

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

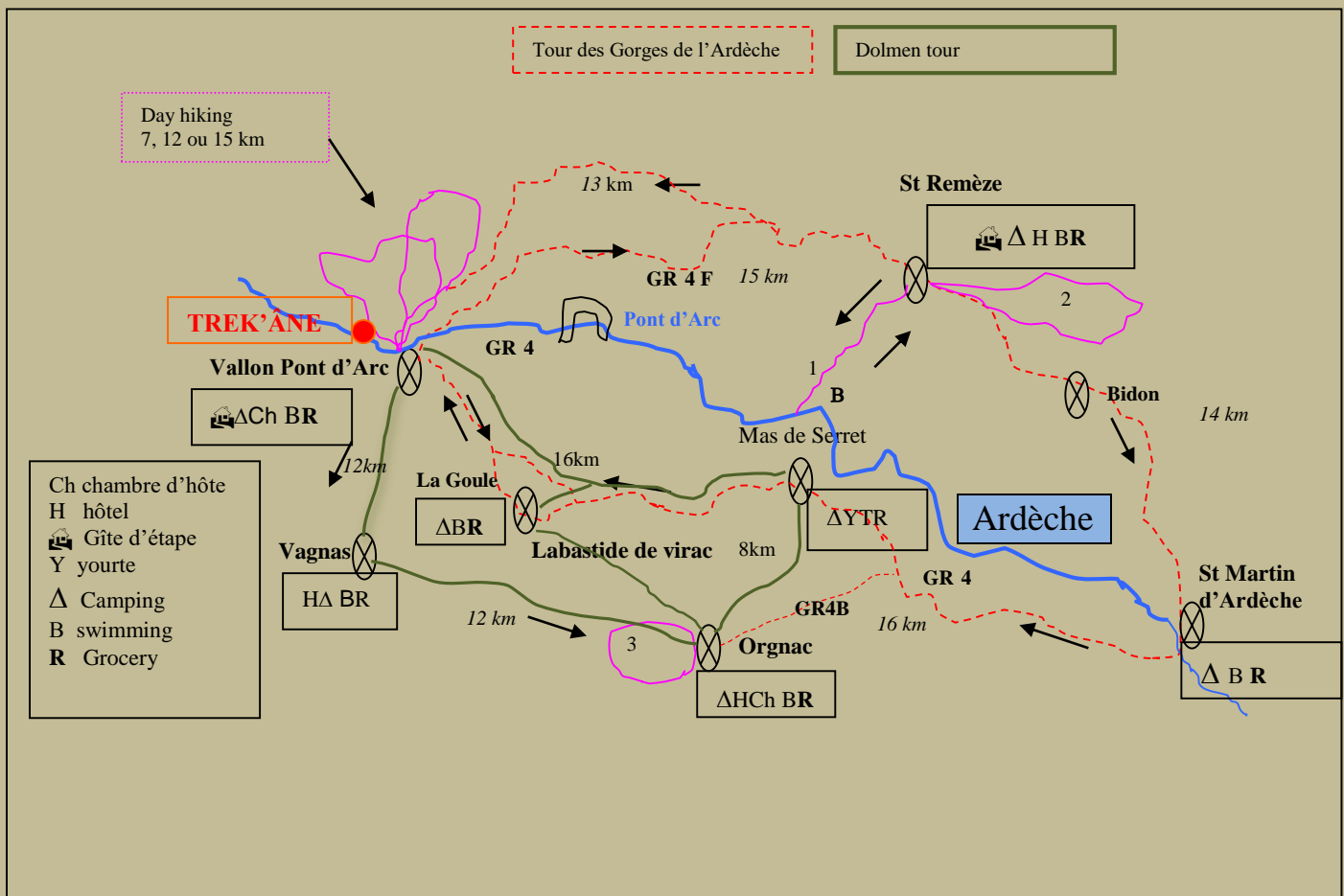
Day 3 : St Remèze – St Martin d'Ardèche ou Aiguèze – 14km

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)/mas de serret– 7km

Day 7 : La Bastide de Virac (La Goule)/mas de serret - Vallon Pont d'Arc – 12/16 km



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

To walk around the Ardèche gorges, you will need at least 4 days of walking at an average rate of 15 km per day. But this hike will be even more interesting if you stay there for 5, 6 or 7 days. You can then walk down at the river, include cultural visits (regional museum of prehistory, the cave Orgnac, the castle of Labastide de Virac...) and take an afternoon or two to bask in the sun and take a swim.

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

A good day's hike, the first stage climbs on the plateau des Gras in the cirque d'Estre. Nice view of the site of the famous Pont d'Arc, then the GR4 goes deep into the undergrowth in the shade and takes you to the village of St Remèze where you can stop at a gîte d'étape, B&B “chez Laurette” or a family campsite “la résidence d'été”.

