# AISA

YOUR AISA NEWS DECEMBER 2022



NOTEBOOK OF NEWS

# AISA committee

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**Marc Jouenne**
*Honorary President*

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*President Executive Founder*

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*Vice-President*

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**Michel Moutet-Fortis**
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**Michel Soto**
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**Catherine Simonne-Jondot**
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*Communication/Organisation*

**Jany Akiki**
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**Nathalie Charpentier**
**Jean-Pierre Gomez**
**René Lorenzi**
**Anthony Martin**
**Vincent Rivoire**
*Active members*

**Richard Arbo**
**Xavier Castello**
*AISC Representatives*

**Discover the new AISA website www.airbus-staff-associations.org**

**NEW MEMBERSHIP MANAGEMENT SOFTWARE: CNIL NOTICE**

The data collected on your registration forms will be processed into our IT system to populate our members' records. All data will be handled by the AISA secretariat and its recipients will be the Presidents, Secretaries and Treasurers of the AISA sport and cultural Societies, as well as the AISA Board members. In accordance with the provisions of the Data Protection and Freedom of Information Act of January 6, 1978 amended in 2004 ('Loi informatique et libertés'), you have the right to access and rectify your personal information. To exercise this right, please contact one of the AISA Activity Coordinators (AISA Secretariat, 8 Rue Georges Lequiem in BLAGNAC). In addition you are entitled, on legitimate grounds, to object to the processing of any data relating to you. In this case, the service proposed via this data collection will not be taken into account.

# Editorial

Dear members of the Airbus Staff Associations,

Together we have experienced a particularly fulfilling year in terms of sporting events and cultural exchanges. After a two-year absence, the Fête de la Musique drew in the crowds, as many of you came along to the B55 building to applaud our musicians from the Cultural Society. The AISA Cars Event gave everyone an opportunity to try out the Centaure "roll over" simulator and meet the National Police and Civil Protection Service as well as vintage car enthusiasts. The Airbus Charity Run, which we supported, attracted over 4,000 employees, all delighted to take part in this inspiring, collective charity initiative!

There is no better time to thank you for your loyalty and trust throughout the year.

I would like to take the opportunity of this last editorial of 2022 to once again extend my warmest thanks to all our AISA volunteers. Their commitment, availability, personal qualities and kindness have made this another wonderful year. We all work together to look after our members' well-being. Well done to you all for the hard work you put in.

Lastly, I would like to thank all our members, who play an active role in our association (under the French 1901 law), for their dynamic contribution and positive attitude.

A host of fresh challenges and great surprises await you in 2023. AISA will continue to surprise you, as it has done over all these years, because making you happy makes us happy too.

The entire Airbus Staff Associations team joins me in wishing you a wonderful Christmas and end-of-year holiday. We hope that spending quality time with family and friends will bring you happiness, energy, love and serenity.

See you very soon.

*Joyeux noël et bonne année !*

*Merry christmas and happy new year!*

*Frohe weihnachten und ein gutes neues jahr!*

*Feliz navidad y feliz ano nuevo ¡*

*Buon natale e felice anno nuovo !*

Kind regards,



**Jean-Claude MAMAR**
Executive Founding President
*Airbus Staff Associations*

# Airbus Staff Associations

## Administration & events

**IMPORTANT AISA MESSAGE**

All activities will be organized subject to compliance with applicable public health guidelines, and are therefore subject to cancellation if necessary.



**Registrations for the 2022-2023 season started the 5 July.**

The administration office assistants are at your service, every day except Wednesday, from 13:00 to 17:00, to answer your questions about how the 24 societies that make up AISA work, and what they have to offer. The membership fee is €20 per person per society.

- **For new members**, please sign up at the AISA office; please bring a photo ID, your medical certificate dated within the last three months, payment means (bank card or cheque), and the photo authorisation (model available on our website *airbus-staff-associations.org*, in the "Practical information," section
- 2022-2023 membership **renewals**, you can renew online at *www.aistaff.fr* using your personal account. Please feel free to contact us if you've forgotten your password. You can renew membership for the 2022-2023 season at any time throughout the year. It will be valid until 30 September 2023.

