

Bulletin N°1
Public version

10th Golden Age Gym Festival



European
Gymnastics



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Dr Farid Gayibov

President of European Gymnastics



Dr Farid Gayibov

Dear Gymnastics Friends,

The Atlantic Coast is preparing to warmly welcome the Gymnastics for All family in 2026!

The 10th-anniversary edition of the Golden Age Gym Festival will be held in the beautiful resort city of Les Sables-d'Olonne, from October 4 to 9. This much-anticipated event returns to France after 12 years - its last French edition took place in Toulouse in 2014.

There is no doubt that the French Gymnastics Federation and its Local Organizing Committee will embody and showcase the true spirit of this unique festival. In fact, the festival's philosophy has found a perfect reflection in our everyday lives.

The commitment to physical activity, forming new friendships, and maintaining a positive and resilient mindset continues to inspire us all to pursue our dreams and overcome challenges.

The participants of the Golden Age Gym Festival consistently prove that age is never a barrier to moving forward and even "moving mountains."

With a year and a half remaining until the start of this splendid event, I wish all participants endless creativity and tireless energy to bring their ideas to life.

I am confident that through the joint efforts of the organizers, the Technical Committee, and the European Gymnastics staff, this charming and friendly city will leave unforgettable memories for both participants and local residents alike.

I wish all stakeholders the best of luck in their preparations - and in all their endeavors - on the road to October 2026!

Dominique Mérieux

President of the French Federation of Gymnastics



Dominique Mérieux

Lead by fundamental values such as respect, commitment, solidarity, excellence, responsibility and pleasure, the French Federation of Gymnastics gathers around 350 000 licensees in 1 390 clubs. Committed in the development and the promotion of the gymnastics in all its possibilities, the FFGym values as much the leisure practice as the research for performance, while emphasizing education, training and health.

It is in this spirit that we are pleased to welcome the 10th edition of the Golden Age Gym Festival, in Les Sables d'Olonne, from October 4th to 9th 2026. For the second time in France, after Toulouse in 2014, this edition is organised on the theme of gymnastics, ocean and ecology. It will offer to the participants the opportunity to discover the Atlantic shore, while doing some activities adapted to their physical abilities, in a spirit of health, friendliness and sharing.

I want to thank all the teams mobilised for the organization of this event: the services of the FFGym, the local organizing committee, the many volunteers, gathered around Luc Le Roy, president of the Regional Committee Pays de la Loire, the sponsors. Thank you to European Gymnastics too for trusting again.

Finally, I would like to salute the investment of the city and the agglomeration of Les Sables d'Olonne for their welcome and their support through the organization. Thanks to their involvement, this festival is going to an exceptional moment.

I wish all the participants an unforgettable week, carried by the joy to see each other again, move together and celebrate gymnastics in its whole diversity.

May these six days be rich in discovering, shared emotions and moments of complicity. To the organizers, I wish all the success to make this 10th edition a significant and unifying event.

Ricardo Lima

President of the European Gymnastics Gymnastics For All Technical Committee



Ricardo Lima

Dear Friends!

It is with great enthusiasm that we welcome you to the Golden Age Gym Festival 2026, which will take place in the charming city of Les Sables-d'Olonne, in France, in October 2026!

We are very excited to welcome all gymnasts and gymnastics enthusiasts from all over Europe to this special event. Prepare for days full of energy, friendship and incredible performances. Les Sables-d'Olonne, with its coastal beauty and welcoming atmosphere, will be the perfect setting for us to celebrate our passion for gymnastics together.

It's also an opportunity to explore and discover the charms of this French region and to taste the wonderful local traditional cuisine.

We can't wait to welcome you and experience unforgettable moments at the Golden Age Gym Festival! Stay tuned for more information about the program and registration.

See you soon in France! Au revoir

Yannick Moreau

Mayor of Les Sables d'Olonne



Yannick Moreau

It is with great joy that our town will host the Golden Age Gym Festival in 2026 — a festive and athletic celebration of the vitality of a youth... that lasts just a little longer!

In Les Sables d'Olonne, we offer a lifestyle beloved by seniors, with sea air, open space and heartfelt respect. From the new Arena to Lake Tanchet, the long beach and our modern gymnasiums, the city will set the stage for energy, joy and connection.

