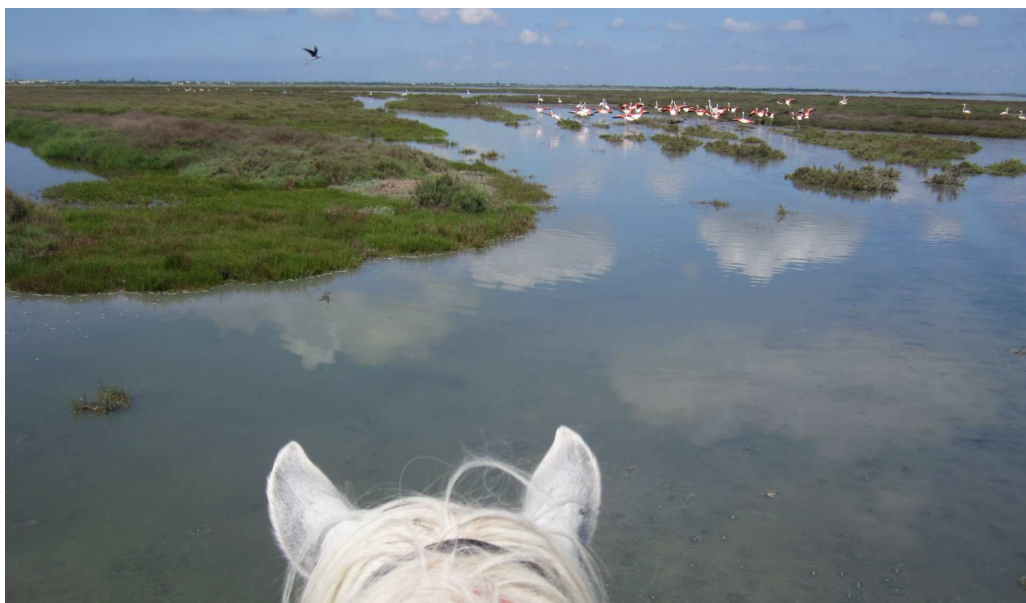




LUBERON TO CAMARGUE INN TO INN HORSBACK RIDING TRIP



TRAVEL DOCUMENT



A horse riding trip organized by Cap Rando

SUMMARY

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

Meeting :



The meeting is on Sunday.

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-vaucluse-gargoulettes.fr/chambres-hotes-lauris-vaucluse/

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 "Roquefraîche" "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.
- Aix-en-Provence TGV: in front of hall B « parvis B ».
- Aix-en-Provence SNCF center: in front of the 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 transfers.

Important: please transfers at least 2 weeks prior arrival.

Departure :



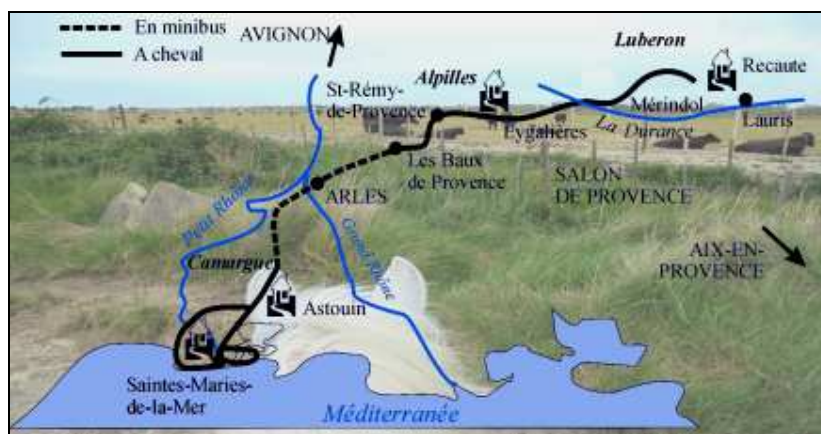
The end is Saturday after breakfast. Free transfer to Aix-en-Provence center station, Aix-en-Provence TGV central station, Marseille airport, at the times indicated below. We do not offer transfers to Marseille center (take the airport shuttle bus).

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: ± 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.



