LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RP1A

Le Luberon Grand Tour
Hiking Tour in the heart of the Provence

A multi-day hike for a deep exploration of the Provence !, 7 days, 6 nights, 7 days hiking

Level: 3/5



Bathed by the Calavon River, the Luberon massif and the eponymous regional nature park are the very essence of Provence. Stone is everywhere here: in the hilltop villages, it forms winding alleyways where it's so pleasant to stop and enjoy the cool air. In the countryside, it lies exposed amidst the garrigue and oak forests, taking on the ochre hue so characteristic of Provence. Pastel colours permeate the landscape, creating that incomparable gentle way of life. Our week-long hike takes us from village to village, along paths through the cool gorges, through the undergrowth or alongside fields of lavender. The myriad scents awaken our senses. Here and there, centuries-old buildings pique our curiosity. Senanque Abbey and Gordes, the ochre cliffs of Roussillon, the 'Provençal Colorado' of Rustrel, the Oppédette Gorges, Saignon, Buoux, L'Aigue-Brun, Bonnieux and the Cedar Forest, Oppède-le-Vieux... A comprehensive hike ensuring you miss none of the Luberon's gems !

Strengths

- The Véroncle, Vaumale and Oppedette Gorges
- The hilltop villages and the coolness of their narrow streets
- The many views of Mont Ventoux, the giant of Provence
- The ochre quarries of Roussillon and Rustrel

SCHEDULE

undefined : Gordes - Murs : 19 km - 6h15 - Elevation: + 645 m - 300 m

We are at the western entrance to the Luberon, near Cavaillon. Our hike through Provence begins here, and in the most beautiful way possible. We pass through the village of Les Bories, where stone comes to life. The Bories are one of the symbols of Provence: small round houses built of dry stone, they served as shelters for shepherds. Our route then takes us to Senanque Abbey, a 12th-century Romanesque building which, thanks to the lavender fields that surround it, is one of Provence's most iconic landmarks. Next comes the famous hilltop village of Gordes, one of the most beautiful villages in France. Narrow winding streets, café terraces, a boules court... whilst the village of Gordes is very touristy, it is nonetheless a pleasure to wander around it for a while. We then head up to the village of Murs via two possible routes, one being more technical than the other.
Hotel

undefined : Murs - Gargas : 20 km - 6h30 - Elevation: + 300 m - 575 m

In the cool of the morning, we'll head down through the Vaumale valley via a stunning route at the bottom of the gorges. As this section includes a few slightly technical sections, an alternative route will also be offered if you're on the self-guided option. A quick glance at the Grand Luberon massif from the picturesque cliffs of La Madeleine, and we descend towards the village of Roussillon, whose harmonious ochre-coloured façades give it a distinctly Provençal character. Speaking of ochre, Roussillon offers a tour of its quarry. A lovely, colourful route through the woodland. We then head to our accommodation near the village of Gargas.
Hotel

undefined : Gargas - Rustrel : 22 km - 8h - Elevation: + 585 m - 400 m

Following the GR6 long-distance hiking trail for much of the way – a route linking Aquitaine to the Alps (the Ubaye Valley) – we make our way through the heart of the beautiful Provençal forest. We pass by the Bruoux mine, which can be visited (if you have booked in advance), then on to the Trou des Américains, a veritable treasure trove of biodiversity. A well-deserved break in Villars, another magnificent village, before we head to Rustrel, a small village famous for its 'Provençal Colorado', an ochre quarry with such distinctive formations. The day covers a fairly long distance, but the terrain is "rolling" as it is not very technical and the elevation gain is reasonable. Depending on our arrival time, we will either visit the Colorado of Rustrel or enjoy a cold drink on a terrace (in which case, the Colorado will be visited tomorrow morning).
Hostal

undefined : Rustrel - Cereste : 22.5 km - 7h30 - Elevation: + 400 m - 730 m

A twenty-minute drive takes us to the village of Simiane-la-Rotonde, one of the most beautiful in the Luberon. Simiane marks the transition from the Luberon to the Albion Plateau, which has an average altitude of 850 metres. A visit is a must, then we set off on today's hike, heading south towards the Luberon's most famous gorges: the Gorges d'Oppédette. A truly beautiful walk along the edge of a small canyon carved out by the Calavon. What a sight! This lovely day continues with a stop at the hilltop medieval village of Viens, then Cereste and its beautiful village square.
Home stay

