

# ACTIVITY WEEK CEVENNES

**DATES:** 6/27 (Arrival) – 7/4/21 (Departure)

**GUYs:** 5 – 12

## **PROGRAM:**

**Sunday:** Arrival up to 19.00 p.m.. Welcome - Aperitif and dinner

**Monday:** Hike from our accommodation through chestnut and holm oak forests and picturesque natural stone hamlets. Optional swimming break at the river. Walking time approx. 5 hours approx. 400 m uphill, about 400 m downhill.

**Tuesday:** Bike tour with MTBikes (optional Ebikes) on small, predominantly paved roads through the mountains of southern Ardèche and Lozière. Duration approx. 5 hours with optional swimming break at the river. About 500 m uphill, about 600 m downhill. Optional coffee stop in Les Vans and transfer from Les Vans back to Vénissac.

**Wednesday:** Mountain hike from our accommodation over a scenic summit, a grotto and a small picturesque village in the valley to Les Vans. Coffee break possible. Return transfer from Les Vans to Vénissac. Walking time approx. 4 hours approx. 300 m uphill, about 500 m downhill.

**Thursday:** Transfer to Casteljau. Checkin with the kayak rental company. Beginner paddling in open kayaks through the spectacular Chassezac Canyon. (Corresponding water level and favorable weather conditions, otherwise alternative hiking tour.) Paddle time approx. 3 hours. Optional swimming break. Return transfer to Vénissac.

**Friday:** A scenic high-altitude hike from our accommodation to the mountains. Walking time approx. 4 hours 400 m uphill 400 m downhill

**Saturday:** Mountain / valley hike from accommodation through chestnut and coniferous forests via the neighboring village of Le Frontal and Cessenades on a ridge. Walking time approx. 5 hours approx. 300 meters uphill, approx. 300 meters downhill.

**Sunday:** After breakfast departure

**Important notes:** Changes or deviations from the program schedule are possible due to weather conditions, unfavorable road conditions, transport difficulties and many other influencing factors. The above description only represents the planned course of the program without guaranteeing the exact procedure in detail. The planned kayak tour could be canceled because of too high or too low water level in the rivers or unfavorable weather conditions.

**Covid-19:** Gay-Aktivreisen and its cooperation partners provide their services always in accordance with the actual local government regulations and requirements. Because of this, there could be due to Corona-related regulations or restrictions changes our our service and program. Please note also always the official (entry) requirements of your travel destination.

## **PARTICIPATION REQUIREMENTS:**

The condition requirement for this tour is moderate. The mountain and canyon hikes have 4 to 5 hour pure walking time in the low mountain range with gradients between 300 and 500 meters altitude. The paths are former mule tracks with loose rocks and lead us through the Parc des Monts d'Ardeche nature reserve. You should have the desire for exercise, endurance, basic physical fitness and weather resistance.

Swimmers and a bit of endurance in the arm / shoulder / back area are prerequisites for the kayak tour. The kayak tours are also suitable for beginners without previous experience.

For the bike tour good physical condition and endurance is a prerequisite, since a larger slope is to be mastered. You can also rent an e-Mtbike.

Participation in a group travel in general and the familiar accommodation in this tour requires a certain degree of social competence (team spirit, tolerance, consideration, etc.) from each participant.

## **ACCOMODATION:**

Accommodation is in the stone cottage and in the wooden house of mountain farm house „Mas de la Gagniere“ and possibly in various holiday homes in the neighboring village of Le Frontal 3 km away. The location is absolutely quiet in an idyllic mountain valley in the middle of nature.



Mas de la Gagniere





The hamlet Vénissac, in which the Mas de la Gagniere mountain farm is located, consists of three properties and is surrounded by vast chestnut forests idyllic on the mountainside.

Here you can also just spend a day relaxing.





Owner is our host Robert, who is also responsible for cooking.

**FOOD:** Breakfast, piquenique and dinner with drinks are included.

**INCLUDED IN THE PRICE:**

- Tour guide
- 7 x nights in single appartement
- 7 x full board (breakfast, picknick to take away, dinner)
- Bike rental for one day
- All transfers to the activities due to program
- kajak rental
- tax

**PRICES:**

- 799 Euro per person in appartement double use (common sleeping room) oder double room in a common house with shared toilet/bathroom
- 839 Euro per person in appartement double use (common sleeping room) located in neighbour village
- 859 Euro per person in own house double use (common sleeping room) located in neighbour village or single room in common house with shared toilet/bathroom
- 959 Euro for appartement single use locate in neighbour village
- 989 Euro for little house single use with own garden in neighbour village

Not included in the price: Costs of your own arrival itinary and departure, possibly coffee stops in cafes during the acitivities and 10 Euro extra charge per E-Mtbike (if you want E-Mtbike instead of normal Mtbike)



## **GETTING THERE:**

Meeting point is the hamlet of Vénissac about 12 km from Les Vans in the department of Ardèche in the south of France.

If you come by plane the following airports are possible: Nimes, Montpellier, Marseille, Lyon. I recommend you to take a rental car at the airport for the onward journey to us, which is the easiest and most comfortable way. The onward journey with public transport is possible, but takes much more time and is little bit difficult. It is also possible share a rental car with other participants, most of them arrive at Airport Lyon St Exupery

You can ask me, i can help you to arrange your itinary: [info@gay-aktivreisen.de](mailto:info@gay-aktivreisen.de)

Hope to see you, best regards Florian, [www.gay-aktivreisen.de](http://www.gay-aktivreisen.de)