Dear gymnasts, may this week bring you more than just a program: a discovery, a spirit. **Welcome home, in a town that celebrates life... and second youth!**

Luc Le Roy

President of the Local Organizing Committee



Luc Le Roy

Dear gymnasts from the gymnastics clubs of Europe,

It is with great pleasure that we host you to Les Sables d'Olonne for the Golden Age Gym Festival 2026. We have chosen to welcome you to this city for its pleasant climate, its invigorating ocean, its splendid beaches and its many curiosities that will amaze you.

Les Sables d'Olonne, with its rich historical and cultural heritage, offers an ideal setting for combining well-being, sport and discovery. Whether you are passionate about gymnastics, enjoy picturesque walks or are curious about new experience, our town has everything you need to make your stay unforgettable.

- **Sports activities:** gym sessions suitable for all levels, beach activities such as yoga classes, aqua gym or even coastal walking and many more.
- **Sightseeing tours** that will immerse you in our history and culture.
- **Wellness:** relaxation and meditation sessions, spa treatments and workshops to take care of your body and mind.

We have selected comfortable accommodations and restauration that will delight your taste buds with delicious local cuisine.

The Golden Age Gym Festival 2026 in Les Sables d'Olonne promises to be an exceptional event. We are looking forward to sharing moments of joy, sport and discovery with you. Be prepared to experience days filled with energy, conviviality and well-being.

Welcome to Les Sables d'Olonne and may this Golden Age Gym Festival 2026 be an unforgettable experience for you.

Introduction

Les Sables d'Olonne

**Here, in Les Sables d'Olonne, we do not just contemplate the horizon, we defy it.
Land of sailors and of passionate people, it is here that we just witnessed the most famous race around the globe of the world, the Vendée Globe.**

It is in the warm embrace of our mythical channel that legends are born: the young Violette Dorange conquered the whole France, and Sébastien Simon, our conqueror from Les Sables, that you might see while running on the promenade.

Here, our legends are well alive. They share a glass on the terrace, are told with friends, live in the open air and are met at the market. And whatever it's the spirit that matters: the wind, the freedom, the defy, the ocean.

Here, our sailors carry on an ancient job which reinforces our roots, a job which forged the soul of Les Sables. This unique art de vivre, between preserved nature and sweet carefreeness. The forest, the sand and the salt, the paddle and the rake, our surf spots, our infinite beaches... our little California. No question to forget the open air concerts and many other vibrating events already resonating in the backstages of our Arena. Here, every landscape shivers and tells a story.

Let yourself be moved by the emotion.





**Golden Age
Gym Festival 2026**

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Our 7 Must-Do Experiences

The savage beauty of the marshes

Protected natural site, area of biodiversity, cradle of the white gold, of the eel and the mullet farming, it is the natural space by excellence, to go through by feet or by bike, with watchful eyes, as the savage fauna is very close.

The lights of the savage coastline

A promenade full of vitamins for a long, peace full stroll along the pedestrian and bicycle path, with the ocean as far as the eye can see and the sea spray as your companions.

The art de vivre of the big beach

It is the postcard from Les Sables! The major meeting point for the families, where the surfers come to spice with their performances, the non-stop show of one of the most beautiful bays of the world. You have to see it!

Ulysse is watching over the bay of Les Sables d'Olonne, as an eternal sailor, myth of the vertigo of the open sea and the irresistible call of the return to the home port.

The freshness of the forest

Acacias, holm oaks, and maritime pines unfold their chlorophyll-rich benefits over 11 km, inviting you to take refreshing walks exploring the treasures of the endemic flora and fauna.

The white gold of Olonne island

This village of salt workers preserves with enthusiasm a remarkable built patrimony, to be discovered by walking in its small streets towards the Guefard mill, reborn as exceptional observation point to embrace with the eyes the surrounding marshes.

On board of the legendary Imoca

Inside of the boat which built the legend of the Vendée Globe, you can feel flying! Put back on the water by a Sables d'Olonne resident for whom heritage is the law, Ecureuil d'Aquitaine II, which became the T One One, first boat to leave the port and first one to come back, welcomes now on board the future champions and everyone who wants to touch with the finger the incredible feeling of sailing aboard the giants of the sea. Cast off, let the excitement begin!



