

# Hidden Trails

Ph. 1-888-9-TRAILS

*Equestrian Vacations  
- on & with Hidden Trails*



## About Hidden Trails



Hidden Trails is owned and operated by nature enthusiasts who love horses and adventure activities. We have been involved with riding and other outdoor vacations for over 20 years.

With our partners Voyage du Cheval (France), Pegasus (Germany) as well as Equitour (Switzerland and France) we have collected the best riding destinations all over the world in some hidden places we would like to share with you.

These rides are about galloping on endless beaches, forging rivers, cantering through forests, trotting along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for horses has no boundaries but possesses a common language we all speak and understand. The majority of the overseas rides are from inn to inn, some from castle to castle and a few are camping rides.

You will experience new countries and their customs and make new friends. The Hidden Trails trips are the best you can find.

They have been tested by our staff or associates and received our stamp of approval. If you are considering a special riding vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.

We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

### Hidden Trails

Phone: 604-323-1141

Fax: 604-323-1148

Toll Free: 1-888-9-TRAILS

from within the USA or Canada or

E-mail: [info@hiddentrails.com](mailto:info@hiddentrails.com)

Website: [www.hiddentrails.com](http://www.hiddentrails.com)

Address:

659A Moberly Road, Vancouver BC Canada V5Z 4B3 or

4406 Tennyson Road, Wilmington, DE 19802 USA

### Toll Free from the U.K.:

Ph: 0- 808 189-0420

Fax: 0-808-280-1860

### Toll Free Worldwide:

Skype: hiddentrails



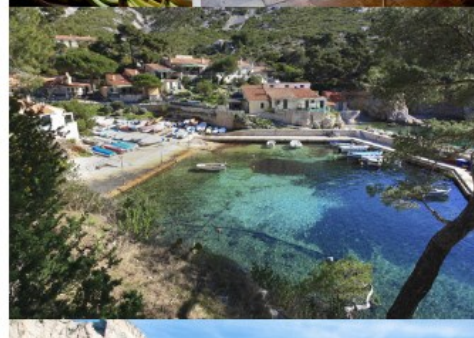
# Cassis & Calanques - France, Europe

Tour Code: ZZ-FR-Hike22  
6 days / 5 nights ~\$1,020.00  
Dates: Mar-Jun & Sep-Nov

Trip Rating : ●●●●●  
Difficulty : ●●●●●  
Lodging : ●●●

[Track:](#)  
[Horses:](#)  
[Pace:](#)

[Airport:](#) Marseille



## Introduction

Provence, France

There are no compromises or half-measures here: the landscapes along the jagged coastline paths in the "Calanques" are as dramatic as the cities are rich in their architecture, history, and culture.

The jagged white limestone along the coast reflects the deep blues of the Mediterranean Sea, creating a symphony of turquoise inlets: the famous "Calanques". These inlets stretch from Marseille to Cassis, both of which you'll explore at length. You finish in style in Aix en Provence, atop the narrow spine of the Sainte Victoire mountain, made famous by Cezanne's paintings.

### HIGHLIGHTS

- Spectacular and dramatic coastal walking in the Calanques
- Marseille city & the lovely town of Cassis
- Walking to the summit of the Sainte Victoire mountain

## Accommodation

### Accommodations

This is a progressive trip, so you will be staying in different establishments along the way.

### Description

We favour small local establishments, often family-run hotels or B&Bs, that employ local people. Selected by our track finders, our accommodations are chosen based on the friendliness of the owners, the quality of the service, the charm of the establishment and, quite often, the quirkiness (of both accommodation and owners!) that makes where you sleep an integral part of your adventure.

Your package includes standard accommodation (with all basic comfort and services) but it is possible to upgrade to more comfortable accommodations for an extra fee.

Accommodation Itinerary - subject to changes based on availability

Night 1: Hotel Bellevue in Marseille

Night 2 & 3: Hotel Cassiden in Cassis

Night 4 & 5: Hotel Paul in Aix en Provence

#### Hotel Bellevue in Marseille

This eco-friendly hotel has been completely renovated in 2021. The rooms include air conditioning, free Wi-Fi access, a flat-screen TV and a private bathroom.