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

Back to St Remèze late in the day.
down the gorge de l'Ardèche 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 heights of the gorges, a large uninhabited area, will take you just through the small village of Bidon where the hostel serves excellent snacks filled with local specialities. Then you will go down to the river Ardèche and join a campsite “le castellas” .

day 4 or 5 : St Martin d'Ardèche to Orgnac or Mas de Serret- 16 to 17km - 5 to 6 hours walk GR4.

You can discover a dolmen, the natural entrance to a chasm, the "grande lauze" (huge limestone slab where water was collected)... The fauna, the flora... Accommodation either in Orgnac at the hotel des Stalagmites** or in a bed and breakfast *** "les chênes de l'aven", swimming pool, jacuzzi...

Or stop at the campsite and yurt of "Mas de Serret" (our favourite), the river is not far from the campsite.

Day 5: Orgnac - Loop of 3, 6, 10 km of your choice.

Short walk to the Aven d'Orgnac and the regional prehistory museum. It would be a shame not to visit these places which will allow you to understand our landscape and its ancient heritage. Same accommodation. Donkey enclosure at the Orgnac cave during the visit.

Day 6 : Orgnac à Mas de Serret or La Bastide de Virac. Petite étape de 7 km ou plus si l'on zigzague dans la forêt.

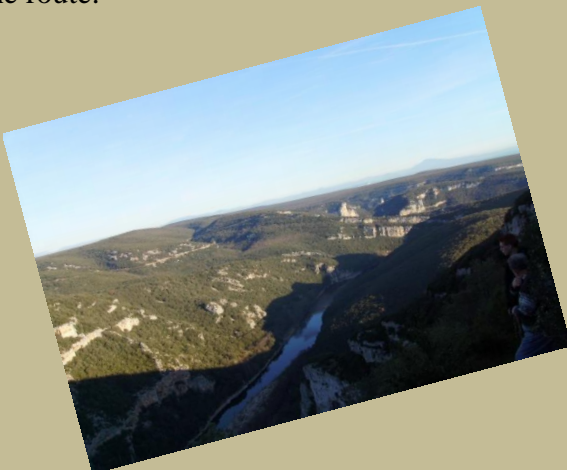
You can go visit the castle of La Bastide de Virac and discover a beautiful view from the parapet walk and also see raising silkworms.

Camping “La Goule” in the forest or B&B “l'auberge du vieux porche” in the village

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.



Dolmen Tour

This beautiful trail you will discover Dolmen 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.



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 - Orgnac – 7 or 12 km

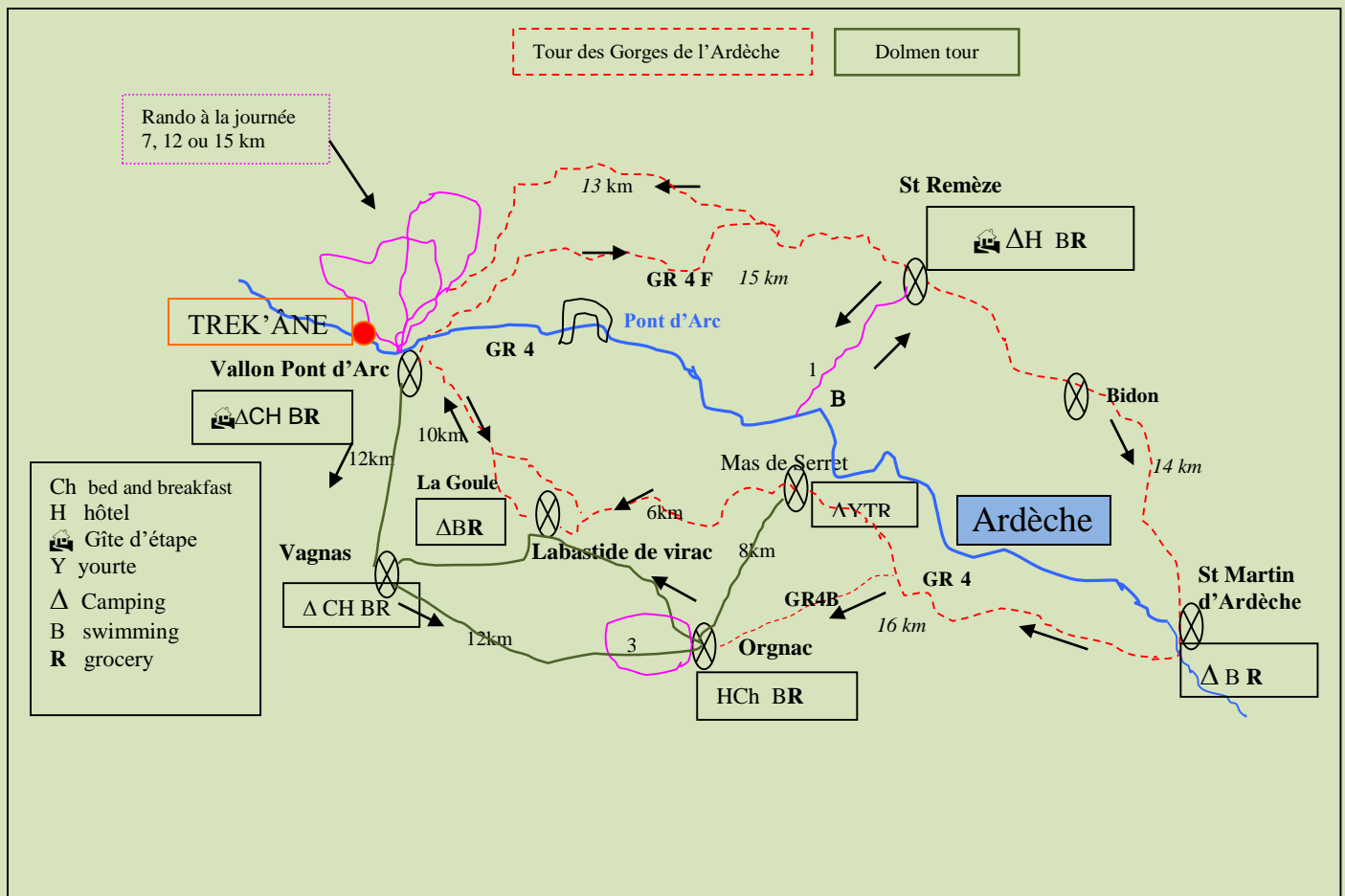
Day 3: Orgnac - Orgnac – 5 or 10km (visit the cave as possible)

