



TRAVEL DOCUMENT



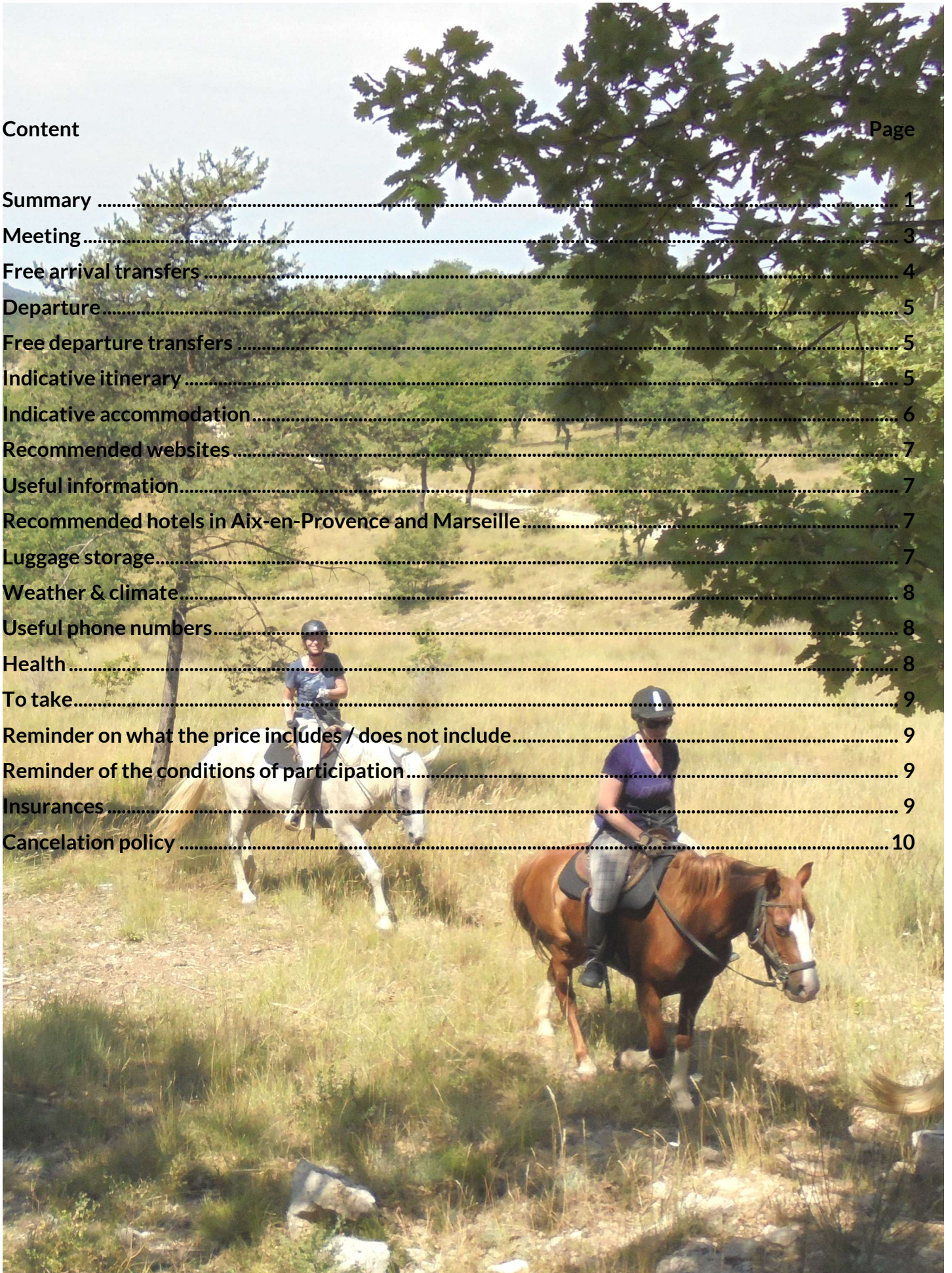
HORSE RIDING TRIP PERFUMES OF PROVENCE



A horse riding trip organized by Cap Rando

SUMMARY

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PERFUMES OF PROVENCE TRAVEL DOCUMENT

Updated information on our website: <https://go.cap-rando.com/url/provenceperfumes>

Meeting :



The meeting is on Sunday.

