

Les 5 Etoiles de Pau

Pau, France

O C T O B E R 2 2 - 2 5 , 2 0 2 6

CCI5*



Disclaimer: This Playbook is a resource produced by the USEF Eventing Department. Please visit the event's [official website](#) for the most up to date information.



THIS PLAYBOOK IS PRODUCED BY THE USEF EVENTING DEPARTMENT.

USEF – United States Equestrian Federation

USET – United States Equestrian Team Foundation

USADA – United States Anti-Doping Agency

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CCI5*-L: LES 5 ETOILES DE PAU

US EQUESTRIAN PLAYBOOK

INTRODUCTION

The aim of the Playbook is to give those that are attending Les 5 Etoiles de Pau (FRA) CCI5*-L an understanding of the event and the logistics that go with making the trip to Pau, France. As a CCI5*-L. Please note that the individual athletes competing will not receive funding, apparel, Team Staff support, or expense reimbursements.

As with any CCI5*-L, Pau will have its challenges and differences from past and other 5* events. The emphasis must be on ensuring athletes, horses, and grooms can perform their very best. A performance environment should be maintained and always keep in mind that even as a non-Team competition, you are still representing the USA at these foreign competitions.

The competition venue is approximately 4.2 miles (13 minutes) north of the center of the city of Pau and 123 miles (2 hours) west of Toulouse. This event is a standalone CCI5*-L and does not host additional levels.

We are continually receiving updates and new information so their playbook can never cover all the details. The primary point of contact for Les 5 Etoiles de Pau and their contact information can be found [here](#).

This playbook contains helpful information for attending this Event. Please also familiarize yourself with the [FEI Schedule](#) and remember to check in at the show office upon arrival for the most up-to-date information.

PLEASE READ THIS PLAYBOOK AS IT CONTAINS IMPORTANT INFORMATION ABOUT TRAVEL PLANNING, CLIMATE, AND ACCOMMODATIONS.

Please contact Christina if you have any questions, observations, or suggestions as to how we can optimize the support of the athletes, grooms, and horses.

Good luck to all!



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ENTRIES

An FEI Entry is required to compete at Les 5 Etoiles de Pau. Athletes must submit the FEI Entry in order to be entered into the FEI Entry System to compete as an individual at any FEI competition, whether in the U.S. or abroad. The FEI Entry process is managed by US Equestrian Athlete Services.

Entries directly with the competition will also need to be completed. See the [FEI Schedule](#) for complete information.

PRE-TRAVEL INFORMATION

VISAS

U.S. citizens and non-E.U. nationals will need to complete the Entry/Exit System (EES) for all short-term stays in European countries. Registration and biometric data collection will be completed at a border control kiosk at the arrival airport. More information about EES can be found [here](#). It is the traveling individual's responsibility to check any visa requirements.

VACCINATIONS

In accordance with the CDC and USOPC recommendations, we advise that all Athletes, grooms, and traveling USEF support staff consider getting the new COVID vaccine now available against new strains as well as the seasonal flu vaccine. These vaccines can be administered at the same time. This is NOT a USOPC or USEF requirement, but it is highly recommended to protect our athletes, grooms, and all Team members. Please note it takes approximately two (2) weeks to maximize immunity.

TRAVEL INFORMATION

EQUINE TRANSPORTATION

It is the athlete's responsibility to organize their horse's travel to the Event. Christina Vaughn is available for assistance.

USA to FRA: Dutta Horse Transport Inc is the USEF preferred vendor for horse flights departing the continental United States.

- [Website](#)
- Phone: +1 (914) 276 3880
- Email: info@timdutta.com

Ground Transportation: Gelissen's Horse Transportation is the USEF preferred vendor for ground shipping within France.

- [Website](#)

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- Phone: +31 (0)46 437 35 74
- Email: info@horse-transport.nl

FRA to USA: Guido Klatte GmbH & Co.KG is the USEF preferred vendor for horse flights departing Germany.

