

Les Sables d'Olonne - 4 to 9 October 2026

Bulletin N°2
Public Version

10th Golden Age Gym Festival



European
Gymnastics



Photographic credit: Alexandre Lamoureux

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**Golden Age
Gym Festival 2026**

Bulletin January 2026

Dr Farid Gayibov

President of European Gymnastics



Dr Farid Gayibov

Dear Gymnastics Friends,

The preparations for hosting the Golden Age Gym Festival in France on October 4-9, 2026 are now progressing at full capacity.

It is especially meaningful that this 10th edition takes place in Les Sables d'Olonne. Located on the Atlantic coast and internationally recognized as the home of the legendary Vendée Globe solo sailing race, Les Sables d'Olonne is a city shaped by endurance, resilience, courage, and a lifelong spirit of adventure - values that resonate deeply with the philosophy of the Golden Age Gym Festival.

The Golden Age Gym Festival offers a unique opportunity for people aged 50 and over to demonstrate their abilities, share their passion for physical activity, and inspire others to embrace exercise regardless of age or physical appearance. It is a powerful reminder that movement knows no age limits, and that Gymnastics for All is rooted in inclusion, wellbeing, and the joy of participation rather than competition.

The growing enthusiasm for this festival is already evident, as the registration of interest for the 2026 edition shows a clear increase in numbers of both countries and participants compared with previous festivals, reflecting an expanding commitment to Gymnastics for All across Europe and beyond.

At this stage, the French Gymnastics Federation, together with its Local Organizing Committee, is working closely with European Gymnastics to deliver an exceptional festival, providing a warm, inspiring, and flawlessly organized experience for all participants and gymnastics fans.

I look forward to seeing friendships renewed, new ones formed, and to witnessing once again how gymnastics can inspire, empower, and unite people at every age.



**Golden Age
Gym Festival 2026**

Bulletin January 2026

Dominique Mérieux

President of the French Federation of Gymnastics



Dominique Mérieux

Dear participants,

As the 10th edition of the Golden Age Gym Festival gets closer, the preparation is moving on with some noticeable dynamism and enthusiasm. The organizing teams are fully committed to plan an event respecting the highest values of the French Federation of Gymnastics.

The Local Organizing Committee, closely linked with the French Federation and European Gymnastics, works every day to guarantee an optimal organization to welcome you in the best conditions possible from 4th to 9th October 2026. The program is becoming more precise, so the ceremonies, workshops, city performances and excursions already promise a rich full of sharing, discoveries and conviviality.

This edition already plans to be exceptional, with 25 countries expected – a record for the Golden Age Gym Festival – and about 1,900 participants gathered around a same passion. We are looking forward to welcome these delegations coming from all over Europe to give them the opportunity to discover the French culture and its patrimony, across the seaside city of Les Sables d'Olonne and a schedule mixing sport experiences, meetings and parties. These international exchanges fully illustrate the spirit of the Golden Age Gym Festival, built on sharing, well-being and pleasure to move together.

I want to warmly thank, once again, the Local Organizing Committee, the services of the French Federation, the volunteers and the partners for their strong commitment. Their mobilisation is essential to make this anniversary edition a success. I also thank European Gymnastics for the renewed trust to organize a second edition of the Golden Age Gym Festival in France.

See you on October 4th, to open together this big party of gymnastics, placed under the symbol of conviviality, health and joy to meet-up.

See you soon for this beautiful edition in Les Sables d'Olonne!



**Golden Age
Gym Festival 2026**

Bulletin January 2026

Ricardo Lima

President of the European Gymnastics Gymnastics For All Technical Committee



Ricardo Lima

Dear Friends,

It is with great joy and excitement that we welcome you to the second official bulletin for the Golden Age Gym Festival 2026. As we draw closer to our gathering in the stunning seaside town of Les Sables d'Olonne, the expectations continues to grow.

Located right on the edge of the majestic Atlantic Ocean, Les Sables d'Olonne offers more than just a place; it provides a breathtaking backdrop of sandy beaches and refreshing sea breezes. The Local Organizing Committee is working tirelessly, pouring heart and soul into every detail to ensure that this event is truly memorable for every participant.

The Golden Age Gym Festival has always been about more than just movement and gymnastics. It is a vibrant celebration of friendship, a platform for sharing life experiences, and an opportunity for deep cultural adventure. To help you make the most of your stay, there will be prepared a variety of sightseeing opportunities and excursions, allowing you to discover the unique charm and heritage of the Pays de la Loire region.

We are thrilled to share that expectations are high for this edition! We anticipate an increase in the number of participants compared to previous years. It is inspiring to see our community grow, proving that the passion for gymnastics and active living knows no bounds.

We invite you to dive into the details of this bulletin and start dreaming of the Atlantic coast. We are waiting for you with the best of French hospitality!

See you in Les Sables d'Olonne!



**Golden Age
Gym Festival 2026**

Bulletin January 2026

Luc Le Roy

President of the Local Organizing Committee



Luc Le Roy

Dear participants,

Thank you for the record attendance you have given us with 25 nations and nearly 1900 participants for this 2026 Golden Age Gym Festival in Les Sables d'Olonne. We are looking forward to welcoming you to this Vendée coast where the ocean, the light, and human energy come together to create a unique setting. You are here to celebrate what unites us: movement, curiosity, conviviality, and this wonderful desire to share new experiences.

The Golden Age Gym Festival is not just a sporting event. It's a time when cultures meet, traditions are discovered, and everyone brings a little bit of their own country and leaves enriched by the cultures of others. For this edition, we wanted France and the Vendée region to be in the heart of this encounter.

Sporting workshops rooted in the local area

You will have the opportunity to discover disciplines that tell our story and our identity:

- Sport from the Vendée region, originating in our villages and along coastline,
- Emblematic French practices,
- And workshops designed to let you experience the local spirit, combining authenticity, enjoyment, and sharing.

These workshops are an invitation to move differently, to explore new methods, and to feel the strength of a region that has always made sport a way of life.

Gastronomy that speaks to the heart

Because an event like this is also best enjoyed at the table, we have imagined a catering service that highlights the richness of French and Vendée cuisine.

