

HIKING JOURNEY

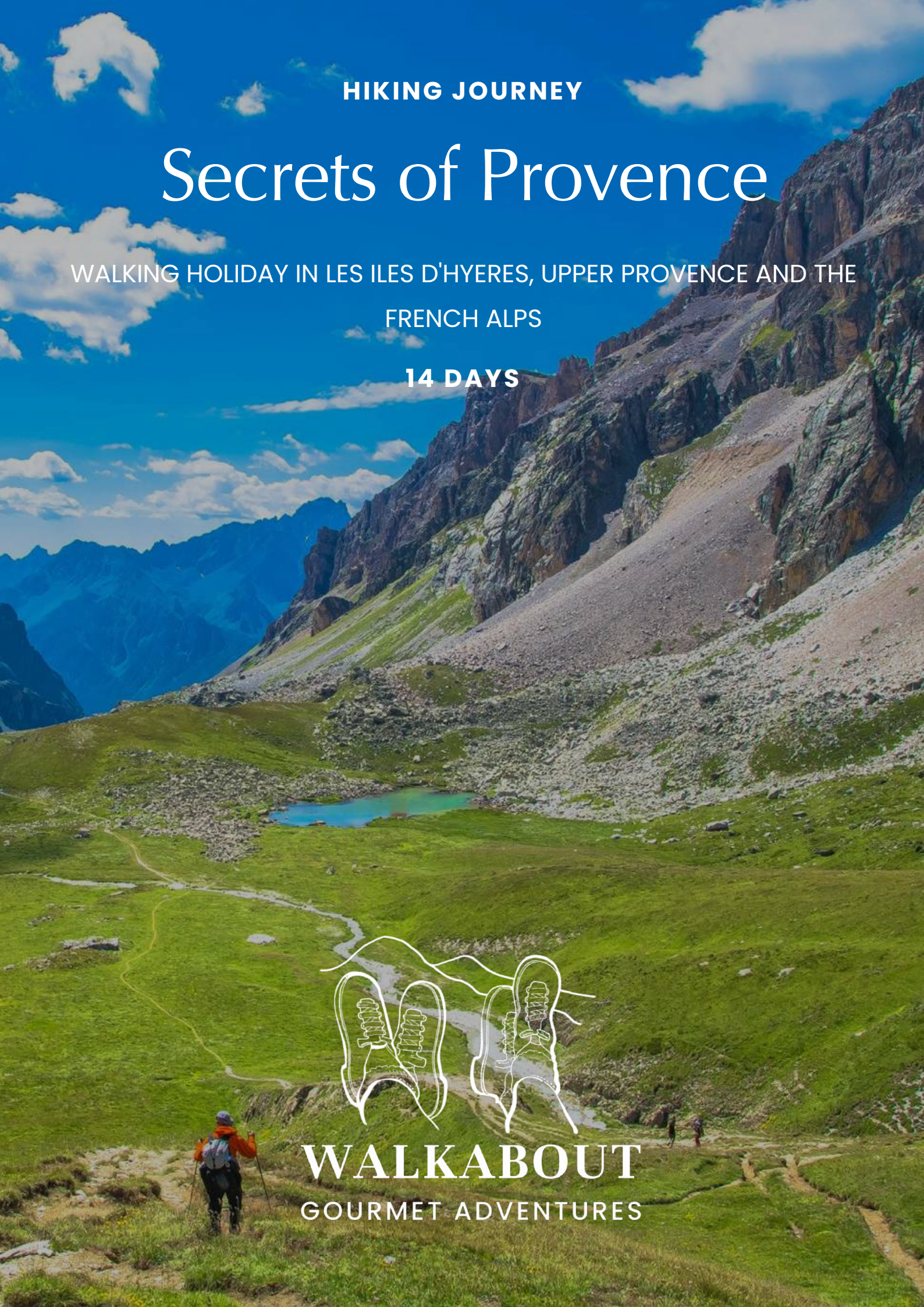
Secrets of Provence

WALKING HOLIDAY IN LES ILES D'HYERES, UPPER PROVENCE AND THE
FRENCH ALPS

14 DAYS



WALKABOUT
GOURMET ADVENTURES



Journey Overview

Our adventure begins in Aix-en-Provence where we meet and then drive to Cassis. We visit this picture postcard village on the Mediterranean and travel through the well-known wine region of Bandol before we reach Le Lavandou, our base for the next 3 nights. Our first walk will be in the idyllic Iles d'Hyères. The islands have been known since the 16th century as the Golden Islands, on account of the colour of their southern cliffs. Their natural beauty makes them an ideal location for some spectacular coastal walking. Our second walk takes us to St Tropez from where we explore a fairly steep stretch of the coastline before moving more inland across some very pretty vineyards.

Today we leave the seaside and drive towards the Montagne du Luberon. This mountain range is full of charm and runs east from Cavaillon towards Manosque. Today it embraces about 50 communities, which all appeared during the middle Ages, clinging to the rock face. The tall houses with their imposing walls huddle close together at the foot of the castle or church. The inhabitants of this region lived from the cultivation of olive trees and lavender, rearing sheep and from silkworms.

Traces of these ancient traditions can still be seen in the little walls and enclosures of dry stones and in the "bories" - small stone cabins in which the peasants sometimes sheltered for weeks, during the time they were working in the fields.

We visit Roussillon and walk in the strange shapes and lurid colours of the ochre cliffs. The village dates back to the 14th century and is red from the dust of the ochre cliffs on which it stands. The different shades of the ochre are featured in the local houses and enhance the village and the surrounding countryside.

In the late afternoon we arrive in Forcalquier, our base for the next 5 nights. This sun filled corner of France is a sweet land, scented with lavender, dotted with olive trees, Roman remains and hillside villages with fountain-filled squares. Our splendid walks will lead you through hills, covered in wild rosemary, sage and lavender and the perfume promises some outstanding cuisine for which the French are so famous - aioli, daube, young rabbit baked in a honey and lavender crust, fabulous goat cheeses, olive oil and the famous melons.

