

TRAILS OF THE RIVIERA COAST

An unaccompanied walking tour where you stay in hotels and where your baggage is carried for you. As the Alps rise up from the Mediterranean Sea along one of the most famous coastlines in the world, they give birth to a very special and luminous land where nature offers an incomparable variety of scenery and atmosphere for your pleasure but also for adventure... These are the Maritime Alps. The trip combines mountain meadows and forests, the majesty of treetops, picturesque perched villages, with the added bonus of a mirror of blue stretched out at your feet. This is the privilege of the Maritime Alps.

PROGRAMME

6 days / 5 nights / 4 days' walking

DAY 1: Arrival in Menton, a famous seaside resort. You'll discover the Italian border, the beautiful old town of Menton and its lovely gardens. Overnight stay in hotel. Dinner at your charge.

DAY 2: From Menton to Sainte-Agnès. High mountains rise up just behind Menton. You'll walk up there through picturesque villages such as Castellar and Sainte-Agnès. Beautiful scenery above the sea. Overnight stay in a small inn looking out on the bay of Menton. Dinner included.

+ 540 m to + 900 m * 1h45 to 5h00 walking, depending on the variant chosen

DAY 3: Through an original combination of Mediterranean scents and Alpine flora, scrubland and pine forests, you'll arrive at Gorbio, a perched village in the middle of greenery, and Roquebrune, another small village. Both are not too far from the coastline but are completely different from it!

Overnight stay in a hotel in Menton. Dinner at your charge.

+ 300 m / - 900 m * 4h30 to 5h00 walking

DAY 4: Incredible views on the way today: wild nature and the skyscrapers of Monte Carlo. You'll enjoy visiting the Principality of Monaco and discovering La Turbie, a medieval village. Train between Monaco and Beaulieu/Mer. Overnight stay in a hotel in Beaulieu-sur-Mer. Dinner included.

+ 600 m / - 600 m * 4h30 walking

DAY 5: A marked path will guide you along the wild coastline of Saint-Jean-Cap-Ferrat. You'll walk along the beach through Villefranche-sur-Mer and reach Nice via the foothills. Fantastic views in a natural and unspoilt surrounding. The hotel is in the town center making it easy for you to enjoy visiting the town the following day. Dinner at your charge.

+ 350 m / - 350 m * 4h30 to 5h00 walking

DAY 6: The tour ends just after breakfast. We suggest that you take your time to visit Nice: the old town, the flower market and the 'Promenade des Anglais'.

DATES

Period of availability: All year long, except Easter weekend (26/03 to 28/03), during the Grand Prix de Monaco (26/05 to 29/05), in July and August, and the end-of-year holidays.

Number of participants: 2 persons minimum.



THE PRICE INCLUDES

- * 5 nights in hotel in a double room and in B&B.
- * Dinners of day 2 and day 4.
- * The carrying of your baggage as set out in the holiday specification.
- * A guidebook and 1 map to ensure that you can follow the planned walks (one information pack of this type to be shared by four people).
- * French accommodation tax ('taxes de séjour').

THE PRICE DOES NOT INCLUDE

- * Transport to Menton and return travel from Nice.
- * Picnics or packed lunches.
- * Dinner on day 1, day 3 and day 5.
- * Drinks and personal expenses.
- * Train between Monaco and Beaulieu/Mer (4,50 €/person, 2015 price).
- * The extra payment for a single bedroom, if single rooms are available (170 €).
- * Additional information pack (30 € net price)
- * The optional insurance against cancellation and repatriation, which we can arrange.
- * Booking fees
- * Extra charge for postage outside France.

RECEPTION/CONCLUSION

Where the holiday begins: On Day 1 you will be expected at Menton, at the hotel for the evening meal (before 19h00, if not, please try to inform the hotel). You can arrive earlier at the hotel to drop off your luggage (reception from 2:00 p.m.).

Where the holiday ends: The holiday ends in Nice after the breakfast on day 6.

LEVEL OF DIFFICULTY

Level 2 (medium).

ACCOMMODATION

Hotel** (3 nights), unclassified hotel (1 night) and hotel*** (1 night), in double bedrooms.

