



TRAVEL DOCUMENT



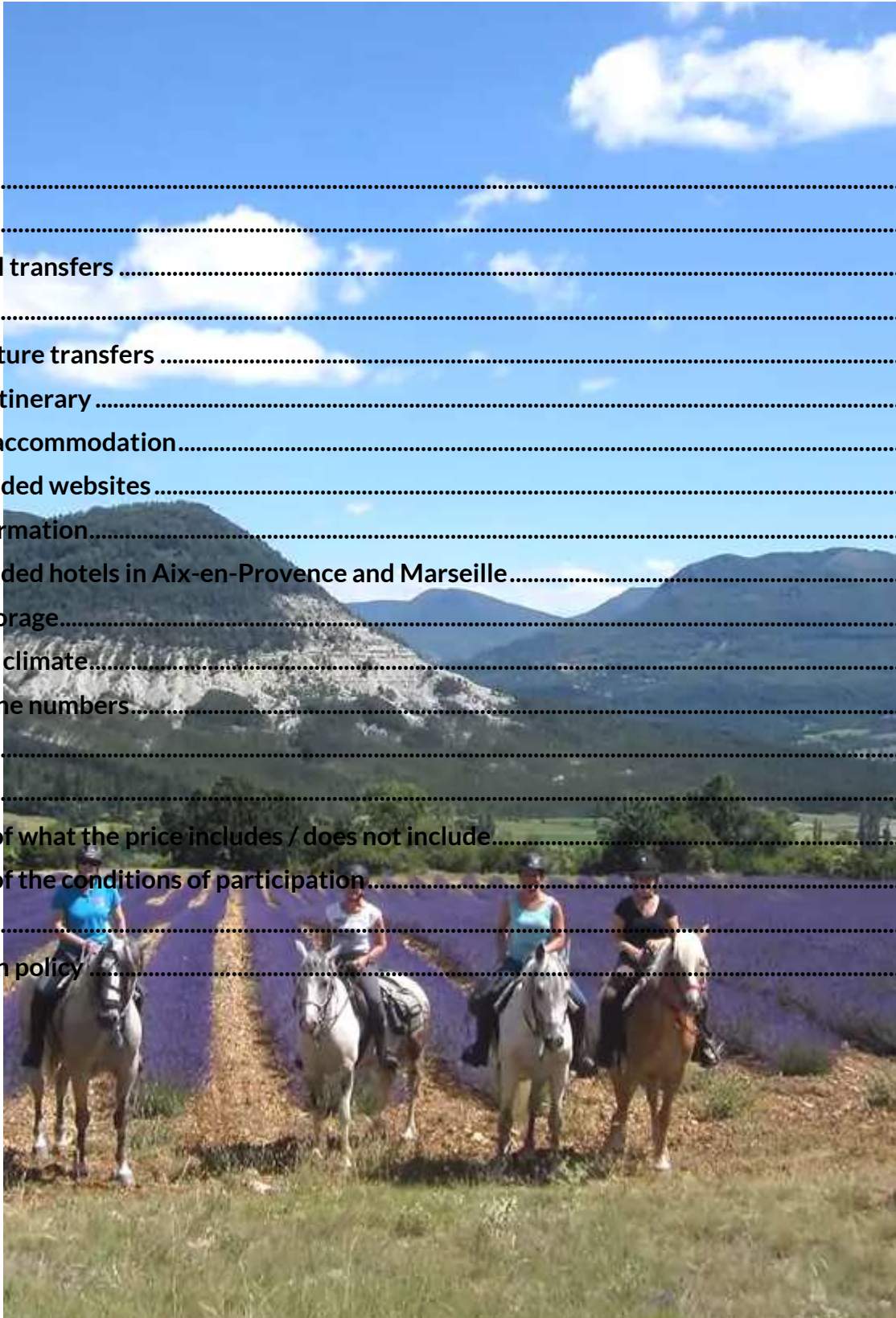
HORSE RIDING TRIP PROVENCE LAVENDER INN TO INN RIDE



A horse riding trip organized by Cap Rando

SUMMARY

Content	Page
Summary	1
Meeting	3
Free arrival transfers	3
Departure	4
Free departure transfers	5
Indicative itinerary	5
Indicative accommodation	6
Recommended websites	7
Useful information	7
Recommended hotels in Aix-en-Provence and Marseille	7
Luggage storage	7
Weather & climate	8
Useful phone numbers	8
Health	8
To bring	8
Reminder of what the price includes / does not include	9
Reminder of the conditions of participation	9
Insurances	9
Cancelation policy	10





PROVENCE LAVENDER INN TO INN RIDE TRAVEL DOCUMENT

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

Print this document and bring it with you !