If you come by car:

Arrival between 4 pm (no arrival before) and 7 pm at « Les Gargoulettes » guesthouse :
576 Chemin de Recaute, 84360 Lauris. Marie-Françoise REYNARD.

Phone: +33(0)4 90 79 19 05 - Cell phone +33 (0)6 47 86 60 00.

www.chambres-hotes-vaucluse-gargoulettes.fr/chambres-hotes-lauris-vaucluse/

GPS: Latitude 43.7707 / Longitude 5.29417

Google maps: <http://go.cap-rando.com/url/accesgargoulettes>

You will meet your guide for an aperitif at 7:30 p.m.

Lauris is on the D 973, between Cavaillon (26 km) and Pertuis (18 km). A7 Paris - Marseille motorway: Sénas exit. A51 Nice - Aix-en-Provence - Sisteron motorway: exit Pertuis (from the north) or Meyrargues n° 14 (from the south). From the petrol station at the bottom of the village of Lauris, follow the signs "Roquefraise" "Fontenille". After Fontenille hotel, continue the road for less than a kilometer, turn right onto the « Chemin de Recaute » (be careful, little road not very visible).

Les Gargoulettes is about 500m away, last house on the right.

Scan on your smartphone:



In case of necessity, you can call the guesthouse owner, Marie-Françoise: +33 (0)6 47 86 60 00 or Cap Rando: +33 (0)6 09 52 03 24.

If you come by plane or train: Free transfer from Marseille airport, Aix-en-Provence TGV station or Aix-en-Provence central train station at the following fixed times.

Free arrival transfers :

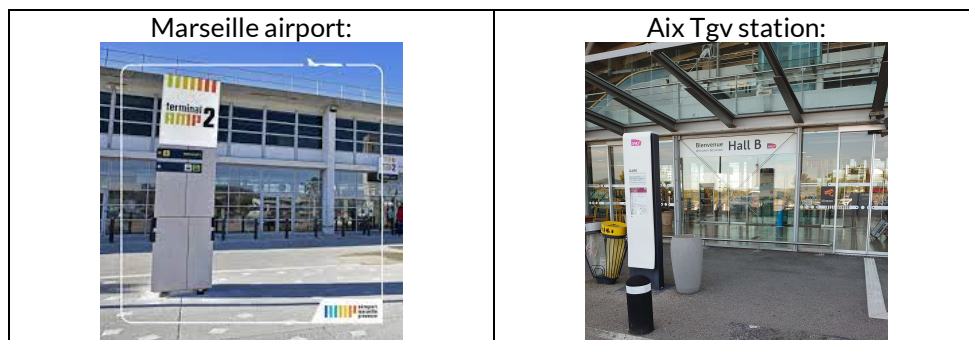


Meeting at Marseille airport at 5 p.m., Aix-en-Provence TGV (high speed trains) station at 5:30 p.m.. We do not offer a ny transfer from Marseille center (take the shuttle bus to the airport): <https://go.cap-rando.com/url/marseilleaeroport>. And we do not offer any transfer from Aix-en-Provence center (take the shuttle bus to The TGV station: <https://go.cap-rando.com/url/aixaeroport>

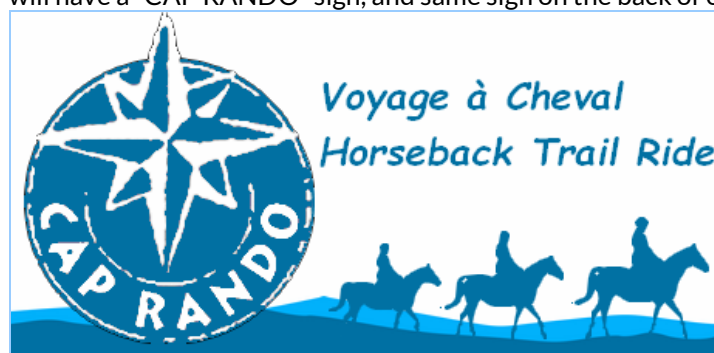
Meeting places:

- Marseille Provence airport: outdoor, at terminal 2 (low cost flights) exit door, at the sign:
- Aix-en-Provence TGV: at the exit doors of the hall B « parvis B ».

