





Gastronomic Walk in the Tarn

Single center  independent walking

- Some of the finest walking in France: Tarn and Jonte Gorges, Aven Armand, Cévennes National Park
- Sweeping plateaux, plunging gorges, gushing rivers, fantastic rock formations
- Authentic "Belle Epoque" style hotel: heated pool, private beach, tranquil gardens, gastronomic cuisine
- 4000+ species of wild flowers; 80 different orchids
- Masses of birds and countless butterflies

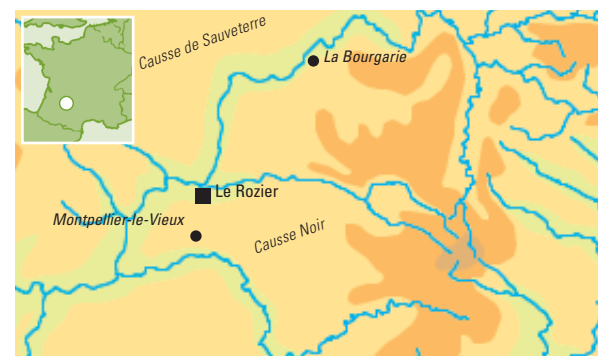


Our walking base on the banks of the River Tarn is the ★★★ very stylish Grand Hôtel de la Muse et du Rozier. It's a lovely, light and airy building (with big picture windows and conservatories), in a tranquil spot, with wooded hills behind and gardens leading down to the river. There's a heated swimming pool, private riverside beach and trout fishing is possible in the Tarn. English-speaking owner, Sandrine Bonneville, is a mine of local information and will be pleased to discuss options with you.

There is an extremely varied choice of walks on offer - we provide fully detailed route notes for a wide selection of walks ranging from  to  levels - with many ranking amongst the most popular in France. Some of the best start directly from the hotel and, by car, you can easily get into the Cévennes National Park too - superb additional walking choices.

During your stay, you will traverse the vast limestone plateaux of the Causse where the lovesick Robert Louis Stevenson and his donkey, Modestine, travelled in 1878. You can picnic beneath the impressive plunging gorges, cool your feet in fresh mountain streams and visit the amazing rock formations of Montpellier-le-Vieux. Other regional highlights within a short drive include the Tarn Gorges, Aven Armand, the caves of Dargilan, the Cirque de Navacelles, Roquefort with its caves harbouring 5,000 tons of maturing cheese and the royal hermitage of St-Guilhem-le-Désert.

In the evenings, chef Samuel Breux combines traditional country menus with exotic new flavors - always using the freshest of seasonal ingredients - to produce gastronomic and innovative dishes.



Book now on 1-800-567-6286 or visit www.breakaway-adventures.com for more information

GASTRONOMIC WALK IN THE TARN | DAY BY DAY

Day 1 Arrive at Le Rozier

You arrive at our ★★★ hotel in Le Rozier in time for dinner.

Day 2 Valley of the Tarn 18km/12mi/4.5hr

A perfect way to start your week with a leisurely and totally flexible walk alongside the River Tarn. There are little river beaches and ideal picnic spots looking down on the crystal-clear waters. Griffon vultures, reintroduced in 1978, glide effortlessly on the thermals.

Day 3 The Causse Noir Corniche 15km/9mi/5hr

This walk takes you through open pine woods interspersed with box and juniper and up to the amazing ruins of the C11 St Michael's Hermitage and the extraordinary prehistoric Mushroom Rock. There are fantastic views of the Jonte Gorge and from the Point Sublime - a great picnic spot - and your first glimpses of the unique rock formations known as the "Vases" across the valley on the Causse Méjean.

Day 4 The Sauveterre Corniche 12km/8mi/4.5hr

Today's highlights include both stunning views of the Tarn Gorge and also long distance views south west as far as Millau. Your first stop is the fascinating semi-troglodyte village of Eglazines, from where you climb on to the open causse - it's a big sky up here! There are more amazing rock formations including the "rock garden" on the descent to the quaint village of Liaucous.

Day 5 The Tarn & Jonte Corniches 13km/8mi/4hr

What a spectacular day - as you set off on one of the most dramatic walks in France, with stunning views across the Tarn and Jonte gorges. You will see the vultures which were reintroduced here in 1978: at over 8ft, their wingspan is colossal! Many of the amazingly shaped rocks have appropriate names - see if you can recognize the Anvil, the China Vase and the Vase of Sèvres.

Day 6 Montpellier-le-Vieux and the Dourbie Gorges 17km/11mi/6-8hr

Drive south then take the path to the amazing Roques Altes. From these rock towers, around 40m high overlooking the gorge of the Dourbie, you can follow the path along the Corniche du Royal to Montpellier-le-Vieux. Or you might decide just to drive straight there and spend a few hours exploring this atmospheric rocky chaos (the local people once thought it was a fairy city forgotten in the woods).

Day 7 La Bourgarie and the Cingle Gros Rock 11km/7mi/4hr

Drive up on to the Causse Méjean to the hamlet of La Bourgarie. A gentle stroll across the plateau past traditional caussenade farm buildings and through the woods takes you to the amazing Cingle Gros Rock. Then it's on to the Baus del Biel, a 40m high natural rock arch, a superb work of nature. If you've made an early start, why not drive across the causse to visit Aven Armand, a remarkable cavern containing a "petrified forest" of 400 stalagmites and stalactites.

Day 8 Leave Le Rozier



"Amazing walking in a stunning area, with a superb hotel to relax and refuel in."

Mr D Mellows-Eacor

Dates and Prices

Departs Saturdays

Tour Only

2012 departures

Sep 8, 15, 22	\$2,449
Jun 2, 9, 16, 23	\$2,559
May 5, 12, 19, 26, Sep 1	\$2,545
Jun 30, Jul 7, Aug 25	\$2,705
Jul 14, 21, 28	\$2,743
Aug 4, 11, 18	\$2,743
Child (any date, see notes)	\$1,414

Singles: Add \$32 per night for a single room.

Child: Over 2 and under 12, sharing with 2 adults.

Room upgrade: Junior Suite add \$26 per person, per night, based on 2 people sharing.

Holiday type: Independent walking, single center, no minimum group size.

Departs: Saturdays from May 5 to Sep 22.

Duration: 8 days (7 nights).

Meals: Continental breakfast and evening meals.

Other details: For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

Tailor-made travel choices

Nearest Arrival Airport: Toulouse Airport

Flights can be arranged from most US/CANADA airports, prices and details on request.

Other details: Rental car is essential (not included in tour price), inquire for rates and details. Drive to hotel approximately 3hrs 20mins. **Return:** Return car to Toulouse airport

Tour only: The start point for this holiday is the Grand Hôtel de la Muse et du Rozier.

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GASTRONOMIC WALK IN THE TARN | WALKING DETAILS



The paths are well made and maintained, but usually stony and/or rocky, so walking boots are essential. The majority of walks involve sharp climbs from the valley to the causse, and given the nature of the landscape you need to be a reasonably fit and confident walker with a fair head for heights.



Average daytime temperature (°C):

19 26 28 27 25
MAY JUN JUL AUG SEP



Average monthly rainfall (mm):

79 68 45 49 58
MAY JUN JUL AUG SEP

Further details at www.breakaway-adventures.com