As you browse through the menus, you will discover:

- Seafood and local produce,
- Traditional recipes with a twist,
- Flavors that tell the story of our terroir with simplicity and generosity.

We hope that each meal will be a moment of discovery, pleasure, and conviviality for you.

A European Celebration

Your presence, coming from all corners of Europe, gives this edition a profoundly human dimension. You bring your languages, your cultures, your stories, and together, we compose a mosaic that makes up the beauty of the Golden Age Gym Festival.

May this week in Les Sables d'Olonne be a source of inspiration, encounters, and joy for you.

May you go back with bright memories, new friendships and the willing to come back.

Wishing everyone a wonderful 2026 edition!



**Golden Age
Gym Festival 2026**

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Presentation

Les Sables d'Olonne

Here, in Les Sables d'Olonne, we do not just contemplate the horizon, we defy it. Land of sailors and of passioned people, it is here that we just witnessed the most famous race around the globe of the world, the Vendée Globe.

It is in the warm embrace of our mythical channel that legends are born: the young Violette Dorange conquered the whole France, and Sébastien Simon, our conqueror from Les Sables, that you might see while running on the promenade.

Here, our legends are well alive. They share a glass on the terrace, are told with friends, live in the open air and are met at the market. And whatever it's the spirit that matters: the wind, the freedom, the defy, the ocean.

Here, our sailors carry on an ancient job which reinforces our roots, a job which forged the soul of Les Sables. This unique art de vivre, between preserved nature and sweet carefreeness. The forest, the sand and the salt, the paddle and the rake, our surf spots, our infinite beaches... our little California.

No question to forget the open air concerts and many other vibrating events already resonating in the backstages of our Arena. Here, every landscape shivers and tells a story.

Let yourself be moved by the emotion.





**Golden Age
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Our 6 Must-Do Experiences

The savage beauty of the marshes

Protected natural site, area of biodiversity, cradle of the white gold, of the eel and the mullet farming, it is the natural space by excellence, to go through by feet or by bike, with watchful eyes, as the savage fauna is very close.

The lights of the savage coastline

A promenade full of vitamins for a long, peace full stroll along the pedestrian and bicycle path, with the ocean as fare as the eye can see and the sea spray as your companions.

The art de vivre of the big beach

It is the postcard from Les Sables! The major meeting point for the families, where the surfers come to spice with their performances, the non-stop show of one of the most beautiful bays of the world. You have to see it!

Ulysse is watching over the bay of Les Sables d'Olonne, as an eternal sailor, myth of the vertigo of the open sea and the irresistible call of the return to the home port.

The freshness of the forest

Acacias, holm oaks, and maritime pines unfold their chlorophyll-rich benefits over 11 km, inviting you to take refreshing walks exploring the treasures of the endemic flora and fauna.

The white gold of Olonne island

This village of salt workers preserves with enthusiasm a remarkable built patrimony, to be discovered by walking in its small streets towards the Gueffard mill, reborn as exceptional observation point to embrace with the eyes the surrounding marshes.

On board of the legendary Imoca

Inside of the boat which built the legend of the Vendée Globe, you can feel flying! Put back on the water by a Sables d'Olonne resident for whom heritage is the law, Ecureuil d'Aquitaine II, which became the T One One, first boat to leave the port and first one to come back, welcomes now on board the future champions and everyone who wants to touch with the finger the incredible feeling of sailing aboard the giants of the sea. Cast off, let the excitement begin!





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General Info

From 4 to 9 October 2026, the city of Les Sables d'Olonne (Pays de la Loire / France) will host the most important European Gymnastics Over 50 Gymnastics Festival: Golden Age Gym Festival! The European Gymnastics Golden Age Gym Festival is not only a week of recreation but offers also the possibility to all participants to improve their abilities, to discover new activities and sports and make new friendships. This Festival for the Over 50 generation has the purpose to inform the gymnasts from 50 European Gymnastics National Federation about gymnastics benefits and let them experience different gym related activities. The gymnasts shall have the pleasure to be involved in this unique Gym Festival where group presentations and leisure activities are planned together.

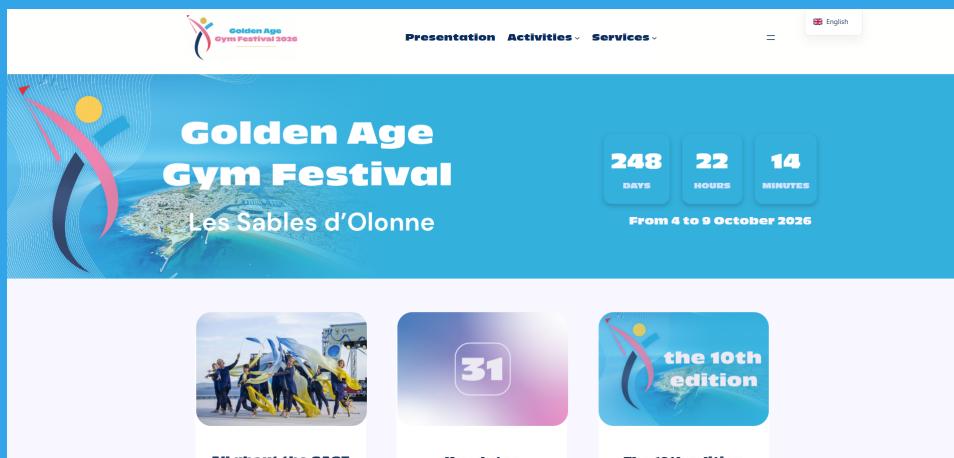
The GAGF is open to gymnasts from all 50 national European federations affiliated to European Gymnastics. European Gymnastics member Federations can register groups of people 50+.

Website

NEW

You can already find the website of the 10th edition of the Golden Age Gym Festival. On it, you will find all the information about the event such as the presentation, the activities, the souvenirs but also, all the links for accommodation, registration or food.

goldenage2026.com



The site is evolving and new informations will be available as we get closer to the event.



