



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

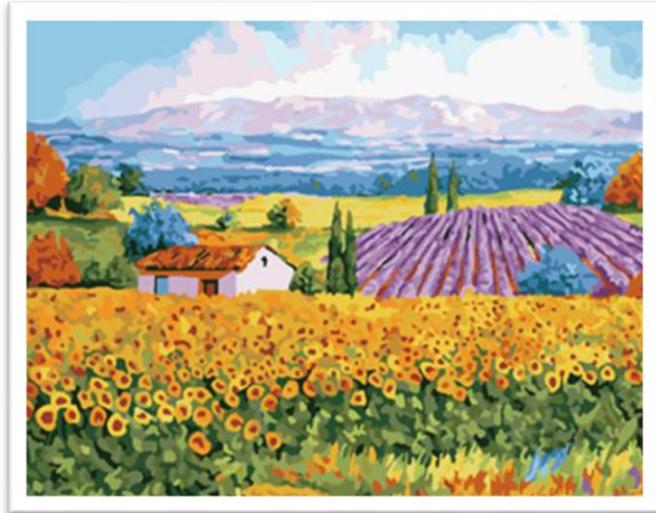


France's Provence & The Luberon Region

Day Hiking & Cultural Delights

7 Nights / 8 Days

*Southeastern France is a magical place where light, landscapes and people have simultaneously woven a patchwork of striking beauty and refined living. It has inspired some of the most recognizable works of art and the most delightful wines and French dishes imaginable. **La Provence** is one of France's most visited rural destinations and yet, it maintains a refreshingly quiet, natural air about it. From its craggy limestone outcrops adorned in pines and cedars to the lavender fields below and the ageless hilltop medieval towns, you will certainly gain a sense of how unique the region is. We invite you to explore some of the classic day hikes of Provence with us!*



What to Expect

*Our hiking tour is considered active but not as demanding as trekking holidays can be. Expect to be on your feet throughout the day exploring the authentic and natural side of Provence's best kept secrets. From the Baby Alps (**Les Alpilles**) to the enchanting forests and crags of the **Luberon** and the inspiring landscapes of **Sainte Victoire**, you will be exposed to the greatest diversity the region has to offer. There will also be opportunities to visit the colorful markets of Provence and see some beautiful historic buildings, grand*

*architecture and sample a wide range of local gastronomy. Our tour ends with a return to **Aix en Provence** in the heart of this beautiful region – leaving options to explore further or return home.*

The tour is **7 nights / 8 days** in duration and to make the most out of the experience we stay in 3 locations over that period. Short transfers between 20 minutes and 1 hr 15 min are required to bring us to trail heads and/or new destinations and you carry only a light backpack daily. The hikes are led by an experienced leader from Adventurebug who is a specialist in the region.





Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



ITINERARY

Day 0 Depart from Home for Marseille

Primarily a self-travel day today, we will see you at the first group hotel upon arrival (as per below). No meals, accommodation or activities provided today.



Day 1 Arrive Aix en Provence

Activities:

Your tour will start at the hotel in Aix en Provence where you'll be met in the afternoon by your Adventurebug guide. There are easy and cost-effective ways of reaching Aix (by train, transfer bus or taxi). Today there are no scheduled activities, allowing adjustment to the time change and self-explore Aix's pretty historic quarter. The Hop On/Off guided bus tour is a great way to see the city without using too much energy! A welcome dinner is included tonight.

Meals included: Welcome Dinner

Accommodation: Aix en Provence / Hotel Aqua Bella, 4 stars



Day 2 Hiking St. Remy & Lac Du Peiroou

Activities:

This morning we transfer 1 hr 15 min to **St. Rémy de Provence** in the beautiful **Les Apilles** (Baby Alps) region. Our first hike takes us from the hotel to the region of **Lac Du Peiroou** in the foothills of the Les Alpilles. Expect to hike 4 to 6 miles with approximately 600 feet elevation gain. After the hike we visit the enchanting Hospital of St. Paul where **Van Gogh** spent a year of his life. There is an informative trail around the Hospital dedicated to Van Gogh's art where one

could imagine him painting fields of lavender surrounded by cedars.