Of course, we shall visit the wonderful market in our hometown of Forcalquier, ancient abbeys, Europe's largest gorge, the Luberon Valley and the Lure Mountains - the setting for many of Jean Giono's novels. We walk in the Luberon Valley and everywhere you will enjoy the typical scents of Provence, the fragrance from the region's wild herbs, the tang of pine trees and the perfume of lavender.

Relax in the beautiful gardens of our idyllic country retreat, take a swim or have a game of tennis. Before dinner, taste the award-winning local pastis or a homemade orange wine. Dinner tonight will be in a lovely restaurant near Forcalquier.

Our final stop is the beautiful alpine town of Barcelonnette in the remote Ubaye Valley in the French Alps. It is rich in history and offers the perfect location to explore the Mercantour National Park. The park stretches along the Italian border and surprises us to no end with some spectacular mountain scenery.

Journey Schedule

DAY 1

Aix-En-Provence - Cassis - Le Lavandou

DAY 2

Ile De Port-Cros

DAY 3

Le Lavandou - St Tropez - Cavalaire/Cap Lardier

DAY 4

Le Lavandou - Luberon Valley - Forcalquier

DAY 5

Forcalquier - Abbey of Notre Dame De Lure - Summit Of The Lure Mountain Range La Grande Fayee - Saint Etienne Les Orgues

DAY 6

From Oppedette to Vachères

DAY 7

Forcalquier - Free Day

DAY 8

Forcalquier - Canyon Du Verdon - Chalet Maline - Moustier Sainte-Marie

DAY 9

Forcalquier - Sisteron - Barcelonnette

DAY 10

Barcelonnette - Fouillouse

DAY 11

Col De La Cayolle

DAY 12

Barcelonnette - Free Day

DAY 13

Sentier Des Eaux Tortes

DAY 14

Barcelonnette - Aix-En-Provence

Journey Itinerary



DAY 1

Aix-En-Provence - Cassis - Le Lavandou

We meet at 10.00 a.m. at:

HOTEL AQUABELLA

2 rue des Etuves

13100 Aix-en-Provence

France

T : +33 4 42 99 15 00

Email : info@aquabella.fr

After our pick-up we travel to the postcard like village of Cassis along the Mediterranean coast. Here we allow time to visit some of the calanques by boat (optional).