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The Logo of the Golden Age Festival 2026

The logo of the Golden Age Gym Festival 2026, organized by the French Gymnastics Federation, symbolizes **the energy, dynamism, and friendliness of this event dedicated to senior gymnasts.**

The central element of the logo features a stylized figure in motion, evoking **enthusiasm, balance, and vitality.**

The curved lines that form it create an impression of fluidity and lightness, reminiscent of rhythmic and artistic gymnastics. A small red sail in the upper left corner emphasizes **the connection to the maritime environment of Les Sables d'Olonne**, the host city for the 2026 edition.

The chosen colors provide a strong visual identity:

- **Red**, a dynamic and vibrant color, associated with the Vendée department.
- **Navy blue**, linked to the city of Les Sables d'Olonne, bringing a touch of elegance and stability.
- **Light blue and pink**, reminiscent of the French Gymnastics Federation, adding a fresh note.
- **Gold**, symbolizing the “Golden Age”, highlighting the experience, richness, and spirit of sharing among participants.

This modern and refined logo is inspired by the DNA of the FFGym logo and perfectly embodies the essence of the Golden Age Gym Festival 2026, **an event where the passion for sport and the joy of coming together are celebrated in a unique setting.**





**Golden Age
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Programme overview

	Saturday 03/10	Sunday 04/10	Monday 05/10	Tuesday 06/10	Wednesday 07/10	Thursday 08/10	Friday 09/10	Saturday 10/10
Mornings	Arrivals Participants - City Visit LOC + HOD	Arrivals Participants - Meeting HOD and Group Leaders - Parade - Opening Ceremony	Meeting HOD + LOC - City orienteering	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Meeting HOD + LOC Physical wake-up - Workshops	Departure Participants
Afternoons and evenings			Excursions* - City Performance - Dancing evening	Excursions* - City Performance - Dancing evening	Excursions* - Forum - City Performance	Excursions* - City Performance - Dancing evening	Excursions* - Gala rehearsal - Gala	

* You will be able to enjoy excursions during your free time (page 33).
Your schedule will be published on the Event Guide in September.

The “Golden Age Gym Festival” is all about gymnastics, leisure, social and cultural activities as well as friendships and intercultural exchanges.

Here are the highlights of this week. The week will be filled up with the following events:

- **Parade & Opening Ceremony**
- **City Orienteering**
- **City performances**
- **Workshops**
- **Excursions**
- **Educational Forum**
- **Closing Gala**

As usual, every morning we will have a meeting with all Heads of Delegation in order to give you some more detailed information.

Do you wish to arrive earlier or stay a bit longer to explore Les Sables d’Olonne and its area? Contact us!!



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The seaside to start the Golden Age Gym Festival

A top destination for sailors and deeply faithful to the ocean that is so dear to it, the city of Les Sables d'Olonne, host of the Vendée Globe every four years, will welcome the parade of the Golden Age Gym Festival along its famous seaside.

On the promenade known as Le Remblai, a much-loved place for both the people of Les Sables d'Olonne and tourists thanks to its refreshing sea air, the European participants will honour their countries over a distance of around 800 metres. They will walk dressed in their beautiful colours, proudly carrying their flags high.

After the parade through the local crowd, the participants will be taken to the site of the opening ceremony, where the show will continue.



The participants will be taken to the opening ceremony site and brought back to the Liberty Square after the ceremony with bus shuttles.



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NEW

France honoured for the opening

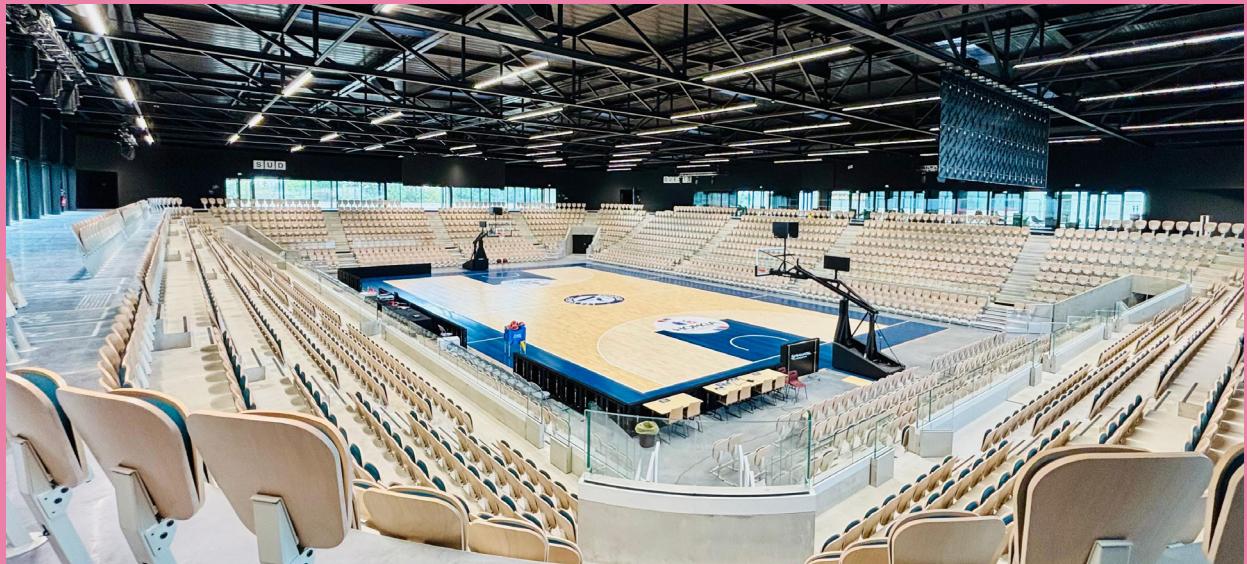
Proud of its country and its patrimony, the LOC chose a simple and obvious theme to welcome the participants: France.

In the heart of the Arena (3000 seats), at the center of the audience, everything that makes France so rich will be highlighted during the opening ceremony of the Golden Age Gym Festival. With a culture that inspires the entire

world and remarkable personalities throughout its millennia-long history, the host country never fails to amaze those who come to visit it. The gymnasts and the dancers chosen for this opening rendez-vous are among the bests.

