

walking Tours in the French Pyrénées 2015



MY NAME IS PATRICK ARRIEULA. I was born in south-west France in a little village at the foot of the French Pyrénées in the Béarn region near the Spanish and Basque borders.

Since 1996 my wife Robbie and I have escorted unique tours in the Pyrenees Atlantic region of south-west France during spring and autumn. We would like to share with you our passion for this beautiful part of France. Our tours are based in the countryside, giving you the rare opportunity to meet the locals, taste the regional produce, admire the beautiful landscapes and experience the culture. The walking tours are suitable for all those who enjoy walking as well as good dining. **During our tours we settle in at the one hotel for the 9 days avoiding the inconvenience of repacking and changing hotels.** The small family-run hotels have been chosen for their comfort and good table. **The price of the tours includes all the activities stated, all meals and wine.** All the rooms offer private ensuite facilities, shops and banks are all within walking distance of the hotels. All singles will have their own room and facilities unless sharing with a friend. During the tours, participants have the choice of joining daily activities or relaxing in the village for the day. A coach will ensure a comfortable journey along the French country roads and enable us to drive to different destinations every day and admire spectacular scenery.

The tours are limited to a maximum of 20 and a minimum of 10 participants. Your booking will be secure upon payment of a deposit of \$400 AUD per person. See the back of the brochure for more details.

Testimonials

I had a fabulous time, your humour, knowledge of the area, love of people shown in a million small and large ways, your ability to keep the group moving into the next stage without having us feel rushed have all made this a time for me to treasure. You are both amazing for your genuine interest of people and your ability to engage with the locals which brought so many extra fun moments. Well done Patrick & Robbie. P Blackwell



Patrick's knowledge & love of the area was a huge asset. Patrick & Robbie's happy, positive, generous personalities contributed to the overall experience. What a privilege to be able to spend a day in your village meeting your family and joining in with the locals. M Baldwin.

A truly wonderful trip with variation on walks and visits to places of interest. Patrick & Robbie's laid back but very professional attitude made the trip a memorable experience. Many thanks to you both for a great holiday. I & L Hanan



Get-together in Bowral

A get-together for participants coming on our 2015 tours will be held in Bowral NSW Australia, to fine-tune details. An information booklet about the tours will be provided on the day. The get-together will be held on Sunday March 8th, 2015 for the May tour and on Sunday August 2nd, 2015 for the Sep/Oct tours.

Attention walkers

The walking tours with challenging walks are suitable for regular, experienced walkers. We will be walking over mountains and the grades of the walks will range from easy to challenging. The distance of the walks will vary from 5 to 16 kilometres and the ascents from 100 to 700 meters. Uphill and downhill training is most important.

We suggest that, for your greatest enjoyment and appreciation of the walking tours, you try to arrive in Europe a few days prior to the tour starting, so you will be rested beforehand.

Private tour

All our tours can be organised for private groups. These tours are for groups of friends who like to share holidays together. We can design itineraries to suit individual groups, combining walking, food, culture and lots more. A minimum of 10 participants is required. Please give us a call for more information.



“Pistoulet”

Our place in France for holiday rental

This 19th century country cottage is situated in the village of Lagor in the Béarn region. It is located within an hour of the mountains, the sea and Spain. It has three bedrooms, will sleep 6 people very comfortably and offers a view of the Pyrénées.

Downstairs: Fully equipped kitchen, dining and living area, glassed verandah, separate toilet, bathroom and one bedroom.

Upstairs: 2 bedrooms with a bathroom and toilet. **Outdoors:** Small garden at the rear and parking inside the front courtyard.

Where is Lagor? The village of Lagor is situated between Mourenx and Maslacq, 20 minutes from Pau and Orthez railway stations. Pau airport is accessible from Paris and London. Shopping facilities are minutes from Lagor.

