

Les gorges de l'Ardèche: North side

For 2 days

Vallon to St Remèze

Day 1 : You go on GR4 way on « le plateau des Gras », From there you admire the magnificent view of the large site Pont d'Arc, beautiful views of the canyon.

This old way of prehistory in the shade under the oaks. “Combe long” after you arrive in the hamlet of Patroux and soon the village St Remèze . 15km.

Day 2 : The return is on a path of country that offers a beautiful view over the Ardèche mountains in the distance. We return to the farm “la Selle” in the suburbs of Vallon. 13 km



For 3 days

Vallon to St Remèze

Day 1 : You go on GR4 way on « le plateau des Gras », From there you admire the magnificent view of the large site Pont d'Arc, beautiful views of the canyon.

This old way of prehistory in the shade under the oaks. “Combe long” after you arrive in the hamlet of Patroux and soon the village St Remèze. 15km.

Day 2: you can go down to the Ardèche river on an old mule track.

Swimming is possible on this very secluded cove.

You will go to St Remèze sleep because in the nature reserve Can't be wild camping. 10km.

Day 3: The return is on a path of country that offers a beautiful view over the Ardèche mountains in the distance. We return to the farm “la Selle” in the suburbs of Vallon. 13 km



List of accommodation in St Remèze

<i>where</i>	<i>accomodations</i>	<i>phone</i>	<i>capacity</i>	<i>restauration</i>	<i>pool</i>
St Remèze Day 1, 2, 3 www.saint-remeze.com	Camping de la résidence	+334.75.04.26.87 www.campinglareidence.net	60 campsites mobil home	yes	yes
	Camping farm Le Lavoir	+334.75.04.12.95 lambertmartine@aol.com	10 campsites + night en Mobil Home	At 200 m	yes
	Hôtel – restaurant Of St Remèze	+334.75.04.11.52 www.le-bercail.fr	6 rooms	yes	no
	Gîte d'étape	+334.66.29.85.89	15 beds (2 rooms) 15 €/night/pers	At 100m	no

Indicative prices of accommodation can not enter trekane

Les gorges de l'Ardèche South side

For 2 days

Vallon to Vagnas or Labastide de virac

Day 1: Ride 12 km into the forest by nice tracks forest. Tagging country.

Day 2: The return is on a path of countries

We return to the farm "la Selle" by the suburbs of Vallon. 13 km



For 3 days

Vallon to Vagnas or Labastide de virac

Day 1: Walk 12 km into the forest by nice tracks forest. Tagging country.

Day 2: Or you can descend to depths of Gorges de l'Ardèche or go on Orgnac. Visit the Orgnac cave and the regional museum of prehistory. 8 to 10 km.

Day 3: Back Orgnac by the GR4 - 15 km or return from Labastide to Vallon- 12 km.

