

RUSTIC TRAILS HOLIDAYS

Self guided walking holidays 2010/11.

Summary

Based at La Maison Rose in the village of Saillans, the highlights of our self guided walking holidays include:

- The opportunity to walk in one of the most spectacular and unspoilt areas of France.
- Spectacular views; mediterranean and alpine scenery, abundant wild flowers and butterflies.
- Eagles, vultures, chamois and other wildlife.
- A broad selection of easy to follow walking routes using our detailed notes and maps.
- Walks of all grades, allowing complete flexibility and freedom to go as you please at your own pace.
- Provencale towns, ancient villages and busy markets.
- Luxurious accommodation with private swimming pool.
- Delicious home cooked cuisine, and a broad selection of superb local wines.
- Flexible packages - choose your start date, length of stay and number of meals to suit you.

Introduction

You have to visit this secret corner of France to fully understand what makes it so special, it offers a wonderful combination of memorable walking, warm and sunny climate, and delicious food and drink. And the way of life here hasn't really changed, it's gentle people are happy and long lived.

We are perfectly placed to explore the diverse and beautiful regions to our north and south - the Vercors National Park offers alpine walking, wild flowers, birds and other wildlife, set against beautiful peaks, while Drome Provencale offers rolling hills and fields of lavender, sunflowers, olive trees and vines.

Together with our qualified mountain guide, we have compiled a comprehensive collection of day walks based on years of walking in the region. There are many walks, covering all levels of difficulty, and all within easy reach of your base. You can select your areas of interest and walking grade, and rely on our experience to ensure you get the most out of your self guided holiday.

Itineraries, walking notes, maps

Please refer to the appendix attached for a sample list of the walks for which we supply detailed itineraries, notes and maps.

As well as supplying walking itineraries, we have extensive knowledge of local markets, cheese and wine producers, places of historical interest and other tips for getting the most from your stay.

Practical information

What to bring

In addition to your usual clothes, you will need the following:-

- Lightweight walking boots with good ankle support
- Waterproof / windproof jacket
- Sun hat and sun cream
- Water bottle
- Day rucksack (for your belongings and picnic lunch)
- Walking poles if you like to use them.

Passports

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents.

Insurance

It is a requirement of our terms and conditions that you have taken out appropriate travel insurance in respect of your holiday.

Getting here

You will receive directions with your joining instructions, posted to you before your arrival date.

Car hire

If you intend to travel by air or rail, we recommend hiring a car for the duration of your stay. Details of car hire companies can be found on the travel section of our website.

Accommodation

La Maison Rose has three double and two twin bedded rooms with en-suite facilities. You will have full use of the large sitting room, dining room, terraces, swimming pool and garden. The house is a short walk from the centre of the village and two minutes from the river Drome.

Meals:

Breakfast will be provided each morning on the terrace. It is self-service and comprises cereal, yoghurt, fruit, eggs, croissants, bread, jam, marmalade and honey, tea and coffee.

Lunch: if requested, picnic lunches are provided consisting of filled baguettes of your choice, salad, fruit, cakes, snack bars and soft drinks.

Dinner; if requested, we provide home cooked dinners of four courses, including unlimited wine, mineral water, tea or coffee.

We do not offer a choice of meals but if you have a food allergy or are vegetarian please discuss your requirements with us.

Facilities:

A washing machine is available (five euros per load), and a fridge/freezer for any food items. A PC is at your disposal for viewing and copying photographs.

The library contains a broad selection of books.

The swimming pool is open from 8 am each day.

Most UK terrestrial channels can be viewed on the satellite television in the lounge.

Drinks with meals are free and unlimited; a minibar and wine list is available for drinks at other times, for which a nominal charge is made.

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Self guided walking itineraries 2009

Name of walk	Starting point	Length of walk	Duration (excl breaks)	Grade	Comments
1 Serre Gontard	Cobonne	7 km	3 hrs	1	Very easy but charming introductory walk. Allow time to look round the restored village of Cobonne
2 Jomare	Sailans	9 km	3-4 hrs	1	Starting from our base, wonderful views of the valley walking through vineyards
3 Cirque d'Archiane	Archiane	7 km	3hrs	1	Sheltered mid level alpine walking, rare orchids possible
4 Bezaudun	La Baume	8 km	3hrs	1	Easy circuit south of Les Trois Bees, superb orchids in May, lovely views of north Provence. Bourdeaux worth a visit afterwards
5 Sommet de la Plaine	Rimón	12 km	4-5 hrs	1	Easy walking along a high ridge offering panoramic views
6 Gigors	Gigors	10 km	4 hrs	1	Easy circuit walking in rolling hills. Good wild flowers in May, nice views
7 Les Moyons	Aubeasson	10km	3 hrs	1	Easy walking through vineyards
8 Reserve des Ramieres	Allex			1	Wildlife reserve beside the Drome river, many birds species though sometimes elusive.
9 Vallon de Combau	Combau	12 km	4-6 hrs	1-2	High altitude walking in the Vercors. Best area for wild flowers in June
10 Chapelle St Christophe	Sailans	16 km	5 hrs	2	Longish circular walk from our base to the chapel. Great views
11 Balcon de la Roanne	St Benoit	14km	4 hrs	2	Beautiful winding ascent through vineyards and lavender fields. Allow time to visit the perched village of St Benoit
12 Le Tour de Chabrier	Sailans	11 km	4 hrs	2	Easy to moderate circuit starting from our base. Excellent views over the Diois
13 Cote Belle	Beaufort	13km	4-5 hrs	2	Undemanding walk through rolling hills. Beaufort worth a visit
14 Font Estreche	Le Poet Laval	11 km	4 hrs	2	The nearby town of Dieulefit has an excellent market on a Friday morning
15 La Chapelle St Medard	Piegros	13km	4-5 hrs	2-3	Sleep but rewarding climb to the chapel but worth the effort
16 La Domaine d'Ambel	Col de la Bataille	15km	4-5 hrs	2-3	Excellent long walk with commanding views, optional extra climb possible
17 Le Rocher de Caire	Remuzat	12km	4 hrs	3	Involves some rope and ladder climbing! Great opportunity to watch the vultures soaring
18 Les Trois Bees	Col de la Chaudiere	12km	5-6 hrs	3	Spectacular views, plentiful wildlife
19 Rochers de Cresta	Sailans	12km	5 hrs	3	Walk from our base to great vantage point
20 Tour de Serre de L'Aup	Espenel	23km	7 hrs	3	Local walk, excellent views of the Roanne valley and the Drome valley
21 Gervanne Circuit	Beaufort	19km	5 hrs	3	A good way to see highlights of the Gervanne valley
22 Tour des Cretes de Vassieux	Vassieux	21km	6 hrs	3	High level Vercors walk. The resistance museum in Vassieux is worth a visit
23 Archiane et le Jardin du Roi	Archiane	22km	7 hrs	3	Alpine walking, magnificent views
24 Le Grand Delmas	Nr Chaudiere	14km	5 hrs	3	A steep walk climbing to a panoramic viewpoint overlooking Les Trois Bees

1 = easy ; 2 = moderate ; 3 = difficult