They are deep, sheltered creeks which follow the inland valleys along fault lines and resemble minute Norwegian fjords. There are virtually no buildings, just pine-covered hills and towering cliffs of grey, blue, green and reddish rocks. These appear to be often in strange shapes like Egyptian mummies, crocodiles, dromedaries, their sheer face scarred by time and the elements!

From here it is not far to the charming resort of Le Lavandou – our base for the next two days.

 **LE LAVANDOU, COTE D'AZUR**



DAY 2

Ile de Port-Cros

Today we catch the boat to the island of Port-Cros. The beautiful bay is commanded by the Fort du Moulin and there are a few fishermen's cottages, a few shops and a small church. The covering of greenery is unrivalled – it is a true Garden of Eden and a very peaceful place to stay.

Created in 1963 to protect at least one small part of the Cote d'Azur's natural beauty from over development, the Park National de Port-Cros is France's smallest national park with 675 hectares on the island itself and 1,800 hectares of crystal-clear waters around it. Within this area, flora and fauna, typical of the Mediterranean, are closely monitored and protected by the park officials. The island has a permanent population of about 30, all very keen and proud to live there.

Our walk today will take us all around the island along well marked walking tracks. There are no cars, motorbikes or mopeds on the island. The island is almost entirely covered in Mediterranean forest or maquis (Mediterranean bush) and therefore we walk most of the time in "very welcome" shade, up and down the hilly landscape. The highest parts are nearly 200 metres above the sea and at certain places the views extend to the main shore and the tall mountains beyond.

We stop for lunch at the well-sheltered "Port-Man" bay. On this little beach there is an opportunity not to be missed for a swim in the clear waters of Port-Cros. We complete "our round the island circuit walk" back to the starting point and take a close look at the "Emminence" fort, a solid 19th century fortress which still shows scars of bombings suffered in 1944.

We return to Le Lavandou where the gastronomic delights of our cosy restaurant await you to taste some true Mediterranean cuisine.

 **5 HOURS**

 **LE LAVANDOU, COTE D'AZUR**

DAY 3

Le Lavandou - St Tropez - Cavalaire/Cap Lardier

Our second walk out of Le Lavandou will take us slightly further east along the coast. We explore a fairly steep stretch of the coastline before moving more inland across some very pretty vineyards.

But first of all, we make our way to St Tropez – one of the world’s most famous “villages”. Once a totally unknown fishing community, St Tropez started its days of fame when it attracted prestigious painters in the first part of the 20th century – Paul Signac, Matisse and Bonnard. It later gained international attention when stars of the movie industry (Brigitte Bardot, to name only the “sparkiest” ...) made St Tropez their trendy place of vacation and even sometimes their home.

Nowadays, St Tropez is a fairly busy marina port which boasts some very impressive visitor yachts, an attraction in itself, however, the village centre is pretty and well worthy of a visit. We allow sufficient time to wander around the port and explore the narrow alleys of the historic part, nearby. We also buy our lunch in St Tropez before driving the short distance to the start of our walk, just outside the resort town of Cavalaire. We walk along the beach of Gigaro in a built-up area towards the east and the natural reserve of Cap Lardier. Soon, within the reserve, our walking track becomes narrower and offers dramatic views up and down the steep seashore. The short climbs and subsequent descents amidst Mediterranean bush or pines are demanding at time but the beauty of the place is an ample reward. Cap Lardier is a narrow and rocky peninsula pointing due south, straight to the open sea. We continue along the coast and hope to make it to the beach of “La Briande” on time for our picnic lunch. Our lunch stop is also an opportunity not to be missed for a good swim in the deep blue sea!

After lunch we follow a track heading straight inland and find ourselves in a very remote area where patches of vineyards alternate with pines. Here it’s easy to understand why the local wine of the “Côte Varoise” is so pleasant to drink! This inland track eventually joins up with the shoreline and we end up retracing our morning steps for the last 40 minutes to the vehicles.



