



# French Riviera & Provence Adventure

11 days | 14 days with French Alps extension

Provence is so pretty, it left an impression on the Impressionists—and it's a place you want to savor with every step. So, set out on this small group Adventure Tour to explore some of France's most swoon-worthy scenery on foot, walking your way along ocean cliffs and across pastoral (sometimes lavender-filled) fields.



## Your tour package includes

- 9 nights in handpicked hotels
- 9 breakfasts
- 1 lunch
- 4 dinners with beer or wine
- 1 wine tasting
- 5 tastings
- 14 sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

## Included highlights

- Cap Ferrat walk
- Nice markets
- Verdon Gorge walk
- Rousillon walk
- Pont du Gard
- Camargue National Reserve
- Arles
- Sénanque Abbey
- Gordes
- Aix-en-Provence markets
- St. Victoire walk
- Provence wine tasting

## Tour pace

On this guided tour, you'll walk for at least 2 hours daily across mostly flat terrain, including paved roads, unpaved trails, and sandy paths, with some steep hills.

## Group size

12-22 <sup>TICO-2395858 | CPBC-73991 | OPC-702373</sup>  
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## Overnight Flight → 1 night

### Day 1: Travel day

Board your overnight flight to Nice today.

## Nice → 2 nights

### Day 2: Arrival in Nice

*Included meals: welcome dinner*

Welcome to France! Meet your Tour Director and fellow travelers at a welcome dinner this evening.

### Day 3: Walking tour of Cap Ferrat & Nice

*Included meals: breakfast, tasting*

Hike along Cap Ferrat with your Tour Director this morning.

- Walk along a promenade on the rocky coastline to a lighthouse on the Cap Ferrat peninsula
- Enjoy views of the Mediterranean Sea from the cliffs of the French Riviera
- Keep your eyes peeled for seabirds and cicadas
- End the hike with a relaxing walk on the beach or a dip in the water

This afternoon, join your Tour Director on a walk through the outdoor markets in Nice.

- Visit the colorful markets along the Cours Saleya in Nice's Old Town
- Pass stalls bursting with fresh produce, flowers, and handcrafted artwork
- Sample local produce like cheeses, olives, pissaladière pizza, and zucchini flower fritters

*Please note: The order of the hike and market visit may change based on seasonality and weather.*

Enjoy a free evening in Nice or add an excursion.  
+ Evening in Monaco

## Verdon Gorge Region → 1 night

### Day 4: Verdon Gorge Region via Moustiers-Sainte-Marie

*Included meals: breakfast, dinner*

Stop in the medieval village of Moustiers-Sainte-Marie this morning. You'll have free time to explore the medieval streets, see the vaulted passages, and eat lunch.

Travel to the Verdon Gorge, the Grand Canyon of Europe, and set off on a hike with your Tour Director.

- Start in La Palud-sur-Verdon and hike along the dramatic Verdon Gorge
- Take in views of the turquoise-hued water of the Verdon River below
- Admire the green foliage cascading down the towering, limestone canyon walls

Tonight, indulge in a gastronomic experience at La Table de Pauline where you'll dine on a curated menu. As you dine, you'll be introduced to the quintessential flavors, scents, and colors of Provencal cuisine.

## Avignon → 3 nights

### Day 5: Avignon via Roussillon

*Included meals: breakfast, dinner*

En route to Avignon, stop to explore Roussillon with your Tour Director. You'll take an hour-long walk past the colorful red and yellow sandstone rocks of the town's open-air ochre mines. Continue on to Avignon and set off on a walking tour led by your Tour Director.

- See the famous Pont Saint-Bénézet, the bridge that inspired the French folk tune *On the Bridge of Avignon*
- Pass the Papal Palace to see where Pope Clement V reigned during the 14th century
- Stroll through the historic Old Town, surrounded by the city's original medieval walls

This evening, sit down for an included dinner with your group.

### Day 6: Sightseeing tour of Pont du Gard & Uzès

*Included meals: breakfast*

Head to Vers-Pont-du-Gard and explore the area with your Tour Director

- See artifacts, virtual renderings, and life-sized displays at the Pont du Gard Museum
- Walk along the Pont du Gard, the region's famed, UNESCO-listed Roman aqueduct

- View the Esplanade and the prehistoric Saltpeter Cave

Then, make your way to the small, quiet town of Uzès. This town is one of southern France's hidden gems, and you'll have time to explore at your leisure.

