DATA SHEET - RP1F

Through the vineyards of Provence (4 days) A short and active outing at the foot of Mont Ventoux and the Gigondas vineyards

A circular tour at the foot of Mont Ventoux, with accommodation in a 3* hotel, 4 days, 3 nights, 4 days hiking

Level: 3/5



Nestled between the Rhône Valley and Mont Ventoux lies one of our favourite spots in Provence: the Dentelles de Montmirail. The scenery here is truly magnificent: in the foreground, the vineyards – whether on slopes or terraces (restanques) – are bordered by beautiful southern forests and garrigue. In the middle ground, the elegant limestone cliffs of the “dentelles” stand out against the azure sky. And in the background, the bare ridge and slopes of Mont Ventoux complete the picture. We’ll be talking a lot about the vineyards as we make our way towards Beaumes-de-Venise, Gigondas and Vacqueyras. The hilltop village of Séguret, as well as the Château du Barroux, also remind us of this region’s rich history.

Strengths

- The elegance of the Dentelles de Montmirail and the Sarrazine Tower
- With Mont Ventoux as a backdrop
- The vineyards of Beaumes-de-Venise, Gigondas and Vacqueyras
- The hilltop villages of Séguret and Crestet

SCHEDULE

undefined : Beaumes de Venise - Séguret : 17.5 km - 6h30 - Elevation: + 590 m - 505 m

Our circular walk in Provence begins in Beaumes-de-Venise, a name that immediately brings to mind the full-bodied wines produced under the AOC of the same name. We head north, towards the striking limestone citadel known as the Dentelles de Montmirail, at the foot of which we walk. Whilst no pairs of golden eagles have settled there, it is not uncommon to see the golden eagle circling above the cliffs. It will have come from the slopes of Mont Ventoux, where several pairs nest. What we are more likely to see, however, are climbers clinging to the rock face, attempting to conquer the few dozen metres separating them from the summit. Our route then takes us on to Séguret, one of the most beautiful villages in France: nestled against its promontory, the medieval village overlooks the Ouvèze valley and, further on, the Rhône valley...

undefined : Seguret - Vaison la Romaine : 13 km - 5h15 - Elevation: + 550 m - 515 m

This morning we resume our journey through Provence. The vineyards become a little less common here as we head north. We pass through the lovely Darboux woods, with a viewpoint over the Ouvèze valley, then into the ‘Ravin de Mars’ gorge. If the name Ouvèze rings a bell, it’s probably because it brings to mind the sudden and violent flood that plunged the region into mourning in 1992. The images of the Vaison-la-Romaine Bridge, the scene of the water’s fury, left a lasting impression to the French. It is, in fact, via this 2,000-year-old Roman bridge that we enter the ancient town. Vaison welcomes us, along with its many buildings and sites, some medieval, others ancient: a theatre, the cathedrals of Notre Dame de Nazareth and Sainte Marie de l’Assomption… On either side of the Ouvèze, two eras stand face to face!

undefined : Vaison la Romaine - Malaucène : 16.5 km - 6h - Elevation: + 520 m - 395 m

Heading due south on this third day of hiking in Provence! We climb a little higher to quickly reach one of the jewels of the Tour des Dentelles: the little medieval village of Crestet, perched above the Ouvèze valley. Steep little alleyways (“calades”), stones steeped in history, and Mont Ventoux as a backdrop… what an atmosphere! A lovely stretch at the Pas de Loup before we begin our descent towards the village of Malaucène, a veritable cycling Mecca, from where brave souls from all over the world set off to tackle one of cycling’s legendary mountains!

undefined : Malaucène - Beaumes de Venise : 16.5 km - 5h30 - Elevation: + 325 m - 565 m

This morning we’re setting off once more along the Provençal trails to complete our tour of the Dentelles de Montmirail. Our aim for the morning: to reach the marvellous Château du Barroux! Dating back to the 12th century, it occupies a prominent position high above the valley, facing south. This location meant it played a military role right up until the Second World War. A lovely afternoon’s walk amongst the vineyards of Beaumes-de-Venise and the Salette valley, before reaching the enigmatic Rocalinaud rock and then our starting point.

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 :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Departure and meeting point :

Departure from Beaumes-de-Venise (84). The exact location will be provided in your invitation.
How to get there:
By car: on the A7, take exit 22 "Carpentras". Follow the D950 to the village of Sarrians, then turn left towards Beaumes de Venise.
By train: Carpentras or Orange SNCF stations. On request, we can arrange your transfer from either of these stations. Please contact us.
By plane: Marseille Airport.

Accommodation :

3 nights' half-board accommodation in 3* hotels, based on two people per room (double room 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 :

Dinners and breakfasts are served at your accommodation. We take particular care to recommend stopover gîtes, guesthouse restaurants and local eateries that specialise in simple cuisine made with local produce.
Self guided version : lunch is not included. You can either order it 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 : lunch is included and carefully prepared by your guide (or, in some cases, by the previous night's accommodation). Generally, the packed lunch 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	525€

The price includes :

Self-guided option :

- Accommodation in a 3* hotel, half-board: from dinner on Day 1 to breakfast on Day 4,
- Luggage transport,
- Our self-guided app,
- GPX tracks if requested.

Guided version :

- Full qualified English Speaking hiking guide,
- Accommodation in a 3* hotel, half-board: from dinner on Day 1 to breakfast on Day 4,
- 4 packed lunches,
- Luggage transport.

The price does not include :

Self-guided version :

- Drinks,
- Insurance,
- Personal expenses,
- Picnics,
- Entrance fees to monuments.

Guided tour version:

- Drinks,
- Insurance,
- Personal expenses,
- Entrance fees to monuments.

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 :

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