

# 14<sup>TH</sup> EDBF EUROPEAN NATIONS

DRAGON BOAT  
CHAMPIONSHIPS



**BANYOLES LAKE, BANYOLES | GIRONA (SPAIN)**

**31<sup>ST</sup> AUGUST - 4<sup>TH</sup> SEPTEMBER 2022**



# **COME AND HAVE FUN WITH YOUR TEAM, FAMILY & FRIENDS!**

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**WELCOME TO LAKE BANYOLES!**

**WHERE THE 14TH EDBF ENC WILL BE HELD!**

Located in the province of Girona (northeastern Catalonia) Banyoles was the first destination certified in Sports Tourism by the Catalan Tourist Agency in 2003. This seal of quality recognises the tourist destination for offering high-quality resources and services aimed at elite, professional, amateur and tourist sportspeople who want to practise sporting activities.

Lake Banyoles is a natural lake with a history of hosting numerous International rowing and canoeing competitions and year round training events. Banyoles became well-known as the Barcelona 1992 Olympic Games Rowing venue, and since then it has been a favourite location for training camps, triathlons and rowing events. Over 56 sports events a year, of which over 17 are internationally renowned, Banyoles organized the 2004 World Rowing Championship, the 2007 European University Rowing Championship, the 2009 Rowing World Cup and the 2011 Banyoles ITU Triathlon Premium European Cup.





## VENUE AND REGATTA COURSE

**THE EUROPEAN NATIONS DRAGON BOAT CHAMPIONSHIPS HAS ONE VENUE, LOCATED IN FRONT OF BANYOLES LAKE.**

**THE REGATTA COURSE AND TECHNICAL FACILITIES WILL BE IN ACCORDANCE WITH EDBF STANDARDS FOR EUROPEAN NATIONS.**



**LAKE BANYOLES**  
**CATALONIA (SPAIN)**



**COORDINATES**  
**42°07'31"N 2°45'19"E**



**CATCHMENT AREA**  
**11.42 KM<sup>2</sup> BASIN**



**MAX. LENGTH**  
**2,100 M (6,900 FT)**



**MAX. WIDTH**  
**750 M (2,460 FT)**



**SURFACE AREA**  
**1.575 KM<sup>2</sup> (0.608 SQ MI)**



**AVERAGE DEPTH**  
**14.8 M (49 FT)**



**MAX. DEPTH**  
**62.4 M (205 FT)**



**WATER VOLUME**  
**12,000,000 M<sup>3</sup>**



**SHORE LENGTH**  
**9.13 KM (5.67 MI)**



**SURFACE ELEVATION**  
**172 M (564 FT)**



**ISLANDS**  
**NONE**



**LAKE SPECTS**  
**6 LANE COURSES**



**SEPTEMBER WATHER**  
**MILD TEMPERATURES**

# REGISTRATION FEES

## ADULTS & JUNIORS, WELCOME!

### ADMINISTRATION FEE

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**ADULTS +18**

**60€ / PAX**

**JUNIORS -18**

**30€ / PAX**

### EDBF REGISTRATION FEE

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**ADULTS +18**

**20€ / PAX**

**JUNIORS -18**

**5€ / PAX**

### SUPPORTERS FEE

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**18€ / PAX + EDBF REGISTRATION FEE OF 7€/PAX**

