

ACCOMPANIED EXCURSIONS 2018

On Saturdays, on some dates, you could sign up either for a hike in the Verdon region or for a cultural excursion accompanied by a guide.

« RANDONNÉE À PIED » with Philippe, nature guide

14th of April, 26th of May, 9th of June, 14th and 28th of July, 8th of September 2018.

« EXCURSION NATURE-CULTURE » with Anne, country guide

« Aiguines et Les Salles » : 14th of April, 9th of June, 22nd of September 2018.
« Baudinard, la partie intime des Gorges » : 26th of May, 11th of August 2018.

« EXCURSION NATURE-CULTURE » with Cathy, country guide

« Lavande, fleurs et senteurs » : 23rd of June 2018.

Information and registration : info@crealangues.com

Conditions

Price for the field trip : 85 €.

This includes the guide, transport and picnic lunch.

To be booked at the moment of your registration; minimum 4, maximum 8 participants.

For the hike, a good physical condition is required.



Your guide, Philippe Maïda



Philippe, mountain guide, will take you on various hiking-trails in Haute-Provence : from the majestic Verdon to the grasslands of the Pre-Alps. You'll experience a "bowl of fresh air" during a walk of about 4 hours with stops to enjoy every moment and to picnic.

You'll be pleasantly surprised by the stories and anecdotes all through the walk.

Even though you need to be in good physical shape, Philippe adapts the rythm of walks, depending on the group.

Exemples of the trails proposed :

- « Le sentier des pêcheurs » dans les Gorges du Verdon,
- « Le massif du Montdenier » till 1700 m of altitude
- « Les Basses Gorges du Verdon à Quinson ».

The choice will be made taking into account the weather conditions and the group.



Hike, practical

Departure 9.15 am – return around 4 pm.

From the Monastery there will be an approx. 30' -45' ride by minibus. Then a hike of 3h30 to 4h30 with frequent stops. Altitude variation : about 400 m.

Bring good comfortable walking shoes. We'll provide you with walking sticks, backpacks and a picnic.

A good physical condition is necessary.

We reserve the right to cancel the excursion if the weather forecast is not favorable. In that case, we'll reimburse the supplement you paid.

EXCURSION CULTURE - NATURE



Anne Siaudeau, country guide, will help you discover some wonders of the region. Passionate about nature and culture, Anne will make you travel through time, taking you to magnificent places, sharing her knowledge and numerous anecdotes with you.

She talks of the region in clear terms and explains about the flora, fauna and history of its villages.

Baudinard, discovery of an intimate part of the Verdon

Saturday 26th May and 11th August 2018

In the morning, Anne will take you on a 1h30 walk in the steps of the 'Charbonniers'.

The awesome landscapes will help you better understand the life of the inhabitants through the centuries, their work, their history and customs.

After a picnic on the banks of the river, you'll visit



Aiguines and Les Salles-sur-Verdon

Saturday 14th April, 9th June, 22nd September 2018

At the entrance of the Gorges du Verdon, Aiguines offers a breathtaking view on the Lake Ste-Croix. A stroll around the winding streets of this typical Provençal village, with its fountains, church and an amazing castle. Ann will talk about the history of the « boules de pétanque », first manufactured in this village.

After a picnic on the lake border, we'll head towards Les Salles-sur-Verdon, 'one of Frances youngest villages'. You'll be taken around to discover the remains of the ancient valley, that has been submerged in the lake, after the construction of a dam.

Lavande, fleurs et senteurs

Saturday 23rd of June

Cathy Versini, a native of Marseille, takes great pleasure in her escapades in Haute-Provence. During her 20 years as a journalist, she gathered an elaborate information regularly published in local newspapers. Cathy has gathered a lot of historical anecdotes and secrets from nature.

"I continue to wander the streets and paths of this country, to recharge my batteries, because I appreciate the beauty of its vast spaces, the quality of life in the villages and the riches of its little known rural heritage. This is what I wanted to share by becoming a country guide. Curious about everything around me and loving to share history through stories, I gather anecdotes and secrets of nature. »

Towards Esparron, through landscapes in bloom

Cathy proposes a day dedicated to the typical plants of the region, cultivated or wild.

In the morning, you'll walk to La Tuilière in Esparron. You'll discover the plants and perfumes of the garrigue, admire the panoramic views on the Esparron Lake whose creation changed life in the village. You'll wander through the medieval alleys and picnic on the lake-side.

Then, across the plateau of Valensole where roses, lavender and sage are in full bloom this time of the year. You'll appreciate the unique landscape : golden wheat, blue lavender, turquoise water ... a festival of colors for your eyes and your camera !



Baudinard , Aiguines and Esparron : practical

Departure : 9.15 am – return around 5 pm.

From the Monastery there will be a 30 to 45' min. drive by minibus. Then a hike of 1h30 with frequent stops. Bring comfortable walking or sports shoes. We'll provide a picnic lunch. Minimum 4 and maximum 8 participants.

In case of bad weather conditions, we'll propose an adapted excursion.