



## For more info on the course of the Gorges de l'Ardèche

To for the Ardeche Gorge, you'll need at least 4 days of running at 15 km per day on average. But this hike will be even more interesting if you stay there for 5, 6 or 7 days. You can then descend to the bottom of the gorge, including cultural visits (regional museum of prehistory, the cave Orgnac, Castle Labastide de Virac ...) and take an afternoon or two to stay in the sun and bathe

### **Day 1 : Vallon Pont d'Arc – St Remèze - 15 km - 5 à 6 h de marche par le GR4F**

A good day of hiking, climbing the first step on the plateau des Gras Circus Estre. Nice view on the site of the famous Pont d'Arc, then Gr4 plunges into the undergrowth, it's cool and takes you to the village of St Remèze where you can stop at the stage lodging, hotel or in a small farm camping.

### **Day 2 : St Remèze – Loop through the Gorge on the way to Coalman. 10km.**

Back to St Remèze late in the day.

Stroll down the gorge by an old mule track and swimming in the River.

### **Day 3 : St Remèze – St Martin d'Ardèche - 14 km- 5 h de marche- sentier de pays.**

This walk on the sets of grooves, large uninhabited area, you will just cross the small village where the hostel Can serves excellent snacks filled with local specialty. Then you go down to the Ardèche and reach a comfortable accommodation that blends art and the rest.

### **Day 4 : St Martin d'Ardèche – Orgnac- 15 km - 5 à 6 h de marche GR4.**

You can discover a dolmen, the natural entrance of an abyss, the great lauze (huge slab of limestone which is recovering water) ... Fauna, flora ... Accommodation is at the municipal camping under the oaks at 'away from other campers or the "Hôtel de l'Aven\*\*\*" in the village (comfortable room and good food) or the hotel "les Satalagmites\*\*" (good address too) or at the "Hotel du Diaprysis\*\*" 100m from the site of the famous cave.

### **Day 5 : Orgnac – Orgnac. Boucle de 3, 6, 10 km au choix.**

Small walk to Orgnac and regional museum of prehistory, it would be nice to visit those places that will help you understand our landscape and ancient heritage. And you can also stay near the municipal pool to finish the day. Even accommodation

### **Day 6 : Orgnac – La Bastide de Virac. Petite étape de 7 km ou plus si l'on zigzague dans la forêt.**

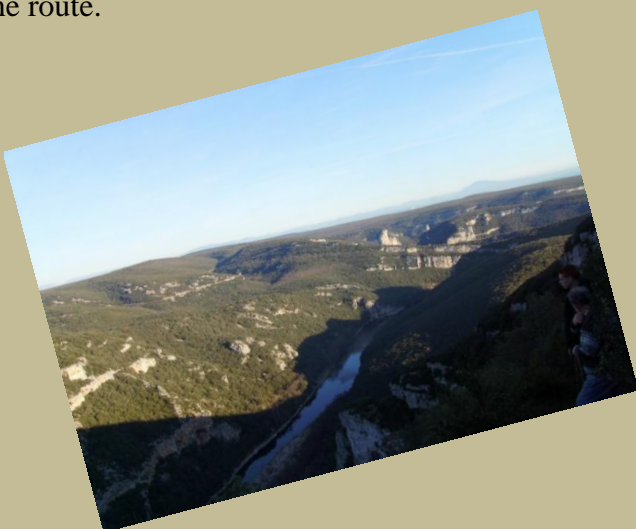
You can go visit the castle of La Bastide de Virac and discover a beautiful view from the parapet walk and also see raising silkworms.

Camping or guest room.

### **Day 7 : La Bastide de Virac – Vallon Pont d'Arc. 12 km by GR4.**

A nice way to bring you back Vallon

All good advice on your course and management of donkeys will be given the day before or the day of departure. This course is modular. The supply and a good meal in the evening are available every day in small villages along the route.



# Trekking in the gorges de la Cèze 4 à 7 jours

This beautiful trail you will discover the Gorges the Ceze and rally the gorges of Ardeche, see combine the two for a great trip.

Many dolmens mark this circuit.

You can go for at least 4 days, but in 5 or 7

days this hike will become even more interesting.

Because you have the time to get to the heart of the Gorges Ceze river which is high in nature. On a beautiful beach

deprived of one of our hosting you can practice bathing in peace

Modulate your circuit but will book your accommodation well in good order.

The roads are often forest tracks, so easy with children, the gradients are weak this circuit. You'll have beautiful views and sights to discover ...