**SUPPORTERS WHO ARE UNDER THE AGE OF 12 ARE FREE OF CHARGE**

## COMPETITION SCHEDULE / OUTLINE PROGRAMME

<b>WEDNESDAY, 31<sup>ST</sup> AUGUST 2022</b>	<ul style="list-style-type: none"> <li>• Teams arrive and training at race site.</li> <li>• Team registration.</li> </ul>	
<b>THURSDAY, 1<sup>ST</sup> SEPTEMBER 2022</b>	<ul style="list-style-type: none"> <li>• Teams arrive and training at race site.</li> <li>• Team registration.</li> </ul>	
	<b>MORNING</b>	<ul style="list-style-type: none"> <li>• Race officials Meeting.</li> <li>• Team Manager's Meeting.</li> </ul>
	<b>RACE DAY 1</b>	<ul style="list-style-type: none"> <li>• 2000m - Club Crews Cup &amp; European Nations.</li> </ul>
<b>FRIDAY, 2<sup>ND</sup> SEPTEMBER 2022</b>	<b>RACE DAY 2</b>	<ul style="list-style-type: none"> <li>• 200m - Club Crews Cup &amp; European Nations.</li> </ul>
	<b>EVENING</b>	<ul style="list-style-type: none"> <li>• Opening Ceremony.</li> </ul>
<b>SATURDAY, 3<sup>RD</sup> SEPTEMBER 2022</b>	<b>RACE DAY 3</b>	<ul style="list-style-type: none"> <li>• 200m - Club Crews Cup &amp; European Nations.</li> <li>• 500m - Club Crews Cup &amp; European Nations.</li> </ul>
<b>SUNDAY, 4<sup>TH</sup> SEPTEMBER 2022</b>	<b>RACE DAY 4</b>	<ul style="list-style-type: none"> <li>• 500m - Club Crews Cup &amp; European Nations.</li> <li>• Closing Ceremony.</li> </ul>
<b>MONDAY, 5<sup>TH</sup> SEPTEMBER 2022</b>	<b>9H - 13H</b>	<ul style="list-style-type: none"> <li>• EDBF Congress.</li> </ul>

*\*This program is to assist teams with their planning but is currently provisional and could change.*

# ENJOY BANYOLES, THE CHAMPIONSHIP AND DISCOVER THE WONDERFUL COSTA BRAVA!

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**OUR TEAM HAS BEEN WORKING HARD NEGOTIATING THE  
BEST RATES AND CONDITIONS TO HOST OUR ATTENDANTS!**

**BOOK YOUR ACCOMMODATION WITH US & YOU WILL SPEND  
THE BEST CHAMPIONSHIP HOLIDAYS YOU CAN IMAGINE!**



**NEARBY LODGING  
BY THE BANYOLES  
LAEK**



**OFFICIAL  
HOTEL  
PARTNERS**



**CITY OR BEACH  
HOTELS - GIRONA &  
COSTA BRAVA**



**RELIABLE BUS  
COMPANIES FOR  
TRANSFERS**



**BREAKFAST  
INCLUDED**



**ACCOMMODATIONS  
DEPENDING ON  
PREFERENCES**



**GREAT  
LEISURE  
FACILITIES**



**BEST PRICE  
GUARANTEED**



**EXCLUSIVE RATES  
FOR CHAMPIONSHIP  
ATTENDANTS**

## ACCOMMODATION

### BANYOLES

Banyoles has a variety of lodgings by the lake suitable for any budget. We can offer camp-site bungalows, sports residences and hostels, where we can accommodate any type of team. It is perfect for those who are willing for an economic stay close to the Championship venue!

- By the lake
- Sportive lodging
- No vehicle needed
- Economic stay

### PLA DE L'ESTANY

Surrounding Banyoles there is a vast & plain territory with beautiful landscapes and charming, silent towns & hills. Here you can find more "rural" lodges, such as farmhouses, camping sites or bed and breakfast in the middle of the country fields. It's a good option if you are coming by car & want to enjoy all the delights of the neighbor counties on your own.