Meals included: Breakfast & Dinner

Accommodation: St. Remy / Hotel de L'Image 4*



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Day 3 Hiking St. Remy to Les Baux (Provence's Baby Alps)

Activities: Today we hike the classic **Les Alpilles** route from our hotel to the fortified village of **Les Baux**. Covering approximately 8 miles total with 1200 feet elevation gain, the route is largely on a rural track and meanders its way over the spine of the forested and limestone craggy escarpment of the Alpilles range. Upon arrival to Les Baux, we have an interpretive walk through the medieval streets to explore the village history before making our way by coach back to St.

Remy. **Meals included:** Breakfast & Dinner **Accommodation:** Same hotel as previous night.



Day 4 Hiking Gordes & the Sénanque Abbey

Activities: A transfer of 1 hour takes us to the **Luberon Mountains** this morning and wonderful **Gordes** village. Today's hike is to the beautiful 12th Century **Sénanque Abbey** – an architectural masterpiece set in the Luberon's pristine setting and historical landscapes from the French Revolution. From the Abbey we carry on through the western hillsides, pastures and forests, climbing our way back to the village of Gordes – returning us to the hotel in time to enjoy the lovely

ambience of our rural guest house and Gordes region itself. Hiking distance today approximately 4-6 miles with 750 feet elevation gain. Shorter options are available today. **Meals included:** Breakfast & Dinner **Accommodation:** Gordes - Auberge de Carcarille 3 stars



Day 5 HIKING Gordes & the Veroncle Gorge

Activities: This morning we set off on foot from the hotel to make a day hike into the heartland of the Luberon and we'll explore the lush valleys of fruit orchards, farmsteads and vineyards – including the stunning **Veroncle Gorge** featuring wonderful karst limestone features, bubbling streams and historic abandoned mills. Total hiking distance today will be approximately 5-6 miles with a 680 foot elevation gain.

Meals included: Breakfast & Dinner **Accommodation:**

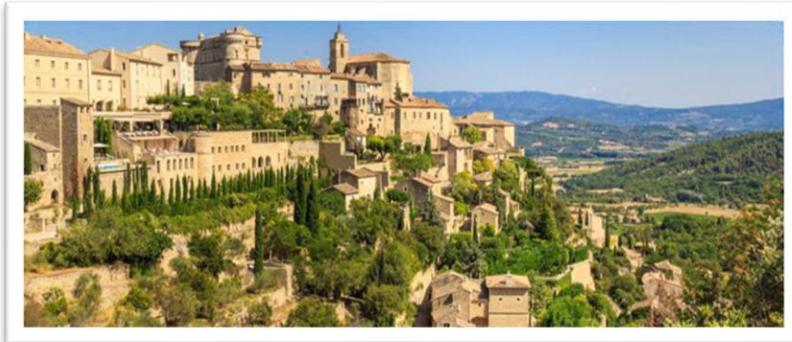
Gordes - Auberge de Carcarille 3 stars



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Day 6 Free Options Day

Activities:

Today you are free to self-explore the valley of the **Luberon**. Options include visiting historical **Bonnieux** where *A Year in Provence* novel was based or **Roussillon** village and perhaps the Ochre Mines where a number of easy hikes can be found.

Other options include renting a bike (or ebike); re-visiting Gordes village; take a vineyard tour; sample tasty dishes in a local tavern, or just relax around our hotel, pool & gardens for the day! Shared taxi and local bus services provide easy means of transport if required. **Meals included:** Breakfast and Dinner

Accommodation: Gordes (same as previous night)



Day 7 HIKING Lac Zola & The Landscapes of Cezanne

Activities:

After breakfast we transfer 1 hour 15 min to **Le Tholonet**, **Cezanne**'s very own backdrop to many works of art. A Provence hiking tour wouldn't be complete without walking through the limestone outcrops and pine forests beneath the peak of **Sainte Victoire** in the Aix en Provence region. It was here that Cezanne spent countless hours with easel and paints capturing the contrasting

light between the mountain and sky. The hiking here is wonderful, diverse and we'll cover an undulating 4-5 miles over an elevation gain of approximately 600 feet today. After completing the hike, we'll return (20 min) to Aix en Provence for our final tour night and a farewell dinner. **Meals included:** Breakfast & Dinner

Accommodation: Aix en Provence / Hotel Aqua Bella 4 stars

Day 8 Departure Day

Activities:

Today after breakfast you can return to Marseille airport via taxi or local shuttle bus or continue on to other destinations in France. The airport transfer is not included in the trip price however our local guide can help arrange your departure options. From Marseille you are free to travel to other destinations in the region or onward travel home. **Meals included:** Breakfast & Dinner **Accommodation:** Aix en Provence / Hotel Aqua

