



TRAVEL DOCUMENT



HORSE RIDING TRIP PERFUMES OF PROVENCE TO THE SOUND OF CICADAS



A horse riding trip organized by Cap Rando

SUMMARY

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PERFUMES OF PROVENCE TO THE SOUND OF CICADAS TRAVEL DOCUMENT

Updated information on our website: <https://go.cap-rando.com/url/provenceperfumes>

Meeting :



The meeting is on Sunday (see date page 2).

If you come by car:

Arrival between 4 pm (no arrival before) and 7 pm at « Les Gargoulettes » guesthouse : 576 Chemin de Recaute, 84360 Lauris. Marie-Françoise REYNARD.

Phone: +33(0)4 90 79 19 05 - Cell phone +33 (0)6 47 86 60 00.

www.chambres-hotes-vacluse-gargoulettes.fr/chambres-hotes-lauris-vacluse/

GPS: Latitude 43.7707 / Longitude 5.29417

Google maps: <http://go.cap-rando.com/url/accesgargoulettes>

You will meet your guide for an aperitif at 7:30 p.m.

Lauris is on the D 973, between Cavaillon (26 km) and Pertuis (18 km). A7 Paris - Marseille motorway: Sénas exit. A51 Nice - Aix-en-Provence - Sisteron motorway: exit Pertuis (from the north) or Meyrargues n° 14 (from the south). From the petrol station at the bottom of the village of Lauris, follow the signs "Roquefraiche" "Fontenille". After Fontenille hotel, continue the road for less than a kilometer, turn right onto the « Chemin de Recaute » (be careful, little road not very visible).

Les Gargoulettes is about 500m away, last house on the right.

Scan on your smartphone:



In case of necessity, you can call the guesthouse owner, Marie-Françoise: +33 (0)6 47 86 60 00 or Cap Rando: +33 (0)6 09 52 03 24.

If you come by plane or train: Free transfer from Marseille airport, Aix-en-Provence TGV station or Aix-en-Provence central train station at the following fixed times.

Free arrival transfers :



Meeting at Marseille airport at 5 p.m., Aix-en-Provence TGV (high speed trains) station at 5:30 p.m., Aix-en-Provence center train station at 5:45 p.m. We do not offer a transfer from Marseille center (take the shuttle bus to the airport).

Meeting places:

- Marseille Provence airport: outdoor, at terminal 2 (low cost flights) exit door, at the sign:
- Aix-en-Provence TGV: at the exit doors of the hall B « parvis B ».
- Aix-en-Provence SNCF center: in front of the train station.
- Transfer from Marseille center is not offered: bus shuttle from Marseille center train station to the airport:

<https://www.marseille-airport.com/access-car-parks/access/bus/marseille-st-charles-station>



The driver will have a "CAP RANDO" sign, and same sign on the back of our minibus:



Emergency phone number: +33 (0)6 09 52 03 24 (tel / sms / whatsapp/ signal)

Remember to book a train / flight arriving sufficiently in advance not to miss our free shuttle, which cannot wait in case of delay so as not to make other participants wait and delay the various meeting points. You would have to take a taxi.

Indicative taxi prices:

Marseille airport: ± 150 €

Aix-en-Provence TGV: ± 130 €

Aix-en-Provence center: ± 100 €

There are buses from Aix-en-Provence center to Lauris. From Marseille center train station, Marseille airport, Aix-en-Provence TGV : bus shuttle to Aix-en-Provence center bus station.

Schedules and prices on the following websites:

Marseille center - Airport:

<https://urlz.fr/hEM1>

Marseille airport or Aix-en-Provence TGV station - Aix-en-Provence center:

<https://www.lecaraixmarseille.com/line-50>

Aix-en-Provence center - Lauris:

<https://urlz.fr/hELP>

Luggage limit for transfers: 1 piece of luggage per person: 90cm x 65cm x 35cm, 15kg maximum. In case of exceeding, please let us know while booking your transfers.