Photographic credit: Alexandre Lamoureux

GAGF history

After the test edition in 2005 and the 1st Golden Age Gym Festival 2008 in Maspalomas, Canaries (ESP), the 2nd GAGF was hosted by Portimao (POR) followed by 3rd GAGF in Montecatini (ITA), 4th GAGF in Toulouse (FRA), 5th in Portoroz (SLO), 6th in Pesaro (ITA), 7th in Rethymno (GRE), 8th in Funchal (POR), and 9th in Burgas (BUL), **the 10th edition brings back the Golden Age Gym Festival to France, next to the amazing Atlantic Ocean shore, to Les Sables d'Olonne.**

General Info

From 4 to 9 October 2026, the city of Les Sables d'Olonne (Pays de la Loire / France) will host the most important European Gymnastics Over 50 Gymnastics Festival: **Golden Age Gym Festival!** The European Gymnastics Golden Age Gym Festival is not only a week of recreation but offers also the possibility to all participants to improve their abilities, to discover new activities and sports and make new friendships. This Festival for the Over 50 generation has the purpose to inform the gymnasts from 50 European Gymnastics National Federation about gymnastics benefits and let them experience different gym related activities. The gymnasts shall have the pleasure to be involved in this unique Gym Festival where group presentations and leisure activities are planned together.

The GAGF is open to gymnasts from all 50 national European federations affiliated to European Gymnastics. **European Gymnastics member Federations can register groups of people 50+.** Although there will be no precise definition of the age of the participants, they should be 50 years or older.

Info Meeting

After several Info Meeting sessions on site, European Gymnastics and LOC have decided to offer an online Info Meeting to present the 10th Golden Age Gym Festival 2026. This decision will permit all the HODs and a lot of group leaders to attend to the info meeting in order to plan their stay in Les Sables d'Olonne in October 2026. During the one-hour meeting, the LOC will be able to present you all the important informations to prepare your experience.

The meeting will be on Thursday October 16th 2025 at 4 PM (Paris Time).

[Registrations are open for everyone on the link here](#)

The Logo of the Golden Age Festival 2026

The logo of the Golden Age Gym Festival 2026, organized by the French Gymnastics Federation, symbolizes **the energy, dynamism, and friendliness of this event dedicated to senior gymnasts.**

The central element of the logo features a stylized figure in motion, evoking **enthusiasm, balance, and vitality.**

The curved lines that form it create an impression of fluidity and lightness, reminiscent of rhythmic and artistic gymnastics. A small red sail in the upper left corner emphasizes **the connection to the maritime environment of Les Sables d'Olonne**, the host city for the 2026 edition.

The chosen colors provide a strong visual identity:

- **Red**, a dynamic and vibrant color, associated with the Vendée department.
- **Navy blue**, linked to the city of Les Sables d'Olonne, bringing a touch of elegance and stability.
- **Light blue and pink**, reminiscent of the French Gymnastics Federation, adding a fresh note.
- **Gold**, symbolizing the "Golden Age", highlighting the experience, richness, and spirit of sharing among participants.

This modern and refined logo is inspired by the DNA of the FFGym logo and perfectly embodies the essence of the Golden Age Gym Festival 2026, **an event where the passion for sport and the joy of coming together are celebrated in a unique setting.**





**Golden Age
Gym Festival 2026**

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Provisional programme

	Saturday 03/10	Sunday 04/10	Monday 05/10	Tuesday 06/10	Wednesday 07/10	Thursday 08/10	Friday 09/10	Saturday 10/10
Mornings	Arrivals Participants - City Visit LOC + HOD	Arrivals Participants - Meeting HOD and Group Leaders - Parade - Opening Ceremony - Dinner	Meeting HOD + LOC - City orienteering	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Departure Participants
After- noons and evenings			Excursions - City Performance - Dancing evening	Excursions - City Performance - Dancing evening	Excursions - Forum - City Performance	Excursions - City Performance - Dancing evening	Excursions - Gala rehearsal - Gala	

The “Golden Age Gym Festival” is all about gymnastics, leisure, social and cultural activities as well as friendships and intercultural exchanges.