- Bungalows
- Rural houses
- Relaxing stay
- Charming landscapes
- Need of car

### GIRONA

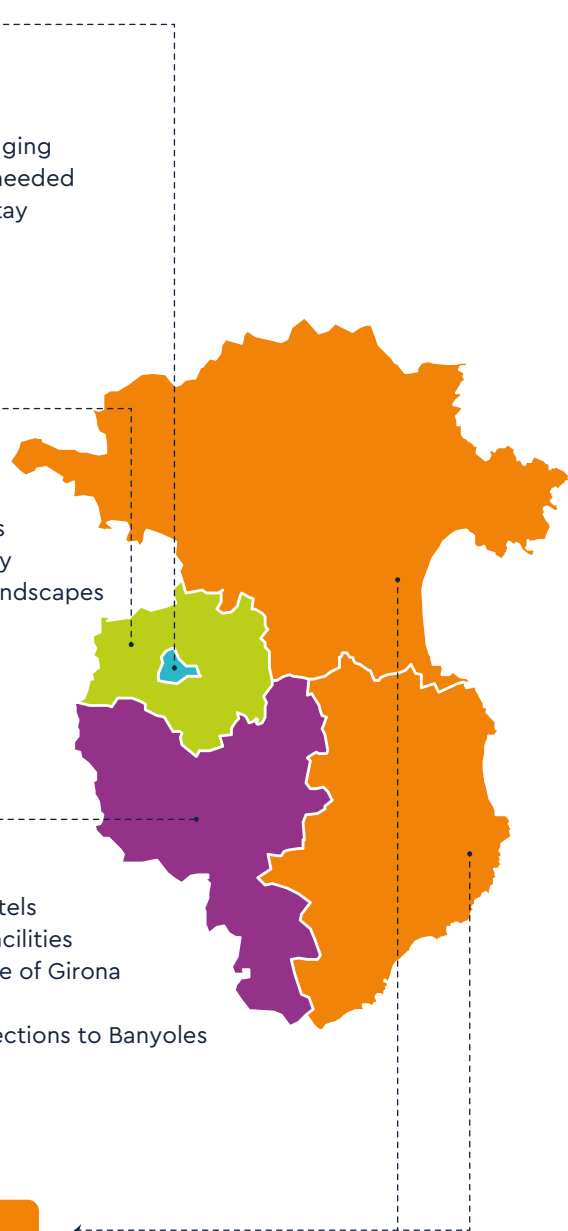
The city is located at only 20' by car and it has a lot to offer. There are plenty of good hotels to stay at. It's the perfect destination for those participants willing to be in the middle of the Old Town & spending their free time wandering around one of the most beautiful & historical cities in Catalonia. Furthermore, Girona is also a Sports Tourism Destination.

- Best city hotels
- All kind of facilities
- In the middle of Girona
- Bus shuttles
- Good connections to Banyoles

### COSTA BRAVA

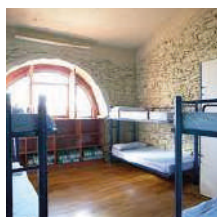
If you are willing to spend some more days with your family or friends, this is the best place to stay! We have chosen the area of Lloret de Mar, since it's another Sport Destination and it has many great resorts by the sea. The hotels located here are perfect for those willing to spend a beach holiday besides the Championship. Lloret de Mar is situated in a wonderful location on the southern Costa Brava, set in stunning natural surroundings with 9 km of coastline and an extensive offer of leisure options. There exist plenty of connections by public buses with Girona and Barcelona and we will be offering bus shuttles to the venue through a nice road along a 45minutes ride.

- Beach location in la Costa Brava
- Wonderful holiday resorts
- Great facilities and leisure offer
- Bus shuttles to Banyoles



## BANYOLES ACCOMMODATION

PRICES BASED ON A 4 NIGHTS STAY WITH BREAKFAST INCLUDED (31<sup>ST</sup> AUGUST - 4 SEPTEMBER)  
**IF YOU WANT A LONGER STAY, HALF BOARD PRICES OR ANY OTHER OPTION  
ASK US, WE'LL OFFER YOU THE BEST CONDITIONS!**



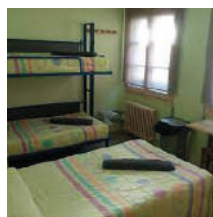
### BANYOLES YOUTH HOSTEL

Economic Stay in the middle of Banyoles

Price per person / night in rooms of 4 - 10

- BED & BREAKFAST **40,40€**
- HALF BOARD **45,70€**
- TOURIST TAX (person/night) **0,66€**

VAT included



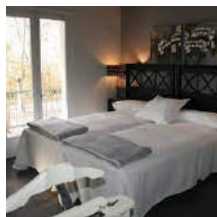
### SPRINT HOSTEL

Very close to the lake

Price per person / night in shared rooms

- BED & BREAKFAST **40€**
- HALF BOARD **54€**
- TOURIST TAX (person/night) **0,45€**

