Receiving your mail: _____

Mid-June/Mid-September,
distribution of mail sent upon
presentation of the badge,
Monday and Friday from **2pm** to
4pm and Tuesday to Thursday
from **11:30am** to **1:30pm** at the
Center Commercial.

*No mail on Saturdays, Sundays
and Holidays.*

► Send mail _____

The mailbox is located in front of
the security desk.

**Parcels delivered by the post
office:** to be picked up at the
Center Commercial, except for
heavy and bulky parcels, to be
picked up at reception.

**Parcels delivered by a transport
company:** pick up directly from
the delivery company at the
CHM entrance.



RECEPTION: 7 DAYS A WEEK

- From **08/04** to **23/06** from **9am** to **6pm**
- From **24/06** to **07/07** from **9am** to **7pm**
- From **08/07** to **04/09** from **9am** to **8pm**
Saturdays from **8am** to **9pm**
- From **05/09** to **18/09** from **9am** to **7pm**
- From **19/09** to **02/10** from **9am** to **6pm**
- From **03/10** to **06/11** from **9am** to **5pm**

To contact us:

Tel : + 33 (0)5 56 73 73 73

Fax : + 33 (0)5 56 09 32 15

46 avenue de l'Europe 33930 Vendays Montalivet

Email : infos@tohapi-naturiste.fr



RESIDENTS RECEPTION

From **06/06** to **04/09** Monday to Friday from **9am** to **1pm**
Saturday: from **9am** to **6pm**
Close on Sunday

To contact us:

Tel : + 33 (0)5 33 52 15 29

46 avenue de l'Europe 33930 Vendays Montalivet

Email : resident@tohapi-naturiste.fr



1 Rue Layauga 33340 Gaillan

05 56 41 05 91

contact@attila-medoc.com

Poêles
à Bois ou Granulés
Barbecue Plancha
Braséro

attila-medoc.fr





RESERVATIONS

46 avenue de l'Europe
33930 Vendays Montalivet
Tel : + 33 (0)5 33 092 092
Email : reservations@tohapi-naturiste.fr



COMPLIANCE DEPARTMENT

Email : service.qualite@tohapi-naturiste.fr



MEDICAL CONSULTATIONS

Drop-in consultations at the Medical Chalet located next to the mobile home sales area.

➤ Dr Ramaroson - general practitioner

+ 33 (0)5 56 41 78 79

no appointment necessary

Consultations on Tuesdays and Fridays

from **11:45am to 1pm** ;

Wednesdays from **9:45am to 11:00am**.

➤ Éric Robinson - osteopath

+ 33 (0)6 28 84 07 51

Mondays from **2.30pm to 6pm**

Tuesdays from **9am to 11am**

Wednesdays from **2.30pm to 6pm**

Thursdays from **9am to noon**

Fridays from **4pm to 6pm**

Doctolib – Consultation at CHM Monta



SECURITY SERVICE

Email : secuchm@vacanceselect.com

THE SECURITY SERVICE CAN BE REACHED
24H/24H
AT SECURITY RECEPTION
AT THE ENTRY OF THE CHM.

*To trigger an alert
(discomfort, accident, start of fire,
imperatively notify the Security station).*

SECURITY RECEPTION:
+33 (0)5 56 73 26 78



A first aid kit can be found at the
security reception at the entrance
to the CHM.

Rescue workers on site 24/24

+33 (0)5 56 73 26 78

+33 (0)6 75 98 83 03



TERMITES !

Entreprise familiale agréée pour l'élimination des colonies de termites par pièges-appâts SENTRI TECH™



06.26.46.01.88

contactatbrenovation@gmail.com



2 ZA Pingouleau
33590 St Vivien



Mail: atelier.des.toiles@free.fr
www.atelierdestoiles.com

06.88.64.99.68

09.80.44.20.60



PROTECTION SOLAIRE

Store banne, voiles d'ombrage, auvent pvc mobil home

SELLERIE

Banquettes, coussins

RÉPARATION des TOILES

Coutures, soudures

NETTOYAGE, HIVERNAGE

Entretiens divers toiles notre équipe s'occupe de tout.

STRUCTURE BOIS sur mesure

L'accueil au public est assuré:

Lundi, Mardi, Jeudi, Vendredi: 9h/12h - 14h00/16h30

Mercredi: 9h/12h - Samedi matin uniquement sur RDV

► RENTAL / SALE



Sheet hire _____ 10 €/stay/single bed - 12 €/stay/double bed



Towel hire _____ 8 €/set/person
(1 large, 1 small and 1 bath mat)



End of the stay cleaning _____ 90 €



Baby kit _____ 5 €/day - 45 €/stay
(high chair + bathtub + travel cot + bottle warmer)



PO box rental _____ 0.65€/day - 87€/year
(7 days minimum)



Paying services _____ Information at the reception desk
(photocopy, fax...)



Sunbed hire _____ 12€/stay



Safe deposit _____	Time	Small version	Large version
	1 day	3 €	4 €
	1 week	13 €	15 €
	2 weeks	22 €	25 €
	3 weeks	28 €	33 €



Wifi Access _____	Package	Number of connected devices:			
		1	2	3	4
	1 day	5 €	9 €	12 €	15 €
	3 days	13 €	17 €	22 €	26 €
	7 days	19 €	26 €	33 €	40 €
	14 days	28 €	38 €	48 €	58 €
	21 days	34 €	45 €	57 €	68 €
	1 month	39 €	52 €	65 €	78 €
	4 months	84 €	112 €	140 €	168 €
	5 months	99 €	132 €	165 €	198 €

**Assistance Hotline
Service**
support@osmozis.com
+33 (0)1 84 19 45 15

► Buy your package online, by connecting you to the network « CHM Montalivet »

MIL & UN SERVICES

Marescal Julien 06 11 30 82 07



- ✓ Levooz : Auvents, toiles et tonnelles sur mesure pour mobil-homes et caravanes
- ✓ Terrasses et abris de jardin sur mesure
- ✓ Divers travaux (nettoyage, hivernage plomberie, électricité...)
- ✓ Vitrages et lanteraux pour caravanes
- ✓ Toits de protection caravanes
- ✓ Double pente pour mobil-homes

S.A.R.L. PALLIER

Plomberie

Installation gaz / Chauffage
Dépannage / Entretien
Serrurerie / Couverture / Zinguerie
Raccord à l'égout


pallier.sarl@orange.fr

33930
VENDAYS MONTALIVET

Tél. 06 82 01 94 56

Télé Médoc Service

VENTE
DEPANNAGE:
TV, PARABOLE
ELECTROMENAGER
electricite generale

depannage sur montalivet, soulac, yensac, st vivient etc...

MAGASIN
OUVERT DU LUNDI AU VENDREDI 9H A 12H.

2, chemin de la Sablière
(Rte de Montalivet)

33930 VENDAYS MONTALIVET

20 ANS D'EXPERIENCE
a votre service

Ets Desangin



05 56 41 40 88

BOSCH 4k uhd tv

instagram : tele medoc service



GRUNDIG

SAMSUNG



ÉLECTRICITÉ - RÉNOVATION - TÉLÉVISION
ÉLECTROMÉNAGER - DÉPANNAGES - ANTENNES TV - PARABOLES
ÉLECTRICITÉ GÉNÉRALE



Thierry TREUIL

ttreuil@free.fr



9, route Dartrat
33340 ST GERMAIN D'ESTEUIL

Tél. 07 71 00 81 94
05 56 59 30 49 (le soir)

USEFUL NUMBERS



SAMU	15
POISON CONTROL CENTER OF BORDEAUX	+33 (0)5 56 96 40 80
FIRE BRIGADE	112 ou 18
GENDARMERIE	17
Clinique mutualiste du Médoc	+33 (0)5 56 73 10 00
Analysis laboratory → Biocéan (Lesparre Médoc)	+33 (0)5 56 73 34 73
Town hall (Vendays-Montalivet)	+33 (0)5 56 73 32 02
Post office (Vendays-Montalivet)	+33 (0)5 56 09 32 06
Tourism office	+33 (0)5 56 09 30 12
Weather forecast	+33 (0)8 99 71 02 33
Marine forecast	+33 (0)8 99 71 08 08
Doctor → Dr Ramaroson (Vendays-Montalivet)	+33 (0)5 56 41 78 79
Dentists → Dr Breton (St Vivien de Médoc)	+33 (0)5 56 41 75 02
Nurses (Vendays-Montalivet) Mme Bosc/Mme Galis Mme Pagnoux/Mme Godfrin Mme Bodart/Mme Eloy	+33 (0)5 56 41 75 22 +33 (0)5 56 41 75 33 +33 (0)6 43 62 50 90
Pharmacies Montalivet (in season from 8am to 9pm) Vendays	+33 (0)5 56 09 31 39 +33 (0)5 56 41 70 10
Opticians Bordelaise de lunetterie (Vendays-Montalivet) Optic Drayton (Lesparre Médoc)	+33 (0)5 56 09 74 32 +33 (0)5 56 41 65 00
Veterinarians Dr Lemarignier et Dr Rossillon (Gaillan Médoc) Clinique vétérinaire des Dunes (Souillac s/Mer) Dr Thong (Hourtin)	+33 (0)9 53 41 95 60 +33 (0)5 56 09 77 36 +33 (0)5 56 73 60 69
Transports Les taxis du Médoc (Vendays Montalivet) Transgironde Bacs Le Verdon/Royan Airport Mérignac Train (SNCF)	+33 (0)6 11 66 24 03 +33 (0)9 74 50 00 33 +33 (0)5 56 73 37 73 +33 (0)5 56 34 50 50 3635

TER Bordeaux St Jean → Lesparre then bus Lesparre → CHM - ONLY IN JULY/AUGUST

ANIMATION



See all your activities
on the following pages:

16 - Multisports

17 - Wellness

18 - Archery

19 - Dances

20 - Cultural activities

21 - Aquatic

24 - Craft village

25 - Culturum

26 - Cinema

28 - Evenings

30 - Paying activities

The animation reception is open

from Sunday to Friday from **9:30am** to **1pm**
and from **3pm** to **8pm**
from 10 July to 26 August 2022.

