

FROM CALANQUES TO THE SAINTE VICTOIRE

7 days - 6 nights

Hiking trip

- ✓ The old town and the port of Cassis
- ✓ The hikes with view of the Mediterranean Sea
- ✓ The unique charm of the cliffs of the creeks
- ✓ The Cape Canailles and the cliffs of Soubeyrannes
- ✓ 3-star hotel with a good comfort

The Provence, all around Marseille, holds an uncommon natural mountain range. Mentionning the calanques makes you think of the incomparable limestone's whiteness reflected in the Mediterranean blue. « La Sainte Victoire ou la Sainte Baume » are legendary mountain ranges where a lot of artists lived, fascinated by the beauty of the scenery.

Let's discover Port-Miou, Port Pin, En Vau, Sugiton, Sormiou, Morgiou, Devenson and Figuerolles.

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ORGAYA
Voyages à pied

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PROGRAM OF THE 7 DAYS



1 WELCOME TO PROVENCE

We pick you up at Marseille airport and bring you to your hotel.
After a briefing of the trip, according to the location of your hotel, we will either visit La Ciotat, the city of les frères Lumière, (the inventors of the cinema) or Aubagne, the city of Marcel Pagnol.

- Duration 2 hours

2 FROM CASSIS TO CALANQUE D'EN-VAU

From Cassis, we will go to the Eastern entrance of the brand new national park of the Calanques. From there, we will discover several wonderful calanques : Port Miou, Port Pin and En-Vau. These three beautiful narrow and deep calanques are the easiest to access, you will need 4 hours to explore them.

- Walking duration: 4 hours

3 AT THE HEART OF THE CALANQUES 'SORMIOU, MORGIOU AND SUGITON'

After breakfast, we will go to Luminy, using the Gineste pass thanks to a private transfer. The hikepath starts at the university campus and brings us to the Morgiou and Sormiou calanques and ends at the most intimate one: Sugiton.

- Walking duration: 5 hours

4 BOAT TRIP: LA CIOTAT - CASSIS AND CAP CANAILLE

After breakfast, we will enjoy a 2-hour boat trip to admire all of the calanques from La Ciotat up to Morgiou. Back in La Ciotat, we will leave for a hike around the heights of Cap Canaille, one of the highest sea cliffs in Europe, offering panoramic views of the area.

PROGRAM



5 « THE SAINTE BAUME »

After breakfast, we head to Plan d'Aups. The hike is a 6-hour loop that will allow us to discover the beautiful Sainte Baume massif in the steps of Doctor Joseph Pourcel. This passionate man spent more than 50 years to draw and paint the flora of this place.

- Walking duration: 5-6 hours

6 « LE SENTIER DES 13 CONTOURS »

This day will be dedicated to a 4-5 hour hike to discover the coastline and calanques massif. We will walk up and around the summit of the Calanques, Mount Puget (565m high) where we will have a unique panorama of all the massif and Marseille city. Around us, time and erosion have sculpted strange shapes in the limestone.

7 « LA SAINTE VICTOIRE »

Depending on your departure flight, we may have the time to discover Saint Antonin-sur-Bayon at the foot of the mountain Sainte Victoire. The hike will take us up to the Croix de Provence where a 360° view on the Provence of Pagnol and Giono awaits us.

- Drop off at Marseille 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

Moderate sporty, 12 years old minimum. Elevation gain: from 350 to 650 m ; Effective walking time < 5 hours ; Altitude < 2000 m ; Backpack < 5 Kg (30 liters max) ; Hiking shoes are mandatory. Mountain trails or off-tracks, steady ascents from 30 minutes.

Climate

Hike possible from September to June. Temperatures can vary from 10 to 30 degrees during the day.

Meeting point

Marseille airport.

Transport on site

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

End of the stay

The stay ends on D7 at Marseille airport.

Our accommodation

3-star hotel in the vallée de l'Huveaune. The hotel is located between Aubagne, the city of Pagnol, and Gémenos with its picturesque streets, shops and terraces. Comfortable rooms with shower, toilet, LCD tnt TV, telephone, wifi access.

Breakfast buffet and a restaurant serving typical meals from Provence. All the comfort you need for a nice stay.

Our lunches

All the lunches are prepared by the hotel or the guide with local products and adapted to the hikes.



EQUIPMENT

The essentials

- Backpack of 30 liters
- Pair of hiking shoes
- Mountain pants
- Pile jacket
- Rain cover and wind shell
- Extra base layer
- Warm socks
- Cap, sunglasses, sunscreen
- Knife and water bottle (1,5 liter minimum)
- Extra food : high energy snacks
- Personal medication
- Picnic kit : glass, plate, fork, knife

We advise you to bring

- Casual clothes for the cultural visits
- Towel and swimsuit
- Camera

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

- Professional guide (French : Accompagnateur Moyenne Montagne) maximum 15 participants per guide
- 5 days of hikes and walks
- Bus transfers to the hikes and to and from Marseille airport
- Security gear
- Professional civil liability insurances
- Lunches from Day 2 to Day 6 with local fresh food
- Half-board in a 3-star hotel
- A 2-hours boat trip

DOES NOT INCLUDE

- Supplement for a single room
- Transportation to the meeting point*
- Personal snacks and drinks, wine at the restaurant
- Extra drinks at the bars
- Lunch Day 1 and Day 7
- Personal civil liability insurances
- Cancellation insurance
- Everything that is not indicated in the section «The price includes »

* We can organize your flights on request

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
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Thanks from Orgaya !