VAT included



### HOTEL L'AST

Sportive accommodation, by the lake

14 beds in private room (price / person)

- HOSTEL (14 BED ROOM)
- TWIN ROOM (HOTEL) **105€**
- TOURIST TAX (person/night)

VAT included



### CAMPING EL LLAC

Very close to the lake

Price per bungalows of 4 - 8 people

- SMALL BUNGALOWS **from 75€**
- LARGE BUNGALOWS **from 100€**
- TOURIST TAX (person/night) **0,66€**

Sheets & towels no included

VAT included



### CAMPING ESPONELLÀ

Quiet camping in the middle of nature

Price per bungalows of 6 - 9 people

- SMALL BUNGALOWS **from 125€**
- LARGE BUNGALOWS **from 150€**
- TOURIST TAX (person/night)

Sheets & towels included

VAT included



### RURAL TOURISM

If you are a group of 10-16 and you own a vehicle, we offer you the possibility of staying in a private holiday villa, farmhouse, rural lodge... in the middle of the country fields. You will find all the facilities that you need exclusively for you in a charming and relaxing environment. Prices from 1500-3000 depending on number of people.

- MAS DELS FRARES
- CAN XARGAY
- MAS ROCA
- EL SOLEI

## HOW TO BOOK?

FILL THE ACCOMMODATION FORM WITH YOUR PREFERENCES  
ON OUR WEBSITE [WWW.BANYOLESDRAGONBOAT.COM](http://WWW.BANYOLESDRAGONBOAT.COM) OR SEND  
US AN EMAIL [INFO@BANYOLESDRAGONBOAT.COM](mailto:INFO@BANYOLESDRAGONBOAT.COM)



GIRONA ACCOMMODATION

PRICES BASED ON A 4 NIGHTS STAY WITH BREAKFAST INCLUDED (31<sup>ST</sup> AUGUST - 4 SEPTEMBER)  
IF YOU WANT A LONGER STAY, HALF BOARD PRICES OR ANY OTHER OPTION  
ASK US, WE'LL OFFER YOU THE BEST CONDITIONS!



**B&B GIRONA 2\***

Economic & comfortable stay

Quick access to Girona South Motorway

- SINGLE ROOM / NIGHT **63€**
- DOUBLE ROOM / NIGHT **69€**
- TOURIST TAX (person/night) **0,66€**

VAT included



**B&B GIRONA 3\***

Economic & comfortable stay

Quick access to Girona South Motorway

- SINGLE ROOM / NIGHT **67€**
- DOUBLE ROOM / NIGHT **73€**
- TOURIST TAX (person/night) **0,66€**

VAT included



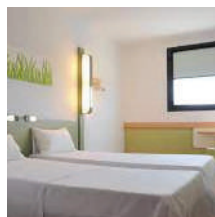
**IBIS NORD BUDGET 2\***

Economic & comfortable stay

Girona North Motorway, 15min walk from center

- SINGLE ROOM / NIGHT **75€**
- DOUBLE ROOM / NIGHT **83€**
- TOURIST TAX (person/night) **0,66€**

VAT included



**IBIS NORD 2\***

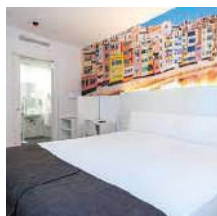
Economic & comfortable stay

Girona North Motorway, 15min walk from center

- SINGLE ROOM / NIGHT **81€**
- DOUBLE ROOM / NIGHT **89€**
- TOURIST TAX (person/night) **0,66€**

Sheets & towels no included

VAT included



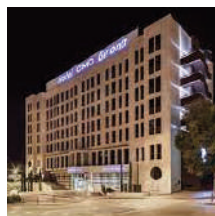
**BESTPRICE 1\***

Practical and urban design

Located in the city centre

- DOUBLE ROOM / NIGHT **115€**
- TOURIST TAX (person/night) **1,32€**

VAT included



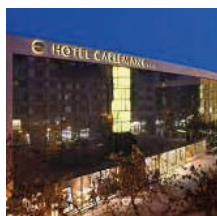
**CMC GIRONA 4\***

Maximum comfort

Easy access, 15min walk from center

- SINGLE ROOM / NIGHT **107€**
- DOUBLE ROOM / NIGHT **116€**
- TOURIST TAX (person/night) **1,32€**