Day 1: Free transfer from Marseille airport (5 pm), Aix en Provence tgv train station (5:30 pm), Aix en Provence center train station (5:45 pm). Or meeting directly at Mas de Recaute in Lauris at 6 pm. Welcome aperitif and presentation of the trail ride. You will be introduced to your guide and spend a first friendly dinner at the «host's table». Overnight at Les Gargoulettes guesthouse.

Day 2: From Lauris to Mallemort. Departure from the southern foot of the Luberon, its pine forests, its cliff landscapes, along orchards, olive groves and vineyards to the Durance river which we follow by pleasant trails, and cross (on a bridge in the event of a flooding river) before a pleasant shaded picnic. Picnic brought by our assistant on the other side of the Durance river. In the afternoon, we will ride along the Alpilles canal to the farm where the horses will stay for the night. Transfer with minibus to your accommodation, in Lauris, dinner at the host table overnight at Les Gargoulettes in Lauris.



Day 3: From Mallemort to Eygalieres. After breakfast, transfer to the horses. We will ride in a rich valley among fruit trees to Lamanon where we will enjoy the lunch buffet. The afternoon, we will enter in the Alpilles Nature Park, Van Gogh's country. We will ride in hills and we will reach the Roman village of Eygalière late in the afternoon. Dinner and overnight at a guesthouse near Eygalieres.

Day 4: From Eygalieres to Les Baux de Provence. A cultural day as you will ride in the landscape Van Gogh liked to paint. You will stop near Saint-Rémy-de-Provence, in front of the hospital in which Van Gogh stayed and made his most famous paintings. Admire beautiful Roman monuments, before you make your way towards lunch. The afternoon ride will take you on the crests of the Alpilles: striking panorama on the surrounding area. At the end of the trail, we load the horses in the truck for a transfer to Camargue. You then have the choice between visiting the Baux de Provence medieval village or the Lumière quarries with an exceptional multimedia show, on the theme of Cezanne in 2021: to be reserved on the website www.carrieres-lumieres.com. After this break, minibus transfer to Sylveréal, the gate of the Camargue. Night in a hotel: an old Abbaye and dinner at the hotel's typical Camargue auberge.



Day 5: Astouin - Bull cattle drive - Les Saintes Maries de la Mer. On horseback to a Camargue ranch. After an hour on horseback in the heart of the Camargue, we will arrive at a "manade", a bull and horse ranch in Camargue. Mathieu, a passionate "guardian", Camargue cow-boy, welcomes us in front of the enclosure of one of his bull herds. We accompany him on horseback to "grab" the bulls, that is to say push them through the marsh to a sorting enclosure. Then he tells us about the "Camargue bull and horse races", the breeding methods, the traditions linked to the Camargue bulls, then he sorts a few bulls in front of us. Picnic on the place, prepared by our assistant. Then we leave on horseback to Les Saintes Maries de la Mer. After your installation at the hotel, you can go for a walk in the village streets and do some shopping, take a stroll to the beach, or enjoy the hotel swimming pool. Meeting for dinner in a lively bodega in the village. Night at the hotel.



Day 6: A morning ride on the beaches. Nice gallops and walk in the sea. The lunch will be prepared at the hotel by your assistant, and the afternoon you will ride along the Vacares lake: you will discover a lot of flamingos and wild birds on a pleasant trail. Transfer to Lauris, for a last dinner, share memories, pictures, addresses ...



Day 7: End of the trip 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, floods, fire risks, imponderables ...)

Indicative accommodations * :



6 nights in 2-3 person bedrooms, single bedrooms with supplement.

2 person bedrooms: double or twin beds. Triple bedrooms: may not be available with 3 beds some nights, but 1 double +1 single bed.

Bedrooms: mostly ensuite (not guaranteed all nights unless special request).

The Inn to Inn ride does not guarantee the same level of comfort every night: one of the pleasures of travelling on horseback is the variety ! **The price is not justified by high comfort accommodation, but by the high logistical on an online horseback trip.**

Meals: Breakfasts are traditional French breakfasts: hot drinks with bread, butter, marmelade, honey, cereals, fruit juice (no cheese, eggs, ...). At noon, an assistant prepares hearty buffets (see pictures). Dinners at the guesthouse tables, in local restaurants in Camargue. Local cuisine, varied and refined. Special diets can be adapted. Wine is included with meals.



