



Sensations in Southern France : Active family holiday in the Verdon Canyon

The **active family tour** is based in a natural adventure playground, right in the **spectacular Gorges du Verdon**: the **biggest canyon in Europe!** At around 25 kilometres long and up to 700 metres deep in parts - impressive!

The gorge provides the backdrop to many family based activities during your holiday; you will **raft through the canyon** on the Verdon river, taking to the rapids and the turquoise waters for a thrilling 14km descent, find yourself **hiking above the edge of the canyon** with dramatic views on the Sainte Croix lake, and taking part in the **Via Cordata to explore the rock faces** from very close quarters.

The surrounding area is characterized by the quintessential fields of lavender in summer, hills, oak and pine forests, rock formations and stunning villages which make Provence famous; you'll experience them all during **mountain biking** and **hiking activities** with your guides.

Located right in the middle of the natural park in a typically Provençal village, your **4* accommodation** is finely selected to welcome you in a charming and comfortable atmosphere. There is no doubt... you will **enjoy your family holidays in Southern France!**

- ECOLOGE ACCOMMODATION -

4**** Hotel & Spa des Gorges du Verdon *Take in a big fresh breath of freedom*

A paradise in the heart of the Verdon Gorges! From the heights of its hills at an altitude of 938m, this lovely guest establishment with cascading terraces and swimming pool offers a unique panoramic view over the village, mountains and fields... the wonderful nature of the *Alpes de Haute-Provence*.



Agence So Provence, So Alps ! www.soprovencesoalps.com

RCS Romans N° SIRET 809 535 339 000 18 // N° Immatriculation IM02615003

Garantie financière APST // RC PRO Groupama Méditerranée

– AGENDA –



DAY 1 – ARRIVAL IN PROVENCE

You arrive at Marseille or Nice Airport where you collect your rental car. After driving through hinterland Provence to the **Verdon Natural Park**, you reach the **European largest canyon**: a site where space and immensity come together!

Arrival at your place of stay for the coming days, a **charming and comfortable 4**** Ecolodge** in La Palud-sur-Verdon. At an altitude of 930 meters, this typically

“Provençal” village is an ideal starting point to reach the remarkable climbing sites, many walks and outdoor and white-water activities.

Stages: Marseille/Nice airports to La Palud-sur-Verdon

*Where to stay: 7 nights at 4**** Hotel & Spa les Gorges du Verdon*



DAY 2 – INTRODUCTION TO THE VERDON AND CANYONEERING

After breakfast, you will head directly to the canyon by the steep roads of the natural park. Along the belvederes of the “Route des Crêtes”, you may have the chance to observe the **vultures** in their natural habitat!

The **aquatic hike** or **canyoneering session** takes place in the Clue du Haut-Jabron Canyon – which is a narrow and spectacular gorge with stunning rock formations. This

is an **adrenaline-fueled activity** where you can enjoy the various jumps, natural slides, swims and a 10m abseil to top off your activity which sees you spend just under two hours in the water. This is not for those without a head for heights as some obstacles cannot be avoided - *you must be 12 years old (over 45kg) to participate (or do an aquatic hike session instead).*



DAY 3 – MOUNTAIN BIKING AROUND THE LAKE

Self-transfer to the Montpezat Lake to enjoy a **mountain bike trip**, one of the best way for sightseeing wonderful sites and environment while keeping full nature contact. Your guide will use their experience and knowledge of the area to pick a route which is suited to the group’s ability before you set off along the tracks, trails and roads of Provence. You will pass through a variety of terrain and your guide will point out places of interest during this **amazing bike-tour in Provence.**



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DAY 4 – CANYON HIKE WITH YOUR GUIDE

Today you go for a **spectacular hike above the canyon** guided by a local escort. The route is gentle but offers epic views of the valley, where the land plunges down 2300 feet into the gorge and also the man-made Lake of Sainte Croix. You head into an oak and pine forest before arriving at the Saint Maurin Natural Reserve and the waterfall. You'll be able to enjoy your picnic lunch, which you have bought in Moustiers before heading off. This circular route will be filled with fun facts and insight

from your guide. A gentle slope will take you back to the starting point.

