

Cote D'Azur Sailing Adventure - Nice to Marseille - Trip Notes



General Trip info

Map

Trip Code: IASRN

Trip Length: 8

Trip starts in: Nice

Trip ends in: Marseille

Meals:

Accommodation: Overnight boat (7 nts)

Transport: Boat

Daily Itinerary

Day 1

Nice

Welcome to France and the French Riviera. Your adventure begins today with a welcome meeting at 4 pm, where you'll meet the skipper and your shipmates. We'll be collecting insurance details and next of kin information at this meeting, so ensure you bring these details to provide to your skipper. The first port of call is the local supermarket to buy provisions for your trip as a group. If you have any special dietary requirements, please make sure you notify us at the time of booking so we can accommodate your requests. If arriving early into Nice, take some time to explore. Perhaps stroll along the Promenade des Anglais or discover the Cours Saleya Market in Vieux Nice. While away the hours in a delectable cafe or check out the many museums or beaches the city has to offer. If you have a number of days in Nice before you trip begins, you might like to visit the cliff-top village of Eze, known as 'The Eagles Nest'. Just 10 minutes from Nice, this medieval town is full of art galleries, workshops and restaurants. At the top is a ruined castle commanding one of the most beautiful panoramas on the Cote d'Azur. Alternatively you can visit Grasse, the capital of perfume, or the capital of the Principality of Monaco, Monte Carlo. Spend your first night aboard the boat in Nice before setting sail tomorrow morning. Notes: The beauty of sailing is that each day is unique and, while we have a destination to reach, if the weather changes or something takes the group's fancy, we are flexible on the day's itinerary. The itinerary is subject to change and may vary depending on weather and berth availability. Your skipper will make the final call to ensure your safety at all times.

Day 2 - 7

Cote d'Azur

Cannes Set sail for the archipelago of the Iles de Lerins, just off the coast of Cannes. Stop by Sainte Marguerite Island, where the Man in the Iron Mask was once held captive. Visit Saint-Honorat Island, sampling wine at a restaurant run by local monks and produced from their own vineyard. This tiny island has been occupied by monks from as early as the 5th century AD. Sail on to the glamorous city of Cannes. Famous for its international film festival, take a tour of the city's Palais des Festivals and walk down the red carpet. If glitz and glamour isn't your thing, explore the mountain range of the Massif de l'Esterel and either hike or cycle through forest to the highest point. St-Tropez Cast off for St-Tropez. Once a modest fishing village, the city is now a holiday paradise for the rich and famous. Head to Pampelonne Beach for some celebrity spotting, where part of 'And God Created Woman' was filmed. All of the beaches have toilets, change rooms and sun chairs for hire, or take to the water and try your hand at paddle-boarding. Wander around the old fishing quarter of La Ponche to get a feel of what St-Tropez used to be like, or stretch your legs along the city's coastal trails. St-Tropez comes alive at night. If you're thinking of heading to one of the many bars, restaurant or clubs make sure you have the appropriate clothes, as mere shorts and sandals won't cut it here. Bormes-les-Mimosas The small medieval village of Bormes-les Mimosas is listed among the most beautiful sites in France and is a must-see for history buffs. Here you will find the Mimosa trees which have bright yellow flowers and were introduced to the south of France by Australia in the 19th century. Here you will have the option to take a guided tour, trek along the stunning coast or rent a bike. Or if you prefer a relaxing afternoon, you can visit one of the white sandy beaches that are found along the coastline and are great for swimming. Iles d'Hyeres Archipelago Due to strict environmental protection laws, the Iles d'Hyeres (or Islands of Gold) boast a unique natural beauty. Head to Ile de Port-Cros. The smallest island in the archipelago has a big history, from the establishment of a monastery in the 5th century to raids by Barbary pirates in the 16th century, the founding of an artists' colony after WWI and the 'Battle of Port Cros' during WWII. Rich in flora and fauna, in 1963 it became France's first marine national park. There are no automobiles on Port-Cros, so walk along trails through unspoiled pine forests and snorkel in the clear waters surrounding the island. You'll also visit the largest island in the archipelago, Porquerolles, which is also a national park. Automobiles and smoking have also been banned on Porquerolles. The best way to explore the island is to hire a bike and take one of the well-marked trails out through ancient oak forests and fruit orchards. Alternatively, you may prefer to relax on the white sandy beaches to the north of the island.

Day 8

Marseille

After breakfast today disembark the yacht by 10 am and transfer to a hotel in Marseille. This is where your sailing adventure comes to an end. If you're flying out today, please don't book a flight before 4 pm in case we're delayed due to weather conditions. If you choose to stay on in Marseille, France's oldest city, there's plenty to see and do. Perhaps hike up to the Basilique Notre Dame de la Garde for spectacular views over the city at sunset. One of Europe's most important ports, Marseille is a dazzling fusion of cultures, with souq-style bazaars appearing alongside Provence produce stalls and local artisan shops. Don't leave without slurping down a bowl of bouillabaisse, the local fish stew.