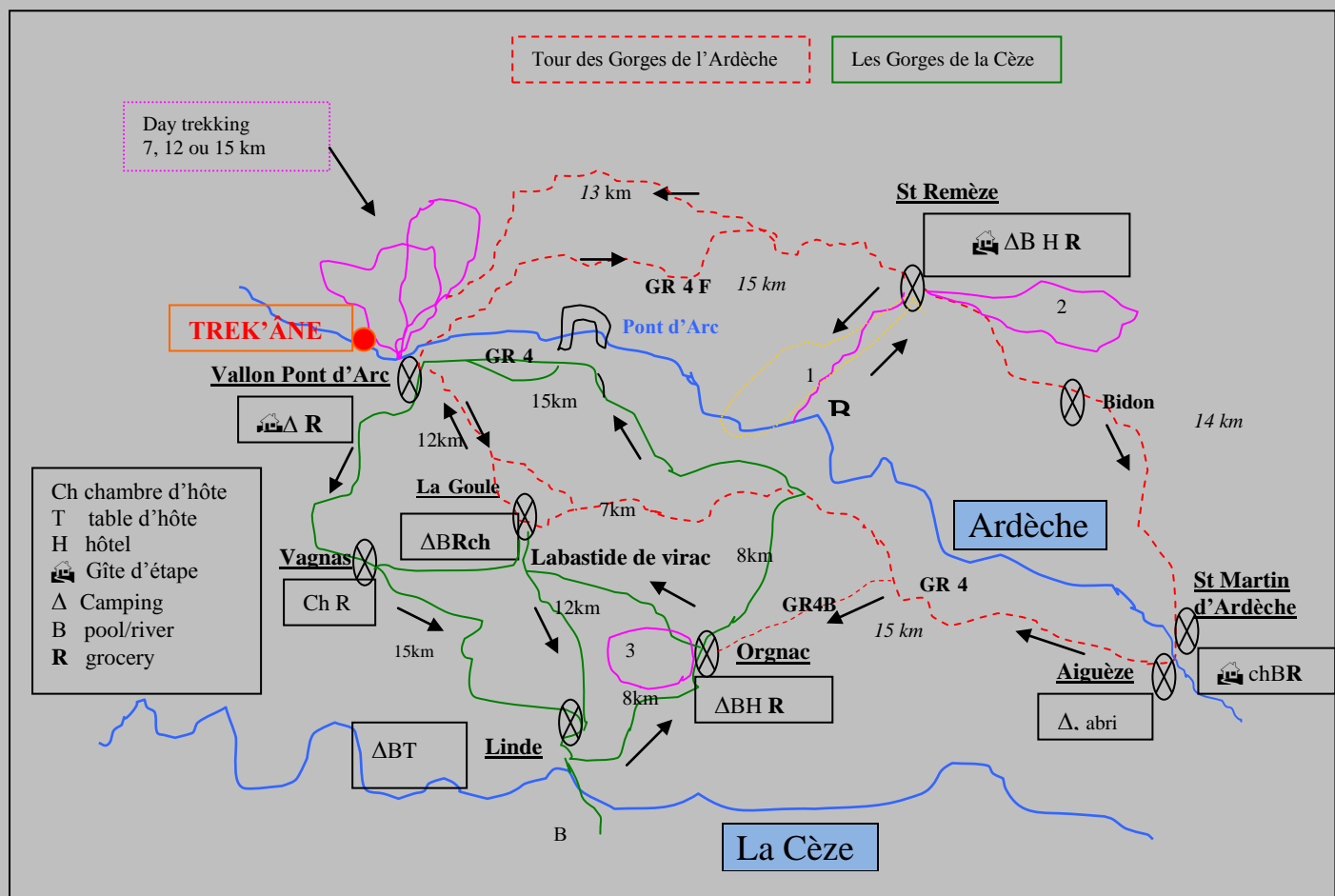


List of accommodation in Vagnas, Labastide of Virac and Orgnac

Where	acomodation	phone	capacity	restauration	pool
Vagnas Day 1 or 2 www.vagnas.com	Chambres d'hôtes Le Couvent	+33.75.38.68.84 www.couventvagnas.fr	5 rooms 45 € /2 pers 60 € /3 pers	at 200m (6 €/breakfast on place)	No
Orgnac Day 2	Hôtel-restaurant*** L'Aven (in the village)	+33.75.38.61.80 www.aven-sarrazin.com	25 rooms 65 € /2 pers.	yes	No
	Hôtel-restaurant** Les Stalagmites (in the village)	+334.75.38.60.67 www.lesstalagmites.com	25 rooms 46€/2pers minimum	yes	No
www.orgnacvillage.com	Hôtel-restaurant** Le Diaprisyus (near Orgnac cave)	+334.75.38.60.68 www.audiaprisyus.com	6 rooms 50 € /2 pers.	yes	No
	Camping municipal	+334.75.38.63.68 info@orgnacvillage.com	Area hiker 14 €/campsites	yes	yes
Labastide de virac http://labastidedevirac.free.fr Day 1or 2	Hostel	+334.75.38.66.97. www.auvieuxporche.com	2 rooms 45€ /2 pers Meals from 15€	yes	No
La Goule Day 1or 2	Camping farm Donkey park 1,85 euros/donkey	+334.75.38.61.24 www.campinglagoule.com	25 campsites Adult/ 9,9 € children (2 to13)/ 6,7 € children -2years 3€	Not but Mini Grocery	pool Swimwear mandatory

Indicative prices of accommodation can not enter trekane

Map Tour



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 tél.+33 04.75.88.07.87. at 1 km

Camping near 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

My équipement and things

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 sweat 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.

PS. the list is an advice.

To return to this adress

Trek'âne

Thévenin Martine

Chemin de la Selle

07150 Vallon Pont d'Arc

Phone: +334 75 88 11 13

06 87 21 15 34

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 :

**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:

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