Meeting :



The meeting is on Monday (see date page 2) at noon.

If you come by car:

Meeting at Cap Rando at the Mas de Recaute at between 11am and noon. Lauris is on the D 973, between Cavaillon (26 km) and Pertuis (18 km). Motorway A7 Paris - Marseille: Senas exit. Motorway A51 Nice - Aix-en-Provence - Sisteron: Pertuis exit (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 "Roquefraïche" and after 800 m. sign "Mas de Recaute - Cap Rando" on the right at the fork.

GPS: Chemin de Bonnieux. N 43° 46.272' - E 5° 17.843'.

Caution: No arrival possible before 11am.

Scan on your smartphone:



In case of necessity, you can call Cap Rando: +33 (0)6 09 52 03 24 (cell phone & Whatsapp)

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 Monday at Marseille airport at 10:30 a.m., Aix-en-Provence TGV (high speed trains) station at 11 a.m., Aix-en-Provence center train station at 11:15 a.m.

Meeting places:

- Marseille airport: outdoor, at the terminal 2 (low cost flights) exit door, at the "AMP2" sign.
- Aix-en-Provence TGV: at the exit doors of the hall "B" (arrival side for trains coming from the North).
- Aix-en-Provence SNCF center: in front of the train station (not the bus 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>

Meeting places:

- Marseille airport: outdoor, at the terminal 2 (low cost flights) exit door, at the “MP2” sign.
- Aix-en-Provence TGV: at the exit doors of the hall “B” (arrival side for trains coming from the North).
- Aix-en-Provence SNCF center: in front of the train station (not the bus 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 + 1 cabin size luggage if you're travelling by plane. 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 :



Departure from Lauris at 9:30 am. **No departure possible before or after this time.** Arrival at Aix-en-Provence TGV station: ± 10:30 am, Marseille airport: ± 11 am.

No transfer to Aix center (take the Aix tgv shuttle bus), nor to Marseille center station (take the airport shuttle bus).

Please note: no departure possible before 9:30 am, plan a train or plane departure sufficiently after the scheduled arrival time to avoid having to take a taxi. Tgv train: not before 11 am, flight: not before 12:30 pm. Caution: tgv called “inouï” (low cost), require a registration 30 mn ahead at the train station.

Free departure transfers :

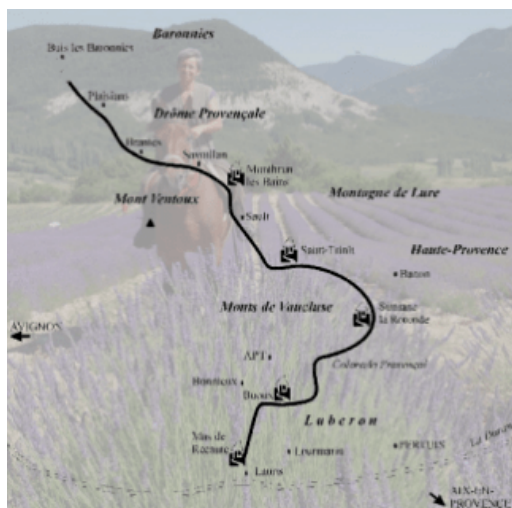


Departure from Lauris at 9:30 am. **No departure possible before or after this time.** Arrival at Aix-en-Provence TGV station: ± 10:30 am, Marseille airport: ± 11 am.

No transfer to Aix center (take the Aix tgv shuttle bus), nor to Marseille center station (take the airport shuttle bus).

Please note: no departure possible before 9:30 am, plan a train or plane departure sufficiently after the scheduled arrival time to avoid having to take a taxi. Tgv train: not before 11 am, flight: not before 12:30 pm. Caution: tgv called "inouï" (low cost), require a registration 30 mn ahead at the train station.

