

FRANCE: THE RIVIERA COAST & AZURE ALPS

7-days / 6-nights **SELF-GUIDED** inn-to-inn moderate to challenging walk from Menton to Nice



As the French Alps rise up from the Mediterranean Sea along one of the most famous coastlines in the world, the Cote d'Azur, they create a unique landscape with an incomparable variety of scenery. This self-guided walking route combines alpine meadows, pine and oak forests, picturesque villages perched above the limestone cliffs and traditional fishing villages. It offers the chance too to visit some of the most famous beaches and tourist destinations in the South of France – Menton, Monte Carlo and the promenade of Nice.

Departs: Daily on demand year round except July & August - No departures during Easter or the Christmas / New Year period, during the Monaco Grand Prix

Cost from: \$1345 per person twin share Single room supplement from \$635

Includes: 6 nights' accommodation with ensuite usually in mainly 3-star hotels (two nights in an unclassified hotel); 6 breakfasts, 2 dinners; luggage transfers (1 bag per person, weighing less than 15kg), route descriptions and maps (1 set for up to 4 people), telephone support (if required) and hotel taxes.

Not included: Meals not shown, drinks, personal expenses, entrance fees, train between Monaco and Beaulieu-sur-Mer. Extra nights of accommodation or transfers (can be arranged at extra cost). Picnic lunches are not included in the tour cost but can be bought in shops or ordered the night before from your accommodation.

Starts: Menton. **Ends:** Nice.

Difficulty: The walking is moderate to challenging, with the first part of the week in the mountains and then becoming easier as the week goes on. It should present no difficulties for anyone in reasonable condition and accustomed to walking up and down 700 metres or so in a day.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Suggested Itinerary:

Day 1: Arrive in Menton, in France.

Make your way to the seaside resort of Menton, very near the border with Italy, around mid-afternoon. There are regular buses and trains from Nice to Menton. Allow time to discover Menton's beautiful old town and its picturesque promenade and gardens. Dinner is at own arrangements.

Day 2: Menton to Sainte-Agnès

Walking @ 2 - 5hrs & altitude @ +540m to + 900m

There is a choice of walks today with the longer walk taking in the higher and steeper elevations. High mountains rise up above Menton and the walk passes through ancient stone villages such as Castellar and Sainte-Agnès with spectacular coastal views. The next two nights are based in a small inn at Sainte-Agnès looking out over the Bay of Menton, with dinner included on both nights.

Day 3: Circular walk to Mont Baudon

Walking @ 4.5 - 5hrs & altitude @ +600m / - 600m

An optional hike to the summit (1266m) will afford you an extraordinary 360° view of the mountains and the sea. Alternatively you can explore the areas around the village. Dinner and overnight stay in Sainte-Agnès.

Day 4: Sainte-Agnès to Menton

Walking @ 4.5 - 5hrs & altitude @ +300m / - 1000m

Today's walk is accompanied by the characteristic scent of the Mediterranean wild herbs as you follow the trail through Alpine flora, scrubland and pine forests to the perched village of Gorbio and to Roquebrune. Descend to your Menton hotel. Dinner is at own arrangements.

Day 5: Menton via Monte Carlo to Beaulieu-sur-Mer

Walking @ 4.5hrs & altitude @ +600m / - 600m

The walk today follows the coast past the skyscrapers and opulence of Monte Carlo in the Principality of Monaco and the small medieval village of La Turbie. You can continue along the coast but we suggest you take the train between Monaco and Beaulieu-sur-Mer (at your own expense) to give you more time to explore. You stay overnight in the coastal town of Beaulieu-sur-Mer, with dinner at own arrangements.

Day 6: Beaulieu-sur-Mer to Nice

Walking @ 4.5 - 5hrs & altitude @ +350m / - 350m

A well-marked path takes you along the wild coastline of Saint-Jean-Cap-Ferrat. Walk along the beach through Villefranche-sur-Mer and reach Nice via the foothills. This last stretch of your walk offers fantastic views in natural unspoilt surroundings. Your hotel in Nice is in the town centre, which makes it easy to go out and explore the many museums, galleries, parks or restaurants. Dinner tonight is at your own arrangement in Nice.

Day 7 Depart from Nice.

Tour ends after breakfast. Extra nights will allow you time to explore Nice with its narrow streets, antique and art shops in the old town and market, the flower market or the 'Promenade des Anglais' and popular beaches.



Other walking holidays – guided in small groups or self-guided with inn-to-inn luggage transfers and meals are available in many parts of Europe through **Outdoor Travel** including the spectacular Pyrenees mountains to the Mediterranean descent, the majestic and historical Cathar Castles walk, in **Provence, Tuscany, Umbria**, the **Swiss Alps, Romania, Norway, Austria** & many areas of **England, Scotland, Wales & Ireland**. Pilgrimage walks are available on the **Way of St James** from Le Puy in France to Santiago de Compostella in Spain or the **Via Francigena**, the pilgrim's Road to Rome in Italy.

Contact Outdoor Travel for more itinerary details and reservations

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