May 2015 itinerary in the Béarn & Basque regions

This tour will cover my region of the Béarn and part of the Basque regions taking us through breathtaking scenery and snow capped mountains during the spring season. You will be able to share a day with local villagers and play ancient games and of course taste some of the regional food and wine. I am proud to be Béarnais and to share my village life with you!!

May Walking tour: 9th – 17th May

Cost: \$ 3110 per person twin share.

Single supplement: \$160

Saturday 9th May:

All participants will be met at Pau railway station at 14.06. This is the arrival time of the TGV 8573 from Paris, Montparnasse. Details will be confirmed a few months before the start of the tour. [Train tickets not included in package]. Participants will be taken to the hotel in Monein, approximately 20 minutes away. Those who are not using this pick-up service will make their own way to the hotel. Welcome drinks will be served before dinner with folk-singers performing local traditional songs, followed by dinner in the hotel.

Sunday 10th May:

Journey by bus to the village of Gavarnie for a three-hour walk to Le Cirque de Gavarnie. Picnic lunch. On the way back, a quick stop to see the twelfth-century church in the village of Luz St Sauveur. Dinner in a nearby restaurant.

Monday 11th May:

Journey by bus to Gamarthe for an easy village-to-village walk retracing part of the ancient St Jacques de Compostella pilgrimage route (14 km), ending in St Jean Pied de Port. Free time to wander through the old fortified village. Picnic lunch. Dinner at the hotel.

Tuesday 12th May:

Journey by bus to Bious Artigues to the three D’Ayous lakes for a five hour walk. Picnic lunch. Dinner at the hotel.

Wednesday 13th May:

Relaxing day including a village to village walk to give us a chance to experience the local countryside. Light lunch at a local ‘gite’ with free time in Monein in the afternoon. Dinner in one of Pau’s finest restaurants.



Thursday 14th May:

Journey by bus to walk to Lake D’Estaiens, a four hour walk. Picnic lunch. Dinner at the hotel.

Friday 15th May:

Journey by bus via the Baretou Valley for a six-hour walk in the Olcarte Gorges. Picnic lunch. Dinner at the hotel.

Saturday 16th May:

Quick trip to my village, Abos, for a game of quille de neuf and quille de six and a stroll around the village, including an official welcome by the village Mayor. Light lunch followed by a wine tasting and a 3 km walk back to Monein for a game of pétanque. Dinner at the hotel.

Sunday 17th May:

The bus will take all participants to Pau railway station to catch the 11.06 TGV 8581 for Paris. This will be the only transport organised that day. Details will be confirmed a few months before the start of the tour.

September 2015 Itinerary in the Cathare Region

Discover the Cathare region with its ancient castles perched on craggy mountain tops. Enjoy the amazing contrast in the landscapes and learn the history and legends along its ancient paths.

September Walking tour: 18th – 26th Sept **Cost: \$ 3520 per person twin share.** **Single supplement: \$ 210**

Friday 18th September:

All participants will be met in Carcassonne railway station at 16.58. This is the arrival time of the TGV 8503 & TER 70625 which departs Paris Montparnasse at 09.28. Details will be confirmed a few months before the start of the tour. [Train tickets not included in package]. Participants will be met and taken to the hotel in Quillan, approximately one hour away. Those who are not using this pick-up service will make their own way to the hotel. We will meet for welcome drinks followed by dinner at the hotel.

We suggest arriving in Carcassonne the day before or staying an extra day at the end to visit this beautiful town (a must!!!)

Saturday 19th September:

Bus trip to St Hilaire for an easy walk around the vineyards. A light lunch followed by free time in the St Hilaire Abbey where secrets were 'stolen' and history was made!! A wine tasting before making our way back to the hotel. Dinner at the hotel.

Sunday 20th September:

Bus trip to Couiza for a 4.5 hour walk passing Rennne le Chateau where we will have a chance to have free time in the Chateau and discover its mythical secrets. Picnic lunch. Dinner at the hotel.

