

Les
Curies
de **Changy**

TRE C

Advanced training course
National & International level

Full board & lodging

Course conducted by
LUDOVIC GARNIER

in collaboration with
A HUE ET A DIA



Sunday 31 March
to

Monday 8 April 2019

SOMMANT EN MORVAN

Introduction



LUDOVIC GARNIER, selected as a member of the French national TREC team for the last several years, is proposing in collaboration with the equestrian tourism centre "A HUE ET A DIA", a comprehensive advanced training course in the sport of TREC for levels 3 and 4 (French levels Amateur 1 and Amateur Elite).

This training course will allow you to acquire or further your knowledge in the essentials required for Trail Orienteering and to improve your technique for the Control of Paces and Cross-country obstacle course phases of TREC competitions.

Each training session will be completed by exercises either in the classroom or mounted. Real-life situations will be used in order to prepare you for the Official FFE TREC competition scheduled for the end of the week in Sommant en Morvan. This event is one of the European TREC Cup events in France for Amateur (level 3) and Amateur Elite (level 4) riders.

On the Monday following the competition, participants will be debriefed in order to go over each of the problems encountered during the competition and to provide answers and a technical solution.



Trainer: Ludovic Garnier



Qualifications:

- « Accompagnateur de Tourisme Equestre (ATE) » - certified equestrian tourism guide
- « BPJEPS (Brevet Professionnel pour la Jeunesse et l'Education Populaire et du Sport) équitation spécialisé dans le tourisme équestre » – French professional equestrian certificate for Youth and Community Education and Sports, specialised in equestrian tourism
- Brevet fédéral d'entraîneur de TREC de niveau club – French federal certificate as TREC instructor/coach at the Club levels

Riding achievements:

- Member of the French national Senior TREC team
- World TREC team Champion in 2016
- French national TREC Individual Champion in 2014
- European TREC team Champion in 2014
- World TREC team Champion in 2012
- 6th place in the World TREC championships in 2008

Achievements as coach:

- Riding Instructor since 2006
- Coached the Silver medalists in the French TREC “Club Elite” Young Seniors team national championships in 2014
- Coached the Gold medalists in the French TREC “Club Elite” Young Seniors team national championships in 2017
- Student became Gold Medalist in the French TREC Junior rider national championships in 2018
- Student became Gold Medalist in the World TREC Young rider team championships in 2018, and also won the PTV of this event
- Student became Gold Medalist in the French TREC “Amateur 1 Duo” national championships en 2018

Accommodation: A HUE ET A DIA



Welcomes you all year round:

- for trail rides suited to all tastes for a tour of the Morvan hills, the Champagne wine district, the Fontainebleau state forest, the Somme River basin, the Drôme, Lozère regions or elsewhere, with or without a guide;
- for training sessions in TREC and endurance competitions, week-end sessions etc. including federal level rider exams (FFE Galops);
- and especially to make available their horses for rental in full freedom for an hour, a week-end or even several months!!

Several comfortable cottages (including a new guesthouse, with a bread oven which will be in service in the summer), exceptional horses and a qualified and effective team await you.

The Morvan hills are an extraordinary playing area in which to discover more than 3000 km of trails with no hindrances or barriers, great lakes and preserved forests, one of the most deserted regions of France between Paris and Lyon.

Site location and how to get there

SOMMANT EN MORVAN

By car, truck, motorcycle, bicycle or on foot....

280 km south of Paris: From the A6 autoroute, take the Avalon Sud exit no. 22, at mileage point 212. After the Toll, follow the N6 road to Saulieu (about 25 minutes after leaving the A6). Drive through Saulieu and follow directions for Lucenay l'Evêque on the D980 road (turn right after the big square, again turn right after the school and then turn left at the small roundabout). 500m after going through Lucenay (35 minutes after leaving Saulieu) turn right towards Sommant on the D132...

170 Km north of Lyon: From the A6, take the Chalon sur Saône Nord exit no. 25, and follow directions for Autun (D978). At Autun, follow directions for Nevers/Château-Chinon for about 7km, and turn right in La Comaille village towards Sommant (D132)...

