

THE FRENCH RIVIERA - SEA AND MOUNTAINS

Hiking – Ecofriendly trip !



7 days and 6 nights in the cradle of the Alps



*Summits in the sky
Beach at 200m from the hotel
Unique panoramic views!
From snow to the deep blue water
Menton, the cradle of the Alps
Contrasts of the landscapes
Alps and sea
Hundreds of flowers*

*2** or 3*** hotel in Menton close to the beach*

Lovely food all evenings

*Sainte-Agnès village
Millenary olive trees
Roquebrune Cap Martin village
Gorbio and Castellar villages
The capital city for lemons
The summits of the cradle of the Alps
Perched at 1400 m above the sea
Views of Corsica and the Alps*



TRAVEL AGENCY - HIKING SPECIALIST

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RIVIERA – SEA AND MOUNTAINS

HIKING



Menton area, between Monaco and Italy, is surrounded by imposing summits exceeding 1300m of altitude. This is the place where the Alps plunge into the Mediterranean sea. On the trails along the coast or on the balconies linking the perched villages, you will enjoy the contrast between the limestone cliffs and the deep blue water while inhaling bewitching scents of the local plants...

Program: **Hiking**

Day 1: Welcome drink in Menton

We welcome you in the early afternoon at the hotel, close to the train station and the beach. Let's go for a first little walk "City trek of Menton" and have a welcome drink in the evening with a sea view! Night in a 2 star hotel in Menton.

Day 2: Panorama of the Mediterranean sea

The botanic garden of the summits offer a 360° aerial panorama of the sea, and in certain conditions, of Corsica. Here again, the place is full of stories and history... Restaurant with a sea view and night in a 2 star hotel in Menton. Choose from :

- ✓ Discovery (elevation gain 400m; walking duration 3.5 hours)
- ✓ Sport (elevation gain 700m; walking duration 5 hours)

Day 3: On the border !

From the village of Castellar, an ancient Roman place, ascent between limestone cliffs and abandoned terraces until the crest between France and Italy is finally reached. Restaurant with a sea view and night in a 2 star hotel in Menton.

- ✓ Discovery (elevation gain 400m; walking duration 4 hours)
- ✓ Sport (elevation gain 700m; walking duration 5 hours)

Day 4: A belvedere on the sea

The village of Sainte-Agnès, nestled in its rocky cliff, is the perfect starting point to reach the summits around. They are the first mountains of the Alps, turn around and you see the Maures and Esterel on one side, Monte Rosa on another one and maybe Corsica. Restaurant with a sea view and night in a mountain hotel in Sainte-Agnès. Luggage transfer.

- ✓ Discovery (450 m – 4 hours)
- ✓ Sport (750 m – 5 hours)

Day 5: Balconies of the « Mentonnais »

The village of Sainte Agnès will be the start of a historic journey through the perched villages of Gorbio and Roquebrune Cap Martin. We will reach the palaces and castles of the Middle Ages which are the first buildings of these medieval villages with magnificent views of the sea. We will then reach the beaches of Menton. Restaurant by the sea and night in a 2 star hotel in Menton.

- ✓ Discovery (550 m – 4 hours)
- ✓ Sport (750m – 5 hours)

Day 6: From the Alps to the sea

Castillon opens the doors of the Menton back country and the summits exceeding 1 300 m of altitude (just 10 km from the coast!). From these peaks, you enjoy the views of Corsica and the Ligurian Riviera. Restaurant by the sea and night in a 2 star hotel in Menton.

- ✓ Discovery (550m – 4 hours)
- ✓ Sport (750m – 5 hours)

Day 7: « It's only a see you soon... »

Breakfast at the hotel and a last walk in the old streets of Menton for a bit of shopping. Departure from the hotel at 10am and end of the trip.

Panoramic views of the Riviera

From 695 €
6 persons minimum

7 days / 6 nights
2 or 3 star hotel

From September
to June

4 to 6 hours per day
of hiking and cultural
visits.
For all levels

Free time and
shopping in the
heart of Menton

Each day
Elevation gain :
300 to 800 m
distance : 5 to 15 km
Duration : 3 to 6 hours

Destination

Discover the hidden gems of the Riviera ... between the Principality of Monaco and Italy there is a piece of land called the cradle of the Alps. These mountains literally fall into the sea. At their feet, you will find the best climate in France and a huge contrast between the alpine plants and the citruses.

A few suggestions:

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



Accommodation and meals

A well-equipped and comfortable 2-star hotel in the center of Menton, located 200m from the beach and the casino, 100m from the « Biovès » botanic gardens full of all kinds of citruses, 500 m from the old town and 150m from the train station. The rooms combine the classical atmosphere with the modern comfort such as air conditioning, soundproofing, direct phone line and cable tv. All rooms on the floors benefit from a balcony or terrace.

Possibility to choose a 3** hotel (see supplement in Prices and Conditions)
Lunch boxes are prepared with fresh local food.

The restaurants that have been selected for dinners offer a nice sea view and lovely food.



