



Southern FRANCE

FOOTHILLS OF THE PYRENEES

~ INN TO INN RIVER TOURING ~

OCTOBER 1 - 7, 2008

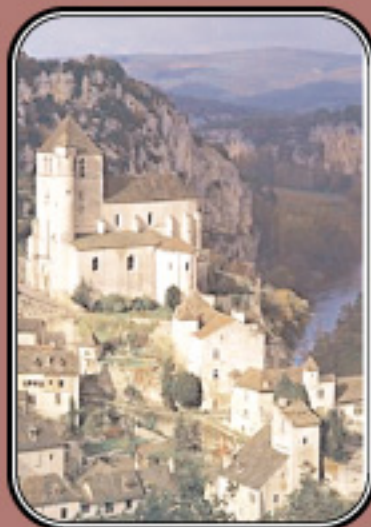
OCTOBER 11 - 18, 2008

Experience the best of rural Southern France - the unspoiled countryside, and ancient medieval villages of the seldom toured enclave just north of the Pyrenees foothills. Long before roads and the recreational canoeist these rivers were the main means of transport with goods, with people travelling in small, flat bottomed wooden barges. As with all our European excursions, we carry forth that water borne heritage, rivers naturally offering the most vivid, and authentic, perspective on both landscape and culture. Both rivers offer miles of continuous current and easy to moderate whitewater (Class I-II), with no portages.

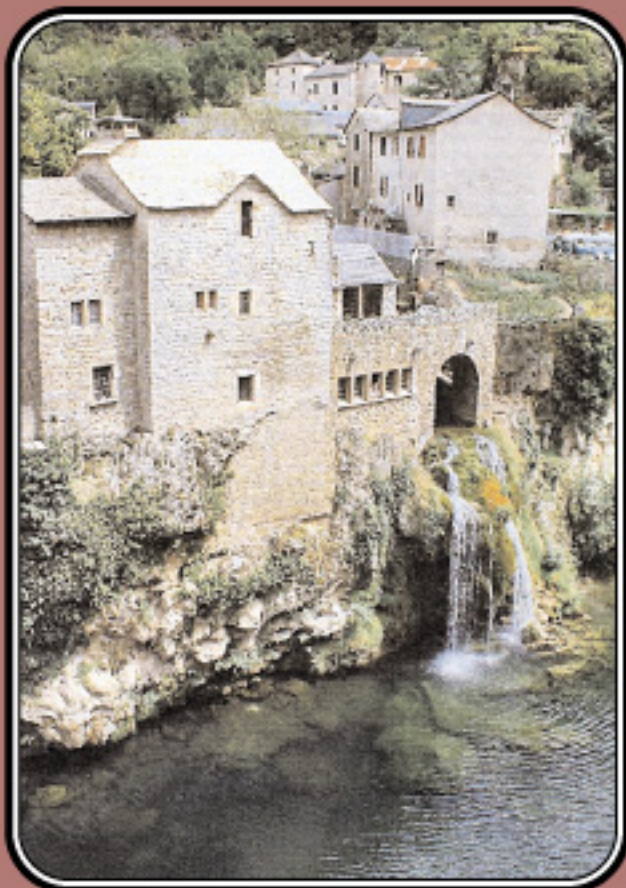
The RIVER TARN flows through a spectacular deep canyon - the famous 'Gorges du Tarn'- long lines of high limestone cliffs that glow in the waning afternoon light. The Tarn, noted for its crystal clear turquoise water, white rocks and small sand beaches, courses through a steep green wooded valley with ancient villages, well preserved, slumbering under the hot mediterranean sun. Griffin vultures soar overhead.

The RIVER LOT winds through the plateau and hills of the Massif Central. Also flowing through a heavily wooded and semi-wild valley, the Lot has an extremely pleasant variety of paddling with no natural obstacles. Passing though many magnificent ancient towns and liaages along its banks, the entire region is relatively unspoiled . . . and undiscovered . . . by mass tourism.

ACCOMMODATIONS each evening are in local, ethnic inns in riverside villages along the waterways paddled. As might be expected in Southern France, the trip is a culinary adventure as well, as both these valleys are world renowned for the quality of their food and wine.