Day 4: Orgnac – Mas de serret - 8km

Day 5: Walk around Mas de serret (river) - 5,10 or 15 km choices

Day 6: Mas de serret - La Bastide de Virac/ La Goule - 8km

Day 7: La Bastide de Virac/ la Goule - Vallon Pont d'Arc - 12 km à 16km



For more info on the dolmen tour

The Ardèche is one of the French departments with the highest concentration of dolmens, collective burials erected from the late Neolithic to early Bronze Age. More than 800 dolmens have been recorded throughout the department. You will not see them all.

To go around the dolmens, you will need at least 4 days of walking. But this hike will be even more interesting if you stay there for 5, 6 or 7 days. You can then go down to the river, include cultural visits (regional museum of prehistory, the Orgnac cave, the castle of Labastide de Virac ...) and take an afternoon or two to relax in the sun and swim.

Day 1: Vallon Pont d'Arc to Vagnas - 12 km - 4 hours of walking through country trails

A nice day's hike, the first stage takes you to the forest "des Brugières". The tracks are in good condition and shaded under the pines, then the path continues under the holm oaks in the undergrowth, in the shade and takes you to Vagnas where you can stop at the B&B "Mas de la rude" (9km) in a guest room in the middle of the forest Or on bivouac space here.

Day 2: Vagnas to Orgnac. 10km.

Always by beautiful forest tracks you will discover the dolmens "Bois des Eillantes". A small corner of magical forest where one has the impression that nothing has changed since the Neolithic. Arrival on the site of the Orgnac cave by the forest, B&B « les chênes de l'Aven » 1.5 km or hotel « les Stalagmites » in the village 2 km.

Day 3: Loop around Orgnac - 5 km Maubois Tour

Short walk to the Orgnac cave and the regional museum of prehistory, it would be a shame not to visit these places that will allow you to understand our landscape and its ancient heritage. The Maubois trail, 5km with a cave, a lapias, a dolmen, a charcoal factory ... all the essential heritage of the Ardèche concentrated here ... Same accommodation.

Day 3 or 4: Orgnac to Mas de Serret – 7 km – 2h30 walk on GR4.

You can still discover the dolmen of "La Font du Loup", the natural entrance of a well, the large lauze (huge slab of limestone where we recovered water) ... The fauna, flora ... Accommodation in camping "Milles étoiles" under the green oaks (yurt, tent lodge), a super friendly address and the river 2 steps to spend the afternoon feet in the water, deep in the gorge, sublime place.

(Possible direct return from Mas de Serret "Milles étoiles" 13.5 km or 15 km for a 4-day or 5-day circuit with the loop around Orgnac)

Day 5: Mas de Serret. Boucle de 3, 6, 10 km choice.

