



## Beaches of Camargue

### PROVENCE - THE COTE D'AZUR

Explore the region of Camargue on horseback and discover the wildlife hidden deep within the marshes and open stretched meadows. Enjoy a ride across the clear white beaches of the Mediterranean or the winding tracks of the National park. Let the Camargue horses take on a real adventure and discover the real south of France! Welcome to Camargue!

|            |                          |         |  |                               |                    |
|------------|--------------------------|---------|--|-------------------------------|--------------------|
| Beach Ride | 5 days / 5 days riding - | From £0 |  | Family holidays<br>from 8 y.o | Open to non-riders |
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Riding on the beach in Camargue



Camargue horse



The region is known for its local breed of horses: the Camargue

### ITINERARY

## Highlights

- Discover the region of Camargue on horseback and its beautiful national park
- Enjoy a canter along the white beaches of the Mediterranean Sea
- Embrace the Camargue culture and taste the traditional, home-made cuisine
- Embark on an adventure and ride between land and sea

## Day 1 — 1 : EUROPE - MAS CAMARGUAIS - 2 hours riding

You are expected at 2.00 pm at the Equestrian farm near Saintes-Maries-de-la-Mer, where you will be greeted by your guide and taken for a coffee where you will meet your fellow travellers and prepare for your first day's ride. (Transfers are possible from the local airports, please see "dates and prices".)

After meeting your horse, you will start your ride in the traditional setting of the Camarguaise countryside. Discover the beautiful scenery before returning to the farmhouse in the afternoon.

Please note: Dinner is not included tonight. Renting a car would be a good idea on this ride, so you can make the most of your free time. We recommend exploring the surrounding areas of Stes Maries de la Mer and Aigues Mortes and discover the many interesting individual features they have to offer.

## Day 2 — 2 : MAS- CACHAREL- AUBANEL- MAS - 5 hours riding

After breakfast, you will start your ride in Cacharel before carrying on to Stes Maries de la Mer. Here, you will ride past the famous l'Etang de Gines and the Launes - an excellent spot for bird watching. Enjoy a well-deserved break and lunch at Bouvau d'Aubanel before ending your day with a ride along a beautiful open beach. The horses are loaded into a lorry and you return to the Mas for your dinner.

## Day 3 — 3 : MAS CAMARGUAIS - 2 hours riding

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Wake up in the countryside, in the beautiful traditional farmhouse called the "Mas". A quick breakfast before beginning your day's ride through the local region. Plunge into the heart of the reed beds, a marsh-like land, and discover the last of the reed cutters in Camargue. Ride past the traditional camarguaise huts where the gardians live their days (gardians are Camargue herders) and see them herding the Manades, a semi-feral group of Camargue cattle and horses. After a busy morning of discovering the local culture, return to Mas for some lunch and use your free time to explore the local surroundings of Stes Maries de la Mer and Aigues Mortes (today a free transfer is available).

## Day 4 — 4 : LE GRAND RADEAU- MAS - 5 hours riding

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Today you will start your trail ride on the banks of the Petit Rhône. After some time in the saddle, you will cross the river with your horses on the "Bac du Sauvage", a small ferry that connects the two banks. Guided by the captain's commentary, you will observe wildlife and vegetation and have the opportunity to take some beautiful photos of the fascinating Camargue. The Camargue is home to more than 400 species of birds, and provides a habitat for the brightly coloured flamingo that you may see along the way. Take in the breathtaking scenery with a delicious picnic on the beach where you can enjoy a cool down in the fresh waters, leaving your horses to have a well-deserved break. Back on board, you will ride back to the Mas where an aperitif and locally cooked dinner will be waiting for you.

## Day 5 — 5 : MAS – STES MARIES DE LA MER - 3 hours riding

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Today half-day ride takes you to a "manade" (cattle business) - you will ride across soft tracks until you reach the manade, where the owner will show you his herd of Camargue bulls and demonstrate the tricks of ranch sorting.

Back to the Mas for lunch and departure in the early afternoon. Spending the night is possible at an extra cost (see "dates and prices").

### DATES & PRICES

We are currently updating our dates and prices they will be online soon. If you want details of this holiday, please do not hesitate to contact us.

## Price details

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No departure for this destination. Please contact our travel advisers for more information.

- Flights to your destination are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on riders sharing a room with 2 to 3 people.

- Groups are made up of 2 to 10 riders.

- Transfers are not included in the cost. Rental car is recommended. A free, public transfer is available from Pioch-Badet bus stop, which is a direct bus ride from Arles station.

- Airport transfers can be arranged from Nimes or Montpellier (€100, return rate - paid locally in cash). Flights should arrive no later than 9:15 am and depart after 7:30pm.

- There is no single supplement on this ride and rooms will be shared.

- Non-riders are welcome and will benefit from a special rate of €350/£290/\$360 (lunch is not included). We strongly recommend that non-riders have access to a car. The nearest bus stop is 5km away, with only 5 buses running per day. Rental bikes available on request.

- Minors from 8 years old are welcome to ride. This is on the condition that they are accompanied by a parent who is also riding and that they meet the required riding and fitness level for the trip. Young riders aged 8-12 years old will receive a €65/£55/\$70 discount.

- Additional nights can be arranged: €45 per person per night (based on double or triple occupancy) with breakfast only.

- Rider weight limit: 100kg / 15.7 st / 220 lbs. Heavier riders, please contact us.

- It is possible to upgrade accommodations to a local hotel (especially if you would like a single room). Please contact us.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and

replaced by another of a similar standard.

