

France Provence Village to Village Hiking

Lavender Trails, Hilltop Villages & World-Class Wineries

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!
Contact us at info@mtsobek.com
or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been leading adventures in France for over 50 years and this trip pairs incredible hikes in majestic landscapes with Provencal picnics and guided tours of quaint medieval towns.

REASON 2

In 8 well-paced days, you'll experience Provence's stunning village-to-village trails and explore the landscapes of the Les Alpilles, the Luberon, and the Dentelles de Montmirail.

REASON 3

Enjoy the company of expert Provencal guides, who will give you that je ne sais quoi perspective you can get only from a local.

At A Glance

ACTIVITIES

Long hikes through dazzling landscapes, and insightful tours of medieval towns and abbeys.



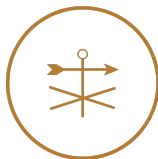
LODGING

Boutique hotels with classic French flair, historic hideaways, and artsy retreats, all with stellar locations and amenities.



CLIMATE

May is usually dry with moderate sun. June is hot and rain is rare. September is warm but flash storms can occur.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



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Provence is celebrated for its clear light and cobblestoned villages, historic palaces and abbeys set amid lavender fields. Yet the Provence you discover when exploring on foot is even more magical. Starting in Avignon, head to the Alpilles with its jagged peaks and sunbaked pines. Set off through olive groves, fields of poppies, and hillsides fragrant with wild thyme in the Luberon. Go truffle hunting, meet a cheesemaker, and taste local wines along the way. End with a spectacular hike amidst the limestone cliffs of the Les Dentelles de Montmirail.

7 Days

Start: Avignon, France

End: Avignon, France

Departing: April, May, June, September, October

Activities: Hiking & Trekking, Cultural Discovery

Lodging: Comfortable Hotels

Group Size: 5-16 Guests

ACTIVITY:



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"Provence is a beautiful area in France and hiking through parts of it was amazing. We learned so much about the area because we absorbed it slowly through the hikes. We sampled life in the villages with a visit to a goat farm, an abbey, an olive oil farm, and a poet's retreat to name a few."

- Cindy P.

Check mtsobek.com for date-specific pricing.

The Itinerary

DAY 01

Welcome to Avignon

An MT Sobek representative will meet you at Avignon TGV station this afternoon and transfer you to your hotel. After a welcome group meeting, complete with wine, it's time to head to dinner at a local restaurant. Meander through a labyrinth of cobbled streets, passing 14th-century ramparts, and the Papal Palace — all within Avignon's historic UNESCO-listed town center.

ACCOMMODATION: Cloître Saint Louis

MEALS: Dinner

DAY 02

Hike from Saint Remy to the Alpilles

After breakfast, take a 30-minute transfer to Saint Remy de Provence, nestled at the foot of the Alpilles Mountains. Follow Van Gogh's footsteps through an aromatic landscape of wild herbs and sun-baked pine trees up towards the jagged ridge of the windswept Alpilles. Enjoy panoramic views from the summit and a gourmet Provençal picnic before completing the loop back to Saint Remy. After completing the hike, visit with a local producer of goat's cheese to tour the farm and have a taste of fresh cheese.

ACCOMMODATION: Hotel Gounod

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 30-minute private van transfer

ACTIVITY: 3.5 hours/6 miles hiking with 600' elevation gain & loss

DAY 03

Hike to Les Baux de Provence

Start the day at Saint Remy's morning market with its bounty of fresh regional produce - perfect for today's picnic. From there, follow a path up a shaded valley laden with cedar and pines, back up to the crest of the Alpilles. From here, take an easy trail along the ridge, enjoying wide-sweeping views. Perched atop the ridge is the 1,000-year-old village of Les Baux de Provence - a few dozen stone homes huddled together high above the valley. Meander through its narrow, cobbled streets, then stop at a working olive mill for a visit and a tasting. In the evening, savor a group dinner in Saint Remy.

