



# Woo

Wales OUTRIGGER ORGANISATION

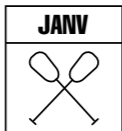
— guadeloupe —

## DOWNWIND CAMP

TO PRACTICE THE OUTRIGGER CANOE IN AN IDYLIC SPOT



**Woo** offer you to leave one week in Guadeloupe for a workshop through a multitude of Downwind adapted to every level. Thanks to this « package », we offer you the possibility to practice OC in the best conditions !



— guadeloupe —  
**DOWNWIND  
CAMP**

**The Perfect SPOT !**

Guadeloupe is the perfect spot for outrigger paddling : the island is magnificent, perfectly positioned for the prevailing winds (the trade winds constantly blow between 12 and 20 knots) and offers a multitude of routes adapted to the level of each paddler. To use an analogy, we can say that the « slopes » range from green to black, through blue and red.

**The Perfect PLACE !**

A water temperature of 80°F/27°C, the sun out every day, the beauty and the diversity of the island allows the organization of real journeys of discovery where you will certainly encounter turtles, stingrays and if you're lucky, whales.

Supervised by two professionals, one of which is a state-certified instructor, come and discover, be initiated or honed in the pleasure of downwind paddling.

# WORKSHOP

# Initiation

The outrigger canoe, due to its balance, has the distinctive feature of being extremely stable after a short adaptation period. This workshop has the objective of allowing you in 6 days, to get used to your outrigger canoe, acquire the paddling technique and become initiated in Downwind: surfing the ocean waves offshore while being pushed by the great force of trade winds.



## PROGRAMME

**01 Day** 3 hours: briefing, getting to know your canoe for the week, mastering balance, how to re-enter your canoe, tour of the bay departing from the Hotel beach

**02 Day** 3 Hours: Paddling technique lesson, how to ease the outrigger while paddling, tour departing from the hotel beach.

**03 Day** Depart for a trip in the mangrove where you will discover the immense diversity of fauna and flora all while perfecting your paddling technique. Meet at the parking lot of the hotel to leave in a minibus for Basse-Terre.

**04 Day** Depart for a trip to discover the Caouane islet in the lagoon of the Grand Cul-de-sac. First sensations of the surf carried by the tailwinds.

**05 Day** First Downwind of the week: St Rose, Deshaies (green route). 9.3 miles of surf on turquoise waters

**06 Day** Depending on the conditions and level reached, return to St Rose or the more challenging downwind (blue route) on the Atlantic coast south of Grand Terre.

**LEVEL REQUIRED** This week-long workshop is aimed at people who are physically in shape. No need to be a high-level athlete but practicing an endurance sport is recommended. If you regularly jog, cycle, mountain bike, swim or are adept at boardsport such as windsurfing, snowboarding, skating, etc ... You will be awed by the sensations which outrigger canoeing offers.

# WORKSHOP

# Improvement



**HONING WORKSHOP** You are the owner of an OC1 or you practice regularly in a club and you wish to begin the downwind practice in complete safety, then this workshop is for you !

**Level required** You must be capable of paddling 12.4 miles at an average speed of 5 miles/h (8km/h) minimum.



**01 Day** Going over the fundamentals on the beach of the hotel: paddling techniques, lightening of the ama and surfing on the beach waves. Three hours

**02 Day** Shuttle bus to St Rose. First downwind in the lagoon of the Grand Cul-de-sac: 9.3 miles of rolling turquoise waters to Deshaie. Wild !

**03 Day** Shuttle bus to Petit-Canal in the Grand-Cul-de-sac lagoon. 12.5 miles of rolling water until St Rose and its mangrove.

**04 Day** Shuttle bus to Pointe des Chateaux, situated at the endpoint of Grande Terre. Downwind on the ocean until Saint-François: 9.3 miles of training in cross swells. Learning to stay the course.

**05 Day** Shuttle bus to St. François. Downwind on the ocean until Saint-Anne. 15.5 miles.

**06 Day** You get to choose: return to the rolling waters of the lagoon of the Grand Cul-de Sac or Downwind on the ocean !

THIS PROGRAM IS A GUIDE AND WILL VARY WITH WIND CONDITIONS



You are a « committed » fan of Downwinds and you wish to take advantage of regular winds to cover maximum distances each week. You would also like to join local paddlers on downwind races on the weekend.

Workshop Program Priority given to downwind. Each day will be organized in accordance with the wind conditions and discussed with all of the workshop participants.

Aim 12.4 to 18.6 miles of downwind each day and participation in local races.



## — LODGING —

Whether you come by yourself or in couple, we propose a lodging option suitable for your needs. «La Villa Panoramic» is located next to the Saint François golf near the marina.

Luxurious and roomy, the villa offer you an incredible view and many aeras to relax yourself after the Downwind.



Single room with private bathroom

**785€** THE WEEK

Single roow with shared bathroom

**750€** THE WEEK

Shared room - 4 peoples

**189€** THE WEEK

ALL TAXES INCLUDED - PRICE PER PERSON. included : daily cleaning



- COURSES
- PARCOURS TRÈS FACILE\*
- PARCOURS FACILE À MOYEN\*
- PARCOURS DIFFICILE\*
- PARCOURS TRÈS DIFFICILE\*
- \* à adapter selon la météo
- DIRECTION DES VENTS

— guadeloupe —

— Downwind

— PRICE —

Single price

**750€** VAT

From Sunday to Friday length of 6 days.

Flights, lodging and meals not included

Info : If you book far enough in advance you can get return flights for around 550€.

Included in the workshop

6 Races Outrigger **or** 5 Races Outrigger + 1 EXCURSION

**Shuttle Buses**  
Airport ) Only on saturday  
Downwind - All week

**Outrigger canoe supplied**  
OC1-Pueo 1,5 full Carbon  
OC2-Rafale, OC1 Feline full Carbone

**COACHING**  
WOO Team member +  
1 state-certified instructor

**Safety Boat**  
When the wind speed is higher  
than 25 knots

**RESTAURANT**  
The Wednesday night

**T-SHIRT WOO**  
Offered during the workshop

**PADDLE / life jacket** NOT INCLUDE AND OBLIGATORY

The workshop is limited to 12 people per week



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H&M OUTRIGGER ORGANISATION

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*DOWNWIND  
CAMP*

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[www.woo-outrigger.com](http://www.woo-outrigger.com)



[dwcamp@woo-outrigger.com](mailto:dwcamp@woo-outrigger.com)

2 allée des artisans  
ZA du REDON  
64600 ANGLET

