

THE PERCHED VILLAGES OF THE ROYA

From the area known locally as ‘Wonderland’ to the Mediterranean this path takes you on a journey of discovery. The discovery is of mountain villages, which are fascinating in their variety, their culture and the richness of their history. Passing from mountain scenery to the relative gentleness of the Mediterranean shores, through an area whose Italian roots have been modified by more recent French influences, you will find that this holiday is all that you ever hoped for from a walking holiday spent in the pursuit of culture.

PROGRAMME

7 days / 6 nights / 6 days’ walking

DAY 1: Arrive at Saint-Dalmas-de-Tende, at the hotel.

DAY 2: ST-DALMAS-DE-TENDE – ST-DALMAS-DE-TENDE.

During this walk you will see two superb medieval villages packed with history, which will charm you just as much as the walk itself. Dinner and overnight stay at the Saint-Dalmas-de-Tende hotel.

+ 960 m / - 960 m * 5h30 walking

DAY 3: ST-DALMAS-DE-TENDE – FONTAN.

During this walk you will encounter a series of isolated villages, which, nevertheless, are inhabited. They are built of dry stonewalls and roofed with the local slate. Your evening meal and night’s stay are at the hotel at Fontan, a building whose architectural style is unique in this region.

+ 900 m / - 1050 m * 6h00 walking

DAY 4: FONTAN – BREIL-SUR-ROYA by the old salt road.

Saorge, an impressive village stuck on a steep hillside can only excite your enthusiasm. The same is true of Breil-sur-Roya where you will be able to discover one of its famous organs, made by the Italian master craftsmen whose work originally gave its name to the valley : the ‘Vallée des Orgues’ (Valley of Organs). Dinner and overnight stay at Breil-sur-Roya.

+ 700 m / - 800 m * 5h30 walking

DAY 5: BREIL-SUR-ROYA – SOSPEL passing through Piène-Haute.

A strikingly beautiful footpath takes you to a very well maintained ‘perched village’. Here you can see a chapel in the midst of the olive groves and a gorge, which is partly in France and partly in Italy. Dinner and overnight stay at Sospel, in a hotel.

+ 600 m / - 700 m * 5h30 walking

DAY 6: SOSPEL – SAINTE-AGNÈS.

The remains of a fortified castle, the cathedral and many other buildings testify to the importance of this old village down the centuries. After Sospel your walk continues to Sainte-Agnès, a village from which you can already get a view of the sea. Dinner and overnight stay at Sainte-Agnès.



+ 1040 m/- 720 m * 6h00 walking time or + 580 m/- 700 m * 3h30 walking

DAY 7: SAINTE-AGNÈS – MENTON.

You arrive in the old quarter of Menton after passing the famous Bay of Garavan, through a scenery you will never forget. Your walking holiday ends at Menton.

+ 150 m / - 900 m * 5h30 walking

Outline: A walking holiday in the beautiful valleys of the Menton hinterland, from the mountains to the seaside. There is a flavor of Italy in the architecture and cultural heritage of the villages.

DATES

Period of availability: From 1 April to 31 October. Exact dates may vary slightly depending on the availability of accommodation at the time of booking.

Number of participants: 2 persons minimum.

THE PRICE INCLUDES

- * Hotel accommodation in a double bedroom, half board, for 6 nights.
- * The carrying of your baggage as set out in the holiday specification.
- * A guidebook and 2 maps to ensure that you can follow the planned walks (one information pack for four people)
- * The city tax ('taxes de séjour').

THE PRICE DOES NOT INCLUDE

- * Transport to Saint-Dalmas-de-Tende and return travel from Menton.
- * Picnics or packed lunches.
- * Drinks, personal expenses and the cost of visits not included in your program.
- * The extra fees for a single bedroom (this is possible, if single rooms are available, at a cost of 160 €).
- * Additional information pack (30 €).
- * The optional cancellation and repatriation insurance.
- * Booking fees
- * Extra charge for postage outside France.

