



2026 ICF CANOE FREESTYLE WORLD CUP #1

MILLAU, FRANCE

June 22 – 27, 2026



Bulletin #2

Published 05/06/2026

Welcome!

Dear freestyle paddling community,

It is a real pleasure to welcome you to Millau for the 2026 ICF Canoe Freestyle World Cup, taking place June 22 to 27.

Millau has long been a meeting point for French and international paddlers. Over the years, the Tarn has hosted numerous competitions, including a World Cup in 2014 and several European Cups, many of them tied to the Natural Games. For a long time, the end of June marked four days when athletes from different outdoor disciplines came together to paddle, compete, dance to music, and share an energy that, for many of us, made what Millau is all about.

Although this World Cup was initially planned to take place during the Natural Games, and despite the event having reached its final edition in 2025, the World Cup in Millau will go on. Set in the heart of the Grands Causses Regional Park, Millau remains deeply connected to freestyle kayaking. Our feature remains one of the most fun and reliable freestyle spots in Europe and continues to invite all kayakers to express themselves and bring their own style to the river.

As such, we are proud to welcome the international freestyle community once again, and to host the first World Cup of the 2026 season here. If you have been to the Natural Games before, we hope to offer an event that puts freestyle in the spotlight like never before, while still making you dance and push yourself as always. If you have never been to Millau, this is your chance to discover it from a new perspective, with freestyle taking centre stage at the Maladrerie site. The vultures and paragliders will still be there.

We wish all competitors the best in their preparation and performances, and we look forward to sharing time on our playgrounds with you.

Sincerely,

Lucien Schreiber, Thomas Richard and Arnaud Foret

Organising Committee

Millau Kayak Club

Welcome from the Chairman of the ICF Freestyle Committee

In 2014, alongside Lluís Rabaneda, then Chair of the ICF Freestyle Committee, I had the privilege of helping to shape that year's ICF Freestyle World Cup series. The tour began and ended in the Catalan towns of Salt and Sort, with Millau providing the centrepiece between them. What followed was a truly memorable series of competitions, and for me, one event stood above all others.



Millau remains my favourite freestyle competition of all time.

I had always known that the French freestyle community was passionate, but nothing could have prepared me for the atmosphere that greeted us there. The energy was extraordinary. The crowd lined the banks, fully immersed in every ride, every move, and every moment of drama. It was one of those rare occasions when athletes, spectators, and venue combined to create something truly special.

I can still vividly remember the trailblazing performances from Quim Fontané, Mathieu Dumoulin, and Sébastien Devred. Their rides pushed the boundaries of what was possible at the time, linking combinations that seemed almost unimaginable. The spectators responded in kind, creating an atmosphere that elevated every performance and inspired everyone present.

As if scripted for the occasion, the event concluded beneath a spectacular electrical storm—a dramatic finale to an unforgettable week of competition.

Now, more than a decade later, we return to Millau.

We have been away for far too long, and I could not be more excited to see freestyle paddling return to one of our sport's great homes. I look forward to reconnecting with old friends, welcoming new faces, and watching a new generation of athletes take centre stage alongside a few familiar names who were battling for podium places back in 2014.

Most of all, I look forward to experiencing once again that uniquely French atmosphere: knowledgeable, passionate, and unwavering in its support of our sport. Millau has always held a special place in freestyle kayaking, and I have no doubt that this World Cup will create memories that will inspire athletes and spectators alike for many years to come.

On behalf of the ICF Freestyle Committee, I wish all competitors, officials, volunteers, and spectators a fantastic event, and I look forward to welcoming you to Millau.

Terry Best

**Chairman Freestyle Committee
International Canoe Federation (ICF)**

A Welcome Message from the Chief Judge



Hello everyone,

My name is Grégory Didier, and I will be your Chief Judge for this first stage of the Freestyle Kayak World Cup in Millau.

I began judging on the French circuit 17 years ago, and this is now my fifth year on the international circuit.