Remember that if you have a **medical certificate prescribed after 1 September 2020,** you need to download the "Health questionnaire" sworn statement when you sign up. The medical certificate, which is valid for three years for most sports, must cover the whole AISA season.

Non-compliant statements or certificates cannot be accepted. Please be sure to send the required documents and carefully read the AISA membership registration procedure, designed to facilitate your membership application. Incomplete applications will be placed on the waiting list, which will delay your validation. So please be sure to double check.

You will find detailed information for each AISA society, as well as all the documents (health questionnaire "QS-Sport", the sworn statement "Health Questionnaire" and medical certificate) necessary for registration, on the AISA website:
*airbus-staff-associations.org*

Please feel free to direct any questions to our secretariat:
*account.staff-associations@aisc-airbus.com*

We hope you enjoy this month's News,

See you soon,
*The Team AISA*

## Thought for the month

" On our own nothing can be done, but together we can accomplish wonders. "

*Jean-Claude Mamar*

# Events - December

| SOCIETY | DATES | TIMES | EVENTS | VENUE |
|---|---|---|---|---|
| Cultural society | 5 december | 12:30 - 13:45 | Office hours | Room 21 |
| Cultural society | 6 december | 18:00 | General meeting | Vieux Toulouse museum |
| Well Being society | 8 december | 12:30 - 13:30 | Library permanence | Room 21 |

# Feedback on October 13th: The Airbus Charity Run

**You were more than 4000 runners and walkers to participate in the Airbus Charity Run this last October 13th. Your involvement, your solidarity and your energy made this event unforgettable.**

In total we ran 28.972,5 km together. We were able to to raise € 25.000 and we donated this amount to Alliance for Education – United Way, via the Airbus Foundation.

The 4000 multi-colour t-shirts drew a rainbow amidst the runways. The immersion into aeronautics during the walk and runs met with a resounding success.

In the evening, the party was in full swing with the surprise visit of some of the Stade Toulousain players, along with musical animations by the Airbus bands.







# Running Society.

Hello to all athletes,

Whatever your level, from 3km to 400km, the list of people taking part in training and races has increased significantly over the last few months, but **we still have space for motivated members**.

Running is still one of the most accessible sports - you can run anywhere, and it requires very little equipment. If you join the Running Society, you can take part in races organised mainly in the Midi-Pyrénées region, with a financial contribution from the Society.

They include:

- road races,
- trails and ultra trails,
- triathlons,
- mountain races.

If you are also a member of a club in the region (athletics or triathlon), we can also refund part of your licence fee.

As a paying option, the Running Society also offers you the chance to take part in training sessions led by a qualified coach, for running or Nordic walking. Training sessions are held once a week during the lunch break.

On 13 October, Airbus organised a **Charity Run** open to all Airbus employees, and the event was a resounding success. A member of the Running Society was among the medal winners.

We have attached a photo of some members our little club taken during the Cap sur Grenade race on 8 October, including the podium finisher.

See you soon, with your running or trail shoes on!



# Squash Society.

**One of the main events of the season, the Open des Ailes (3rd edition), will be held on 9 and 10 December at Squash and Form, in Blagnac. This regional Open tournament organised by the Airbus Squash Society is officially recognised by the French Squash Federation.**

Whether as a player or spectator, come along and join in the fun - a great atmosphere and good time guaranteed! (Food and drink available on site).

Naturally, several players from our society will compete in this tournament, playing hard to defend our team.

Opening match:
**9 December at 19:30**

If you have any questions, please contact Olivier Cahuzac.

The AISA Squash Society would also like to remind parents that children can play squash from age 3, as long as they have the right equipment (squash goggles).

**The AISA Squash Society offers the following lessons:**

- **Mini-squash for children ages 3 to 6**
  on Wednesdays from 14:00 to 15:30
- **Squash for children over 7**
  on Wednesdays from 15:30 to 17:00

The price is €50 for mini-squash and €100 for the children's squash school, which includes the French Squash licence.

Once you have become a member and attend regularly, you will receive your Squash Passport.