Information, loan of equipment (tennis rackets, balls, golf club, tennis court reservation, etc...) and registration for participants.

► **PRESENTATION OF
THE MANDATORY
BADGE**



► KIDS CLUB

3-6 years old / 7-11 years old



Come play and move around with the animators of the Children's Clubs. Activities adapted to the desires and the different age groups. During the day, creative and sports activities, and theme evenings: Treasure hunts, pirate stories, etc... Go back home with memories and your creations.

Registration on Sunday morning from **9.30am** to **12pm**

Opening hours:

On Sunday **7pm-9:30pm**

Monday to Friday **9.30am-1pm** and **7pm-9:30pm**

► TEENAGERS' CLUB

12-17 years old



At the Teenager's Club located at Petit Hexagone, your managers will be there to offer you all kinds of activities and evenings: Burger Party, Poker, Life-size games, creative workshops, outings to the market, etc...

Appointment directly on site from Monday to Friday

Variable hours depending on the activities offered.



► RACES



Races are held on Sunday mornings. Races are held on Sunday mornings. Times vary according to the specific features of each race (temperatures, tides, campsite security in busy periods, etc...)....

From 7 years old

- . Sunday 10 July : **La Berbère**
- . Sunday 17 July : **La Run & Arc**
- . Sunday 24 July : **La Montalivoise**
- . Sunday 31 July : **Les 2h du CHM**
- . Sunday 07 August : **La Médocaine**
- . Sunday 14 August : **La Run & Arc**
- . Sunday 21 August : **La Montalivoise**

NEW:

► **CIRCUS WORKSHOPS**
for adults and children.
Programme to be found at the animation reception.

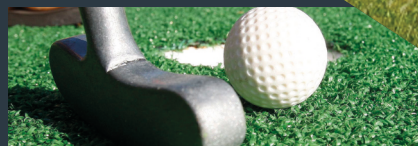
Dates for your diaries!

► **FLEA MARKET**
At the « Centre Co' »

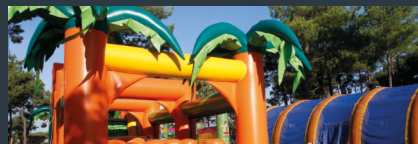
Sundays 17 July and 14 August
all day from **9am to 7pm.**

Information and registration (5 euros) at the animation desk.

Attention, limited places. Free pitch for children under 11 years old



► **MINI GOLF** Open on a self-service basis
with loan of equipment available at animation reception.



► INFLATABLE AMUSEMENT PARK

Open everyday from
from **10am to 12pm** and from **17pm to 8pm.**
Night time everyday from **8:30pm to 10:30pm.**



► LIBRARY (Free hire)

In May, June:
on Saturday from **4:30pm to 6:30pm.**

From 09/07 to 10/09:
Monday, Wednesday, Friday from **10am to 12:30pm**
on **Saturdays** from **4:30pm to 6:30pm.**

From 11/09 to 22/10:
Saturday from **4:30pm to 6:30pm**

In winter, every 2 weeks
on **Saturdays** from **4pm to 6pm.**

You can also find the foreign languages department



CHM MONTA

SINCE 1950

YOUR PROGRAM

MULTISPORTS

10 JULY ➤ 26 AUGUST

Robert Poulain Space

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
10:00						
11:00	Sports Game 4/6 years old	Race Individual course intra team	Sports Game 4/6 y.o. 6/8 y.o. 9/11 y.o. 12/15 y.o.	Sports Game 4/6 years old	Sports Football 4/6 y.o. 6/8 y.o. 9/11 y.o. 12/15 y.o.	Sports Game 4/6 y.o. 6/8 y.o. 9/11 y.o. 12/15 y.o.
12:00		Tchoukball Game All public	Giant Football All public		Handi Sport All public	Multi Rackets
13:00		Basketball All public	Basketball All public		Hockey Football All public	Mario Kart All public
17:00						
18:00	Basketball Tournament 3 vs 3 Adults 16+	Sports Game 6/8 years old 9/15 years old	Sports Game 6/8 years old 9/15 years old	Sports Game 6/8 years old 9/15 years old	Sports Game 6/8 years old 9/15 years old	Sports Game 6/8 years old 9/15 years old
19:00		Football Tournament Veterans				
19:30		Race Result Clubs Chalet				
20:00						
22:00		Big Beach Volley Tournament 2 vs 2 Adults 16+			Big Ping Pong Tournament simple or double Adults 16+	
00:00						

More information on the display in the Chalet des Sports and at the animation desk.



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YOUR PROGRAM

WELLNESS

10 JULY ➤ 26 AUGUST

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
10:00	STRETCHING Zone Nature	10:00	ZUMBA Zone Fitness	10:00	SOFT GYM Seniors Salle MAD**	10:00	CIRCUIT TRAINING Oboulaba	10:00	SOFT GYM Seniors Salle MAD**	10:00	ZUMBA Zone Fitness
10:45		11:00		11:00		10:30		11:00		11:00	
11:00		11:30	PRANAYAMA* Beginners Zone Nature	11:15		11:30		11:30		11:30	
	CHEST / ARMS / BACK Zone Nature	12:00	OVERALL MUSCLE BUILDING Zone Fitness	11:30	STRETCHING Zone Fitness	12:00	FLEX Oboulaba	11:45	D.Y.P BODYLAB* Hexagone	11:30	YIN YOGA (Soft) All levels Zone Nature
12:00		12:30	POWER YOGA (Vigorous) Beginners Zone Nature	12:00	D.Y.P BODYLAB* Hexagone	12:30		12:45	CHEST / ARMS / BACK Zone Fitness		
		13:00		13:00		13:00		13:00			
17:00	YOGA FLOW (Dynamic) Intermediate Zone Nature			17:00	SUN SALUTATION (Yoga) Beginners Zone Nature			17:00	HATHA YOGA (Classical) Beginners Zone Nature	17:30	THIGHS/ABS/BUTTOCKS Zone Nature
18:00	MEDITATION Zone Nature			17:30	YOGA NIDRA (Relaxation) All levels Zone Nature	17:30	OVERALL MUSCLE BUILDING Zone Fitness	17:30	MEDITATION Zone Nature	18:30	CROSS TRAINING Street Work Out Zone Fitness
18:30			CROSS TRAINING Street Work Out Zone Fitness	18:30		18:00	STRETCHING Zone Fitness	18:30		19:15	STRETCHING Zone Nature
		19:30	STRETCHING Zone Fitness	19:00		19:15		19:30	STRETCHING Zone Fitness		
		20:15						20:15			

*Pranayama : Breathing

D.Y.P BodyLab : practice combining
Dance, yoga and Pilates

Munz floor : gentle circular movements (by Alexandre Munz)
**Salle MAD : Marc-Alain Descamps Room (Home TV)



CHM MONTA
SINCE 1950

YOUR PROGRAM

ARCHERY

10 JULY ➤ 26 AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00 —			CHILDREN* 6-8 years old		CHILDREN* 6-8 years old		
10:00 —		CHILDREN* 9-11 years old	CHILDREN* 9-11 years old	CHILDREN* 9-11 years old	CHILDREN* 9-11 years old	CHILDREN'S / ADULTS TOURNAMENT*	
11:00 —							
11:15 —							
12:00 —		TEENAGERS* 12-14 years old	TEENAGERS* 12-14 years old	TEENAGERS* 12-14 years old	TEENAGERS* 12-14 years old		
12:15 —							
17:00 —		ADULTS* 15 years old and over	ADULTS* 15 years old and over	ADULTS* 15 years old and over	ADULTS* 15 years old and over	ADULTS* 15 years old and over	
18:00 —							
18:15 —		ADULTS* 15 years old and over	ADULTS* 15 years old and over	ADULTS* 15 years old and over	ADULTS* 15 years old and over	ADULTS* 15 years old and over	
19:15 —							

*Paying activities

3€/hour or 10€/week
Registration at the animation reception

Maximum 6 children per class for 6-8 year olds.