## Example 7 Day

**Day 1: Vallon Pont d'Arc - Vagnas or Labastide de Virac / La Goule-12km**

**Day 2: Vagnas or Labastide de Virac - Linde - 14 km**

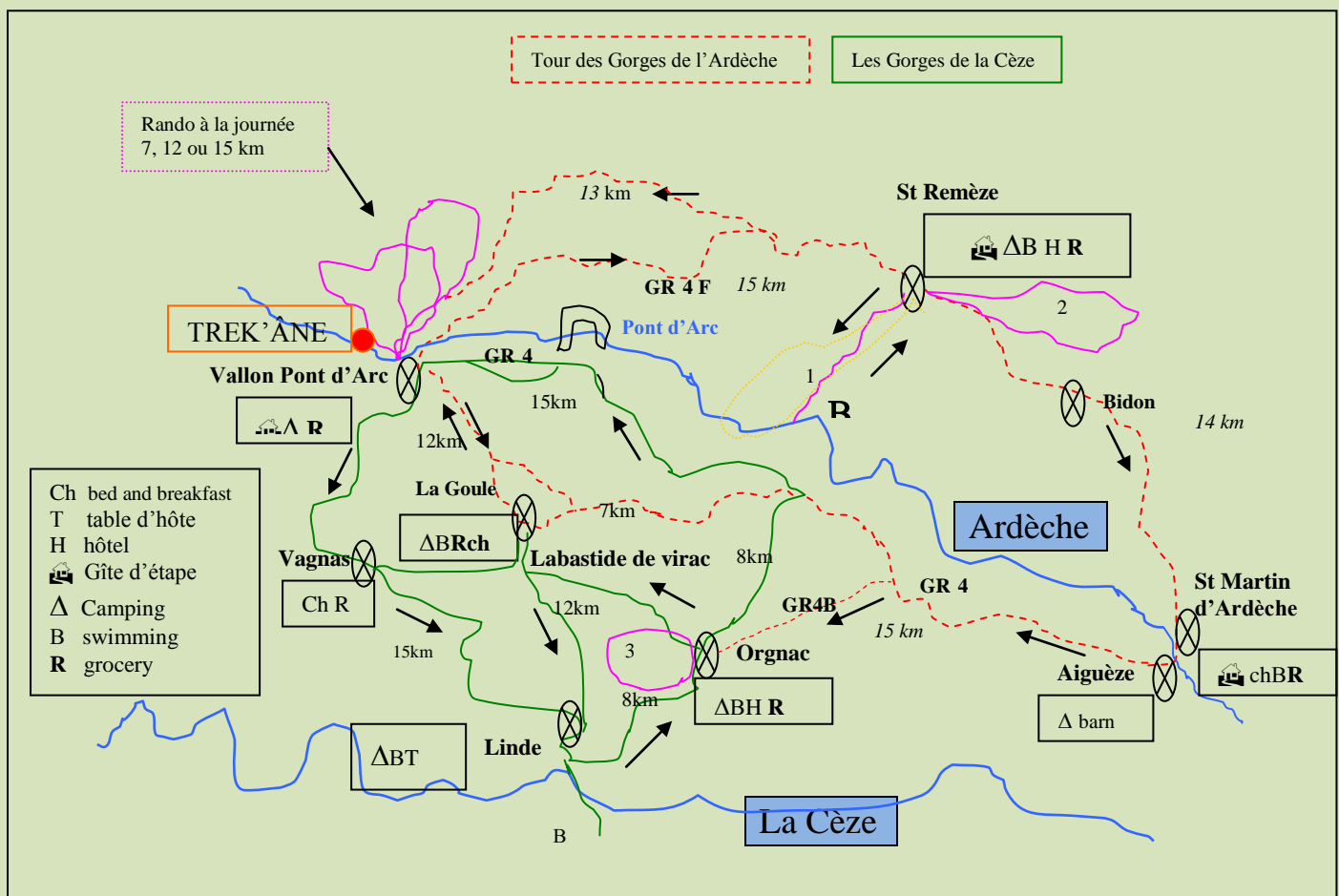
**Day 3: Linde - Cèze - Linde - 5km**

**Day 4: Linde - Orgnac - 8km**

**Day 5: Walk around Orgnac and visit the cave as possible - 5,10 or 15 km choices**

**Day 6: Orgnac - La Bastide de Virac / La Goule - 8km**

**Day 7: La Bastide de Virac / la Goule - Vallon Pont d'Arc - 12 km**



**LIST OF ACCOMMODATION ON THE CIRCUIT**  
*Indicative prices of accommodation can not enter trekane*

place	acomodation	téléphone	capacity	restaurant	Swimming pool
St Remèze Day 1 and 2 Or day 3 <a href="http://www.saint-remeze.com">www.saint-remeze.com</a>	<i>Camping de la résidence</i> Spoken gb-nl-f	+3304.75.04.26.87 <a href="http://www.campinglaresidence.net">www.campinglaresidence.net</a>	60 campsites mobil home	yes	Yes
	<i>Farm Camping Le Lavoir</i>	+3304.75.04.12.95 <a href="mailto:campingdulavoir@orange.fr">campingdulavoir@orange.fr</a>	10 campsites Adult/6.15:/night Children/3.65/night (Night in mobil home Possibly in spring)	At 200 m	Yes
(find these on accommodation on web)	<i>Hôtel-restaurant Auberge de St Remèze</i>	+3304.75.04.11.52 <a href="mailto:auberge.stremeze@orange.fr">auberge.stremeze@orange.fr</a> <a href="http://www.le-bercal.fr">www.le-bercal.fr</a>	6 rooms Environ 40€/chambre	yes	no
	<i>Gîte d'étape</i>	+3304.66.29.85.89 <a href="mailto:boullekizlikn@hotmail.com">boullekizlikn@hotmail.com</a>	15 bed (2 rooms) 15 euros/night/pers	At 100m	No
St Martin d'ardèche 2, 3 or day4	<i>Bed and Breakfast Roulotte Cabane/relais</i>	+3304.75.04.68.33 « l'Atelier des Granges » <a href="http://www.atelier-des-granges.com">www.atelier-des-granges.com</a> <a href="mailto:contact@atelier-des-granges.com">contact@atelier-des-granges.com</a> Spoken gb	6 rooms (de 43 à 59 euros) 3 places 4-5 place (10 euros/per/nuît)	At 200m	River à 100m