If you have any questions, please contact Patrick Schuster: 0623080023
*schuster.olivier@wanadoo.fr*

Contacts:

If you have any questions, please get in touch with one of the committee members:

Olivier Cahuzac *(President)*,
Nabil Tahiri *(Vice-president)*,
Philippe Miralles *(Elected Secretary)*,
François Gerin *(Treasurer)*,
Christophe Bizet *(Deputy Treasurer)*

# Golf Society.

## 30th Anniversary of the legendary Costa Brava Masters

**The 30th edition of the Costa Brava Masters took place from 13 to 16 October. For this anniversary edition, 39 golfers, men and women, were hosted at the fabulous Aigua Blava Hotel in Begur.**

The three courses on which our golfers competed were all in excellent condition. This suggests our Spanish neighbours found a way to water their greens during the summer drought...

The first day of the competition was played on the Costa Brava golf course in Santa Cristina d'Aro, the second on the Pals course, and the third and last day on the fantastic and very challenging course at the Golf d'Aro Club in Mas Nou.

After three days in near-perfect playing conditions, the gala dinner event also hit a perfect note, on the theme of "Black and White Elegance". Never before had so many James Bonds and James Bond Girls been spotted in the same place at the same time!!!

**The winners of each daily event were:**

- Santa Cristina: Thierry Jeanselme
- Pals: Grace Charleston
- Mas Nou: Patrice Navarri

**The overall winners of the three-day event and the prestigious Costa Brava Masters were:**

- 1st Olivier de La Plagnolle
- 2nd Kevin Partridge
  (well done to the man who organised it all!)
- 3rd Jean-Marc Wattecant
- 4th Thierry Talucier
- 5th Frank Schreiber

Many thanks to the organisers, Kevin Partridge and Paul Cottam.

And of course: see you next year for the 31st edition !!!


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**CALENDRIER DECEMBER / JANUARY 2023 / FEBRUARY 2023 OF L'AGS**

| DATE | LOCATION | EVENT TYPE |
|---|---|---|
| 10 December | Seilh Yellow | Turkey Trot |
| 13 December | La Ramée | Ladies' Day |
| 13 December | Téoula | Seniors' Day |
| 17 January 2023 | La Ramée | Ladies' Day |
| 24 January 2023 | La Ramée | Seniors' Day |
| 26 January 2023 | Video conference | AGM |
| 28 January 2023 | La Ramée | Compact Pitch & Putt |

# Ski Society.

Dear ski and snow-board enthusiasts,

Ski Society registrations for the 2022-2023 season are now open. You'll find all the information you need to register or renew your registration on the AISA website: *airbus-staff-associations.org*



**THE PROVISIONAL SCHEDULE OF OUTINGS :**

| DATE OF OUTING | TYPE OF OUTING | DESTINATION |
|---|---|---|
| 3 December | One day | Grandvalira |
| 4 December | One day (08:00) | Peyragudes |
| 9-11 December | Week-end 1: 2 days/2 nights | Pas de la Case (Grandvalira) |
| 11 December | One day | Pas de la Case (Grandvalira) |
| 17 December | One day | Piau Engaly |
| 18 December | One day | Saint Lary |
| 7 January 2023 | One day | Baqueira |
| 8 January 2023 | One day (08:00) | Bonascre |
| 13-15 January 2023 | Week-end 12: 3 days/2 nights | Andorra (Ordino-Arcalis,Pal Arinsal, Grandvalira) |
| 15 January 2023 | One day | Pas de la Case (Grandvalira) |
| 21 January 2023 | One day | Porté Puymorens |
| 20-22 January 2023 | Week-end 3: 2 days/2 nights | Font Romeu/La Molina |
| 28 January 2023 | One day | Cauterets |
| 28-29 January 2023 | Week-end 4: 2 days/1 night | Luz Ardiden - Barèges |
| 28 January - 4 February 2023 | Week | Tignes |
| 5 February 2023 | One day (08:00) | Peyragudes |
| 11 February 2023 | One day | Piau Engaly |
| 12 February 2023 | One day | Bonascre |
| 18 February 2023 | One day | Grandvalira |
| 19 February 2023 | No outing | - |
| 25 February 2023 | One day | Baqueira |
| 24-26 February 2023 | Week-end 5: 2 days/2 nights | Cerler |
| 4 March 2023 | One day | Porté Puymorens |
| 5 March 2023 | One day | Saint Lary |
| 10-14 March 2023 | Mini-stay | 2 Alpes resort |
| 12 March 2023 | One day | Peyragudes |
| 18 March 2023 | One day | Super Bagnères |
| 19 March 2023 | One day (08:00) | Le Mourtis |
| 25 March 2023 | One day | Pas de la Case (Grandvalira) |
| 24-26 March 2023 | Week-end 6: 2 days/2 nights | Pas de la Case (Grandvalira) |