4 HOURS



LE LAVANDOU, COTE D’AZUR

DAY 4

Le Lavandou - Luberon Valley – Forcalquier

Today we leave the seaside and drive towards the Montagne du Luberon. This mountain range is full of charm and runs east from Cavaillon towards Manosque. Today it embraces about 50 communities, which all appeared during the Middle Ages, clinging to the rock face.

The tall houses with their imposing walls huddle close together at the foot of the castle or church. The inhabitants of this region lived from the cultivation of olive trees and lavender, rearing sheep and from silkworms.

Traces of these ancient traditions can still be seen in the little walls and enclosures of dry stones and in the “bories” – small stone cabins in which the peasants sometimes sheltered for weeks, during the time they were working in the fields.

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In the late afternoon we arrive at our idyllic country retreat near Forcalquier. Relax in the beautiful gardens, take a swim or have a game of tennis. Before dinner, taste the award-winning local pastis or a homemade orange wine. Dinner tonight will be in a lovely restaurant near Forcalquier.

 **1½ HOURS**

 **FORCALQUIER, HAUTE PROVENCE, FRANCE**



DAY 5

Forcalquier - Abbey of Notre Dame De Lure - Summit of The Lure Mountain Range La Grande Fayee - Saint Etienne Les Orgues

Midway between the Alps and the Mediterranean lies the Lure Mountain Range. This region is full of charm - striking solitary woods, rocky countryside, picturesque old hill-top villages and drystone huts.

Not far from Forcalquier is the delightful 12th century small Abbey of Notre Dame de Lure. It seems like an oasis in the middle of the forest, set in a shaded park with century old lime and beech trees. In history it has been an important place of pilgrimage and it still is today. Our climb to the summit of the Lure Mountain Range is one of the loveliest excursions of Provence. Our track leads us on a soft mountain path to the upper slopes of the mountain. We pass several ski fields before reaching the summit. The panorama from the peak is immense. Right above the Jabron Valley, the Baronnies and the French Alps to the north and looking south, Provence waiting to be admired!

With the height of 1,826 metres, the Lure Mountains cannot rival the Alps or Pyrenees for altitude and yet their location in front of the Alps, far from any rival peak and its bold outline, all combine to give it an astonishing majesty. The mountain is usually snow-capped above 1,300 metres from December to April and the slopes provide good skiing. The Lure Mountains were also the mountains of Jean Giono, a very famous provincial writer. His novels have their basis in the dying Provence of the 1920s and 30s and many of them are set in the abandoned or semi-abandoned communities under the Lure Mountains.

Giono, more than any other writer, recognised the infinite variety of the region. 'Provence', he wrote, 'has a thousand faces, a thousand aspects, a thousand characters, and it is false to describe it as a single and indivisible phenomenon'. He lived in Manosque for most of his life and set all his novels in the surrounding countryside.

After lunch we descend into the magnificent beech forest. The vegetation is a delight to nature lovers - oak forests, beech, Scots pine, moors of broom and boxwood and an extraordinary variety of aromatic plants clinging here and there to the rocky slopes.

We finish our walk in Saint Etienne les Orgues, an attractive village at the foot of the mountain. Dinner tonight will be in a charming Bistro de Pays in Niozelles.