<https://www.marseille-airport.com/access-car-parks/access/bus/marseille-st-charles-station>



The driver will have a “CAP RANDO” sign, and same sign on the back of our minibus:



Emergency phone number: +33 (0)6 09 52 03 24 (tel / sms / whatsapp/ signal)

Remember to book a train / flight arriving sufficiently in advance not to miss our free shuttle, which cannot wait in case of delay so as not to make other participants wait and delay the various meeting points. You would have to take a taxi.

Indicative taxi prices:

Marseille airport: ± 200 €

Aix-en-Provence TGV: ± 170 €

Aix-en-Provence center: ± 150 €

There are buses from Aix-en-Provence center to Lauris. From Marseille center train station, Marseille airport, Aix-en-Provence TGV : bus shuttle to Aix-en-Provence center bus station.

Schedules and prices on the following websites:

Marseille center - Airport:

<https://urlz.fr/hEM1>

Marseille airport or Aix-en-Provence TGV station - Aix-en-Provence center:

<https://www.lecaraixmarseille.com/line-50>

Aix-en-Provence center - Lauris:

<https://urlz.fr/hELP>

Luggage limit for transfers: 1 piece of luggage per person: 90cm x 65cm x 35cm, 15kg maximum. In case of exceeding, please let us know while booking your transfers.

Important: please book your transfer at least 2 weeks prior your arrival.

Departure :



The end is Saturday after breakfast. Free transfer to Aix-en-Provence center station, Aix-en-Provence TGV central station, Marseille airport, at the times indicated below. We do not offer any transfer to Marseille center (take the airport shuttle bus).

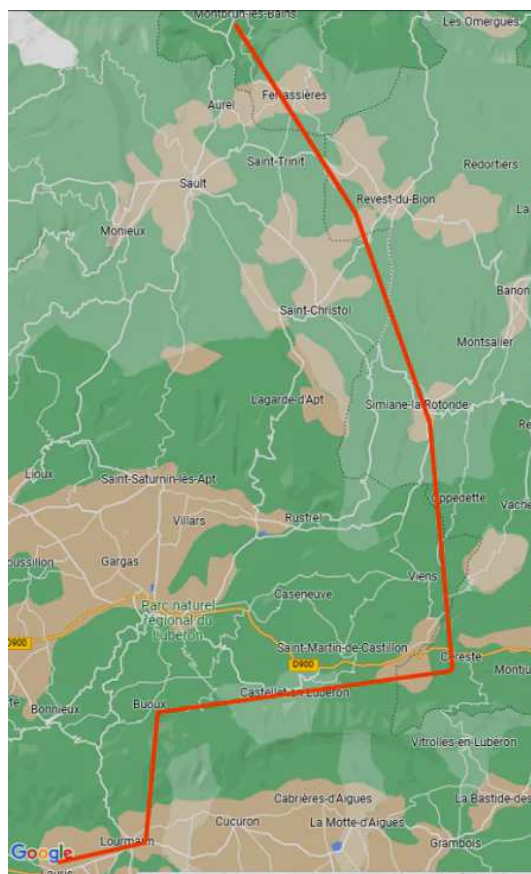
Free departure transfers :



Departure from Lauris at 9:30 am. **No departure possible before or after this time.** Arrival at Aix-en-Provence TGV station: ± 10:30 am, Marseille airport: ± 11 am. We do not offer a transfer to Marseille center (take the shuttle bus from the airport).

Plan a train or plane departure sufficiently after the scheduled arrival time to avoid having to take a taxi.

Indicative itinerary * :



Sunday: Meeting from 7 p.m. at Lauris in the Luberon. Free transfer from Aix en Provence center station, Aix en Provence TGV or Marseille Provence airport. Dinner and night in a comfortable bed and breakfast.

Monday: Lauris - Buoux. Following the foothills of the southern side of the Luberon mountain range, you will reach Lourmarin, a famous village where the famous British novelis Peter Mayle used to leave. Picnic near the village, before mounting the crests of the Luberon to discover a wonderful view: the peaks of the Alps to the north and the Mediterranean sea to the south when the weather is clear ! Night in a stone auberge, lost in the heart of the Luberon with a swimming pool. On certain dates, in case of unavailability of the hostel, the riders can be transferred to Lauris, the horses and the guide stay at the hostel.