For day trips on April 2 and 8, the destinations are not yet confirmed.

**FOR WEEKENDS, PLEASE NOTE:**

| DESCRIPTION | DATE | REGISTRATIONS START |
|---|---|---|
| **Week-end 1: in Grandvalira**<br>*Departure on Friday evening* | 9-11 December | 8 November |
| **Week-end 2: 3 days in Andorra**<br>*Departure on Friday morning* | 13-15 January 2023 | 6 December |
| **Week-end 3: in Font Romeu/La Molina**<br>*Departure on Friday evening* | 20-22 January 2023 | 13 December |
| **Week-end 4: in Luz Ardiden/Barèges**<br>*Departure on Saturday morning* | 28-29 January 2023 | 20 December |
| **Week in Tignes** | 28 January-4 February 2023 | Registrations for the stay are closed (via AISC)<br>Registrations for transport to be confirmed |
| **Week-end 5 in Cerler**<br>*Departure on Friday evening* | 24-26 February 2023 | 17 January 2023 |
| **Mini-stay at the "2 Alpes" resort**<br>*Return trip by night bus* | 10-14 March 2023 | 1 December |
| **Week-end 6 in Grandvalira**<br>*Departure on Friday evening* | 24-26 March 2023 | 14 February 2023 |

Information about hiring ski equipment is available on the Ski Society website:
*airbus-staff-associations.org/*

See you soon on the slopes,
*The Ski Society Executive Committee*

# Aviation Society.

The aviation society organised an "Open Day 2022" end of september 17-18, 24-25 september.

This event gave the opportunity to 96 AISA members from all sections to make the sky their playground!

17-18 septembre from the Lasbordes Airfield, 49 AISA members enjoyed their discovery **flight over the Tarn on light aircrafts**.

The same weekend, at **Cahors Skydive**, 25 people performed a tandem jump at 4000 m over the Cahors airfield.

And finally, on the 24-25 september, **Centre Velivole d'Auch** gave the opportunity to 22 AISA members to spend a "velivole" day and perform a **discovery flight in a glider** at Auch airfield.

You missed this event!
Do you want to be part of it next year?!
Stay tuned on AISC News!

Should you wish to fly or jump with the Aviation Society, please contact us:

- President:
  *jacques.kuhl@airbus.com*
- Secretary:
  *rafael.magagna@airbus.com*
- For skydiving:
  *david.d.rodriguez-juncosa@airbus.com*








# Cultural Society.

**The Airbus Cultural Society offers you a host of activities including Drawing, Theatre Performances, Library, Painting, Porcelain Painting, Italian and Japanese Lessons, Scrapbooking, Chorus, Music, Photography, Film-making and Drones, along with CAB (Cars and Bikes), cultural and gourmet outings with vintage cars.**

You will find lots of information on our website: *airbus-staff-associations.org/*



## THE LIBRARY

- Open on the 1st and 3rd Monday of the month, AISC room 21 (ground floor).

The list of the many works available can be found on our website.

## CAB (CARS AND BIKES):

If you are a fan of vintage cars and enjoy friendly outings with a cultural or gourmet theme, either for one day or a weekend.