Important: please book your transfer at least 2 weeks prior your arrival.

Departure :



The end is Saturday after breakfast (see date page 2). Free transfer to Aix-en-Provence center station, Aix-en-Provence TGV central station, Marseille airport, at the times indicated below. We do not offer any transfer to Marseille center (take the airport shuttle bus).

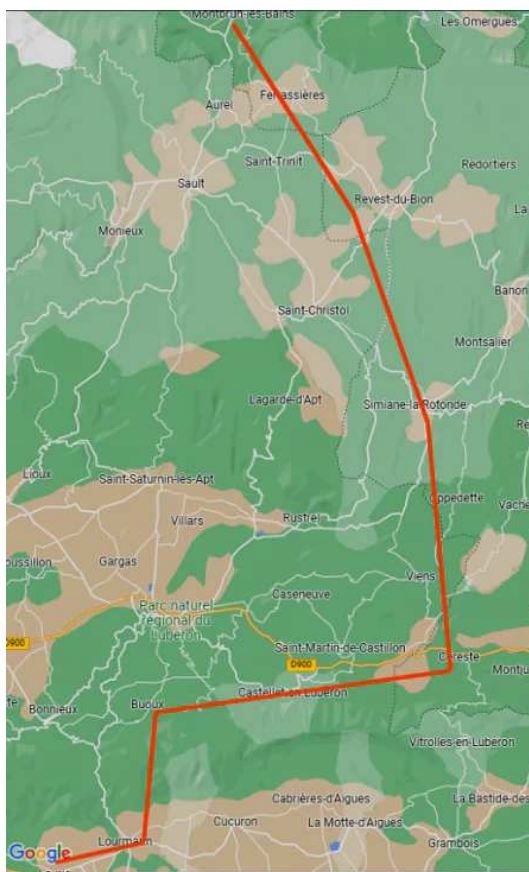
Free departure transfers :



Departure from Lauris at 9:30 am. **No departure possible before or after this time.** Arrival at Aix-en-Provence center station: ± 10 am, Aix-en-Provence TGV station: $\pm 10:30$ am, Marseille airport: ± 11 am. We do not offer a transfer to Marseille center (take the shuttle bus from the airport).

Plan a train or plane departure sufficiently after the scheduled arrival time to avoid having to take a taxi.

Indicative itinerary * :



Sunday: Meeting from 7 p.m. at Lauris in the Luberon. Free transfer from Aix en Provence center station, Aix en Provence TGV or Marseille Provence airport. Dinner and night in a comfortable bed and breakfast.

Monday: Lauris - Buoux. Following the foothills of the southern side of the Luberon mountain range, you will reach Lourmarin, a famous village where the famous British novelist Peter Mayle used to live. Picnic near the village, before mounting the crests of the Luberon to discover a wonderful view: the peaks of the Alps to the north and the Mediterranean sea to the south when the weather is clear ! Night in a stone auberge, lost in the heart of the Luberon with a swimming pool. On certain dates, in case of unavailability of the hostel, the riders can be transferred to Lauris, the horses and the guide stay at the hostel.



Tuesday: Buoux - Cereste. Through the prehistoric sites of the "Gorges de l'Aigebroun". Pass through a very pretty provincial village to offer the horses a drink at the fountain. Picnic under the oaks, then follow bridleways through the perfumed garrigues to reach Cereste. Night in an inn in the heart of the village.

Wednesday: Cereste - Simiane-la-Rotonde. After a pause to discover the priory of Carluc dating from the 11th century, you will ride towards Oppedette. Cross the superb village, typical to Haute-Provence, perched on the cliff. Opportunities for some great gallops on the way to Simiane. Night in a "chambre d'hotes" (bed and breakfast).