Tuesday: Buoux - Cereste. Through the prehistoric sites of the "Gorges de l'Aigebrun". Pass through a very pretty provincial village to offer the horses a drink at the fountain. Picnic under the oaks, then follow bridleways through the perfumed garrigues to reach Cereste. Night in an inn in the heart of the village.

Wednesday: Cereste – Simiane-la-Rotonde. After a pause to discover the priory of Carluç dating from the 11th century, you will ride towards Oppedette. Cross the superb village, typical to Haute-Provence, perched on the cliff. Opportunities for some great gallops on the way to Simiane. Night in a “chambre d’hotes” (bed and breakfast).

Thursday: Simiane-la-Rotonde – Le Revest du Bion. After breakfast, chance to have walking tour in Simiane before leaving with your horse. Picnic under the chestnut trees, their leaves used to wrap the delicious goats cheese a speciality from Banon, which you shall taste accompanied with a “Cote de Luberon” wine. Ride through fields of lavender and sage, before arriving at the guesthouse.

Friday: Le Revest-du-Bion - Montbrun les Bains. Departure on horseback through moors and forests. Picnic near Sault. In the afternoon, we set off on horseback towards Aurel, a charming medieval village at the foot of the Mont Ventoux. This afternoon, the colors of the lavender (cutted in July), fields of cereals and the shadows of the foothills of Mont Ventoux will perhaps make you want to imitate the many painters who have fallen in love with this region. Arrival at the end of the afternoon in Montbrun-les-Bains, facing the Mont Ventoux, surrounded by green hills and dominating a pretty little plain planted with fragrant lavender: one of the most beautiful villages in France. Transfer of riders by minibus, horses by truck, back to Lauris and spend the last evening..

Saturday: End after breakfast. Free transfer to Aix-en-Provence train stations and Marseille airport (departure at 9:30 am).

* Indicative itinerary: may be subject to modifications if necessary (weather, fire risks, imponderables...)



Indicative accommodation * :



Night 1:



Les Gargoulettes - Lauris
<https://lc.cx/FyBkt4>

Night 2:



Auberge des Seguins – Buoux
www.aubergedesseguins.com

Night 3:



Hotel Aiguebelle - Céreste
www.hotel-aiguebelle.fr
Tel: 04 92 79 05 64

Or:



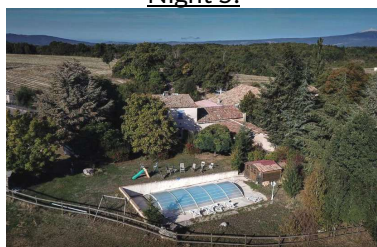
Les Gargoulettes - Lauris
<https://lc.cx/FyBkt4>

Night 4:



La Fontaine
<https://www.gitelafontaine.fr/>

Night 5:



Petit Labouret -
Revest du Bion
www.petit-labouret.com

Night 6:



Les Gargoulettes - Lauris
<https://lc.cx/FyBkt4>

Or:



Le Petit Labouret -
Revest du Bion

www.petit-labouret.com

* May be subject to modifications depending on availabilities.

Recommended websites :



Provence: www.provenceweb.fr - www.parcduluberon.fr - www.luberon-en-provence.com

Luberon: www.luberon-en-provence.com - www.provenceweb.fr/f/groupes/luberon/luberon.htm

Useful information :



Time: Winter GMT +1 - Summer GMT +2

Currency: Euro / €. It is possible to withdraw money with an international bank card in all banks or ATM. You should plan to have species before your arrival.

Electricity: 220 volts. Sockets meet European regulations and use the round pin system. If you need an adaptor, you can buy one at your departure airport.



Mobile phones: To use your mobile in France you should be aware that coverage here uses GSM technology, meaning that it is incompatible with some countries such as the USA or Japan. In this case you will need a tri-band mobile in order to call. If you have a compatible handset, you should get in touch with your mobile phone company to make sure that you can use your mobile in France (they will activate the international roaming service on your account). Once you've taken these steps at home, you'll be able to use your mobile in France as if it were a French handset: i.e. you can dial 00 + the country code to make international calls. Please, do not use your mobile phone while riding: enjoy your holidays, disconnect to the maximum !