undefined : Cereste - Apt : 22 km - 7h30 - Elevation: + 460 m - 630 m

Today we're heading towards the "capital" of the Luberon, Apt. At the foot of the Grand Luberon range, with its highest peak, the Mourre Nègre (1,125 m), we climb up to the Claparèdes plateau and make our way to Auribeau, then on to Saignon, one of the most beautiful villages in the Luberon. With a panoramic view of the Calavon valley from the aptly named Bellevue rock, this is the perfect spot for a break. We are just a short walk from Apt and its Sainte-Anne Cathedral. Enjoy a pleasant evening in the streets of Apt and its little shops selling local

produce. Exceptionally, dinner tonight is at your own expense, i.e. not included, so you can choose wherever you like.
Hotel

undefined : Apt-Bonnieux : 20 km - 7h45 - Elevation: + 700 m - 550 m

We set off early this morning to tackle the Claparèdes plateau. It takes its name from 'clapas', derived from the Occitan word for the stones used to build 'bories' (dry-stone huts) found all over the Luberon. We pass through the little village of Sivergues, then set off on a hike in the cool morning air at the bottom of the Aigue Brun ravine. Undoubtedly one of the most beautiful hikes in the Luberon! We pass through Buoux, where the view of the giant of Provence, the Ventoux, is breathtaking. The stage ends in Bonnieux, another pretty village, where we once again enjoy the gentle Provençal way of life...
Hotel

undefined : Bonnieux - Gordes : 19 km - 7h - Elevation: + 560 m - 670 m

The final stage of our grand tour of the Luberon! We're about to come full circle. A brisk morning climb up the Petit Luberon ridge takes us to the famous Forest of the Cedars. These majestic cedars, brought from Algeria and planted during the second half of the 19th century, provide us hikers with a cool canopy. We follow the ridge before descending to the village of Oppède-le-Vieux and the ruins of its feudal castle. Just enough time to sit down and have a drink to celebrate the end of this epic journey, and a 15-minute shuttle bus ride takes us back to Cabrières.

TRAVEL CONDITIONS

Luggage :

Travel light – we'll take care of the rest!
Drop off your luggage before setting off in the morning; it will be waiting for you at your next stop. You'll only need to carry what you need for the day and your picnic. Luggage is transported by vehicle. Please allow one bag per person, weighing no more than 15 kg. One important detail: each bag must be labelled.

Formalities :

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS)
- Repatriation insurance is compulsory

Departure and meeting point :

Departure from Gordes, Provence Alpes Côte d'Azur.
How to get there:
By car: if you are arriving via the A7 (from the north or south), take exit 25 "Cavaillon", then follow signs for Cavaillon. Then take the D2 towards Digne, Sisteron and Apt. Our partner hotel is approximately a 15-minute drive from Cavaillon (the exact address will be provided in your invitation).

Accommodation :

Over the course of this 6-night tour, your accommodation is as follows:
2 nights in a 3* hotel
1 night in a 2* hotel
2 nights in a guesthouse
1 night in a hostel
Accommodation is based on two people per room (double or twin room), with en-suite bathroom and toilet. Bed linen and towels are provided.

Accompanying :

Self-guided:
You set off on your own, as a couple, with family or with friends. We take care of accommodation, meals and luggage transfers.
You have good hiking experience and know how to find your way using a map and a compass. From one stage to the next, you follow the GPS tracks, and where necessary the maps and guidebook that we have carefully prepared.
Travelling independently means hiking light, at your own pace, and fully enjoying the pleasures of nature without worrying about the logistics of your trip. It also means being free to interpret and imagine the stories told by the region you're passing through.
With a guide:
Discovering a region or a country, learning about its natural environment, its history, the lives of its inhabitants, and the relationship between humans and nature… mountain guides specialising in these regions are there to shed light on the world around you and bring the mountains to life.
The guides at LaRébenne are here to share their passion for the mountains with you.

Food :

With the exception of dinner on day 5 in Apt (which is not included), dinner and breakfast are served at your accommodation. We take particular care to work with guesthouse dining and restaurants that specialise in simple cuisine made with local produce.
Self-catering option: lunches are not included. You can either order them from your accommodation provider or stock up at the few grocery shops along the route (we will indicate these in your travel documents).
Guided version: lunches are included and carefully prepared by your guide (or, where applicable, by the previous night's accommodation). Generally, the picnic consists of a cold salad with starchy foods and fresh vegetables, some cold meats, cheese, bread and a piece of fruit.