LOT RIVER
AT ST. CIRCOU LAPOIE



FRANCE, 2007



SUNRISE INTL.
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• SOUTHERN FRANCE ITINERARY 2008 •

DAY 1; OCTOBER 1 / 11: - Arrive TOULOUSE AIRPORT
Transfer to River Tarn; accommodation in local inn

DAY 2 - 4

Paddle down RIVER TARN from Montbrun to Millau; passing through magnificent wild scenery and unspoiled rural villages. We also pass under world's highest suspension bridge (bridge deck 240 meters above the river!)

DAY 4

Off river in the afternoon and transfer to River Lot

DAY 5 - 7

Paddle RIVER LOT from Entraygues to St Cirque Lapopie; spending time in the medieval towns of Conques & St Cirque Lapopie (both preserved by French government), once again passing through some of Southern France's finest wild scenery.

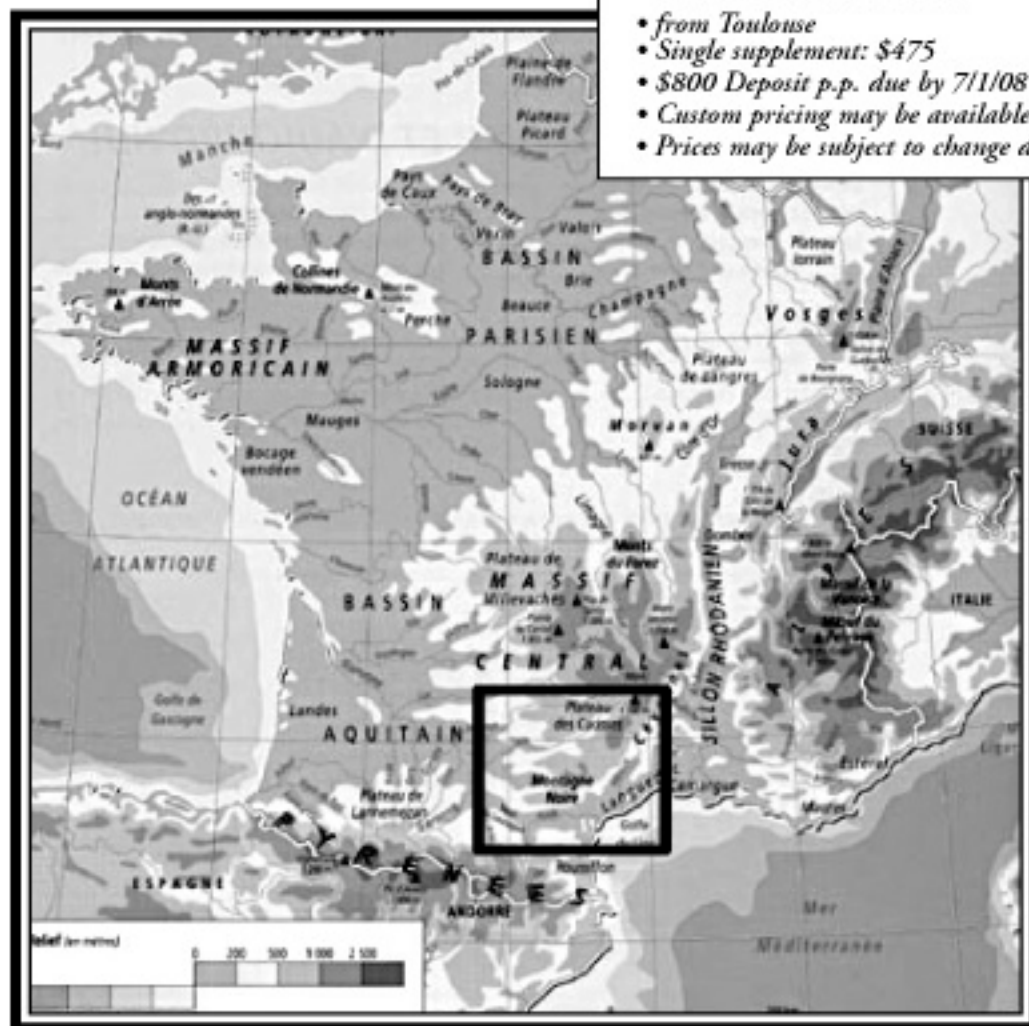
DAY 8; OCTOBER 8 / 18

Return TOULOUSE AIRPORT, trip ends



\$3975 per person **\$4195 per person**
(based on 10 - 12 participants) (based on 7 - 9 participants)

