

ACCOMPANIED EXCURSIONS 2019

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

13th of April, 25th of May, 8th of June, 13th and 27th of July, 10th of August, 7th of September 2018.

« EXCURSION NATURE-CULTURE » with Anne, country guide

« Châteauneuf-les-Moustiers and Verdon canyon » : 13th of April, 25th of May, 8th of June, 10th of August, 21st of September 2019.

Information and registration : info@crealangues.com

Conditions

Price for the field trip : 87 €.

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 :
- Les Gorges de Trévans
- Le massif du Montdenier
- 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.

« Châteauneuf hier et aujourd'hui - Gorges du Verdon » 13th April, 25th May, 8th June, 10th August et 21st September

In the morning, Anne will take you for a walk towards Châteauneuf-les-Moustiers, through the awesome landscapes of the Southern Alps foothills. This ancient village was abandoned in the midst of the 20th Century.

The hike will help you better understand the life of the inhabitants of this village through the centuries, their work, their history, their customs, their happiness and woes, the reasons why the village was abandoned.

After a picnic, you'll visit the Gorges du Verdon, the biggest canyon in Europe, with breathtaking views.



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.