

ISLANDS AND CAPES OF THE FRENCH RIVERA

8 days - 7 nights

Hiking trip

- ✓ Comfortable hotel close to the sea
- ✓ Creeks with turquoise water
- ✓ Unique panoramic views
- ✓ Hiking and swimming every day
- ✓ 2 boat trips
- ✓ The most beautiful natural sites
- ✓ Atmosphere of the presqu'île de Giens

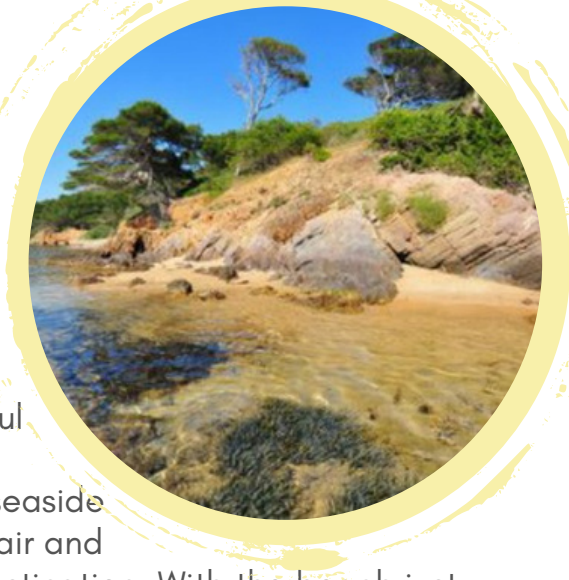
The geology, landscapes and flora are very diversified in the Riviera between Cannes and Marseille. The contrast is huge between the red cliffs, the blue water and the mediterranean vegetation that brings colors and scents ... But it is also the sandy beaches and creeks along the coast and of course, the many islands and capes.

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ORGAYA
Voyages à pied

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PROGRAM OF THE 8 DAYS



1 WELCOME IN THE AFTERNOON

Your Mediterranean adventure begins on the beautiful French Riviera! Upon arrival at Nice Airport, enjoy a scenic transfer along the coast to your comfortable seaside hotel near Hyères. Settle in, breathe in the fresh sea air and discover the peaceful atmosphere of your holiday destination. With the beach just a short stroll away, the Mediterranean is already inviting you to relax and unwind.

2 THE GIENS PENINSULA

Discover the wild beauty of the Giens Peninsula, one of the most enchanting coastal landscapes of the French Riviera. Follow picturesque trails overlooking crystal-clear waters, secluded coves and rocky headlands surrounded by fragrant Mediterranean vegetation. Enjoy a relaxing picnic by the sea, with time to appreciate the sunshine and stunning scenery. In the afternoon, explore the charming village of Giens and soak up its authentic Provençal atmosphere.

- Distance: 7 kms, Elevation: 200 m - No bus

3 CAP LARDIER

Escape into a world of untouched natural beauty along the spectacular coastal paths of Cap Lardier. Starting from the lovely Gigaro Beach, follow enchanting trails winding through pine forests and Mediterranean scrubland, with breathtaking views over the turquoise waters of the Bay of Cavalaire. Discover secluded coves, dramatic rocky shores and some of the most beautiful coastal scenery in southern France. A wonderful day where nature, sea and sunshine come together!

- Distance: 6-9 kms, Elevation: 230 m, Bus transfer 45 minutes

4 A DAY TO RELAX AND DISCOVER THE FRENCH RIVIERA

Today is yours to enjoy the Mediterranean lifestyle at your own pace! Take a leisurely stroll along the sandy beaches, relax under the warm sunshine or enjoy a refreshing swim in the crystal-clear sea. Alternatively, explore the charming historic town of Hyères, with its colourful streets, lively cafés and Provençal atmosphere. A perfect opportunity to slow down, savour the moment and experience la douceur de vivre of southern France. Free day: Relaxation, swimming or independent sightseeing.

- No bus transportation

PROGRAM



5 PORQUEROLLES AND THE SILVER BEACH

After a short cruise we will land on beautiful Porquerolles island, in the middle of the National Park. We will enjoy some very nice sandy beaches: Plage d'Argent, Plage de l'Aigade and if possible, the stunning bay of the black beach of Langoustier. The hikes are very varied in this area: wide tracks and small paths but there aren't any big ascents.

- Distance: 7-10 kms, Elevation: 100-200 m, No bus or a very short transfer

6 CASSIS AND THE CALANQUES

Prepare for one of the most spectacular days of your Mediterranean adventure! Discover Cassis, a picturesque fishing harbour famous for its colourful waterfront, charming cafés and breathtaking coastal surroundings.

Venture into the magnificent Calanques, where towering white limestone cliffs plunge into dazzling shades of turquoise and emerald blue. Follow beautiful trails through this extraordinary natural landscape to reach Port-Pin, a stunning hidden cove surrounded by pine trees and crystal-clear waters.

After your hike, enjoy the delightful atmosphere of Cassis, perhaps with a refreshing drink or delicious ice cream overlooking the harbour. An unforgettable combination of spectacular scenery and Mediterranean charm!

