



TRAVEL DOCUMENT



HORSEBACK RIDING TRIP LUBERON – ALPILLES – CAMARGUE



A horse riding trip organized by Cap Rando

SUMMARY

Content	Page
Summary	1
Meeting.....	3
Free arrival transfers	4
Departure.....	5
Free departure transfers	5
Indicative itinerary	5
Indicative Accommodation	6
Recommended websites	6
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



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

Meeting :



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

If you come by car:

Arrival between 4 pm (**no arrival possible 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 "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 :

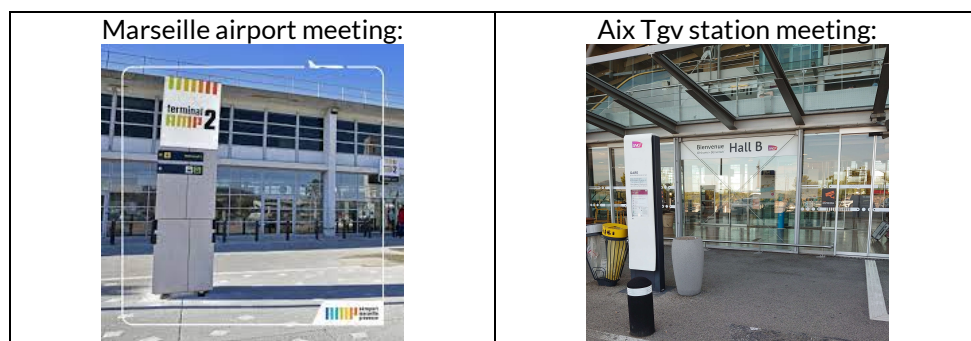


Meeting at Marseille airport at 5 p.m., Aix-en-Provence TGV (high speed trains) station at 5:30 p.m.. We do not offer a transfer from Marseille center (take the shuttle bus to the airport). We do not offer Aix center transfer (take the shuttle bus to Aix TGV):

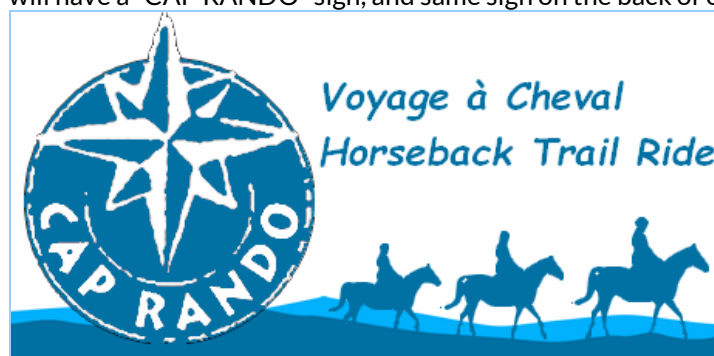
Meeting places:

- 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).
- 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: ± 200 €

Aix-en-Provence TGV: ± 170 €

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://www.marseille.aeroport.fr/parkings-et-acces/acces/bus/marseille-gare-st-charles>

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

<https://www.marseille.aeroport.fr/parkings-et-acces/acces/bus/aix-en-provence>

Aix-en-Provence center - Lauris:

<https://itineraires-zou.maregionsud.fr/fr/horaires/Zou-!-Proximite/Bus/ligne/909/direction/RETURN/14701#>

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 ride will end in the Camargue on Friday around 5 p.m. Minibus transfer for the last night in Lauris. You can be dropped off at Arles train station. Separation on Saturday after breakfast: see date page 2. Free transfer to Aix-en-Provence TGV station, Marseille airport, at the times indicated below. We do not offer transfers to Marseille center (take the airport shuttle bus). We do not offer transfer to Aix center (take the Aix TGV 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 TGV station: $\pm 10:30$ am, at Marseille airport: ± 11 am.

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 * :



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 can visit the Baux de Provence medieval village before a minibus transfer to Sylvereal, 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 and ends his performance. Picnic on the place, prepared by our assistant. Then we ride 1 hour to the ranch where our horses will stay tonight. Transfer to the hotel in 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 changes if necessary (weather, flood, fire risks, ...)

Indicative Accommodation * :



You will be accommodated in simple guesthouses and hotels (equivalent 2 * French standard). All nights in shared 2-3 person bedrooms (triple may be 1 double bed + 1 single bed some nights) or single bedrooms with supplement. Most bedrooms are ensuite: 1 night can not have enough ensuite bedrooms for all guests.

Inn to Inn trips cannot guarantee the same level of comfort every night: one of the pleasures of a horseback riding trip is the variety ! We chose the accommodations for their location on the itinerary and for the quality of their welcome. With varying degrees of comfort, you will always have a memory: a good meal, a particularly pleasant atmosphere, or an exceptional setting. The price is not justified by luxury accommodation, but by the high logistical costs on an online horse riding trip.



Days 1, 2 and 6:

Les Gargoulettes - Lauris
www.chambres-hotes-vacluse-gargoulettes.fr
Tel: 04 90 79 19 05



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 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
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 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 (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	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 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 :



- | | | | |
|---|---|---|---|
| <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 (no high boots) | | | |
| <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 |
| <input type="checkbox"/> 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. Helmets can be loaned if previous request indicating size.



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, rapid canters) outdoors on balanced horses, and in good physical condition. This ride requires a very good equestrian level, with gaits that can be fast on the Camargue beaches. 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.



Cancelation policy :



Organizer cancelation: Any program can be canceled up to 20 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: cancelation more than 60 days before departure: 90 €, cancelation between 30 and 60 days before departure: 50%, cancelation less than 30 days before departure: 100%. These amounts can be refunded by a cancelation insurance that you can subscribe with Cap Rando (Europe Union citizens only) or with any other company. If you pay by credit card, check if your card is covering cancelation risk..

Are assimilated to the "customer cancelation" 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.

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

We wish you a Happy Trail Ride !



When you return, please send us your feedback :

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