As for the Millau venue, I know it very well after all these years, during which I have created many wonderful memories, particularly at the Natural Games. I can confidently say that it is one of the most beautiful freestyle kayaking venues in France and fully deserves its place on the international circuit.

Today, I find myself at this fantastic venue as an International Chief Judge. This is a wonderful opportunity that the ICF has given me, and I will do my utmost to prove worthy of this responsibility.

The entire judging team joins me in wishing you the best of luck. We will do everything we can to ensure that the competition takes place in the freestyle spirit that we all value, while fully respecting the rules. We are excited to see your progression, your performances, and your technical achievements throughout this event, which brings us all together for a moment of sharing, sportsmanship, and camaraderie.

On behalf of the judging team, we wish you an enjoyable event and a successful competition.

Thank you.

Grégory Didier

Chief Judge

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1. General Information

Event title

2026 ICF Canoe Freestyle World Cup Millau

Event dates

Official training period: Monday, 22 June – Wednesday, 24 June 2026

Competition: Thursday, 25 June – Saturday, 27 June 2026

Venue name and address

PARC AQUA VAGUES

Parc de loisirs de la Maladrerie

12100 Millau, France

Event outline

| | |
|--------------------------------|---|
| Monday, 22 June 2026 | Official Training |
| Tuesday, 23 June 2026 | Official Training Opening ceremony & Athlete Dinner and Social |
| Wednesday, 24 June 2026 | Official Training |
| Thursday, 25 June 2026 | Competition Day 1 Boater Cross, Farmers Market, and Social |
| Friday, 26 June 2026 | Competition Day 2 Dragon Boat, SUP, Big Air, and Social |
| Saturday, 27 June 2026 | Competition Day 3 Cadets Freestyle, Big Air, and Social |

2. Contact Information

Organisers

International Canoe Federation
Fédération Française de Canoë-Kayak
Canoe Kayak MJC Millau
Maisons des Jeunes et de la Culture (MJC) Millau

Key contacts

| | | |
|--------------------------------|---|--|
| HOC Technical Organiser | Thomas Richard | contact@kayakclubmillau.com |
| HOC Competition Manager | Lucien Schreiber | contact@kayakclubmillau.com |
| Canoe Kayak MJC Millau | Site de la Maladrerie, Millau, France, 12100 | www.mjcmillau.fr/canoe-kayak/ |

Online links

| | |
|---|---|
| Event website | kayakclubmillau.com |
| ICF website | https://www.canoeicf.com/canoe-freestyle-world-cup/millau-2026 |
| Instagram page | @millau_icf_wc_2026 |
| ICF Official Event Info WhatsApp group | https://chat.whatsapp.com/luWipg1zKnWJsrp3mtBsYN |



3. Communication

Official ICF competition information will be coordinated and shared on the [ICF Canoe Freestyle event WhatsApp group](#).

Team Leaders Meeting

It is essential that all Team Leaders attend the Team Leaders meeting; nonattendance may result in athlete misclassification. Only two people per team will be admitted to the Team Leaders meeting: the Team Leader and, if necessary, an interpreter.

A copy of the Team Leaders meeting presentation will be published on the ICF Canoe Freestyle event WhatsApp group following the meeting.

4. Entry

Entry Process

Entry process & deadlines Entries and accreditation requests must be made by the National Federation using the ICF's online entries system (SDP) <https://icf.mev.atos.net/icf/>

Entry deadline: 12 June 2026, 23:00 CET. Late entries may be accepted, but only in accordance with ICF Canoe Freestyle Rules, and if accepted will incur an additional fee of €50.

For detailed instructions on how to submit entries, please read the SDP user guide. Any questions or issues relating to entries or accreditation should be sent to sdp@canoeicf.com prior to the respective deadline.