Please contact: Gérard: *gérard.delsaut@airbus.com*

**Agenda of activities for the 2022/2023 season:**

- Basic theoretical and practical training in photographic equipment and techniques.
- More advanced training, to help you make the most of your own equipment and that belonging to the club (studio lighting, introduction to portrait, landscape, urban, night, minimalist, abstract, sports, artistic and macro photography, in black and white and colour, etc.).
- Introduction to how to “use” photos and organise photographic archives.
- Introduction to touching up digital photos using specific software (FastStone Image Viewer, PhotoPhiltre, etc.). This is, of course, a non-exhaustive list that can change based on participants’ suggestions.
- “Practical” sessions with your equipment and/or that belonging to the club will be held regularly throughout the season (count on eight Saturday sessions, for exercises in different settings (such as urban, landscape, wildlife photography, etc.).
- Photo exhibitions at the various Airbus catering venues, designed, organised, produced and set up with the Cultural Society.
- Photography meetings every two months or so, full of helpful information.

Please contact: Pierre Dero: 0667569342 - *p.dero@orange.fr*

## CHORALE « LA VOIX DES AIRS »

**La Voix des Airs is looking for newcomers**

Whether you are a bass, tenor, alto or soprano, come along, don't be shy:

- 100% classical programme
- No audition, all you need is the desire to sing
- Being able to read music is not compulsory
- Being able to read music is not compulsory

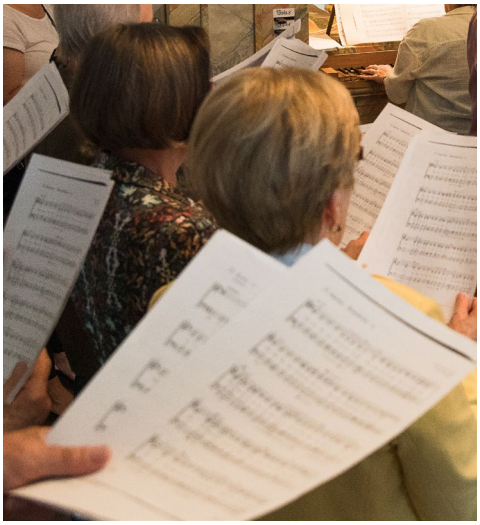
<u>On the agenda for the 2022-2023 season:</u>
Requiem by Cherubini

<u>Rehearsals:</u>
Every Monday from 12:15 to 13:45
at the Chapel of St Gabriel

And Saturday afternoon from time to time.

Come along for a trial session one Monday lunchtime

Please contact - Anne-Gisèle :
*agmusy@orange.fr*





## POP-ROCK BAND

Are you a pop-rock fan?

Fancy working on tracks of your own choice with a group, coached by a music industry professional?

Do you have at least one or two years' experience playing an instrument (either guitar, bass guitar, drums, keyboard or singing)?

Keen to rehearse in a studio and give concerts?

Then what are you waiting for? Join us here at the Pop-Rock society, part of the Cultural Society!

Please contact - Cathy:
*catherine.simonne-jondot@airbus.com*

# Well Being Society.

More and more of you are opting to join us, confident of the quality of service we offer. Our entire team of volunteers would like to thank you for your support.

As you know, we try to offer you the very best services to help you find the tools and solutions you need to look after your well-being.

Our offer includes weekly activities to cover general well-being, and one-off workshops and massage sessions that are available for booking.

On the subject of massages, we have made lots of slots available at lunchtime and at the end of the day, at two different locations (Fitness Center in building B55 and the AISC Room).

Since we share these structures with other activities (e.g. GYM), we do our best to manage the co-activity aspect with the other organisations.

However, at certain times of day, the quality of our services was negatively impacted by the presence of other activities.

After listening to your comments on the subject, **we decided to make some organisational changes to the Fitness Center rooms (B55). We are going to move the B55 Well Being area to the CrossFit machine area. This new layout will be operational as of 2023. Anne-Marie, who manages reception, will guide you.**

On behalf of the entire team, I would like to thank Sarah, who was in charge of managingmassage activities and drawing up timetables.



She is leaving us to embark on a new professional adventure in Canada, and we wish her every success, as she deserves. She was one of the cornerstones of the team, and will be sorely missed. Her replacement has not yet been appointed.

If you are interested in joining our team, please get in touch with Christian Morin.