CHM MONTA

SINCE 1950

YOUR PROGRAM

DANCE

10 JULY ➤ 26 AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DANCE ÉVEIL 4 - 5 years	Laura						
DANCE INITIATION 6 - 7 years	Laura	9:30am-10:30am Salle MAD*	9:30am-10:30am Culturum	9:30am - 10:30am Culturum			
CONTEMPORARY DANCE 8 - 11 years	Laura	10:30am-11:30am Salle MAD*	9:30am-10:30am Culturum	10:30am - 11:30am Culturum	9:30am - 10:30am Hexagone		
CONTEMPORARY DANCE 12 - 17 years	Laura		10:30am-12pm Culturum		10:30am - 12pm Culturum		
CONTEMPORARY DANCE Adults	Laura	11:30am-13:30am Salle MAD*		11:30am-13:30pm Culturum			
CHA CHA CHA	Doumb		5:30pm-6:30pm All levels Salle MAD*				
KIZOMBA	Doumb		12pm-1pm Beginner / Intermediary Salle MAD*		12pm-1pm Intermediary Salle MAD*	12pm-1pm Beginner / Intermediary Salle MAD*	
PUERTO RICA SALSA	Doumb	5:30pm-6:30pm Intermediary Salle MAD*	11am-12am Beginner / Intermediary Salle MAD*		11am-12pm All levels Salle MAD*		
BACHATA	Doumb		6:30pm-7:30pm Intermediary Salle MAD*	12pm-1pm Intermediary Salle MAD*	5:30pm-6:30pm Beginner / Intermediary Salle MAD*		
AFRO HOUSE	Doumb	6:30pm-7:30pm All levels Salle MAD*					
KOMPA ZOUK	Doumb				6:30pm-7:30pm All levels Salle MAD*		
CUBAN SALSA	Doumb			11am-12pm Beginner / Intermediary Salle MAD*		11am-12pm Intermediary Salle MAD*	
LIGN DANCING	Anne-Sophie	11:30am -12:30pm ChaCha/Bachata Waltz / Tango Hexagone	5pm-6pm Madison / Disco Hexagone	5pm-6pm Madison / Disco Hexagone	5pm-6pm Rock / Country Hexagone	6pm-7pm Cha Cha / Hexagone	
BALLROOM DANCE	Anne-Sophie	6pm-7pm Hexagone	11:30am -12:30pm Tango Hexagone	6pm-7pm Hexagone	11:30am-12:30pm Rock Hexagone		

*Salle MAD : Marc-Alain Descamps Room (Home TV)


CHM MONTA

SINCE 1950

YOUR PROGRAM

CULTURAL ACTIVITIES

10 JULY > 26 AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIEMBÉ 6 - 11 years old							
DIEMBÉ beginners Teenagers / Adults							
DIEMBÉ confirmed Teenagers / Adults (2 years minimum experience)							
THEATER 8 - 11 years old	5pm - 6:30pm Culturum	7:30pm - 8:30pm Culturum		5:30pm - 6h30pm Culturum			
THEATER 12 - 17 years old	10am - 12pm Salle MAD*	11:30am - 1pm Culturum		6:30pm - 7:30pm Culturum			
THEATER Adults	6:30pm - 8pm Culturum	10am - 11:30am Culturum	10am - 11:30am Hexagone	7:30pm - 8:30pm Culturum		10am - 11:30am Hexagone	
CHOIR		2pm - 4pm Hexagone		2pm - 4pm Hexagone		2pm - 4pm Hexagone	
VOCAL SUPPORT		4pm - 4:30pm Hexagone		4pm - 4:30pm Hexagone		4pm - 4:30pm Hexagone	
MUSICAL LISTENING						8pm - 9:30pm Hexagone	
MUSIC WEDNESDAY				8:30pm - 10pm Hexagone			
EXHIBITIONS			6pm - 8pm or 8:30pm - 10:30pm Culturum			6:30pm - 9pm Culturum	10am - 1pm and 5pm - 9pm Culturum
CONFERENCES						8:30pm - 11:30pm Salle MAD*	
TAROT		8pm - midnight Salle MAD*				8pm - midnight Salle MAD*	
BRIDGE					8pm - midnight Salle MAD*		

*Salle MAD : Marc-Alain Descamps Room (Home TV)



CHM MONTA
SINCE 1950

YOUR PROGRAM

AQUATIC

10 JULY > 26 AUGUST

Indoor Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00							
9:30		AQUABIKE*			AQUABIKE*		
9:45		AQUABIKE*			AQUABIKE*		
10:15							
11:00	TONIC AQUAGYM	TONIC AQUAGYM	TONIC AQUAGYM	TONIC AQUAGYM	TONIC AQUAGYM	TONIC AQUAGYM	
12:00	SOFT AQUAGYM	SOFT AQUAGYM	SOFT AQUAGYM	SOFT AQUAGYM	SOFT AQUAGYM	SOFT AQUAGYM	
13:00							
18:00							
18:30							
19:00			AQUABIKE*			SWIMMING COMPETITION	
19:15							
19:45			AQUABIKE*				

The swimming area is reduced during aquagym and aquabike classes and privatized during the competition.

*Paying Activity

15 aventures
au cœur
de la nature

PARCOURS

D'ACROBRANCHE

MINIROC AVENTURE

MINI GOLF - DISC GOLF

KART AVENTURE

MINING COMPANY

SENTIER DES ÉNIGMES

CHASSE AU TRÉSOR

DÉFI

TOUS AZIMUTS

RALLYE PHOTO

TIR À L'ARC

SWAP ARCHERY

COMBAT DE SUMO

LOCATION DE VÉLOS

PARC DE L'AVENTURE MONTALIVET

N°1 EN MÉDOC

Infos et résa. **05 56 09 07 88**

www.parcdeaventure.com

7 RUE ANDRÉ GOULÉE - 33930 MONTALIVET LES BAINS



**KARTING
MONTALIVET**

Location
Enfants & Adultes
karting bi-place

05 56 09 38 94

**LILY-PARC
MONTALIVET**

A partir de 2 ans !



AU DÉPART DU VERDON PORT MÉDOC

VISITE DU PHARE DE CORDOUAN

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PÊCHE EN MER

BATEAU TAXI

RENSEIGNEMENTS ET RÉSERVATIONS : 06 09 73 30 84 - www.vedettelabohome.com



RÉPARATION TOUTES MARQUES & SPÉCIALISTE

MERCEDES - AUDI - VW - BMW - PORSCHE - TOYOTA - HYUNDAI - IVECO

IMPERIAL
GARAGE



ZAC DE BELLOC
11 RUE DES REMOULEURS
33340 L'ESPARRE-MÉDOC

STÉPHANE DESFROUX
garage.imperial@orange.fr

TÉL : 05 56 09 63 56 / FAX : 05 56 41 45 87



➤ BEACHES AND POOLS



BEACHES

supervision schedules:

Beach 1

From 11/06 to 01/07 from **12am** to **7pm**

From 02/07 to 31/08 from **11am** to **7pm**

From 01/09 to 11/09 from **12am** to **7pm**

Beach 2

From 09/07 to 31/08 from **11am** to **7pm**



WATER PARK

From 11/06 to 01/07 from **1am** to **7pm**

From 02/07 to 28/08 :

- From **10am** to **8pm** (Tuesday, Thursday, Saturday, Sunday)

- From **12pm** to **8pm** (Monday, Wednesday, Friday)

From 29/08 to 18/09 from **12pm** to **6pm**

From 06/07 to 24/08 night time
every Wednesday from **9pm** to **11pm**

20/07 and 17/08, big games of the PA,
information and registration at the animation
reception



INDOOR SWIMMING-POOL

From 25/03 to 01/07 from **10am** to **7pm**

From 02/07 to 28/08 from **9am** to **8pm**

From 29/08 to 06/11 from **10am** to **7pm**

*The swimming area is reduced during
aquagym and aquabike classes and privatised
during the competition. (see programme p. 21)*

➤ AQUATIC SPACE RULES

- Nudity is compulsory in all areas.
- Wristbands must be worn in order to access the pools.
- For hygiene reasons, swimmers must shower and pass through the footbaths before entering the pool.
- Swim nappies must be worn by any child younger than 3 or not yet potty-trained.
- For safety reasons, you must be at least 6 years old and over 1m20 tall to use the slides.
- Inflatables, balls, masks and snorkels are not permitted.
- It is forbidden to smoke, eat, or drink in the pool area.
- Only water bottles made of plastic are permitted.

Please read the pool rules upon entry to the pool and water park.

➤ SAFETY AND HYGIENE

- For their own security, children must be under adult supervision.
- For reasons of hygiene, waterproof nappies must be worn by all children under 3 years old at the water park and at the swimming-pool.