Here are the main words of this week. The week will be filled up with the following events:

- **Parade & Opening Ceremony**
- **City Orienteering**
- **City performances**
- **Workshops**
- **Cultural & social activities**
- **Educational Forum**
- **Closing Gala**

As usual, every morning we will have a meeting with all Heads of Delegation in order to give you some more detailed information.

Do you wish to arrive earlier or stay a bit longer to explore Les Sables d'Olonne and its area? Contact us!!



European
Gymnastics



les Sables
d'Olonne...
VILLE & AGGLOMERATION

The seaside to start the Golden Age Gym Festival

Top place for the sailors and faithful to the ocean which is dear to him, through the Vendée Globe it hosts every four years, the city of Les Sables d'Olonne welcomes the parade of the Golden Age Gym Festival on its famous seaside.

On the promenade, the Remblai, loved site for the people from Les Sables d'Olonne and the tourists for its refreshing air, the European participants will honour their country across around 800 meters. They will walk dressed with their beautiful colours to carry high-up their flag.

After the parade amid the local public, the participants will be brought to the site of the opening ceremony. **The show will go on.**



An arena to host the ceremonies

Exiting the area of the simple show stage and offering a unique dimension to the opening and closing ceremonies.

By choosing an Arena, surrounded by four stands to welcome the participants and the public, the LOC opens a new path for these important moments of the Golden Age Gym Festival.

In the middle of a crowd which will be fully part of the ceremonies, the performers will feel the whole energy of thousands of people.

Sound and light proposed by a new site will enlighten the senses of the spectators to start and conclude as it is supposed to be the 10th edition of the main event dedicated to European Over 50.



With talent and originality,
France and Les Sables d'Olonne
will showcase their savoir-faire
and their unique assets.



GAGF GALA

All groups that wish to be in the gala can apply through their national federation (European Gymnastics will provide the NF's with an application form). There is no limit to how many applications each federation can send. The maximum duration of one Gala-performance is **3 minutes**.

Interested groups must accompany their application with the following information:

- Video of the performance
- Title of the music, description of the performance and exact length (max. 3 minutes in and out)
- Number of gymnasts and gender of the group members
- Colours of the costumes (important for lighting and choice of surface for the stage)
- Apparatus used and floor plan
- Whether or not the group will need help when preparing the stage.

Once the Gala-performances are chosen by the TC-GfA and all the groups are informed, the LOC will contact each of these groups to make the necessary arrangements.

To have a well-prepared event, the LOC must also ask in advance for the music used for the performance.

This will avoid uncertainties and significantly increases the quality of the entire event.

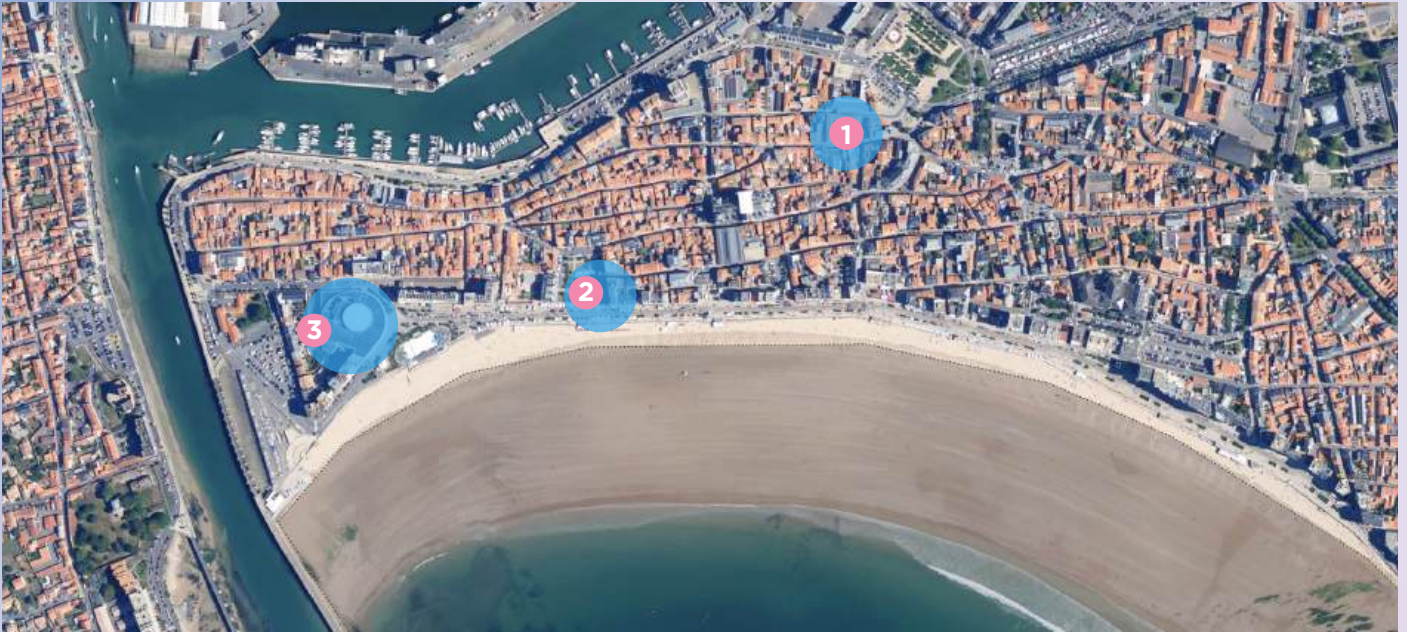
The TC-GfA will decide which groups can participate in the Gala, this decision will be taken no later than 4 months prior to the event. All the NF's that have applied will receive feedback whether their group(s) is/are withheld.