Thursday: Simiane-la-Rotonde - Le Revest du Bion. After breakfast, chance to have walking tour in Simiane before leaving with your horse. Picnic under the chestnut trees, their leaves used to wrap the delicious goats cheese a speciality from Banon, which you shall taste accompanied with a "Cote de Luberon" wine. Ride through fields of lavender and sage, before arriving at the guesthouse.



Friday: Le Revest-du-Bion - Montbrun les Bains. Departure on horseback through moors and forests. Picnic near Sault. In the afternoon, we set off on horseback towards Aurel, a charming medieval village at the foot of the Mont Ventoux. This afternoon, the colors of the lavender (cutted in July), fields of cereals and the shadows of the foothills of Mont Ventoux will perhaps make you want to imitate the many painters who have fallen in love with this region. Arrival at the end of the afternoon in Montbrun-les-Bains, facing the Mont Ventoux, surrounded by green hills and dominating a pretty little plain planted with fragrant lavender: one of the most beautiful villages in France. Transfer of riders by minibus, horses by truck, back to Lauris and spend the last evening..

Saturday: End after breakfast. Free transfer to Aix-en-Provence train stations and Marseille airport (departure at 9:30 am).

* Indicative itinerary: may be subject to modifications if necessary (weather, fire risks, imponderables ...)



Indicative accommodation * :



Night 1:



Les Gargoulettes - Lauris
<https://lc.cx/FyBkt4>

Night 2:



Auberge des Seguins - Buoux
www.aubergedeseguins.com

Night 3:



Hotel Aiguebelle - Céreste
www.hotel-aiguebelle.fr
Tel: 04 92 79 05 64

Or:



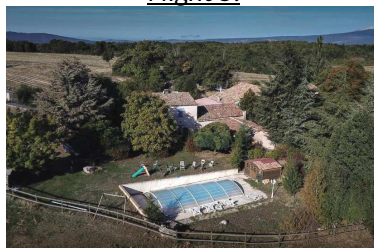
Les Gargoulettes - Lauris
<https://lc.cx/FyBkt4>

Night 4:



La Fontaine
<https://www.gitelafontaine.fr/>

Night 5:



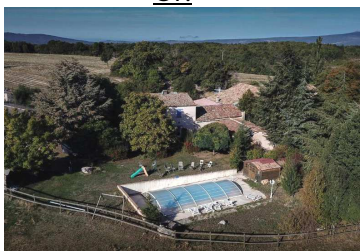
Petit Labouret -
Revest du Bion
www.petit-labouret.com

Night 6:



Les Gargoulettes - Lauris
<https://lc.cx/FyBkt4>

Or:



Le Petit Labouret -
Revest du Bion
www.petit-labouret.com

* May be subject to modifications depending on availabilities.

Recommended websites :



Provence: www.provenceweb.fr - www.parcduluberon.fr - www.luberon-en-provence.com
Luberon: www.luberon-en-provence.com - www.provenceweb.fr/f/groupes/luberon/luberon.htm

Useful information :



Time: Winter GMT +1 - Summer GMT +2

Currency: Euro / €. It is possible to withdraw money with an international bank card in all banks or ATM. You should plan to have species before your arrival.

Electricity: 220 volts. Sockets meet European regulations and use the round pin system. If you need an adaptator, you can buy one at your departure airport.



Mobile phones: To use your mobile in France you should be aware that coverage here uses GSM technology, meaning that it is incompatible with some countries such as the USA or Japan. In this case you will need a tri-band mobile in order to call. If you have a compatible handset, you should get in touch with your mobile phone company to make sure that you can use your mobile in France (they will activate the international roaming service on your account). Once you've taken these steps at home, you'll be able to use your mobile in France as if it were a French handset: i.e. you can dial 00 + the country code to make international calls. Please, do not use your mobile phone while riding: enjoy your holidays, disconnect to the maximum !

Internet: You will have free connections available at your accommodation.