So, be ready, the LOC will know how to make all the participants dream with a very "Frenchie" welcome.

An arena to host the ceremonies



Exiting the area of the simple show stage and offering a unique dimension to the opening and closing ceremonies.

By choosing an Arena, surrounded by four stands to welcome the participants and the public, the LOC opens a new path for these important moments of the Golden Age Gym Festival.

In the middle of a crowd which will be fully part of the ceremonies, the performers will feel the whole energy of thousands of people.

Sound and light proposed by a new site will enlighten the senses of the spectators to start and conclude the 10th edition of the main event dedicated to European Over 50.



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GAGF GALA

The theme of the 2026 GAGF Gala is «Gymnastics, Ocean, Ecology».

All groups that wish to be in the gala can apply through their national federation (European Gymnastics will provide the NF's with an application form). There is no limit to how many applications each federation can send. The maximum duration of one Gala-performance is **3 minutes**.

Interested groups must accompany their application with the following information:

- Video of the performance
- Title of the music, description of the performance and exact length (max. 3 minutes in and out)
- Number of gymnasts and gender of the group members
- Colours of the costumes (important for lighting and choice of surface for the stage)
- Apparatus used and floor plan
- Whether or not the group will need help when preparing the stage.

NEW

The video submitted must correspond to the performance that will be presented at the Gala.

Once the Gala-performances are chosen by the TC-GfA and all the groups are informed, the LOC will contact each of these groups to make the necessary arrangements and gather all necessary informations.

To have a well-prepared event, the LOC must also ask in advance for the music used for the performance.

This will avoid uncertainties and significantly increases the quality of the entire event.

The TC-GfA will decide which groups can participate in the Gala, this decision will be taken no later than 4 months prior to the event. All the NF's that have applied will receive feedback whether their group(s) is/are withheld.

The NF send the videos within **the 4th of May 2026**; any application received past this deadline or not using the official form, will not be accepted.

The decision of the TC-GfA will be communicated within **the 4th of June 2026**.

During the Golden Age Gym Festival wild cards can still be handed out by the TC-GfA. The organising country is entitled to have at least one group in the Gala.

Equipment information :

- 2 floors with a size of 14m x 14m
- 1 floor with a red rollermat and 1 floor with a carpet



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City performances



The 3 locations and stages are presented on the next page.

A red Gymnova rollermat will be available on the stage located in the Congress Center Les Atlantes.

Groups need to be on site 30 minutes before their performance starts.

In case you need additional equipment, please request before the end of the 2nd registration deadline (March 15th 2026).

However, no guarantee can be given that the equipment requested will be available.

TECHNICAL INFORMATIONS

The maximum time for each performance and music is 5 minutes (this does not include march-in and march out).

Groups should be composed of a minimum of 6 active performers and each group has the opportunity to perform twice during the week.

There will be changing rooms available at all sites. Performers should take care about props on their own.

If you should require additional help from the LOC, please provide a written request as soon as possible.



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City performances

NEW



2. Tribunal Square

The main stage of the Golden Age Gym Festival 2026 will be turned towards the ocean. With its unique view, it will offer a breathtaking sight to the participants.

Stage: 20 m x 20 m

Wooden floor

Number of seats: 400

1. Liberty Square

Two steps away from the walking streets and in the very heart of the city, this square is the perfect place to feel the soul of Les Sables d'Olonne.

Stage: 14 m x 14 m

Black floor on a stage platform

Number of seats: 300



3. Congress Center Les Atlantes

In the very heart of the event, this indoor stage will allow to the groups which will experience their City Performance there to enjoy a perfect acoustic sound.

Stage: 12 m x 16 m

Black floor

Red roller mat: 12 m x 14 m

Number of seats: 795



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Workshops

NEW



A diversity of sport activities will be proposed from Tuesday to Friday, split in two categories: open workshops and closed workshops.

All workshops will be led by specialists of the activity and will be adapted to everyone's capacity. Each instructor will be assisted by two volunteers. This team will be at your disposal for you to enjoy the activity in the best conditions possible.

The length of each workshop is 60 minutes, including welcome time.

Open workshops

These workshops are open to all participants and **do not request any registration**.

Closed workshops

The number of available spots per closed workshop is limited. **Registration is necessary**

- Every group can choose 4 closed workshops.
- The LOC guarantees at least 2 of them.
- Groups must indicate their choice for the closed workshops with the definitive registration.

The whole group goes to the same closed workshop.



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Dance activities

Open workshops

- Country dance
- Tango
- Zumba

Closed workshops

- Cabaret
- Folkloric dance
- Step
- Special choreography

Precision activities

Closed workshops

- Darts
- Palet vendéen - Local game
- Petanque bowls
- Peteca
- Ball games
- Circus



Folkloric dance



Local Game



**Golden Age
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Gymnastics activities

Open workshops

- Stretch
- Aerodance

Closed workshops

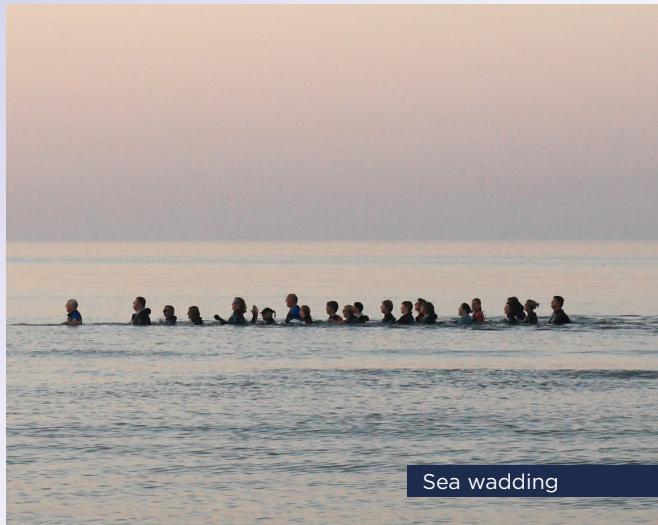
- Seated gymnastic
- Back strenghtening
- Swiss ball
- Rhythmic gymnastics

Aquatic activities

Closed workshops

- Aqua'Run
- Aqua'Forme
- Sea wadding

The workshops “Aqua’forme” and “Aqua’Run” respectively start at 9 AM and 10 AM, and only these slots are available each day. Therefore, the participants have to be ready at these precise times. It is required to know how to swim to participate to these workshops.