Monday 21st September:

The morning will start with free time in Alet Les Bains, a beautiful old town, before making our way to Mirepoix on market day, where we will have our lunch. We will then visit a knife maker who is one of France's best Master Craftsmen. Dinner in a nearby Chateau.

Tuesday 22nd September:

Bus trip to Cucugnan for a 3.5 hour walk to see Queribus, one of the most imposing of the Cathare castles, with amazing views. Picnic lunch. Free time to wander the village and possibly listen to a "sermon"!! Dinner at the hotel.

Wednesday 23rd September:

Bus trip to Nebias for a 3.5 hour walk via the Chateau Puivert with a picnic lunch. Dinner at the hotel.

Thursday 24th September:

Bus trip to Escoulcubre for a 3 hour walk with lunch in a local gite. Light dinner in a nearby restaurant.

Friday 25th September:

Bus trip to Puilaurens for a 3 hour walk to its castle with a picnic lunch.

Saturday 26th September:

The bus will take all participants to Carcassonne railway station in the morning to catch the TER 4754 & TGV 8514 at 11.29 for Paris, Montparnasse. This will be the only transport organised that day. Details will be confirmed a few months before the start of the tour.



October 2015 Itinerary in the Basque region

The Basque country is one of France's most colourful regions offering a long list of unforgettable culture, history, charm and of course – food!!!! A place to remember!

October Walking tour: 4th Oct – 12th Oct **Cost: \$ 3440 per person twin share.** **Single supplement: \$ 190**

Sunday 4th October:

All participants will be met at Bayonne railway station at 15.32. This is the arrival time of the TGV 8533 from Paris, Montparnasse. Details will be confirmed a few months before the start of the tour. [Train tickets not included in package]. Participants will be met and taken to the hotel in Espelette, approximately 30 minutes away. Those who are not using this pick-up service will make their own way to the hotel. The afternoon will be free to relax and explore the village. Welcome drinks followed by dinner in the hotel.

Monday 5th October:

Bus trip to St Jean Pied de Port to spend time at the local market and then on to the village of Irouléguy where we will start our 8 km country lane walk to the village of St Étienne de Baigorry. Picnic lunch. After lunch we will stroll around the village and later visit a chilli farm. Dinner in a nearby restaurant.

Tuesday 6th October:

Bus trip to Les Aldudes for a 4 hour walk among the palombieres [the wild squab hunting huts] with magical valley views. Picnic lunch. After the walk we will visit a Basque Charcuterie, enjoy a tasting and see the unique breed of Basque pig. Dinner in a nearby restaurant

Wednesday 7th October:

We will cross the border into Spain and walk along the ridge of Mount Jaizkebel to the seaport of Passajes taking in the spectacular views of the Pyrénées and the Atlantic. Light lunch in a restaurant and free time to visit the village. Dinner at the hotel.

Thursday 8th October:

The morning will start with a guided tour of Espelette with a local personality, followed by a visit to the chocolate maker and then a tasting of the locally produced foie gras. We will then make our way to the port of Socoa, for Ttoro, a traditional Basque seafood soup, followed by a stroll along the water's edge and free time to experience the history and charm of St Jean de Luz. Dinner at the hotel.

Friday 9th October:

Bus trip to Bidarray for a spectacular four-hour walk in the hills surrounding the village. Picnic lunch. Dinner at the hotel.

Saturday 10th October:

Four hour walk in the hills surrounding the village of Itxassou with a casual lunch in a country restaurant. The afternoon will be spent playing some traditional games. Dinner at the hotel.

Sunday 11th October:

Trip to the Col Ignasse for a ride on the petit train to the top of La Rhune. A 2 and 1/2 walk will take us back down the mountain. Picnic lunch. We will stop in Ainhoa for a little time to explore this beautiful village. Dinner at the hotel.

Monday 12th October:

The bus will take all participants to Bayonne railway station in the morning to catch the 10.25 TGV 8540 for Paris, Montparnasse. This will be the only transport organised that day. Details will be confirmed a few months before the start of the tour.



