# Guided walking on the French Riviera by Rail



| Trip style: | Destination: | Walking Grade | Carbon Footprint: |
|---|---|---|---|
| Rail Adventures | France | 3 & 5 | 121kg CO2 |

## HOLIDAY OVERVIEW

Soak up the best of the French Riviera on foot with a guided walking holiday. Circle the Cap Martin and Saint-Jean-Cap-Ferrat peninsulas, follow the stunning Cap d'Ail coastal path towards millionaire's playground Monaco, and enjoy Mediterranean views from hilltop villages like Roquebrune and Sainte-Agnès. Culture comes neatly woven in, with time in medieval Èze famed for its Exotic Garden, and a visit to the Fragonard perfume factory. A free day lets you explore the Italian-influenced border town of Menton or take the train to Nice, the chic capital of the Côte d'Azur.

## WHAT YOU'LL LOVE

- Coastal walking on the Cap d'Ail path, with headlands, coves, and Belle Époque villas en route to Monaco
- Looping the Cap Martin peninsula, plus a visit to the Carnolès Gardens
- A full circuit of Saint Jean Cap Ferrat with the option to add the SaintHospice peninsula
- Views from hilltop villages like Roquebrune and Sainte-Agnès
- Experiencing Riviera culture in Èze, including the Exotic Garden and the Fragonard perfume factory
- A free day to visit Menton, Nice, or Monaco

## WHAT'S INCLUDED

- Return rail travel from London to Nice and transfers
- Fully escorted travel with an HF Holidays Tour Manager
- A choice of 2 guided walks per day with local leaders (on walking days)
- 7 nights' accommodation in Menton
- 7 breakfasts and 7 dinners
- All sightseeing and entrance fees (as per itinerary)
- All in-destination transport

## ITINERARY - ITINERARY

### Day 1 **Arrival Day**

Meet your HF Holidays Tour Manager at London St Pancras and board the Eurostar to Paris. On arrival at Paris Gare du Nord transfer by coach to Paris Gare de Lyon to join the TGV train for your onward journey to Nice. A coach transfer of about an hour will take you to your hotel in Menton.

### Day 2 **Cap Martin – Roquebrune Castle and Cros Casté**

A wonderful introduction to the area, with a choice of walks taking in the Cap Martin peninsula and the hillside village of Roquebrune. Expect a mix of coastal paths, tracks, and some short road sections.

### Day 3 **La Turbie – Èze**

Today brings two characterful medieval villages and big Mediterranean views. We begin with a visit to La Turbie, then head to Fort de la Revère for walking on high ground above the coast. After the walk, we transfer to Èze to visit the Exotic Garden, enjoy time in the old village, and call in at the Fragonard perfume factory.

### Day 4 **Cap d'Ail – Monaco**

One of the Riviera's finest seaside walks. The Cap d'Ail coastal path threads past Belle Époque villas, rocky coves, and dramatic cliffs, with plenty of Mediterranean colour along the way.

### Day 5 **Free Day**

A free day to enjoy Menton at your own pace. The old town is a delight for a gentle wander, with its baroque squares and the impressive Basilica of Saint-Michel. You may also like to take the train or bus to Nice for its renowned market and the Promenade des Anglais, or head to Monaco to explore further, including its Exotic Garden. Another lovely option is a visit to the gardens and Villa Ephrussi de Rothschild in Saint-Jean-Cap-Ferrat.

### Day 6 **Saint-Jean-Cap-Ferrat**

A classic peninsula day with sparkling sea views. We take the train to Villefranche-sur-Mer, then walk out towards Pointe de la Gavinette before following coastal paths around Saint-Jean-Cap-Ferrat. The longer option includes an extra circuit of the Saint-Hospice peninsula.

### Day 7 Sainte-Agnès

A superb inland day above Menton. We take a private bus to the Col du Castillon (706m) and walk to the perched village of Sainte-Agnès, famous for its tremendous views stretching from Cap Martin towards the Italian Riviera.

### Day 8 Departure day

Depart for your rail journey back to London from Nice via Paris.

## 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.




**Moderate walking grade 5**

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

## ACCOMMODATION

### Hotel Prince des Galles

The Hotel Prince des Galles offers a warm and elegant base for your walking holiday in Menton. Set just steps from the seafront promenade with sweeping views of the Mediterranean, it combines classic Riviera charm with modern comfort and a rich heritage dating back to 1865. The 64 bedrooms are bright and airy with tea and coffee making facilities, tv, minibar and safe. The hotel benefits from a fitness room, a lift, a bar with panoramic terrace overlooking the sea and a restaurant.

## ESSENTIAL INFORMATION

### Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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)

## JOINING INSTRUCTIONS (WITH FLIGHTS)

### With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

## JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

### Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

## 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/

## 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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