Advised equipment (non-exhaustive list) :

RECOMMENDED EQUIPMENT TO BRING
As good preparation is often key to a successful trip, here are a few tips on what to pack to ensure your journey goes as smoothly as possible (non-exhaustive list):

YOUR LUGGAGE
One piece of luggage per person, weighing no more than 13kg: a soft sports bag of around 55 litres. This luggage will be transported by vehicle.
We will provide you with address labels to attach to your luggage.

THE BACKPACK
1 medium-sized backpack for your day's essentials

ESSENTIALS
Compass and altimeter for independent hikes
- Rainwear.
- Two water bottles, each holding at least 1 litre of water.
- A first-aid kit: double-layer plasters, antiseptic wipes, bandages, gauze, water purification tablets, aspirin, personal medication and a survival blanket.
  (To be put together in consultation with your doctor.)
- Your personal items: camera, hats, binoculars, etc.

FOOTWEAR
Good hiking boots that come up above the ankle. Above all, they must be comfortable, waterproof and breathable. Good ankle support is essential. If you need to buy a new pair, we advise you to try your boots on before your trip begins. Do not choose a size that is too small, as your feet will tend to swell.

CLOTHING
- A waterproof windproof jacket (Gore-Tex, poncho, etc.)
- A thick jumper or fleece jacket
- Comfortable trousers for walking
- Shorts, t-shirts, as well as breathable underwear
- A change of clothes and personal toiletries
- A hat and a pair of gloves.
- A swimsuit (for certain trips).

FOR THE PICNIC
- Cutlery (fork, folding knife, spoon).
- Snacks (energy bars, dried fruit, etc.).

SMALL ITEMS
- Lightweight, breathable shoes for the evening (trainers or sandals)
- A pair of telescopic walking poles or 'shepherd's crook'

- Sunglasses and sun cream
- Lip balm
- Hat, cap or sun hat
- Camera, binoculars, etc.
- A small toiletries bag, with a towel
- A torch or headlamp + spare batteries.
- Toilet paper.

RATES

undefined	
Individual registration	1295€

undefined	
Individual registration	945€

The price includes :

Self-guided version :

- Accommodation in 2- and 3-star hotels, guesthouses and inns, based on double rooms with twin beds (or triple rooms if three people book together without requesting single rooms),
- Half-board: from dinner on day 1 to breakfast on day 7, except for dinner on day 5 in Apt
- Luggage transport
- Taxi transfer to Simiane-la-Rotonde on the morning of day 4
- Taxi transfer to Gordes at the end of the stage on day 7
- Our self-guided app,
- GPX tracks if requested.

Guided version:

- Fully qualified English-speaking hiking guide
- Accommodation in 2- and 3-star hotels, guesthouses and inns, based on double rooms with twin beds (or triple rooms if three people book without requesting a single room),
- Half-board: from dinner on day 1 to breakfast on day 7, except for dinner on day 5 in Apt
- Luggage transport,
- Taxi transfer to Simiane-la-Rotonde on the morning of day 4,
- Taxi transfer to Gordes at the end of stage 7,
- The 7 packed lunches.

The price does not include :

Self-guided tour:

- Drinks,
- Insurance,
- Personal expenses,
- Picnics,
- Visits to monuments,
- Dinner on day 5 in Apt.

Guided tour:

- Drinks,
- Insurance,
- Personal expenses,
- Visits to monuments,
- Dinner on day 5 in Apt.

GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!
At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.
Don't hesitate to contact us directly to talk about hiking or biking.
contact@larebenne.com
+33 561 652 093
+33 681 537 775

Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!
* Either go directly to your tour's page on our website and click on registration.
* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.
The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

100% secure payment
You can pay by credit card (faster) or bank transfer.

Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.
Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).
This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.
The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
  Repatriation assistance + tour interruption + luggage + cancellation.

  See the complete contract

- "Cancellation" contract (2.5%), minimum premium 10 euros:
  Cancellation only.

  See the complete contract

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
  Repatriation assistance + tour interruption + luggage.

  See the complete contract

As far as "civil liability abroad" is concerned, only French residents are covered.

Informations :

LaRébenne - 10 rue de la Comédie - 09000 Foix - France
Tel : + 33 (0)5 61 65 20 93 - contact@larebenne.com - www.larebenne.com
Immatriculation tourisme : IM 038100057