ACCOMMODATION: Hotel Gounod

MEALS: Breakfast | Dinner

ACTIVITY: 3.5 hours/6 miles hiking with 600' elevation gain & loss



DAY 04

Walk in the Luberon

After breakfast, transfer from Saint Remy to Bonnieux, a village nestled between the two Luberon Mountains that took center-stage in Peter Mayle's best-selling memoir, *A Year in Provence*. Head out for a long gradual climb up the northern slope of the Luberon, through a forest of white oak and shrub. At the ridge, take in magnificent views across the valley, and have a Provencal picnic. Walk to the medieval village of Lacoste, crowned by the ruins of the Marquis de Sade's castle. Visit a family farm to sample traditional Provencal fare (weather permitting). Continue to the lofty medieval village of Gordes, its golden-stone homes rising in vertiginous circles above the Calavon valley. Here you will spend the next two nights.

ACCOMMODATION: Mas des Romarins

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 3 hours/7 miles hiking with 1,500' elevation gain & loss

DAY 05

Journey from Roussillon to Senanque Abbey

Today begins with a transfer to Roussillon. The village is built at the top of an ochre cliff face and offers a perfect blend of colors with its stones, roofs and facades mirroring the red tones of the neighboring landscape. Head out along thyme-laden hills toward Senanque Abbey, a collection of 850-year-old Romanesque structures hidden among lavender fields. Enjoy a private guided tour, then hike up for aerial views before returning to Gordes. Tonight, you can choose from one of the many restaurants in town.

ACCOMMODATION: Mas des Romarins

MEALS: Breakfast | Lunch

TRANSPORTATION: 1-hour private van transfer

ACTIVITY: 3.5 hours/6 miles hiking with 820' elevation gain & loss



Hike the Vineyards Above Gigondas

Today set out for the tiny medieval village of Gigondas, nestled under the imposing limestone cliffs of the Dentelles de Montmirail, and renowned for its rich red wines. Walk between the gnarled vines, and above them into the heart of the Dentelles de Montmirail. Trails crisscross the dramatic rock formations and lead to the top of a ridgeline that soars above the village. After the hike, enjoy wine tasting at one of the local estates. Return to Vaison for dinner at the hotel.

ACCOMMODATION: Hotel Le Beffroi

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 1.5-hour private van transfer

ACTIVITY: 3 hours/7 miles hiking with 1,200' elevation gain & loss



Depart from Avignon

After breakfast, take a morning shuttle to the Avignon TGV train station for your onward journey.

MEALS: Breakfast

TRANSPORTATION: 1-hour private van transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Cloître Saint Louis

A 16th-century building reinvented as a modern hotel, the Cloître Saint Louis is in the heart of Avignon. Remnants of its history include a cloistered courtyard and a chapel with frescoed dome. Modern amenities include a rooftop pool with panoramic views of the city and sustainably sourced, authentic French fare. Stay in simple modern rooms with L'Occitane en Provence toiletries, coffee and tea making tray, and free Wi-Fi, surrounded by historic charm.

Hotel Gounod

Centrally located in Alpilles, in the heart of Saint Remy de Provence, this eclectic boutique hotel boasts a classic French flair. Set in a 16th-century inn but newly renovated, Le Gounod is perfect for unwinding after a day of exploration, with a private terrace, beautiful stone pool, hot tub, and a spa offering a variety of soothing treatments.

Mas des Romarins

Housed in an atmospheric 19th-century building, Le Mas des Romarins is a spectacular property in the quaint hilltop village of Gordes. Each comfortable room has its own unique theme and stunning views. The three-star hotel's cafe offers delectable snacks and light refreshments.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Hostellerie le Beffroi

Composed from 16th century estates, the Hotel Le Beffroi is a short cobblestone stroll away from the historic sites in Vaison-la-Romaine. Each room is individually decorated and modernly equipped with complimentary Wi-Fi, cable TV, mini-bar and a hair dryer. Guests can relax at the outdoor pool and terraced gardens with panoramic views of the surrounding countryside.

Departure Dates

This trip is available to run in: April, May, June, September, October

Book early for a greater choice of available dates.

Once you book, your price is GUARANTEED!

May 12-18, 2025

June 16-22, 2025

September 8-14, 2025

September 22-28, 2025

May 4-10, 2026

May 25-31, 2026

June 8-14, 2026

September 14-20, 2026

October 5-11, 2026

What's Included

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 portage

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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