

**WALK  
FRENCH & FUN**

# LOG BOOK



**December 10 & 11,  
2022**

# WALK FRENCH & FUN

## Main info

**Date:** December 10 & 11, 2022 (overnight)

**Road:** From Vieux Fort to Castries, West Coast

**Distance:** 75.8 kilometers

**Meeting point:** Philip Marcellin Grounds

**Meeting time:** 3:00 PM, December 10

**Maximum arrival time:** 12:00 PM, December 11

**Age requirement:** 18+ or 8 to 17 if accompanied

**Team registration:** 5EC/Km



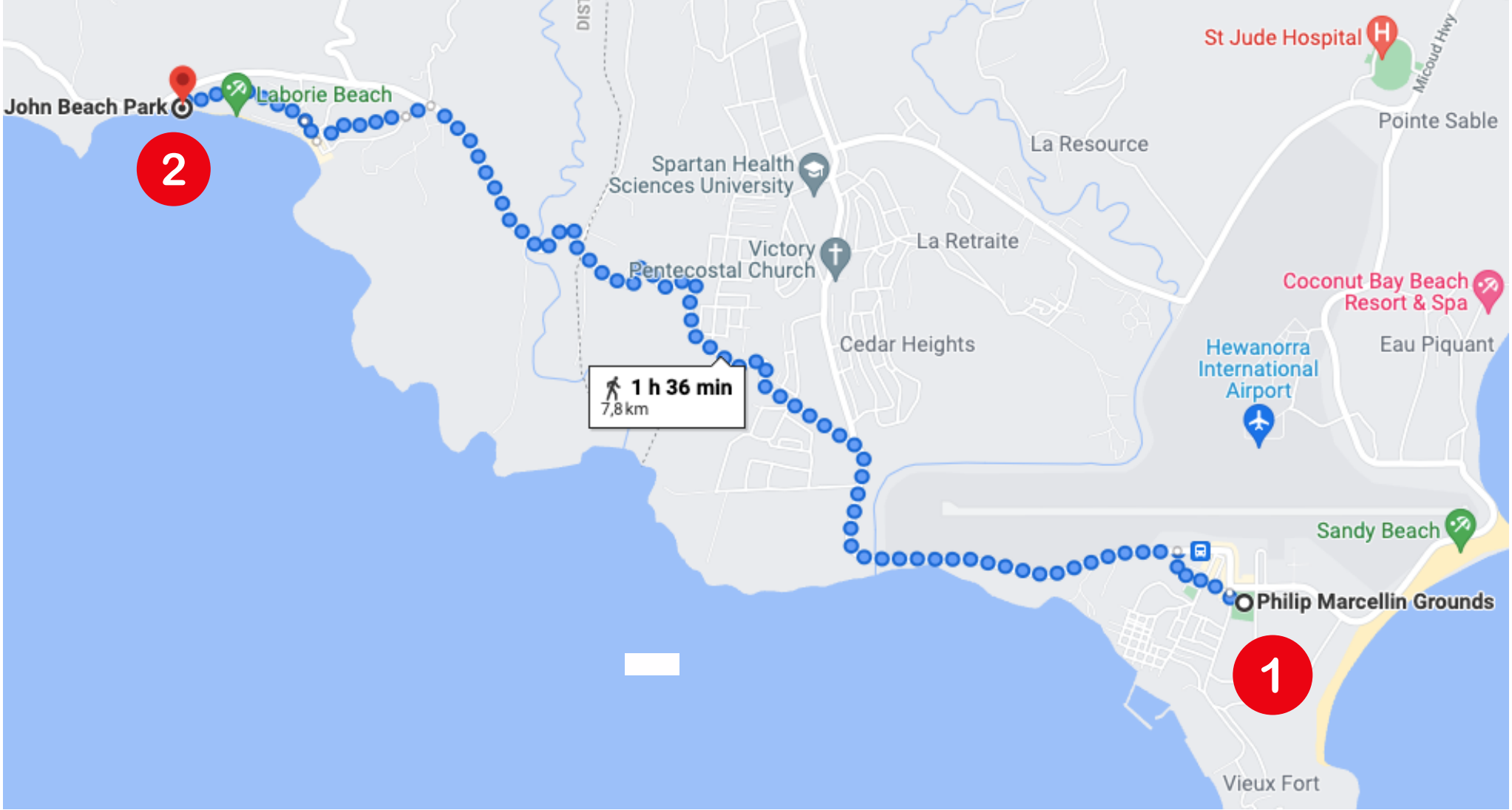
# WALK FRENCH & FUN Checkpoints



- 1 • DEPARTURE: **Vieux Fort**, Philip Marcellin Grounds
- 2 • CHECKPOINT 1: **Laborie**, Rudy John Beach park
- 3 • CHECKPOINT 2: **Choiseul**, La Fargue / Choiseul Secondary School
- 4 • CHECKPOINT 3: **Soufriere**, Soufriere Beach Park
- 5 • CHECKPOINT 4: **Canaries**, Canaries Bridge
- 6 • CHECKPOINT 5: **Roseau**, Saint Lucia Distillers
- 7 • ARRIVAL: **Castries**, Pyramid of the Alliance Française