Days 1, 2 and 6:

Les Gargoulettes - Lauris

www.chambres-hotes-vauchuse-gargoulettes.fr

Tel: 04 90 79 19 05

Or:



Mas de Recaute - Lauris

www.masderecaute.fr

Tel: 04 90 08 29 58



Day 3:

La Sarriette - Eygalières

www.lasarriette.com

Tel: 04 90 95 94 50



Day 4:

Mas de Sylveréal - Vauvert

www.sylveréal.camargue.fr

Tel: 04 66 51 83 88



Day 5:

Le Maset - Saintes-Maries-de-la-Mer

www.maset.fr

Tel: 04 90 97 60 10

* May change 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

Alpilles: www.provenceweb.fr/f/alpilles/alpilles.htm

Camargue: www.camargue.fr - www.parc-camargue.fr - www.camargue-en-provence.com - www.provenceweb.fr/f/camargue/camargue.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 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 in your accommodation.

Recommended hotels in Aix-en-Provence and Marseille :



Aix-en-Provence:

Hôtel Cardinal **
www.hotel-cardinal-aix.com
Hôtel des Quatre Dauphins **
www.lesquatredauphins.fr
Hôtel Saint-Christophe ***
www.hotel-saintchristophe.com
Hôtel Mercure Paul Cézanne ***
www.hotelaix.com

Marseille center:

Hôtel Alizé **
www.alize-hotel.com
New Hotel Vieux Port ***
www.new-hotel.com
Hôtel 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
Hôtel Best & Western ***
www.bestwestern.fr

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. Téléphone: 06 65 93 04 72. <https://www.keepcase.net/>.

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.

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 from 10 am until 6 pm every day. In case of emergency: cell phone / Whatsapp / Signal: +33 (0)6 09 52 03 24



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

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 for risk of allergy or contraindication).

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

To bring :



- | | | | |
|---|---|---|---|
| <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 chaps (highly advised) | <input type="checkbox"/> Sheepskin saddle pad (optional) | | |
| <input type="checkbox"/> Long-sleeved shirts, effective against the sun & mosquitoes (often numerous in Camargue) | <input type="checkbox"/> Toiletries | | |
| <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 |
| <input type="checkbox"/> Efficient mosquito repellent | <input type="checkbox"/> Little first aid kit (see above) | | |

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.

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



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 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".

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).

Cancellation policy :



General 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 the starting day: 90 €, cancellation between 30 and 60 days before before the starting day: 50%, cancellation less than 30 days before before the starting day: 100%. These amounts can be refunded by a cancellation insurance that you can subscribe with Cap Rando (Europe citizens only) or with any other company. If you pay by credit card, check if your card is covering cancellation risk.

Please note: Failure to sign the contract, failure to send your insurance certificate, the non-payment of the balance on the due date, exclusion for harmful behavior or insufficient level compared to the required level, no-show or delay at the day and time at the meeting, abandonment on your part during the program: are assimilated to the "cancellation by the customer" case with the indicated costs.



Special Covid cancellation policy:

Case 1: Your stay is canceled by the organizer for a covid regulatory reason: if you have not subscribed a cancellation insurance covering this risk, you will receive a credit note valid for 18 months to be used for the same program at a later date, or a refund * excluding: booking fees, insurance that you may have subscribed, non-refundable transports that you may have booked.

Case 2: You cannot travel from your region or country due to covid regulations, or quarantine is required: if you have not taken out a cancellation insurance covering this risk, you will receive a credit note * valid for 18 months to use for the same program at a later date.

Case 3: In case of contamination by the virus, contact case before your departure, boarding or entry refusal due to health control: the cancellation conditions are the above general cancellation conditions. Cancellation costs may be refunded according to the cancellation insurance contract that you may have contracted.

Case 4: You must cancel because the stay you have booked requires a health pass that you do not have: the cancellation conditions are the above general cancellation conditions.

Cap Rando is not responsible for your transportation to the meeting point. If it is impossible for you to make it on the day and at the time scheduled for the appointment, the cancellation fees provided in the general cancellation policy, will be applied.