Sea wadding



Swiss ball



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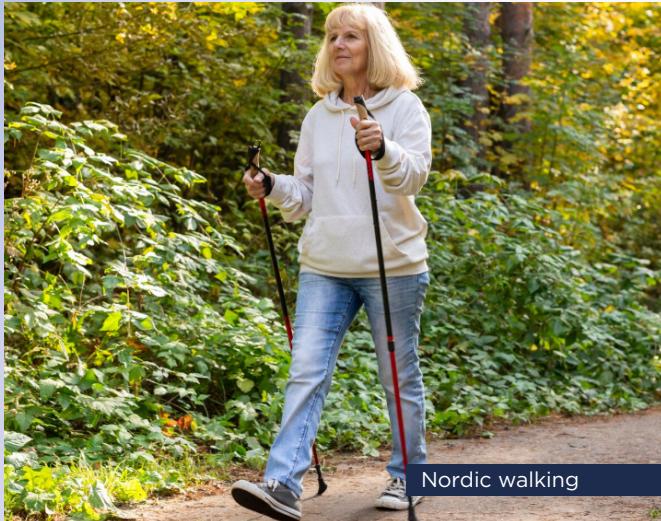
Relaxation and outdoor activities

Open workshop

- Tai Chi

Closed workshops

- Nordic walking
- Yoga
- Pilates



Nordic walking



Yoga

NEW

You can find the presentation of all workshops in the following link:

[**Workshops presentation**](#)

Videos will be uploaded in the coming weeks to present the different workshops



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Forum Gym Health : keep moving to age well

NEW

Gym Health is a strong axis of the federal project of the French Federation of Gymnastics. It focuses on health as a major and transversal stake, for all ages and all the audience.

During this forum, the speakers will share the vision of the French Federation of Gymnastics around four key principles: prevention, care, well-being along life, and especially for seniors, and the pleasure to practice.

With a strong and recognized expertise for the work with the senior audience, the Federation has settled for several years some dedicated projects, supported by institutional partners (Ministry, conference of the financial supporters). Managed by specially trained coaches, the gymnastics activities which are proposed permit to improve the balance, the coordination, the muscle reinforcement, the stretching and the motricity, which contribute to the autonomy and the quality of life of elderly people.

The forum will be held in the Congress Center on Wednesday early afternoon. It will be open for all accredited participants (gymnasts, coaches, heads of delegation, group leaders). No registration is needed but access will be subject to the number of available seats.

NEW

Les Sables Friends

While you are enjoying your participation in Golden Age Gym Festival, a new friendship can be born! Don't miss the opportunity to share moments, an ice cream, a glass of wine, an open Workshop...a true Golden Experience! Every group will be paired with its "Les Sables friends" group, to give you the opportunity to make new friends for life! You will be informed about your pair, on the Event Guide, one month before the event.

What can you do before the event?

- Get in contact with the group leader from your Les Sable friends
- Learn some words in the language from your Les Sable friends
- Bring a small gift from your country for your Les Sable friends

What can you do during the event?

- Visit the city performances from your Les Sable friends
- Go together to an open work shop
- Drink a coffee together
- Enjoy an aperitif together
- Organize a warm up together with music from your country



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Registration

NEW

Registration process will be done online only, through the Gymdata. Each National Federation has received their own login credentials to access online application. Online application will open later on with the following deadlines:

15 MARCH 2026 - PROVISIONAL REGISTRATION

- The number of participants
- Accommodation interest
- **Payment of 25 Euros non refundable** registration tax per participant
- Email addresses of group leader

Opening Friday 30th January

1 MAY 2026 - DEFINITIVE REGISTRATION

- Workshop, City Performances registration
- Registration with participants names
- Arrival and Departure information with transfer options
- Payment of 100% Accommodation Pass (except 25 Euros already paid)
- Accommodation subscription
- Payment of 100% of accommodation
- Meals subscription
- Payment of 100% of meals

The LOC will send an email at the moment of the opening of definitive registration.



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Registration

ACCREDITATION PASS GAGF 2026

GAGF Accreditation is mandatory for attending all events and activities during the week.
Accreditation pass GAGF 2026 includes:

- Access to the official Golden Age Gym Festival program
- Workshops
- City performances
- Forum
- Opening and Gala/Closing Ceremony
- Local public transportation service (4th to 9th October, from 7 AM to 7:30 PM, during the times opened to public)
- Free access to the municipal Museums

CANCELLATION POLICY

All cancellation until April 30th, 2026 will receive 50% of the payment returned to their account, except the 25 € non-reimbursable.

No refunds will be available after May 1st, 2026.

Medical Info

Les Sables d'Olonne and the Organizing Committee will do everything in their power to welcome you safely. A medical team will be present every day during the Golden Age Gym Festival 2026.

A high-level hospital will also be ready to take care of you in case of any need :

Côte de Lumière hospital
4 rue Jacques Monod
85340 Les Sables d'Olonne

In case of emergency, you can phone the **112**.



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Les Atlantes

A unique site to gather

NEW

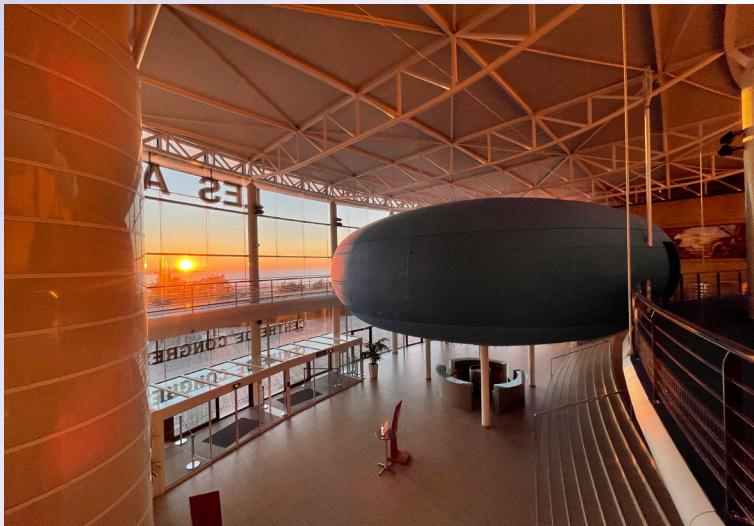
The LOC will offer an incredible place to share the 10th edition of the Golden Age Gym Festival 2026.