RECEPTION/CONCLUSION

Where the holiday begins: You will be expected to arrive at the hotel of Saint-Dalmas-de-Tende on Day 1, in time for dinner (i.e. before 7:00 pm).

Where the holiday ends: At Menton, after the day's walk on Day 7. You will collect your luggage from a hotel in Menton.

LEVEL OF DIFFICULTY

Level 3 (medium). The walking route requires to have a good level of physical fitness. You need to be capable of walking on all types of terrain, and to be able to walk uphill for around 600 to 900 meters (approximately 2000 to 3000 feet) each day.

ACCOMMODATION

You will be accommodated in hotels, in double bedrooms, for 6 nights.



In principle this will mean 2 consecutive nights in Saint-Dalmas-de-Tende, 1 night in Fontan, 1 night in Breil/Roya, 1 night in Sospel and 1 night in Sainte-Agnès. You will be able to refer to the sheet attached to your information pack.

From time to time we might slightly modify your itinerary. This could be for organizational reasons such as full hotels, or for safety reasons such as changes in the state of the terrain, landslips, eroded paths, bad weather forecasts etc. Have confidence in us - if we make these changes it is in your interest, either for safety or for your greater comfort!

Extra nights

NB: You are advised to book these well in advance.

For accommodation in the Roya valley 'la vallée de la Roya': Tourist office: 04 93 04 92 05

Hôtel Le Prieuré** at St-Dalmas-de-Tende – 04 93 04 75 70

Hotel at Menton : Tourist office: 04 92 41 76 76 www.villedementon.com

Hôtel Moderne** – 04 93 57 20 02

For accommodation in Nice: Tourist office: 0892 707 407 www.nicetourism.com

MEALS

Accommodation in half board, without drinks. It includes breakfast and a hot meal in the evenings.

Breakfast and dinner: The hotel will provide you dinner and breakfast. Drinks are at your own expense and you will have to pay directly the hotel for them.

MIDDAY MEAL

For midday, there are several possibilities:

- You can reserve packed lunches when you book the holiday. In this case, everything will be done for you.
- You can order a packed lunch for the following day directly from each hotel, when you arrive there after each day's walk.
- Otherwise you can provide your own food and picnic using the various shops and food outlets in the villages you pass through.

There are grocery shops in each of the places where you will spend the night. Here you will be able to buy everything you need for your packed lunches.

St-Dalmas de Tende: Grocery

Fontan: Grocery + bakery

Breil/Roya: Grocery + bakery + sports shop

Sospel: Grocery + bakery

Sainte-Agnès: Groceries only.

Menton: Groceries, supermarkets and sports shops.

TRANSPORT OF BAGGAGE

Each morning, you will leave the hotel after breakfast. You will leave your bags in reception or in a place indicated by hotel's staff. The taxi will pick up your bags from 9.30 am to transport to the next hotel where you are waited for dinner and night.

In order to avoid complications in having your bags transported we ask you to **limit your luggage to 1 bag per person: the bag should weigh less than 15 kg per person and should not be too cumbersome**. Extra bags or oversized bags will be charged at a rate of 8 € by the carrier. **Luggage labels** will be supplied in your information pack. Don't forget to attach it to your bags (this is important for the taxis).

TRAVELLING TO AND FROM THE WALKING TOUR

Start of your holiday



On Day 1 you will be expected at Saint-Dalmas-de-Tende, at the hotel for the evening meal (before 19:00, if not, please try to inform the hotel in advance). You can, however, arrive earlier and ask for access to your bedroom (from 15:00). If you come by car, free parking (unguarded) at the railway station of Saint-Dalmas-de-Tende or near the hotel.

Getting there

Plane: Nice Côte d'Azur international airport, 15 minutes from the center town. There are many regular and low-cost services. Shuttle transport links the airport to the train station ('gare SNCF') and the bus/coach station ('gare routière'). www.nice.aeroport.fr

Train: Train to Nice then take a connecting service (TER = local train) to Saint-Dalmas-de-Tende.