And for any questions about Well Being, please contact us: *aisa.wb@airbus.com*

Details and membership conditions can be found here: *airbus-staff-associations.org*

Our activities are described in detail in the September edition of AISC News, which is available on the AISC website, or from the AISA reception desk. It can also be provided on request.

As Christmas is fast approaching, we wish you a wonderful holiday with your family, in advance, and we look forward to seeing you all in 2023.

Take care.
*The AISA Well Being team.*

## WELL BEING WORKSHOP

**Understanding and responding to (pre)burnout!**

The Well Being society is organising a conference/workshop on 8 December.

It will be held in Room 22 of the AISA building from 18:00 to 20:00, and costs €15 (in-person workshop).

Do you feel tense and tired? Do you lack energy, have difficulty finding meaning or motivation? Maybe you're on the brink of a (pre)burnout!

We hope to see lots of you at this conference/workshop, to help us understand the concept of burnout and the issues it raises and to try out some levers to help prevent it. Based on her own experience, Bénédicte Costedoat-Lamarque will give you some keys to understand burnout and pragmatic resources to help everyone avoid the risk of burnout, as far as possible. The workshop will provide you with the opportunity to reflect on what the ideas discussed mean for you personally, either in small groups or all together.

Bénédicte is the author of *"Le burn out, une opportunité de transformation intérieure"* (Burnout, an opportunity to transform yourself from the inside), L'Harmattan 2019.





## MULTIMEDIA LIBRARY

Choose from a wide range of books, journals, CDs and DVDs dealing with well-being topics. You can borrow items for up to 3 weeks.

You still have the option of returning documents via the internal postal service (PO Box B06-4A11).

▶ Date and time : 8 December from 12:30 to 13:30 in Room 21, AISC Ground Floor.

Well Being contact :
*cathy.brugghe@airbus.com*

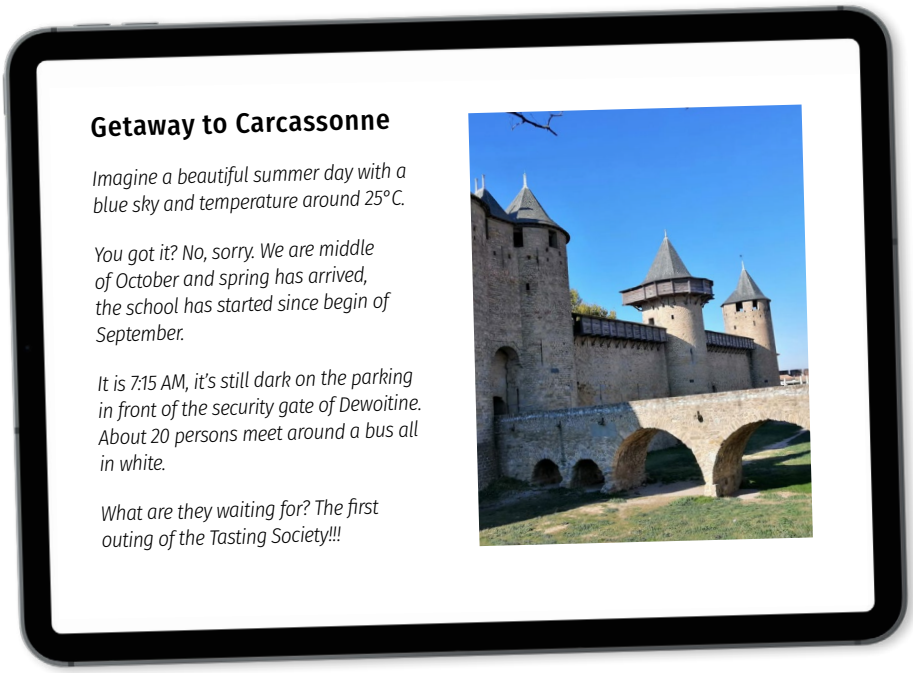
# Tasting.