By choosing to centralize the life of the Golden Age Gym Festival into a single spot which is, as a symbol, with a round shape, the LOC chose proximity, the idea of living together and to share with others.

In addition to the City Performances and some Workshops, you will find a long list of important animations of this Golden Age Gym Festival offered to you at Les Atlantes:

- Stands of local sellers, ready to propose to you the best products of the area.
- The official GAGF shop selling souvenirs with the logo and name of the event (mugs, magnets, t-shirts...)
- The information desk
- The accreditation center
- The food place with the meals proposed by the LOC
- The venue of all 3 dance parties: party of countries, dancing party, white party
- The Tourism Office desk to book and pay excursions according to your wishes.

We are already looking forward to seeing you there!





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A food based on sharing

NEW

For this edition 2026, the organizing committee chose to innovate. Forget the meals taken in small groups in the hotels. We propose a food area in the heart of the event, in the Congress Center Les Atlantes. A place to meet, talk, share and spend great moments.

In order to adapt to your stay, we propose a dinner from Saturday 3rd October, then every lunches and dinners, until Saturday 10th October's lunch. As you are free to choose, you can personalize your stay by selecting, day per day lunches and dinners you wish.

Proposed as self-service, the meals, different each day, will honour the French cuisine and invite you to discover the culture of Vendée. A few surprises of European dishes will also be served. Each meal will include a starter, a main course and a dessert. **The starters and desserts will be on self-service, whereas the main will be served by a waiter.**

EXAMPLE GOLDEN AGE 2026 MENU OF THE DAY

STARTERS

Shrimp, avocado, tomato and feta cocktail
Melon, prosciutto, sea salad
Ham / 1 mixed salad

MAIN COURSES

Duck parmentier
Vegetarian dish
Beef and fries
Grilled local fish

DESSERTS

Paris-Brest
Custard flan
Chocolate mousse
Fruits salad

The prices include a starter, a main course and a dessert. A vegetarian option will always be available. Tap water will be available free of charge.

You will also have access to a bar, where hot and cold drinks will be on sale (sodas, wine, beers, fruit juices, coffee, tea,...)



These photos are non contractual.





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Accommodation

NEW

The quality of the accommodation is an important element during your stay in Les Sables d'Olonne.

The LOC carefully selected hotels easily reachable after each of your well filled days, to experience a well-deserved rest.



Hôtel Maison Richet **

25 Rue de la Patrie,
85100 Les Sables-d'Olonne



Hôtel les Embruns**

33 Rue du Lieutenant Maurice Anger,
85100 Les Sables-d'Olonne



**Ibis Budget
Les Sables d'Olonne****

50 Rue Eric Tabarly,
85340 Les Sables-d'Olonne



Hôtel du Port**

14 Quai Emmanuel Garnier,
85100 Les Sables-d'Olonne



**Ibis Styles Les Sables
d'Olonne*****

48 Rue Eric Tabarly,
85340 Les Sables-d'Olonne



Cit'hotel Le Chêne Vert***

5 Rue de la Bauduère,
85100 Les Sables-d'Olonne



**The Originals Boutique
Hotel Admiral's*****

131 Voie de la Bauquière,
85100 Les Sables-d'Olonne



**Le Calme des Pins
Piscine & Spa*****

43 Av. Aristide Briand,
85100 Les Sables-d'Olonne



Atlantic Hôtel & Spa****

5 Prom. Georges Godet,
85100 Les Sables-d'Olonne



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Accommodation



**Côte Ouest Thalasso &
Spa MGallery******

Rte du Tour de France,
85100 Les Sables-d'Olonne



Hôtel Vertime****

12 Bd de l'Île Vertime,
85100 Les Sables-d'Olonne



**Résidence Les Jardins
de l'Amirauté****

20 Rue Joseph Benatier,
85100 Les Sables-d'Olonne



**Résidence La Baie des
Sables Pierre & Vacances*****

28 Cr Blossac,
85100 Les Sables-d'Olonne



Résidence Les Océanes***

37 Av. Charles de Gaulle,
85340 Les Sables-d'Olonne



**Résidence La Vigie
Vacances*****

Phare de l'Armandèche, 22 Cor du
Nouch, 85100 Les Sables-d'Olonne



**Résidence Lagrange
L'Estran*****

65 Rue du Puits d'Enfer,
85180 Les Sables-d'Olonne



Résidence Le Ker Netra

18 Av. Nina d'Asty,
85180 Les Sables-d'Olonne

You can find a more detailed presentation of each hotel offered by the LOC at the link below :

[**Presentation of the Sables d'Olonne hotels**](#)



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Accommodation

NEW

Choose the accommodation through LOC, it is...

- The guarantee to have great prices
- Benefit a personalized and professional service to find the best accommodation possible
- Have a free access to the private transportations during the evenings to go to the further hotels (read below)
- Enjoy a discount on the price of the accreditation card

Informations about local transportation

Local transportation is included in the accreditation card for all the participants from the beginning (around 7 AM) until the end (around 7.30 PM) of the service organized by the public transportation company of the city.

In order for you to have dinner in Les Atlantes and stay for the parties, a special service to the further hotels will be proposed by the LOC, after the end of the public transportation service shift, until around 11 PM. This private transportation service will be free of charge for the participants who booked accommodation through the LOC.