Enjoy a free evening in Avignon or add an excursion.

+ Châteauneuf-du-Pape Wine Tasting & Dinner

### Day 7: Walking tour of the Camargue Region

*Included meals: breakfast, lunch*

Head toward the coast and spend the day exploring sites in the Camargue region.

- Walk through the bird park in Camargue National Reserve with a naturalist guide
- Hear about the park's wildlife and wetland conservation
- Keep your eyes peeled for flamingos, herons, and more
- Stop in the fishing village of Saintes-Maries-de-la-Mer, the region's capital, and sit down for an included lunch
- Take a walking tour of Arles, the adopted hometown of Vincent van Gogh, with your Tour Director
- Stroll along beautiful boulevards and view the city's old hospital, where Van Gogh stayed
- Enter the Arles Arena, a two-story Roman amphitheater

## Aix-en-Provence Region → 3 nights

### Day 8: Aix-en-Provence Region via Sénanque Abbey & Gordes

*Included meals: breakfast, tasting*

Admire stunning landscapes as you transfer through Luberon Regional Nature Park en route to the Aix-en-Provence region.

- Enter the 12th-century Sénanque Abbey with a local guide
- Learn how the monks cultivate the lavender that grows around the abbey (*seasonal*)
- Enjoy free time for lunch and shopping in the hilltop village of Gordes, one of most beautiful villages in France
- Tour a family-owned olive oil mill and sample some olive oil

- Visit a local apiary for a tour and try the honey produced on-site

#### Day 9: Sightseeing tour of Aix-en-Provence

*Included meals: breakfast*

Set off on a guided walking tour of Aix-en-Provence, a Roman-influenced city and hometown of Post-Impressionist painter Paul Cézanne.

- Stop at Cézanne's birthplace and enter the studio where he painted many of his famous works
- Snap a photo of Aix Cathedral, built on the site of a 1st-century Roman forum

Enjoy a free afternoon in the Aix-en-Provence region or add an excursion.

+ Coastal Cassis: Calanques Cruise & Walk

#### Day 10: Market tour, Sainte-Victoire hike & wine tasting

*Included meals: breakfast, tasting, wine tasting, farewell dinner*

Browse the stalls at the Aix-en-Provence farmers market this morning. You'll sample local specialties such as honey, fruits, vegetables, and olive oil.

Then, head out to explore the Provence region's sites and flavors.

- Hike on a trail around St. Victoire mountain, the inspiration for many of Cézanne's paintings
- Walk through a vineyard and sample wine as you hear how about the famous varieties from the area

*Please note: The St. Victoire hike is weather-dependent and may begin in the morning to avoid extreme heat during the summer months. Celebrate your trip with fellow travelers at a farewell dinner tonight.*

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## Flight Home

#### Day 11: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the Marseille airport for your flight home or continue on to explore the French Alps.

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### + French Alps extension

The French Alps are home to snowcapped mountain vistas, medieval charm, and even a little Venetian feel. In short, it's amazing.

Continue your trip to explore this picture-perfect region with your Tour Director, as you visit Annecy and Chamonix.

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## French Alps → 3 nights

#### Day 11: French Alps via Annecy

*Included meals: breakfast*

Travel through the Alps today, taking in stunning scenery as you pass lakes, mountains, and charming villages.

- Stop in the lakeside town of Annecy for a Tour Director-led walk through the historic Old Town
  - Stroll through the cobblestone streets, passing the open-air market
  - Take in the surrounding views of the Alps
- After, continue on to your hotel in the French Alps.

#### Day 12: Walking tour of Chamonix

*Included meals: breakfast*

Join your Tour Director and spend your day day exploring Chamonix, a picture-perfect village at the base of Mont Blanc.

- Ride up a nearby mountain on the famous Montenvers cog railway
- Admire views of Mer de Glace, the longest and largest glacier in France
- Disembark the railway and take an hour-long, round-trip walk to soak in the panoramic view of the Alps
- Enjoy free time to explore Chamonix at your leisure

#### Day 13: Free day in the French Alps

*Included meals: breakfast*

Enjoy a free day in the French Alps or add an excursion.

