OUTDOOR TRAVEL
THE ACTIVE HOLIDAY COMPANY

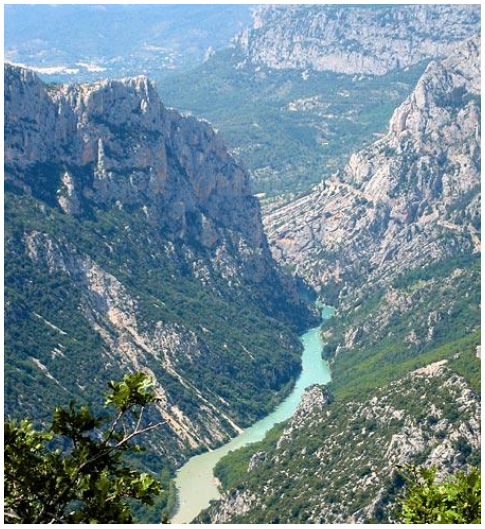
EUROPEAN WALKING HOLIDAYS

2026

FRANCE – PROVENCE

EARLY BOOKING IS ESSENTIAL

8-day / 7-night easy to moderate one-hotel GUIDED walks at Gréoux-les-Bains near Gorge du Verdon



At the heart of rural France is a beautiful part of the popular region of **Provence** hardly touched by tourism. This is a wild land filled with the scent of wildflowers, fields of lavender, dramatic rock escarpments and a landscape dotted with little hill towns and villages, the perfect countryside for walkers.

It is here, based in the picturesque town of Gréoux-les-Bains in a four-star family-run hotel – offering outstanding cuisine sourced from local produce – that we can explore the *Routes de la Lavande*, an area steeped in the culture of lavender production, and visit charming hill-top villages in the spectacular French '*Grand Canyon*' the Gorges du Verdon. Walks may include the pretty town of Forqualquier with its bustling local market; the medieval citadel of Mane-en-Provence or the village of Lurs perched high on a rocky crag. A highlight is always Moustiers Saint Marie, deemed easily as one of the prettiest villages in France, perched beneath a rocky cliff and with a suspended star high above the stone church.

Cost from: **$4150** per person (twin share) Single room supplement from $825 (limited availability)
Seasonal supplement of **$100 - $225** applies to selected departures

Departs: 18, 25 April, 2, 9, 16, 23, 30 May, 6 June, 29 August, 5, 12, 19, 26 September, 3 October 2026

Includes: 7 nights in comfortable hotel accommodation with ensuite bathrooms, with 7 breakfasts, 7 evening meals, experienced walks leader, 5 guided walks, local transport to/from walks.

Not Included: Meals and drinks not mentioned, personal expenses, transport and/or activities on your free day. Transfers can be pre-booked at extra cost (from Marseille Provence Airport or Aix-en-Provence train station depending on tour date) - ask for details when booking.

Call OUTDOOR TRAVEL on *1800 331 582* for details or reservations

Accommodation: We stay at Villa Borghese (or similar property), a charming 4-star hotel with a fine tradition of service and a member of the prestigious *Châteaux Demeures de Tradition* and the *Relais du Silence* groups. The balconies of the 50 large simple bedrooms look out over the gardens towards the hilltop castle of Gréoux-les-Bains. There is a small outdoor heated swimming pool next to the pleasant terrace and a cosy bar with an open fireplace. The walls throughout the hotel are covered in local artworks depicting many scenes of the region, both traditional and contemporary, including copies of Neolithic cave paintings. The hotel prides itself on serving locally sourced fresh and traditional produce from within 20km of the town.

Trip Grading: Walk easy to moderate distances on well-defined paths. Choice of easier walks of 7-13km on good paths which are sometimes rocky underfoot with ascent up to 420m or harder walks of 10-16km with up to 750m ascent in a day, on good paths with some steeper, rougher routes.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered*;* each evening they will brief you about the walks for the next day and answer questions you may have.

Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

Day 1: Arrival day
Please make your way to the hotel by mid-afternoon. Depending on your arrival time you may have the opportunity to settle into your room and perhaps see a little of the resort before the evening meal. On the first evening your leaders will explain more about the walks and activities planned for the week.

Day 2: Around Greoux
The easier and harder walks follow very different routes today. The walkers choosing the easier route will climb up to the vast plateau of Valansole for sweeping views, then cross the plateau past lavender fields and olive plantations on an old droving route. Descending to the ancient walls of Greoux castle, there is time to explore before returning to the village. The harder walk crosses the Verdon River and shadows its banks for some time, then ascends to the truffle hamlet of Les Maurras, and further up to a glorious viewpoint from where we can see Greoux's castle and the Verdon valley. Return to the village again alongside the river.