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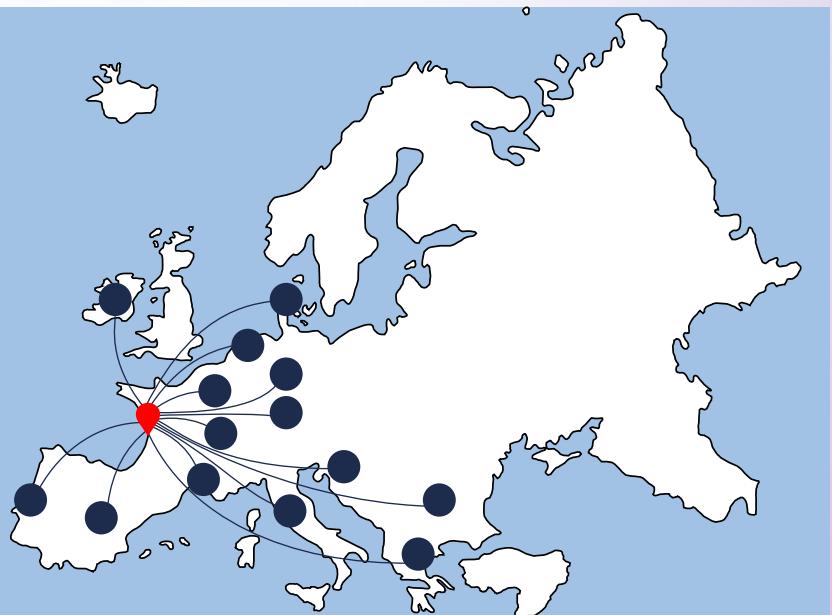
Transportation

How to Get to Les Sables d'Olonne?

By plane (arrival at Nantes airport)

You can travel to Les Sables d'Olonne by taking a flight to Nantes. This airport is located approximately 1h30 away from the host city.

- **Marseille** : 1h30
- **Spain (Madrid)** : 1h40
- **Italy (Rome)** : 2h20
- **Germany (Berlin)** : 2h10
- **Belgium (Bruxelles)** : 1h25
- **Switzerland (Geneva)** : 1h25
- **Bulgaria (Varna)** : 3h40
- **Czech Republic (Prague)** : 2h25
- **Portugal (Lisbon)** : 1h55
- **Croatia (Split)** : 2h30
- **Denmark (Copenhagen)** : 2h25
- **Netherlands (Amsterdam)** : 1h30
- **Greece (Athens)** : 3h35
- **Ireland (Dublin)** : 1h40





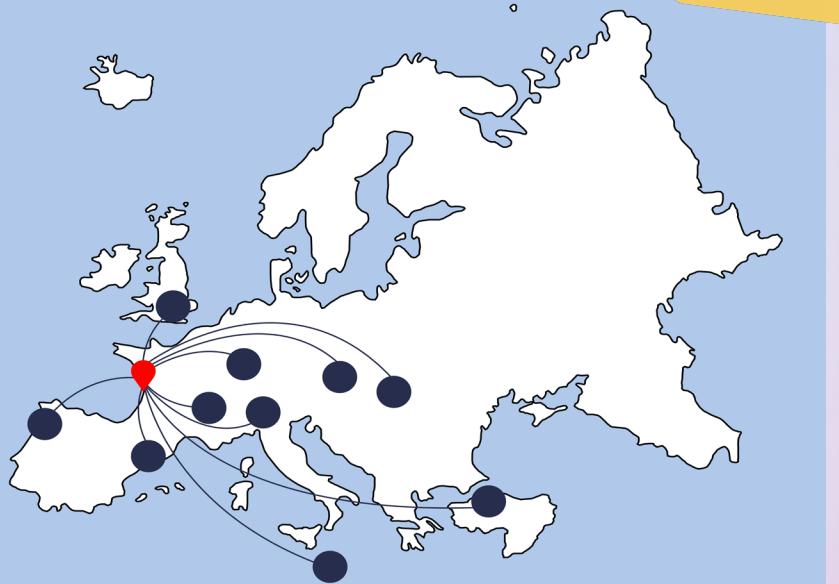
Transportation

How to Get to Les Sables d'Olonne?

 By plane (arrival at Nantes airport)

NEW

- **Austria (Vienna)** : 2h25
- **England (London)** : 1h25
- **Hungary (Budapest)** : 2h30
- **Italy (Milan)** : 1h40
- **Malta (Valletta)** : 2h50
- **Portugal (Porto)** : 1h45
- **Lyon** : 1h15
- **Strasbourg** : 1h30
- **Turkey (Istanbul)** : 3h55
- **Spain (Barcelona)** : 1h30



These informations are non-contractual and can be changed by the airport of Nantes, the local airport and the airlines without any justification.

Some shuttles to come to Les Sables d'Olonne with the LOC

The participants can book their arrival and departure transfer with the LOC. The transfers will be done by bus from Nantes airport to Les Sables d'Olonne.

The flight details must be sent to the LOC before May 1st, 2026. For logistic reasons, depending on the number of participants per groups, the LOC might combine different groups in a single bus. In these conditions, a maximum waiting time of 1h30 might be necessary at the airport to complete the bus. These informations will be given in September 2026.

Specific transfers can be proposed by the LOC, on request, via your National Federation (arrival or departure place different from Nantes airport, transport option such as sedan or Van,...)



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General Informations

NEW

25 countries registered, a record

The closing of the Notification of interest on December, 1st 2025 set-up a beautiful surprise with the registration of 25 countries for the edition 2026 of the Golden Age Gym Festival. After this first period, around 1,900 participants have been pre-registered.



Albania



Azerbaijan



Belgium



Bulgaria



Czech Republic



Denmark



Estonia



Finland



France



Germany



Greece



Iceland



Italy



Japan



Latvia



Lithuania



Luxembourg



Malta



Netherlands



Norway



Portugal



Slovakia



Slovenia



Sweden



Switzerland



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General Informations

NEW

Meetings planned in the Congress Center Les Atlantes

In addition with the planned visit on Saturday 3rd October in the Afternoon for the Heads of delegation, some meetings are planned during the week:

- Sunday 4th October, for the Heads of delegation and the Group Leaders
- Daily morning meetings from Monday 5th October until Friday 9th, for the Heads of delegation

These meetings are scheduled in the showroom of the Congress Center Les Atlantes.

