

PERCHED VILLAGES OF THE RIVIERA

Hiking trip



7 days 6 nights between Nice and Menton



*No car needed
Hotel near the beach
Famous capes and peninsulas
The most pleasant climate in France
The delightful atmosphere of Menton
The Mediterranean flora
The Alps and the sea
The perched villages
Panoramic summits*

*2** hotels in Menton 200m from the beach*

Gourmet food all evenings

*Gourmet restaurant for dinners
Sainte-Agnès and Eze villages
Cape Ferrat and Villefranche-sur-mer
Exotic plants and Cape Martin
Perched villages in Menton area
The capital city for lemons
The port of the Duchy of Savoy
Panoramic views
A travel agency specialised in hiking*



TRAVEL AGENCY - HIKING SPECIALIST

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ANCIENT PERCHED VILLAGES OF THE RIVIERA

Hiking trip version



Between Nice and Menton at the Italian border, the final and southernmost Alps plunge dramatically into the sea. Imposing mountains and limestone cliffs surround the coast but delightful trails go from the summits to the deep blue water. On the coast or on the balconies connecting the perched villages, wild herbs send bewitching scents ... a hike with public transportation!

Program: hiking

Day 1: Welcome in Menton

We welcome you in the early afternoon at the hotel, 150m from the train station and 200m from the beach. Let's go for a first little walk "City trek of Menton" and welcoming drink with a sea view!

Day 2: On the traces of the Romans

The perched village of Eze is located at the foot of the departmental natural park of the Grande Corniche, Its trails, full of history, give a good idea of the diversity of the Mediterranean vegetation.

Discovery (full-day; elevation gain 550m; duration 4 hours)

Sport (full-day; 750m;5 hours)

Day 3: Port of the Duchy of Savoy

The natural beauty of the bay of Villefranche-sur-mer has been discovered a long time ago but the Duchy of Savoy selected this place for its quiet water and the protection of the Alps.

Discovery (100m;duration 4 hours)

Sport (150m;5 hours)

Day 4: Feet in the Water! (half-day hike)

The Riviera is a place of huge contrast and change of scene. Along the trail, luxurious villas and concrete leave suddenly place to the most exotic vegetation.

Discovery (80m;3 hours)

Free afternoon, maybe time to visit Cocteau museum and Carnolès palace in Menton

Day 5: From the Alps to the sea

Perched on a cliff overlooking Menton, Sainte-Agnès is the highest coastal village in Europe. Surely it is a strategic place but from there it is also possible to walk down to the sea.

Discovery (elevation gain 150m – elevation loss 700m;duration 5 hours)

Sport (500m;6 hours)

Day 6: Panorama on the Riviera, Roca Bruna village

The botanic garden of the summits offer a 360° aerial panorama on the sea and Corsica in certain conditions. Here again, the place is full of stories and history.

Choose from:

Discovery (400m;duration 3.30 hours)

Sport (750m;5 hours)

Day 7: "it's only a au-revoir"

Breakfast at the hotel and last walk in the narrow streets of Menton for a bit of shopping or visit.

Departure from the hotel at 10am and end of the trip.

Please note: hikes may be re-ordered by the guide depending on weather conditions, crowd or public transportation.

Riviera and
Nature

From 629 €

Minimum 7 persons

7 days / 6 nights
2-star hotel

From September to June

4 to 5 effective hours
of walking or cultural
visit.
For all levels

Free time and
shopping in the
heart of the old
town of Menton

Hikes between
300m and 800m of
elevation gain per day,
5 to 15 kms for a
duration from 3 to 6
hours.

Destination

Discover the other Riviera... Between Principality of Monaco, France and Italy, perched villages and coastal cities offer architectural interests, genuine nature and the best weather in France... the land where lemons grow!!

A few suggestions:

The market of Ventimiglia, Cocteau and Carnolès Museums Menton, Monaco, San Remo.