# WALK FRENCH & FUN

## Section 1



**DEPARTURE** 1 - Vieux Fort (Philip Marcellin Grounds) to **CHECKPOINT** 2 - Laborie (Rudy John Beach Park)

ELEVATION AT VIEUX FORT	SECTION DISTANCE	CUMULATIVE DISTANCE	LABORIE CHECKPOINT CLOSING TIME
↑ 64 m   ↓ 54 m	8 km	8 km	6:00 PM



The walk sets of from Philip Marcellin Grounds in Vieux-Fort. At this point, you must pay attention to the traffic. There is a small climb at the Laborie Service Station but this whole section is quite flat.



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## Section 2



**CHECKPOINT 2** - Laborie (Rudy John Beach Park) to **CHECKPOINT 3** - Choiseul (La Fargue/ Secondary School)

ELEVATION AT LABORIE	SECTION DISTANCE	CUMULATIVE DISTANCE	CHOISEUL CHECKPOINT CLOSING TIME
↑ 161 m   ↓ 76 m	8.1 km	16.1 km	8:15 PM



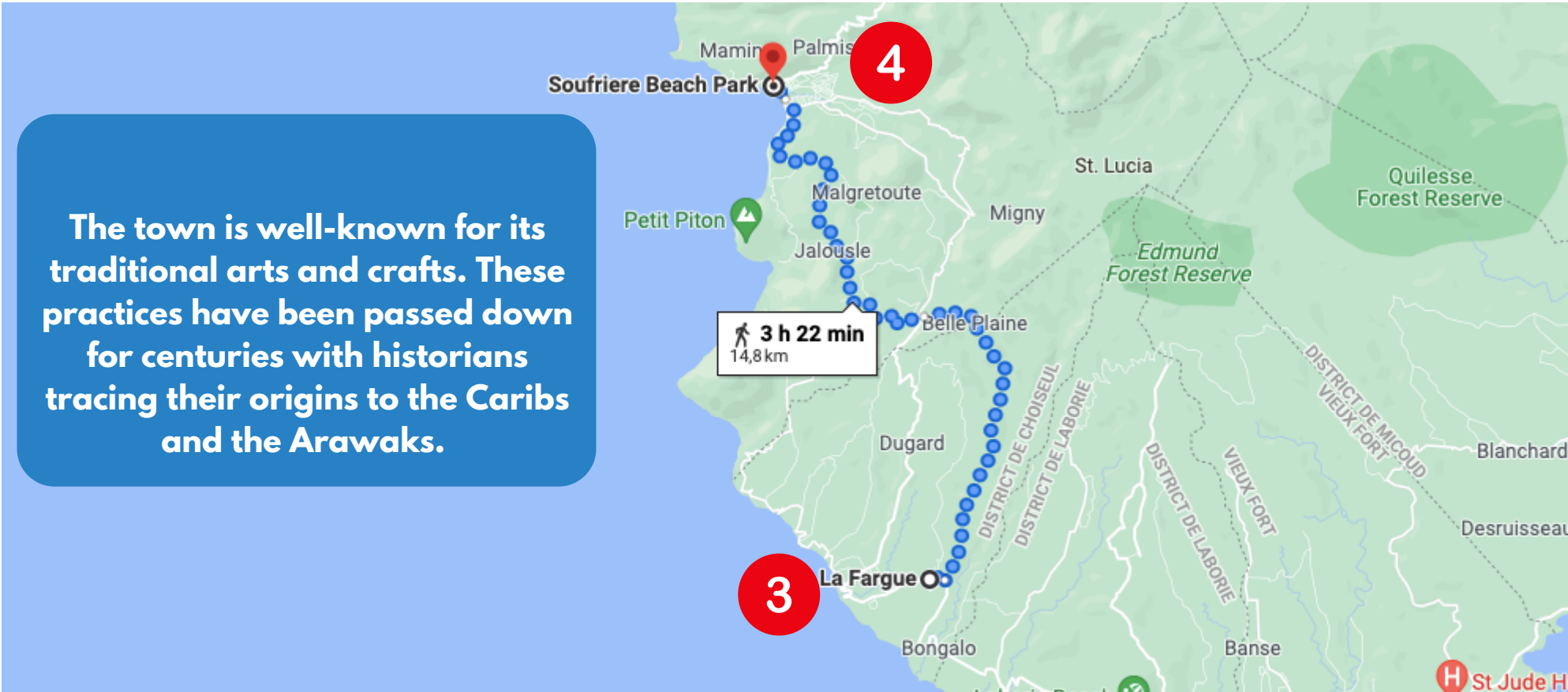
Things are getting serious now with a progressive climb before you reach La Fargue. You will need to switch on your head lamp as the sun sets.