CHM MONTA

SINCE 1950

YOUR PROGRAM

CRAFT VILLAGE

10 JULY ➤ 26 AUGUST

From Monday to Friday:
10am-1pm / 5pm-8pm
Sunday: 5pm-8pm



**Puppet
& Compagny**

➤ Solène



**Porcelain
Painting**

➤ Cory



**Glass Engraving
& Pebble Painting**

➤ Jérôme



Sewing

➤ Agathe



Mosaic

➤ Claire



**Painting on Cotton
& Canvas**

➤ Agathe



Charcoal & Fimo

(Morning) (Afternoon)

➤ Marilou



CHM MONTA

SINCE 1950

EXHIBITIONS & CONFERENCES

Culturum

JULY

FRIDAY 01st & SATURDAY 02nd

Exhibition at Culturum

Toute Première fois, Pépinière d'Artistes...

TUESDAY 05

Conference at Culturum

Naufrages sur la Côte Océane

FRIDAY 08 & SATURDAY 09

Exhibition at Culturum

L'Art Immortel, d'Alpha à Oméga / Hommage à l'Artiste Okley

TUESDAY 12

Conference-signature at Culturum

Du Sauvage dans mon Assiette

FRIDAY 15 & SATURDAY 16

Gala exhibition at Culturum

Arts pluriels : Collage / Ode aux Femmes
Graphiques & Sculptures

TUESDAY 19

Conference at Culturum

Les Tout-Petits face aux Écrans

WEDNESDAY 20

Ephemeral exhibition at Centre Co'

FRIDAY 22 & SATURDAY 23

Exhibition at Culturum

Melting Pot de Talents

TUESDAY 26

Conference at Culturum

Cordouan, le Roi des Phares

FRIDAY 29 & SATURDAY 30

Exhibition at Culturum

L'Art en Familles

AUGUST

TUESDAY 02nd

Conference at Culturum

Hypnothérapie

FRIDAY 05 & SATURDAY 06

Exhibition at Culturum

L'Expo des Sociétaires...

TUESDAY 09

Conference-signature at Culturum

Les Tout-Petits face aux Écrans

FRIDAY 12 & SATURDAY 13

Gala exhibition at Culturum

Le Culturum sur son 31 - Art Déco, South
Beach & Liners de Légende

TUESDAY 16

Conference-signature at Culturum

Cordouan, le Roi des Phares

WEDNESDAY 17

Ephemeral exhibition at Centre Co'

FRIDAY 19 & SATURDAY 20

Exhibition at Culturum

L'Art au Masculin - Photographies /
Peintures et Art ancestral japonais

TUESDAY 23

Conference-signature at Culturum

Les Semences paysannes dans les Champs
& dans les Assiettes

FRIDAY 06 & SATURDAY 27

Exhibition at Culturum

Rétrospectives

TUESDAY 30

Surprise conference

SEPT.

FRIDAY 02nd & SATURDAY 03rd

Exhibition at Culturum

L'Entente cordiale, une Histoire franco-
britannique - en présence de l'artiste
londonien Richard Moon

TUESDAY 06

Conference at Culturum

Pilotage dans l'Estuaire

FRIDAY 09

Off-site conference-Tasting

Du Végétal sauvage comestible (Arbres &
Plantes), Balade, Reconnaissance & Pause-
Dégustation > **Sur réservation**

SATURDAY 10

Conference at Culturum

L'Hygiénisme selon Désiré Mérien



CHM MONTA

SINCE 1950

YOUR PROGRAM

CINEMA OBOULABA

JULY



9 July 10:15pm | Super Héro malgré lui

Comedy/Action

Cedric, a budding actor in between jobs, finally lands his first role in a superhero film. One evening, after borrowing the car used on the set, he has an accident and loses his memory...



11 July 10:15pm | Illusions perdues

Drama/History

Lucien is a young, unknown poet living in 19th century France. He leaves the family printworks in his native province to seek his fortune in Paris...



13 July 10:15pm | En attendant Bojangles

Comedy/Drama

Camille and George are always dancing to their favourite song, Mr Bojangles. They have no time for fun, fantasy or friends...



16 July 10:15pm | Spider-Man - No Way Home

Action/Adventure/Fantasy

For the first time in Spiderman's cinema career, the likeable local hero is unmasked. He can no longer separate his everyday life from the heavy responsibilities of a superhero...



18 July 10pm | Ouistreham

Drama

Marianne Winckler, a well-known writer, starts work on a book about insecure employment. She moves to Caen and, without revealing her identity, joins a team of women cleaners...



20 July 10pm | Le Test

Comedy

Marianne Winckler, a well-known writer, starts work on a book about insecure employment. She moves to Caen and, without revealing her identity, joins a team of women cleaners...



23 July 10pm | Encanto

Animation/Family/Fantasy/Comedy

The fantastic Madrigal family live in a wonderful place called Encanto. Encanto has given each of the family's children a magic power...



25 July 10pm | Loin des Yeux

Documentary

+ De nos Frères blessés

Drama

LOIN DES YEUX : Naturists tell us about the natural liberty of living in the nude, and the essential values it brings them...



DE NOS FRÈRES BLESSÉS : 1954, Hélène and Fernand fall in love. She leaves with him for Algiers...



27 July 10pm | Maison de Retraite

Comedy

To avoid going to prison, Milann, aged 30, is sentenced to 300 hours of community service in an old people's home...



30 July 10pm | Vaillante

Animation/Family/Comedy

Since she was a child, Georgia Nolan has only had one ambition: to become a firefighter like her father! But in New York in 1932, women are not allowed to join the fire brigade...

AUGUST



1st August 9:45pm | Un autre Monde

Drama

A company executive, his wife and family, at a moment when his career choices overturn everyone's lives. Philippe Lemesle and his wife split up, their love undermined by the pressure of work...



17 August 9:30pm | Les jeunes Amants

Romance

Shauna, aged 70, free and independent, has put her love life to one side. But she is troubled by the presence of Pierre, a 45-year-old she met a few years earlier...



3 August 9:45pm | Qu'est-ce qu'on a TOUS fait au Bon Dieu ?

Comedy

It will soon be Claude and Marie Verneuil's 40th wedding anniversary. For the occasion, their four daughters decide to organise a big surprise party in the family home...



20 August 9:30 | Sonic 2

Animation / Family / Comedy

Happily settled in the small town of Green Hills, Sonic now wants to show he has all the qualities of a real hero. He is faced with a big challenge when Dr Robotnik appears on the scene once again...



6 August 9:45pm | Tous en Scène 2

Animation / Musical comedy / Family

Buster and his troupe have turned the New Moon Theatre into a fashionable concert venue. It is now time to take things further by putting on a new show in the prestigious theatre in the Crystal Tower...



22 August 9:30pm | La vraie Famille

Drama

Anna, 34, lives with her husband, her two young sons and Simon, a child she has been fostering for the social services since he was 18 months. He is now six years old...



8 August 9:45pm | En Corps

Dramatic comedy

Elise, aged 26, is a talented ballet dancer. But she hurts herself during a performance and is told she can no longer dance. Her life will be turned upside down, and Elise will have to learn to make a new start...



24 August 9:30pm | Hommes au Bord de la Crise de Nerfs

Comedy

Seven men, aged 17 to 70, find themselves in a group therapy session in a natural setting, miles from anywhere...



10 August 9:45pm | Le Temps des Secrets

Family

Marseille, July 1905. The young Marcel Pagnol has just finished primary school. In three months, he will start at the "lycée"...



27 August 9:30pm | Minions 2-Il était une fois Gru

Animation

The 1970s are in full swing as Gru plots a machiavellian plan to join a famous group of super villains going by the name of the Vicious 6. He is their biggest fan...



13 August 9:45pm | Top Gun - Maverick

Action / Drama

After over 30 years as one of the top fighter pilots in the US Marines, Pete "Maverick" Mitchell continues to push back his limits as a test pilot...



29 August 9:15pm | Le Chêne

Documentary

Once upon a time there was a 210-year-old oak tree, which became a pillar in its kingdom...



15 August 9:30pm | Belfast (en VO)

Drama

Summer 1969: Buddy, aged 9, knows very well who he is and what world he belongs to: to the working class in the northern area of Belfast, where he lives happily, pampered and in safety...



31 August 9:15pm | Irréductible

Comedy

Vincent Peltier, a peaceable employee at the "Water and Forests" office in Limoges, is encouraged to resign because of cuts in staff numbers, which is the last thing he wants to do...



