



# ISLANDS AND CAPES OF THE FRENCH RIVIERA

**8 days - 7 nights**

Hiking trip

- ✓ Hotel surrounded by a splendid park
- ✓ 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

*The geology, landscapes and flora are very diversified in the Riviera between Cannes and Marseille. 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 OF THE 8 DAYS



1

## WELCOME IN THE AFTERNOON

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

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)

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)

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)



## PROGRAM

### 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)

### 6 CAP LARDIER AND CAP TAILLAT

From the sandy beach of Gigaro, we walk along the sea and reach the Cap 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, Cap Taillat.

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

### 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 grotto of Saint Honorat, between history and legend...

- Elevation: 500 m - Walking time: 5 hours (Bus transfer 1 hour)

### 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.



## MAP



Important : hikes may be rearranged by the guide depending on weather conditions, number of visitors or public transportation.

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## PRACTICAL INFO

### Level of the hikes



Hiking, elevation gain : 200 to 500m / Distance : 5-15 km / 4 to 6 hours per day of walking.

### Climate

Hikes feasible from September to June. Temperatures vary from 30° to 10° during the day.

### Meeting point

At your hotel, close to the beach and the port of Lavandou.

### Access

From Marseille : Motorway A50 towards Toulon, then follow N98 to Lavandou.

From Nice : Motorway A8 towards Toulon, then follow N98 to Lavandou.

From Lyon : Motorway A7 towards Marseille, then follow the signs for Toulon and the N98 to Lavandou.

### Formalities

Do not forget to bring your valid passport or National Identity Card, as well as your European Health Insurance Card.

### End of the stay

The end of the trip is on day 8 at 10 a.m.

### Accommodation and meals

Comfortable hotel with bright and well equipped rooms, with individual bathrooms. Comfortable bedding and friendly staff. Varied breakfast buffet.

### Transport on site

We can organize your flight on request.

Transfers to the start of the hikes are done by bus.

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





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## ***EQUIPMENT***



### The essentials

- 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

### We advise you to bring

- Casual outfits for cultural visits
- Towel and swimsuit
- Your camera
- An umbrella... sometimes it rains

### Groups

Our groups are made up of 6 to 15 people by mountain guide.

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## **PRICES**

to be found on [www.orgaya.com](http://www.orgaya.com)

### **8 days - 7 nights**

Hiking stay



#### **INCLUDES**

- The organisation of the stay and 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 a shared double room
- Lunches : picnics from D2 to D7
- Evening meals at the hotel restaurant from D1 to D7
- 2 boat trips
- Security gear
- Liability insurance

#### **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 mentionned in "The price includes"

## OUR CHARTS



### Quality chart : ORGAYA

We help you to discover our sporting activities, accompanied and coached by professionals with state diplomas, with extensive knowledge of geography, prehistory, ecology and coaching. Our approach is fun and relaxed, we are not looking for performance. We are here to help you discover nature and share our knowledge and passion acquired during 30 years in the field of hiking. We are at your disposal to adapt our services to your physical condition, your financial possibilities and your interests. Our groups consist of 6 to 15 persons per guide.

Our hikes and walks are classified in 6 categories according to the features :

- Nature
- Culture
- Discovery
- Family
- Technical
- Sporty

### Difficulty chart

●●●●● Easy, from 6 years old. Elevation : 100 to 250 m ; Walking time < 3h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; All types of sport shoes. Easy trails and regular ascents of 15 minutes.

●●●●● Moderate, from 9 years old. Elevation : 250 to 500 m ; Walking time < 4h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; Hiking shoes recommended. Marked trails and regular ascents of 30 minutes.

●●●●● Moderately sporty, from 12 years old. Elevation : 500 to 750 m ; Walking time < 5h00 ; Altitude < 3000 m ; Backpack weight < 5 Kg (backpack of max 30 liters) ; Hiking shoes mandatory.. Mountain trails that are marked or not and regular ascents of 30 minutes to 1h00.

●●●●● Sporty. Elevation : 750 to 1000 m ; Walking time < 6h00 ; Altitude > 3000 m ; Backpack weight : > 8 Kg (backpack of max 50 liters) ; Hiking shoes mandatory. Passages off trail, scree and regular ascents of more than 1 hour.

●●●●● Difficult. Elevation > 1000 m ; Walking time > 6h00 ; Altitude > 3000 m ; Backpack weight : > 10 Kg (backpack of 60 liters and more); Hiking shoes mandatory. All types of ground, regular ascents of 2 hours or more.



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## LEGAL INFORMATION

### Insurance

Our insurance covers the organisation and the guiding of our hikes and cultural visits. We kindly ask our clients to have an individual liability insurance. You can subscribe through our services to an insurance for assistance-repatriation and cancellation as a group (min 10 persons) or individual. The insurance Loisirs Confort covers damages suffered by the insured before and during the stay as well as the costs remaining at his expense. The insurance can include personal assistance, guarantees in case of cancellation of the trip, guarantee for luggage, guarantee fees for interrupting the stay as well as a compensation in case of a physical accident according to the conditions of the contract you subscribed to.

You can find the general sales conditions on [www.orgaya.com](http://www.orgaya.com)

### Registration

For organisational reasons and availability in the hotels, we kindly ask you to enrol at least 3 months before the departure date.

### Tailormade trips

On request we can create a tailormade trip by modifying the length of the stay, the level of the hikes and the quality of the accommodation.

### Payment & reservations

[www.orgaya.com](http://www.orgaya.com) / [sas.orgaya@gmail.com](mailto:sas.orgaya@gmail.com)

Deposit of 35 % when booking

Balance : 21 days before the departure date

Payment methods available : Credit card, bank transfer

### Legal details

ORGAYA- OPERATEUR DE VOYAGES

Immatriculation Opérateurs de Voyages

IM006130019 - Atout France

Garantie Financière : 100 000 € GROUPAMA

RCP : HISCOX, 38 Avenue de l'Opéra, 75002 Paris

Thanks from Orgaya !