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## Section 3



**CHECKPOINT 3** - Choiseul (La Fargue) to **CHECKPOINT 4** - Soufriere (Soufriere Beach Park)

ELEVATION AT CHOISEUL	SECTION DISTANCE	CUMULATIVE DISTANCE	SOUFRIERE CHECKPOINT CLOSING TIME
↑ 375 m ↓ 469 m	16 km	32.1 km	12:15 AM
DIFFICULTY RATING 3			

In this section, there is a progressive incline until Belle Plaine, and then a steady slope down. Make sure to follow the main road. Don't doubt yourself, we know you can do it !



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## Section 4



**CHECKPOINT 4** – Soufriere (Soufriere Beach Park) to **CHECKPOINT 5**– Canaries (Canaries Bridge)

ELEVATION AT SOUFRIERE	SECTION DISTANCE	CUMULATIVE DISTANCE	CANARIES CHECKPOINT CLOSING TIME
↑ 501 m ↓ 510 m	11 km	43.1 km	3:45 AM
DIFFICULTY RATING 4			

You will go from Soufriere Beach Park to Canaries Bridge through Morne Tabac Parrot Sanctuary. This section goes up, then it goes down. Ça va chauffer !

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## Section 5



**CHECKPOINT 5** – Canaries (Canaries Bridge) to **CHECKPOINT 6** – Roseau (Saint Lucian Distillers)

ELEVATION AT CANARIES	SECTION DISTANCE	CUMULATIVE DISTANCE	ROSEAU CHECKPOINT CLOSING TIME
↑ 492 m ↓ 481 m	17 km	60.1 km	8:45 AM
DIFFICULTY RATING 3			

A steep and undulating section: it is considered as the hardest one so expect it to be challenging. Many teams will walk this section early in the morning. Good luck !





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## Section 6



**CHECKPOINT 6** – Roseau (Saint Lucian Distillers) to **ARRIVAL 7** - Castries (Pyramid of the Alliance Française)

ELEVATION AT ROSEAU	SECTION DISTANCE	CUMULATIVE DISTANCE	CHECKPOINT CLOSING TIME
↑ 364 m ↓ 370 m	15.7 km	75.8 km	ARRIVAL
DIFFICULTY RATING 3			

Once in the Alliance Française garden, you will be able to relax, to meet the other walkers and to be proud of what you have achieved. Good luck for this final push !