This evening, sip a farewell drink as you celebrate your trip with your fellow group members.

+ Haute-Savoie: Gorges du Fier & Château de Menthon

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## Flight Home

#### Day 14: Departure

*Included meals: breakfast (excluding early morning departures)*

Transfer to the Geneva airport for your flight home.

# Customize your experience

Customize your tour by adding excursion options. Excursions offered on the same day will occur at different times, so there's no need to choose. Save \$10 when you book your excursion up to three days before your tour departs.\* Excursions requiring advance reservation only list this discounted price. Call or go online to customize your tour: [goaheadtours.ca/PVN](https://goaheadtours.ca/PVN) | 1-800-754-5066

## Day 3: Evening in Monaco

\$179CAD/\$189CAD\* (6 hours, departs in the evening)

Spend an evening in Monaco, a tiny principality that's world-renowned for its luxuriousness. Ruled by the Grimaldis, Europe's oldest royal family, Monaco has retained its independence for more than 700 years. Your Tour Director introduces you to the Old Town, which is perched atop the Rock of Monaco. This 203-foot-tall monolith overlooks the Mediterranean Sea and is part of the Monaco-Ville quarter, the oldest of the country's four quarters. While here, you'll stop and view the outside of the Royal Palace. Next, head to the Monte Carlo Casino where you'll have plenty of free time inside the world-famous casino with an included drink. Please note: Travelers under the age of 18 are not permitted to enter the casino. Travelers must abide by dress code restrictions to enter the casino, and passports are required for entrance to the Casino.

Travel just outside of Annecy to Fier Gorge, which has been carved out by the River Fier over thousands of years. Walk through the narrow canyon on a footbridge, viewing the stunning rock formations and unique geological features that surround you. Then, continue on to the village of Vaulx, where you'll visit Menthon-Saint-Bernard Castle, the inspiration for the castle in Disney's Sleeping Beauty. Afterward, sit down to lunch at a local restaurant before heading back to Annecy. Please note: This excursion is seasonal and runs from April through September. The terrain you will be walking on during this excursion is mostly flat with a few steep steps.

## Day 6: Châteauneuf-du-Pape Wine Tasting & Dinner

\$189CAD/\$199CAD\* (5 hours, departs in the evening with dinner)

During tonight's excursion, leave Avignon and travel to Châteauneuf-du-Pape, a region boasting 13 different varieties of grapes. At a local wine cellar, you'll be invited to sample several of the region's most distinctive vintages. After your tasting, sit down for an included dinner at a local restaurant featuring a selection of Provençal dishes, then make your way back to Avignon.

## Day 9: Coastal Cassis: Calanques Cruise & Walk

\$119CAD/\$129CAD\* (7 hours, departs in the afternoon)

Discover the seaside village of Cassis on the Côte d'Azur today. Ride a small train to the center of the hillside town, where you'll enjoy free time to explore. Board a boat and take a cruise through Cassis Harbor to soak in beautiful vistas of the surrounding coastline and calanques, narrow fjord-like inlets carved into the white limestone. Then, take in stunning views of the Mediterranean Sea during a hillside walk above Cap Canaille. Along the way, make stops to snap photos of the scenic harbor and calanques. Please note: This excursion is weather-dependent. Travelers should expect to walk one mile and we recommend bringing clothes that can be easily layered. From October through April, the small train will be replaced by a bus transfer to the city center.

## Extension excursion options

### Day 13: Haute-Savoie: Gorges du Fier & Château de Menthon

\$149CAD/\$159CAD\* (5.5 hours, departs in the morning, lunch included)

\*Optional excursions may be purchased up to three days prior to departure or while on tour. Pre-purchased optional excursions cannot be canceled within three days prior to departure or while on tour. Select optional excursions require advance booking and cannot be purchased or canceled after the advanced reservation deadline. GAT accepts payment by cash, Visa or MasterCard for optional excursions purchased on tour. Additional fees may apply for optional excursions purchased on tour. Excursions require a minimum number of participants to operate. Details and prices are subject to change. Due to seasonal hours of operation and availability, some excursions may not operate. If this occurs, you will be refunded any payments made for that excursion post-tour. Learn more at [goaheadtours.ca/terms](https://goaheadtours.ca/terms)