The NF send the videos within **the 4th of May 2026**; any application received past this deadline or not using the official form, will not be accepted.

The decision of the TC-GfA will be communicated within **the 4th of June 2026**.

During the Golden Age Gym Festival wild cards still can be handed out by the TC-GFA. The organising country is entitled to have at least one group in the Gala.

City performances



A red Gymnova mat will be set-up on the stages.

In case you need additional equipment, please request before the end of the 2nd registration deadline (March 15th 2026).

No guarantee can be given that the equipment requested will be available.

TECHNICAL INFORMATION

The maximum time for each performance is 5 minutes (including preparation of the venue and marching in and out).

Groups should be composed of a minimum of 6 active performers and each group has the opportunity to perform twice during the week.

There will be changing rooms available at all sites. Performers should take care about props on their own.

If you should require additional help from the LOC, please provide a written request as soon as possible.

City performances



1. City hall square

In the middle of the little streets of Les Sables d'Olonne, a square full of surprises is hiding. With its buildings around, turning it into an arena, it will quickly become a place to be for everyone.

Stage: 14 m x 14 m

2. Tribunal Square

The main stage of the Golden Age Gym Festival 2026 will be turned towards the ocean. With its unique opening, it will offer a breathtaking view to the participants.

Stage: 20 m x 20 m



3. Congress Center Les Atlantes

In the very heart of the event, this indoor stage will allow to the groups which will experience their City Performance there to enjoy a perfect acoustic sound.

Stage: 14 m x 14 m

Workshops



A diversity of sport activities will be proposed from Tuesday to Friday, split in two categories: open workshops and closed workshops.

All workshops will be led by specialists of the activity and will be adapted to everyone's capacity. Each instructor will be assisted by two volunteers. This team will be at your disposal for you to enjoy the activity in the best conditions possible.

The length of each workshop is 60 minutes, including welcome time and changing room, depending on the needs.

Open workshops

These workshops are open to all participants and **do not request any registration.**

Closed workshops

The number of available spots per closed workshop is limited.

Registration is necessary

- Every group can choose 4 closed workshops. The LOC guarantee at least 2 of them.
- Groups must indicate their choice for the closed workshops with the definitive registration.

The whole group goes to the same closed workshop.



**Golden Age
Gym Festival 2026**

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Open workshops



- **Folkloric Dance**

Dive into the universe of the traditional dances of the region of Les Sables d'Olonne. Rhythmed steps and dynamic choreographies, carried by the clacking of hooves, which remind with energy the scenes of the life of the past and celebrate the local maritime heritage.

- **Country dance**
- **Tai Chi**
- **Tango**
- **Yoga**

- **Aerodance**

Through the experience of aerodance, you will reinforce your muscles through movements choreographed on the rhythm of the music.