VAT included



**CARLEMANY 4\***

Modern & elegant design in downtown

Everything you need in a privileged location

- SINGLE ROOM / NIGHT **120€**
- DOUBLE ROOM / NIGHT **135€**
- TOURIST TAX (person/night) **1,32€**

VAT included



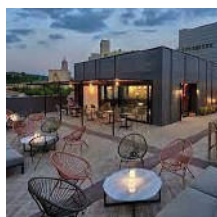
**ULTONIA 3\***

Modern & comfortable facilities

A historical building in the heart of Girona

- SINGLE ROOM / NIGHT **102€**
- DOUBLE ROOM / NIGHT **122€**
- TOURIST TAX (person/night) **1,32€**

VAT included



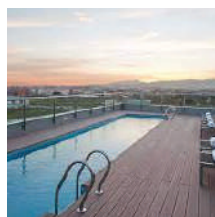
**GRAN ULTONIA 4\***

Rooftop with fantastic views of the city

New & bright rooms in the heart of Girona

- SINGLE ROOM / NIGHT **122€**
- DOUBLE ROOM / NIGHT **142€**
- TOURIST TAX (person/night) **1,32€**

VAT included



**DOUBLE TREE HILTON 4\***

Swimming pool & views at the rooftop

Located 10min walk from center

- SINGLE ROOM / NIGHT **180€**
- DOUBLE ROOM / NIGHT **190€**
- TOURIST TAX (person/night) **1,32€**

VAT included

**LLORET ACCOMMODATION**

PRICES BASED ON A 4 NIGHTS STAY WITH BREAKFAST INCLUDED (31<sup>ST</sup> AUGUST - 4 SEPTEMBER)  
**IF YOU WANT A LONGER STAY, HALF BOARD PRICES OR ANY OTHER OPTION  
ASK US, WE'LL OFFER YOU THE BEST CONDITIONS!**



**SAMBA 3\***

Economic & sustainable stay

*In the middle of Lloret de Mar*

- SINGLE ROOM / NIGHT **72€**
- DOUBLE ROOM / NIGHT **86€**
- TOURIST TAX (person/night) **0,66€**

VAT included



**EVENIA RESORT 4\***

Familiar resort with all kind of facilities & options

*Great location in Lloret de Mar*

- SINGLE ROOM / NIGHT **88€**
- DOUBLE ROOM / NIGHT **110€**
- TOURIST TAX (person/night) **1,32€**

VAT included



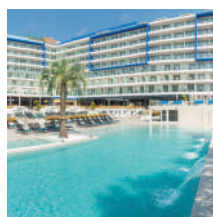
**SURF MAR 4\***

Certified in family tourism

*In front of the beach*

- HOSTEL (14 BED ROOM) **92€**
- TWIN ROOM (HOTEL) **111€**
- TOURIST TAX (person/night) **1,32€**

VAT included



**L'AZURE 4\***

Much more than a wonderful stay

**NEW HOTEL.** Great location in Lloret de Mar

- SMALL BUNGALOWS **95€**
- LARGE BUNGALOWS **128€**
- TOURIST TAX (person/night) **1,32€**

VAT included

**TORREMIRONA ACCOMMODATION**



**TORREMIRONA SPA 4\***

A relaxing stay at 25min from Banyoles

*Relais, Golf & Spa Resort*

- SINGLE ROOM / NIGHT **165€**
- DOUBLE ROOM / NIGHT **1,32€**
- TOURIST TAX (person/night) **1,32€**

VAT included

## **ARRIVAL / DEPARTURE - AIRPORT INFORMATION**

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Every major city in Europe flies or connects through Barcelona, which is a bit more than one hour drive away from Banyoles. Moreover, numerous regional airlines also connect to Girona - Costa Brava Airport or Perpignan Airport.



### **DISTANCE FROM BANYOLES**



**BARCELONA AIRPORT**  
**133KM FROM BANYOLES**



**GIRONA AIRPORT**  
**32KM FROM BANYOLES**



**PERPIGNAN AIRPORT**  
**103KM FROM BANYOLES**



## **SIGHTSEEING - TOURIST INFORMATION**

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### **BANYOLES**

The magnificent conditions, splendour of the surroundings, amazing tourist and leisure opportunities plus the mild climate and easy access, make Banyoles an ideal spot for every athlete and any major competition.

Banyoles is the capital of Pla de l'Estany, a county located at the heart of the province of Girona. Its most attractive feature is the lake, and it is this natural gem that has made the town the dynamic, welcoming and entrepreneurial community that we find today. And as well as offering unlimited opportunities for tourism, sports and leisure activities, both Banyoles and Pla de l'Estany are of enormous ecological, cultural and historic interest.



Moreover, since it is strategically located, halfway between the Costa Brava and the Pyrenees, forming a triangle of towns and locations of great historic and scenic interest, coming to the Championship could be a great opportunity for visitors to get an approach to wonderful places such as beautiful city of Girona or idyllic beaches in Costa Brava.

**THERE ARE PLENTY OF SIGHTSEEING SPOTS & TOURS YOU COULD ENJOY.  
THE REGION IS A TREASURE TROVE OF NATURAL, HISTORIC, CULTURAL  
& GASTRONOMIC DELIGHTS!**



## **SIGHTSEEING - TOURIST INFORMATION**

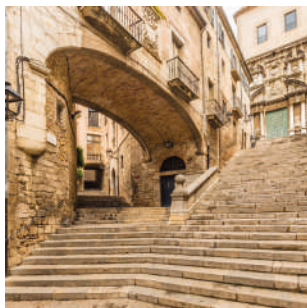
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### **GIRONA**

Girona is a city on a human scale with all the charm of a larger city. Take a leisurely stroll through the old town, visit the museums and the historic buildings, wander through the streets and squares, and discover the tourist attractions, festivals, restaurants, cultural events, etc.

Set in the valley of the Ter, we find the city of Girona. One of them, the Onyar, divides the historic centre from the modern city. The so-called "City of the Four Rivers", shows us a historic centre dominated by medieval buildings and reminders of Romans, Arabs and Jews.

The old centre (Barri Vell) of this Catalan city preserves remains of its long history, from the time it was founded by the Romans in the 1st century B. C. To them we owe its original wall, whose remains stretch from the Archaeological Walk to the Wall Gardens.



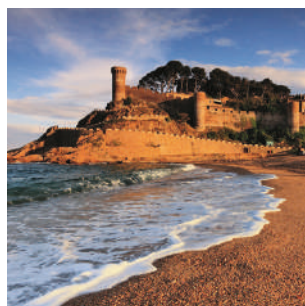
## **SIGHTSEEING - TOURIST INFORMATION**

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### **COSTA BRAVA**

Longing for the sea? This area has over 200 kilometres of coastline, with Blue Flag and golden sand beaches, tourist resorts like Lloret de Mar or Platja d'Aro, the bay of Roses (one of the most beautiful in the world) and enchanting coves of deep blue sea between cliffs in Tossa de Mar, Torroella de Montgrí, Begur or Calella de Palafrugell. This is the area of Catalonia that extends from the Mediterranean coast to the majestic Pyrenees... This is the tempting combination of Costa Brava!

Undoubtedly a great place to enjoy the pleasant climate of the Mediterranean, visit some of its Michelin-starred restaurants, cultural and historical sites, or follow the Empordà D.O. Wine Route. Terraces, bars and restaurants help you to enjoy the Catalan night, making it possible to taste the region's products.



**THE COSTA BRAVA IS ALWAYS A GOOD CHOICE FOR A HOLIDAY DESTINATION!**

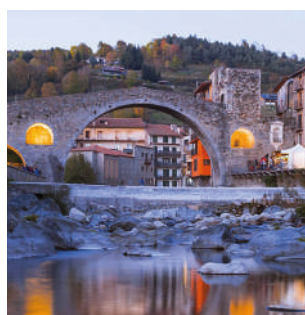


## **SIGHTSEEING - TOURIST INFORMATION**

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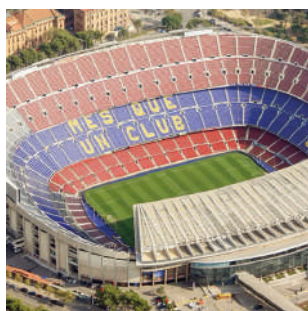
### **PLA DE L'ESTANY, BESALÚ, VOLCANIC GARROTXA, PYRENEES (MOUNTAIN)**

La Garrotxa is an area of striking volcanic landscapes, with over 40 craters now completely overgrown. The most spectacular way to see it is floating over the area of Olot in a hot-air balloon. We also recommend visiting some of the villages in the area, tranquil spots with medieval architecture where time seems to stand still, such as Besalú, Beget or Santa Pau. If you head North to the mountains you will find Camprodon Valley.



### **BARCELONA**

Barcelona is one of the most important tourist destinations in Europe, with millions of people visiting every year. The city is famous for its 19th century modernist architecture. The best known of those buildings, the unfinished church Sagrada Familia, symbol of the city, designed by Antonio Gaudi. Barcelona is also well known for the Olympic games in 1992 and for its tapas food as well.

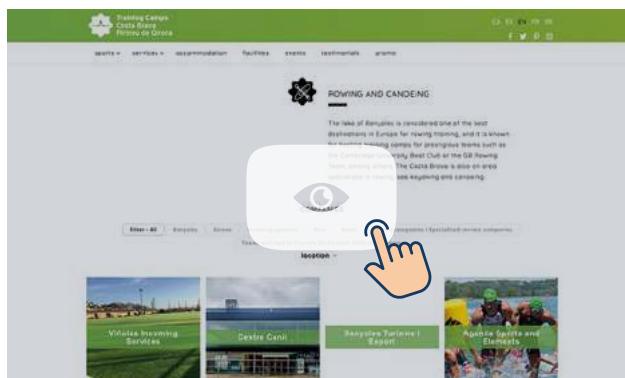


## **MEDIA SUPPORT**

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**LIVE TWICE  
COSTA BRAVA**



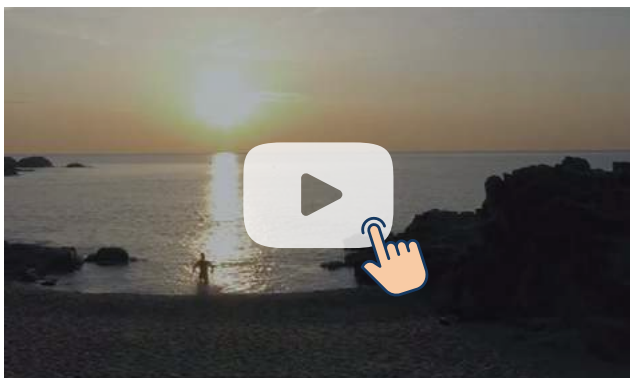
**ROWING & CANOEING  
TRAINING CAMPS**



**CHINA ROWING NATIONAL TEAM  
TRAINING CAMPS - TESTIMONIAL**



**2<sup>ND</sup> INTERNATIONAL DRAGON BOAT  
FESTIVAL IN BARCELONA**



**YOU WON'T LEAVE  
SPORTS TOURISM DESTINATION**



**RIDE FROM MOUNTAINS TO SEA  
COSTA BRAVA PIRINEU DE GIRONA**



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DRAGON BOAT  
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**CONTACT US & BOOK YOUR AMAZING  
CHAMPIONSHIP HOLIDAY WITH US!**

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[www.banyolesdragonboat.com](http://www.banyolesdragonboat.com)  
[info@banyolesdragonboat.com](mailto:info@banyolesdragonboat.com)