PERCHED VILLAGES OF THE RIVIERA







7 days - 6 nights
Hiking trip

- ✓ Hotel near the beach
- ✓ Famous capes and peninsulas
- ✓ The most pleasant climate in France
- ✓ The delightful atmosphere of Menton
- ✓ The Mediterranean flora
- ✓ The Alps and the sea

Between Nice and Menton at the Italian border, the final and southernmost Alps plunge dramatically into the sea. Imposing mountains and limestone cliffs surround the coast but delightful trails go from the summits to the deepblue water. On the coast or on the hilltops connecting the perched villages, you will enjoy the scents of the wild herbs... Use of public transportation !

www.orgaya.com
sas.orgaya@gmail.com

ORGAYA
Voyages à pied

00 33 6 62 43 87 03

PROGRAM FOR THE 7 DAYS



1 WELCOME TO MENTON

We welcome you at Nice airport and the transfer to Menton is done by a public bus. Your hotel is located close to the city centre and the beach. Let's go for a first walk "City trek of Menton" and have a welcome drink !

2 ON THE TRACES OF THE ROMANS

The perched village of Eze is located at the foot of the departmental natural park of the Grande Corniche. Its trails, full of history, give a good idea of the diversity of the Mediterranean vegetation.

- Discovery (full-day; elevation gain 550m; duration 4 hours)
- Sport (full-day; elevation gain 750m; duration 5 hours)

3 PORT OF THE DUCHY OF SAVOY

The natural beauty of the bay of Villefranche-sur-mer was discovered a long time ago. The Duchy of Savoy selected this place for its quiet water and the protection of the Alps.

- Discovery (elevation gain 100m; duration 4 hours)
- Sport (elevation gain 150m; duration 5 hours)

4 FEET IN THE WATER! (HALF-DAY HIKE)

The Riviera is a place of huge contrasts and change of scenery. Along the trail, luxurious villas and concrete suddenly leave place to the most exotic vegetation.

- Discovery (elevation gain 80m; duration 3 hours)
- Free afternoon, we recommend you to visit the Cocteau museum and Carnolès palace in Menton

PROGRAM



5 FROM THE ALPS TO THE SEA

Perched on a cliff overlooking Menton, Sainte-Agnès is the highest coastal village in Europe. It It is definitely a strategic place, and from there it is also possible to walk down to the sea.

- Discovery (elevation gain 150m - elevation loss 700m; duration 5 hours)
- Sport (500m; duration 6 hours)

6 PANORAMA ON THE RIVIERA, ROCA BRUNA VILLAGE

The botanic garden of the summits offers a 360° panorama of the sea and, in certain conditions also of Corsica. Here again, the place is full of stories and history.

- Choose from:
  - Discovery (400m; duration 3h30)
  - Sport (750m; duration 5 hours)

7 "IT'S ONLY AN AU-REVOIR"

Breakfast at the hotel and a last walk in the narrow streets of Menton for a bit of shopping or visit. Your guide will bring you back to Nice airport by a public bus.

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

Elevation per day : 300-800m / Distance : 5-15 km /
Duration : 3/6 hours

Climate

Hikes feasible from beginning of September to beginning of December and from mid-March to Mid-June. Temperatures vary from 30° to 10°.

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 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.

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

Transportation

Transfers during the stay is done by public transport. Local public buses and trains are handy to join the start of the hikes in the center of the villages.



EQUIPMENT

The essentials

- Backpack of 30 liters
- A good pair of hiking shoes, mid or high cut preferably
- A layer against rain and wind and an extra base layer in the backpack
- A mid or heavy-weight fleece or pile jacket
- Sun protection (cap, sunglasses, sunscreen, lip balm)
- Knife, water bottle (1.5 liters minimum) and extra food (high energy snacks)
- Personal medications
- For the lunches : a 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 per guide.



PRICES

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

7 days - 6 nights

Hiking stay

INCLUDES

- Trip organization and all reservations
- A welcome drink
- Guiding by a certified guide (maximum 15 persons per group)
- 4 full days and 2 half-days of hiking
- Public transport for the hikes and to and from Nice airport.
- Half-board accommodation in double rooms: 3 star hotel in Menton
- 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

- Transportation to Nice airport
- 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)
- Parking fees for personal vehicules
- Individual liability insurance
- Cancellation insurance
- Everything that is not indicated in the section " Included in the price"

OUR CHARTS



Quality chart : ORGAYA

We help you 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 < 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 !