- INCLUDES 7 HOTEL NIGHTS
- from Toulouse
- Single supplement: \$475
- \$800 Deposit p.p. due by 7/1/08
- Custom pricing may be available for larger or smaller groups
- Prices may be subject to change due to currency fluctuations



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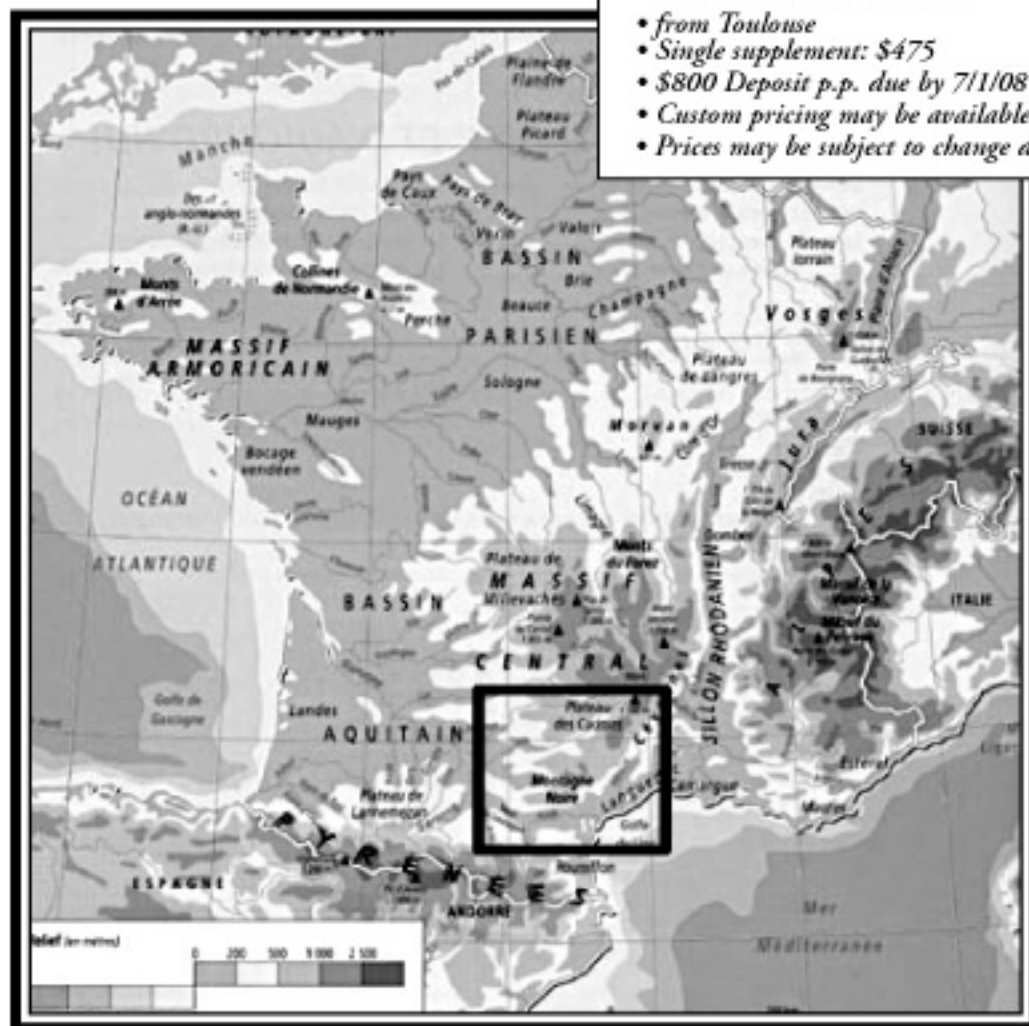
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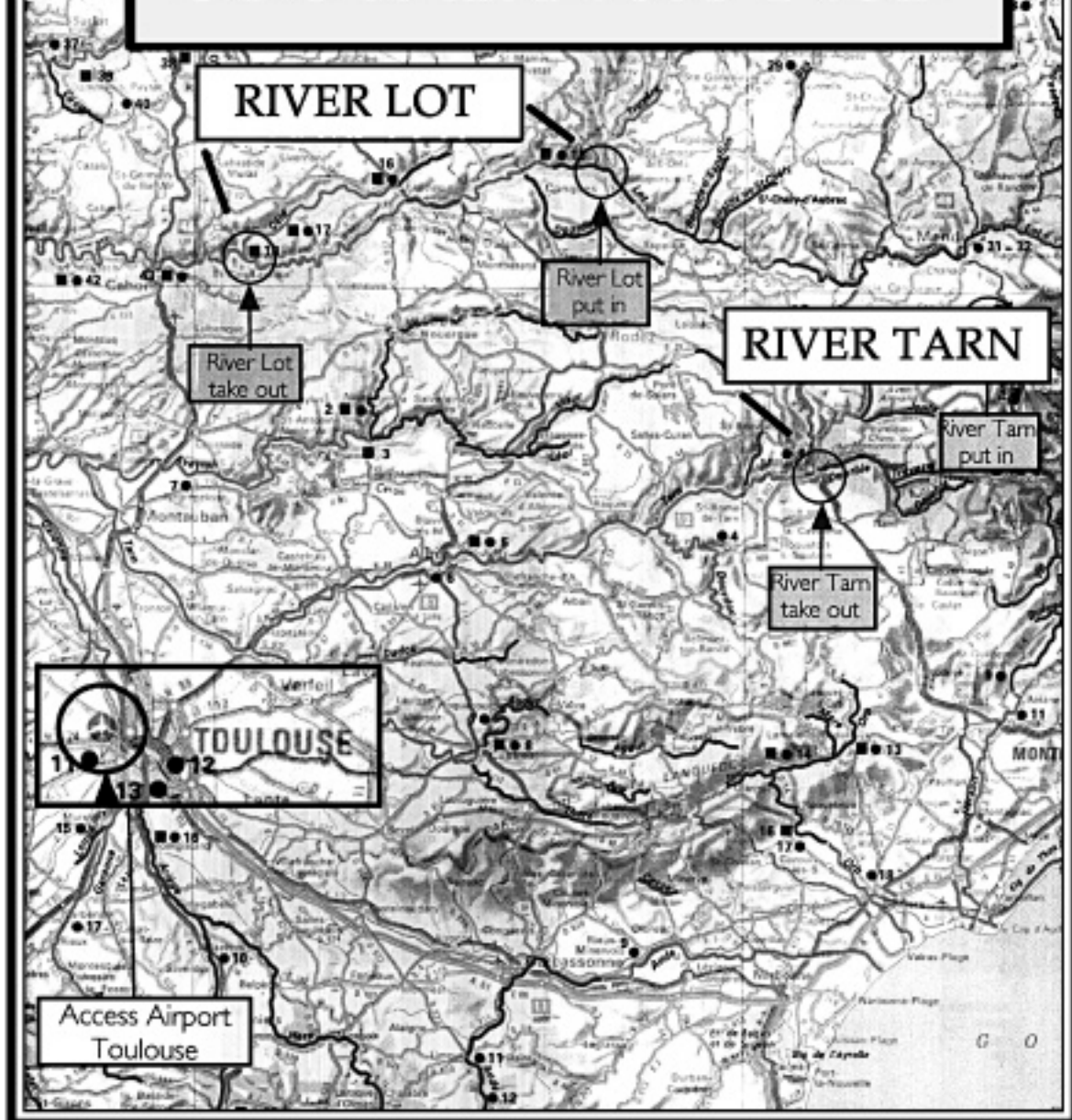


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SUNRISE INTERNATIONAL MARTIN BROWN & ASSOCS.