SNCF ligne Nice/Breil/Cuneo: Tel: 0800 11 40 23 www.ter-sncf.com/paca www.trenitalia.it
The hotel is 5 minutes from the railway station. Walk to the right along the road leading towards the RD6204. The hotel is facing you when you arrive at the first crossroads.

By car from Nice: The quickest way is by motorway, direction Vintimille, Italy. Then take the RD6204 road, Vallée de la Roya, towards Col de Tende. On the way you will go through Breil/Roya and Fontan, then Saint-Dalmas-de-Tende. From Nice, this road journey will last around 1 hour 15 minutes.

Saint-Dalmas de Tende is rather a long village. The hotel is on the right, just after the little tunnel, and below the road. Go down its little access road in order to find the car park. www.mappy.com

By car from Italy: Gap, Col de Larche, direction Cuneo, Col de Tende, Tende.

The hotel is at the entrance of Saint-Dalmas-de-Tende, before the tunnel and on the left, below the road.

Parking: Your vehicle can be left at Saint-Dalmas de Tende for the duration of your holiday (parking is free, but not secured).

Parking in Menton

Paying and secured: Saint-Roch (04 92 10 96 77) and Lorédan Larchey (04 92 10 23 25).

Expect to pay around 72 € for 7 days (2015 prices).

Free: There are some free car parks in the vallée du Careï (the wide boulevard which leads down from the motorway to the bus station).

End of your holiday

At Menton, after the walk on Day 7. You will be able to collect your bags at a hotel in Menton.

If you have to collect your car from Saint-Dalmas-de-Tende, there are three ways of getting back there:

Bus: Bus Lignes d'Azur number 905. The journey back to Saint-Dalmas-de-Tende takes 1½ hours.

The cheapest bus fare is 1,50 € per person. It leaves from the bus station ('gare routière') at Menton.

Information: www.riviera-francaise.fr (« transport » and « Roya »).

Train: TER from Menton to Vintimille, then you change for St-Dalmas-de-Tende (service Vintimille / Cuneo).

Information: 0800 11 40 23 or www.ter.sncf.com/paca

Taxi: Around 120 € for 1 to 4 people.

Fabrice : 06 64 27 72 69 Pierre : 06 10 25 00 25

Laurent : 06 08 28 04 14 Didier : 06 74 94 04 87

INFORMATION PACK

After you have paid for the holiday we will send you a guidebook, two IGN hiking maps (scale 1:25,000 - approx 2.5 inches to 1 mile) and 1 outline map, hotel vouchers and luggage tags. 1 full pack is provided for 4 people.

The walking route is carried out without a guide and under your own responsibility. We will give you all the information and logistical back up needed for the smooth running of your walking holiday. We draw your attention, however, to the fact that, in the event of an error on your part concerning navigation or time management (for example leaving too late in the morning, or spending too long over your lunch) we cannot be held responsible.

Maps needed for the walking holiday

Carte guide IGN 3841 OT au 25000è TOP 25 Vallée de la Roya (attached to your information pack)



Carte guide IGN 3741 ET au 25000è TOP 25 Vallée de la Bévéra (attached to your information pack)
Carte guide IGN 3742 OT au 25000è TOP 25 Nice – Menton (simplified outline map attached to your information pack)

EXTRA INFORMATION

Formal documents:

Identity card or valid passport (essential)

Insurance contract covering repatriation (contract number and telephone number)

Money

You will find cash dispensers for your personal expenses at Tende, Breil-sur-Roya and Sospel.

WEATHER

Though we are on the Mediterranean coast, you should bring some warm clothes. Winter may bring some very pleasant days but it can also be wet at times. On the other hand, make sure that you do not forget to bring various protections necessary against the hot sun.

