Cruise and Walk the River Rhône



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Cruise & Walks	France	3	241kg CO2

HOLIDAY OVERVIEW

Sail through the captivating landscapes of southern France aboard the Amadeus Provence sampling all the culinary delights of the region along the way. Walk among Burgundy's vineyards where you'll meet local wine and cheese producers and explore culinary mecca Lyon on a food tasting tour that includes a visit to legendary chef Paul Bocuse's famous Les Halles market. Follow a scenic trail through the Alpilles to the beautiful village of Saint-Rémy-de-Provence, then uncover Avignon's fascinating past on a walking tour of its UNESCO-listed old quarter. Enjoy rewarding walks, leisurely sailing and time in historic towns along the Rhône, culminating in a special final evening gala dinner on board.

WHAT YOU'LL LOVE

- Smaller, intimate experience and relaxed feel on board
- Daily small-group guided walks and sightseeing with expert local leaders, exclusively for HF guests
- Fully escorted from the UK by an HF Tour Manager
- Walking in the Burgundy countryside
- A visit to Les Halles de Lyon with tastings of local produce
- Avignon, City of the Popes

- Walking in the Alpilles

WHAT'S INCLUDED

- Return rail travel from the UK transfers
- Fully escorted from the UK by an HF Holiday Tour Manager
- 7-night river cruise with accommodation in an en-suite river view cabin
- Full board dining featuring breakfast, multi-course lunch on board, or picnic lunch during walks and dinner with menu choices, afternoon tea and late night snack
- Wine, beer and soft drinks served with lunch and dinner
- 24-hour complimentary tea and coffee available in the Amadeus Club
- Welcome cocktail reception and dinner and gala dinner
- Guided walking excursions as described in the itinerary
- Onboard entertainment as described in the itinerary

ITINERARY - ITINERARY

Day 1 **By Rail to Lyon**

Meet your HF Holidays Tour Manager and fellow travellers at London St Pancras International. We travel by Eurostar to Lille, where we change to the high-speed TGV service to Lyon. On arrival, we transfer to Amadeus Provence, our river cruise ship and home for the week. After time to settle into your cabin, join us for a welcome cocktail and special dinner as we begin sailing along the River Saône.

Day 2 **The Burgundy Countryside**

We wake in Mâcon, at the heart of southern Burgundy's celebrated wine country. Rolling, vineyard-covered hills surround honey-coloured villages where centuries-old winemaking traditions remain part of everyday life.

Today's guided walk leads through a patchwork of vineyards, farmland and wooded hills, passing traditional villages and their charming churches. Along the way, we'll meet local wine and cheese producers and sample some of Burgundy's best-known flavours.

We return to the ship in the late afternoon, with time to relax before sailing onwards.

Day 3 **Chalon-sur-Saône and Scenic Sailing**

This morning, we arrive in Chalon-sur-Saône, attractively positioned beside the river. Our guided walking tour reveals how the city developed from an important Roman port into a medieval cathedral city and the birthplace of photography. We'll wander through the atmospheric old town, passing half-timbered houses and historic buildings while learning how the riverside setting has shaped Chalon's story.

After lunch on board, enjoy a leisurely afternoon sailing past vineyards, meadows and traditional riverside villages. The ship makes a short stop in Tournus before continuing towards Lyon.

Day 4 Lyon, Capital of French Gastronomy

This morning, we return to Lyon, where the Rhône and Saône rivers meet. Celebrated as France's gastronomic capital, the city is closely associated with renowned chef Paul Bocuse.

Our guided walking tour includes a visit to Les Halles de Lyon Paul Bocuse, the city's famous covered food market. As we browse its stalls, we'll learn about Lyon's culinary heritage and taste a selection of produce from local merchants and artisans.

We return to the ship for lunch, followed by a relaxing afternoon watching the changing scenery as Amadeus Provence sails towards Avignon.

Day 5 Avignon, City of the Popes

Today we explore Avignon's UNESCO-listed historic centre on foot. Our tour includes the magnificent Palais des Papes, the world's largest Gothic palace, where we'll see its grand halls, chapels and cloisters.

We'll continue through the city's attractive squares and narrow streets, admiring its handsome architecture before enjoying panoramic views from the Rocher des Doms. Before returning to the ship, we'll also see the famous Pont d'Avignon.

After lunch on board, the remainder of the afternoon is free for you to explore at your own pace. This evening, a traditional band joins us on board for a performance of southern traditional French dance music.

Day 6 Villages of the Alpilles

From our mooring in the Roman city of Arles, we transfer to the Alpilles, a beautiful Provençal landscape of limestone hills, olive groves and picturesque villages that has inspired generations of artists, including Vincent van Gogh.

