

CLIMBING TRIP TO SOUTHERN FRANCE



8 day all inclusive climbing trip - 6 days of activity

An authentic and original climbing trip, off the beaten track in this picturesque region of France.

Join this adventure and stay in quaint cottages, eat good food and taste exquisite wines made and grown by locals in this undiscovered climbing paradise.



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TRIP SUMMARY :

- ❖ Certified climbing guides (1 guide for 3 to 4 climbers)
- ❖ Personalized climbing routes crafted and adapted for all skill levels (novice to expert)
- ❖ Lodgings provided in local bed and breakfasts and country cottages
- ❖ Local transportation with drivers provided (minibus and cars)
- ❖ All meals provided (Breakfast – Lunch – Dinner)
- ❖ Fixed menu dinners
- ❖ Tastings of wines and local products
- ❖ Choice of activities on rest days (Paragliding; kayak; Climbing paths [via-ferrata]...)
- ❖ Discovery of the historic heritage and nature of the region



SAMPLE AGENDA

Day 1: Arrival

Day 2 / 3 / 4: rock-climbing

Day 5: resting day

Day 6 / 7: rock-climbing

Day 8: Departure



This sample agenda is provided as an example of the week's daily breakdown and activities. The program will be adapted to match the skill level of each participant and the weather conditions.

Day 1 (Sunday)

We will pick you up directly from the airport at Montpellier or Béziers.

You may also choose to land at the airports in Perpignan or Carcassonne and take a train or bus to meet us at the rendezvous point where we will come pick you up.

We will spend the evening getting to know one another over a dinner at a charming Vallée-de-la-Buège Inn. We will also discuss further details of the precise breakdown of events for the days to come, answer any questions you may have, and ensure we meet all of your needs.

First night in a Bed & Breakfast.

Day 2 (Monday)

This first day of activities will permit us to review or learn the climbing techniques required for the activities of the upcoming days. We will split up into several groups to climb cliffs adapted to each group's skill level and interests. The more advanced groups will be able to start with our first multi-pitch route with one of our guides.

For lunch, we will share a picnic composed of local culinary products (bread, cheese, paté, cold cuts and delicatessen meats, fruits, and cakes) all while enjoying a view of the secluded "Vallée-de-la-Buège" and its medieval village.

Second night in a B&B.



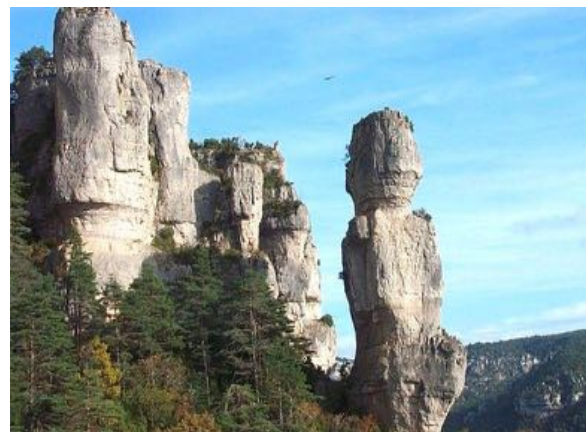
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Day 3 (Tuesday)

After a filling breakfast, we'll hit the road towards the Caroux Mountains (1hr drive) in the natural park of "Haut Languedoc". We will climb a classic route in the area and discover the magnificent countryside views offered by the region.

To ensure we wrap up the day of beauty right, we'll enjoy an enrapturing meal provided by the talents of Chef Rolland in his charming Inn amidst the mountains.



Day 4 (Wednesday)

After a breakfast of champions, we'll head off to conquer a high multi-pitch route going 200 to 500 meters adapted to the skill level of each climber. We'll celebrate our victorious climb at the summit of the Caroux (1091m) and admire a unique view, nestled between sea and mountain, forests and high plains.

We'll enjoy a dinner and a well-deserved rest at Roland's warm and inviting Inn.

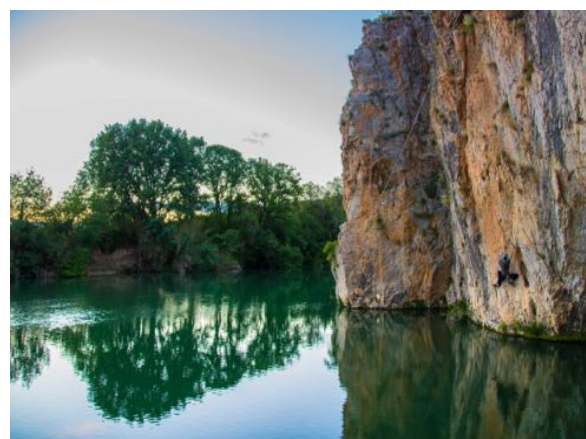


Day 5 (Thursday)

Rest day! We'll head towards the canyons at Gorges du Tarn (1h) to discover the marvels that have made them internationally renowned.

