



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	6 days / 5 days riding	From £640		Family holidays from 12 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.

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 Carcharel 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. You will continue your ride and discover the tomb of The Marquis Folco Baroncelli, an influential figure in the traditional lifestyle and culture of the Camargue region. 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

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 Meanades, a semi-feral group of Camargue cattle and horses. After a busy day 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

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 - 6 hours riding

The last day of your riding holiday. You will head towards Saintes Maries de la Mer, the capital of Camargue. Discover the winding tracks of the bridle paths in the heart of the national park as you make your way to the Mediterranean coast. Enjoy a picnic in the fresh air at Bouvau d’Aubanel and admire the array of lands, fauna and flora that is surrounding you. Depending on the time of year, it may be possible that you will be in the midst of the migrating birds, giving you fantastic photo opportunities to capture nature at its best. End your ride on a high at the tip of Cacharel where you can take in the final moments of a spectacular week. Say farewell to the beautiful Camarguaise horses before returning back to the Mas to enjoy a farewell dinner with your group and guides.

Day 6 — 6: MAS CAMARGUAIS - EUROPE

One last breakfast before departure or transfer to the airport. Please see dates and prices for more information on the transfer options.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	PRICE INCLUDING FLIGHTS	STATUS
05/07/2021	10/07/2021	£640		Open
12/07/2021	17/07/2021	£640		Open
19/07/2021	24/07/2021	£640		Open
26/07/2021	31/07/2021	£640		Open
02/08/2021	07/08/2021	£640		Open
09/08/2021	14/08/2021	£640		Open
16/08/2021	21/08/2021	£640		Open
23/08/2021	28/08/2021	£640		Open
30/08/2021	04/09/2021	£640		Open

Price details

- 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. Transfers are available from Nimes airport or train station for an extra cost of (€90/£80) and Montpellier Airport or

train station for an extra cost of (€100/£90) per person, each way. A free, public transfer is available from Pioch-Badet bus stop. [See bus schedules \(in French\)](#)

- If you sign up to the ride as a solo rider and there are no other riders to share your room, you will be charged a single room supplement of approx. €40/£35 per night, payable locally.

- Non-riders are welcome and will benefit from a special rate of €275/£250 (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 12 years old are welcome to ride and will benefit from a special rate of €660/£595. 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.

- Additional nights can be arranged: €40 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.

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

SUPPORT TEAM

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

LOGISTICS

1 horse equipped with saddle and bridle per rider

INLAND TRANSPORT

Support vehicle and driver

Transfers from Pioch-Badet bus stop

ACCOMMODATION

5 nights spent in a charming gite

MEALS

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

Price doesn't include

MEALS

Beverages and personal extras

TRANSPORT

International flights

Transfers are available from Nimes airport or train station and Montpellier Airport or train station (see dates and prices)

EXTRAS

Tips to the local team

Supplementary fee for dog to stay on site.

INSURANCE

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

Optional

ACCOMMODATION

Single room supplement

EQUESTRIAN INFO

Horses

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.

Minimum riding ability

MINIMUM RIDING ABILITY

For this ride, you need to have mastered all 3 paces, and to be able to ride and have control 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 5 nights in a 2* gite. 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.

Wi-fi is available.

Dogs are welcome, however, they will not be able to accompany you on the trek provided that non-riders accompanies it.

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.

GUIDE AND LOCAL TEAM

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

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 Goretex 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

Other useful items

- Water bottle (1.5 litres or 2 equivalent)
- 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.

VISA & HEALTH

Formalities

UK citizens - other nationalities please contact us:

Visas

If you hold a British Citizen passport, you don't need a visa to enter France. The rules on travel will stay the same until 31 December 2020.

Visas from 1 January 2021

The rules for travelling or working in Europe will change from 1 January 2021:

- you will be able to travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training
- if you are travelling to France and other Schengen countries without a visa, make sure your whole visit is within the limit. Visits to Schengen countries within the previous 180 days before you travel would count towards the 90-day limit
- the 90-day limit for visa-free travel will begin on 1 January 2021. Any days you stay in France or other Schengen countries before 1 January 2021 will not count towards the 90-day limit.

At border control for France, you may need to:

- show a return or onward ticket
- show you have enough money for your stay, and
- use separate lanes from EU, EEA and Swiss citizens when queueing
- Your passport may be stamped on entry and exit.

Passport validity

The rules on travel will stay the same until 31 December 2020.

Your passport should be valid for the proposed duration of your stay; you don't need any additional period of validity on your passport beyond this.

Passport validity from 1 January 2021

From 1 January 2021, you must have at least 6 months left on an adult or child passport to travel to most countries in Europe (not including Ireland).

If you renewed your current passport before the previous one expired, extra months may have been added to its expiry date. Any extra months on your passport over 10 years may not count towards the 6 months needed.

Check your passport is valid for travel before you book your trip. You will need to renew your passport before travelling if you do not have enough time left on your passport.

For up-to-date information please visit: <https://www.gov.uk/foreign-travel-advice/france/entry-requirements>

Health

UK Citizens: A UK Global Health Insurance Card (GHIC) gives you the right to access state-provided healthcare during a temporary stay in the European Union (EU).

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>

It's important to take out appropriate travel insurance for your needs. A GHIC is not an alternative to travel insurance and you should have both before you travel. It does not cover all health-related costs, for example, medical repatriation, ongoing medical treatment and non-urgent treatment.

At least 8 weeks before your trip, check the latest country-specific health advice from the National Travel Health Network and Centre (NaTHNaC) on the TravelHealthPro website.

If you need emergency medical assistance during your trip, dial 112 for an English speaking emergency service and ask for an ambulance. If you are referred to a medical facility for treatment you should contact your insurance/medical assistance company immediately.

<https://www.gov.uk/foreign-travel-advice/france/health>

Insurance

It is a condition of your booking with Equus Journeys that you have travel insurance which covers you for the riding activities to be undertaken. Your travel insurance should cover you for medical expenses and repatriation. Your guides will require your travel insurance details before they allow you to ride and may refuse to let you ride if you cannot provide them. You should take your insurance documents with you.

Voltage

In France the power plugs and sockets are of type E (two prongs). The standard voltage is 230 V and the standard frequency is 50 Hz.

Budget and money

Local currency is the Euro.

Telephone and jetlag

Phone code is +33.