WE ADVISE YOU TO BRING WITH YOU

Mountain boots with raised ankle protection and grips on the soles

In your rucksack (25 / 30 liters capacity)

Water bottle 1 L

Plate, cutlery, tumbler

Toilet paper

Personal medicines (if you take any medication)

Cape or waterproof top (type GORE TEX)

Waterproof covering for rucksack (optional); otherwise, 1 large dustbin liner for putting inside your rucksack to keep your belongings dry.

Pullover or fleece

Energy bars

Sun cream

Sunglasses

Hat or cap

Camera

In your other luggage (1 bag per person, less than 15 kg per bag)

Toiletries kit

Light footwear for the evenings

Casual town clothes for the evenings

Tee shirts

Light trousers

Shorts

Another pullover or warm 'fleece'

Mobile phones

Mobile phones capture nearly everywhere in the villages. On some of the footpaths, they may be less dependable, but on the whole coverage is still good.

Emergency (ambulance): SAMU: 15

Sapeurs Pompiers (fire service): 18 (from a call-box) or 112



INSURANCE

Our insurances, Contrat Assistance Plus (Assistance étendue) and Contrat Sérénité (Premium) are individual and optional. If you sign up for them it must be **AT THE LATEST, 14 WORKING DAYS** after booking the holiday, and the insurance cannot take effect until after you have paid the full cost of the holiday. Anybody can take out one of our insurances, whatever their country of residence.

The total cost of the Contrat Assistance Plus (insurance for Assistance/Rapatiation) is set at 1.70% of the cost of the holiday. It takes into account only the cost of the holiday.

The total cost of the Contrat Sérénité (insurance for Assistance/Repatriation, cancellation and interruption of the holiday) is set at 3.6 % of the price of the holiday. It takes into account the cost of the holiday and the extra charges (for individual bedrooms, for a single holidaymaker, extra nights and possible extra transportation etc).

If you cancel the holiday yourself, if you haven't taken out our insurance for cancellation, the cancellation fees will be retained by us.

The size of the cancellation fee depends on the date of cancellation:

- 1) more than 30 days before the planned departure: 50 € of administration fees per person.
- 2) between 30 days and 22 days before departure: 25% of the total cost of the holiday.
- 3) between 21 days and 15 days before departure: 50% of the total cost of the holiday.
- 4) between 14 days and 8 days before departure: 75% of the total cost of the holiday.
- 5) between 7 days and 2 days before departure: 90% of the total cost of the holiday.
- 6) less than two days before the departure date: 100% of the total cost of the holiday.

In all cases of cancellation, even if it is more than 30 days before the planned starting date of the holiday, a fee of 50 € per person will be retained by us to cover administration costs.

➤➤ If the person with whom you planned to share a bedroom cancels their holiday, you will be billed for the individual supplement for that bedroom.

If you have to cancel your holiday **before you set off**, contact La Pèlerine on +33 (0)4 71 74 47 40, and we will do whatever is necessary.

During your holiday, your first action in such a situation should be either to contact **ASSISTANCE MUTUAIDE** on +33 (0)1 45 16 43 47 (if you have taken out the insurance contrat assistance plus) or **SERVICE SINISTRE ASSURANCE** on +33 (0)5 32 09 21 81 (if you have taken out the insurance contrat sérénité).

If you have any questions about your insurance contract, please contact the Hot Line on **05 32 09 21 81**.

Not turning up at the beginning of the holiday, or abandoning the holiday after you have begun it with no explanation, will disqualify you from reimbursement.

An example of an insurance contract, detailing the guarantees it gives you and the procedures you have to follow to make a claim, will be sent to you either at the time you make your booking – or at any other time if you ask for it.

CHANGING YOUR BOOKING:

ATTENTION!

Administration fees (50 €) will be kept by us for **any change you make in a booking already made** (e.g. for type of bedroom, departure dates, number of people etc).

If you want to book **extra nights** at the beginning or the end of your holiday this **must** be done **at the time of booking** and be specified on the booking confirmation sheet. Once bookings have been confirmed, if you want to arrange extra nights this must be done directly with the establishments concerned, and paid for at the time.