Additional Information

Optional Activities

Monaco return train transport
Eze day trip
Grasse perfume tour
Matisse Museum
Museum of Modern and Contemporary Art
St. Nicolas Cathedral
Chateau d'If, boat and entrance
Calanques Boat trip
Wine and Oil Tasting

Notes for France

Some of the world's finest art, restaurants, wineries and architecture can be found in the delightful country of France. Its romantic capital Paris is famous for highlights including the Louvre gallery and of course the iconic Eiffel Tower, yet France is so much more than its capital. Its alluring countryside features some of the most scenic areas in Europe offering a myriad of cycling and trekking opportunities. From the Dordogne or the French Riviera, to the mountains and forests of Corsica, the vineyards of the Canal du Midi, and the towering alpine mountains around Chamonix, France is a captivating place to explore, and is ideal for the active traveller.

France is a member of the Schengen area - citizens of the UK, Ireland, Switzerland and all EU and EFTA countries can enter the Schengen area without a visa indefinitely. Citizens of the USA, Canada, Australia and New Zealand will not need a visa to enter the Schengen area as a tourist for a 90-day period per every 180 days. Citizens of other countries should check whether a visa is required to enter the Schengen area - if so this must be done at the embassy of the Schengen area country which you would determine as being your 'main destination'.

Important Notes

The routes, activities and places visited as described in these trip notes are intentions and are meant as a rough guide only.

These trip notes have been compiled to help you prepare for your journey once you have booked. They include the full itinerary and dates, and information about kit lists, meeting hotels, insurance, vaccinations, visas, and other information that will help you get ready for your trip.

These notes are updated regularly, so please ensure you have an up-to-date version of these trip notes.

The planned route and itinerary is the intention, but exact night stops and inclusions cannot be guaranteed. It occasionally happens that there must be a change to our planned itinerary - this may be for a variety of reasons, such as climatic, road or bureaucratic conditions. By their very nature, adventure travel needs to be approached flexibly and some regions can be unpredictable. Some Imaginative Traveller journeys go through off the beaten track areas, which often have poor infrastructure and less stringent safety standards than we are used to at home.

Our Groups

Our groups are made up of people from around the world and are usually an interesting mix of nationalities and ages. On average there is a pretty even split, males to females and between solo travellers, couples and small groups of friends. We believe that adventure travel should be open to as many people as possible and so although some trips have a minimum age limit, as long as you are fit, healthy and passionate about travel, we are happy to take you. One of the highlights of group travel is the camaraderie and friendships that are formed along the way, and as well as the variety of people that you will meet.

The maximum group size depends on the operator and the style of transport, but will usually be a maximum of 15-16 or up to 21-22 on our overland journeys.

Accommodation

Imaginative Traveller trips are designed for shared accommodation, whether staying in hotels, hostels, homestays or campsites, and therefore do not involve a single supplement. Single travellers will share with people of the same sex for the duration of the trip and those that book together will usually be able to share accommodation.

The type, variety and standard of accommodation will vary greatly depending on what options are available in the region you are travelling; hotels can vary from very basic rooms without electricity or running water to high standard hotels with good facilities! Generally in hotels most rooms will be twin-share. Hostels, gers and yurts are nearly always multi-share.

Many trips will feature a stay in a local homestay or community tourism initiative, allowing us to experience a slice of local life in the areas we travel through. On our overland trips, we will sometimes camp in campsites ranging from rather basic or even wild camps to those with excellent facilities, including swimming pools, restaurants and bars.

Dietary Requirements

If you have any dietary requirements please tell us at the time of booking and also remind your leader at your welcome meeting. Our crew will try to cater for any particular dietary requirement or food intolerance whenever possible.

Health

You need to be in good physical health in order to participate fully in our trips. When selecting your trip

please make sure you have read through the itinerary carefully and assessed your ability to cope with the style of travel on that trip. We are always happy to give extra advice if you have additional concerns. Please note that if, in the opinion of our leader, you are unable to complete the itinerary without undue risk to yourself and/or the rest of the group, Imaginative Traveller or our partner operators reserve the right to exclude you from all or part of the trip.

You should consult your doctor for up-to-date medical travel information prior to travel, particularly if you have a pre-existing medical condition. We also advise you to declare any pre-existing medical conditions to your travel insurers upon purchase.

Altitude

Imaginative Traveller offers some trips that travel to above 2,800m altitude above sea level - it is imperative at high altitudes to drink lots of water to stay hydrated, be careful not to get burned by the sun, and try not to exert yourself too much. Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatising to high altitude; please discuss these options with your doctor.

Yellow Fever

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate - please see each country's note above for details. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Malaria and other mosquito-borne diseases

Some areas we travel to have the risk of contracting malaria. If this applies to your trip, please get expert advice before travelling about types of malaria pills and take them as instructed. Recommended types do change from time to time and from area to area. Consult your GP / travel clinic for the most up-to-date requirements and to find the right option for you. If advised by your doctor to take a course of anti-malarial tablets, please complete the course as instructed as malaria can often manifest itself upon your return home if the course is not followed.

Other mosquito-borne diseases such as Dengue Fever, Chikungunya and Zika are continuing to spread and becoming a bigger problem around the world. Bite prevention is vital to avoid contracting any of these diseases as there are no vaccines or specific treatments available. Health professionals have issued warnings for pregnant women travelling to areas affected by the Zika virus.

The mosquito usually bites between the hours of dusk and dawn and so covering up by wearing long-legged and long-sleeved clothing, preferably light coloured and buttoned at the wrists, can help. Do not sleep without closing windows, use a mosquito net where possible and use mosquito repellent applied directly to your skin or soaked into your clothing.

Vaccinations

Recommended vaccinations and other health protection vary according to different regions and recent bulletins issued by health authorities. It is essential to get the latest advice on the region(s) you are planning to travel in so please check with either your doctor or travel clinic in good time before you travel.

We also recommend you check out any specific health advice for the country you are travelling to either via your GP or the following websites: www.nathnac.org or www.fitfortravel.nhs.uk

In the UK, we have been working with Nomad Travel for many years and their website has comprehensive,

up-to-date vaccination and health information. You will receive a 10% discount off all vaccinations given at Nomad Travel clinics.

Activities

Included activities are listed in the day-to-day itinerary, all other activities are optional and at your own expense. If you choose not to participate in the included activities on this itinerary, the cost will not necessarily be refunded; this is something you will need to check with your leader.

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Please note that certain activities may not be available on your particular visit if they are overbooked, underbooked, out of season, or for any other reason - the list of activities is made according to our latest information and in the best faith, but please be aware that things may change between our last visit and your arrival. Please also note that it may not be possible to do all the activities listed in the time available at each destination, and it is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there.

If you do any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities.

Insurance

It is a condition of booking that you have comprehensive travel insurance. Without evidence of valid travel insurance you will not be allowed to start the trip. This can be arranged by Imaginative Traveller through our website or by contacting our team of travel consultants.

If you prefer to arrange your insurance independently, it should have a minimum medical (including repatriation) cover of £2,000,000. We recommend that any policy also has a minimum level of cover for Personal Liability of £2,000,000 and for Cancellation and Curtailment of £5,000. Cover for loss of baggage, personal effects, money and other inclusions are down to personal choice although please bear in mind that personal effects are more likely to go missing whilst travelling and you should ensure that your policy is adequate to cover the value of your personal effects e.g. cameras, tablets, phones etc. Please note that Imaginative Traveller and our partner operators are not responsible for your personal effects and are not insured for their loss.

If you prefer to arrange your insurance independently, it should cover you for any activities that you may wish to participate in, such as white-water rafting, trekking, horse-riding, etc. and the 24-hour Emergency Assistance Company must be experienced in handling situations in developing countries if applicable (e.g. they have the ability to arrange repatriation from remote areas such as the Sahara or trekking in the Andes). If you are travelling to high altitude (such as embarking on a trek to the summit of Kilimanjaro), please make sure that this is also covered.

Please double check if you have annual travel and/or credit card policies to ensure they have the cover you require, as many of these policies are not suitable with adventure travel to remote areas. Many credit card medical insurance policies are not valid for travelling outside your country of residence or outside the EU.

Please also check the age limits on any policy you wish to take out and make sure that you thoroughly inform the insurance company of any pre-existing conditions.

Passports

Check that your passport will still be valid for 6 months after the end of the trip - this is important as some countries WILL refuse entry to anyone whose passport is due to expire. A temporary or emergency passport is not valid on our trips. You will need to provide us with your passport details prior to departing for your trip. If you change your passport please remember to inform us.

Pre and Post Trip Accommodation and Transfers

At Imaginative Traveller we believe you should make the most of the places you visit, so if you would like to see more of the joining or finishing point cities, why not book additional accommodation to extend your stay? We can take away the hassle of time zones and language barriers by making the booking for you. This accommodation is only available at the joining or finishing city of your trip, immediately before or after the trip you are travelling on. Please note our rates do not reflect last minute walk-in rates or internet specials.

We can also book arrival airport transfers for you as long as we have your flight arrival details. These are normally payable in cash upon arrival; however we do have pre paid transfers in a few destinations.

Please contact our reservations team for details of the accommodation and transfers that we can offer, as not all hotels offer this service.

Responsible Tourism

Imaginative Traveller is committed to ensuring that we have a positive impact on local communities and that we implement policies to minimise any negative impact on the local environment. We recognise that we are guests of local communities and strive to make them benefit directly from our visit. You can find full details of Imaginative Traveller's responsible tourism policy on our website.

Issues on the trip

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on

customer-relations@imtrav.net

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

Feedback

After your travels, we want to hear from you! We rely on your feedback. We read it carefully. Feedback helps us to understand what we are doing well and what we could be doing better, and it allows us to make improvements for future travellers.