We begin in Les Baux-de-Provence, a striking hilltop village perched on a rocky outcrop. There will be time to admire its cobbled streets, historic stone houses and extensive countryside views before setting out on foot.

Our trail leads through the Provençal landscape to Saint-Rémy-de-Provence, where shaded boulevards, elegant squares and lively cafés capture the character of the region. We return to the ship before sailing in the early evening.

Day 7 Châteauneuf-du-Rhône

This morning we arrive in Châteauneuf-du-Rhône where we disembark for our final guided walk in the Ardèche countryside.

Stretching west from the Rhône, the Ardèche offers a captivating mix of rugged natural beauty and rural charm and on our walk we discover a landscape of rolling vineyards, wooded hillsides and historic villages.

This evening, enjoy a farewell gala dinner on board to celebrate the highlights of your Rhône cruise.

Day 8 Departure day

After breakfast, we disembark in Lyon and say farewell to the crew before transferring to the railway station. We travel by TGV to Lille before continuing by Eurostar to London St Pancras International.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.

ACCOMMODATION

Amadeus Provence

Cabin Facilities

Amadeus Provence combines elegant design with modern, 5-star comfort for 140 passengers. Dine on gourmet cuisine in the restaurant with a side order of excellent views, relax with a drink in the Panorama Bar, or unwind outdoors on the River Terrace. Guest can also make use of facilities including a sun deck, outdoor swimming pool, and Lido Bar.

Each cabin features a spacious bathroom with a walk-in shower, luxurious Rituals bath products, and a hairdryer. A fixed panoramic window or drop-down panoramic window fills the space with natural light whilst a comfortable bed, ample wardrobe space, in-room safe, flat-screen TV, individual climate control and direct dial telephone ensure a restful stay.

Ship facilities

- Restaurant
- Panorama lounge bar
- Massage room
- Fitness room
- Lift between the Haydn and Mozart decks (sun deck not accessible by lift)
- Shop
- Amadeus Club with 24 hour tea and coffee station
- Outdoor pool, chess board, shuffleboard and loungers on sun deck

Ship Technical Details

- Construction: 2017
- Flag: Germany
- Length x Width 110m x 11m
- Draft: 1.5m
- Decks: 4
- Cabins/Suites: 62/8

- Max.passenger: 140
- Crew members: approx. 40
- Speed: 25 km/h

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

· Walking boots

· Waterproof jacket

· Waterproof trousers

· Insulated jacket/top

· Walking clothing

· Walking socks (plus spares)

· Sunhat

· Gloves/mitts and warm hat

· Water bottle (minimum 2 litre capacity)

· Headtorch

· High-factor sunscreen (minimum SPF 30)

· Sunglasses with a dark lens

· Rucksack (15-30 litres)

· Mobile phone

· Personal first aid kit (containing your medication, blister plasters, etc.)

· Passport

· Visa (if applicable)

· Copy of your travel insurance policy

· UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

· Collapsible walking poles

· Swimwear and travel towel

· Snacks

· Dry bags

· Rubbish bags

· Insect repellent

Optional extras

· Camera

· Sit mat

· Flask for hot drinks

· Durable lunch box

· Gaiters

· GPS device (excluding Bhutan, Georgia and India)

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Useful information

Dress Code On Board Ship

There is a comfortable and relaxed atmosphere on board. Smart casual clothing is acceptable for all meal times; jackets and ties are not required for meals. The Captain's Dinner is an opportunity to dress up should you wish.

Optional Excursions On Board

A small-group guided excursion is included every day exclusively for HF Holidays guests. In addition the ship offers a range of optional excursions which can be booked and paid for onboard. Details will be provided by your Cruise Director.

Tipping

Gratuities for the Amadeus onboard crew are included in the price of your holiday. You are not required to pay any additional tips for onboard services. Gratuities for local guides and drivers are not included in the price of your holiday. Should you wish to tip them for excellent service, it is customary to tip local guides between €2 and €5 per person and drivers €1 to €2 per person for a 1/2 day tour.

Useful information

Luggage

To facilitate the transportation of your luggage to/from the ship, we ask you to affix a clearly visible luggage label on the outside.

Wi-Fi

Complimentary wireless internet access is available on board the ship. Please note that the connection during your cruise may be weaker within certain sections of the route and does not meet the standard of a land-based internet connection. In addition, downtimes may occur on board, as international borders are often crossed during the cruise.

Laundry

Washing and pressing services are available onboard at a nominal fee and are handled through your cabin staff. Self-service laundry facilities, iron and ironing boards and dry-cleaning services are not available.

On board currency and payments

The currency on board is the EURO. You can pay on board with cash, debit card and credit card (Visa, Master Card, Diners Club and American Express). There are no ATMs on board and often only a limited number in the smaller towns along the rivers.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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