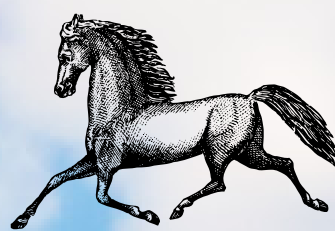
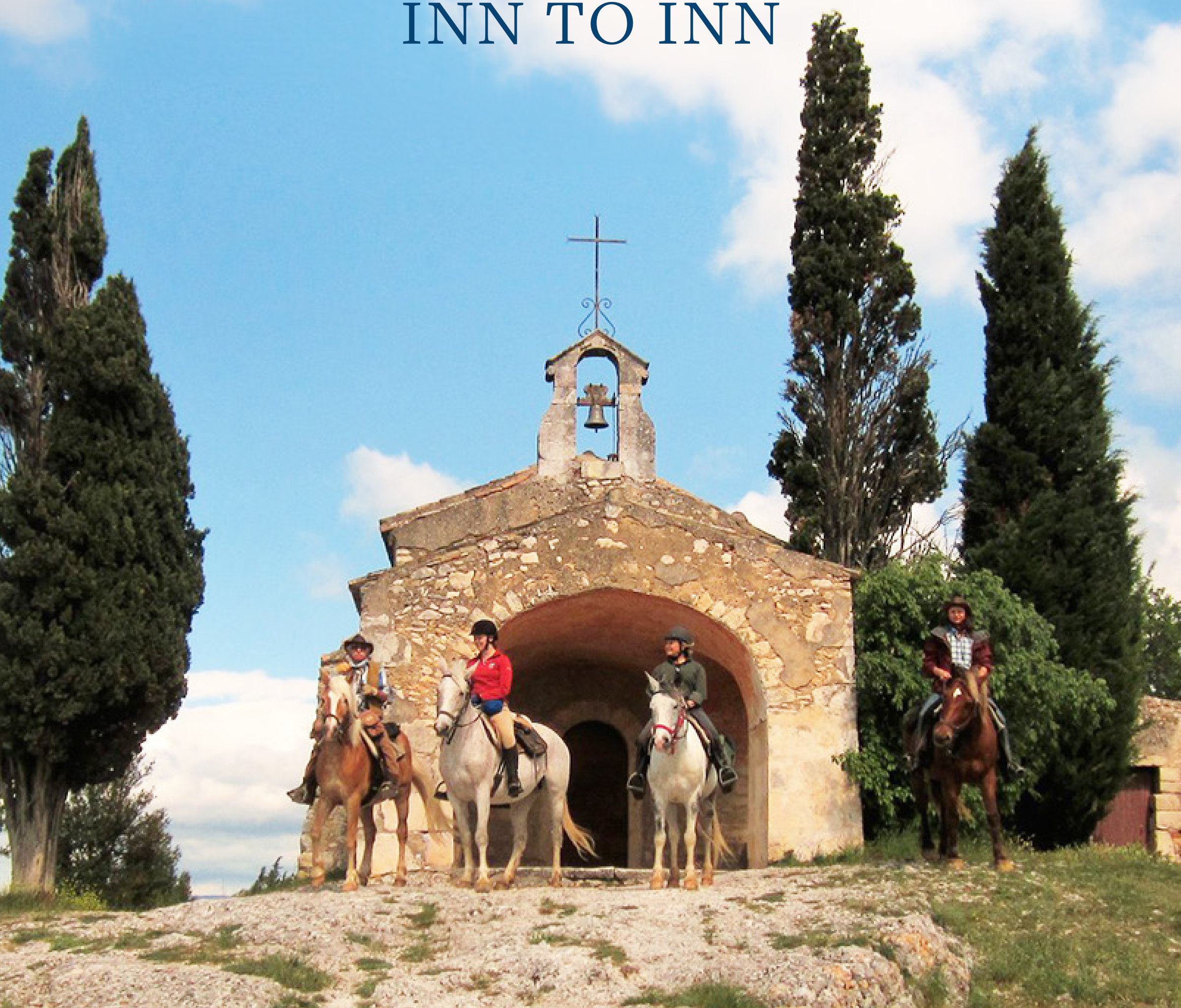


ACTIVE



RIDING TRIPS

FRANCE'S  
MEDITERRANEAN  
INN TO INN







In the deep south of France you will ride through one of the most unique, diverse and unspoiled areas – the Camargue. Known for its famous cowboys, black bulls and radiant white horses.