Day 3: Forcalquier and the Abbey of Salagon at Mane
We travel by coach to the bustling hill town of Forcalquier with its weekly atmospheric street market. We may spend some time exploring this historic town before descending on good tracks across a wooded limestone plateau to visit the Abbey of Salagon with its ethno-botanical gardens. Alternatively, we climb higher on the plateau to see the weird wind shaped limestone rocks of Les Mourres before descending the ridge of la Colle to arrive at the Abbey. We end the day walking into the small town of Mane for refreshments.

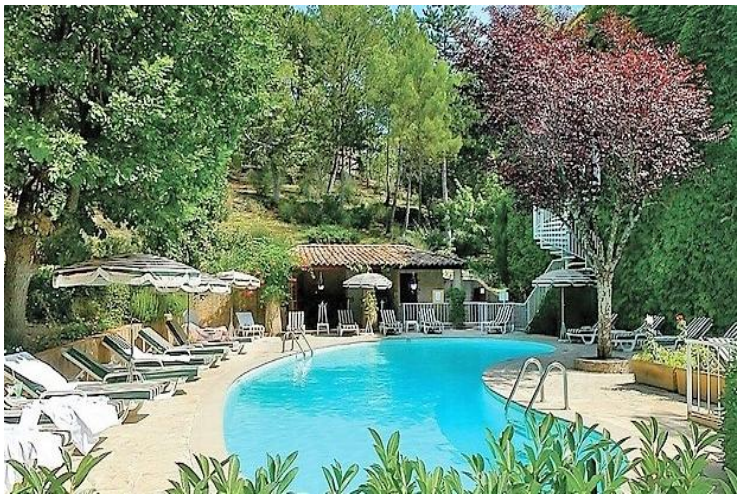
Day 4: Céreste and the Luberon
After a short coach ride to the village of Céreste, we begin the walk with a steady climb to a scenic ridge overlooking the beautiful Calavon Valley on one side and the Luberon on the other. We continue to the old citadel of Montjustin then cross Roman and medieval bridges to discover rich flora and ancient ruins. The longer route continues, crossing a valley and climbing to the remains of the medieval Carluc Priory. Believed to have been built in the 11th century and surrounded by an even older necropolis, this ruined chapel once served as a welcome resting spot for Christian pilgrims making arduous journeys between Italy and Spain. Both walks return to Céreste, where you can enjoy its delightful pavement cafés.

Day 5: Free Day
No walks are organised, allowing you to explore on your own or just relax around the hotel. Some options for your free day include exploring the town of Gréoux les Bains and its natural spring that was discovered by the Romans. Or, if there is sufficient interest your leaders may be able to arrange transport for a visit to the nearby centres of Manosque or Aix-en-Provence.

Day 6: The ridges above Moustiers Sainte Marie
After a transfer drops us off near to Lac Ste Croix, the easier walk follows the lake shore to Pont de Galetas where the river emerges from the upper Verdon Gorge. We then follow a stream called La Maïre through woods to Le Petit Lac where there are good views of the craggy cliffs of the upper plateau. From here we climb through scenic fields to enter the village of Moustiers-Ste-Marie, famed for its ceramics and pilgrims' church with a golden star hung high above in the cleft in the crags. The harder walk takes us steeply up to the ridge of L'Oubes with great views over the Lac Ste Croix and the start of the Upper Verdon Gorge. After crossing the summit and descending to a dry riverbed the terrain becomes more open before the final spectacular descent to Moustiers Ste Marie on a twisting ancient road**.**

Day 7: Quinson and the gorge of the Verdon
A short coach ride brings both groups to the lower gorge of the Verdon River. The groups take different routes to arrive at the delightful hilltop chapel of St Maxime, one walking right down in the gorge on steps with cable handrails and timber platforms suspended over the river in places, and the other taking the broader tracks that follow the higher ground. Leaving the chapel one group will descend on a stony road to return to Quinson while the other ventures further into the Male Sauque plateau walking on high level wooded paths. Quinson village has an interesting museum dedicated to Prehistoric human settlement in this region.

Day 8: Departure Day
Tour ends after breakfast. A coach transfer is available at extra cost at a set time (to either Marseille Provence Airport or Aix-en-Provence train station depending on the tour date).



Outdoor Travel specialises in walking and cycling holidays. We offer a wide range of guided or self-guided walks in many different areas of France such as Dordogne, the Riviera Coast, Burgundy, Auvergne, Tarn, the Pyrenees, Corsica and in the UK and across Europe including Italy, Spain, Switzerland, Germany and Austria.

Contact Outdoor Travel for more details and reservations:

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