Internet: You will have free connections available at your accommodation.

Recommended hotels in Aix-en-Provence and Marseille :



Aix-en-Provence*:

Hotel Mercure Paul Cézanne ***

www.hotelaix.com

Hotel Saint Christophe ***

<http://saint-christophe.leprovencehotels.com>

Hotel des Quatre Dauphins ***

www.lesquatredauphins.fr

Hotel Cardinal **

www.hotel-cardinal-aix.com

Marseille center:

Hotel Alizé **

www.alize-hotel.com

New Hotel Vieux Port ***

www.new-hotel.com

Hotel La Résidence Vieux Port ***

www.hotelmarseille.com

Marseille airport

Hotel Ibis Budget

www.ibishotel.com

Hotel Ibis Airport **

www.ibishotel.com

Hotel Novotel ***

www.novotel.com

Hotel Best & Western ***

www.bestwestern.fr

* Classified from the nearest to the further from Aix center train station.

Luggage storage :



If you wish to leave your luggage to visit Aix-en-Provence or Marseille:

In Aix-en-Provence: no lockers available at Aix-en-Provence TGV and center train stations. Private lockers are available 20 minute walk from the center bus and train station: 29, rue Boulegon. Phone: 06 65 93 04 72. <https://www.keepcase.net/>. We suggest to book on: <https://www.nannybag.com/fr>.

At Marseille center train station: lockers are available at Saint-Charles train station, on the "A" platform

At Marseille airport: locker available in hall 1, reserved for passengers with a flight ticket at departure from Marseille Provence Airport.

Weather & climate :



Weather forecast: <http://www.meteofrance.com/previsions-meteo-france/lauris/84360>

	Janvier	Février	Mars	Avril	Mai	Juin	Juillet	Août	Sep- tembre	Octobre	No- vembre	Dé- cembre
Température moyenne (°C)	7.6	8	11.1	14.1	17.8	22.3	24.7	24.4	20.6	16.8	11.7	8.5
Température minimale moyenne (°C)	4.9	4.8	7.3	10.2	13.6	17.8	20.3	20.1	16.9	13.7	9	5.9
Température maximale (°C)	10.8	11.8	15.2	18.1	21.9	26.6	29.1	28.8	24.7	20.3	14.8	11.6
Précipitations (mm)	65	40	40	63	45	25	14	25	86	105	102	56
Humidité(%)	71%	66%	64%	64%	62%	57%	53%	56%	63%	71%	72%	71%
Jours de pluie (jrée)	5	4	4	6	5	3	2	2	5	7	8	7
Heures de soleil (h)	6.6	7.7	9.0	10.4	11.9	13.1	13.0	11.9	10.0	7.9	7.1	6.5

Source: <https://fr.climate-data.org/europe/france/provence-alpes-cote-d-azur/saintes-maries-de-la-mer-66243/>

Useful phone numbers :



Weather: +33 (0)8 99 71 02 84

Emergencies: from any cell phone, dial 112

Cap Rando: +33 (0)4 83 43 12 34. In case of emergency: cell phone / Whatsapp / Signal: +33 (0)6 09 52 03 24

Health :



Remember to control your tetanus vaccination, to have with you your insurance certificate and it's assistance phone number: do not forget to give it to the guide if you do not have put it on your booking form.

Take your usual medication as well as a small first aid kit (analgesic, antiseptic, , anti-inflammatory ointment ... which we are not authorized to provide you for risk of allergy or contraindication).

