THE FRENCH RIVIERA - SEA & MOUNTAINS







7 days - 6 nights

Hiking trips

- ✓ Contrasts of the landscapes
- ✓ Millenary olive trees
- ✓ Perched 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

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

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ORGAYA Voyages à pied

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PROGRAM OF THE 7 DAYS



1 WELCOME DRINK IN MENTON

We welcome you at Nice airport, transfer by minibus or bus to Menton and check-in at your hotel. Let's go for a first walk "City trek of Menton" and have a welcome drink in the evening !

- Night in a 3-star hotel in Menton.

2 PANORAMA OF THE MEDITERRANEAN SEA

The botanical garden of the summits offer a 360° aerial panorama of the sea, and in certain conditions, of Corsica. The place is full of stories and history... Restaurant in town and night in a 3-star hotel in Menton.

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

3 ON THE BORDER !

From the village of Castellar, an ancient Roman place, ascent between limestone cliffs and abandonned terraces until the crest between France and Italy is finally reached. Restaurant in town and night in a 3-star hotel in Menton.

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

PROGRAM



4 A BELVEDERE ON THE SEA

The village of Sainte-Agnès, nested 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)

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 in town and night in a 3-star hotel in Menton.

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

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 in town and night in a 3-star hotel in Menton.

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

7 « IT'S ONLY AN AU REVOIR... »

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 at Nice airport.

MAP





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



PRACTICAL INFO

Level of the hikes

Elevation gain : 300 to 800 m; distance : 5 to 15 km;
Duration : 3 to 6 hours.

Climate

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

Meeting point

Nice airport

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 trip ends on day 7 at Nice airport.

Accommodation and meals

3 star hotel in the center of Menton, very comfortable, located close to the beach and the historical centre with its pedestrian street. Bright and modern rooms with WiFi, TV and comfortable beds. Close to the hotel you can find many restaurants and shops, as well as the train station. Breakfast buffet.

Mountain hotel in Sainte-Agnès village, with comfortable rooms and a restaurant with typical regional food.

Lunch boxes are made locally with fresh food. The restaurants that have been selected for the dinners offer nice views and excellent food.

Transportation

For this trip, transportation is done by minibus.



EQUIPMENT

The essentials

- 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

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.



PRICES

to be found on **www.orgaya.com**

7 days - 6 nights

Hiking trip

INCLUDES

- Private bus transfer to and from Nice airport and during the stay
- Trip organization and all reservations
- A 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: 3-star hotel in Menton and 1 night in a mountain hotel (Sainte-Agnès village)
- Lunches are prepared with local food from Day 2 to Day 6
- Dinners at restaurants from Day 1 to Day 6
- Security gear
- Professional civil liability insurances

DOES NOT INCLUDE

- 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)
- Individual liability insurance
- Cancellation insurance
- Everything that is not indicated in the section "What the price includes"

OUR CHARTS



Quality chart : ORGAYA

We help you to discover our sporting activities, accompanied an 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 < à 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.. Mountaintrails 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, screes 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.

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, garantuees 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**

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 lenght of the stay, the level of the hikes and the quality of the accommodation.

Payment & reservations

www.orgaya.com / 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 !