

VARIOUS SPORTS

# ARCHERY AND CROSSBOW SHOOTING

"It's a complex discipline and the archer has to have many qualities. Whatever your ability, whether you do archery as a competition sport or a hobby, the motions are calm, elegant and precise. Between beginner lessons or target courses in the woods, there's something for everyone and I like the fact that you can do this sport surrounded by nature and with the family. Archery is both an art and a sport; it's maybe this dual nature that gives it its appeal."

Julie



## GOOD TO KNOW

- Info archery: initiation courses are generally for beginners and the equipment (bows and arrows) can be rented on site.
- Info crossbow shooting: initiation to crossbow shooting, groups of 5 to 20 people.