# YOU DID IT!



# ORGANIZERS



## THE 758 ADVENTURERS

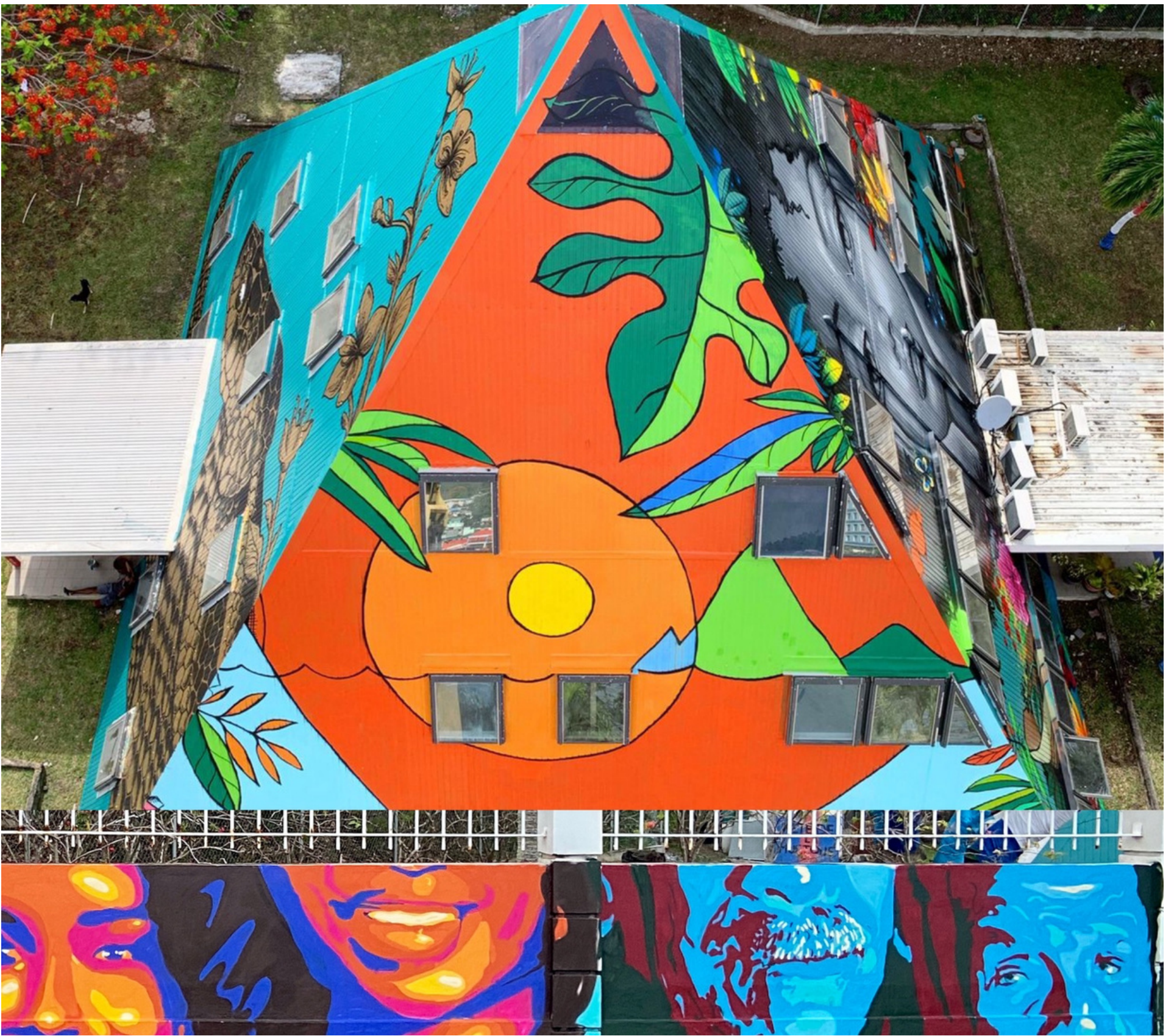


The 758 Adventurers is a Saint Lucian sport group that aims to explore the hidden gems of beautiful St Lucia while promoting a healthy lifestyle. They will make you discover some of the most fascinating treasures of nature on the island.





Alliance Française  
*Eastern Caribbean - Saint Lucia*



The Alliance Française de Sainte-Lucie is a non-profit organization that aims to promote the French language and the francophone cultures around the Caribbean.

This organization collaborates and coordinates the network of the network of the Alliances Françaises of the Eastern Caribbean. It also works alongside with various local and international actors to remain the gold standard for French-language education and culture.





**HAVE A  
NICE WALK  
AND ENJOY !**