Access conditions in France and updated covid regulations: <https://www.interieur.gouv.fr/covid-19-international-travel>

To take :



- Helmet (compulsory)
- Riding ankle boots or high-top light hiking shoes (high boots not recommended)
- Half riding shaps (highly advised)
- Long-sleeved shirts, effective against the sun and mosquitoes (sometimes numerous in Camargue)
- Sun cream
- Sun glasses
- Swimsuit
- Camera & charger
- Flashlight
- Tissues and wipes
- 1 liter water bottle
- Plug adaptor
- Mosquito repellent
- Little first aid kit (see above)
- Protective covid masks
- Rain coat and rain pants (advised)
- Toiletries

Sheets and towels are provided. The saddles are equipped with saddlebags to carry your day's belongings. We ask you to take only one piece of luggage per person labeled with your name, suitcase or bag of approximately 90cm x 65cm x 35cm, 15kg maximum, in order to facilitate transport and avoid losses, not to take objects of value.



If you are traveling by plane: put your riding gear, some clothes, any medication in cabin baggage, and not in checked baggage in case of loss. Plan sufficiently long transit times.

The organizer, hosts, carriers cannot be held responsible in the event of damage, theft or loss of your personal effects.

Reminder on what the price includes / does not include :



The price includes:

Horse and tack rental, guide, assistant, accommodation, all meals, drinks (table water and ¼ of wine during meals), luggage transfers, last riding day free transfer back to Lauris, free transfers from / to Aix-en-Provence train stations and Marseille airport at the fixed days and times, our travel agency guaranty for your payments.

The price doesn't include:

Individual insurance, drinks out of meals, sodas (during and out of meals), hot drinks after meals (tea, coffee), personal expenses, visits, tips, out of fixed times transfers, all that is not indicated in "the price includes".

Reminder of the conditions of participation :



To participate, it is imperative to be comfortable at the three gaits (walk, trot, canter) outdoors on balanced horses, and in good physical condition. The guide reserves the right to interrupt the activity without compensation if you do not have the required level and physical condition and/or if the information provided on the registration form does not correspond to reality.

Insurances :



CAP RANDO, is covered for it's civil responsibility, contract GENERALI n° AL974010.

A civil liability and travel insurance (assistance/repatriation) are compulsory. A cancellation insurance is strongly recommended.

A payment by credit card can make you benefit from its possible insurance (check your contract).

We offer to Europe Union, Switzerland, Liechtenstein, Norway residents: the Chapka insurances.

Cap Security: full insurance with cancellation. Cap Cancellation: cancellation only.

See prices & information: <https://www.cap-rando.com/sites/default/files/pdf/INSURANCES.pdf>

Check your credit card insurance: paying your trip by credit card may make you benefit from its insurance.

Any accident falling under the responsibility of the organizer is covered by its civil liability insurance (contract on request).

Important: If you do not subscribe the proposed insurance, to validate your registration, remember to provide us with your insurance references (company / contract number / validity dates / assistance phone call number).
Failure to provide a valid insurance is equivalent to "case of cancellation by the customer" of the cancellation policy.

Cancellation policy :



Organizer cancellation:

Any program can be canceled up to 21 days before departure in case the organizer doesn't have enough bookings on a trip or stay, we advise you to book refundable transports. In this case, the departure can be confirmed with a possible supplement, a replacement program can be offered to you. If these offers do not suit you, the refund or a full credit (on choice) is guaranteed without any compensation. Please contact us 21 days before departure to check that your program is confirmed.

Customer cancellation:

The amounts due to Cap Rando are: cancellation more than 60 days before departure: 90 €, cancellation between 30 and 60 days before departure: 50%, cancellation less than 30 days before departure: 100%. These amounts can be refunded by a cancellation insurance that you can subscribe with Cap Rando (European Union citizens only) or with any other company. If you pay by credit card, check if your card is covering the cancellation risk.

Booking fees, insurances, transports (according to the conditions of the companies): are not refundable.

Are assimilated to the "customer cancellation" case with the costs indicated:

The following are considered to be "cancellation by the customer" with the costs indicated above:

Non-signing of the contract, non-payment of the balance on the due date, failure to provide proof of insurance, exclusion for behavior detrimental to the smooth running of the stay, exclusion for information provided on the registration form that does not match reality or physical condition and/or insufficient level in relation to the conditions of participation, non-appearance or delay at the time and place of appointment for personal reasons or failure of the carrier(s), abandonment on your part during the stay, any change of dates of stay on your part.

We wish you a Happy Trail Ride !



When you return, please send us your feedback :

<https://www.horsebackridingvacations.eu/contact/feedback-form.html>





