



France Provence Walking Private Adventure

7 Days



The Adventure Company | EST. 1969


MT+SOBEKTM
MOUNTAIN TRAVEL SOBEK

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL

➤ France Provence Walking Private Adventure

Discover the essence of Provence as it unfolds at your feet. Enjoy gentle open ridge walks along mountain ranges with sweeping views of the southern French landscape. Descend through olive groves and vineyards to quaint medieval villages with colorful markets, fountains, and cobbled lanes that invite exploration. Experience Provence in a new and different way - one that's even more magical on foot.

Details

Arrive:	Avignon, France
Depart:	Avignon, France
Duration:	7 Days
Group Size:	4-8 Guests
Minimum Age:	14 Years Old
Activity Level:	

Testimonials

"Great experience every time with some of the most knowledgeable guides in their fields. We always come home with wonderful memories of the people we meet and things we see."

Bob J.

"I have traveled extensively around the world. The experience with MT Sobek was by far the best I have ever had. Thank you for such excellence."

Marianne W.

GOT QUESTIONS? SPEAK WITH AN EXPERT.

 1-800-974-0300

 info@mtsobek.com

Why Take This Trip With Us?

REASON #01

For 50 years MT Sobek has created unique hiking adventures and powered hikers with fantastic regional fare thanks to our local know-how.

REASON #02

Our adventure takes you away from the tour-bus crowds and out on timeless trails over Provence's thyme-laden hills.

REASON #03

Perfect for foodies looking to sample premier cheeses and wines, and hike it off too!

What to Expect



ACTIVITIES

Hikes through dazzling scenery, medieval towns, and bustling markets.



LODGING

Villas and boutique hotels that offer upscale amenities and services in culturally, historically and naturally rich surroundings.



CLIMATE

The Mediterranean climate of Provence is warm and dry. Mornings may be cool, but it will warm up to hot during the day.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

"Life is too short to be bored" could be Anne-Charlotte's mantra. Her travels have taken her around the world, and she's worked several trades, from dentist to lumberjack! But the one constant has always been her love of nature. As a guide, Anne-Charlotte began along the rough trails of Corsica before favoring the rolling hills of Provence. Soft-spoken, attentive, and with a heart of gold, Anne-Charlotte will ensure your Provence experience will be a memorable one. And don't try to stump her on anything botany-related: it won't work.

Anne-Charlotte Luneau

Raised in Provence, Ariane studied English and Mandarin growing up, before moving to China's Yunnan Province to work as a guide. After 12 years, she returned to her French roots and brought her skills as a guide with her to lead hikes throughout the Alps, Corsica, and Provence. As a professional mountain guide and expert on the region, Ariane is eager to share her knowledge of local flora and fauna, and ancient history.

Ariane Cruells

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Itinerary

DAY 1

ARRIVE IN AVIGNON

Arrive in Avignon and transfer to St. Remy, a picturesque Gallo-Roman town with a marvelous old quarter, encircled by the remnants of its 14th century wall and protective buildings, and the region that inspired some of Van Gogh's greatest work. Take a short walk to the hotel, followed by a welcome dinner in town.

Meals: D

DAY 2

WALK IN VAN GOGH FOOTSTEPS AND HIKE THE ALPILLES

Start from picturesque St. Remy into the Alpilles hills, then along the fabulously panoramic ridge-line. Along the way, take the time to visit the Saint-Paul de Maussole monastery, where Van Gogh spent over a year, creating over 150 paintings - some of his best work. Enjoy a picnic and admire the windswept views over the valley. Continue on to the Crest of Alpilles for an optional hike or return to St. Remy.

Activity: 3 hours/6 miles hiking with 1,000' elevation gain and loss; optional 3 hours/5 miles hiking with 800' elevation gain and loss

Meals: B, L

DAY 3

EXPLORE MARKET ST REMY AND HIKE LES BAUX TO MAUSSANE

Take in spectacular views of the hills to the north and the Mediterranean Sea to the south from today's scenic forestry path high above the valley. Descend through the sculpted limestone "valley of hell" toward the perched village of Les Baux de Provence, one of the most beautiful villages in France. Return to Saint Remy or continue on for an optional hike to dip down into the plains, where the prestigious olive groves carpet the landscape. Visit the famed 17th century Cornille mill to taste one of Provence's best olive oil.

Activity: 4 hours/7.5 miles hiking with 900' elevation gain and 328' elevation loss; 2.5 hours/4 miles optional add on hike with 160' elevation gain and 800' elevation loss

Meals: B

DAY 4

EXPERIENCE THE HEART OF THE LUBERON

Choose between two hikes for today. Transfer to the village of Fontaine de Vaucluse to start the first hiking option, with its magical water source: a well that descends into infinity. Climb through the pine and cedar forest on seldom-used trails, to a plateau where the panorama extends to far-reaching hilltop villages. Follow the 30-year old Plage wall, constructed when the plague hit Marseille in 1720, as a means to protect the Provence of the Popes. End at the magnificent village of Gordes, perched up on its rocky crag. Or take a loop to the magnificent

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12th century Senanque Abbey to start the second hiking option, hidden in the Senanque valley - still intact and still housing a community of monks after 750 years. Walk through boxwood, evergreen oaks, aromatic herbs, and other shrub plants that adapt well in the sunny, Mediterranean climate. After, take a path that climbs to the pass, with wonderful overhead views of the abbey, then descend back to Gordes.

Activity: 4.5 hours/8 miles hiking with 1,500' elevation gain and 650' elevation loss or 3 hours/6 miles hiking with 800' elevation gain and loss

Meals: B, L

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DAY 5

EXPLORE BONNIEUX, CEDAR FOREST, LACOSTE & ROUSSILLON THE COLORADO PROVENÇAL

Transfer to Bonnieux for a pleasant and gradual climb through the forest leading to the ridge of the Petit Luberon mountain, the ideal picnic spot. Enjoy spectacular views in all directions; on a clear day, look for the snow-covered Alps to the north-east. Walk along the ridge through stately cedar trees, then choose the optional loop to continue to Lacoste to explore the ruins of the castle of the infamous Marquis de Sade, or a leisurely return to Bonnieux. After our hike we travel to Roussillon for lunch. Its houses are painted with ochre sands in a palette ranging from pale yellow to crimson, we take a stroll through the brilliant sands of an abandoned ochre quarry and admire the radiant ochre cliffs before returning to our hotel.

Activity: 3.5 hours/7.5 miles hiking with 1,300' elevation gain and loss or 5 hours/10 miles hiking with 1,600' elevation gain and loss

Meals: B, L

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DAY 6

EXPLORE GIGONDAS AND HIKE COTE DU RHONE VINEYARDS

Transfer to the village of Gigondas, one of the most famous wine-making villages in Provence. Meander through its labyrinth of tiny streets leading up to the church then hike along farming tracks, through the gnarled vines of Grenache and Syrah, and to the imposing limestone cliffs. then make our way back to Gigondas where we partake in a wine tasting of some of its renowned wines.

Activity: 2 hours/3 miles hiking with 650' elevation gain and loss or 3.5 hours/7 miles with little elevation gain and loss or 4 hours/7.5 miles with 1,500' elevation gain and loss

Meals: B, L, D

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DAY 7

DEPART AVIGNON

After breakfast at the hotel, transfer by scheduled private taxi to Avignon center or the TGV train station.

Meals: B

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Dates

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.

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Inclusions & Exclusions

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portorage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses

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► The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

Awards



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