Accommodation and food

Hotels** in the center of Menton, very comfortable, located at 200m from the beach and Casino, 100m from the "Bioves" gardens of flowers and lemons, 500m from the historical center and 150m from the train station. Hotel rooms offer a good combination of a classical atmosphere and modern equipment with air cooling, soundproofing, direct phone line and cable tv. All rooms in the floors have a balcony or terraces. Lunch boxes are made locally with fresh food. The restaurants that have been selected for dinners offer a nice view to the sea and gourmet food.



You will appreciate:

The cosy accommodation with all the comfort
The hikes with panoramic views on the sea and mountains of the Alps
The colorful atmosphere of the capes and peninsulas
The best climate in France at the foot of the cliffs surrounding the Mediterranean sea
The medieval cities of Menton and its lemons and the "Royal port" of Villefranche-sur-mer
The Mediterranean and the exotic flora along the paths
The contrast between the Alps and its mountains and the soft ambience of the shores
The architecture of the perched villages, witnesses of a long human history



Transportation on the place

Groups of less than 15 persons do not have to use a car during the trip. Small public buses and trains are practical to join the start of the hikes at the center of the villages.

For bigger groups, it is necessary to share personal vehicles.

In any case, due to the size of the roads, it is important to not exceed a bus length of 10m50.

If the bus length exceeds 10m50, the program is adapted.



Personal hiking gear

Backpack 30 liters

A good pair of hiking shoes, mid or high cut preferably

A layer against rain and wind and an extra base layer in the backpack

A mid or heavy weight fleece or pile jacket

Sun protection (cap, sunglasses, sunscreen, lip balm)

Knife, water bottle (1.5 liters minimum) and extra-food (high energy snacks)

Personal medications

For the lunches: a plastic container, plate, fork, spoon and cup

Swimwear and bath towel, camera, umbrella

Relaxed clothing for the evenings



Prices and conditions

Trips are confirmed when there are 6 or more participants, 60 is the maximum.

From 6 persons 809€

From 10 persons 690 €

From 15 persons 629 €

1 person free participant per 30 persons

1 person at half price for 16 participants



Guiding

Trip is organized and fully guided by a certified Accompagnateur en Montagne who guarantees the security and the wellness of the participants.

Patented guide specialist of the area

A guide passionate with nature and human heritage of the Alps-Maritims

Please note: hikes may be re-ordered by the guide depending on weather conditions, crowd or public transportation.



What's included in the price

- Trip organization and all reservations
- Pick up at the Menton train station
- Wine tasting during the welcome drink
- Bus public transfers for hikes
- Guiding by a patented guide (15 persons per group max.)
- 4 days and 2 half-days of hiking
- Half pension with accommodation in double bed rooms: 2 stars hotel in Menton
- Lunches are prepared with local food from Day 2 to Day 6
- Dinners are taken at the restaurant from Day 1 to Day 6
- Security gear is provided
- Civil responsibility insurances are provided

What the price does not include

Transportation to the meeting point
Lunches for Day 1 and 7
Personal drinks and food
Extra drinks and food ordered at bars and restaurants
Extra for single rooms
Personal expenses and tips
Tickets to monuments, touristic sites and villas (all of them are optional)
Insurances for individual responsibility
Cancellation insurance
Everything that is not indicated in the section "What's included in the price"

Optionally:

Secured car park 15€ per day (a free car park is possible)

Cancellation/repatriation insurance

Our insurance covers the organization and guiding of our hikes and cultural visits. We kindly ask our customers to be well insured with an individual civil liability insurance. Our agency proposes an insurance for emergency medical evacuation, repatriation and cancellation for both groups and individuals. Ask for a quote of our "Bronze" and "Gold" insurances.



CONTACT

ASK FOR PIERRE

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OPERATEUR DE VOYAGES

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Garantie Financière : 10 000 €

RCP : MUTUELLES DU MANS n° 107 282 450

RESERVATIONS

Deposit of 30 % at booking.
Balance 21 before departure.
We also propose tailor made trips!