- **Rhythmic gymnastics**
- **Stretching**

It is a soft activity which combines flexibility and deep breathing to ease the relaxation. It improves flexibility and contribute to better mobility.

- **Zumba**



Closed workshops



Aqua Gym

- **Aqua Gym**
- **Aqua Pilates**
- **Archery**
- **Back strengthening**
- **Beach volley**
- **Cabaret**
- **Petanque Bowls**

The goal of the popular French sport is to throw your ball as close as possible from a small target ball (cochonnet). The team whose balls are closer wins the game.

- **Circus**
- **Darts**

- **Local Game - Palet Vendéen**

It is a traditional sport in Les Sables d'Olonne. The goal is to throw a puck on a 40 cm x 40 cm plaque, the closest possible way from the "master" (a small puck).

- **Nordic walking**
- **Peteca**

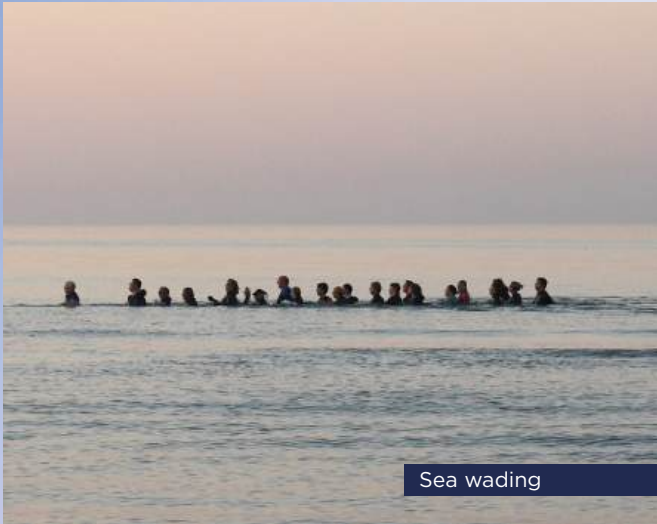
Discover badminton without a racquet. Peteca uses the same rules as badminton with an adapted shuttlecock.

- **Sandball**
- **Seated gym**



Palet Vendéen

Closed workshops



Sea wading

- **Sea wading**

In the water of the Atlantic Ocean, walk along the shore of the beautiful beaches of Les Sables d'Olonne.

- **Special Choreography**

Helped by a choreographer, improve the choreography you've planned for the City Performances

- **Stand Up Paddle**
- **Swiss Ball**
- **Touch rugby**
- **Ultimate frisbee**

Forum-Gym and Health

The French Federation of gymnastics developed an activity dedicated to health and well-being, called Gym+
It is an activity designed to be:

- **Balanced:** it combines energetic effort, postural work and pleasure of movement.
- **Flexible:** it fits to the capacities and wills of everyone.
- **Responsible:** it respects the body and can be performed at every age.
- **Fun:** it is performed in a friendly environment.

It is based on a scientific thought, created in collaboration with the Institute De Gasquet (specialised of the movement and the posture) and the Institute of biomechanic Georges Charpak.
This collaboration guarantees an activity focused on solid scientific bases.

The benefits of Gym+

- **Improves the knowledge of its own body**
- **Favors the physical well-being**
- **Responds to the recommendation of World Health Organisation**
- **Contributes to muscle strenghtening and increases flexibility**
- **Can be performed all along your life**

It addresses to every person, as main activity or as an addition of another sport.

It is with pleasure that we will introduce Gym+ to you during the forum where you will be able to speak with our experts. During the workshops, you will have the opportunity to try the activities.

The Forum is open to all participants - Heads of Delegation, Group Leaders and Gymnasts.

Registration

Registration process will be done online only, through the Gymdata platform, that will be available in due time. Each National Federation will receive their own login credentials to access online application. On-line application will open later on with the following deadlines:



1 DECEMBER 2025 - REGISTRATION OF INTEREST

- Information concerning the federation
- Contact Person for GAGF
- Expecting number of participants
- The number of groups



15 MARCH 2026 - DEFINITIVE REGISTRATION

- The number of participants
- Accommodation interest
- **25 Euros non refundable** registration tax per participant
- Email addresses of group leader



1 MAY 2026 - FINAL REGISTRATION

- Workshop, City Performances and Forum registration
- Registration with participants names
- Touristic Program subscription
- Arrival and Departure information with transfer options
- 100% Accreditation Pass (except 25 Euros already paid)
- Accommodation subscription
- 100% of accommodation
- Meals subscription
- 100% of meals

Registration

ACCREDITATION PASS GAGF 2026

GAGF Accreditation is mandatory for attending all events during the week.