Starting in the heart of Provence, your first few days give you the chance to see the typical perched villages. As you continue, you will enjoy the way the landscape begins to change and lagoons, salt marshes, dunes and rice fields with flocks of wild bright pink flamingoes appear.

As you move from the Luberon region in the foothills of the Alps toward the sea, the scenery begins to shift and you will notice that the closer you get to the sea the villages become less abundant and the glory of nature surrounds you.

Special highlights of this itinerary include one of the most picturesque Provencal villages – St. Remy de Provence. Filled with meandering streets, outdoor cafes and ancient fountains, you and your horse will have ample opportunities to stop for refreshment.

Reaching the beach, only you and your fellow riders will enjoy the sandy dunes, the open stretches of beach and chance to enjoy the spray of the waves and the wind in your hair. Combine this with the wonderful French wines and home cooked meals each day and this will be a trip you will remember for years.



duration:  
7 DAYS



2-10  
MEMBERS



country  
FRANCE



airport  
MARSEILLE



accommodation  
HOTELS,  
GUESTHOUSES



all meals  
INCLUDED





# Suggested ITINERARY

## Day 1 - Sunday

Meeting at Marseille airport or Aix-en-Provence train station, or directly at Mas de Recaute. Welcome aperitif and presentation of the trail ride. You will be introduced to your guide and spend a first friendly dinner at the host's table. Overnight at Mas de Recaute.

## Day 2 - Monday

From Lauris to Mallemort.

Departure from the southern foot of the Luberon, its pine forests, its cliff landscapes, along orchards, olive groves and vineyards to the Durance river which we follow by pleasant trails, and cross (on a bridge in the event of a flooding river) before a pleasant shaded picnic. Picnic brought by our assistant on the other side of the Durance river. In the afternoon, we will ride along the Alpilles canal to the farm where the horses will stay for the night. Transfer with minibus to your accommodation, in Lauris, dinner at the host table overnight at Les Gargoulettes in Lauris.

## Day 3- Tuesday

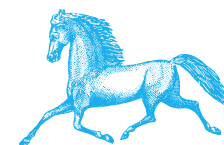
From Mallemort to Eygalieres.

In the garrigue of Provence, we will enter in the Alpilles Nature Park. You will then make your way out of the valley, towards Van Gogh's country: the Alpilles. We will reach the Roman village of Eygalière late in the afternoon, and stop by the beautiful « Chapel St Sixte », to take pictures. Dinner and overnight at a guesthouse near Eygalieres.

## Day 4 - Wednesday

From Eygalieres to Les Baux de Provence.

A cultural day as you will ride in the landscape Van Gogh liked to paint. You will stop near Saint-Rémy-de-Provence, in front of the hospital in which Van Gogh stayed and made his most famous paintings. Admire beautiful Roman monuments, before you make your way towards lunch, by a gorgeous little lake, hidden in the hills. The afternoon ride will take you on the crests of the Alpilles: striking panorama on the surrounding area. We will even see the gleam of the Mediterranean sea in the distance. At the end of the trail, discover a breathtaking sight on the medieval village of «Les Baux-de-Provence ». Load the horses in the truck. You have the chance to visit the village. After this break, minibus transfer to the heart of the Camargue and visit of the village before a transfer to Sylveréal, the gate of Camargue. Night in a hotel: an old Abbaye. Dinner at the hotel's typical Camargue auberge.



TACK:  
English trail  
and Randoval

HORSES:  
Spanish Barb, Camargue  
and European  
Warmblood type

RIDING LEVEL:  
Confidence at the walk, trot  
and canter on the trail.

TERRAIN:  
Open fields, trails, groves,  
forests and hills. The trail may  
be adjusted from the written  
itinerary if needed.





# Suggested ITINERARY

## Day 5 -Thursday

Astouin - Bull cattle drive - Les Saintes Maries de la Mer.

On horseback to a Camargue ranch. After an hour on horseback in the heart of the Camargue, we will arrive at a “manade”, a bull and horse ranch in Camargue. Mathieu, a passionate “guardian”, Camargue cow-boy, welcomes us in front of the enclosure of one of his bull herds. We accompany him on horseback to “grab” the bulls, that is to say push them through the marsh to a sorting enclosure. Then he tells us about the “Camargue bull and horse races”, the breeding methods, the traditions linked to the Camargue bulls, then he sorts a few bulls in front of us and ends his performance by offering us an aperitif “the friendship glass”. Picnic on the place, prepared by our assistant. Then we leave on horseback to where the horses will stay the night. After your installation at the hotel, you can go for a walk in the village streets and do some shopping, take a stroll to the beach, or enjoy the hotel swimming pool. Meeting for dinner in a lively bodega in the village. Night at the hotel.



## Day 6

A morning ride on the beaches. Nice gallops and walk in the sea. The lunch will be prepared at the hotel by your assistant, and the afternoon you will ride along the Vacares lake: you will discover a lot of flamingos and wild birds on a pleasant trail. Transfer to Mas de Recaute in Lauris, for a last dinner all together, share memories, pictures, addresses ...



## Day 7 - Saturday

Time to say goodbye after breakfast. Transfers to train stations and airport.



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# Rider REVIEWS

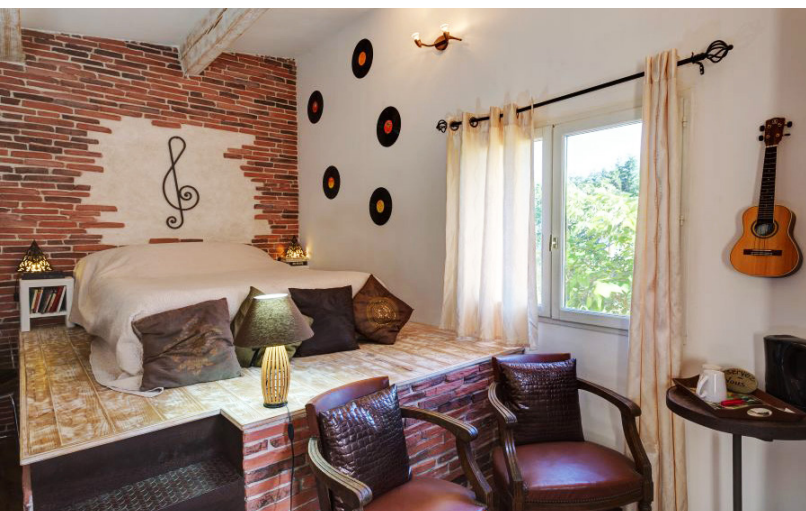


**A** GREAT trip! I loved the Camargue days the best, seeing all those flamingos- beautiful when they fly, and the white horses that are bred there. The guide was really sweet. The dinners were wonderful, but lasted at least 2 hours, so we learned to “settle in”. The ride was lovely and had a good amount of trotting and galloping. My horse wasn’t smooth but he was steady and fun to ride and really liked to GO.

After the trip, I spent the day in Aix en Provence with one of the women on the trip who lives there and she spent most of the day showing me around, to the site where Cezanne did his painting, wandered through the old town, the market, etc.



The last day I took the bus from Avignon to St Remy and walked around there most of the day until taking the train to Paris, to leave the next day. St Remy was really charming, and I enjoyed seeing the asylum where Van Gogh stayed for a year, and the Glanum Roman ruins – we actually had ridden right through that spot 2 days before on the horses. It was so much fun – I NEED ANOTHER VACATION!! **Naomi G.**



“The trip was fabulous! Everything went so smoothly from start to finish: Cap Rando really have it together. The horses were very professional. The food was excellent, the accommodations...well, pretty much what I expected on a trip like this. The countryside was beautiful. Our first day it poured rain, but that didn’t stop us from riding into the mountains. Fortunately, after that day the weather was perfect.

All in all, Lucie and I had a great time! Thanks for your recommendation and arranging the trip for us.” **Lisa S.**

“My daughter and I took the Mediterranean Inn-to-Inn ride in Provence and had a magical time. Our guide did an awesome job of quickly making a family of our diverse international group and teaching us everything we needed to know to feel confident on our horses for the week.

The scenery was beautiful, the country inns and their proprietors were authentic and sweet, and we were well fed along the way. It was a vacation of a lifetime. Already scheming on doing another someday.” **Jane G.**





# Additional INFORMATION



## INCLUDED:

6 nights accommodation  
5 days of riding  
Horse and all tack  
All meals  
Wine with meals  
Luggage transfers  
Support staff  
Guiding services  
All local taxes

## NOT INCLUDED:

Airfare  
Travel insurance  
Gratuities for the team  
at the end of the stay  
Beverages outside of meals  
Visits or tips not outlined  
in the itinerary

