

ISLANDS AND CAPES OF THE FRENCH RIVIERA

Hiking trip



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



Belambra Center 200m 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 the flora*

Dinner at a restaurant every night

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




Randonnée et Balade Nature

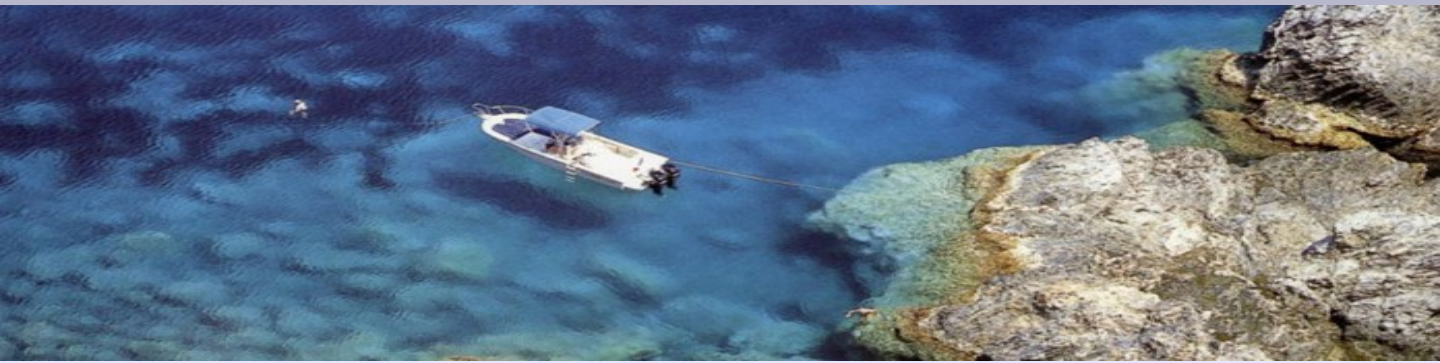
AGENCY SPECIALISED IN HIKING TRIPS

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ISLANDS AND CAPES OF THE FRENCH RIVIERA



The geology, landscapes and flora are very diversified in the Riviera around 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 breakfast buffet, 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.

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

Day 3: Peninsula and Cap Sicié

It is the highest cliff of the Var, 331m high, and from the chapel ND du Mai, we will be able to enjoy a panorama of the iles d'Hyeres, Giens, the string of islands from 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 embark on a small boat for a 25-minute 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 about its 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, 45 minutes away by boat. The island offers a large variety of trails and many fortresses. We discover the fauna and the endemic flora of this small 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 Gigaro, we walk along the sea and 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 50 minutes)

Day 7: Esterel and Cap Roux

Complete change of scenery in the Esterel ! We will walk on the path of Gaspard the "smuggler". Around us the rock is red, due to some very old volcanoes, 250 million years ago. 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 an « au-revoir »

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

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

French Riviera
Islands

Group Rate

1190 €

8 days / 7 nights
Belambra Center

Spring & Autumn

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

Free time &
shopping in the
heart of the city

Hiking,
elevation gain:
200 to 500m
Distance:
5-15 km

Destination

Discover the coast in a different way... In spring and autumn, the French Riviera is calm, even more so when you walk a few kilometers. In the 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 meals

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, with a restaurant and lounge bar with terraces offering a panoramic view of the sea and 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 enjoy :

The best accommodation to enjoy hikes, swim and nature

Coastal and scenic hikes and swimming every day

Boat trips (maybe you will see dolphins?)

The mild climate in 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



Transport on site

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

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.



Prices and Conditions

Trips are confirmed with a minimum of 6 participants, 40 is the maximum.

Prices per person :

From 6 persons	1415 €
From 8 persons	1305 €
From 10 persons	1255€
From 12 persons	1200€
From 15 persons	1190 €

1 person for free per 30 paying participants

1 person at half price for 16 paying participants



The hiking equipment



- 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 medication*
- For picnics: Hermetic box, plate, knife, fork and cup*
- Towel and swimsuit, camera*
- Casual outfits for the evenings*

Guiding

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

- *State Diploma (Accompagnateur Moyenne Montagne)*
 - *Specialist of the area*
 - *Passionate about the human and natural heritage of the PACA region*
- Please note that the order of the 6 days of hiking can be modified by the guide according to the amount of visitors, transportation conditions or weather conditions.



The price includes

- | *The organization of the stay, the reservations on site*
- | *Guiding by a state-licensed guide*
- | *Bus transfer to and from Nice airport*
- | *6 full days and 1 half day of hiking*
- | *Half-board accommodation in double room: Belambra Center 'Les Criques'*
- | *The daily entertainment offered at the hotel: (examples for information: dance evenings, tournaments, cinema, karaoke).*
- | *Free access to all club equipment.*
- | *Lunches : picnics from D2 to D7*
- | *Evening meals at the restaurant from the Belambra Center 'Les Criques' from D1 to D7*
- | *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*
- | *Supplement for single room*
- | *Personal expenses*
- | *Entrance fees to monuments, tourist sites, villas (all optional).*
- | *Individual liability insurance*
- | *Cancellation insurance*
- | *Anything not mentioned in "The price includes"*

Cancellation and repatriation insurance

Our insurance covers the organization and supervision of our hikes and cultural visits. We kindly ask our customers to be well insured in individual liability. We can offer insurance for assistance-repatriation and cancellation both for groups and individuals. Ask for our "Bronze" and "Gold" insurance options, on request.



INFORMATION

Ask for Pierre

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Garantie Financière : 100 000 € GROUPAMA
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BOOKINGS

30% deposit when booking
Balance: 21 days before departure

We also offer tailor-made trips!