 **5 HOURS**

 **FORCALQUIER, HAUTE PROVENCE, FRANCE**



DAY 6

From Oppedette to Vachères

Nowhere else but along today's walk, the tour name "Secrets of Provence" is more appropriate. The wild region around Oppedette and Vachères, about 45 minutes out of Forcalquier, is one of the most remote in all of Provence. Our long circular walk (16 kms) starts in the tiny village of Oppedette, nestled on a rocky promontory up from the spectacular "Oppedette" canyon. From here we proceed to the north along the very quiet road winding down the hill until we leave the asphalt a couple of kms later. Our walking track takes us across the Calavon River (or rather stream) and continues in the most isolated wilderness to the 12th century "Valsaintes" Abbey. Valsaintes is a beautiful group of stone buildings undergoing extensive restoration. We pass the abbey and continue along an easy, wide forestry track to the north before making a sharp right-hand turn into a less often used track under the cover of pine and oak trees. This track climbs up the side of the steep hill out of the valley to gain about 300 metres of altitude. Pretty soon near the top we start enjoying far reaching views in every direction - Montagne de Lure to the north, the Luberon range to the south, to name only the most familiar landmarks. The village of Vachères suddenly appears at the back of a lavender field and no one will resist the opportunity for a handsome picture. Pretty soon we make our entrance into this superb village and explore the little alleys, still paved in the way they were many centuries ago. Most houses are three or four centuries old and the architecture, the shape of the windows and the stonework is captivating. Vachères also boasts a little museum exhibiting, among others, a unique fossil of a little gazelle found just outside of the village. The village also has a restaurant and café where we are most likely to rest for a few minutes before resuming our walk back to Oppedette. From Vachères it's mostly downhill and a highly scenic track to Oppedette. Upon reaching Oppedette, the bravest among the braves might be tempted to try a little circular walk around the village offering very pretty views of the village itself and the deep canyon at the back, while all the others will be just happy to make their way into the local café and enjoy a well-deserved drink!!



6 HOURS



FORCALQUIER, HAUTE PROVENCE

DAY 7

Forcalquier - Free Day

Today you have the opportunity to absorb the true atmosphere of Provence. You can stroll into Forcalquier and explore more of this fascinating town, take the mountain bikes for a leisurely ride along the quiet country lanes, play tennis or just laze around the pool. Dinner tonight is in one of our favourite restaurants - Café de la Lavande in Lardiers.

FORCALQUIER, HAUTE PROVENCE



DAY 8

Forcalquier - Canyon Du Verdon - Chalet Maline - Moustier Sainte-Marie

This morning we drive to Oraison and then to the Canyon du Verdon. The Verdon River originates in the Sestrieve Massif. In the valleys, the hydroelectric dams of Castillon and Chaudanne capture its rushing waters. Released once again, the river plunges into fantastic gorges, which have been hollowed out of the Jurassic limestone. The most spectacular part of its course is between Castellane and Moustiers Ste Marie where the river has acted like a giant saw carving out the tableland of Canjuers, creating a site, which is unique in Europe. Our route takes us through La Palud and then along the Crest Road to Chalet de la Maline. After lunch we take the walking track down into the gorge below. We stop at one of the many secluded beaches where you might feel like a quick swim.

Returning to the bus, we continue along the Crest Road to Moustiers Ste Marie. The name originates from the creation of a monastery by Saint Maxime who was bishop of nearby Riez. In 435AD, monks from the island of Lerins took refuge in the caves where they built a shrine to the Virgin Mary.

Moustiers was soon transformed into a major place of pilgrimage. Perched on a cliff overlooking the village Notre Dame de Beauvoir, with its 12th century chapel, Moustiers is quite a spectacular sight. More recently the village has become famous for its ceramics.

Dinner tonight is at your own leisure. The "assiette de Campagne" can be ordered at the hotel and there is no better place to enjoy it then the lovely surrounds of Charembeau.

 **4 HOURS**

 **FORCALQUIER, HAUTE PROVENCE**

DAY 9

Forcalquier - Sisteron – Barcelonnette

This morning we leave our comfortable hotel and before we set off for our next destination, we spend some time visiting the large and colourful market in Forcalquier. Held once a week (every Monday) it draws crowds from all around the region. After this morning's stroll at the market we will drive to the priory of Ganagobie. It is located on a high wooded plateau with a magnificent outlook over the Durance Valley and a remarkable Romanesque complex. Founded in the 10th century by the Benedictine Abbey of Cluny, the Priory has been destroyed and rebuilt many times. Particularly after the Revolution, it has been in a sad, ruinous state. An intensive restoration campaign was started in the early 1960s and the Benedictine Community now inhabits the monastery since 1992. We allow time to visit the church which dates back from the 12th century. It has an elaborately carved portal and contains beautifully restored red, black and white-tiled mosaics, inspired by the Oriental and Byzantine design and imagery.

After our visit we continue to follow the Durance to Sisteron. Here the valley narrows and is hemmed in by giant peaks. Sisteron is known as the gateway to Provence and marks the northern-most boundary of the olive belt. Its beautiful situation and proximity to the high Alps make it a popular destination. The heavily fortified citadel rock, which dominates the town, is a reminder of Sisteron's historic strategic position.