Bella 4 stars



What is included on your Hiking Tour

- 7 hotel nights *in-country* (in shared double occupancy rooms) accommodation in small, comfortable hotels and guest houses (some with swimming pools)
- All dinners and breakfasts during in-country stay
- Private shuttles in comfortable, air-conditioned coach and where necessary on local public buses
- 5 guided hiking routes in 3 regions of Provence (*Les Apilles, Luberon & Mt. Sainte Victoire*)
- Tips for included meals and coach services
- Services of one Adventurebug Leader as your regional hiking guide

Not Included in Trip Cost

- International flights (to/from France)
- Trip Health, Evacuation & Cancellation insurance
- Meals (where not listed as included in the itinerary)
- Beverages at dinners (bottled water is provided)
- Transfers to/from airport
- Optional additional tours or activities during free time
- Transport, guiding or entrance fees on the Rest Day
- Tips for LOCAL guides not included



Modes of Transport

On foot

Local bus and / or taxi where applicable

Private Air Conditioned Coach for most transfers

Non-included Meals

Lunches are not included on our tour (please refer to itinerary). We feel you'll benefit from getting out and discovering the local cuisine and purchasing goods either from local stores or the hotel itself.

YOUR TRIP – WHAT TO KNOW

This trip can be enjoyed by just about anyone with a reasonable level of fitness and with consecutive day hiking experience. The longest hike is approximately 8 miles while most average 5 to 6 miles. Trail conditions are varied and consist of old cart tracks through hillsides and fields, narrow, stony trails in National Parks and even some paved road connecting sections. Solid hiking shoes or light boots and walking poles are recommended, this is HILLY countryside, though not mountainous. Weather wise, due to proximity to both the Mediterranean and the Alps, both the spring and autumn period offers some rain showers and strong winds may exist but generally short lived. Expect warm temperatures (*pending exact month*), of up to the 80's in the day and nightly lows in the mid 50's or low 60's.



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Customs & Culture

France is in many ways a modern, European nation and at the same time, backwards compared to what you may be used to – especially in reference to customer service and the leisurely pace many rural Provence folks go about their daily routines. Come to Provence with an open mind and take everything in stride – you wouldn't be travelling to foreign lands if you expected everything to be the same as home! The French, in their own unique way love to share their land, culture, traditions and gastronomy with visitors. They have immense patience, especially in the rural areas to meet visitor's quirky demands and they deserve our respect and tolerance as well.



Provençal cuisine

Provence is a large region in southern France bordering the Mediterranean Sea. The fresh and flavorsome cuisine traditionally eaten in this region more resembles Italian, Greek or Spanish cuisine than it does typical French fare.

Special Dietary Needs and Medicines

Vegetarian diets can generally be accommodated to with ease, but don't be surprised if fish is offered to you! Provence remains an old-world mentality in many places. Special diets such as gluten free (celiac) and lactose intolerance can be a challenge to get right in some places so we recommend you bring supplements from home just in case. Medicines and glasses / contacts subscriptions we strongly recommend you bring from home as resources can be very scarce in the remote parts of this excursion.

MARSEILLE arrival and departure Information

When arriving to Marseille, the airport is quite a distance from the busy city center itself. If you have extra time or arrive a day or two early, we recommend you visit *Marseille* itself, or *Arles* (famous for Roman heritage and Van Gogh's flourishing period), before going to Aix En Provence – where our tour begins.

To reach the hotel in Aix En Provence, there are two options to get from **Marseille airport to Aix en Provence**. The first is by taxi which costs *approximately* 50-60€ in the day and 60-80€ at night and takes around 30 minutes. Your second option is the **airport** shuttle bus which costs 8-10€ one-way and takes around 32 minutes. (*prices are subject to change*).

FURTHER READING / CINEMATOGRAPHY

Guide Book - Lonely Planet Travel Guides – Provence & The Cote D'azur

Novel - A Year In Provence – Peter Mayle

Film – A Good Year (Russell Crowe)



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all Adventurebug excursions, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, or by boat. Aside from any personal medical problems, participants should be aware of the possibilities of hypothermia, hyperthermia, insect bites, altitude sickness, dehydration, sun burn and other hot and cold related problems. You should regularly use sunscreen and insect repellent, wear long sleeves and pants, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves, sun protection, snacks and personal first aid kit.