Aiguèze 3 and/or day 4	<i>Farm Camping Le Galinier Barn</i>	+3304.66.82.15.51	10 campsites shelter in the barn	At 300m	no
Orgnac 4 and/or day 5 <a href="http://www.ornac.com">www.ornac.com</a>	<i>Hôtel-restaurant*** L'Aven (dans le village)</i>	+3304.75.38.61.80 <a href="http://www.aven-sarrazin.com">www.aven-sarrazin.com</a> spoken gb	25 rooms 60 à 64 euros/2 pers.	yes	yes
	<i>Hôtel-restaurant** Le Diaprisyus (near orgnac cave)</i>	+3304.75.38.60.68 <a href="http://www.audiaprisyus.com/">http://www.audiaprisyus.com/</a> spoken gb	6 rooms 50 euros/2 pers. 10 €/pers additional	yes	no
	<i>Hôtel-restaurant** Les stalagmites</i>	+3304.75.38.60.67 <a href="http://www.lesstalagmites.com">www.lesstalagmites.com</a> spoken gb	25 rooms A partir de 43 euros/2 pers	yes	no
	<i>Camping municipal</i>	+3304.75.38.63.68 <a href="http://camping.ornacvillage.com">http://camping.ornacvillage.com</a> spoken gb	Area hiker 14 €/campsites	yes	yes
La Goule 4 and/or day 5	<i>Farm Camping donkeyPark 1,40 euros/âne</i>	+3304.75.38.61.24 <a href="http://www.campinglagoule.com">www.campinglagoule.com</a> 1.40 €/donkey	25 campsites Adult/ 9 euros children(2à13) 6 € children -2ans free	No but Mini grocery	yes Swimming trunks Mandatory
Linde Rando Cèze	<i>Farm Camping</i>	+3304.66.24.50.96 <a href="http://masdelinde.free.fr/">http://masdelinde.free.fr/</a> spoken gb	25 campsites 4,50 euros/person	Table To Host	Swimming pool and River at 2 km
Vagnas <a href="http://www.vagnas.com">www.vagnas.com</a>	<i>Bed and breakfast Le Couvent</i>	+3304.75.38.68.84 <a href="http://www.couventvagnas.fr">www.couventvagnas.fr</a> spoken gb	5 rooms 42 euros/2 pers 55 euros/3 pers	at 200m (6 euros/breakfast on place)	no
Labastide de virac	<i>Hostel Le Vieux Porche</i>	+3304.75.38.66.97. <a href="http://www.auvieuxporche.com">www.auvieuxporche.com</a>	2 rooms 45 euros/2 pers 10 €/pers additional Meals	yes	no

Bivouac possible at Labastide de Virac

- At each location of private enclosures are available for our donkeys and their food.