- [Website](#)
- Phone: +49 (0) 44 72 / 94 00 70
- Email: guido@gklatte.de

Hay/Bedding: Please refer to the [FEI Schedule](#) for hay/bedding that is available at the venue.

HUMAN TRANSPORTATION

All athletes, grooms, and owners are responsible for booking their own travel itinerary. Below is a list of recommended airports to Pau.

Pau-Pyrénées Airport (PUF) has one terminal, and it is approximately 3.2 miles (6 minutes) from the competition venue.

HUMAN ACCOMMODATION

There are many local accommodation options. Below is a non-extensive list of nearby hotels. It is the traveling individual's responsibility to book their accommodation.

Hotel	Website	Distance
CARRÉ PAU AIRPORT HOTEL	Click here	0.8 mi
Hotel Restaurant Le Relais Pau Lons	Click here	1.9 mi
Hôtel Kyriad Prestige Pau Zénith	Click here	2.0 mi
Hôtel Mercure Pau Palais des Sports	Click here	2.1 mi

CAR SERVICE INFORMATION

Public Transport: There is public transport in Pau. The closest bus stop to the competition venue is named, "Domaine de Sers," and is located 0.2 miles (6-minute walk) from the competition venue.

Taxi: Taxis use meters calculated by distance and time.

Rental Vehicles: For automatic vehicles, it is recommended to book a rental car with a large rental agency.

USA EVENTING GUIDE TO TRAVELING OVERSEAS

To view the USA Eventing Guide to Traveling Overseas click [here](#).

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ACCREDITATION

Please review the [FEI Schedule](#) for the most up to date information on available accreditations.

APPAREL

USEF does not provide human or horse apparel for CC15* events.

HOSPITALITY

Hospitality options offered for Les 5 Etoiles de Pau can be found [here](#).

TICKETS & PARKING

All spectators must purchase tickets. Information on tickets and parking, including how to purchase can be found [here](#).

VENUE

The equestrian venue is southwest of the center of Paris.

The venue address is **Domaine de Sers Allée du comte de Buffon 64000 Pau France**

STABLES

Stable boxes are 4m x 3m.

TACK ROOMS

Tack rooms are available on request. It is the athlete's responsibility to coordinate with the entry.

COMPETITION SCHEDULE

The full schedule for Les 5 Etoiles de Pau can be found [here](#).

SAFE SPORT, CODE OF CONDUCT, & CLEAN SPORT

Similar to any USEF licensed Event, SafeSport, the USEF Code of Conduct and Clean Sport must be abided by at all times.

Click [here](#) for SafeSport Information

Click [here](#) for USEF Code of Conduct

Click [here](#) for Clean Sport Information

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PRESS & MEDIA

SOCIAL MEDIA

Social media can be a great advantage for athletes, but it can also be detrimental to the Team and to the environment. Please familiarize yourself with the policies below:

The FEI Social Media policy can be found [here](#).

The USEF Social Media policy can be found [here](#).

If you have any questions about the utilization of social media during the Nations Cup, please contact Sr. Director Social Media & Sport Communications, Carly Weilminster (cweilminster@usef.org).

HOSPITALS & EMERGENCY SERVICES

Name	Address	Phone
Hospital Center François Mitterrand De Pau	4 Bd Hauterive, 64000 Pau, France	+33 5 59 92 48 48
Hospital Center D'oloron Sainte-Marie	1 Av. Alexander Fleming, 64400 Oloron-Sainte-Marie, France	+33 5 59 88 30 30
Hospital Center D'orthez	1 Rue du Moulin, 64300 Orthez, France	+33 5 59 69 70 70

French Emergency Services – 112

INCIDENT MANAGEMENT GUIDELINES

In general, France is a safe country for its residents and visitors. However, security perception changes greatly by district. If you have any doubts or need to report an incident, you can rely on the Police.