CHM MONTA

SINCE 1950

YOUR PROGRAM

EVENINGS

JUNE

TUESDAY 21 | ELECTROGENE
9:30pm > 11pm - Centre Co'
Rock concert

THURSDAY 14 | MARTEL
9:30pm > 11pm - Centre Co'
French pop concert

+ BOUM ENFANTS
8pm > 10pm - Hexagone
kids' party

FRIDAY 15 | GALA DU CHM
9:30pm > 11pm - Oboulaba
Show

SUNDAY 17 | NEW TOUCH
9:30pm > 11pm - Centre Co'
International music concert

MONDAY 18 | COMPAGNIE SOLEIL
DANS LA NUIT - Au Bord de Lola
9:30pm > 11pm - Hexagone
Family show

TUESDAY 19 | GOSPEL
9:30pm > 11pm - Oboulaba
Seated concert

WEDNESDAY 20
9:30pm > 11pm - Waterpark
Big games in the Waterpark

THURSDAY 21 | JOKE BOX
9:30pm > 11pm - Centre Co'
Pop rock concert

FRIDAY 22 | SANDY SMOKE
9:30pm > 11pm - Beach 1
Mash Up concert on the beach

SUNDAY 24 | SKINNY CATS
9:30pm > 11pm - Centre Co'
Rock concert

MONDAY 25 | ECHO LALI
7:30pm > 9pm - Oboulaba
Concert for children

TUESDAY 26
9pm > 11pm - Hexagone
Ballroom dance evening*

WEDNESDAY 27
9:30pm > 11pm - Waterpark
Night at the Waterpark

THURSDAY 28 | DANSE MACHIN
9:30pm > 11pm - Centre Co'
Dancing concert

FRIDAY 29 | GALA DU CHM
9:30pm > 11pm - Oboulaba
Show

SUNDAY 31 | DUO COMBO TOUR
9:30pm > 11pm - Centre Co'
International music concert

JULY

SUNDAY 10 | JANO ARIAS
PROJECT
9:30pm > 11pm - Centre Co'
Latin music concert

MONDAY 11 | MAGIMAX MARK ENZO
9:30pm > 11pm - Hexagone
Magic show

TUESDAY 12
9:30pm > 11pm - Hexagone
Ballroom dance evening*

WEDNESDAY 13
9:30pm > 11pm - Waterpark
Night at the Waterpark

AUGUST

MONDAY 01 | COMPAGNIE SOLEIL
DANS LA NUIT - Capucine fait son
Cirque

9:30pm > 11pm - Hexagone

Theatre for children

TUESDAY 02 | SWING MANOUCHE
RADIO

9:30pm > 11pm - Oboulaba

Seated concert

WEDNESDAY 03

9:30pm > 11pm - Waterpark

Night at the Waterpark

THURSDAY 04 | ZAVATA

8:30pm > 10pm - Stade de foot

Circus

FRIDAY 05 | POLYESTER

9:30pm > 11pm - Centre Co'

Funk/disco concert

SUNDAY 07 | JANO ARIAS
PROJECT

9:30pm > 11pm - Centre Co'

Latin music concert

MONDAY 08 | BOUM ENFANTS

8pm > 10pm - Hexagone

kids' party

TUESDAY 09

9pm > 11pm - Hexagone

Ballroom dance evening*

WEDNESDAY 10

9:30pm > 11pm - Waterpark

Night at the Waterpark

THURSDAY 11 | SANDY SMOKE

9:30pm > 11pm - Centre Co'

Mash Up concert

FRIDAY 12 | DANSE MACHIN

9:30pm > 11pm - Beach 1

Dancing concert on the beach

SATURDAY 13 | ECHO LALI

7:30pm > 9pm - Centre Co'

Concert for children

SUNDAY 14 | SKINNY CATS

9:30pm > 11pm - Centre Co'

Concert

MONDAY 15 | DAVID CHERMAN
CHANTE GOLDMAN

9:30pm > 11pm - Centre Co'

Concert

TUESDAY 16 | LYRIC

9:30pm > 11pm - Hexagone

Seated operetta concert

WEDNESDAY 17

9:30pm > 11pm - Waterpark

Big games in the Waterpark

THURSDAY 18 | MYSTERE GUINCHE

9:30pm > 11pm - Centre Co'

Guinguette concert

FRIDAY 19 | GALA DU CHM

9:30pm > 11pm - Oboulaba

Show

SUNDAY 21 | NEW TOUCH

9:30pm > 11pm - Centre Co'

Concert

MONDAY 22 | BOUM ENFANTS

8pm > 10pm - Hexagone

kids' party

TUESDAY 23

9:30pm > 11pm - Hexagone

Ballroom dance evening*

WEDNESDAY 24

9:30pm > 11pm - Waterpark

Night at the Waterpark

THURSDAY 25 | KAMINO

9:30pm > 11pm - Centre Co'

Gipsy concert

FRIDAY 26 | WYMAN LOW

9:30pm > 11pm - Beach 1

Reggae concert on the beach

SUNDAY 28 | ELECTROGENE

9:30pm > 11pm - Centre Co'

Rock concert

SEPT.

SATURDAY 03

9:30pm > 11pm - Centre Co'

Concert

SATURDAY 10

9:30pm > 11pm - Centre Co'

Concert



CHM MONTA
SINCE 1950

Paying Activities



SWIMMING & SURFING

At the indoor pool and beach

Informations & registrations

Stéphane LATELLA :

+33 (0)6 03 56 13 36
steflatella@gmail.com

➤ Individual lessons

➤ Group lessons

DIVING

*Monday, Wednesday and Friday from 9am to 12pm
at the Waterpark, by appointment only*

➤ Discover Scuba Diving
& Relaxing Freediving



Informations & registrations

Éric : +33 (0)6 51 25 99 69

Philippe : +33 (0)6 83 04 63 25



AQUABIKE

At the indoor pool

June & September: Monday, Wednesday, Friday:
10am-10:30am & 10:45am-11:15am

July & August: Monday & Thursday morning:
9am-9:30am & 9:45am-10:15am
Tuesday and Thursday evenings:
6:30pm-7pm & 7:15pm-7:45pm

Informations & registrations

Robin : +33 (0)6 24 24 07 09



**Presentation
of the mandatory badge**



CHM MONTA

SINCE 1950



Paying Activities

YOGA

From 6th July to 31st August

Wednesday mornings 10am-12:30pm
at the Annexe Descamps

➤ WORKSHOP FLEXIBILITY, FLEXIBILITY AND ALIGNMENT:

This workshop is open to everyone, especially to those who feel stiff or limited in their mobility.

➤ CHAKRA WORKSHOP:

Some of our chakras are balanced, others are overactive. Some are underactive or even almost closed.

➤ PRIVATE LESSONS

On request

➤ SACRED FEMININE WORKSHOP:

A workshop designed for women to reconnect to her sacred space. Get to know your female body better, feel good about it and take care of it.

➤ DETOX WORKSHOP:

Detoxify the hips and pelvis area - the area where our body stores all emotions, both positive and negative - as well as the heart area.

Informations & registrations

Laureen : +33 (0)7 49 63 73 47  rocket_yoginii

TENNIS

Everyday from 8am to 9pm

Young people (3/18 years) and adults, all levels

➤ Individual lessons

➤ Group lessons

➤ Weekly course

➤ Shop tennis

Informations & registrations

Maxence BONNET :

by phone or WhatsApp +33 (0)6 19 94 54 90

or at the tennis club (next to court 3)

Registrations are open from 1 May for the season.

State-certified instructor leveled 2/6

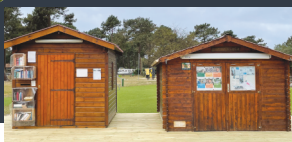
Speak English



Presentation
of the mandatory badge



**Find out more
at the Club Chalet**



► **CLN** (*Club Loisirs et Naturisme*)
ANM (*Les Amis Naturistes de Montalivet*)
& MONTA FREUNDE-FRANCE

• **Staffed**

every **Tuesday** from **11am** to **1pm** at the Club Chalet from 28 June to 6 September inclusive.

• **Bike tour, with picnic,**

on 27 June and 2 September. Meet at **9:30am** to Oboulaba for a ride to Phare de Richard. Information at the Clubs Chalet.

• **Tennis tournament**

on July 02nd & 03rd and September 10th & 11th
Information at the Clubs Chalet and at Tennis Club House.

• **Petanque tournament**

ANM/CLN Trophy one in July and August.

• **Attendance of all runnings events**

Montalivoise, Berbère, CHM 2hr and Marathon, for stewardship and refreshments. Dates and times TBC (see display board).

• **ANM information meeting**

on Friday July 22nd at **10am** at Oboulaba.

• **Monta Freunde-france meeting**

on July 12th & September 09th at **10am** at Oboulaba

• **ANM general meeting**

on Friday August 12th at **10am** at Oboulaba.

• **Monta Freunde-France general meeting**

on Friday August 5th at **10am** at Oboulaba.

► **CSBCA**

(*Club du Soleil Bordeaux Côte d'Argent*)

• **Nature Festival**

16 May

• **Darts Contest + shuffleboard hollandais**

CLUBS & ASSOCIATIONS

(adults and children) from 17 June au 26 August: every **Fridays 5:30-7:30pm** – CSBCA chalet.