It is mandatory for all Heads of Delegation/Team Leaders of the federations to attend to Sunday's meeting. Unjustified failure to attend will result in a sanction against the federation of Euro 500.- payable to European Gymnastics within one month after the meeting.

The participation of the Heads of Delegation to the daily meetings is compulsory. Unjustified failure to attend will result in a sanction against the federation of a fine of 250.-/per meeting payable to European Gymnastics within one month after the meeting.

Be insured, a must-have

In order to be able to participate to the Golden Age Gym Festival 2026 in Les Sables d'Olonne, each participant will have sent to its Federation its individual insurance coverage against illness, accidents and repatriation, caused to himself or to anyone else. The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay (3rd to 10th October).

If the participant does not have any individual insurance and if its Federation can not provide one, the LOC can propose an insurance for 62 € / person for one week. The request must be made to the LOC, no later than September, 4th, through the participant's own Federation.

No accreditation will be delivered without any proof of insurance.

The Event Guide will be published in September

Next and last document all participants will receive to know everything about the 10th Golden Age Gym Festival 2026: the Event Guide. Early September, one month before the start of the event, the LOC will send the latest information. You will find your full schedule, with the times, your free moments, and all the necessary details to enjoy your stay in Les Sables d'Olonne.



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Excursions

NEW

Important moments of a Golden Age Gym Festival, the excursions will give you the opportunity to discover Les Sables d'Olonne and its surroundings during your free time. In order for you to see the best sites of the area, the LOC partnered with the Tourism Office to propose you the unmissable.

Find the details of the excursions presented below on the website of the Tourism Office: [Website](#)

The sale of excursions will be available online from September 4th or on site, at the Tourism Office desk located at Les Atlantes during the event.

Discover Les Sables d'Olonne

Villas and architects, the seaside spirit



Discover Les Sables d'Olonne through its most beautiful façades in the town centre and on the seafront. From Maurice Durand to Charles Charrier, follow the careers of the great local architects who have shaped the town's seaside character.

Guided tour of the fish auction

Spend an hour and a half with a local guide going behind the scenes at the auction hall, learning about the roles of the auctioneers and wholesalers, the sales process and the different fish and shellfish being sold there.





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Discover Les Sables d'Olonne

La Chaume, maritime district



A former maritime village on the other side of the channel, La Chaume developed in the Middle Ages under the impetus of trade and fishing. Discover the Prieuré and the Saint-Nicolas jetty, the Villa Charlotte and the Tour d'Arundel, all places that bear witness to La Chaume's maritime identity. Stroll through the picturesque little streets lined with fishermen's cottages and let yourself be charmed by this colourful district.

Les Sables d'Olonne, a must-see

Take a guided tour to find out almost everything about Les Sables d'Olonne. Discover the town's 800 years of history, its rich maritime past and its seaside adventure through its districts and emblematic sites.





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Around the sea

On board of La Messaline



Come aboard La Messaline for a 1-hour guided sea cruise: start in the channel of the famous Vendée Globe race, sail along the wild La Chaume coast then discover the Barges lighthouse and the magnificent bay of Les Sables d'Olonne.

On board of P'tit Natien

Climb aboard the P'tit Natien for a guided tour of the Sablaise coast, including La Chaume, the Barges lighthouse and the bay as far as Tanchet (1h15).

Enjoy a sunset on board with an aperitif dinner (reservation required at least 30 hours in advance).





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Around the sea

Aboard the Imoca T One One



Share the unique sensations of visiting the former Ecureuil d'Aquitaine II, winner of the 1st Vendée Globe in 1989, alongside the quayside, accompanied by a qualified skipper.

Visits to the Vendée Drakkar dock

The crew will recount the incredible adventure of building the Drakkar in Ile d'Olonne and immerse you in the world of the Vikings.





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At your own rhythm

Libert-E-Trott



Hire bicycles and VAEs, off-road scooters, urban scooters, electric two-seaters and tandems. Close to cycle paths for exploring the marshes, forest and wild coastline, set off to discover the fabulous region, in complete autonomy, on your own or with your group. Discover a new way of riding that's fun and safe! The qualities of the electric equipment make the difficulties a thing of the past, for the pleasure of the rider. You'll also be able to enjoy a new sensation on cycle paths, with no noise and no fatigue - it's eco-friendly and 100% electric!

Also available for a guided tour.

Zoo des Sables

Just a stone's throw from the beaches, meet 500 exotic animals!

Lions, giraffes, Amur panthers, monkeys, red pandas and giant anteaters await you in an unspoilt, verdant environment.

A veritable oasis by the sea!



Photographic credit: P. Chabot



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At your own rhythm

Muséum du Coquillage



Over 50,000 shells to admire!

Whether you're curious, a collector or an enthusiast, the museum has something for everyone.

Pass through sumptuous rooms to discover shells from all over the world.

Discover these jewels of the sea, in a wide variety of shapes and colours.

Musée Le Blockhaus des Sables d'Olonne

Take a unique, immersive tour of an authentic 350m² blockhouse for a thrilling journey back in time!

Discover the history of Les Sables d'Olonne from 1939 to 1945 through illustrated explanatory panels, an educational film and life-size scenes with mannequins all dressed in period costume.

Visit this authentic hospital bunker with its operating theatre in action in August 1944, following a naval and air battle off the port of Les Sables d'Olonne, until the arrival of the French Resistance forces.





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Gymnastics for All Technical Committee of European Gymnastics



Ricardo Lima
President



Emiliana Polini
Vice-President
Task Force Golden Age



Marina Maeder
Task Force Golden Age



Ruslan Eyvazov



Valérie Grandjean



Agnes Hartmann



Lasse Hauser



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French Federation of Gymnastics and Local Organizing Committee



Dominique Mérieux

French Federation
President



Mickaël Deroubaix

French Federation
Vice-President



Luc Le Roy

LOC President



Régis Walker

Event Director



Thierry Gauvin

Technical Director



Jean-Paul Mahé

Deputy Technical Director



Valérie Grandjean

Ceremonies



Evelyne Frugier

Workshops



Djamel Loucif

City Performances

Bulletin January 2026

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