



## Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

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Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

# Classic Hiking in Provence



*South Eastern 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. 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 Adventurebug's classic day hikes of Provence with us!*



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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 max 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 professional guide from Adventurebug who is a specialist in the region.



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## ITINERARY

### Day 1 – Arrive Aix en Provence

**Meals included:** Welcome Dinner

**Accommodation:** Aix en Provence / Hotel La Galice Centre Ville, 4 stars (or similar)

**Activities:**

Your tour will start at the hotel in Aix en Provence where you'll be met in the afternoon by your guide. 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.



### Day 2 – Hiking St. Remy & Lac Du Peiroou

**Meals included:** Breakfast & Dinner

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

**Activities:**

This morning we transfer 1 hr 15 min to St. Rémy de Provence in the beautiful Les Alpilles (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.

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

**Meals included:** Breakfast & Dinner

**Accommodation:** Same hotel as previous night.

**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





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gain, the route is largely on a rural track and meanders it's 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.



## Day 4 – Hiking Gordes & the Sénanque Abbey

**Meals included:** Breakfast & Dinner

**Accommodation:** Gordes - Auberge de Carcarille 3 stars  
(or similar)

### 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.

## Day 5 HIKING Gordes & the Veroncle Gorge

**Meals included:** Breakfast & Dinner

**Accommodation:** Gordes (same as previous night)

### 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.

## Day 6 REST DAY – Free Options

**Meals included:** Breakfast only today

**Accommodation:** Gordes  
(same as previous night)





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### 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 and pool for the day! Shared taxi and local bus services provide easy means of transport if required. Dinner is not provided tonight, leaving the day completely free.



### Day 7 HIKING Lac Zola & The Landscapes of Cezanne

**Meals included:** Breakfast & Dinner

**Accommodation:** Aix en Provence / Hotel Negrecoste 4 stars (or similar)

### 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.

### Day 8 Departure Day

**Meals included:** Breakfast only

**Accommodation:** None provided / 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.



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## 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 but one (on free day), 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 4 regions of Provence (*Les Apilles, Luberon & Mt. Sainte Victoire*)
- Tips for included meals and coach services
- Medical Evacuation Insurance
- Services of Leader an Adventurebug 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 (short transfers between trail heads)

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.



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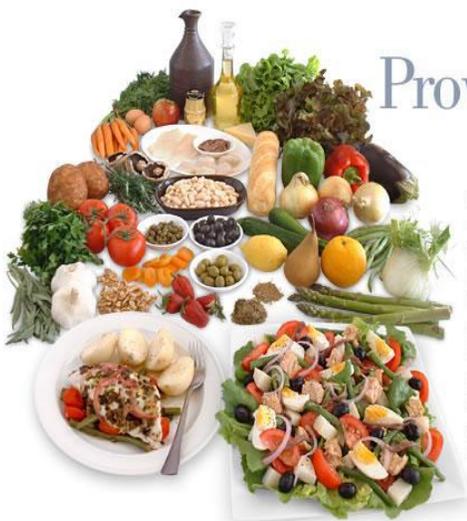
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## YOUR TRIP – WHAT TO KNOW

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, some rain showers and strong winds may exist but generally short lived. Expect warm temperatures of up to the 80's in the day and nightly lows in the mid 50's or low 60's.

## 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.



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### 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 50€ in the day and 60€ at night and takes around 30 minutes. Your second option is the **airport** shuttle bus which costs 8.30€ 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)

### SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all our 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 sun screen 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. Please carefully read and sign our *Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and contact us if you have any questions. Participants' understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

Single supplement is due with application for those desiring to have a single room.



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## WHAT TO BRING

Below is a list of the recommended gear for the trip.

- *Passport, at least six months from expiration*
- *Daypack, at least 1000-2000 cubic inches*
- *Waterproof pack liner or both a liner AND a pack cover (a pack cover will not keep water out in very high wind, but can keep the outside of the pack drier)*
- *Sturdy, comfortable, waterproof hiking boots with extra shoelaces*
- *Synthetic hiking clothing (tops and bottoms)*
- *Waterproof rain gear (tops and bottoms)*
- *Sweater/jacket, wool or fleece*
- *Long pants, wool, nylon or fleece*
- *Nalgene bottles/Camelback (at least 2 liters total capacity)*
- *Sun hat or bandanna*
- *Warm hat, neckband or balaclava*
- *Gloves/mittens*
- *3 pairs of hiking socks with liners*
- *Tevas, Crocs or other similar footwear (to wear around our lodging)*
- *Headlamp/flashlight with fresh batteries*
- *Sunglasses*
- *Sunscreen and insect repellent*
- *Personal blister kit, first aid kit and personal medications*
- *High-energy trail snacks*
- *Whistle and knife (knife not in carry-on luggage)*



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### Recommended and Optional Gear

- *Small daypack/lumbar pack for sightseeing (or adaptation of full pack)*
- *Gaiters (for rain and debris)*
- *Hiking poles (not in carry-on), highly recommended for stream crossings, in rain and high winds*
- *Casual clothing*
- *Camera and spare batteries/charger and voltage converter or adapter as required.*

Note about foreign currency: The best exchange rates euros are at ATMs in France. In-country banks and money exchanges away from airports are probably next best. Traveler's checks are not recommended.