Accreditation pass GAGF 2026 includes:

- Access to the official Golden Age Gym Festival program
- Workshops
- City performances
- Forum
- Opening and Gala/Closing Ceremony
- Local transportation (4th to 9th October)
- Free access to the municipal Museums

CANCELLATION POLICY

All cancellation until April 30th, 2026 will receive 50% of the payment returned to their account.

No refunds will be available after May 1st, 2026.

Medical Info

Les Sables d'Olonne and the Organizing Committee will do everything in their power to welcome you safely. A medical team will be present every day during the Golden Age Gym Festival 2026.

A high-level hospital will also be ready to host you and to take care of you in case of any need :

CH Côte de Lumière
4 rue Jacques Monod
85340 Les Sables d'Olonne

In case of emergency, you can phone the **112**.

Les Atlantes

A unique site to gather

The LOC will offer an incredible place to share the 10th edition of the Golden Age Gym Festival 2026. Gather, spend time together, bring back memories, be informed and discover each other. The Congress Center Les Atlantes will be an exceptional meeting point for one week. Accreditation site before turning into the information site, it will become the place to be for all the participants.

By choosing to centralize the life of the Golden Age Gym Festival into a single spot which is, as a symbol, with a round shape, the LOC chose proximity, the idea of living together and to share with others.

In fact, **around this building will be held the village of the event where numerous merchandising products branded to the colours of the 2026 edition will be proposed to the participants.** Mugs, magnets or t-shirts will be as much additional memories to keep an unforgettable souvenir of the week spent together.

To continue the party in this same area, three dance nights will rhythm the night of Les Sables d'Olonne! Be patient, the themes will be revealed in a few months...

We are already looking forward to seeing you there!



A restauration based on sharing

For this edition 2026, the LOC chose to innovate. Forget the meals shared with small groups in the hotels. This time, the Atlantes Congress Center will offer food based on the idea of sharing, truly main goal of the Golden Age Gym Festival in Les Sables d'Olonne.

For lunch and dinner, two collective restauration options will be available for the participants:

- A cold and warm food buffet on big tables to tell about your morning or your day to your new friends from far away
- A more refined service, like a traditional restaurant, with view on the sea and the beach, located just a few meters away.



The final prices of these two offers will be communicated in the bulletin n°2.

Accommodation

The quality of the accommodation is an important element during your stay in Les Sables d'Olonne.

The LOC carefully selected hotels easily reachable after each of your well filled days, to experience a well-deserved rest.

Group A



In single, twin or triple, it will be the first range of hotels, for the smallest budgets.

Group C



The best of local accommodation with affordable price to live a great week.

Group B



An upper-lever hotels offer to improve the relaxation.

Group D



Some residencies and accommodation sites for groups of 4 people and more will also be proposed, to live this week with even more intensity.

Good to know: along with a lower price of the Accreditation pass, the participants who will book their accommodation through the LOC will benefit some advantages on other services proposed during the week.

Informations about the advantages will be communicate in the bulletin n°2.