Responsible care should be exercised when traveling throughout France. There is a normal level of crime in Marnes-la-Coquette, but it varies by district. Travelers should keep valuables out of sight and be aware of their surroundings. Avoid isolated areas when on foot, especially after dark. It is recommended to only use a trusted taxi or an app-based taxi service. Do not hail a taxi on the street.

Assailants usually target victims for their smartphones, wallets, or purses. If confronted by someone with a weapon, it is best not to resist.

It is best to use ATMs inside banks instead of ATMs that are more accessible to passers-by and all banks advise customers to cover ATM keypads with their hands when entering codes. When

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making credit card transactions, travelers should expect the vendor to use a credit card reader in their presence.

There is a threat of low-level crime such as mugging and theft. Security is not a worry, but all should be aware and take realistic precautions.

Security is the responsibility of everybody. However, security concerns must not be allowed to prevent Athletes from concentrating on preparing and competing their horses. Good security is the application of common sense.

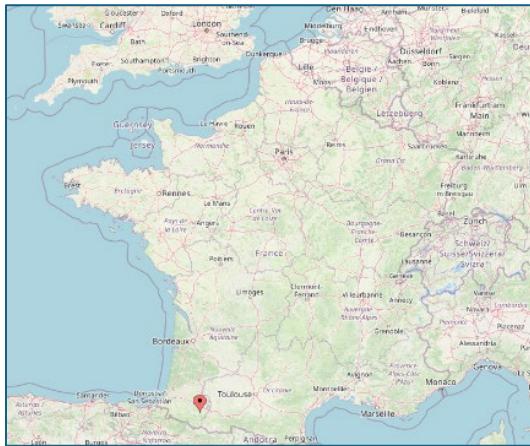
The key to good security is vigilance. Be aware of what is happening around you and always pay attention to anything that appears unusual or out of place. This includes people who appear nervous about their surroundings.

- Make a copy of your passport and travel documents and leave the original in a safe place.
- Always travel in groups.
- Do not overtly wear expensive jewelry.
- Keep your phone hidden.
- Do not carry excessive amounts of cash or credit cards if you do not need them.
- If you are in a vehicle in standstill traffic with the windows rolled down, keep phones and other possessions low and away from windows and be mindful of people walking through the traffic.
- Do not approach unattended bags, cases, or packages – report them.
- Do not accept packages from anyone, the contents of which are unclear.
- Do not advertise where members of Team USA are staying.
- If you are out in the evening and you become aware of increased police activity, leave the area immediately.
- If you see an incident involving the police, do not get involved. Do not play the good Samaritan.
- Avoid wearing Team USA kits outside protected areas.

TELEPHONE NUMBER FOR THE FRENCH POLICE – 112

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ABOUT PAU



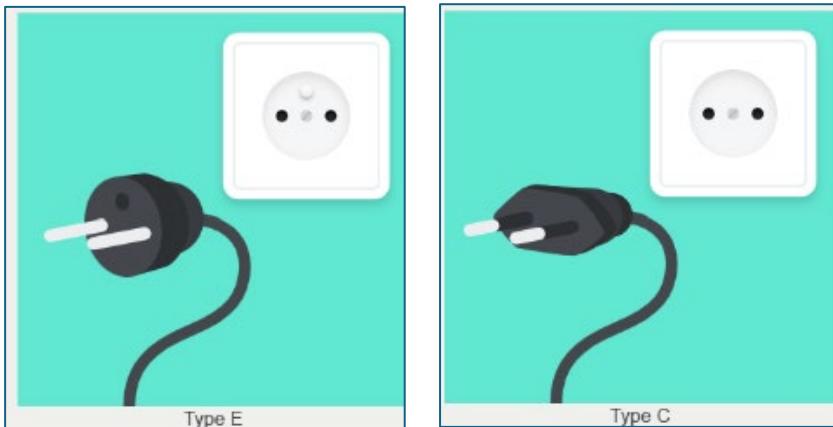
Pau is located in southwestern France about 10 miles north of the center of Pau. It is a commune in the Pyrénées-Atlantiques and is known for its multiple sporting facilities. As of 2022, Pau has a population of 2,420 people. More information about Pau can be found [here](#).