IGN Map Top 25 : n° 2939 “Gorges de l’Ardèche”

- Pretty loops are possible around St Remèze or Orgnac or if you want to stay

2 nights for stewardship lighter especially for campers.

**Before or after your hike, you can book either gîte d'étape-neighbor**

<http://www.etalondesestrades.com> tél +33 04.75.38.81.34 or 06.10.23.17.18 at 200m

or in the village [www.escapade-loisirs.com](http://www.escapade-loisirs.com) tél.+33 04.75.88.07.87. at 1 km

Camping near [www.camping-esquiras.com](http://www.camping-esquiras.com) at 300m

**Find tons of addresses on the website of the tourist village**

<http://www.vallon-pont-darc.com>

## *List of equipment for an adventure in Ardeche with Grisette, Lili, Simone, Lulu ...*

### Physical Preparation

Provide rides for 8 to 15 km twice a week a month before the start, taking a backpack and using the shoes you wear during your hike.

During the march to drink at least two liters of water per stage

### *Mon équipement et matériel*

The choice of the three following elements is essential for your comfort and safety

- Walking shoes, rising, good quality and you have already used.

1 Comfortable backpack that you'll back on the day (about 2 kg of water + mobile + camera

1 cap. 1 tube sunscreen).

1 bag or backpack for your clothes. Put the clothes in a garbage bag. In case of rain everything will be dry.- (clothing on you or in the bag)

3 tee-shirts in cotton sweat

1 sweet in polar

3 pants

1 cotton shirt (for evening)

1 lightweight pajamas 1 pantalon léger de randonnée avec poches sur côté

2 hiking shorts with pockets also

3 pairs of socks double type two in one, anti bulb

1 parka

1 hiking poncho in case of rain

1 pair of sandals for the evening light

1 sleeping bag

1 bag of 2 liters water to put in the bag with hose (very convenient to drink regularly in small quantities)

#### **- Grooming Kit:**

1 small soap

1 small toothbrush

1 small tube of toothpaste

1 towel

#### **- Kit drugs:**

1 prescription from your doctor if necessary for your regular medications

1 small scissors

Expect some units of drugs for vomiting, diarrhea, insect bites, headache

#### **- Wash Kit:**

1 small tube of liquid detergent for hand washing

1 nylon cord

8 clothespins

1 flashlight

#### **- Documents**

1 credit card

1 Identity card

Cashout at Vallon Pont d'Arc, but not after.

1 pocket trail map (practical and waterproof)

Do not overload or donkey yourself and your whole crew walk with pleasure.

Donkeys help carry your bags of clothes unless they are too heavy, be reasonable. Thank you.

***PS. the list is an advice.***

## Booking form

Name : \_\_\_\_\_

firstname : \_\_\_\_\_

Adress : \_\_\_\_\_

phone. \_\_\_\_\_

Mobile \_\_\_\_\_

Number of participant : \_\_\_\_\_

Adults : \_\_\_\_\_

children : \_\_\_\_\_ Age : \_\_\_\_\_

Number donkey rent : \_\_\_\_\_

Choices tour : \_\_\_\_\_

Date of hiking : to \_\_\_\_\_ at \_\_\_\_\_

Send me a 30% deposit please

Total sent: \_\_\_\_\_

The balance will be paid on departure

The deposit will not be refundable if

Cancellation by the client, but when used  
a subsequent lease of donkeys in the same year.

A possible repatriation will be paid by the customer.

Departures are at 8 pm 30 at the farm.

I have read the Terms and Conditions.

Write at \_\_\_\_\_ the \_\_\_\_\_

Signature :

To return to this adress

**Trek'âne**  
**Thévenin Martine**  
**Chemin de la Selle**  
**07150 Vallon Pont d'Arc**  
**Phone : +334 75 88 11 13**  
**Mobile : 06 87 21 15 34**

**Thank you indicate your accommodation,  
This allows us to provide hay and barley need  
to donkeys in the relay.**

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

## Hiring prices for 2012

**Hiring for donkey, pack-saddle and itinerary ....**

**1 day / 55 € - 2 days / 90 € - 3 days / 135 €**

**4 days / 180 € - 5 days / 225 € - 6 days / 270 €**

**1 week 315 €**

**5% reduction is given if you hire at least 3 donkeys and  
3 days in a row and 10% if 2 donkeys and a week.**

Number bank transfert

Crédit agricole de Vallon pont d'arc - code banque : 13906

IBAN : FR76 1390 6000 0329 7829 8800 021 SWIFT : AGRIFRPP839

