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| **Rando Amitié 35 - Saison 2023-2024** |
| **Marche Tonique et de Santé tous les Mardis de 9h45 à 11h au Parc des Gayeulles** |
| **(RV à 9h30 parking piscine des Gayeulles)** |
|  |  |  |  |  |  |  |  |
| ***Niveaux des randonnées : Grande 4,5-5 km/h - Moyenne 4-4,5 Km/h - Promenade 3,5 km/h*** |
|  |  |  |  |  |  |  |  |
| **Dates** | **Niveau** | **Lieux de rando** | **Heure RDV** | **Lieux de RDV** | **Bus N°** | **Km** | **Responsables Reconnaissances** |
| 22-sept-23 | Grande/Prom | La Chapelle-Thouarault "La Bonnemais" | 13h05 | République | Bus 53 | 12&6km | N. Letrionnaire/M. Oustry/C. Lecocq |
| **29-sept-23** | **Pour Tous** | **Sortie à l'Ile aux Moines** |  | **Magenta** | **Car** |  | **Le Bureau** |
| 06-oct-23 | Grande/Moy | Saint Gilles "Cacé Vauroil" | 13h05 | Villejean Univ | Bus 52 | 12&9km | P. A. Julien/Ch.Morel/V. Gouix |
| 13-oct-23 | Pour Tous | Pacé "la Foucherais" | 13h10 | Villejean Univ | Bus 77 | 12&9km | P. Le Lourec/F Daneshvar |
| 20-oct-23 | Grande/Moy | Betton "La Petite Caleuvre" | 13h10 | Métro Gayeulles | Bus 51 | 12&9km | Ch. Fléchais/S. Cassarino |
| **Vacances de Toussaint du 21 octobre 2023 au 6 novembre 2023** |
| 10-nov-23 | Grande/Prom | La chapelle des Fougerêts "Les 5 Rottes" | 13h10 | Villejean Univ | Bus 52 | 10&6km | D.Rousseau /CH. Laboux/ E. Lemaire |
| **17-nov-23** |  | **A. G au restaurant le Taverne "Rue de L'Alma"** |  | **Métro Charles de Gaulle** |  |  | **Le Bureau** |
| 24-nov-23 | Grande/Moy | Thorigné Fouillard "Les Ecures" | 13h15 | Viasilva | Bus 50 | 10&6km | Ch. Fléchais/R. Rochcongar/M. Guyard |
| 1-déc-23 | Pour Tous | Cesson Sévigné "Parcs et Jardins" | 13h10 | République | Bus C6 | 11/9/6km | I.Lebrec/M. Guyard |
| 8-déc-23 | Grande/Moy | Nouvoitou "Les 2 Moulins" | 13h20 | Métro Poterie | Bus 75 | 12&9km | D. Lorre/G. Tourret/N. Letrionnaire |
| 15-déc-23 | Pour Tous | Chartres de Bretagne "Les Fours à Chaux" | 13h10 | Henri Fréville | Bus 72 | 12&9km | P.A Julien/P. Huard/A. Guillemot |
| 22-déc-23 | Moy/Prom | Du Métro A .France à St Grégoire par le Canal" | 13h30 | Métro A. France |  | 9&6km | R. Rochcongar/ CH. Morel/P.Le Lourec |
| **Vacances de Noël du 23 décembre 2023 au 8 janvier 2024** |
| 12-janv-24 | Pour Tous | Acigné "Les Pélerins" | 13h30 | Viasilva | Métro B | 11&9km | D.Rousseau /E. Lemaire/Ch.Laboux |
| **19-janv-24** | **Pour Tous** | **Pacé "la Rabelière" + Galettes des Rois** | 13h20 | Villejean Univ | Bus 77 | 9&6km | P. A. Julien/A. Guillemot/ M. Guyard |
| **Dates** | **Niveau** | **Lieux de rando** | **Heure RDV** | **Lieux de RDV** | **Bus N°** | **Km** | **Responsables Reconnaissances** |