Recommended hotels in Aix-en-Provence and Marseille :



Aix-en-Provence*:

Hotel Mercure Paul Cézanne ***
www.hotelaix.com
Hotel Saint Christophe ***
<http://saint-christophe.leprovencehotels.com>
Hotel des Quatre Dauphins ***
www.lesquatredauphins.fr
Hotel Cardinal **
www.hotel-cardinal-aix.com

Marseille center:

Hotel Alizé **
www.alize-hotel.com
New Hotel Vieux Port ***
www.new-hotel.com
Hotel La Résidence Vieux Port ***
www.hotelmarseille.com

Marseille airport

Hotel Ibis Budget
www.ibishotel.com
Hotel Ibis Airport **
www.ibishotel.com
Hotel Novotel ***
www.novotel.com
Hotel Best & Western ***
www.bestwestern.fr

* Classified from the nearest to the further from Aix center train station.

Luggage storage :



If you wish to leave your luggage to visit Aix-en-Provence or Marseille:

In Aix-en-Provence: no lockers available at Aix-en-Provence TGV and center train stations. Private lockers are available 20 minute walk from the center bus and train station: 29, rue Boulegon. Phone: 06 65 93 04 72. <https://www.keepcase.net/>.
We suggest to book on: <https://www.nannybag.com/fr>.

At Marseille center train station: lockers are available at Saint-Charles train station, on the "A" platform

At Marseille airport: locker available in hall 1, reserved for passengers with a flight ticket at departure from Marseille Provence Airport.

Weather & climate :



Weather forecast: <http://www.meteofrance.com/previsions-meteo-france/lauris/84360>

	Janvier	Février	Mars	Avril	Mai	Juin	Juillet	Août	Sep- tembre	Octobre	No- vembre	Dé- cembre
Température moyenne (°C)	7.6	8	11.1	14.1	17.8	22.3	24.7	24.4	20.6	16.8	11.7	8.5
Température minimale moyenne (°C)	4.9	4.8	7.3	10.2	13.6	17.8	20.3	20.1	16.9	13.7	9	5.9
Température maximale (°C)	10.8	11.8	15.2	18.1	21.9	26.6	29.1	28.8	24.7	20.3	14.8	11.6
Précipitations (mm)	65	40	40	63	45	25	14	25	86	105	102	56
Humidité(%)	71%	66%	64%	64%	62%	57%	53%	56%	63%	71%	72%	71%
Jours de pluie (jrée)	5	4	4	6	5	3	2	2	5	7	8	7
Heures de soleil (h)	6.6	7.7	9.0	10.4	11.9	13.1	13.0	11.9	10.0	7.9	7.1	6.5

Source: <https://fr.climate-data.org/europe/france/provence-alpes-cote-d-azur/saintes-maries-de-la-mer-66243/>

Useful phone numbers :



Weather: +33 (0)8 99 71 02 84

Emergencies: from any cell phone, dial 112

Cap Rando: +33 (0)4 83 43 12 34. In case of emergency: cell phone / Whatsapp / Signal: +33 (0)6 09 52 03 24

Health :



Remember to control your tetanus vaccination, to have with you your insurance certificate and it's assistance phone number: do not forget to give it to the guide if you do not have put it on your booking form.

☐ Take your usual medication as well as a small first aid kit (analgesic, antiseptic, , anti-inflammatory ointment ... which we are not authorized to provide you for risk of allergy or contraindication).

Access conditions in France and updated covid regulations: <https://www.interieur.gouv.fr/covid-19-international-travel>

To take :



- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Helmet (compulsory) | <input type="checkbox"/> Rain coat and rain pants (advised) | | |
| <input type="checkbox"/> Riding ankle boots or high-top light hiking shoes (high boots not recommended) | | | |
| <input type="checkbox"/> Half riding shaps (highly advised) | <input type="checkbox"/> Toiletries | | |
| <input type="checkbox"/> Long-sleeved shirts, effective against the sun and mosquitoes (sometimes numerous in Camargue) | | | |
| <input type="checkbox"/> Sun cream | <input type="checkbox"/> Sun glasses | <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Camera & charger |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Tissues and wipes | <input type="checkbox"/> 1 liter water bottle | <input type="checkbox"/> Plug adaptor |

☐ Mosquito repellent ☐ Little first aid kit (see above) ☐ Protective covid masks

Sheets and towels are provided. The saddles are equipped with saddlebags to carry your day's belongings. We ask you to take only one piece of luggage per person labeled with your name, suitcase or bag of approximately 90cm x 65cm x 35cm, 15kg maximum, in order to facilitate transport and avoid losses, not to take objects of value.