• **Starry Night**

July/August : Beach 2 (dates subject to weather conditions – please see notice board).

• **Talking Naturism**

July/August : CSBCA chalet (staffed every Tuesdays **5:30-7:30 pm**).

• **Pine cone throwing contest – LECOCOQ Challenge**

July 26th, 28th: From **10am** to **12:30pm** – CSBCA chalet - Award ceremony July 29th to **6:30pm** – CSBCA chalet.

• **Pine cone throwing contest – Peanut Trophy - LECOCOQ Challenge**

August 9th, 11th: From **10am** to **12:30pm** – CSBCA chalet - Award ceremony August 12th to **6:30pm** – CSBCA chalet

• **Archery contest**

July 22th : adults - August 5th : children - Pas de tir.

• **Ham weighing/goodies bags + Dutch shuffleboard on Bric a Brac/Bazaar days**

July/August

• **Exhibitions / Heritage, Nature and Environment + Workshops**

July/August: Tuesdays from **5:30-7pm** – CSBCA chalet.

• **Exhibitions / Eco-friendly Behaviour + Workshops**

July/August: Tuesdays from **5:30-7pm** – CSBCA chalet.

• **Shopping assistance run by the CHM**

July/August

• **After summer weekend**

August 26-27-28 : with our naturist friends from Nouvelle Aquitaine

► **NACA**

(*Naturistes Amis de la Côte d'Aquitaine*)

• **Petanque contest**

End of July or early August (date displayed at the Clubs Chalet).

• **Desk, games for all and Books Sharing weakly**

Every Thursdays at the Clubs Chalet.

• **Footing**

From 14/07 to 13/08, on Tuesdays, Thursdays and Saturdays at **9:15am**. at the kiosk of the Espace Robert Poulain with Diane and Patrick (course of about 6 km).

• 2 belote tournaments

July 20th/August 10th at **9pm** at in the MAD room.

• Bingo

August 21st at **8:30 pm** at Hexagone (free for members).

• NACA general meeting

on Thursday August 25th at **6pm** at the Hexagone.

➤ RSN (Respect Santé et Nature)

Contact at CHM : Soleil 27

tel. + 33 (0)6 30 21 05 64 and + 33 (0)7 54 35 92 09

• Nude Aperitifs

Discussions about all the CHM news while enjoying tapas and a glass of wine - Wednesdays 29/06, 27/07, 31/08, 28/09 at **7pm** at "Saveurs Espagnoles".

• General meeting

With a friendly drink on Sunday 07/08 from **10am to 1pm** at Home TV.

• Other meetings to be planned about naturism and ecology

see www.respect-sante-nature.fr

COMMON ANIMATIONS

➤ NACA, PÉTANQUE

• Dance evening

on 14/07 and 14/08 at the Hexagone (time displayed at the Clubs Chalet)

➤ CLN, ANM

• Contest for the best campsite pitch

between 14/07 and 15/08 (open to all).

Two categories: bungalows and mobile-homes/caravans.

Winners chosen for the decoration (bushes, flowers, plants, etc.) and for the accommodation itself, in line with the CHM tradition and the surroundings.

There will be 5 prizes per category (local specialties, gift vouchers at a local nursery, etc.). The jury members will be an architect/urban-planner and landscaper, two members of the ANM office, the CHM director or his representative and a representative from the municipality.

To take part: drop off 3 photos of your pitch and accommodation in an envelope, along with your name and address, between 14/07 and 15/08 at the CHM, PO

box N° 85 (behind reception). Results will be announced by text message between 20 and 25 August.

CATS AND DOGS

• In accordance with the law of January 22nd, 1985, pets accepted in the holiday centre must be vaccinated, tattooed and wear a collar with the owner's name and address written on it.

• For everybody's wellbeing, keep your dogs on a lead and pick up their toilet. Bags are available at reception (July/August) on presentation of a dog badge.



Lost cat contact:

**ASSOCIATION DE LA PROTECTION
DES CHATS DU CHM (APDC)**

+33 (0)6 79 44 72 53

Tax-deductible donations (66%). Membership €16.

or

ASSOCIATION FELIN CHM

+33 (0)6 27 79 30 64 or +33 (0)6 19 52 26 96

Bungalow 34 Soleil.

Tax-deductible donations (66%). Membership €15.

You must declare your cats with their health booklet on arrival at the reception. Cats must have tattoo and microchip identification (mandatory), so that they can be found if they go missing at the CHM.

Unidentified cats left behind after you leave the CHM will be considered as abandoned and will be taken to the FELIN CHM association for adoption without prior warning unless the pet's owner has displayed a notice to say that the cat is missing or has posted on the page Facebook of the association for protecting cats at the CHM FELIN CHM. This is to limit the large number of cats left in distress and abandoned and which are handed over to the FELIN CHM association.

**Le Naturisme
simplement vivre
Je partage, j'adhère**

**Fédération française de
Naturisme**

LA FÉDÉRATION FRANÇAISE DE NATURISME, AVEC SES 460 ESPACES NATURISTES EN FRANCE, DONT 155 ASSOCIATIONS LOCALES, VOUS INVITE À VIVRE VOTRE NATURISME TOUTE ANNÉE.

LA FÉDÉRATION FRANÇAISE DE NATURISME VOUS ACCOMPAGNE ET ASSURE VOS ACTIVITÉS.

LA FÉDÉRATION FRANÇAISE DE NATURISME EST VOTRE INTERLOCUTEUR AUPRÈS DES POUVOIRS PUBLICS.

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- ✓ AUPRÈS DE VOTRE ASSOCIATION LOCALE;
- ✓ AUPRÈS DE VOTRE ÉTABLISSEMENT DE VACANCES;
- ✓ SUR LE SITE DE LA FFN (fr-naturisme.com)

Fédération française de naturisme - 26 rue Paul Belmondo - 75012 Paris - Tél. 01 48 10 31 00 - contact@ffn-naturisme.com - www.ffn-naturisme.com



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du lundi au vendredi : 7h30 - 12h et 13h30 - 18h
le samedi : 8h - 12h et 14h - 17h30



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www.gedimat.fr

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BATIMENTS
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06 84 33 91 53

contact@bmsystemes.com
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LECOCQ SPACE



► ENVIRONMENTALLY FRIENDLY ACTIONS

On 25, 26 and 27 July: 3 days of activities, workshops, manual work, conferences, etc... at the CENTRE CO.

Awareness-raising activities on SORTING WASTE will take place all through the season at the bin units so we can learn to sort our waste better.

Welcome to Albert and Christiane Lecocq's chalet (Europa 10 bis), the founders of the Naturist Movement and CHM Guyenne became CHM Montalivet.

Come and (re)discover this place to experience and chat about the history of naturism at CHM (museum) and also take part to workshops and what's on.

- Open from 15/06 to 09/07 and from 05/09 to 15/09, on Mondays and Thursdays at **11am to 1pm**.
- Open from 11/07 to 02/09, on Monday to Friday from **11am to 1pm**.

WORKSHOP:

- **Making nest boxes** for great tits every from 23/06 to 08/09 on Thursdays at **4-6pm**.
- **Get your needles:** Knitting from beginners to advanced needles from 10/07 to 23/08 on Tuesdays from **5pm to 8pm** in the Craft Village.
- **Environmentally Friendly Actions** from 15/06 to 01/09 on Thursdays from **10:30am to 12pm**, Interactive workshops. The themes will be displayed at the start of the season at the chalet.

WHATS'ON:

- **Cork collection:** special containers are available near the bin areas.
- **Sorting of corks** for the « Ame en Joie Association » and Agir Contre Le Cancer:
 - Thursday 11/08, **10:30am** at the Centre Co'
 - Friday 28/10, **3pm** at the chalet.

CONVIVIAL ENCOUNTERS:

Shared meals on Saturdays **23 July and 13 August** at **12:30pm** at the Albert and Christiane Lecocq.

EDEN CASH POINT:

CHM solidarity-conscious local currency. Almost all the traders participate as well as the craft activities and tennis. Counter open at all the chalet's reception desks.



GENat

THE APPLICATION:

Download the Appli Asso.GENAT or scan the flash code and be informed in real time.

CHM'S EDEN MONEY

"When they say the CHM is a real little town, you don't realise how true that is until you go there"

explain the members of the Esprit Naturiste (GENAT) association.

Since 2015, the CHM has had its own currency. And since 15 July 2019, its own "bank" where you can exchange your euros into Edens! One Eden is worth one euro and works like a restaurant ticket but only within the CHM.

Children and adults can use these little wooden coins to buy things from partner businesses. Eden is accepted at the Craft Village, and in 95% of CHM shops.

• WHAT IS EDEN?

EDEN is the eco-friendly, solidarity-conscious local currency, used by naturists at the Centre Hélios Marin in Montalivet. The wood and resin tokens are 100% natural and biodegradable.

• WHAT'S AN EDEN WORTH?

Each Eden is worth €1 (*value increased to €2 for Eden 2020 marking the CHM's 70th anniversary*)

• IS IT REALLY LEGAL?

The legal existence of local complementary currencies as a means of payment is recognised in the French Monetary and Financial Code in Article 16 of the Law of 31 July 2014 relating to the Social and Solidarity Economy (known as the "ESS law").

HOW DO I USE EDEN?

EDEN is similar to the restaurant tickets.

Its accounting process works in the same way. The partner business is not required to give change on an Eden, but must give it on euros spent in addition to Edens.

EDEN CASH POINT (€10 = 12 Edens)

With this exchange, you get 2 free Edens courtesy of the association. The exchange procedure is now on display at the Meeting Area.

- Open from 15/06 to 09/07 and from 05/09 to 15/09, on Mondays and Thursdays at 11am to 1pm.

- Open from 11/07 to 02/09, on Monday to Friday from 11am to 1pm.



► GOOD PLAN!

It's possible to obtain Edens free of charge.



► HOW?

It's easy, just give some of your time to help others and/or the environment.

*The little coins are distributed by the association that created them in exchange for holidaymakers and residents helping out. People who have eco-friendly ideas can also receive Edens to set up their project. All are invited to bring their ideas to the chalet (**Europa 10 bis**).*

We will help them put them into practice.

LE BAZAR DU CHM

ARTICLES DE PLAGE ET DE CAMPING - QUINCAILLERIE –
DROGUERIE – CAMPINGAZ
BOUTEILLES DE GAZ (ANTARGAZ – Livraison – installation)
Petits travaux – Réglage parabole

Tél : 06 99 74 06 99 Mail : bazarduchm@gmail.com



COMMERCIAL CENTER



1 - La Boutique de l'Océan

Everyday 10am-12.30pm and from 5pm-7.30pm
Tel : +33 (0)5 57 75 07 20



2 - Pizzeria « La Toscane »

Everyday 6pm-11pm
Tel : +33 (0)6 73 87 46 80



3 - Magasin BIO

Everyday 9am-1pm and from 5pm-8pm
Email : bio.nat@outlook.fr



4 - Mail

Out of season, the mail is at your available from **2pm at reception. Mid-June/mid-September**, the distribution of mail is made on presentation of the badge, **Monday and Friday from 2pm to 4pm and from Tuesday to Thursday from 11.30am to 1.30pm** at the Commercial Center. No mail on Saturdays, Sundays and Holidays. **Send mail:** you can drop off your mail in the mailbox located in front of the security reception, at the entrance to the CHM.



5 - Restaurant/Bar « Fiesta Latina »

Everyday 5pm-2am
Tel : +33 (0)7 66 10 83 15



6 - Restaurant and fish monger's « Marinheiro »

Opening times displayed at the entrance to the shop.
Tel : +33 (0)5 56 09 31 88



7 - Laundrette

Everyday 24h/24h
Tel : +33 (0)6 70 11 34 26



8 - Bakery « Les 4 Saisons »

Opening times displayed at the entrance to the shop.



9 - Bike hire « Cyclonat »

Everyday 9.30am-12.30pm and 4pm-7pm
Tel : +33 (0)6 34 27 04 05 · www.cyclonat.com



10 - Hardware shop « Le Bazar du CHM »

Everyday 9.30am-1pm and 5.20pm-7pm
Tel : +33 (0)6 99 74 06 99



12 - Hairdresser's

Opening times displayed at the entrance to the shop.
Tel : +33 (0)6 80 76 14 08



13 - Restaurant « Bistrot Gourmand »

Everyday 8am-3pm and from 5pm-01am
Tel : +33 (0)5 24 23 69 12



14 - Supermarket « Cocci »

Everyday 7.30am -8.30pm



15 - Bookshop « Au Lib'air »

Everyday 8am-12.30pm and from 5pm-7.30pm



16 - Wine merchant « La Cave des Deux Châteaux »

Everyday 9am-1pm and from 5pm-9pm
Tél : +33 (0)5 56 73 79 00



17 - Delicatessen

Everyday 11am-1.15pm and from 5.20pm-8.15pm
Tél : +33 (0)5 56 09 34 76



18 - Restaurant « La Crêperie »

Everyday 12pm-2pm and from 7pm-10.30pm
Tel : +33 (0)7 69 33 73 26

✂ **19 - Restaurant « Le Bungalow »**
Everyday 12pm-2pm and from 7pm-11pm
Tel : +33 (0)6 19 48 40 60

🍞 **20 - Bakery and gourmet delicatessen**
Everyday 7.30am-8pm

🛒 **21 - Supermarket/Tabac « SPAR »**
Everyday 7am-7.30pm

🐷 **22 - Butcher's**
Everyday 8am-1pm and from 5pm-8pm

✂ **23 - Restaurant « Poumpouille »**
Everyday 11am-3pm and from 5pm-11pm
Tel : +33 (0)6 17 02 69 64

🥪 **24 - Sandwicherie**
From 01/07 to 31/08
Everyday 10am-11pm

🎁 **25 - Saveurs Espagnoles**
Everyday 8am-midnight

✂ **26 - Restaurant/Bar « Le Gaïa »**
BEACH 1
Everyday 5pm-2am
Tel : +33 (0)7 67 86 86 85

✂ **27 - La Cabane à Jus**
BEACH 1
Schedules posted on site.

✂ **28 - Restaurant/Tea room « Hélios »**
BEACH 1
Everyday 2.30pm-11pm



Pizzeria La Toscane

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JUILLET / AOÛT : 18H - 23H
HORS SAISON : 19H - 22H30

MARKETS

Place	Market days	Dates	Specific features	Type
MONTALIVET	Every day from 8.30am to 1.30pm	mid-June to mid-September	Foods tuffs, regional produce arts and craft, other items	Open air market
	weekend	April to September	Foods tuffs, organic and regional produce	Open air and covered market
VENDAYS	On Sunday morning	All the year	Foods tuffs, organic and regional produce	Open air market
ST VIVIEN MÉDOC	On Wednesday morning	All the year	Foods tuffs, organic and regional produce	Open air market
	On Sundays evenings	From 03/07 to 28/08	Foods tuffs and small restauration	Open air and night market
SOULAC S/MER	Every day from 8am to 13:30pm and from 6pm to 8pm	From 01/07 to 31/08	Foods tuffs, organic and regional produce	Open air market
	Every day from 8am to 2pm	From 01/07 to 30/09	Clothes, household goods, flowers...	Open air market
	Every day on morning	April to june and September	Foods tuffs, organic and regional produce	Covered market
	Gastronomic Fair - From 15 to 17/07 and from 12 to 15/08 - Place de l'église - from 10am to 7:30pm			
L'AMÉLIE	Every Tuesdays evenings from 6pm	From 05/07 to 30/08	Foods tuffs, organic and regional produce, non-food	Open air and night market
LESPARRE MÉDOC	Every Tuesdays and Saturdays mornings	All the year	Foods tuffs, organic and regional produce, non-food	Open air market



MONTALIVET MARKET

composed of a covered hall and a large open-air space, the Montalivet market is one of the largest in France.

A must-see for holidays, it is open every day and all year round, you will find there around 200 stands during the summer season. Fresh fruits and vegetables, local meats and fish, local products, Medoc sausages, jewelry, clothing...

You can also take advantage of its tasting stands! Medoc or Arcachon oysters, grilled prawns, cooked dishes...

➤ **Direct access from the CHM's Pinède door (see on the map). Access open every day from 9am to 2pm and from 6pm to 11pm from 01/07 to 31/08. Badge required.**

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Afro-Latino*

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Cavedes2chateaux@yahoo.fr

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► Royan :
+33 (0)5 46 38 35 15

Office opening hour:
Monday to Friday
from 8:30am-12pm
and 1:30pm-4pm



Crossing times are
available on the site:

gironde.fr/bacs

► SMS and email alert via
registration on the website.

Covid-19 Info: Safety measures still apply, particularly social distancing and wearing a mask which is compulsory in salons for anyone aged over 10 years old.

Attention: no masks are available to buy at the tills.



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TIDES

July

Local Hours
Low Tides (bm)
& High Tides (pm)

Heights

Coeff.

FRIDAY 01	bm	01h08	155m	
	pm	07h22	475m	70
	bm	13h14	165m	
SATURDAY 02	pm	19h33	490m	69
	bm	01h44	155m	
	pm	07h56	470m	68
SUNDAY 03	bm	13h50	165m	
	pm	20h07	485m	67
	bm	02h20	160m	
MONDAY 04	pm	08h31	460m	66
	bm	14h27	170m	
	pm	20h44	475m	64
TUESDAY 05	bm	02h57	165m	
	pm	09h09	450m	62
	bm	15h05	180m	
WEDNESDAY 06	pm	21h25	470m	60
	bm	03h35	175m	
	pm	09h53	445m	58
THURSDAY 07	bm	15h48	185m	
	pm	22h11	460m	56
	bm	04h19	185m	
FRIDAY 08	pm	10h46	435m	54
	bm	16h36	195m	
	pm	23h05	455m	52
SATURDAY 09	bm	05h09	190m	
	pm	11h48	430m	50
	bm	17h32	200m	
SUNDAY 10	pm	00h09	450m	49
	bm	06h08	195m	
	pm	12h54	435m	49
MONDAY 11	bm	18h36	200m	
	pm	01h16	450m	50
	bm	07h14	195m	
TUESDAY 12	pm	13h59	450m	52
	bm	19h43	190m	
	pm	02h24	460m	56
WEDNESDAY 13	bm	08h22	185m	
	pm	15h02	470m	60
	bm	20h50	170m	
THURSDAY 14	pm	03h32	475m	64
	bm	09h26	165m	
	pm	16h02	495m	69
FRIDAY 15	bm	21h54	150m	
	pm	04h35	495m	75
	bm	10h27	145m	
SATURDAY 16	pm	16h59	515m	80
	bm	22h56	130m	
	pm	05h33	510m	85
SUNDAY 17	bm	11h23	130m	
	pm	17h52	535m	89
	bm	23h52	110m	
MONDAY 18	pm	06h27	525m	95
	bm	12h15	115m	
	pm	18h45	550m	95
TUESDAY 19	bm	00h45	095m	
	pm	07h18	525m	97
	bm	13h05	110m	
WEDNESDAY 20	pm	19h36	555m	98

SATURDAY 16	bm	01h35	090m	
	pm	08h07	520m	97
	bm	13h53	110m	
SUNDAY 17	pm	20h25	550m	96
	bm	02h22	095m	
	pm	08h55	505m	93
MONDAY 18	bm	14h39	120m	
	pm	21h13	535m	89
	bm	03h07	110m	
TUESDAY 19	pm	09h41	485m	85
	bm	15h25	135m	
	pm	22h00	510m	79
WEDNESDAY 20	bm	03h52	135m	
	pm	10h27	460m	74
	bm	16h13	155m	
THURSDAY 21	pm	22h48	480m	67
	bm	04h39	160m	
	pm	11h17	440m	62
FRIDAY 22	bm	17h04	175m	
	pm	23h40	455m	56
	bm	05h31	185m	
SATURDAY 23	pm	12h17	420m	51
	bm	18h03	195m	
	pm	00h41	435m	46
SUNDAY 24	bm	06h31	205m	
	pm	13h29	415m	43
	bm	19h08	210m	
MONDAY 25	pm	01h52	425m	41
	bm	07h37	215m	
	pm	14h37	420m	41
TUESDAY 26	bm	20h18	215m	
	pm	02h59	425m	42
	bm	08h45	215m	
WEDNESDAY 27	pm	15h33	435m	44
	bm	21h23	205m	
	pm	03h55	430m	47
THURSDAY 28	bm	09h44	205m	
	pm	16h19	450m	50
	bm	22h18	190m	
FRIDAY 29	pm	04h42	445m	54
	bm	10h32	190m	
	pm	16h59	465m	57
SATURDAY 30	bm	23h02	175m	
	pm	05h22	460m	61
	bm	11h13	175m	
SUNDAY 31	pm	17h36	480m	64
	bm	23h42	165m	
	pm	05h59	470m	67
MONDAY 01	bm	11h50	165m	
	pm	18h10	490m	69
	bm	00h18	155m	
TUESDAY 02	pm	06h33	475m	72
	bm	12h26	155m	
	pm	18h44	495m	74
WEDNESDAY 03	bm	00h54	145m	
	pm	07h06	480m	75
	bm	13h01	150m	
THURSDAY 04	pm	19h16	500m	76
	bm	01h29	140m	
	pm	07h37	480m	77
FRIDAY 05	bm	13h35	145m	
	pm	19h48	500m	77



TIDES



August

*Local Hours
Low Tides (bm)
& High Tides (pm)*

Heights

Coeff.

MONDAY 01	bm	02h02	140m	
	pm	08h10	480m	77
TUESDAY 02	bm	14h09	150m	
	pm	20h22	495m	76
	bm	02h35	145m	
TUESDAY 02	pm	08h44	475m	75
	bm	14h43	155m	
	pm	20h58	490m	73
WEDNESDAY 03	bm	03h09	150m	
	pm	09h22	465m	70
	bm	15h20	160m	
THURSDAY 04	pm	21h39	480m	67
	bm	03h46	165m	
	pm	10h06	455m	64
FRIDAY 05	bm	16h01	170m	
	pm	22h28	465m	60
	bm	04h29	175m	
SATURDAY 06	pm	11h02	445m	56
	bm	16h52	185m	
	pm	23h28	450m	53
SUNDAY 07	bm	03h24	195m	
	pm	12h10	435m	50
	pm	17h56	200m	
MONDAY 08	pm	00h41	440m	48
	bm	06h34	205m	
	pm	13h28	440m	47
TUESDAY 09	bm	19h13	200m	
	pm	02h05	440m	48
	bm	07h54	205m	
WEDNESDAY 10	pm	14h46	460m	52
	bm	20h32	185m	
	pm	03h25	460m	56
THURSDAY 11	bm	09h12	185m	
	pm	15h53	485m	63
	bm	21h47	160m	
FRIDAY 12	pm	04h13	485m	69
	bm	10h19	160m	
	pm	16h51	515m	77
SATURDAY 13	bm	22h50	130m	
	pm	03h27	505m	83
	bm	11h16	135m	
SUNDAY 14	pm	17h44	545m	90
	bm	23h45	105m	
	pm	06h17	525m	95
MONDAY 15	bm	12h07	100m	
	pm	18h32	560m	99
	bm	00h35	085m	
TUESDAY 16	pm	07h03	530m	102
	bm	12h54	100m	
	pm	19h18	565m	103
WEDNESDAY 17	bm	01h21	080m	
	pm	07h46	525m	103
	bm	13h38	095m	
THURSDAY 18	pm	20h02	555m	102
	bm	02h03	090m	
	pm	08h26	515m	99
FRIDAY 19	bm	14h19	105m	
	pm	20h43	540m	95

TUESDAY 16	bm	02h42	105m	
	pm	09h04	495m	90
WEDNESDAY 17	bm	14h59	125m	
	pm	21h22	510m	84
	bm	03h21	130m	
THURSDAY 18	pm	09h40	470m	77
	bm	15h39	150m	
	pm	22h01	480m	70
FRIDAY 19	bm	04h00	160m	
	pm	10h18	445m	63
	bm	16h23	180m	
SATURDAY 20	pm	22h44	450m	55
	bm	04h45	190m	
	pm	11h06	420m	48
SUNDAY 21	bm	17h16	210m	
	pm	23h41	420m	41
	bm	05h40	220m	
MONDAY 22	pm	12h21	405m	36
	bm	18h24	230m	
	pm	01h04	400m	32
TUESDAY 23	bm	06h51	240m	
	pm	14h00	405m	30
	bm	19h46	235m	
WEDNESDAY 24	pm	02h33	400m	31
	bm	08h13	240m	
	pm	15h09	420m	34
THURSDAY 25	bm	21h03	225m	
	pm	03h36	415m	39
	bm	09h24	225m	
FRIDAY 26	pm	16h00	440m	44
	bm	22h00	200m	
	pm	04h24	435m	48
SATURDAY 27	bm	10h34	200m	
	pm	16h41	460m	55
	bm	22h44	180m	
SUNDAY 28	pm	05h03	455m	60
	bm	10h55	180m	
	pm	17h16	480m	65
MONDAY 29	bm	23h22	160m	
	pm	05h38	475m	70
	bm	11h32	160m	
TUESDAY 30	pm	17h49	500m	74
	bm	23h58	140m	
	pm	06h10	485m	78
WEDNESDAY 31	bm	12h07	145m	
	pm	18h21	510m	81
	bm	00h32	130m	
THURSDAY 01	pm	06h41	495m	84
	bm	12h41	135m	
	pm	18h52	515m	86
FRIDAY 02	bm	01h06	125m	
	pm	07h12	500m	87
	bm	13h14	130m	
SATURDAY 03	pm	19h24	520m	88
	bm	01h38	125m	
	pm	07h43	500m	88
SUNDAY 04	bm	13h47	130m	
	pm	19h56	515m	87
	bm	02h10	130m	
MONDAY 05	pm	08h16	495m	85
	bm	14h19	135m	
	pm	20h13	505m	83



SEE OUR 3
CAMPSITES !

Naturist campsite CHM Montalivet ****

Naturist campsite
CHM Montalivet ★★★★★

A magical naturist estate nestling amid a forest of immense maritime pines. For over 70 years, **the CHM** has welcomed no fewer than 4 generations of naturists each summer, continuing a tradition that is strongly rooted in family naturism. Direct access to 2 km of sandy beaches.

Naturist campsite
Le Clapotis ★★

Naturist campsite
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