

# TRAVEL DOCUMENT



HORSEBACK RIDING TRIP LUBERON – ALPILLES – CAMARGUE



A horse riding trip organized by Cap Rando

# **SUMMARY**

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### HORSEBACK RIDING TRIP **LUBERON - ALPILLES - CAMARGUE** TRAVEL DOCUMENT

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 4pm (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

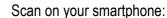
Google maps: <a href="http://go.cap-rando.com/url/accesgargoulettes">http://go.cap-rando.com/url/accesgargoulettes</a>

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

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

careful, little road not very visible).







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 schuttle 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/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: ± 10:30 am, at Marseile 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 "inoui" (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). Or directly at your accommodation in Lauris between 4pm and 7pm. Welcome aperitif at 7:30 pm and presentation of the trail ride. You will be introduced to your guide and spend a first friendly dinner at he «host's table». Overnight at 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. Morning: 4 hours on horseback. Picnic at the ancient site of Glanum. Loading of horses into the truck. Visit (not included) of the Saint Paul de Mausole Monastery: Vincent VAN GOGH was interned here from May 8, 1889 to May 16, 1890. Transfer and visit of Les Baux de Provence. After your visit of the village: transfer by minibus to the heart of the Camargue. Night in a hotel, some four hundred years old, built on the remains of a 12th century abbey.

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. Transfrer to the hotel in Saintes-Maries-de-la-Mer. After your installation at the hotel, you can go for a walk in the 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 taken from the saddle bags (as the car is not allowed) under a laupio (traditional traditional shelter in Camargue), and the afternoon we 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 TGV train station or Marseille airport (departure at 9:30 am).

\* Indicative itinerary: may be subject to changes if necessary (weather, flood, fire risks, ...)

### Indicative Accommodations \*:



You will be accommodated in simple guesthouses and hotels (equivalent 2 \* French standard). All nights in shared 2-3 person bedrooms (triples are 1 double bed + 1 single bed three 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.



<u>Days 1, 2 and 6:</u> Les Gargoulettes - Lauris <u>www.chambres-hotes-vaucluse-gargoulettes.fr</u> Tel: 04 90 79 19 05



<u>Day 3:</u>
La Sarriette – Eygalières
<u>www.lasarriette.com</u>
Tel: 04 90 95 94 50



<u>Day 4:</u>
Mas de Sylvereal - Vauvert
<u>www.sylvereal.camargue.fr</u>
Tel: 04 66 51 83 88



<u>Day 5:</u>
Le Maset - Saintes-Mariesde-la-Mer
<u>www.maset.fr</u>
Tel: 04 90 97 60 10

\* May be subject to modifications depending on availabilities.

## **Recommended websites:**



 $\label{lem:provence:www.provenceweb.fr} \ - \ \underline{www.parcduluberon.fr} \ - \ \underline{www.luberon-en-provence.com} \ - \ \underline{www.provenceweb.fr/f/groupes/luberon/luberon.htm} \ .$ 

Alpilles: <u>www.provenceweb.fr/f/alpilles/alpilles.htm</u>

Camargue: www.camargue.fr - www.parc-camargue.fr - www.camargue-en-provence.com -

www.provenceweb.fr/f/camargue/camargue.htm



# **Useful information:**

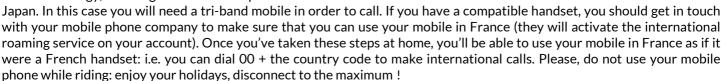


Time: Winter GMT +1 - Summer GMT +2

<u>Currency:</u> 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.

<u>Electricity:</u> 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.

<u>Mobile phones:</u> 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



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://saintchristophe.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. <a href="https://www.keepcase.net/">https://www.keepcase.net/</a>. We suggest to book on: <a href="https://www.nannybag.com/fr">https://www.nannybag.com/fr</a>.

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

# To bring:



	☐ Helmet (compulsory)		Rain coat and rain pants (advised)				
	Riding ankle boots or high-top light hiking shoes (no high boots)						
☐ Half riding shaps (highly advised)			☐ Toiletries				
Long-sleeved shirts, effective against the sun and mosquitoes (sometimes numerous in Camargue)							
	☐ Sun cream	☐ Sun glasses	Swimsuit	Camera & charger			
	☐ Flashlight	☐ Tissues and wipes	☐ 1 liter water bottle	☐ Plug adaptor			
	☐ Mosquito repellent	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. But it is recommended to have your own.

are not authorized to provide for risk of allergy or contraindication.



<u>Luggage</u>: 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:



<u>The price includes</u>: 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. If you do not wish to ride on certain days (without refund): a medical reason certified by a doctor will be requested.

### **Insurances:**



CAP RANDO, is covered for it's civil responsability, contract GENERALI nº 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: <a href="https://www.cap-rando.com/sites/default/files/pdf/INSURANCES.pdf">https://www.cap-rando.com/sites/default/files/pdf/INSURANCES.pdf</a>

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.

<u>Customer cancelation</u>: 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 suscribe 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..

The following situations are considered to be "cancellations by the client":

Failure to sign the contract, non-payment of the outstanding balance by the due date, failure to provide proof of insurance. The following situations do not entitle the client to any refund or compensation:

Expulsion for behavior detrimental to the smooth running of the activity, expulsion for an insufficient skill level and/or physical condition as determined by the guide or instructor, expulsion for information provided on the registration form that does not meet the participation requirements as determined by the guide or instructor, non-arrival or late arrival at the meeting point and time for personal reasons or due to issues with the transport provider, abandonment of the activity by the client during the stay, any change of dates of the stay requested by the client. Services included in the package (horse riding / meals / accommodation, etc.) that are not used are not refundable.

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