If you are traveling by plane: put your riding gear in a cabin luggage and not in checked luggage in case of loss.

The organizer, hosts, carriers cannot be held responsible in the event of damage, theft or loss of your personal effects.

Reminder on what the price includes / does not include :



The price includes:

Horse and tack rental, guide, assistant, accommodation, all meals, drinks (table water and ¼ of wine during meals), luggage transfers, last riding day free transfer back to Lauris, free transfers from / to Aix-en-Provence train stations and Marseille airport at the fixed days and times, our travel agency guaranty for your payments.

The price doesn't include:

Individual insurance, drinks out of meals, sodas (during and out of meals), hot drinks after meals (tea, coffee), personal expenses, visits, tips, out of fixed times transfers, all that is not indicated in "the price includes".

Reminder of the conditions of participation :



To participate and enjoy this trip, it is imperative to be comfortable at the three gaits (walk, trot, canter) outdoors, and in good physical condition. The guide reserves the right to interrupt the activity without compensation if you do not have the required level and physical condition.

Insurances :



CAP RANDO, EURL Le Mas de Recaute company brand's, is covered for it's civil responsibility, contract GENERALI n° AL974010. To book a program offered by Cap Rando, you must have an individual civil responsibility covering horseback riding activities and: an individual accident, assistance & repatriation insurance. We offer to European citizens (only) the Chapka insurances: Cap Security, full insurance with cancellation. Cap Cancellation: cancellation only.

See prices & information: <https://www.cap-rando.com/sites/default/files/pdf/INSURANCES.pdf>

For non-European citizens, Axa is offering travel insurances: <https://www.axatravelinsurance.com/>

Check also your credit card insurance: paying your trip by credit card may make you benefit from its insurance.

Any accident falling under the responsibility of the organizer is covered by its civil liability insurance (contract on request).

Important: If you don't have informed on the booking form, remember to send us the reference of your insurance (company / contract number / validity dates / assistance call number).

The non-provision of a valid insurance is considered as the "customer cancelation" case.

Cancelation policy :



Organizer cancelation:

Any program can be canceled up to 21 days before departure in case the organizer doesn't have enough bookings on a trip or stay, we advise you to book refundable transports. In this case, the departure can be confirmed with a possible supplement, a replacement program can be offered to you. If these offers do not suit you, the refund or a full credit (on choice) is guaranteed without any compensation. Please contact us 21 days before departure to check that your program is confirmed.

Customer cancelation:

The amounts due to Cap Rando are: cancellation more than 60 days before departure: 90 €, cancellation between 30 and 60 days before departure: 50%, cancellation less than 30 days before departure: 100%. These amounts can be refunded by a cancellation insurance that you can subscribe with Cap Rando (European Union citizens only) or with any other company. If you pay by credit card, check if your card is covering the cancelation risk.

Booking fees, insurances, transports (according to the conditions of the companies): are not refundable.

Are assimilated to the "customer cancelation" case with the costs indicated:

Failure to sign the contract, failure to provide the insurance certificate, non-payment of the balance on the due date, exclusion for harmful behaviour or insufficient level compared to the required level, no-show or delay at the time and meeting place for personal reason or transport company failure, abandonment on your part during the program, any customer date change.

We wish you a Happy Trail Ride !



When you return, please send us your feedback :

<https://www.horsebackridingvacations.eu/contact/feedback-form.html>