Transports

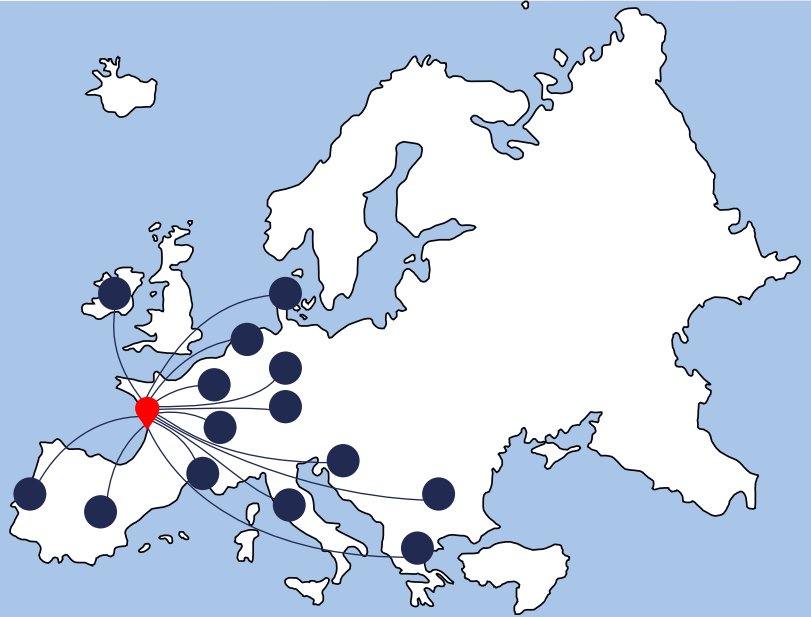
How to Get to Les Sables d'Olonne?

By Plane

You can travel to Les Sables d'Olonne by taking a flight to Nantes. This airport is located approximately 1h30 away from the host city.

Shuttle services will be available to ensure transportation between the airport and Les Sables d'Olonne. The prices of these shuttles will be provided in Bulletin No. 2.

- **Marseille** : 1h30
- **Spain (Madrid)** : 1h40
- **Italy (Rome)** : 2h20
- **Germany (Berlin)** : 2h10
- **Belgium (Bruxelles)** : 1h25
- **Switzerland (Geneva)** : 1h25
- **Bulgaria (Varna)** : 3h40
- **Czech Republic (Prague)** : 2h25
- **Portugal (Lisbon)** : 1h55
- **Croatia (Split)** : 2h30
- **Denmark (Copenhagen)** : 2h25
- **Netherlands (Amsterdam)** : 1h30
- **Greece (Athens)** : 3h35
- **Ireland (Dublin)** : 1h40



By Train

You can also reach Les Sables d'Olonne by train, arriving at the station located in the city center.

Les Sables d'Olonne is directly accessible by train from:

- 1h25 from Nantes
- 3h30 from Paris-Montparnasse
- 4h40 from Paris-Charles de Gaulle Airport

Tourist Excursions

We are offering two excursion formats : full-day or half-day trips. Transportation will be provided by bus, train, or local public transport from the city of Les Sables d'Olonne.

Full-day



Puy du Fou

Journey: 2 hours round trip

Travel back in time with breathtaking shows. Explore themed villages, discover ancestral savoir-faire and let yourself be enchanted by unspoilt nature.

Nantes

Journey: 3 hours round trip

Discover Nantes, a historic city in western France. Explore its old quarters, the Castle of the Dukes of Brittany, and the Nantes History Museum. Don't miss the Machines of the Isle and the impressive mechanical Grand Elephant.



Saint Nazaire

Journey: 3h40 round trip

A triple immersion around the port of Saint-Nazaire. Let yourself be transported aboard the transatlantic liners, climb aboard a military submarine from the 1960s and explore the history of this port town.



Tourist Excursions

Half-day



Spa-Thalasso

Journey: 40 minutes round trip

Take a moment to relax and unwind in a wellness centre with access to a jacuzzi, sauna and hammam. You can also enjoy of thalasso treatments.

Salt marshes

Journey: 20 minutes round trip

Climb aboard a boat to explore the salt marshes of Les Sables d'Olonne. Find out more about the work of a salt-marsh worker, and round off your tour with a sweet and savoury tasting session in the heart of nature.



Sea trip

Climb aboard a boat for a trip on the Atlantic, cruise along the wild coastline of Les Sables d'Olonne and discover its maritime heritage.

Tourist Excursions

Half-day



Vineyard

Journey: 30 minutes round trip

Immerse yourself in the heart of a vineyard and discover the grape harvest through to vinification with a visit to a wine storehouse.

The auction house of Les Sables d'Olonne

Go behind the scenes of the fishing port in Les Sables d'Olonne. Take an early-morning tour and meet the deep-sea fishermen and see the diversity of fishes and seafood caught along the region's coasts.



Gymnastics for All Technical Committee of European Gymnastics



Ricardo Lima

President



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Task Force Golden Age



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Lasse Hauser



**Golden Age
Gym Festival 2026**

Bulletin June 2025

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