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beyond
ADVENTURE

~ SOUTHERN FRANCE ITINERARY 2008 ~

Overview

This itinerary was designed to permit our clients to experience the most picturesque scenery, paddle the best and most spectacular river sections of the rivers involved, take in the best of the sights, culture and history that the region has to offer. The goal is to do this while maintaining a relaxed pace.

To achieve this we have chosen an itinerary that involves minimum hotel packing and unpacking, maximum opportunity to visit sites of special interest and opportunity to eat in different places every night. The clients will not move beds very often (with associated packing and unpacking) but will travel short distances to other inns and villages to dine.

Accommodations

Nights 1 to 4: will be spent at the HOTEL BURLATIS IN STE ENIMIE, which is one of the "Plus Beaux Villages de France" Pierrette and Denis Carminatti are our hosts at this Maison en Pierre du Pays.

Nights 5 to 6: will be spent at the HOTEL DE LA TERRASSE in the pretty riverside hamlet of Vieillevie. This is a family run hotel right on the bank of the river Lot and overlooked by a chateau.

Night 7: will be spent back at the HOTEL ALBERT in the heart of Toulouse.

Description of each day

Wednesday, 10/1 or Saturday, 10/11

Trip officially meets at HOTEL ALBERT early afternoon, (*people may opt to arrive the evening prior*) transfer to the HOTEL BURLATIS IN STE ENIMIE.

The GORGE DU TARN (where we spend the first 4 days paddling) cuts through the limestone of the CAUSSE DE SAUVETERRE to the north and the Causse Mejean to the south. This is easily the jewel in the crown of the area.

Thursday, 10/2 or Sunday, 10/12

MONTBRUN to STE ENIMIE, a gentle warm-up day of just 10 km, which will allow for recuperation after the transatlantic flights. Simple paddling set amidst flood plain meadows and cliffs with the troglodyte (Underground dwellings dug out, and lived in, by man.) Village of CASTELBOUC and CHATEAU DU PRADES. This river day ends in the village where the accommodation is.

Friday, 10/3 or Monday, 10/13

Travelling further upstream on the RIVER TARN we travel from PONT DU TARN to MONTBRUN, 18km of class 1-2 rivers that slowly take us into the gorge scenery of this famous river, passing under the medieval bridge at Quezac, that was rebuilt in the 17th century.

Saturday, 10/4 or Tuesday, 10/14

ST CHELY DU TARN to PAS DU SOUCI (20km). The two highlights of the day here are first the village of HAUTRIVES, which is a re-inhabited village of traditional houses and secondly the Pas du Souci itself, a complete blockage of the river by an enormous rockfall occasioned by an earthquake in 580AD.

Sunday, 10/5 or Wednesday, 10/15

LES VIGNES (the village below the Pas du Souci) to LE ROZIER (10 km) where the impressive rock architecture of the Cirque de St Marcellin and the Rocher de Cinglegros reveal the geological history of the Tarn. At the end of this day we make a two and half hour transfer to our base for the remainder of the trip, VIEILLEVIE on the banks of the RIVER LOT.

Monday, 10/6 or Thursday, 10/16

VIEILLEVIE to GRAND VABRE - 11 km of relaxed straightforward paddling, after which we will go and visit the "Citie du France" and World Heritage site of Conques, an important town on the St.Compostelle pilgrimage route.

Tuesday, 10/7 or Friday, 10/17

ENTRAYGUES to VIEILLEVIE -11 km of class 2/2+ paddling. This final river day proceeds through a deep winding narrow, green, densely wooded valley with occasional views to hillside farms. In the valley the river moves gently but with occasional class 2 rapids. At the end of this day we will make our transfer back to the Hotel Albert so that we will be able to make a short transfer to the Toulouse Airport on the following day.

Wednesday, 10/8 or Saturday, 10/18

Transfer to and depart from TOULOUSE BLAGNAC AIRPORT



HOTEL DE LA TERRASSE - VIEILLEVIE.

Southern France Itinerary 2008