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

In principle this will mean 2 nights at Menton, 1 night at Sainte-Agnès, 1 night at Beaulieu-sur-Mer and 1 night at Nice. You will be able to refer to the sheet attached to your information pack.

Please note: Some hotels - including at Beaulieu / Mer - do not have a lift. You have to carry your luggage yourself in your room, so remember to limit the weight.

Extra nights

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

Hotel at Menton: Tourist office: 04 92 41 76 76

www.villedementon.com

For accommodation in Nice: Tourist office: 0892 707 407

www.nicetourism.com

MEALS

Accommodation is half board without drinks. It includes breakfast and a hot meal in the evenings. Dinner on day 6 is your free choice and not included in the price of the holiday. This way you can choose an establishment that takes your fancy whilst mooching through the streets of the Old Town of Nice.



Dining etc: The hotel or restaurant will provide you with dinner and breakfast. Drinks are at your own expense and you will have to pay the hotel for them.

Warning: Restaurants are reserved for 19:30 / 20:00, thank you for respecting these times.

MIDDAY MEAL

You can provide your own food and picnic using the various shops and food outlets in the villages you pass through.

Shops

You will find groceries at each stage to make up your picnics.

Menton: Grocery + bakery + sports shop.

Castellar and Monti: Nothing

Sainte-Agnès: Grocery

Monaco: Grocery + bakery + sports shop and restaurant

Beaulieu: Grocery + bakery + sports shop and restaurant

Saint-Jean Cap Ferrat: Grocery + bakery + sports shop and restaurant

Beaulieu: Grocery + bakery + sports shop and restaurant

Villefranche sur Mer: Grocery + bakery and restaurant

Nice: Grocery + bakery + sports shop and restaurant

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 14 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).

ACCESS

In the timetable roadbook the times of the coaches are given from the bus station in Menton. This is in the Carei to the north of the Bioves gardens after the railway bridge (5 min from the hotel).

For this itinerary the return journey is not included. To get back to your car you can go by train between Nice and Menton (the SNCF Nice Riquier railway station is 10 minutes on foot from the hotel). If you wish to do this journey by taxi please speak to us.

By plane: Nice Cote d'Azur International Airport, 15 minutes from the city center. There are many flights on both regular and low cost lines. There is a shuttle service to the train and bus stations and to reach Menton. www.nice.aeroport.fr

By car from Nice: A8 direction Italie – Exit Menton. It takes 30 min from Nice.

By train: Train Nice/Vintimille. Menton railway station. Information: 36 35 or 0800 11 40 23 www.ter-sncf.com/paca

By bus: Bus Lignes d'Azur number 110 Nice airport/Menton (express). 20 €/way, price 2015. Information: 0800 06 01 06 www.cg06.fr

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 Carei (the wide boulevard which leads down from the motorway to the bus station).



INFORMATION PACK

When we receive payment we will send you the documentation needed for your days' walks (An English road book, 1 IGN walking map (scale 1:25,000 – approx. 2.5 inches to 1 mile), voucher and luggage labels. 1 full pack is provided for 4 people). These will enable you to be completely self-guiding during your walks. You are required, however, to keep to the order of stages and bookings which we have organized for your benefit. We strongly advise you to stick to the routes planned, and to follow any diversions which may be necessary.

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 everywhere

WEATHER

We are on the Mediterranean coast but don't forget to take warm clothes with you. Winter days are often pleasant but they can also be wet. On the other hand, don't forget to protect yourself from the sun.

Bad weather: Whilst it seems to enjoy peaceful weather, the Mediterranean has a treacherous hidden side to it, and this can mean there is real danger: powerful, violent waves crash down onto the coastline submerging parts of the seaside paths. Make sure that you read the signs warning you of the danger when the weather is bad and that you obey what you read. Don't try to go round the headlands if there is a strong easterly or westerly wind. Waves can sweep walkers away. You must avoid these parts of the path by following itineraries that are further inland than the capes (Cap Martin, Cap Ferrat, and the seaside at Nice).

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 14 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:

LA PELERINE - WALKS IN FRANCE
32 place Limozin - 43170 SAUGUES
04 71 74 47 40 / contact@lapelerine.com / www.walksinfrance.co.uk/



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.

