

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

# SOUTH OF FRANCE

## Explore the Countryside by Barge



August 6 - 12, 2021

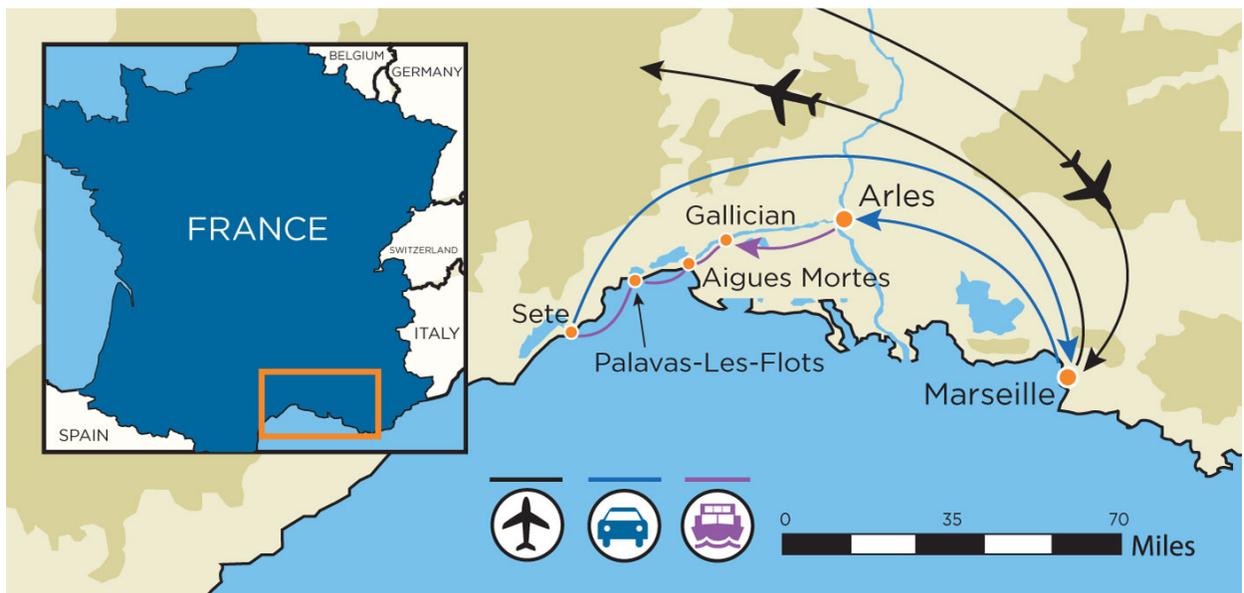
# SOUTH OF FRANCE

## Explore the Countryside by Barge

### TRIP HIGHLIGHTS

- ▶ Cruise aboard a privately chartered barge, enjoying gourmet cuisine and the impeccable service of its crew
- ▶ Travel the Rhone a Sète Canal through pastoral landscapes and the stunning salt marsh waterways of the Camargue
- ▶ Sample oysters, produce, and fish at their source, and taste regional wines
- ▶ Explore the Roman architecture and Van Gogh's artistic legacy in Arles, and tour the walled medieval citadel of Aigues-Mortes
- ▶ Join a female horse breeder for an authentic ranch experience, and meet a woman who produces oysters in the Camargue tradition

### TRIP ROUTE



# SOUTH OF FRANCE

## Explore the Countryside by Barge

### QUICK VIEW ITINERARY

- Day 1 arrive in Marseille, explore Arles, board your barge
- Day 2 visit the Lucien Clergue workshop, cruise to Gallician
- Day 3 visit a female-run French ranch, cruise to Aigues-Mortes
- Day 4 tour Aigues-Mortes, wine tasting, cruise to Palavas-les-Flots
- Day 5 visit the Château de l'Engarran, cruise to Sète
- Day 6 cooking class, visit an oyster and mussel farm, farewell dinner
- Day 7 depart France

### ACTIVITY LEVEL

Moderate

### TRIP PRICE

Main Trip: \$5,990

Optional Single Accommodations: \$850

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

DAY 1  
Friday  
8/6/21

### Arrive in the South of France

Cruising the Rhone River canals aboard your luxurious, privately chartered hotel-barge is an ultimately dreamy way to discover a less-visited corner of southwestern Provence. Walk the ancient stone streets of sun-splashed villages, photograph the atmospheric beauty of the Petit Camargue, and feast on local specialties.