SDP user guide: http://www.canoeicf.com/sites/default/files/nf_userguide_v2.2.pdf

Participation Fee

A Participation Fee of 100 € will be charged for each accredited athlete and team official, including coaches, to cover the duration of the Official Training and Competition phases of the 2026 ICF Canoe Freestyle World Cup in Millau. A judges' fee will also be charged for each accredited athlete; the amount will be announced after the entry deadline in a final bulletin.

Accreditation Office

On-site accreditation will take place at the event venue, beside the Athletes' Zone. The accreditation office will be open for accreditation and general information from 22 June to 27 June, between 10:00 and 12:00, and 14:00 and 16:00.

Visa requirements

Whether you need a visa to enter France depends on your nationality and the duration of your stay. Some travellers can stay up to 90 days without a visa, while others must apply for a short-stay Schengen visa before traveling. For full details and applications, visit the official [France-](#)

[Visas website](#). If you have any questions or need a visa invitation letter, requests should be sent to contact@kayakclubmillau.com



5. Provisional schedule

The provisional schedule below is provided for general guidance on the flow of the event. Exact timings will be confirmed during the week of the competition, and the running order remains subject to change.

| | |
|--------------------------------|---|
| Monday, 22 June 2026 | <ul style="list-style-type: none"> • Official Training from 9:00 until 18:00 |
| Tuesday, 23 June 2026 | <ul style="list-style-type: none"> • Team Leaders meeting at 8:30 • Official Training from 10:00 until 16:00 • Opening ceremony from 17:45 until 19:45 • Athlete Dinner (BBQ, included in entry fee) and Social Night at the Golf Café from 20:00 |
| Wednesday, 24 June 2026 | <ul style="list-style-type: none"> • Official Training from 9:00 until 18:00 |
| Thursday, 25 June 2026 | <p>Competition Day 1</p> <ul style="list-style-type: none"> • K1M prelims in the morning • K1JM, K1W prelims in the afternoon • Boater Cross starting at 18:00 • Farmers Market on site + concerts until midnight |

| | |
|--------------------------------------|---|
| <p>Friday, 26 June 2026</p> | <p>Competition Day 2</p> <ul style="list-style-type: none"> • SQW, SQM, OC1 and K1JW semi-finals in the morning • C1M, C1W, K1JM semi-finals in the afternoon • K1W and K1M semi-finals in the evening • Dragon Boat Race (open to the general public) starting at 18:00 • Social night on site with concerts until 1:00 |
| <p>Saturday, 27 June 2026</p> | <p>Competition Day 3</p> <ul style="list-style-type: none"> • Masters W, Masters M, OC1, SQW, and SQM finals in the morning, followed by their medal ceremony • Cadets Freestyle (U15) around lunchtime/early afternoon • C1W, C1M, and K1JW finals in the afternoon • K1W and K1M finals • All remaining medal ceremonies and closing ceremony • Social night on site with concerts until 1:00 |

The senior and master's categories will be mixed in prelims and semi-finals. Therefore, masters' athletes must register under the senior category. Separate finals will however be offered; the results after the semi-final rounds will be used to allocate athletes into the appropriate finals. No separate Master's entry fee applies.

The Cadets Freestyle event, Boater Cross, Masters Event, and Dragon Boat Race are not ICF events and are considered non-official competitions. A separate entry system will be open during the week of the event for Cadets Freestyle and Boater Cross, both of which will be free.

As part of the entry fee, the organising committee also invites all registered athletes to a social BBQ at the Golf Café following the opening ceremony on Tuesday, 23 June.



6. Social evenings

A local farmers' market will be held on site on Thursday 25/06 in the evening. This will be a great opportunity to discover some local products and culinary specialties of the Millau region, with a variety of food and drink stalls available. A concert is also planned on site that evening, making for a fun evening following the Boater Cross.

On Friday and Saturday evenings, live music and DJs will keep the venue lively until around 1:00 a.m. Food and drinks will be available on site, prepared by volunteers and chefs from our local kayak club. There is no need to book in advance, as meals have been planned for athletes, teams, and visitors throughout the event. Lunch and dinner options will be available each day, and we warmly encourage athletes and supporters to stay on site and enjoy the event village with us.

7. Transportation

By plane

Millau is accessible within a couple of hours from multiple airports. Rodez (RDZ), Montpellier (MPL), and Béziers (BZR) are the closest, although their international flight options are relatively limited. Toulouse (TLS), Marseille (MRS) and Barcelona (BCN), while farther, offer a broader range of flights to major European capitals and international destinations.

| Airport | Distance | Time | Accessibility | Destinations |
|-------------------|----------|------|---|----------------------------|
| Rodez (RDZ) | 80 km | 1h15 | Bus/train options | Europe |
| Montpellier (MPL) | 120 km | 1h30 | Bus options | International destinations |
| Béziers (BZR) | 120 km | 1h30 | Bus/train options | Europe |
| Carcassonne (CCF) | 210 km | 2h30 | Bus options (several connections) | Europe |
| Toulouse (TLS) | 210 km | 2h30 | Bus options (several connections) | International destinations |
| Marseille (MRS) | 265 km | 3h00 | Bus/train options (several connections) | International destinations |
| Barcelona (BCN) | 410 km | 4h30 | Bus/train options (several connections) | International destinations |

By train

Millau has a train station in the city centre, which is only a 15-minute walk from the whitewater course. The train schedules for Millau can be consulted on the [SNCF website](#).

By bus

Millau is served by several bus lines that directly connect it to the nearest cities with airports: Rodez (RDZ), Montpellier (MPL), and Béziers (BZR). Reaching other airports requires at least two connections, using a combination of train and/or bus. The bus schedule can be consulted on the [Lio website](#). For longer-distance travel, Blablacar Bus and FlixBus are both convenient options. In general, travelling to Millau by bus is one of the most cost-effective options. Bus transportation within Millau is free and can be consulted on [Réseau Mio](#).

By car

Millau is easily accessible via the A75 motorway. If you are driving from the north toward Montpellier or Béziers, the recommended exit for Millau is number 45. If you are coming from the south toward Clermont-Ferrand, take exit 47. You may also choose to drive across the *Viaduc de Millau*, one of the tallest bridges in the world at 342 meters high and 2,460 meters long. While crossing the viaduct is subject to a toll, it offers a spectacular introduction to Millau before descending toward the town.



8. Accommodation

Millau offers a wide range of accommodation options to suit every preference and budget, all within easy reach of the competition venue.

DISCOUNT CODES

CAMPANILE Hotel

On top of the hill, so best to have a car, but nice quality and includes breakfast, parking, Wi-Fi, and good facilities. Double rooms are available for **€77 per night**, with a buffet breakfast offered at €13.50 per person and a tourist tax of €1.32 per person per day. You can contact them directly (Millau@campanile.fr, +33 5 65 59 17 60) to ask for a quote. Mention “Coupe du Monde Freestyle” in your email.

IBIS Budget:

Also on top of the hill, so best to have a car, but plenty of choices of rooms (including for groups), breakfast, parking, Wi-Fi, and good facilities. Double rooms (one double bed or two single beds) are available for **€71 per night**, while family rooms (for 3 to 4 people, with one double bed and two single beds) are **€109 per night**. Buffet breakfast is available for €11.50 per person, and the tourist tax is €0.88 per person per day. You can contact them directly (ibisbudget.millau@accor.com, +33 5 65 58 10 10) to ask for a quote. Mention “Coupe du Monde Freestyle” in your email.

CAMPING LARRIBAL:

You can use the promo code **KFWC2026**. For rental accommodations, a minimum stay of 5 nights is required. A **10% discount** will be applied, excluding optional extras. For pitches, a minimum stay of 5 nights is required. A 10% discount will be applied, including additional guests and vehicles (maximum of 3 vehicles per pitch). During the same period, electricity will be charged at half price.

LES CHALETs DE MILLAU:

The closest accommodation you’ll find to the event venue. They offer bungalows with a mix of double beds or twin beds, depending on your needs, as well as a kitchen and parking. You can contact them directly via email (contact@chaletsmillau.fr, +33 6 74 38 88 29) to ask for a quote. A **10% discount** will be applied. Mention “Coupe du Monde Freestyle” in your email.

Hotels and guesthouses

The city centre and surrounding areas have numerous hotels and guesthouses, from small family-run inns to larger chains. Staying in the city centre allows you to walk to restaurants, shops, and to the whitewater course within a couple of minutes.

Campgrounds

Millau has several campgrounds and outdoor accommodations. Many offer pitches for tents, caravans, or camper vans, as well as cabins or small bungalows.

Wild camping near the festival site is prohibited. Please use official campgrounds or other authorised accommodations.

Short-term rentals

Vacation apartments and rental homes are also widely available, providing more privacy and flexibility for families or groups. Some good offers can be found on Airbnb.

Tips for booking

Most accommodations are accessible on foot or via the city's free bus service. Walking or cycling along the river is safe and enjoyable.

For more information and to explore available options, visit the [Millau Tourist Office website](#), which offers an interactive map.

| Name | Type | Standing | Walking time from venue | Website |
|-----------------------|----------------|----------|-------------------------|----------------------|
| IBIS Hotel | Hotel | ★★★ | 15 min | Link |
| IBIS Budget Hotel | Hotel | ★★ | 60 min | Link |
| Campanile Hotel | Hotel | ★★★ | 60 min | Link |
| Hôtel des Causses | Hotel | ★★★ | 20 min | Link |
| Hotel La Capelle | Hotel | ★★★ | 10 min | Link |
| Les Chalets de Millau | Bungalows | | 5 min | Link |
| Aire de Camping-Car | Motorhome area | | 5 min | Link |
| Camping Larribal | Campsite | ★★★ | 30 min | Link |
| Camping Huttopia | Campsite | ★★★ | 25 min | Link |
| Camping Les Rivages | Campsite | ★★★★ | 35 min | Link |
| Camping Les Erables | Campsite | ★★★ | 30 min | Link |
| Camping 2 Rivières | Campsite | ★★★ | 20 min | Link |

9. Competitive venue

About the feature

[The Parc Aquavagues](#) in Millau is located on the edge of the town and has been a cornerstone of the French and international freestyle scene for years. Created in the early 2000s, the course offers a versatile playground for kayakers of all levels on the Maladrerie site. The flow can be adjusted as needed (between 5 and 10 cumecs, depending on the season), though access is subject to opening hours, which will be communicated in more detail later.

Over the years, Millau has hosted a wide range of events, from French Championships and team trials to Euro Cups, and notably the Freestyle World Cup in 2014. The venue has grown a reputation for being both reliable and playful. The natural surroundings and accessible green spaces of the Maladrerie site make it a nice place to relax, gather, and enjoy the river.



On-site Access

Access to specific areas will be restricted to ensure the smooth running of the event. Access will be zonally managed as indicated on your accreditation lanyard.

Athlete Area and Boat Storage

An athlete area with designated boat storage will be available on the island. Access to this area will be controlled by accreditation. The athlete area will be closed at night, and the Maladrerie Island will be off-limits outside event hours, with security personnel on site throughout. A dedicated relaxation area will be available for athletes to rest between runs and enjoy shaded spaces, and changing tents will also be provided. Please note that no public Wi-Fi will be available, but there is strong 4G and 5G mobile coverage on site. Athletes and teams are kindly asked to help keep the area clean and tidy throughout the event. Secure boat storage will commence on 22 June and will be manned from 10:00 until 20:00. Overnight security will be provided.

Help Desk and Registration

A Help Desk will be located at the entrance of the athlete area, serving as both the main information point and registration area. It will be open from 22 June to 27 June, between 10:00 and 12:00, and 14:00 and 16:00. For any questions about the event, directions, or general assistance, this will be the primary point of contact for athletes and teams.



Medical services

On-site medical support, in accordance with ICF standards, will be available throughout the official training and competition periods. A first aid post, a multipurpose patient transport vehicle, and two teams of first aid responders will be on site from 08:00 to 00:00 on Thursday 25, Friday 26, and Saturday 27 June. The first aid station will be located in the vehicle parked

next to the athletes' zone, and personnel can be identified by their official first aid uniforms. We will liaise with all relevant local authorities for any emergency requirements. The nearest hospital providing 24-hour emergency care is Millau Hospital (Centre Hospitalier de Millau), just a few minutes from the venue. In case of an emergency, call 112 (Europe-wide emergency number) or 18 (French fire and medical emergency services). All injuries and illnesses must be reported using the [online reporting form](#). The on-water safety team will be operational for the entire duration of the official event from Thursday, 25 until Saturday, 27 June.

Parking

Millau is a medium-sized town, and it is very easy to reach the venue on foot or by bus. Four free 24-hour parking areas are available near the site (La Maladrerie, La Grave, Victor Hugo, Raux), and a footbridge provides direct access across the Tarn from the city centre.



10. Livestream



Planet Canoe Livestream

The whole event will be broadcast live on the Planet Canoe YouTube channel. Watching it requires a subscription (€9.99/month). You can also use your subscription to watch other ICF events. To sign up for live coverage, sign in to [YouTube](#) or create an account, go to [Planet Canoe's channel](#), click 'JOIN' and fill out your payment details.

French Livestream

The finals will be broadcast live in French on [TV8 Mont-Blanc](#) on Saturday from 15:00 to 21:00 (CEST). The livestream is available free of charge online but is restricted to viewers located in France.

French-speaking fans can follow all the action, interviews, and event coverage live through TV8 Mont-Blanc's digital platforms. If you are watching from outside France, please use the official international livestream.



11. ICF Development Camp

The ICF Freestyle Committee is running a Development Camp at the World Cup event in Millau at the same time as the event. The lead coach is Norway's Valerie Bertrand, with participants from Uganda, Switzerland and Japan. This year, the focus is not just on developing athletes, but also coaches and event organisers. Please give the participants a warm welcome—and see Valerie if you'd like to get involved.

We are also collecting [donated freestyle equipment](#) and clothing that we can distribute to developing freestyle athletes across the globe. This is something we will be doing at every World Cup and World Championships going forward. Drop any contributions off with Valerie, or Tanya from the Freestyle Committee. Equipment/clothing can be new or used (but still in safe and usable condition). Any questions or large donations, please contact Tanya on tanya.neilson@canoeicf.sport.

12. ITOs list

We are delighted to welcome a strong team of ITOs to make this event happen.

| Name | National Federation | Function |
|-------------------------|--------------------------|-------------|
| Grégory Didier | France | Chief Judge |
| Charlie Brackpool | Great Britain | Judge |
| Aiden Haig | New Zealand | Judge |
| Tatsuya Yagi | Japan | Judge |
| Mackinley Kate Hargrove | United States of America | Judge |
| Roman Glasman | Germany | Judge |
| Matt Stephenson | Great Britain | Judge |
| Lucia Hacker | Germany | Judge |

13. Photography

You will find all the photographs taken by our official media team [in this Drive Folder](#) during the event. Use them as you wish, but please give credit to the photographers (see folder names).

14. Safety measures and safeguarding

Athlete safety is our highest priority throughout the event. A dedicated safety and medical team will be on site during the competition. Athletes must always wear ICF-compliant helmets and PFDS on the water and are encouraged to report any injury, however minor, to event staff. Please attend the Team Leaders' Meeting for important safety information, including site-specific hazards, emergency procedures, and concussion awareness protocols.

First aid and medical support will be available throughout the event. In the event of an accident or incident, athletes and team staff should report immediately to the nearest event official or medical team member, who will direct you to the appropriate care and ensure the proper procedures are followed. All injuries and illnesses must be reported using the [online reporting form](#).



The ICF is also committed to ensuring a safe, respectful, and inclusive environment for all participants and strongly condemns all forms of harassment and abuse. All safeguarding matters are handled in line with the ICF safeguarding policy, which applies to everyone involved in the sport of canoeing. Further information and reporting guidance can be found [here](#).

15. Anti-Doping

The ICF promotes clean sport and strictly prohibits doping in all forms. You can be tested at any time, anywhere, both in and out of competition. You will have to provide a sample of blood or urine. You must attend the test, or it will be considered a failed test. Remember – YOU are responsible for what you put into your body, and it is YOU that will be banned if you cheat. Always check before you take anything. Athletes are encouraged to consult the WADA Prohibited List and report any suspicions of doping through the [ITA reporting channels](#).

DON'T BE A DOPE 

Imagine training unbelievably hard for years and years and just when you are at your very best, someone who you have never seen, or who you usually beat, suddenly takes seconds off you. Think about it - how would you feel? That is what happens when you cheat and take drugs to improve your performance.

SIX REASONS NOT TO DOPE

1. It is not fair to those friends and competitors of yours who "race clean"
2. It destroys the spirit and joy of sport.
3. It can make you feel unwell, harm your health, or even kill you.
4. If you test positive you will be banned from doing the thing you love – sport.
5. You will be stripped of your medals and they will be given to those you beat.
6. You will lose the respect of all those close to you who will regard you as a cheat.

Could YOU hold your head up high again?

HERE ARE SOME EXAMPLES OF DOPING FROM CANOEING

Anabolic steroids
These increase oxygen uptake to your muscles and improve muscle growth. Examples of anabolic steroids: testosterone and methandrolone, stanozolol, testosterone, nandrolone, diandrolone undecanoate.

Masking agents
These are things that you take to interfere with anti-doping tests.

Alexander Dyachenko, a 2007 Olympic gold medalist, and Nikolay Lipton, Russian Sprint canoeist, were banned for four years in 2022 for taking anabolic steroids.

Alexandre Dupik, Russian Sprint canoeist, was banned for two years in 2022 for taking Furosemide, a water tablet that interferes with test results.

Others
There are many other classes of drugs that are banned. They can be found on the WADA website here: <https://www.wada-ama.org/en/who-you-are/prohibited-list>

ANTI-DOPING TESTING

You can be tested at any time, anywhere, both in and out of competition. You will have to provide a sample of blood or urine. You must attend the test or it will be considered a failed test.

Learn all about anti-doping and testing here: <https://canoe.sport.org/news>
The ITA Athlete Hub has loads of useful information: <https://ita.sport/athlete-hub/>

Remember – YOU are responsible for what you put into your body and it is YOU that will be banned if you cheat. Always check before you take anything.

REPORTING SUSPICIONS
IF YOU THINK THAT SOMEONE MAY BE DOPING, YOU CAN REPORT IT TO THE IFA ANONYMOUSLY. NO ONE WILL KNOW IT IS YOU.

REPORT IT HERE: <https://ita.sport/reveal/>
You can use WhatsApp, a secure email or a secure platform and mailbox.

Don't hesitate, do it now!



16. Athlete Health and Wellbeing

Athletes are encouraged to prioritise their health and wellbeing throughout the event, with practical guidance available on hydration, heat management, injury prevention, nutrition, and other key topics on the [ICF website](#). Resources include downloadable posters and guides covering areas such as staying hydrated, staying cool, preventing injuries and infections, menstruation and sport, and relative energy deficiency in sport. With high temperatures expected in Millau at the end of June, staying cool, well hydrated, and taking care with heat exposure will be especially important throughout the competition.



17. About Millau

Weather and water

The average daily temperature at the end of June is approximately 22°C, but it often reaches 30+°C, and the water temperature is, on average, 17°C.

Currency

The currency used in France is the Euro (€). Shops, restaurants, and hotels normally accept major credit card providers (Mastercard and Visa). However, smaller shops and vendors at the local market may only accept cash. Several ATMs are available around town for cash withdrawals.

Local attractions

La Fête de la Musique takes place on Sunday, June 21. Celebrated every year across France, this nationwide music festival fills towns and streets with live performances and a festive atmosphere. It is not to be missed.

The local market is held on Wednesdays and Fridays around Place Foch in the town centre. It is the perfect place to discover regional products, pick up fresh bread, local cheeses, and affordable groceries, and get a real feel for Millau.

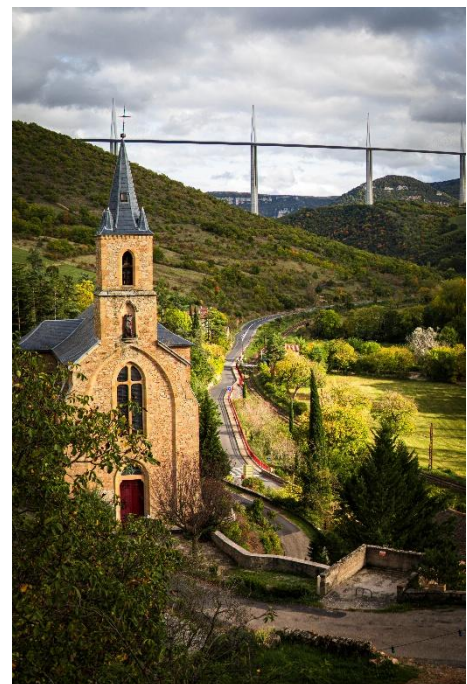
Millau's city centre offers a wide range of local shops, restaurants, hotels, and cultural attractions. Everything is easily accessible on foot or by using the free buses that run throughout town.

Long considered the capital of outdoor sports in France, Millau invites visitors to explore the surrounding landscapes and enjoy an exceptional natural playground. Activities in the area include hiking, trail running, paragliding, climbing, mountain biking, slacklining, and more.

We highly recommend visiting the nearby valleys of the Tarn, Dourbie, and Jonte. Peyre, located just a few kilometres downstream from the World Cup site, is listed among the ten most beautiful villages in France.

More information about Millau and the surrounding region can be found on the websites of the [Millau Tourist Office](#) and the [Parc Naturel des Grands Causses](#).

Organisers will be more than happy to recommend restaurants and activities to you during your stay in Millau.



18. Local partners and recommendations

A few local partners have helped make this event possible, so this is our turn to give them a little shout-out and encourage you to go visit them.

- **Roc & Canyon:** If family or friends are joining you in Millau and would like to explore the region through outdoor activities, Roc & Canyon offers a wide range of adventures and guided experiences throughout the region.
- **Garage GGM12:** Hopefully nobody needs to find a garage after driving all the way to Millau, but if you do run into trouble, this is the place to go. Located just a few minutes from the venue, Garage GGM12 is known for being fast and helpful. Tell Joaquim you're part of the World Cup and he'll do his best to help you out.
- **Estaminet Restaurant:** A local favourite and one of the best places in town to enjoy local cuisine. It's only open for lunch, and if you visit on a Friday market day, you'll get a real taste of local life. Just make sure to book ahead, as it fills up quickly.
- **La Belle Épicerie:** If you're looking for something special to bring home, whether it's local wines, meats, or other regional products, this is a great place to browse and discover the flavours of the area.
- **Chez Louloute:** French coffee culture is a little different from what some visitors may be used to. If you're searching for a cappuccino, latte, or specialty coffee, Chez Louloute is the place to go.

You can find all our local partners on your website: kayakclubmillau.com

Institutional partners



Local Partners



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