After lunch we drive to Barcelonnette in the remote Ubaye-Valley. It is surrounded on three sides by high mountains and is Provence's northern-most town and a place with a strong alpine character. Our comfortable hotel is in the centre of the town and the interior is inspired by the strong historical connection between Barcelonnette and Mexico.

The reason for all this goes back to 1821, when three brothers, the Arnauds left their native town and made the brave decision of migrating to Mexico. It was then in the throes of Revolution and the brothers hoped to take over the trade relinquished by the departing Spaniards and other foreigners. In the heart of Mexico City they opened up La Siete Puertas, a textile shop, which survives today as a large department store.

In 1830 the Arnaud brothers were joined by two other men who returned home fifteen years later, having made what seemed to the other inhabitants of Barcelonnette, a

considerable fortune. From that time onwards began a large-scale emigration movement to Mexico.

In 1893 there were more than 100 fabric stores in Mexico owned by natives of the Ubaye region. Some tried their hand at other businesses (paper, breweries and finance). The flow of migrants stopped during the Mexican revolution in 1910 and the First World War, however, started again in 1930. It finally stopped in 1950. Most of the emigrants returned home and constructed, in the valley between Barcelonnette and Jausiers, a number of pompous Mexican-style villas.

BARCELONNETTE, HAUTE ALPES, FRANCE



DAY 10

Barcelonnette – Fouillouse

Our day's excursion is out of the village of Fouillouse in the upper Ubaye Valley. Fouillouse is a mountain village with a permanent population of... 5, all of the same family! The village sitting at 1,900 metres is a group of solid stone farmhouses where people used to spend several months of the cold winter season locked indoors, self-sufficient and sharing the space with the family cattle.

It takes 45 minutes all along the Ubaye to reach Fouillouse from our base of Barcelonnette. On the way we stop to take a close look at the amazing "Chatelet" bridge, an unlikely stone arch linking the two vertical sides of the Ubaye river. With a span of only 15 metres, the bridge looks tiny at the top of the 120 metre-deep canyon! From Fouillouse we start walking towards the Vallonnet Pass along a marvellous mountain trail surrounded by 3,000 metre-high peaks and ridges. The highest is the "Chambeyron" at 3,389 metres. We gain altitude regularly as we pass larch forests and alpine meadows. The blossoming in spring is just out of this world. Depending on the snow level, we make our way up to the pass at 2,500 metres, from where we discover a fantastic panorama towards Italy to the east.

On a sunny day, this can be the perfect place for lunch. We use another track all along a mountain torrent to make our way back to Fouillouse. The village is tiny but it has 2 bars - one belonging to the parents, the other to the son and his wife... our favourite is the first one and luckily it remains open 365 days a year!

 **5 HOURS**

 **BARCELONNETTE, HAUTE ALPES**



DAY 11

Col De La Cayolle

Today we drive through the spectacular narrow Gorge du Bachelard into the Mercantour National Park. This is France's most recently declared national park. It stretches along the Italian border and straddles the Alpes Maritimes region in the south. Amongst its wildlife are the chamois, the ibex and the mouflon as well as the golden eagles and the exotic lammergeier. There are many alpine flowers, including the park symbol, saxifraga florulenta.

At Col de la Cayolle the wide panorama extends south through the Var Valley to the Pre-Alpes de Grasse in the distance. We walk towards Col de la Petite Cayolle with lovely views of several alpine lakes. From Pas du Lausson we have a remarkable vista of Lac d'Allos and its surroundings. In clear weather it is also possible to see Monte Viso in Italy. We return to Col de Cayolle and take the short drive to the hamlet of Bayasse where we stop for afternoon tea in a mountain refuge.

 **5 HOURS**

 **BARCELONNETTE, HAUTE ALPES**



DAY 12

Barcelonnette - Free Day

Today explore Barcelonnette at your leisure. This small town was founded in 1231 by the count of Barcelona and Provence. Under the name of Barcelone, the town, and the Ubaye region with it, first belonged to the House of Savoie. In 1713 it became a part of France and was exchanged for a part of Dauphine under the Treaty of Utrecht. Soon afterwards, the locals asked to join the "Parlement de Provence" and the town took the name Barcelonnette. Visit the Musée de la Vallée in the Villa la Sapinière. Located in one of the most splendid Mexican villas, it illustrates the history of the Ubaye Valley and the period of the Barcelonnètes' life in Mexico. For the more energetic, take one of the many walking tracks to the resorts of Super Sauze or Pra-Loup. The evening is at your own leisure.

BARCELONNETTE, HAUTE ALPES



DAY 13

Sentier Des Eaux Tortes

Today we drive to the hamlet of Laverq with its historic, medieval priory. Sheep farming is the main economic activity of the village. During summer the local population is joined by sheep migrating from the lower Provence in search of green grass and cooler conditions, an ancient organisation of pastoral life in Provence known as “transhumance”.

We walk through the magnificent valley of the river “Blanche du Laverq” where the pastures are dotted in spring with colourful pansies and gentians. On our ascent we pass many waterfalls and enjoy incredible views across a multitude of mountain ranges before arriving on the vast plateau of “Les Eaux Tortes”. Many small lakes and tarns, little streams and huge boulders, altogether make up a very pretty landscape and turn this place into an unbelievable display of nature.

Our path is winding between the wet patches and soon we reach huge, polished rock faces – the result of centuries of glaciers eroding the mountain during the ancient glacial ages. We continue along the ridge and then start our descent through the pine forest down to Plan Bas. From here we re-join our earlier track through the valley of Blanche du Laverq and return to our bus.

 **6 HOURS**

 **BARCELONNETTE, HAUTE ALPES**



DAY 14

Barcelonnette - Aix-En-Provence

After breakfast we leave our lovely base in Barcelonnette and travel back to Aix en Provence. We will stop for lunch at the spectacular “Meouge” gorge next to Sisteron and allow some time to visit the narrow canyon. From there it takes another hour and a half to Aix-en-Provence which we expect to reach around 3.00 p.m. Our drop off is at the railway station in Aix. Those who need to catch a TGV can easily reach the TGV station by shuttle bus.



Journey Accommodation

Auberge De La Calanque, Le Lavandou

NIGHT 1 - 3



Charembeau, Forcalquier

NIGHT 4 - 8



Hotel Spa Azteca, Barcelonnette

NIGHT 9 - 13



Journey Notes

TOUR INCLUDES

- Experienced guide.
- Pick up at Hotel Aquabella, Aix-en-Provence on Day 1 and drop off at Aix-en-Provence railway station on Day 14.
- Price includes transport between Aix-en-Provence on Day 1 and Aix-en-Provence on Day 14.
- Twin share accommodation from Day 1 to Day 14 including 13 breakfasts and 11 dinners.

NOT INCLUDED IN TRIP COSTS

Transport before and after “the walk”, lunch, evening drinks, in-between meal snacks, personal travel insurance, personal clothing, laundry, medical expenses and items of a personal nature and entry fees.

WHAT TO BRING

Day backpack, walking boots (not necessarily heavy boots but runners are not suitable), thick socks, waterproof jacket against wind and wet, over pants (cheap), at least one set of clothes suitable for cool weather to wear in the evening or in case of bad weather. Sun hat, sunglasses, sun cream, bathers and a pocketknife for the picnics.

We also recommend telescopic walking sticks. They help with the climbing, relieve the stress on the knees when going down and in any case improve the balance. The cheap sort are fine at about 30€ a pair. Barcelonnette has a large sport shop.

As we are restricted with the amount of luggage we can carry in our vehicles, please ensure that your cases **DO NOT EXCEED 20 KG’s PER GUEST!**

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks, which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath). Single rooms can usually be arranged for a supplement for the 13 nights.

Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement for the 13 nights.

All walks during the 14 Day tour are optional or can be taken in parts. Guests can choose to have more free days than the two already included in the itinerary.

The walking pace on all walks is leisurely. Guests do not have to be experienced, although a good level of fitness is necessary.



Get in touch and book your journey today.

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