#### Hotel Cassiden in Cassis

This 2-star hotel is ideally located on the harbour front, 50m away from the beach. All rooms feature private bathroom, reversible air conditioning, flat screen TV, and free Wi-Fi access. Some rooms have a mini-fridge. They are spread over the first and second floors.

#### Hotel Paul in Aix en Provence

This charming hotel was partially renovated in 2021. There is a large terrace and a garden with nice views over the Saint-Sauveur bell tower. The rooms have a modern decor and include air conditioning, a TV, free Wi-Fi access and a private bathroom.

### Meals

All breakfasts are included in your package.

Breakfast will be provided by the accommodations.

## Riding

### Trip Difficulty: Moderate

You enjoy regular exercise (whether walking, cycling, aerobics, etc.). You're in good shape, used to regular and sustained exercise. You are keen to set off on all-day walks, and can handle walking uphill (slowly) for up to 2 hours at a time. Walks are generally under 5 hours, on various types of terrain -- though nothing technically difficult -- with up to 600m/2000ft of climbing per day

### Warning

From Cassis to La Ciotat, there is always at least a meter between you and the cliff-edge, but please be very careful along the path. Wind gusts here can be very strong.

On the Sainte Victoire mountain walk: from the starting point, the walk looks daunting, going straight up along the spine of the mountain, with no respite until the top. But it is not as difficult as it looks. You'll be climbing for over two hours, maybe three, but it's all relatively steady. There are no cliff-edges, and only a very short section of scrambling to reach the cross at the pseudo-summit. You may choose to avoid that section if the weather isn't cooperating, or if the winds are too strong.

### Walking Poles

We recommend using walking poles for this holiday. Poles are helpful to increase power going uphill, but especially to relieve your knees going downhill. Walking poles take some time to get used to so we recommend that you walk with them before coming to Provence.

## Itinerary

Sample itinerary - subject to changes





*note: this itinerary is not recommended for people afraid of heights.*

#### Day 1: Frioul islands

Arrival on your own in Marseille. If you arrive in the morning, make sure to visit the fish market (held every morning in the old port).

Marseille city center Marseille was founded by the Greeks 2600 years ago. Marseille is the oldest city in France. A cosmopolitan pot-pourri of neighbourhoods, culture, and architecture. From the picturesque Vieux Port, your ferry takes you to "Chateau d'I" island, made famous by the novel of "Monte Cristo" (ferry tickets not included - 30min crossing). Another 15 min ferry crossing takes you to the Frioul Islands. Other than the restaurants that you find in the port area, the islands are a protected oasis of wilderness. Rare plants are dotted about the sun-bleached walking paths that offer great viewpoints of the city. There are many swimming opportunities along the way. Return by ferry to the Old Port of Marseille.

Hiking about 9 km (2h45 to 3h) + 10m / - 10m

Meals included: none

Overnight in Marseille

#### Day 2: Col de la Gardiole to Cassis

A 30-min private taxi transfer takes you to the Col de la Gardiole pass, high above the Calanques of Cassis. Please note that from June 1st to September 30th, there is no car access to the Gardiole pass. You will need to walk an extra 2km (about 30 min) along the road to reach the Col de la Gardiole.

You're among a garrigue vegetation of shrubs and aromatic herbs, their perfume concentrated by the penetrating Mediterranean sun. Soon you find a shaded and deeply encased valley that descends in tight zigzags towards the sea, and here you reach the Calanque of En Vau. This is followed by a short but steep climb through the jagged limestone to reach the Calanque of Port Pin, a narrow finger-of-an-inlet complete with a sandy beach. This is the perfect stop for your picnic lunch.

The third Calanque is Port Miou, over a kilometre long but ultra-thin, lined on both sides by picturesque sailboats. At the end of the day, you walk straight into the centre of Cassis, a small village set on the Mediterranean.