You'll have your choice of activities, such as an initiation to paragliding, cave exploration, or a museum visit. You can enjoy the rest of the day with a swim in the Tarn River or have a rest on its banks.

In the evening we will find ourselves at a farm cottage where we'll enjoy a robust dinner made of products from the farm itself.



Day 6 (Friday)

Here we go - the Dolomitic cliffs! Today we'll climb a wonderful multi-pitch route of Dolomitic rock, so characteristic of the Tarn. Amongst the mountains and the Tarn River, with birds-of-prey overhead, we will enjoy the unique atmosphere that made this canyon world famous.

We are finishing the day visiting a farm or a vineyard before returning to our cottage.



Day 7 (Saturday)

Second day in the Tarn. The most motivated individuals could climb another multi-pitch route while the others will enjoy one of the most beautiful Via Ferrata of the region and its prehistoric village.

For our last night, we will go to one of the most beautiful French villages: Saint-Guilhem-le-Désert. There we will stay in the beautiful and comfortable Domaine de Pelican and its wine cellar, enjoying a last glass of wine together.

Day 8 (Sunday)

Time to go! All good things come to an end... Before we bring you to the airport, you will spend your last hours in the Domaine enjoying the swimming pool.



PRICE INCLUDES

- Certified climbing guides (1 guide for 3 to 4 climbers)
- Lodgings provided in local bed and breakfasts and country cottages
- Local transportation with drivers provided (minibus and cars)
- All meals provided (Breakfasts / Lunches / Dinners)
- Fixed menu dinners
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- Discovery of the historic heritage and nature of the region

PRICE DOES NOT INCLUDES

- Flights to/from France
- Alcoholic beverages and sodas (outside of *tastings*)
- Personal expenses

WHAT DO YOU SHOULD BRING

- Passport
- Backpack (to carry things like small layers, camera, water, etc.)
- Hiking / running shoes,
- Personal climbing gear (at least climbing shoes & harness ; helmet and belay device can be lend to you)
- Headlamp
- Rain jacket & warm clothing (just in case...)



FLIGHTS :

Flights are not included in the price. You must buy your ticket to the airport of Montpellier, Béziers, Perpignan or Carcassone.

We can directly pick you up in Montpellier or Bezier airport. You can also fly to Perpignan or Carcassone airport and then taking a train or a bus to join us in Béziers or Montpellier.

List of the main direct flights :

to Montpellier :

from Belgium :	Charleroi (Ryanair)
from Netherland :	Amsterdam (AirFrance) Rotterdam
from Norway :	Copenhagen (Norwegian)
from Germany :	Dusseldorf (Eurowings) Frankfurt (Ryanair)
from Ireland :	Dublin (Aer Lingus)
from England :	Leeds (Ryanair) Luton (EasyJet) London Gatwick (EasyJet)
from Italy	Roma Fiumicino

to Béziers – Cap d'Agde

from England :	Manchester (Ryanair) Bristol (Ryanair) London (Ryanair)
from Scotland :	Edimburgh (Ryanair)
from Sweden :	Stockolm (Ryanair)
from Germany :	Dusseldorf (Ryanair)

to Perpignan :

from England :	Southampton (Air France) London (Ryanair) Birmingham (Ryanair)
from Irlande :	Dublin (Aer Lingus)
from Belgium :	Bruxelles (Ryanair)
from Switzerland :	Genève – (Chalair Aviation)

to Carcassone :

from Belgium :	Bruxelles Charleroi (Ryanair)
from Ireland :	Cork – Ryanair Dublin – Ryanair
From England :	East Midlandes (Ryanair) Liverpool (Ryanair) London Stansted (Ryanair) Manchester (Ryanair)
From Scotland :	Glasgow (Ryanair)
From Portugal	Porto (Ryanair)



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PRICES

ALL INCLUSIVE PRICE PER PERSON	1590€
25% DEPOSIT AS CONFIRMATION	398€
PRIVATE ROOM SUPPLEMENT FOR 1 PERSON (OPTIONAL)	280€
PRIVATE ROOM SUPPLEMENT FOR A COUPLE (OPTIONAL)	360€



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