Indicative itinerary* :



Monday: Lauris-Buoux. Meeting at noon at Lauris. Welcome aperitif and presentation of your ride and lunch. We start on horseback from the southern slope. We ride up to the crests of the Petit Luberon before descending the northern slope towards Bonnieux: a very beautiful perched village with stone houses. Then we head towards the Claparèdes plateau and the first lavender fields. We then descend towards the Aiguebrun canyon which mark the boundary between Petit and Grand Luberon. We pass near the Priory of St Symphorien, then follow the Aiguebrun river to reach the first accommodation at the foot of the high climbing cliffs of Buoux. You can enjoy a swim in the pool before dinner. On certain dates, if you have chosen bedroom accommodation, you will be transferred to the Lauris guesthouse, the horses stay at the Inn. Dinner and night.

Tuesday: Buoux - Rustrel. This morning you are riding up on the Plateau of Claparèdes, follow lavender fields, dry stone walls and "bories" (small shepherds' pen). This morning you are riding up on the Plateau of Claparèdes, follow lavender fields, dry stone walls and "bories" (small shepherds' pen). You will cross the cute perched village of Saignon where horses will be able to drink at the fountain in the center of the village. You will then ride down towards the Valley of Apt on ancient paved trails. After lunch, you will ride down in the valley, have a view on the "Provence Colorado" and arrive to the horse field for the night. You will leave your horse and go to your accommodation in the center of the village.



Wednesday: Rustrel - Revest-du-Bion. You quietly get into a valley shaded by oak trees, onto the Albion Plateau, high spot for lavender. Picnic near a chapel before browsing the plateau, former nuclear missiles site for the French nuclear force from 1971 to 1996. Ride among the lavender and sage fields with a break at a distillery where your guide will explain the production of basis for the perfume manufactures. Arrival at the guesthouse where you can relax and take a swim in the pool before visiting the village of Sault, lavender capital, do some shopping or visit a lavender distillery.

Thursday: Revest-du-Bion - Montbrun-les-Bains. This morning, you will ride in direction of Saint-Trinit. The lunch will wait for you in the shade near Sault. In the afternoon, you will leave in the direction of Aurel, charming medieval village at the foot of the Mount Ventoux. In the afternoon, the colors of lavenders, fields of cereal and the shadows of the Mount Ventoux may tempt you to imitate the



numerous painters who felt in love with this region. You will arrive the afternoon near Montbrun-les-Bains, surrounded with green hills and dominating a plain of perfumed lavenders: one of the most beautiful villages of France.

Friday: Montbrun les Bains - Mevouillon. This morning, the ride passes at the foot of the Giant of Provence: Mont Ventoux. We follow the Toulourenc, a pleasant refreshing stream, cross some typical villages, and enter the Drome Provencale: an alternation of wooded hills and lavender fields. In the afternoon, we head to Mévouillon, where the truck and minibus await us, for the horse and rider transfer back to Lauris, in the Luberon.

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:



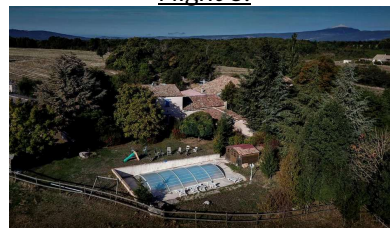
Les Gargoulettes - Lauris
www.chambres-hotes-vacluse-gargoulettes.fr/

Night 2:



Auberge de Rustreou - Rustrel
www.rustreou-hotel-apt.fr

Night 3:



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

Or:



Le Chateau - Rustrel
gitelechateau.pagesperso-orange.fr/

Night 4:



Hôtel des Voyageurs -
Montbrun
<https://urlz.fr/hF6C>

Night 5:



Les Gargoulettes - Lauris
<https://urlz.fr/hF6q>

Or :



Mas de Recaute - Lauris
www.masderecaute.fr

* May be subject to modifications depending on availabilities.

Recommended websites :



Provence: <https://www.provenceweb.fr/e/provpil.htm> - www.parcduluberon.fr - www.luberon-en-provence.com
Luberon: <https://www.france.fr/en/provence/article/discover-nature-culture-and-gastronomy-luberon>
Lavender: <https://travelfrancebucketlist.com/lavender-fields-in-provence-france/>

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 adaptor, 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.

Tips: If you are satisfied with your guide and assistant, it is usual to tip them to encourage them, from 20€ to 50€ per participant.

Recommended hotels in Aix-en-Provence and Marseille :



Aix-en-Provence (1)

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

(1) 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	Novembre	Décembre
Température moyenne (°C)	5.1	5.6	9.2	12.7	16.8	21.6	24	23.6	19.3	15.2	9.5	6
Température minimale moyenne (°C)	1.2	1.1	4	7.4	11.4	15.8	18.1	17.8	14.3	11	5.8	2.2
Température maximale (°C)	9.7	10.6	14.5	17.8	21.9	27	29.6	29.3	24.5	19.7	13.7	10.4
Précipitations (mm)	56	47	46	71	60	36	20	24	74	94	103	63
Humidité(%)	78%	72%	67%	64%	61%	54%	50%	54%	63%	73%	78%	78%
Jours de pluie (jrée)	5	5	5	7	6	4	2	3	5	7	7	6

Useful phone numbers :



Weather forecast: +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 informed 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 for risk of allergy or contraindication.

To bring :



- Helmet (compulsory)
- Riding ankle boots or high-top light hiking shoes (no high boots)
- Half riding shaps (highly advised)
- Long-sleeved shirts, effective against the sun and mosquitoes (sometimes numerous in Camargue)
- Sun cream
- Flashlight
- Mosquito repellent
- Rain coat and rain pants (advised)
- Toiletries
- Sun glasses
- Tissues and wipes
- Little first aid kit (see above)
- Swimsuit
- 1 liter water bottle
- Camera & charger
- Plug adaptor

Sheets and towels are provided. The saddles are equipped with saddlebags to carry your day's belongings.

Luggage: The space being limited in the assistance vehicle, in order to avoid losses, to facilitate your access to accommodation with stairs: the limit is 1 piece of luggage per person, labeled with your name, suitcase or bag of approximately 90cm x 65cm x 35cm, 15kg maximum + 1 cabin size luggage (only for plane travels). if you book transfers: let us know when booking if you have extra luggage to avoid having to eventually pay a taxi.



If you are traveling by plane: put your riding gear, some clothes, any medication, in cabin baggage and not in checked baggage in case of loss. Plan sufficiently long transit times.

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

Reminder of 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), aperitifs offered only in guest houses, luggage transfers, transfer from Les Baux to Camargue, the bull activity last riding day free transfer back to Lauris, free transfers from / to Aix-en-Provence train stations and Marseille airport at fixed days and times, our travel agency guaranty for your payments.

The price doesn't include: individual insurance, drinks out of meals, aperitifs in restaurants, 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, it is imperative to be comfortable at the three gaits (walk, trot, canter) outdoors on balanced horses, 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 and/or if the information provided on the registration form does not correspond to reality.

Insurances :



CAP RANDO, is covered for it's civil responsibility, contract GENERALI n° AL974010.

A civil liability and travel insurance (assistance/repatriation) are compulsory. A cancellation insurance is strongly recommended.

A payment by credit card can make you benefit from its possible insurance (check your contract).

We offer to Europe Union, Switzerland, Liechtenstein, Norway residents: 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>

Check 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 do not subscribe the proposed insurance, to validate your registration, remember to provide us with your insurance references (company / contract number / validity dates / assistance phone call number).

Failure to provide a valid insurance is equivalent to "case of cancellation by the customer" of the cancellation policy.

Cancellation policy :



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

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

Non-signature of the contract, non-payment of the balance on the due date, non-provision of the insurance certificate, exclusion for behavior prejudicial to the smooth running of the stay, exclusion for insufficient physical condition and/or level compared to the required conditions, exclusion for information provided on the registration form not corresponding to the reals noted by the guide or instructor, late or no show at the set appointment for personal reason or failure of the transport companies even if the transport has been bought through Cap Rando, abandonment on your part during your stay, any change in the dates of stay on your part.

We wish you a Happy Trail Ride !



When you return, please send us your feedback :

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