- Distance: 6 kms, Elevation: 120 m, Bus transfer 1 hour

7 PORT CROS ISLAND

Set sail for Port-Cros, one of the Mediterranean's most remarkable protected islands and a haven for wildlife and nature lovers.
Discover an extraordinary island where lush forests, secluded coves and rugged coastal landscapes have remained beautifully preserved. Walk along peaceful trails surrounded by Mediterranean vegetation, admire breathtaking sea views and discover the island's rich biodiversity.

- Distance: 6 kms, Elevation: 200 m, No bus

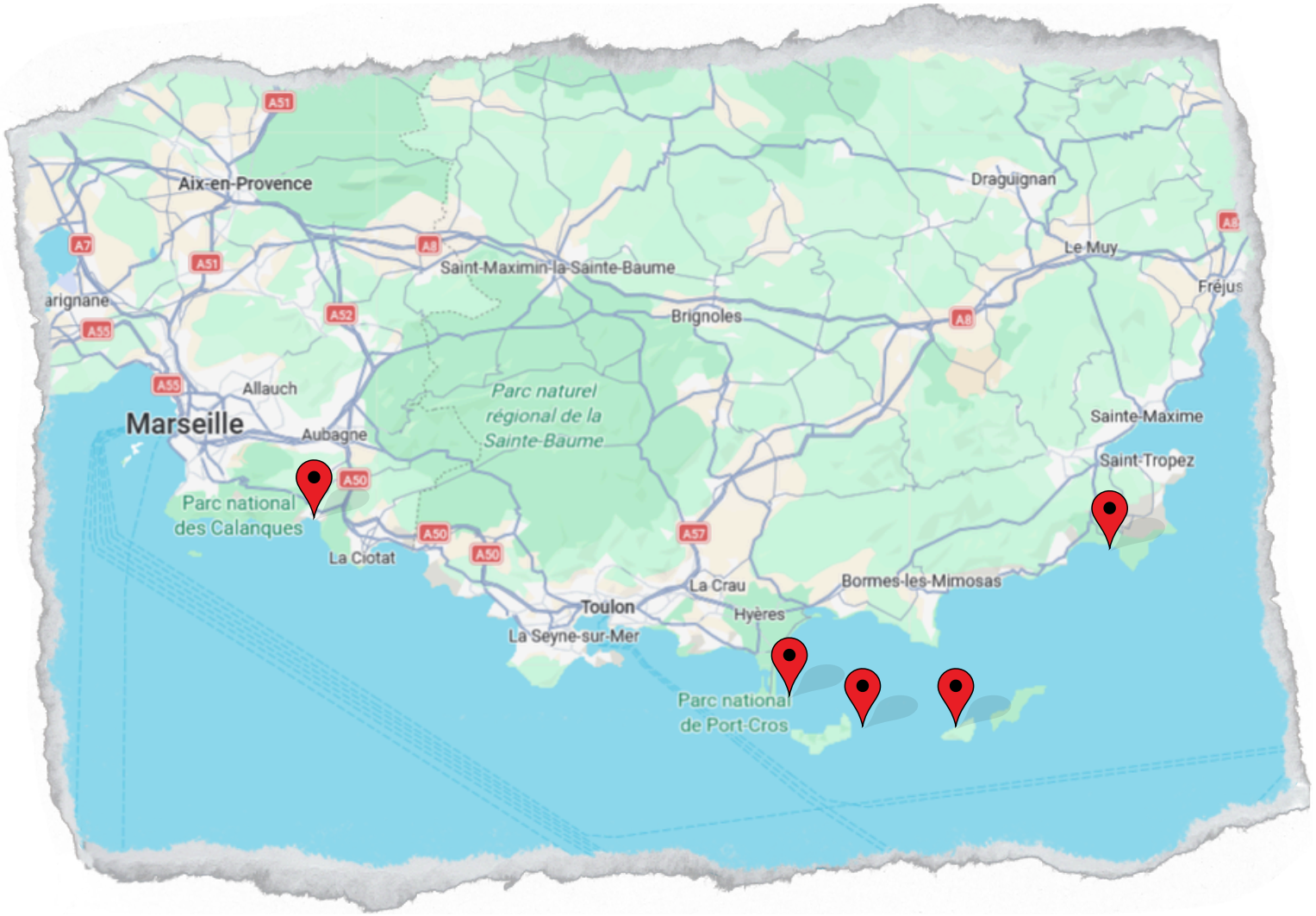
8 IT'S ONLY AN "AU-REVOIR"

Enjoy your final morning on the French Riviera. Depending on your departure schedule, take a last stroll along the beach, enjoy a refreshing swim or explore the shops and cafés of 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.

PRACTICAL INFO



Level of the hikes

Hiking, elevation gain : up to 250m / Distance : 5-10 km / 3 to 4 hours per day of walking.

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

We will leave you at the Nice airport, depending on your flight schedule.

Accommodation and meals

A comfortable seaside hotel in Hyères, set in a peaceful location near the Mediterranean. It offers welcoming rooms, a restaurant, a varied breakfast buffet, leisure facilities and easy access to the beaches and natural sites of the Giens Peninsula.

Transport on site

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.



EQUIPMENT

The essentials

- Backpack 20 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 consist of 6 to 15 people per guide.



PRICES

to be found on **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
- 5 full days 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 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 !