The highlights of the stay

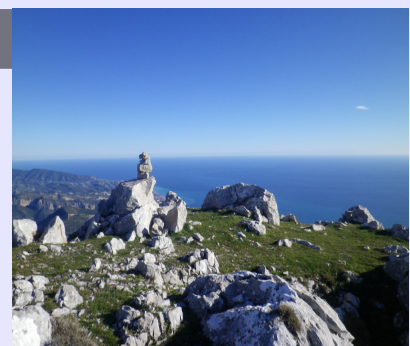
The selected accommodation with all the comfort. Hikes with panoramic views between sea and mountains. Alpine hikes on the coast.

The best climate in France at the foot of the limestone cliffs surrounding the Mediterranean sea.

The fortified city of Menton and its perched villages.

Flowers from the coast and from the mountains in one trip.

The huge contrasts between the Alps and the mildness of the coast.



Transportation between hikes

For this trip, we share the personal cars and the costs.

For some hikes we will use public transportation (not included in the price and for maximum 15 participants). For groups of more than 15 persons, private transfer with a supplement of 60€ per person.

*!! For large groups the bus length should never exceed 10m50 !!
For longer buses, the program will be adapted accordingly.*



Prices and conditions

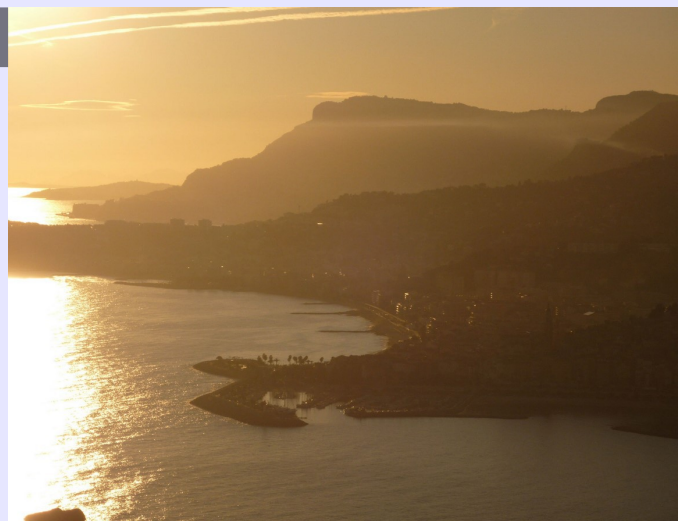
Minimum 6 participants, maximum 40.

Prices per person :

<i>From 6 persons :</i>	<i>915€</i>
<i>From 8 persons :</i>	<i>840€</i>
<i>From 10 persons :</i>	<i>790€</i>
<i>From 12 persons :</i>	<i>750€</i>
<i>From 15 persons :</i>	<i>695€</i>

*Option 3*** hotel : according to the season, supplement of 50-250€ per person. Quote on request.*

Option: secured car park 15 € per day (not included in the price)



Personal hiking gear



*Backpack 30 liters
1 pair of hiking shoes
Mountain pants , Pile jacket
Rain and wind shell
Extra base layer
Cap, sunglasses, sunscreen
Knife, water bottle (1.5 liters minimum)
Extra-food (high energy snacks)
Personal medications
For lunch : plastic container, plate, fork, spoon and cup
Towel and swimming suit , camera
Umbrella... sometimes it rains
Relaxed clothing for the evenings*

Guiding

The trip is organized and fully guided by a certified Mountain guide (Accompagnateur en Montagne) who guarantees the security and the wellness of the participants.

Certified guide - specialist of the area and with a great passion for nature and human heritage of the Alps-Maritims

Please note: hikes may be re-arranged by the guide depending on weather conditions, number of visitors or public transportation.



What the price includes

- Pickup at the Menton train station
- Trip organization and all reservations
- Wine tasting during the welcome drink
- Guiding by a certified guide (max 15 persons per group)
- 4 days and 2 half days of hiking
- Half-board accommodation in double room: two star hotel in Menton and 1 night in mountain hotel (Sainte-Agnès village)
- 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
- Professional civil liability insurances are provided
- Option 3*** hotel : according to the season, supplement of 50-250€ per person. Quote on request.

What the price does not include

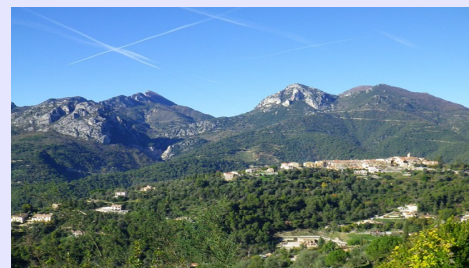
- Transportation to the hotel
- Lunches for Day 1 and 7
- Personal drinks and food
- Extra drinks and food ordered at bars and restaurants
- Supplement for single rooms
- Personal expenses and tips
- Tickets to monuments, touristic sites and villas (all of them are optional)
- Parking fees for personal vehicles
- Individual liability insurance
- Cancellation insurance
- Everything that is not indicated in the section "What the price includes"

Option :

- 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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RESERVATIONS

Deposit of 30 % when booking.
Balance 21 days before departure.

We also propose tailor made trips!