"Saleyron tour" for an elevated view of the canyon gorges. Or relax on site and access to the river, sublime point of view.

Day 6: Mas de Serret to Labastide de Virac . 7 km or more

You can visit the castle of Labastide de Virac and discover a beautiful view from the walkway and also see the breeding of silkworms and the ghost of the castle.

B&B « le vieux porche » or Camping « la Goule » with tent already installed (bubble tent under the stars)

Day 7: La Bastide de Virac to Vallon Pont d'Arc. 10 km on GR4.

A nice path will take you back to Vallon by the old Roman bridge of Rieussec or the GR4.

A roadbook in English will be given to you and a hiking map.

All good advice on your course and the management of donkeys will be given the day before . This course is flexible. Food shopping or restaurant in the evening are possible every day in the small villages crossed.

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

place	accomodation	téléphone	capacity	restaurant	Swimming pool
St Remèze Day 1 and 2 Or day 3	Camping <i>La résidence</i> spoken gb	+33(0)4.75.04.26.87 mail@campinglaresidence.com www.campinglaresidence.com (Night in mobil home Possibly)	Adult/11 à 17€/night Children/4€/night	yes	Yes
www.saint-remeze.com	Hôtel-restaurant <i>Chez Laurette</i> spoken gb	+33(0)4.75.46.14.15 +33(0)6.76.13.19.50 http://aubergechezlaurett.wix.com/chezlaurette	4 rooms starting 68€/room	yes	no
St Remèze	Gîte d'étape	+33(0)4.66.29.85.89 gite07700@orange.fr http://www.gites-refuges.com/www/detail-2233.htm	15 bed (2 rooms) 18 euros/night/pers	At 100m	No
St martin d'ardèche	Camping du Castelas	04.75.04.66.55 http://www.ardeche-guide.com/hotelleries-de-plein-air/campings/camping-le-castelas-61477	<i>Espace randonneur</i> 12 à 14€/campsite	A 200 m	Rivière à 100 m
Orgnac www.orgnac.com	Hôtel-restaurant** <i>Les stalagmites</i> (in the village)	+33(0)4.75.38.60.67 www.lesstalagmites.com spoken gb	25 rooms 60 €/2 pers	yes	no
Orgnac	Bed and breakfast *** <i>Les chênes de l'Aven</i>	06.10.85.37.23 www.leschenesdelaven.com spoken GB a little	2 chambres /2 pers. 75€/2pers.	yes	yes
Mas de Serret	Camping and yourte	+33(0)4.75.38..42.77 www.campingmilletoiles.com spoken gb	Price on website 15€/pers/night	yes	No but river near
La Goule 4 and/or day 5	Farm Camping <i>Tente lodge</i>	+33(0)4.75.38.61.24 www.campinglagoule.com spoken gb	25 campsites price on website	No but Grocery Breakfast picnic	yes Swimming trunks Mandatory
Vagnas www.vagnas.com	Bed and breakfast <i>le mas de la Rude</i> (in the forest)	+33 (0)6 09 97 51 97 julien.leger@hotmail.fr spoken GB	Family rooms from 60€/2pers	yes Repas 16€ Petit dej 6€ Picnic 10€	No (small river in spring)

- 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 , Orgnac,Mas de Serret 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 70€ for 2 people and 22€/additional person).**

Or at hotel « le clos des bruyères*** » tél.+334.75.37.18.85 – <http://www.closdesbruyeres.fr>
Camping near <http://www.camping-bonhomme.com/uk/index.php> 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, Manon, 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 day.

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 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, but washmachine on many place.

1 nylon cord

8 clothespins

1 flashlight

- Documents

1 credit card

1 Identity card or passport

Cashout at Vallon Pont d'Arc or St Martin d'Ardèche only but not other place.

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 : _____

E-Mail _____

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 the day of departure.

The deposit paid will not be refundable in case of
cancellation by the customer, but can be used
when the customer

a next donkey hire within 2 years.

A deposit of 100€ will be asked for and
returned at the end of the hike.

A possible repatriation will be charged to the
customer.

Departures are at 8.30 am at the farm.

I have read the general conditions.

Write at _____ the _____

Signature :



To return to this adress

Trek'âne

Thévenin Martine

324, route des Estrades

07150 Vallon Pont d'Arc

Mobile : 0033 687 211 534

**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:

Meeting the day before the circuit:

2 pm - 3 pm - 4 pm - 5 pm

(make your choice)

To give you the map + topo + info on
the donkey

Hiring prices for 2023

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

1 day / 65 € - 2 days / 120 € - 3 days / 180 €

4 days / 240 € - 5 days / 275 € - 6 days / 320 € - 1 week 360 €

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 : trekane@orange.fr