Tour conditions

Included in your trip

All transport, accommodation, breakfasts, lunches, dinners, and activities as stated in the brochure. Wine is included with all sit-down meals but if the wines are not to your liking, you are free to purchase your own. The quantity of the wine served will be sufficient to accompany the meals.

Conditions for bookings and cancellations

Everyone participating in the tour must complete and sign a booking form and pay a **non-refundable** deposit of 400 Australian dollars per person. Your booking will be secured upon payment of the deposit. Please note: All bookings must be made through a licensed travel agent who will make all transport and accommodation arrangements. If you would like to join us on a tour you can send your deposit cheque made out in the name of - Jetset Bowral - including the booking form and photo. Please forward all cheques and bookings to the following address: Helloworld Bowral, PO Box 266, Bowral NSW 2576. PH: 0248612888 License N0 2TA003597. If you received this brochure from a licensed travel agent, other than that stated above, you will need to book with that agent.

All participants must have travel insurance. **We strongly recommend that you take travel insurance as soon as you have paid any deposit on any of your travel arrangements. Make sure your travel insurance covers you against loss of deposit or final payment, in case of unavoidable cancellation.** The balance of the tour cost is due no less than 60 days before departure of the tour. Prices are based on cost and exchange of the Euro at the time of printing. We reserve the right to adjust the tour price should there be a significant change.

Due to our financial commitments to our various suppliers, your deposit will be forfeited if you cancel. Cancellations within 59 to 30 days before the start of the tour = 50% refund of tour price, less than 29 days, no refund will be given unless your place is resold, in which case you will receive a 50% refund of the tour cost.

Not included in your trip

Tips, insurance (i.e. travel, health, loss or damage to personal property) phone calls, extra expenses which are not included in the itinerary.

Tour cancellation

Should it be necessary to cancel the tour, due to failure to reach minimum numbers, 40 days notice will be given and a full refund of the tour cost will be paid.

Our responsibility as tour organisers

It is our responsibility to ensure that tour activities have been organised as stated in the program. It is also our right to alter the itinerary, if necessary, in the event of unforeseen circumstances. Any extra costs resulting from these alterations will not be our responsibility.

No responsibility will be accepted for any delays occurring during the tour. It is at our discretion to stop any persons from participating in any of the activities should they not have the required level of fitness on any particular day.

Responsibility of tour participants

It is the responsibility of the participant to organise and pay for all travel documents, i.e. passports, visas, tickets, insurance, departure tax. All participants need travel insurance. The participants will be responsible for any injury, sickness, loss, or damage that might occur.

If any participant wishes to alter the itinerary in any way, all resulting costs and organisation will be his/her responsibility. It is the responsibility of the participant to be at the point of pick-up as specified and at the time specified. If this is not possible it is the participant's responsibility to rejoin the tour at his/her own expense.

Awareness

Participants should be aware of the risks and dangers involved in walking activities such as weather extremes due to unexpected and sudden changes, rocky and uneven terrain on which the activities may take place, physical exertion and lack of immediate medical assistance due to remoteness of the activities. Participants will need adequate fitness to undertake the walking activities.

Booking form (This form can be photocopied)

A photo and a \$400 deposit per person must be included with the booking form.

Names.....	
Address.....	
Post code	Phone..... Mobile.....
Work.....Email.....	
Single <input type="checkbox"/> Twin Share <input type="checkbox"/> Triple share <input type="checkbox"/> Name of the person/s you will be sharing with.....	
Walking Tour <input type="checkbox"/> Other tour <input type="checkbox"/> Date of the tour: From.....To.....	
I / we have read, understood and accept the booking conditions in the brochure and will provide proof of travel insurance and *doctor's certificate with the final payment. [*for the walking tour only].	
Signed.....Date.....	Signed.....Date.....

For more information

Your Licensed booking agent

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