Dear Friends of the Tasting Society,

We hope that you are all well! The following events are planned for December 22:

| | |
|---|---|
| **2 December** | Cooking class « Gala Buffet » (1st session) |
| **7 December** | Tasting Prestige « Les vins de Bordeaux » |
| **9 December** | Cooking class « Gala Buffet » (2nd session) |

**To keep you in the Tasting spirit, please find here an extract of the article of the month:**



## Getaway to Carcassonne

*Imagine a beautiful summer day with a blue sky and temperature around 25°C.*

*You got it? No, sorry. We are middle of October and spring has arrived, the school has started since begin of September.*

*It is 7:15 AM, it's still dark on the parking in front of the security gate of Dewoitine. About 20 persons meet around a bus all in white.*

*What are they waiting for? The first outing of the Tasting Society!!!*



**The complete article interests you?**

You can find it on the website of the AISA in the section of the Tasting and in the Newsletter of December.

See you soon.

**Contact :** *tasting.society@airbus.com*

*The Committee of the Tasting Society*

# Rambling Society.

We would like to open this edition by extending our heartfelt thanks to Françoise and Marion who have worked so hard for over 15 years to run the society, offering inspiring and varied hiking outings throughout the years.

**A new committee took over the society in September:**

- **President:** Hervé Auffret
- **Treasurer:** Lise Delieux
- **Elected Secretary:** Jackie Saulnier

Activity organisers: Emmanuel Arnauld de Sarte and Iskra Fesquest.

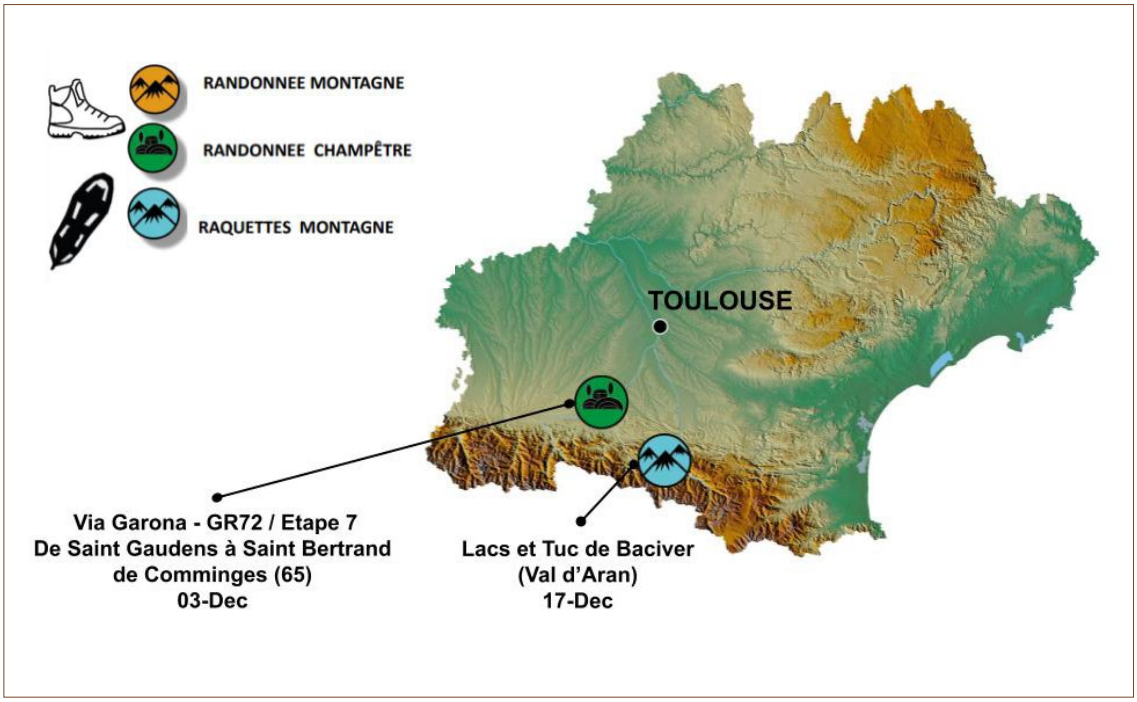
The new committee has been working hard over the past few weeks and is delighted to be able to offer you the following calendar of outings for 2023.

