## The Long Distance Walk Award (BMLD)

The BMLD (Brevet de Marcheur Longue Distance) is a limited time walk, on a non signposted route, with controlled check points and without any assistance.

A route precisely planned by the organisers The route is varied consisting of all types of terrain, tracks and public roads.

The route will not be signposted. The walker will be guided by a very detailed map, as well as a map of the route. It is possible to use your own GPS tracking system.

### **Checkpoints and the Control Logbook**

To obtain the award, the walker has to complete the entire itinerary and pass through "control points" as marked by the orga-nisers. To verify the walk, a logbook will be issued at the start. At the finish, the walker submits their logbook to the organisers. After verification, it will be returned to the walker (by mail) with the certified award.

No assistance (by the organisation or other persons) Any form of personal assistance is strictly prohibited. On the other hand, the walker can take advantage of bakeries, grocery stores, restaurants, pharmacies, hotels, campsites, homestays and communication with others over the route.

### The BMLD is not a competition

The only goal of the walker is to respect the rules and to com-plete the entire itinerary within the allotted time. The organisers will publish the full list of participants who have received their BMLD, without showing the finishing times.

### **Responsibilities**

The BMLD is a personal walk. If the walker goes off route, they cannot expect to receive help from the organisers. In case of injury or abandonment, it is entirely up to the walker to find a means of transport to return, or to request medical attention.

### Departure times and cost

BMLD walk of 200km : Time limit : 75 hrs; Price : 15 €. Group departure on Thursday, 30<sup>th</sup> May at 9.00am; to be completed before Sunday 2<sup>nd</sup> June at 12.00pm. BMLD walk of 120km : Time limit : 45 hrs; Price : 12 €. Group departure on Friday 31<sup>st</sup> May at 3.00pm; to be comple-ted before Sunday 2<sup>nd</sup> June at 12.00pm.

Registration is only possible on the R4JCV website, under the heading of BMLD

(http://www.vendee-randonnee.com/) from 01/01/2019.



# International Marching League

The I.M.L was founded in 1987 in Tokyo, Japan. Its aim is to encourage friendship between people of the world by organising international, non-competitive walking events.

The I.M.L. has 26 member countries including France which was accepted in March 2004 and Lithuania in October 2014 at the General Assembly IML in Korea.

The I.M.L has set up a system of individual rewards which takes into account the number of events completed by a person in the various member countries of I.M.L.

> The I.M.L. motto is : "NOS IUNGAT AMBULARE" "WALKING UNITES US"



# RANDONNÉE 4 JOURS EN **EDITION** International Walking Event 21, 28 or 42 km , 2, 3 or 4 days NEW EVENT 2019 BMLD: 200 km time limit 75 hrs 120 km time limit 45 hrs Information : 🏷 VENDÉE **Tourist office** Ville de LE DÉPARTEMENT hantonnay 02 44 40 20 16 (office hours) Internet: www.vendee-randonnee.com E.LECLERC CRÉDIT E-mail : info@vendee-randonnee.com GRICOLE CHANTONNA 1MI **FFRandonnée** Agrément n° 3597

Our official pho	Image rights. By registration, the walker gives the organisers the rights to use images taken on the day to promote the event and use for any future promotional materials. Extra walk (N Reduction for children	2212 km 122 km 8 km	Surname Address Postcode E-mail :
Our official photographer will be taking photos during the walk. There will be English spectring people on hand to belo	u gi		Town
otos during the walk.	$\frac{1}{2} \checkmark 5 6 \checkmark 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0$	42 km 28 km 12 km 8 km	Seturday 1st line
TOTAL		-	First name
٩		Tick the distances you have chosen for each day. <b>Total</b>	Date of birth Country IML walker : Yes 🔲 No 🛙 Have you previously walk
			Male   Female   No   IVV walker : Yes   No   valked the 4 days : Yes

# days in Chantonnay... to walk as you please ! IT IS

- The possibility to walk 1, 2, 3 or 4 days.
   Each day a different route and the choice between various distances :
  - 8, 12, 21, 28 and 42 km\*. (These distances can vary plus or minus 2 km).
- A night walk on Friday.
- A walk open to service personnel.
- A non competitive walking event at your own pace in a friendly and nature-respectful atmosphere.

### New event the BMLD / The Long Distance Walk Award - See the back of the flyer

- 200km on a non signposted route and without any assistance : Time limit : 75hrs
- 120km on a non signposted route and without any assistance ; Time limit : 45hrs

Our association is a member of the International Marching League (IML), of the French Hiking Federation (FFRP) and the French Feder ration of Popular Sports (IVV). The Departmental Committee 85 of the FFRP awarded us the label "Nature Walk".

### WALKS

INDIVIDU

Z

ENTRY

FORM

(except BMLD)

Return before 23<sup>rd</sup> May 2019

Please write in Black Capitals

- All of our routes are on the website. A bus will take you to the departure point and you will walk back to the finish (except for the night walk and the BMLD).
- Departure : Chantonnay Clemenceau Gymnasium, Avenue G. Clemenceau. G.P.S : N 46°40.984′ W 1°02.964′ A Gift for every walker (Except for the Night Walk) New Event the BMLD : Please see the back of the flyer Consider car pooling to get to Chantonnay. 20th EDITION
- From 6.45 am to 7.30 am for 42 km
- From 7.00 am to 8.30 am for 28 km
- ✓ From 7.30 gm to 9.00 gm for 21 km
- ✓ From 8.30 am to 10.00 am for 12 km and the 8 km
- Arrival at Chantonnay Parc Clemenceau: last arrival 05.00 pm.
- Free : Coffee and Brioche at the start, refreshments on the route and on arrival.
- Out of respect for the environment, we do not give cups at the refreshment posts, so please bring your own.

NIGHT WALK.... Friday, 31<sup>st</sup> May Distance of approximately 12 km - leaving the Clemenceau Gymnasium, Avenue G. Clemenceau at 8:30 pm sharp. (Bring a torch!). Traditional Ham - Mogettes served on arrival.

### FEES

See entry form opposite.

### ENTRIES

- ✓ Preferably by internet: www.vendee-randonnee.com go to «Registration». NEW, it is now possible to pay on-line
- V By mail, detach the registration form and return it with payment (cheque payable to R4JCV) to the following address E TOURISME - Place de la Liberté 1 CHANTONNAY CEDEX - Tél. 02
- ✓ Last minute at the Clemenceau Gymnasium, Avenue G. Clemenceau
- Tuesday 28th May from 05.00pm to 07.00pm
- Wednesday 29th May from 10.00am to 18.00pm
- Thursday 30th May, Friday 31st May, Saturday 1st June and Sunday 2nd June from 6.30am
- Note : For a family, complete one form per person and join them together with the payment.
  - For a group (minimum 10 people), download the group registration form from the website and e-mail it to info@vendee-randonnee.com

Rando-passes are not posted, they must be picked up on the day of your walk or beforehand at the Clemenceau Gymnasium on Tuesday, 28th May between 05.00pm and 07.00pm or Wednesday, 29th May from 10.00am to 06.00pm.

By subscribing to the R4JCV you agree not to return to visit private properties that you have already walked through earlier.

### ACCOMMODATION AND ENTERTAINMENT

- ✓ For information on the possibilities of accommodation, entertainment during the 4 Days, and the BMLD of 200km or of 120km, please contact the Tourist Office 00 33 24 44 02 016 (if phoning from outside France) or consult the website of the association www.vendee-randonnee.com or www.vendeevallee.fr
- It is advisable to arrange the accommodation as soon as possible (especially if it for groups).
- Camping car waste disposal and water refill points available (to be used with tokens).

