

Verdon Gorge - Europe's Grand Canyon

Trip Code: VER

Version:



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Dramatic landscapes and picturesque provencal villages
- Enjoy characterful accommodation and sample the wine and food of Provence
- Verdon Gorge National Park; an UNESCO listed site
- Wander past lavender fields and olive groves

AT A GLANCE

- 5 days trekking
- Max altitude - 1412 metres
- Join at Saint André Les Alpes

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

This stunning walking holiday through Europe's most beautiful river canyon takes in some truly dramatic scenery and offers a colourful and genuine flavour of Provence. The gorge itself is around 25 kilometers long; the bottom 8m to 90m wide, while the rims are 200m to 1500m apart! The National Regional Park of Verdon was created in 1997 to protect an environment that has evolved over two million years and also prides itself in being labelled a UNESCO World Heritage Site as the largest geological reserve in Europe. We'll explore the gorge and its charming surrounding area with a variety of beautiful walks! The most impressive section lies between the medieval towns of Castellane and Moustiers-Sainte-Marie where the river has cut an impressive ravine into the limestone, reaching down to a jaw dropping 700m deep in places.

This superb walking journey shows us the very best of Provence, a region filled with picturesque villages, crystal clear rivers, towering rock formations, hidden tunnels, meandering rocky ladders, glorious views and some of the best food and wine in the world, including a night in the famous and beautiful medieval village of Moustiers-Sainte-Marie and concluding perfectly in the ancient Roman town of Gréoux-les-Bains.

Is this holiday for you?

All six days of walking are moderately paced with time available for photo stops and occasionally simply 'taking in the view'. However each of the days are a reasonable length, typically 7 - 8 hours of walking and so a good base level of fitness is required. Your main bag will be transferred for you, meaning you only need to carry what you require for each day.

Itinerary

Version:

Holiday Information

What's Included

- A professional English-speaking guide
- All accommodation as described in the trip dossier
- Services of a support vehicle for baggage transfers

What's not Included

- Travel Insurance
- Lunches
- Visa fees (if applicable)
- Airport transfers
- Miscellaneous personal expenses

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

There are no group transfers for this trip, the group will meet at the group hotel in Saint André Les Alpes.

The most convenient airport is Nice. From Nice there is a spectacular train ride to the start of your trip at St Andre. It is on one of the very few private railways in France and with trains running four times a day it is an easy way to get to the start. It is also excellent value for money being about 18 Euros per person for a single journey of about 2.5 hrs. Please note that it is not possible to book these train tickets in advance and it is very easy to purchase these at the station; the timetable for the train service from Nice to Saint André Les Alpes on the historic Train des Pignes can be found here - <http://tourisme.trainprovence.com/horaires-et-tarifs/?lang=en>

To reach Nice train station from the airport either take a taxi from the arrivals areas costing about 30 Euros or if you have time use the local bus service costing 4 Euros per person. Previously we have used bus No. 23, but there maybe others that go there too.

The welcome meeting at your accommodation will be at 7pm followed by the evening meal.

At the end of the walk in Greoux-les-Bains there are several methods for onward travel. Marseilles is the closest airport but there are also options to return back to Nice plus an easy bus ride reaches Manosque where connections are possible across France including the near by Luberon region. Marseille airport is 1hr by road and 2hrs by train, Nice airport 2hrs by road and 3h30 by train.

If you have any problems on arrival please contact your leader (exact details will be sent prior to departure).

Meal Plan

All breakfasts and dinners are included from dinner on day 1 to breakfast on day 6. Lunches are not included.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

In this beautiful area it is only fitting that the food come up to the same standards. Breakfasts will be continental style with French breads and pastries, lunch is an occasion as well as a meal with different types of fougasse (Provençal local flat bread with different fillings; olive/ham/cheese/sausage/herbs) , fresh fish and local dishes flavoured with provençal herbs . Evening meals will also be locally sourced food as much as possible, a particular highlight is the homemade hearty pesto / vegetable soup at the Auberge Pointe Sublime - local wine also available to buy every evening if you wish! With ice cream and crepes as possible additional snacks en route, you most certainly will not be going hungry.

Group Leader & Support Staff

The group will be led by an experienced and qualified mountain leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

All breakfasts and dinners are included in the holiday price. For the non included meals we suggest you budget around 25 Euros meal. You should also make your normal allowance for extra drinks and snacks etc as you would on any European holiday. In total we would expect 225 - 275 Euros to cover all miscellaneous personal expenditure.

Baggage Allowance

There is no weight restriction as such on this holiday other than that imposed by your international carrier (normally 20kg). However, we do ask you to restrict your luggage to one trek bag/suitcase and one small daypack per person.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also capable for walking up to 7 or 8 hours each day for four days continuously. We would suggest that you adopt a weekly exercise regime.

Climate

Temperatures in this area of France, range from daily highs of 17°-21°C (63°-71°F) in April, and May, to daily lows of 5-9°C (41°-48°F) . In September and August the daily temperature ranges from an average 24-29°C (76°-84°F), down to 11-15°C (53°-59°F).

At these times of year the days are often clear and sunny, however, as is not unusual in mountainous areas, this can mean that storms build up in the late afternoon.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Hiking boots

- Trainers or sandals

- Socks Underwear

- Trekking trousers

- Waterproof jacket

- Waterproof overtrousers

- T-shirts and/or casual shirts

- Fleece jacket or warm jumper

- Sunhat

- Warm hat

- Gloves

- Sunglasses
- Daypack 30 litres (and a way of keeping the contents dry)
- Headtorch and spare batteries
- Sun protection (including for lips)
- Water bottles 1 litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Swimwear
- Small towel

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The following items are optional:

- Gaiters
- Trekking poles
- Shorts / Skort (though preferable in the hotter summer months)
- Camera
- Spare laces
- Small padlock (to lock your KE trek bag)
- Reusable cloth bag for shopping (to avoid plastic bags)

Note:

We do ask you to restrict your luggage to one trek bag and one small daypack, however. Please bear in mind that you will have to carry your own bags for short distances. Some clients have found wheeled luggage to be more useful on this trip rather than a kit bag.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis and recommend that you book your flights to Nice Airport which is approximately a 2.5 hour train journey from Saint André Les Alpes. Please refer to the 'Joining arrangements and transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines offering flights to Nice. These include Easyjet who have flights from London, Bristol, Liverpool, Newcastle & Edinburgh and Jet2 who have flights from Manchester and Leeds Bradford.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Please Note This document was downloaded on 03/07/2024 and the trip is subject to change