



## Delta Geographic Journey to Southern France

June 3 -12, 2019

### June 3, 2019:

**Arrival into** Marseille. **We will arrange a** transfer from the airport or a central hotel to transfer the group together to your Hotel in Arles. We will arrange one morning and one afternoon pick up. Please arrive by 3pm.

5:00 pm **Meet and Greet with Beb** followed by an **Orientation Meeting** with your AltruVistas representative.

7:30 pm **Welcome Dinner** at one of the many quaint small restaurants near La Roquette, the oldest section of the city.

**Meals Included:** Dinner

Overnight: Arles

### June 4, 2019:

Breakfast

9:00 am Invited speaker to share about the History and Culture of Southern France.

11:00am Our day begins with a walking tour of the city discovering art and culture. Gallery and museum visits. Our highlight is the Van Gogh museum in the 15th-century Hôtel Léautaud de Donines, the new exhibition space where the Foundation van Gogh houses his paintings. If time permits, visit to the Luma Foundation.

1:00pm **Lunch**

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- 2:30pm We continue our afternoon exploring the Alychamps, the Roman Ampitheatre, and visiting the Musée Bleu. We will meander along the Rhone river and look at Arles' Roman history, from fascinating Roman artifacts to numerous sarcophagi.
- 4:00pm Engage with a local NGO working with the Roma people in Arles. This is an opportunity to ask questions about the current situation of human rights for the Roma in France.
- 6:00pm Return to your hotel and enjoy time to rest. Dinner is on your own this evening, but we will make a group reservation at a wonderful restaurant in the back streets of Arles at 7:30 pm
- Meals Included:** Breakfast, Lunch
- Overnight: Arles

### June 5, 2019:

- Breakfast at your leisure.
- 8:00 am Enjoy a brief visit to Tunisian Bakery in Arles for amazing morning croissants prior to leaving on our trip to St. Remy, and enjoy morning coffee in the plaza. Or enjoy an hour to walk around and explore.
- 9:00am An exchange with the Association of APRES in Arles. Learn about this nonprofit's work and vocational training.
- 10:30am Depart for St. Remy-de-Provence, a well-preserved village in the foothills of the Alpilles mountain range. We will drive about 35 minutes and explore and photograph the Provencal way of life while visiting sites painted by Vincent Van Gogh over a century ago, including the Van Gogh Café facing the square and an excursion to olive trees and Saint-Paul-de-Mausole monastery where Van Gogh painted his The Starry Night.
- 1:00pm Lunch
- 2:30 pm Drive to Les Baux de Provence. Visit to "Cathedral of Images" located in a stone quarry. The Cathedral is a magical and very artistic experience of images and sound within the quarry's interior; depth and texture play a part in this. The exhibit changes throughout the year. Here we will walk around the village of Les Beaux or hike outside the village for beautiful views.
- 6:00pm Free time to rest and enjoy local evening options on your own for dinner and music.

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**Meals Included:** Breakfast and Lunch

Overnight: Arles

### June 6, 2019:

9:00 am Check out of our hotel and depart for Le Pond du Gard (a 45 minute drive). Upon arrival we will visit the Abbaye de Montmajour, a fortified Benedictine monastery with Romanesque architecture built between the 10th and 18th centuries. We will learn about its history and then enjoy a leisurely walking excursion to Le Pond du Gard, the most preserved Roman aqueduct. A magnificent vista through hiking trails leads us to beautiful photos.

2:30pm After Lunch we will depart for St. Germain de Calberte (2 hour drive), and arrive at the village in the heart of the Cevennes National Park.

**Meals Included:** Breakfast, Lunch

Overnight at Cevennes National Park, and spend the night in a 15<sup>th</sup> century stone house.

### June 7, 2019:

9:00am Explore the Cevennes' gorgeous vistas, valleys and rivers, following the footsteps of Stevenson. Our day is dedicated to walking, hiking and exploration. We will provide you with eco-excursion options, such as a canoe trip.

1:00pm Lunch

3:00pm This afternoon, we'll enjoy some hands-on activities, like a cooking demonstration or baking class.

Evening is free for dinner and cultural activities.

**Meals Included:** Breakfast, Lunch

Overnight at Cevennes National Park, and spend the night in a 15<sup>th</sup> century stone house.

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**June 8, 2019:**

- 9:00am Check out after breakfast as we are off to St Jean du Gard and Saint-Guilhem-le-Désert. After about two hours, we will stretch our legs around the picturesque village of Saint-Guilhem-le-Désert, counted among the most beautiful villages of France. Historically, it is an important stop along the ancient pilgrim route to Santiago de Compostela. There are beautiful rock shops featuring some of the specimens of crystals found locally and internationally.
- 1:00pm Lunch is on your own to explore in the heart of Saint Guilhem.
- 3:00pm Drive to Moureze (driving time 40 min.) for a later-afternoon hike at Le Cirque de Moureze, a unique dolomitic landscape. This is one of the most intact 'cirque du dolomites' in Europe and is a fantastic area for photography and walking.
- 6:00pm Dinner tonight is in Mourèze, a small village of ancient houses centered around the 12th century gothic style Church of Sainte-Marie. Ruins of a small castle are on a rock above the village.

**Meals Included:** Breakfast, Dinner

*Overnight in the region of St. Maries de la Mer.*

**June 9, 2019:**

- 7:00am Join Beb on an early morning photo-walk if you like.
- 9:30am Check out and depart for Aix-en-Provence, about 1.5 hrs. Upon arrival we will wander the centuries-old public squares and farmers market, including the famous flower market that illuminates the colors of the Provence.
- 1:00pm Lunch
- 3:00pm Enjoy a wine tour at Chateau La Nerthe, and a cooking class.

**Meals Included:** Breakfast, Dinner

*Spend the night in Aix*

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**June 10, 2019:**

- 8:00am This morning we are off to explore the “**Venice of Provence**” through its narrow streets, Cours Mirabeau, and old Aix Cathedral. We will meet with local craftspeople. We will also visit Cezanne’s studio.
- 12:30pm Check out of hotel and lunch
- 3:00pm Train ride to Marseille with a stop by La Redonne, a secluded village away from the tourists, by the Mediterranean sea coast.
- 6:30pm Check in to our hotel
- Dinner and evening are free for local cultural activities
- Meals Included:** Breakfast, Lunch
- Spend the night in Martigues*


**June 11, 2019:**

- 8:00am Free Time for Photo Walk through the old Port and for panoramic shots of the city from the Cathedral.
- 11:00am Enjoy a guided walking tour through the Arab quarter Les Paniers, the oldest section of Marseille.
- 1:00pm Lunch’s specialty today is Boulliabaisse - Seafood stew famous in Marseille. We will make a reservation and you can order off the menu or explore a place on your own.
- 3:00pm We will make a reservation to visit a local vineyard. We’ll enjoy wine and a boat ride along the Calanques.
- 7:00pm Enjoy a **Farewell dinner together**
- Meals Included:** Breakfast, Dinner
- Spend the night in Martigues*

**June 12, 2019:**

Check out and depart for the airport. We will have one group transfer in the morning. Or stay and enjoy a few days on your own!

**Meals Included:** Breakfast

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