## Price includes

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### SUPPORT TEAM

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1 or 2 local equestrian guide (s) during the trail

### LOGISTICS

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1 horse equipped with saddle and bridle per rider

### INLAND TRANSPORT

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Support vehicle and driver

Transfers from Pioch-Badet bus stop

### ACCOMMODATION

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Nights spent in a gite - please bring your own towels

### MEALS

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Full board from lunch on day 1 to day 5, except for dinner on day 1 and day 3

## Price doesn't include

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### MEALS

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Beverages and personal extras

### ACCOMMODATION

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Accommodation upgrade to local 3\* hotel

### TRANSPORT

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International flights and transportation

Return airport transfers

### EXTRAS

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Tips to the local team

### INSURANCE

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Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Visas and personal purchase

## EQUESTRIAN INFO

## Horses

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Beautifully home bred Camargue horses. They are small in stature but forward going, well-schooled and a perfect horse to take you on your trail ride. They can adapt to both experienced and non-experienced riders, ensuring your safety and comfort for the duration of the ride.

## Guide & local team

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A French team of guides with basic English-speaking skills.

## Minimum riding ability

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### MINIMUM RIDING ABILITY

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To join this ride, you need to be able to ride comfortably at all three paces and keep control of your horse in an outdoor open space. Riders need to be

physically fit in order to enjoy the ride.

Rider weight limit: 100kg / 15.7 st / 220 lbs. Heavier riders, please contact us.

## **PACE**

This trail ride is open to riders of at least a strong intermediate level. You must be able to walk, trot and canter independently. Trotting is not common in Camargue riding - you will mostly walk and canter, and normally sitting in the saddle.

## **TACKING ABILITY AND PARTICIPATION**

Everyone assists with grooming, tacking and un-tacking their horse. Following your guides' instructions, you can also be involved in feeding and watering the horses if you wish.

## **TRIP CONDITIONS AND REQUESTED EXPERIENCE**

You need to be in good physical condition to participate in this ride as some of the days can be long (up to 6 hours), although some days are significantly shorter. It is recommended that riders who are not riding regularly get back in the saddle and get riding fit before the trip.

## **EQUESTRIAN EQUIPMENT**

Trail riding saddles and saddle bags.

You will be required to wear a helmet. We recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit

## **TRAVEL INFO**

### **COMFORT**

During the ride you will spend 4 nights in a gîte. Rooms are usually made up of two to three riders, with a private bathroom. Bed linen (duvet, sheets, pillows ...), heating, fan, mosquito net are provided for your comfort, however, towels and bath towels are not provided. There is no AC. Wi-fi is available. Overall the accommodation is of fairly basic standards and the rooms are small.

It is possible to upgrade accommodations to a local hotel (especially if you would like a single room). Please contact us.

### **MEALS**

You will have a typical French breakfast including: bread, butter, jam, teas and coffees.

Picnic lunches will be made from locally grown produce.

In the evenings, you will be dining at Mas, where you will be served traditional Camargue cuisine and three-course meals. Dinners on days 1 and 3 are not included in the price

Wine is included with meals in reasonable quantities but other beverages are payable locally.

### **CLIMATE**

The region of Provence does enjoy a Mediterranean climate. In summer, the days are temperate even hot, yet it can still be cold out of the sun; showers and storms are possible and the nights can be very cold.

### **TIPS**

In France it is customary to tip - usually this is by rounding up the price when you are satisfied with the service in a restaurant. You may wish to leave a tip with the guide who can split it amongst all members of the team - this is not obligatory and is entirely at your discretion.

### **PACKING LIST**

The information provided is general and should be adapted to the season in which you are travelling, specifically concerning the necessity of Gore-tex waterproofs.

#### Head

- A riding helmet is strongly recommended and often compulsory. We recommend that you take your own to ensure a correct fit. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunhat for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun, wind or rain

- Warm hat for cold evenings/days

#### Upper body

- Thermals in case of cold weather
- Long sleeved shirts provide protection from the sun or extra warmth
- T-shirts
- Lightweight fleece or jumper
- Waterproof jacket (made from Goretex or equivalent) and/ or (depending on the season) a waterproof vest that covers you thighs. No ponchos!!

#### Legs

- 2 pairs of lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Waterproof over trousers (made from Goretex or equivalent), especially if you don't have a long waterproof coat
- Casual clothes for the evenings (jeans or walking trousers)
- A swimming costume may be useful for impromptu dips in the lake
- Non-irritant cotton or synthetic underwear

#### Hands and Feet

- Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps. We don't recommend taking your favourite long leather boots in case they get damaged
- Lightweight shoes or trainers for the evenings
- Several pairs of warm socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

#### Night

- Tracksuit or pyjamas to sleep in
- Bath towels (not provided)

#### Other useful items

- Water bottle (not provided)
- Headtorch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery
- A pair of binoculars

#### Medical kit

Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit

- Any medication you regularly take
- Painkillers
- Imodium or similar anti-diarrhea medication
- Vitamin C tablets
- Sunscreen and lip balm - should be high factor
- Insect repellent
- Eye drops
- Hydrating/ soothing cream
- Plasters
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Spare prescription glasses/contact lenses
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

#### Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bum bag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lip balm etc)
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!

- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hold luggage: any liquids, such as shampoo, moisturiser, deodorant over 100 ml and all bottles can be decanted into small, clear, plastic Ziplock bags. We recommend biodegradable washing products where possible.
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.

## SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .