# Les gorges de l'Ardèche South side

# For 2 days

# Vallon to La Goule or Labastide de virac

Day 1: A 9,12 km walk in the forest on nice tracks The paths are easy with little difference in altitude. Day 2: The return is on a very old path of countries We return to the farm "la Selle" by the suburbs of Vallon. 9 or 12 km.

# For 3 days

# Vallon to La Goule to Mas de Serret

Day 1: Walk 9 km into the forest by nice tracks forest. Path GR4. Camping La Goule Day 2: 6 km walk to the campsite "milles étoiles" + 2km to go to the river in the afternoon. Day 3: Back by the GR4 and other path – 13,5 km You will return by a different route from the first day, very easy.

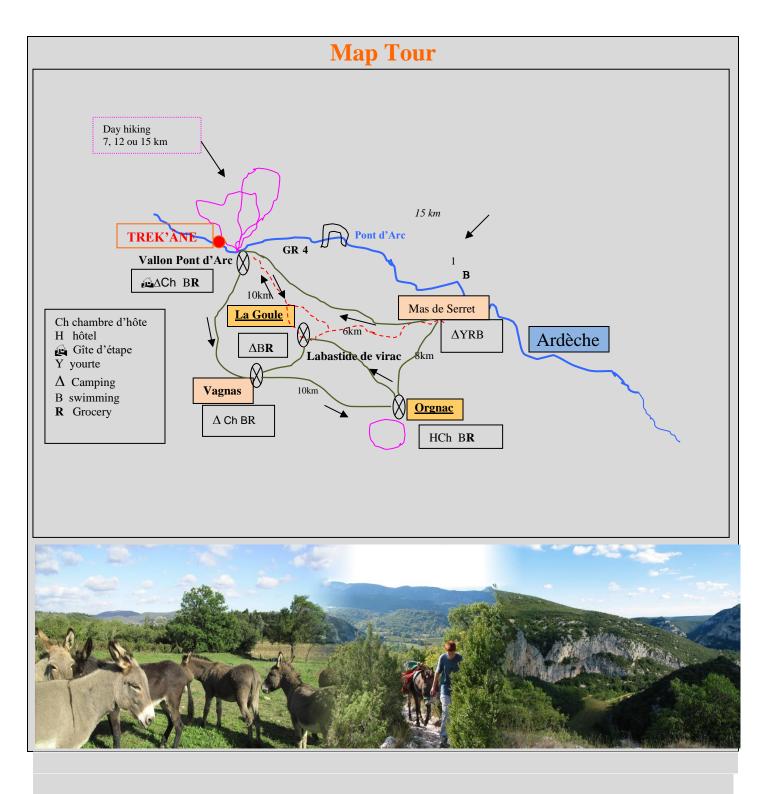




# List of accommodation in Vagnas, Labastide of Virac and Orgnac

Where	accomodation	phone	capacity	restauration	pool
Vagnas Day 1 or 2 http://www.vagnas-ardeche.com	Bed and breakfast le mas de la Rude ( in the forest)	06 09 97 51 97 <u>julien.leger@hotmail.fr</u> spoken GB	rooms Family from 60€/2pers	yes Meal 16€ breakfast 6€ Picnic 10€	No (small river in spring)
	Camping La rouvière les pins	04.75.38.61.41 <u>www.rouviere07.com</u> spoken GB	Camping familial 16,5 à 27€/2pers.	Oui	Oui
Orgnac Day 2 <u>www.orgnacvillage.com</u>	Hôtel-restaurant** Les Stalagmites (in the village)	+334.75.38.60.67 spoken GB https://www.lesstalagmites.com /uk/hotel-ardeche-uk.html	25 rooms 60 €/2pers	yes	No
	Bed and breakfast*** Les chênes de l'Aven	06.10.85.37.23 <u>www.leschenesdelaven.com</u> spoken GB a little	2 chambres /2 pers. 75€/2pers.	yes	yes
Mas de Serret	Camping and Yourte Milles étoiles	+334.75.38.42.77 www.campingmilletoiles.com spoken GB	Price on website	yes	Not but river near
Labastide de virac Day 1or 2	<b>Camping farm</b> La goule	+334.75.38.61.24 <u>www.campinglagoule.com</u> spoken GB	25 campsites 16,5 to 32 €/2 pers	Not but Mini Grocery Breakfast picnic	pool Swimwear mandatory

Indicative prices of accommodation can not enter trekane



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 a night at the farm (max. 8 places). (night and breakfast included from 75€ for 2 people and 25€/additional person).

Or at hotel « le clos des bruyères\*\*\* » tél.+334.75.37.18.85 – <u>http://www.closdesbruyeres.fr</u> Camping near Find tons of addresses on the website of the tourist village <u>http://www.vallon-pont-darc.com</u>

### List of equipment for an adventure in Ardeche with Selou, Nestor, 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 équipment 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 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

Only 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.

Booking form	
Name : firstname : Adress :	
E mail Mobile	
Number of participant : Adults : children :Age : Number donkey rent :	Thank yo accommo This allo
Choices tour :	need to d
Date of hiking : to at	Don 2:
Send me a 30% deposit please Total sent:	Day 2:
The balance will be paid on departure The deposit will not be refundable if	Day 3:
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.	Day 4:
Write at the	
Signature :	

### To return to this adress

<u>Trek'âne</u> Thévenin Martine 324, route des Estrades 07150 Vallon Pont d'Arc Phone: 0033 687 211 534

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

> Meeting the day before the circuit: 2 pm - 3 pm - 4 pm - 5 pm at your choice To give you the map + topo + info on the donkey

### Hiring prices for 2024

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

1 day / 65 € - 2 days / 120 € - 3 days / 185 € 4 days / 245 € - 5 days / 300 € - 6 days / 355 € - 1 week 385 €

Number bank transfert Crédit agricole de Vallon pont d'arc - code banque : 13906 IBAN : FR76 1390 6000 0329 7829 8800 021 SWIFT : AGRIFRPP839



Preparation of the departures in hiking...

Before each departure you will be given all the good advice you need to start off on the right foot. A technical booklet to prepare and feed the donkey will be given to you.

We will of course study the IGN map and the road book together. GPX file on request. The Iphigénie GPS app is free 7 days and allows you to locate yourself, very practical. The hikes are unaccompanied and you must know how to navigate with a map, the markings are present but may be damaged, wood cutting or malicious.

Then equipment and loading of your companion, safety instructions.

We will collect the donkeys from the paddock to prepare them for the tethering bar.

Currycombing session (carefully brush the back of the donkey to remove twigs which could injure it under the load) then cleaning of the hooves (good foot) and installation of the pack-saddle.

For a small walk at the day count 1/4 of hour of preparation. For a course of several days count 1h to 1h30 of preparation.

Departures are made between 8.30 and 9 am. (We adapt according to the season of course).

Make sure you have all your luggage ready, otherwise last minute sorting can take a long time and your future companion will be impatient. You might as well start out in good conditions for everyone.

Before or after your hike, you can book a night at the farm (7 places max.).

Please come and see us the day before for departures of several days, we will then study the route and this will save time for everyone and you will be able to fully enjoy your first day of trekking. You can also bring and pack your bags the day before. You should also bring backpacks, not everything will fit in our bags and the backpacks are very easy to attach to the pack and allow for a narrower harness (useful when the paths are narrow, as is the case on the 1st stage of the Tour des Gorges). Weigh your luggage in advance (picnic and water included) about 25kg to 30kg per donkey. Before loading your donkey has already 10kg of material on its back.

In each relay there will be a paddock for the donkeys as well as the necessary food (barley and hay), it is up to you to feed and water them. Donkey food is included in the rental price.

you can contact us for any additional advice : <u>trekane@orange.fr</u>