DAY 5 – FREE DAY

We can arrange a transfer by minivan on request for this free day. You may like to spend time exploring the village or relaxing by the swimming pool after an active few days, however, we strongly recommend making the most of your stay and taking in some of the local area.

It's not far from your hotel to the famous Lac de Sainte-Croix where you can swim in the azure blue waters and take in the stunning scenery. There are many wonderful towns and villages to visit and explore as well as an abundance of walking trails and tracks to which take you through the rugged hills and provide views of the pine forests and the lavender fields. The choice is entirely yours.



DAY 6 – CLIMBING OR VIA CORDATA ADVENTURE TOUR

Starting from the hotel, go for an aerial flyover above the canyon: today is all about reaching new heights! This activity starts in the morning to avoid the midday heat and will see you back at the hotel by lunchtime. **Via Cordata** or Via Ferrata as it is also known is a way of inexperienced climbers gaining access to some awe-inspiring mountain routes. You can use ropes and fixings

in the rock to secure yourself to the rock face which means that some big rock climbs are much more accessible. You wind your way up before enjoying an abseil, a zip wire, pendular jump and a monkey bridge.



DAY 7 – RAFTING

After a drive of approximately 25km (each way), you will arrive in the ancient and charming city of Castellane where you will have time to explore and enjoy lunch.

Starting in Castellane your activities then kick off in style with a **rafting trip through the gorge**. There is no better way to grasp the scale of this canyon whilst having a great time. You will be given full instruction before

paddling in rafts of 6-8 people down the river. It'll get you all working together as a team as you take on the fast-flowing water and the sections of rapids over 14km.



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DAY 8 – END OF THE STAY

Today your activity holiday has come to an end and you can head home or continue on another adventure. The great thing about this area is that it is so well placed and you can easily access many other regions in Provence or the Alps if you want to spend more time exploring.

On your way back to Marseille airport, you will appreciate living from the inside the Saturday traditional Provençal market in Aix-en-Provence, as well as trendy shopping in the most charming city of Southern France.

Stages: La Palud-sur-Verdon to Marseille/Nice airports

PRICE DETAILS

Starting from **US\$ 3115 per adult**

US\$ 2075 per children (< 11 years old)

Price based on a shared family suite (2 adults/2 children)

INCLUDED IN THE PRICE:

- ✓ Accommodation in a 4**** hotel family suite for 7 nights
- ✓ Half-board service (dinners and breakfasts) for four participants
- ✓ Family car rental from day 1 to day 8: group D with unlimited kilometers
- ✓ The following guided activities mentioned in the itinerary:
 - Day2: Canyoneering or Aquatic walk
 - Day3: Mountain-biking
 - Day4: Canyon hike
 - Day6: Climbing or Via Cordata
 - Day7: Rafting

NOT INCLUDED IN THE PRICE:

- Lunches or gourmet picnics
- Fuel costs, additional driver fee
- Airport transfers (all services on-board) with meet & greet services (option)
- Transportation and transfers during the stay (rental fees, parking, fuel, driver and guide meals included), including guiding by a local English speaker guide (price based on a service between 9am and 6pm – an extra will be applied on request) (option)
- Wellness options: massages and balneotherapy for the parents
- All the activities not mentioned in “INCLUDED IN THE PRICE”
- Personal expenses
- Cancellation and repatriation insurances, all-risks coverage

Nb: This proposal depends on the availability of accommodation and activities and can be changed depending on the availability of local providers.

Outdoor activities are strongly related to the weather and can be delayed or cancelled if needed. It is important to note that the flow rates of the Verdon river are regulated by hydroelectric dams and can disturb the organisation of rafting activities, so the program can be reversed.



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