Hiking about 12 km (4h) + 200m / - 460m

Meals included: Breakfast

Overnight in Cassis

#### Day 3: Walk to La Ciotat

You begin your walk in Cassis, on a small country lane surrounded by vines. Then, via a wide track, you climb towards Cap Canaille. At just under 400m Cap Canaille is the highest sea cliff in France, and one of the highest in Europe. Facing the vast expanse of the Mediterranean Sea the 360° view is incomparable.

From here, the walking path remains above the vertiginous cliff as you make your way along the impressive coastline. Your walk leads into the adjacent town of La Ciotat, with its stunning port, naval construction site, and its sandy beaches (you've earned a swim!).

At the end of the walk, take a taxi in La Ciotat for a transfer back to Cassis (transfer is not included - cost around 25/30 €: make sure to have cash with you).

Hiking about 12 km (4h) + 500m / - 500m

Meals included: Breakfast

Overnight in Cassis

#### Day 4: Sightseeing in Cassis and Aix en Provence

You start the day with a transfer from Cassis to Aix-en-Provence. A market is held every morning on the "town hall" square in Aix en Provence.

This is a day of leisure with a morning stroll around Cassis. In the early afternoon you are transferred to the beautiful city of Aix-en-Provence. Aix is a lively university city and unapologetically bourgeois: regal stone fountains line the Cours Mirabeau, behind which 17th and 18th century mansions now house chic shops and banks. A labyrinth of winding streets in the centre of town unveil a wealth of historic buildings, squares, and shops of all kinds.

Meals included: Breakfast

Overnight in Aix en Provence

#### Day 5: Sainte Victoire & Vauvenargues

A short morning transfer takes you to the start of the walk at the imposing foot of the Sainte Victoire mountain. It's here that the impressionist painter Cézanne tirelessly painted landscapes, immortalizing the mountain ahead. A jagged spine soars to the 1000m summit and that is your day's goal. Though it may look imposing, there is no scrambling involved.

On a clear day, from the summit, the snow-peaked Alps are visible to the north and the Mediterranean to the south. Once at the top, you can choose to continue walking along the spine, or descend to the village of Vauvenargues, where Pablo Picasso found his eternal rest.

A local bus will take you back to Aix en Provence (bus ticket not included).

Hiking about 10 km (4h30) + 650m / - 650m

Meals included: Breakfast

Overnight in Aix en Provence

#### Day 6: Departure

End of your trip in Aix en Provence after breakfast.

#### Access to paths in the summer

From July 1st to September 30th access may be restricted in the Calanques if the risk of forest fire is high. There is a risk that the paths may be forbidden as of noon on any given day or in exceptional circumstances the paths may be closed altogether. Information is available at 6:00pm for the following day from the local prefecture, either by telephone (automated message) or by internet on <http://www.ancien.paca.gouv.fr/files/massif/index.php>

Clients are responsible for getting this information. Any extra cost for extra transfers due to those restrictions will be at the client's charge.

### Other Info

**Meeting:** Marseille

**Airport:** Marseille

**Train station:** Marseille

Transfers are not available for this trip. You need to make your own way to Marseille on Day 1.

**Tack:**

**Horses:**

**Pace:**

**Level:** 🐾🐾🐾🐾 (3 out of 5) Moderate

**Riders:** Min 2 riders Max 6 riders

Rates and Dates 2024 - ZZ-FR-Hike22

Rates include: Accommodations, All breakfasts, Local transfers described in the itinerary, Emergency phone number & Road Book

Packages and Options

Season	Description	EUR	~US\$
A 2024	6 day Self guided walking tour (High)	€925	\$1020
	Group discount (4-6 pax), pp	(€90)	(\$100)
	Single supplement	€400	\$440
	Solo hiker supplement	€675	\$740
B 2024	6 day Self guided walking tour (Mid)	€875	\$960
	Group discount (4-6 pax), pp	(€90)	(\$100)
	Single supplement	€350	\$385
	Solo hiker supplement	€625	\$690
C 2024	6 day Self guided walking tour (Low)	€800	\$880
	Group discount (4-6 pax), pp	(€90)	(\$100)
	Single supplement	€340	\$375
	Solo hiker supplement	€610	\$670

The US Dollar Rate is based on a EUR Exchange Rate of 1.1 and subject to currency fluctuation

Transfer Option

Description

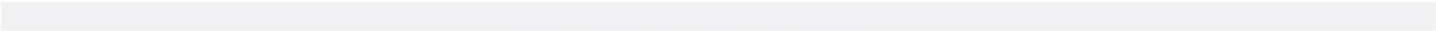
2024	Make your own way to Marseille on Day 1
2024	Possible accommodation upgrade - inquire for rates
2024	Half-board supplement (5 dinners included total) - please inquire

Tour Dates

Season	Tour Dates		
C 2024	03/01/2024 - 04/30/2024	6d / 5n	6 day Self guided walking tour (Low)
B 2024	05/01/2024 - 06/10/2024	6d / 5n	6 day Self guided walking tour (Mid)
A 2024	06/11/2024 - 09/22/2024	6d / 5n	6 day Self guided walking tour (High)
B 2024	09/23/2024 - 10/28/2024	6d / 5n	6 day Self guided walking tour (Mid)
C 2024	10/29/2024 - 11/15/2024	6d / 5n	6 day Self guided walking tour (Low)

Min/Max: 2/6

Rates do not include:All lunches and dinners, Drinks, Transfers before and after the trip & Entrance fees





# Reservation Form

Tour : \_\_\_\_\_ Code #: \_\_\_\_\_ from: \_\_\_\_\_ to : \_\_\_\_\_

The Travelers (Last Name, First Name)	Male Female	Single room / or tent	Birth Date MM/DD/YY	Height	Weight	Special diets													
						Special diets	Beginner	Novice	Intermediate	Strong Inter.	Advanced	ride English	ride Western	mostly arena	mostly hacking				
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Special Diets: \_\_\_\_\_

Your fitness level: Excellent ☐ Moderate ☐ Poor ☐ How long have you been riding? \_\_\_\_\_

How often do you ride? \_\_\_\_\_ Have you been on other riding tours? No ☐ Yes ☐ last trip when? \_\_\_\_\_

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: \_\_\_\_\_

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails Booking Conditions and the Hidden Trails Recreational Activity Release and Indemnity Agreement in this brochure or as listed on the Internet.

I (we) will sign and forward the Recreational Activity Release and Indemnity Agreement at least 10 weeks before trip starting date.

Last Name and First Name (The Traveler) \_\_\_\_\_

Street \_\_\_\_\_ e-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone (wk) \_\_\_\_\_ (hm) \_\_\_\_\_ Cell \_\_\_\_\_ Fax \_\_\_\_\_

Date \_\_\_\_\_ Signature (mandatory) 1. \_\_\_\_\_

Please, charge a 25% deposit (minimum \$ 350 per person) now and full payment 10 weeks before the travel date to my credit card.

For payments by VISA ☐ or Mastercard ☐ (no debit cards)

Cardholder: \_\_\_\_\_

Card # \_\_\_\_\_ 3 digit Security # \_\_\_\_\_

Exp.Date: \_\_\_\_\_ Signature \_\_\_\_\_

Billing Address for Credit Card (if different than mailing address):  
\_\_\_\_\_

I have enclosed a check for the deposit ☐

Additional Signatures:

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Travel Cancellation Insurance** Credit Card required

Sign me (us) up ☐ initial \_\_\_\_\_

No, we will provide our own ☐ initial \_\_\_\_\_

Hidden Trails Ltd. 659A Moberly Road Vancouver, BC V5Z 4B3 FAX: 604-323-1148 Phone: 604-323-1141

## Hidden Trails

659A Moberly Road  
Vancouver, BC  
Canada V5Z 4B2

Toll Free: 1-888-9 TRAILS  
(1-888-987-2457)

Phone: 604-323-1141

FAX: 604-323-1148

From the U.K.:

Phone 020-323-96201

Fax 0203-004-1200

Skype hiddentrails

E-mail [info@hiddentrails.com](mailto:info@hiddentrails.com)

Website [www.hiddentrails.com](http://www.hiddentrails.com)

Office hours:

Mo-Fr 8:30 am to 6 pm

Pacific Standard Time