During your trip you'll get to know your boat crew, cruise director, and local guides, who will help you explore this less-visited corner of southwestern Provence. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive in Marseille, France (MRS) today by 2:00pm.

#### Pick-up and Transfer

You will be picked up at the Marseilles Airport at 3:00pm and transferred to Arles.

#### Explore Arles

Walk around Arles this afternoon and board the barge at 6:00pm.

#### Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore France!

Accommodations  
MS Anne-Marie

Meals Included  
dinner

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

DAY 2  
Saturday  
8/7/21

### Rhone River Canals

Arles is architecturally rich and endlessly photogenic. Explore the galleries, narrow streets, and hidden treasures.

#### Lucien Clergue Workshop

Explore Arles through the eyes of the daughter of Lucien Clergue. Visiting the Lucien Clergue workshop is a privilege as it is not open to the public. Lucien Clergue was at the origin of the Photographic Collection of the Réattu Museum and the National School of Photography. He maintained a long friendship with Picasso and collaborated with him for twenty years.

#### Cruise to Gallician

Enjoy lunch on the barge and cruise the Rhône River and the Rhône à Sète Canal to Gallician.

#### Enjoy the Barge

Relax on your comfortable barge, private for AdventureWomen. Have a glass of wine and take in the scenery or take a dip in the on-board hot tub.

Accommodations  
MS Anne-Marie

Meals Included  
breakfast, lunch,  
dinner

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

DAY 3  
Sunday  
8/8/21

### Rhone River Canals

Aigues-Mortes is an old, fortified city with a rich heritage is in the middle of the marshes and is one of the most beautiful sites in Provence. Behind its imposing medieval walls lies a lively town of shops and restaurants.

#### Morning Yoga

Enjoy an early morning yoga class on the sky deck. What better way to start your day than yoga overlooking the ocean?

#### Visit a Camargue Manade

Head to a traditional Camargue Manade, a French ranch, managed by a Manadière, or a female rancher. The Manadier and Manadières breed Camargue bulls and horses. To become a Manadière you must be deeply attached to the Camargue, its territory, and its traditions. In addition to that, you must have at least 70 animals, including 30 breeding cows, and at least 12 acres of pasture. Then, you must belong to one of the associations of handlers. Basically, becoming a female rancher is hard! The Manadière will welcome you and show you around the ranch. Watch the cattle sorting and a cow race!

#### Cruise to Aigues-Mortes

Relax on the deck as you cruise to Aigues-Mortes, arriving in the early evening.

Accommodations  
MS Anne-Marie

Meals Included  
breakfast, lunch,  
dinner

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

DAY 4  
Monday  
8/9/21

### Rhone River Canals

The village of Palavas-les-Flots originated as a fishing village. The Ancien Régime used the village for coastal defence, building the Redoute de Ballestras. From the beginning of the 19th century, local tourists were drawn to the village. When a local train from Montpellier started service in 1872, seaside tourism really took off. This train operated until 1968.

#### Tour Aigues-Mortes

Your guide will take you to the medieval city of Aigues-Mortes, which means "dead water". The medieval city was built into wild swamp land under the reign of Louis XI (Saint Louis) in the 13th century. During your tour you will learn the historical background of this decision. The defense tower Tour de Constance was commissioned by Saint Louis before one of the crusades. Learn its dark stories before heading to the ramparts. Visit the Tour des Bourguignons and stroll the town.