| **19-janv-24** |  | **"La Galette des Rois" à 16h 30 (Lieu à préciser)** |  |  |  |  |  |
| 26-janv-24 | Moy/Prom | Le Rheu "Cité et jardins" | 13h10 | République | Bus 54 | 9&6km | N. Letrionnaire/CH. Morel/V.Gouix |
| 02-févr-24 | Moy/Prom | Saint-Jacques de la lande "départ Pigeon Blanc" | 13h20 | République | Bus C5 | 10&6km | P.Huard/M. Mace/P. Lelourec |
| 09-févr-24 | Grande/Moy | Laillé "Le circuit de la Chapelle" | 12h50 | Henri Fréville | Bus 80 | 12&6km | I. Lebrec/C. Lecocq |
| 16-févr-24 | Moy/Prom | Chevaigné "Le Chemins des Amoureux" | 13h15 | Métro Gayeulles | Bus 71 | 9&6km | Ch. Laboux/G. Tourret |
| 23-févr-24 | Grande/Moy | Saint-Grégoire "Les Louvries" départ Robinson | 13h15 | Villejean Univ | Bus 78 | 11&9km | Ch . Fléchais/R. Rochcongar |
| 15-mar-24 | Pour Tous | De Villejean par Pont Lagot et Beauregard | 13h30 | Métro Kennedy |  | 10& 6km | P. A. Julien /A. Guillemot/M. Guyard |
| **22-mar-24** |  | **Sortie au "Le Musée TATIN à Cossé le Vivien** |  | Magenta |  |  | **le Bureau** |
| 29-mar-24 | Grande/Prom | Noyal/Chatillon "Le Circuit des Moulins" | 13h05 | Henri Fréville | Bus 61 | 10 &6km | N. Letrionnaire/J. Noel |
| 05-avr-24 | Grande/Moy | Saint-Sulpice-la-Forêt "La Fontaine Saint-Raoul" | 13h15 | Métro Gayeulles | Bus 71 | 12&9km | CH . Fléchais/G. Tourret |
| 12-avr-24 | Moy/Prom | Chavagne "Le bois de la Sillandais" | 13h35 | République | Bus 56 | 9& 6km | M. Oustry/M. Guyard |
| 19-avr-24 | Grande/Prom | Pont Péan "Ville et Campagne" | 13h10 | Hennri Fréville | Bus 72 | 11&8km | Is. Lebrec/C. Lecocq |
| **Vacances de Pâques du 19 avril au 6 Mai 2024** |
| **Séjour semaine du mardi 21 mai au samedi 25 mai 2024 "les Tourelles " Calvados** |
| **17-mai-24** | Pour Tous | **Sortie au " Jardin Botanique du Chatellier"** |  | **Magenta** | **Car** |  | **Le Bureau** |
| 24-mai-24 | Moy/Prom | Gévezé "circuit de la Moltais" | 13h15 | République | Bus 68 | 8&6km | M. G. Blanchard/ A Faisant |
| 31-mai-24 | Moy/Prom | Romillé "circuit des Néfliers" | 13h10 | Villejean Univ | Bus 81 | 9,5 & 6km | Ch . Morel/Ch. Laboux |
| 7-juin-24 | Grande/Moy | Laillé "La Roche qui Chôme" | 12h50 | Henri Fréville | Bus 80 | 12&9km | Ch.Fléchais/C. Lecocq |
| 14-juin-24 | Grande/Prom | Vezin-le-Coquet "Le circuit de Vezin" | 13h30 | République | Bus 53 | 10&6km | P. A Julien /A. Guillemot/M. Guyard |
| 21-juin-24 | Grande/Prom | Saint-Erblon **Pique-Nique "Hermeland Est**" | 9h30 | Henri Fréville | Bus 61 | 10&6km | N. Letrionnaire/ E. Lemaire |
| **Vacances d'été Juillet & Aout 2024** |
| 6-sept-24 | Moy/Prom | Noyal/ Chatillon "le Circuit de l'Orson" |  | Henri Fréville |  | 9 &6km |  |

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