90 Km from Nevers: Take the D978, go through Château-Chinon and follow directions for Autun. At Polroy (just after La Celle-en-Morvan), turn left (D116) and again left (D132) towards Sommant...

80 Km from Dijon: On the A38, towards Paris, take the Pouilly-en-Auxois exit no. 24 and follow directions for Arnay-le-Duc (D981), then directions for Autun. After driving through Voudenay and 3 km after passing under the TGV bridge, turn right (D26) towards Lucenay l'Evêque. 500 m before reaching Lucenay turn left towards Sommant (D132)...



...You will find "A Hue et A Dia" just below the Sommant Church.

By train...

Take the TGV to CREUSOT station, and then the bus to Autun.
Bus service: Rapides de Saône et Loire (RSL)
Timetable information : (03) 85 82 66 48

We will come to pick you up at the Autun bus depot around 18:00 on Sunday evening.

Practical Information

- Training course from Sunday 31 March to Monday 8 April, full board and lodging included
- Entry fee for the TREC Competition, qualifying for the European TREC Cup, from 5 to 7 April is included in the price of the course
- Possibility to rent a horse for the duration from the "A Hue et A Dia" stables
- The number of participants is limited from 6 to 16 riders
- Possibility to pick you up at the Roissy Charles de Gaulle or Orly airports, as well as at the Autun bus depot (30 march at the latest)
- The course will be translated into English and Spanish in order to accommodate our friends from around the world 😊

Training Program

Sunday 31 March:

From 14:00 Reception of course participants

Monday 1^{er} April:

9:00-12:00 Riding on the flat (dressage) and getting to know your horse

14:00-17:00 Workshop on various isolated PTV obstacles

Tuesday 2 April:

9:00-12:00 Workshop on Orienteering techniques: topography, contour lines, UTM and Lambert coordinates, locating reference points, etc.

14:00-17:00 Real-life practical exercises in Orienteering

Wednesday 3 April:

9:00-12:00 Riding on the flat: controlling speed and paces

14:00-17:00 Real-life practical exercises on the PTV obstacle course

Thursday 4 April:

9:00-12:00 Workshop on managing azimuths and bearings, evaluating distances and speeds

14:00-17:00 Real-time practical exercises

Friday 5 April:

9:00-12:00 Workshop to develop speed and precision in the Map reading room

14:00-17:00 Rest and Veterinary inspection

Saturday 6 April:

9:00-17:00 Official TREC competition: POR for Amateur 1 and Amateur Elite levels

Sunday 7 April:

9:00-17:00 Official TREC competition: Control of Paces and PTV

Monday 8 April:

9:00-12:00 Debriefing on the difficulties encountered during the POR

14:00-17:00 Debriefing on the difficulties encountered during the PTV

Fees

- Full week (including horse rental) for the training course and the official competition = 950€ TTC
- Full week for the training course and the official competition (without horse rental) = 680€ TTC
- Full week as auditor/accompanying person = 400€ TTC
- On demand daily rate (including horse rental, meals and overnight stay) = 190€ TTC
- On demand daily rate (including meals and overnight stay, without horse rental) = 136€ TTC

Application form

Weekly Package for Rider including horse rental (950 €)

Weekly Package for Rider without horse rental (680 €)

Weekly Package for Auditor/Accompanying person (400 €)

Last Name:

First Name:

Birth date:

Nationality:

Address:

Email:

Telephone:

Horse's Name : Horse's ID (SIRE) :

Microchip/Transponder N°:

Horsebox

Paddock

Special requirements (e.g. allergies, special dietary needs) :

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Contact for Information and booking:

Tiphaine and Ludovic GARNIER

+33 6-33-21-36-74 ou +33 6-40-75-54-25

tgarnier62@gmail.com

Payment by cheque, cash or bank transfer (IBAN references on request), installments possible

Deadline for booking: 1 March 2019