LANGUAGE

French is the official language and most widely spoken language in France, which 88% of the population speak. English is the second language spoken which a little under 25% of the population speak.

ELECTRICAL

Power in France operates on a 230-volt current and a 50 hertz frequency. Electricity will be supplied through a Type C (rounded two-prong) or Type E (rounded two-prong with earthing pin).



TELEPHONES, WI-FI, AND INTERNET ACCESS

Cellphone reception is typically good. Most of the country is covered with 5G systems. Contact your phone provider for more information on Sim Cards and International Data Plans.

WEATHER

Average weather for October

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- High Temperature: 65°F
- Low Temperature: 50°F
- Rainfall: 3.5"
- Humidity: 81%

Suggested Clothing: October is when the weather begins to cool down in France. It is recommended to bring layers as the mornings and evenings can become chilly and at least one waterproof jacket.

FOOD & LOCAL RESTAURANTS

While tap water is considered safe to drink in France, it is best practice to utilize bottled water instead. Stay away from raw foods and un-bottled drinks, unless in a reputable restaurant as a precaution.

French cuisine has a long tradition and has contributed to many different cuisines around the world. Dishes are created from local high-quality fresh ingredients and are often considered to be lighter meals.

Some popular dishes include:

- Beef Bourguignon
- Ratatouille
- French Onion Soup
- Streak-frites
- Crêpes
- Escargot
- Quiche

There are many local restaurant options. Below is a non-extensive list of nearby restaurants.

Restaurant	Address	Distance
Au Bon Coin	125 Av. des Martyrs du Pont Long, 64140 Lons, France	0.3 mi
Au poulet braisé chez Betty	Av. des Martyrs du Pont Long, 64140 Lons, France	0.5 mi
Le Meiling	110 Rte de Bordeaux, 64121 Serres-Castet, France	0.6 mi
L'Oranger	21 Av. Normandie Niemen, 64121 Serres-Castet, France	0.8 mi
Don Pablo	2 Av. Normandie Niemen, 64121 Serres-Castet, France	0.8 mi

LOCAL BUSINESS HOURS

Office hours are Monday through Friday from 8:00 a.m. to 4:00 p.m. or 9:30 a.m. to 5:00 p.m.

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Banks tend to be open from 9:00 a.m. to 5:00 or 6:00 p.m. Monday through Fridays. Some banks are open on Saturday from 9:00 a.m. to 1:00 p.m.

Shopping centers tend to be open from 10:00 a.m. to 8:00 p.m.

GETTING AROUND THE TOWN

There are apps that can be utilized in the town of Pau to request a vehicle such as Uber, G7 Taxi, Tictactrip, and BlaBlaCar.

The advised and safest method of travel is by taxi or car arranged by a hotel.

CURRENCY AND EXCHANGE

The Euro (EUR) is the official currency of France. The symbol for the Euro is €. There is a currency exchange service in the city center of Pau, CHANGE by Fidso - Bureau de change Pau.

Currency slang includes but is not limited to:

- Euro(s) – “Balle(s)”

CREDIT CARDS

Major credit cards are widely accepted. Use of debit cards is widespread, although some stores may impose a minimum per debit card purchase, and service charges may apply.

Money can be exchanged at the airport, exchange houses or banks.

TIPPING

Restaurants: Tipping is optional and not expected as the bill will include a 15% service charge.

Transport: Tipping taxi drivers is not required although it is considered polite to round up to the nearest euro.

Hotels: Tipping at hotels is optional

TRAVELERS CHECKS

Traveler's checks are not commonly used in France. It is best to use an ATM card at the many ATM locations available in Pau in the absence of cash.