**The new committee has the following goals:**

- Mountain outings with 3 levels (average/advanced/sporting) whenever possible, so every participant can enjoy the pace that suits them, and the most athletic among us will have the opportunity to climb up to the summits.
- Make outings available for up to 36 people (max. 12 people/guide for mountain outings).
- Four weekend stays in mountain huts/group holiday cottages, at an affordable price.
- One multi-destination mini-stay (group holiday cottage) exploring a rich historical site: The famous Cathar castles itinerary, with (we hope) input from a guide/storyteller, to tell us more about the history of Catharism and the Cathars, during our breaks and in the evening.
- Outings with a fun twist, for example: Rail biking after a hike, Via ferrata climbing routes.
- Outing to discover the flora along the banks of the Dordogne river (in the Lot department): mix of hiking/canoeing.



| Date | Type of outing | Duration | Destination |
|---|---|---|---|
| 3 December | Rural | One day | Via Garona - Stage 7 GR72<br>from Saint Gaudens to Saint Bertrand<br>de Comminges (65) |
| 17 December | Snowshoes | One day | Lakes and Tuc de Baciver (Val d'Aran) |
| 7 January 2023 | Snowshoes | One day | Cirque Pic de la Mine (66), 2 different routes |
| 21 January 2023 | Snowshoes | One day | Nistos-Cap Nestès |
| 4 February 2023 | Snowshoes | Weekend | Pineta Valley - Mountain hut |
| 18 February 2023 | Rural | One day | Minerve |
| 4 March 2023 | Snowshoes | One day | Val Louron |
| 18 March 2023 | Snowshoes | One day | Mont Fourcat /Han pass |
| 1 April 2023 | Low mountain area | One day | Amplaing/Prat d'Albis |
| 15 April 2023 | Rural | One day | Liauzu, Célé Valley (Lot) - Mix of hiking/<br>Via ferrata climbing routes |
| 22 April 2023 | Mountain | One day | Cap de la Pale de Broucau/Les Arguts<br>cabin/l'Aouech peak |
| 13 May 2023 | Mountain | One day | Luchon/Juzet-de-Luchon – Sode – Artigues<br>Salles-et-Pratviel |
| 18 May 2023 | Rural | Mini-stay | Cathar Castles - Multi-destination<br>Group holiday cottage |
| 3 June 2023 | Mountain | One day | Tour of the 4 Luchon lakes |
| 17 June 2023 | Mountain | Weekend | Turon du Néouvielle - Mountain hut |
| 1 July 2023 | Mountain | One day | Endron peak (Vicdessos) |
| 22 July 2023 | Mountain | One day | Loudenvielle (TBD) |
| 5 August 2023 | Montane/Canyon | One day | Canyon de Marc |
| 26 August 2023 | Mountain | One day | Caumale peak/Cabanatous peak/Alate pond |
| 9 September 2023 | Rural | One day | Canoeing - Discover the flora along the banks<br>of the Dordogne river (46) |
| 23 September 2023 | Mountain | Weekend | Mont Valier - Mountain hut |
| 7 October 2023 | Mountain | One day | Hiking in the Valley of Saint-Lary |
| 20 October 2023 | Rural | Weekend | Causse du Larzac – Sainte-Eulalie-de-Cernon<br>Roquefort – Rail biking<br>Group holiday cottage (departure 17:00) |
| 4 November 2023 | Intermediate moun-<br>tain area | One day | Hiking on the Montagne Noire |
| 18 November 2023 | Rural | One day | Causse de Limogne-en-Quercy (Lot, 46)<br>Hiking through the 7 villages |
| 2 December 2023 | Rural | One day | Sigean/Peyriac-de-Mer |
| 16 December 2023 | Snowshoes | One day | Mont Malus - Els colells cirque |


RANDONNEE MONTAGNE
RANDONNEE CHAMPÊTRE
RAQUETTES MONTAGNE
TOULOUSE
Via Garona - GR72 / Etape 7
De Saint Gaudens à Saint Bertrand
de Comminges (65)
03-Dec
Lacs et Tuc de Baciver
(Val d'Aran)
17-Dec

