

Trekking in The gorges de l'Ardèche 4 to 7 days

Located south of department, benefiting from an exceptional microclimate (more than 300 days of sunshine per year); Gorges de l'Ardèche are magical and unique for their wild beauty and grandeur. The river has carved into the limestone, over time, a deep canyon that is discovered through natural lookouts on the GR4 hiking trail.

In prehistoric times, its many caverns and caves were a haven for the Cro-Magnon, as evidenced by the discovery in 1994 of the Chauvet cave rupestre art (the oldest know to date –30,000 years)

In the last century, production of charcoal from oak was very active, herds of goats and many sheeps, Gorges were overexploited, ecosystem it was threatened.

Today, the forest has reclaimed its, fauna and flora of the Mediterranean are again rich and varied. The orchids bloom in spring or eagles flying over the cliffs are the jewels of a magnificent fragile heritage and I hope you could come to see this site listed as a nature reserve since 1980.

In this mythical place kayaking or rock climbing, hiking with a donkey on the old mule tracks or coalway is an original, both new and traditional to discover the Gorges of the river to the crest.

Wild camping is forbidden, but there are camping in the farm around the Gorges

The trekking lodges, hotels and cottages welcome you

You can visit the caves and museums on the theme of prehistoric

Swimming is possible in the river or pool each day

Choose your tour and book your accommodation well in good order

The roads are often rocky, so good shoes are essential, the gradients are small but fast (300m)

You'll have beautiful views and sights to discover ...

Example on 7days

Day 1 : Vallon pont d'Arc – St Remèze– 15km

Day 2 : St Remèze – stroll to the bottom of the gorge – 10 km

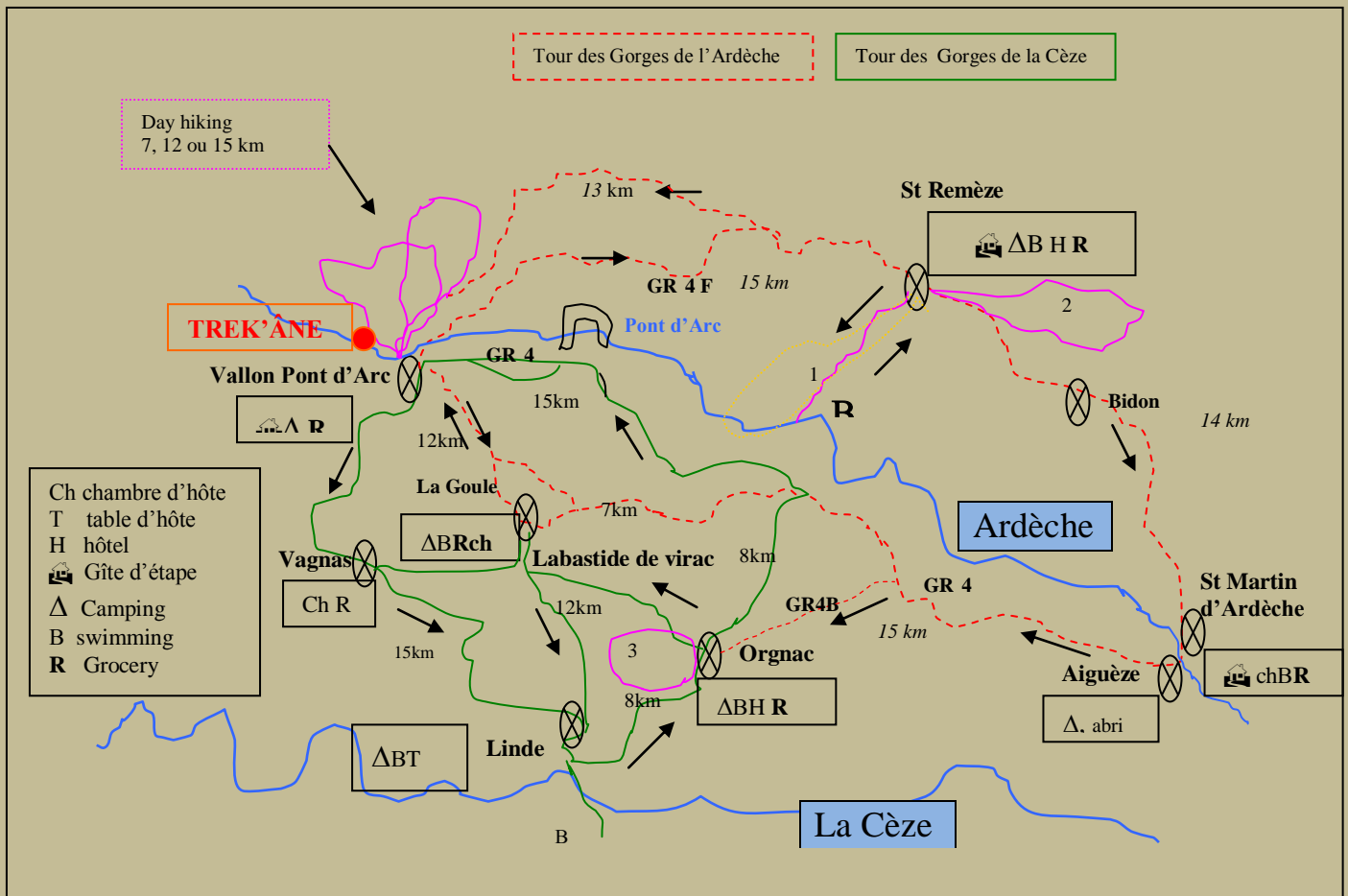
Day 3 : St Remèze – St Martin d'Ardèche ou Aiguèze – 14km

Day 4 : St Martin d'Ardèche ou Aiguèze – Orgnac – 15km

Day 5 : way around d'Orgnac and visit the cave as possible – 3, 6 ou 10 km choices

Day 6 : Orgnac - La Bastide de Virac / La Goule– 7km

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



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.

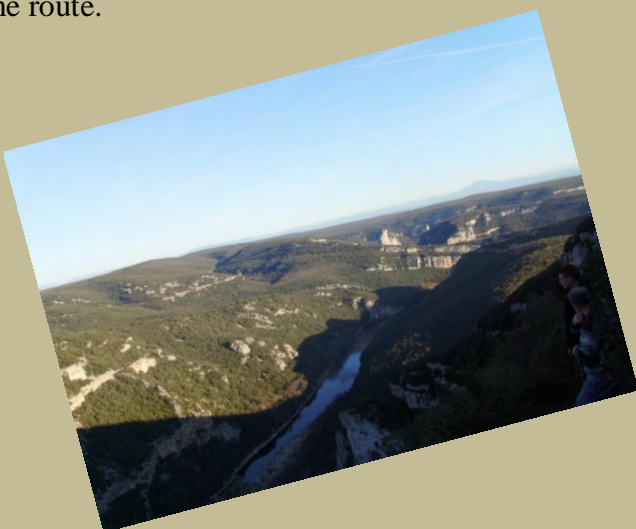
You can go visit the castle of La Bastide de Virac and discover a beautiful view from the parapet walk and also see raising silkworms.

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.



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 www.saint-remeze.com	<i>Camping de la résidence</i> Spoken gb-nl-f <i>Farm Camping Le Lavoir</i>	+3304.75.04.26.87 www.campinglaresidence.net +3304.75.04.12.95 campingdulavoir@orange.fr	60 campsites mobil home 10 campsites Adult/6.15:night Children/3.65/night (Night in mobil home Possibly in spring)	oui At 200 m	Yes Yes
(find these on accomodation on web)	<i>Gîte d'étape</i>	+3304.66.29.85.89 boullekizlikn@hotmail.com	15 bed (2 rooms) 15 euros/night/pers	At 100m	No
St Martin d'ardèche 2, 3 or day4	<i>Bed and Breakfast</i> Roulotte Cabane/relais	+3304.75.04.68.33 « l'Atelier des Granges » www.atelier-des-granges.com contact@atelier-des-granges.com Spoken gb	6 rooms (de 43 à 59 euros) 3 places 4-5 place (10 euros/per/nuit)	At 200m	River à 100m
Aiguèze 3 and/or day 4	<i>Farm Camping</i> <i>Le Galinier</i> Barn	+3304.66.82.15.51	10 campsites shelter in the barn	At 300m	no
Orgnac 4 and/or day 5 www.orgnac.com	<i>Hôtel-restaurant***</i> L'Aven (dans le village)	+3304.75.38.61.80 www.aven-sarrazin.com spoken gb	25 rooms 60 à 64 euros/2 pers.	yes	yes
	<i>Hôtel-restaurant**</i> Le Diaprisyus (near orgnac cave)	+3304.75.38.60.68 http://www.audiaprisyus.com/ spoken gb	6 rooms 50 euros/2 pers. 10 €/pers additional	yes	no
	<i>Hôtel-restaurant**</i> Les stalagmites	+3304.75.38.60.67 www.lesstalagmites.com spoken gb	25 rooms A partir de 43 euros/2 pers	yes	no
	<i>Camping municipal</i>	+3304.75.38.63.68 http://camping.orgnacvillage.com spoken gb	Area hiker 14 €/campsites	yes	yes
La Goule 4 and/or day 5	<i>Farm Camping</i> donkeyPark 1,40 euros/âne	+3304.75.38.61.24 www.campinglagoule.com 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 http://masdelinde.free.fr/ spoken gb	25 campsites 4,50 euros/person	Table To Host	Swimming pool and River at 2 km
Vagnas www.vagnas.com	<i>Bed and breakfast</i> Le Couvent	+3304.75.38.68.84 www.couventvagnas.fr 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</i> Change of ownership In spring	+3304.75.38.66.97. www.auvieuxporche.com	2 rooms 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 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

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 pajamas1 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 2010

Hiring for donkey, pack-saddle and itinerary

1 day / 50 € - 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