#### Wine Tasting

The fields of Petit Chaumont, a family-run winery, stretch over nearly 300 acres. The family's knowledge and the local vineyard culture enables the two sisters who run the vineyard to create wines known for their complex flavors. Since 2008 the vineyard has been organic. Enjoy a tasting of the organic sand wines of Camargue.

#### Cruise to Palavas-Les-Flots

Enjoy another afternoon on your comfortable barge.

Accommodations  
MS Anne-Marie

Meals Included  
breakfast, lunch,  
dinner

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

DAY 5  
Tuesday  
8/10/21

### Rhone River Canals

The port of Sète was built in the mid-1600s, and little by little the town began to organize itself. Small cabins built out of dry stone called baraquettes were built on the mountain above the port. Today, Sète is a hidden gem as it is often overlooked in favor of the coastal towns on the French Riviera. Its beachside evenings and Languedoc cuisine charms visitors.

#### Visit the Château de l'Engarran

This 18th century château along with its park, fountain, and art, has been a historic monument since 1926. It has belonged to the same family for five generations and the last three generations of family running the estate have been women. Meet the owner who will help you discover her château as well as the secrets of her homemade wines.

#### Cruise to Sète

Enjoy lunch on the barge and cruise towards Sète this afternoon.

Accommodations  
MS Anne-Marie

Meals Included  
breakfast, lunch,  
dinner

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

DAY 6  
Wednesday  
8/11/21

### Rhone River Canals

The town of Sète is famous for its bourride, a fish stew with a garlicky mayonnaise. Other fish such as sea bass, tuna, and sardines are common on the menus of many seafood restaurants. Languedoc is also an excellent place to sample fresh oysters and mussels which are cultivated in the shallow lagoons on the coast. It's also here that you'll find the region's rice and salt production, notably around the Camargue.

#### Cooking Class

Walk to Les Halles of Sète to meet with your chef for the morning, a specialist in Mediterranean cuisine. She will teach you about local, authentic cuisine. Start by buying your fresh ingredients and then learn to prepare an authentic meal. Pay attention - you are making your lunch!

#### Oyster and Mussel Farm

This afternoon, meet a woman whose family has been producing oysters and mussels in the Thau Lagoon for three generations. Discover an exceptional marine environment where many animal and plant species thrive. Your host is among the 500 shellfish farmers in the area, and she defines herself as a peasant of the sea. She is committed to promoting her profession and the importance of respect for the environment. Discover the different techniques of manipulation of oysters: washing, segregation, and fining. From production to the plate, you'll learn the whole process. Then you will get to taste! Enjoy oysters, bread, butter, lemon, and a glass of white wine as they are typically eaten around the Etang.

#### Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations  
MS Anne-Marie

Meals Included  
breakfast, lunch,  
dinner

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

DAY 7  
Thursday  
8/12/21

### Depart France

Enjoy one last morning in France.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home.

#### Departure Information

Depart from Marseille, France (MRS) after 2:00pm today.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

# SOUTH OF FRANCE

## Explore the Countryside by Barge



your adventure  
in depth

### Accommodation Details

#### MS Anne-Marie

The MS Anne Marie Barge, your home for your adventure in the South of France, has everything you need for a barge journey. The comfortable cabins have twin beds and en suite bathrooms with electricity and air conditioning. Spend your days on the sun deck, enjoying a panoramic view of the landscapes as you cruise by them, the terrace at the front of the barge, complete with café tables and umbrellas as well as a jacuzzi, or in the lounge where you can enjoy a glass of wine. Enjoy delicious meals on the barge and you'll have access to the bar which includes house wine, beer, spirits, soft drinks, water, coffee, and tea.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

# SOUTH OF FRANCE

## Explore the Countryside by Barge



### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Services of cruise director and boat crew
- ▶ English-speaking guide(s) throughout the trip
- ▶ All transportation as listed in the itinerary
- ▶ One group transfer on arrival and departure

### Not Included:

- ▶ International airfare to and from France
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities