

# ISLANDS AND CAPES OF THE FRENCH RIVIERA

Formula travel on foot



**8 days and 7 nights on the beaches of the French Riviera**



**Belambra Center at 200 m from the beach**

**The Belambra Center surrounded by splendid creeks with turquoise water**  
**Unique panoramic views**  
**Hiking and swimming**  
**2 boat trips**  
**The most beautiful natural sites**  
**Atmosphere of the Presqu'île de Giens**  
**Diversity of flora**

**Gourmet restaurant every night**

**Cap Sicié**  
**Coastal trails**  
**Porquerolles Island**  
**Port Cros Island**  
**Cap Lardier**  
**Cap Taillat**  
**Cap Roux**



**SPECIALIZED AGENCY IN TRAVEL ON FOOT**

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# ISLANDS AND CAPES OF THE FRENCH RIVIERA



The geology, landscapes and flora are very diversified in the Riviera between Cannes. The contrast is huge between the red cliffs, the blue water and the mediterranean vegetation that brings colors and scents ... But it is also the sandy beaches and creeks along the coast and of course, the many islands and capes.

Program : **Hiking**

## Day 1: Welcome in the afternoon

Transfer from Nice airport to your accommodation and check-in. The beach is 50 meters from your room, in the middle of the Pinede and its sandy beaches.

## Day 2: Welcome to the Giens Peninsula

After a rich and varied buffet breakfast, we walk on the coastal path of the peninsula with the view towards the «iles d'Hyères » : Porquerolles, Port-Cros and Levant. The coast is very rocky but some creeks and sandy beaches are perfect for a short break or picnic.

(Altitude difference: 200 m - Walking time: 5h00) (No transfer)

## Day 3: Peninsula and Cap Sicié

It is the highest cliff of the Var, 331m high, which from the chapel ND du Mai, will allow us to enjoy a panorama of the iles d'Hyeres, Giens, the string of islands that Cassis to Marseille, Cape Canaille and Sainte Baume.

At our feet: The port of Toulon and many secret beaches ...

(Elevation: 450 m - Walking time: 4h30) (Bus transfer 45 minutes)

## Day 4: Porquerolles and the tip of Langoustier

After a short walk we reach our little boat for a 25-minute boat trip to the island of Porquerolles, part of the National Park. Our hike will take us to the Silver beach and to the Langoustier, we will tell you the history as well as the stories, and the splendours of the flora.

(Elevation: 200 m - Walking time: 4h30)(No transfer)

## Day 5: Port Cros Island

Port-Cros is the heart of the first maritime national park in France, at 45 minutes of boat. The island proposes a large variety of trails and many fortresses. We discover the fauna and the endemic flora of this little island, preserved by artists and writers decades ago.

(Elevation: 300 m - Walking time: 5h30) (Bus transfer 15 minutes)

## Day 6: Cap Lardier and Cap Taillat

From the sandy beach of Figaro, we walk along the sea and then we reach the Cape Lardier with a panoramic view on this wild and preserved coast a few kilometers away from Saint Tropez. A few more kilometers and we reach another peninsula, Cape Taillat.

(Elevation: 350 m - Walking time: 5h30) (Bus transfer 25 minutes)

## Day 7: Esterel and Cap Roux

Complete change of scene in the Esterel ! We will walk on the footath of Gaspard the "smuggler". Around us the rock is red, it comes from some very old volcanoes, 250 million years ago. In option we can visit the grotta of Saint Honorat, between history and legend...

(Elevation: 500 m - Walking time: 5 hours) (Bus transfer 60 minutes)

## Day 8: it's only a « au-revoir »

Breakfast at the hotel and last swim at the beach of the hotel, or shopping in Hyères.

Departure from the hotel at 10:00 am and end of stay. Option : mini-cruise around the islands.

French Riviera  
Side Islands

Group Rate

820€

8 days / 7 nights  
Belambra Center

Spring and Autumn

4 to 6 hours / day  
of walking.  
Swimming and visit  
Easy level

Free time and  
shopping in the heart  
of the city

Hiking from  
200 to 500 m of  
elevation  
5 to 15 km  
distance

# Destination

Discover the coast differently ... In spring and autumn, the French Riviera is calm, even more when you walk a few kilometers. In Autumn, the temperature of the sea has not yet decreased, and it is usually a very sunny period. You will enjoy watching the many sea birds playing with the waves in the peacefulness of a National Park...



## Accommodation and catering

### Belambra Center Club "Les Criques"

A haven of peace surrounded by splendid creeks with turquoise water, the site offers designer accommodation in small colorful buildings scattered in an exceptional natural park, around a restaurant and lounge bar whose terraces offer a panoramic view of the sea. the island of Porquerolles ..

### Equipment

Nautical base \* (open from April to mid-September)  
5 tennis courts  
1 multisport pitch  
1 volleyball court  
1 petanque court  
Playground Léoland  
Ping pong tables  
Bike rental at the Club  
Mini golf



## You will like

*The best accommodation to enjoy hikes, swim and nature*

*Coastal and scenic hikes and swimming every day*

*Boat trips (maybe dolphins?)*

*The mild climate of spring and autumn*

*Wild beaches and creeks*

*Mediterranean flora and birdlife*

*The Port-Cros National Park, the Esterel Regional Nature Park and the biological reserves*

*The Belambra Center club ' Les Criques ' in front of the sea*



## Modes of transport on site

*We can organize your flight and your transfer to the meeting point.*

*Transfer to the start of the hikes is done by bus.*

*2 boat trips to relax and enjoy the views on the islands and the coast*



## Price conditions

*Trips are confirmed when there are 6 or more participants, 40 is the maximum.*

*From 6 persons 990 €*

*From 10 persons 880 €*

*From 15 persons 820 €*

*1 free person per 30 participants*

*1 person at half price for 16 participants*





*Backpack 30 liters*  
*Pair of hiking shoes*  
*Mountain trousers, fleece sweater or fur*  
*Windbreaker or rain jacket*  
*T-shirt or spare knit*  
*Cap, sunglasses, sunscreen*  
*Water bottle (1.5 liter minimum)*  
*Personal snacks: dried fruits and chocolate bars*  
*Personal medicines*  
*For picnics: Hermetic box, Plates, knife and fork*  
*Towel and swimsuit, camera*  
*Casual outfits for the evening*

## Guiding

This trip has been designed and organized by a mountain guide, guaranteeing the smooth running of your hiking trip

- *State Diploma (Accompagnateur Moyenne Montagne)*
- *Specialist about the area*
- *Passionate about the human and natural heritage of the PACA region*

*Attention: The order of the 6 days of hikes can be modified by the guide according to the frequentation, the possible modifications of railway schedules or the weather*



### The price includes

- | *The organization of the stay, the reservations on sites*
- | *guiding by a state-licensed guide*
- | *Bus transfer for round trip*
- | *6 days of hiking and 1 half day of hiking*
- | *Half-board accommodation in double room: Belambra Center 'Les Criques'*
- | *The daily entertainment offered at the place of stay: (examples for information: dance evenings, tournaments, cinema, karaoke).*
- | *Free access to all club equipment.*
- | *Lunches : picnics*
- | *Evening meals at the restaurant from the Belambra Center 'Les Criques' from D1 to D6*
- | *2 boat trips*
- | *Security gear*
- | *Liability insurance*

### The Price does not include

- | *Lunch of D1 and D8*
- | *Drinks and personal snacks*
- | *Personal drinks at bars and restaurants*
- | *Extra costs for single room*
- | *Personal expenses*
- | *Entry into monuments, tourist sites, villas (optional).*
- | *Individual liability insurance*
- | *Cancellation insurance*
- | *What is not stated in the "Rate includes"*

### Cancellation and repatriation insurance



*Our insurance covers the organization and supervision of our hikes and cultural visits.*

*We ask our customers to be well insured in individual liability.*

*You can contract with our services insurance assistance-repatriation and cancellation in group or individual form.*

*Ask for our "Bronze" and "Gold" formulas On request.*

## RENSEIGNEMENTS

ASK Pierre

[www.orgaya.com](http://www.orgaya.com)

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06 62 43 87 03



OPERATEUR DE VOYAGES

IM006130019 - Atout France

Garantie Financière : 10 000 €

RCP : MUTUELLES DU MANS n° 107 282 450

## RESERVATIONS

30% deposit on booking

Balance: 21 days before departure.

Your stay also customized!