

STAR FLYER**7 NIGHT: CORSICA & FRENCH RIVIERA**

Jun 2 & 16, 2018

Cannes – Portofino- Ile Rousse – Calvi –
Plage d'Arone – Porquerolles –
Sanary sur mer – Saint Tropez – Cannes

All tours are offered with English speaking guides.

The length of the tours is given as an indication as it may vary depending on the road, weather, sea and traffic conditions and the group's pace.

Depending on what activities you would like to participate in, the general fitness levels vary. If you like to enjoy walks and other sporting activities like hiking, snorkeling and boating, an average to good fitness level is required.

PORTOFINO

Trekking from San Fruttuoso

Minimum 15 participants, maximum 30

This excursion is suitable for experienced hikers

Euros 44

You will take the tender boat to Portofino pier where your guide will be waiting, before hopping on to the public ferry service to San Fruttuoso. During the trip your guide will tell you a bit about the area and the natural environment while you enjoy stunning views of the promontory.

San Fruttuoso, also known as San Fruttuoso di Camogli is a little jewel situated on a pristine bay between Portofino and Camogli. While scarcely more than a blip on the mountainous coastline, San Fruttuoso boasts a Benedictine monastery situated right on the beach and accessible only by foot or by sea. This fine 10th century abbey is dedicated to Saint Fruttuoso, a Catalan bishop martyred by the Roman emperor Valerian and burned at the stake. According to tradition Saint Fruttuoso appeared in a dream to five monks and told them where to bury his mortal remains and to this day his ashes are kept inside the church as a precious relic. The other attraction of San Fruttuoso, apart from the spectacular views and limpid blue sea, is the statue of "Christ of the Abyss". A wonderful bronze statue of Jesus Christ, arms outstretched in blessing. The statue was submerged in the Mediterranean Sea at a depth of 56ft (17 m) near the spot where Dario Gonzatti, the first Italian to use SCUBA gear, died in a diving accident in 1947. It has become a place of pilgrimage for divers from all over the world.

Before starting on the trek, you will have time to admire the abbey (from the outside) and will learn about the history of the village and its monastery.

The trek route goes through the National park, a nature conservation area. A dirt track climbs up the promontory through a shady forest of Holm oaks. At a height of approximately 250m the trail levels off of-



fering fantastic views of the plunging cliffs and deep blue Mediterranean Sea. The vegetation is a mixture of evergreen Mediterranean shrubs and bushes and aromatic herbs. Flanking the southern slope of the promontory, the level trail ends just above Portofino. Don't forget your cameras because the trek offers some spectacular photo opportunities. The descent to Portofino is paved and overlooks the east side of the promontory and the beautiful Gulf of Tigullio.

- The ferry boat ride takes 30 minutes.
- The hike from San Fruttuoso to Portofino takes 2h30 but depends on the group's pace.
- The hike includes a number of steep ascents and descents.
- The start of the trail is very steep : from sea level to 250m in 40 minutes.
- Hiking shoes recommended as the ground is uneven.
- The tour is subject to weather conditions.

Kayak Tour of Portofino

Difficulty medium

Minimum 6 participants, maximum 25

Duration: 2h30

Euros 66

Our kayak tour is surely the best, most ecologically sound way of exploring the beauties of the Portofino promontory and the protected marine nature reserve. During the tour you will be accompanied by a kayak instructor and eco tour guide. The excursion starts with a 20 minute stroll along a path on the promontory which leads to sandy Niasca beach. Here you will start your kayak exploration of Portofino (1h30). Glide along one of the world's most beautiful coastlines and admire the craggy cliffs and limpid blue waters as you paddle your way to Portofino lighthouse. The scenery is breathtaking and there will be an opportunity to go swimming.

- After a tender boat ride to the shore, you will walk to the end of Portofino village and follow a path along the promontory which leads down below the Hotel Splendido. The walk takes 20 minutes.
- You will be provided with all necessary equipment including water and a snack
- Please bring sea shoes, sun glasses, sunscreen, hat and towel
- Wear your bathing suit
- Kayaking does not require any technical knowledge just some pleasant physical exercise
- There is a 20 minute (approximately) walk each way and 1h30 kayaking.



ILE ROUSSE

Ile Rousse (L'isula Rossa in the Corsican language) is a little town in Upper Corsica in the Balagne region to the north west of the island, some 25 km from Calvi. It is popular with visitors but still retains its local character. Place Paoli at the centre of town is a shady square bordered by tall plane trees and outdoor cafés. It is a lively spot and a great favourite with locals who gather there to play pétanque (French bowls).

The old town with its traditional grid street system is also very worth a visit.

The Pietra peninsula, linked to the town by a jetty, affords fine views of the neighbouring islands, the port area, Ile Rousse and the Balagne hills. Climb up to the lighthouse to enjoy a really splendid panorama.

CALVI

Sant' Antonino & Pigna Authentic Corsican Villages
By air conditioned motor coach and on foot
Minimum 20 participants, maximum 44
Duration: 3 hours
Euros 57

This excursion is the perfect way to enjoy one of Corsica's main attractions: its ruggedly beautiful scenery; winding roads will take you from one picturesque village to another.

The ancient circular village of Sant'Antonino, perched on a craggy rock overlooking the sea, is one of the oldest inhabited villages in Corsica and one of the highest. It is visible from miles around and offers superb 360° panoramic views. In the 9th century it was ruled by the Counts of Savelli who built the now-ruined castle in order to defend their clan. The narrow cobbled lanes, vaulted alleyways and neat stone houses have survived the passage of time and have changed very little over the past three hundred years. Sant' Antonino features in the list of "the most beautiful villages of France" and is highly prized by visitors for its spectacular views.

After a short visit of Sant' Antonino you will be driven to the hill top village of Pigna.

This delightful village in the heart of the Balagne region is built on a rocky promontory 224 m above sea level, situated at the foot of a mountain some 562m high. It is a veritable feast for the eyes with flower decked streets and an attractive village square. Pigna is dedicated to the pursuit of arts and crafts and a community of artists has settled there. It is the ideal place to buy some authentic Corsican souvenirs, made on site and sometimes before your very eyes.

You will spend some time in the village and then the coach will take you back to Calvi via the charming old villages of Corbara and Aregno.

- Due to restricted access the coach will park below

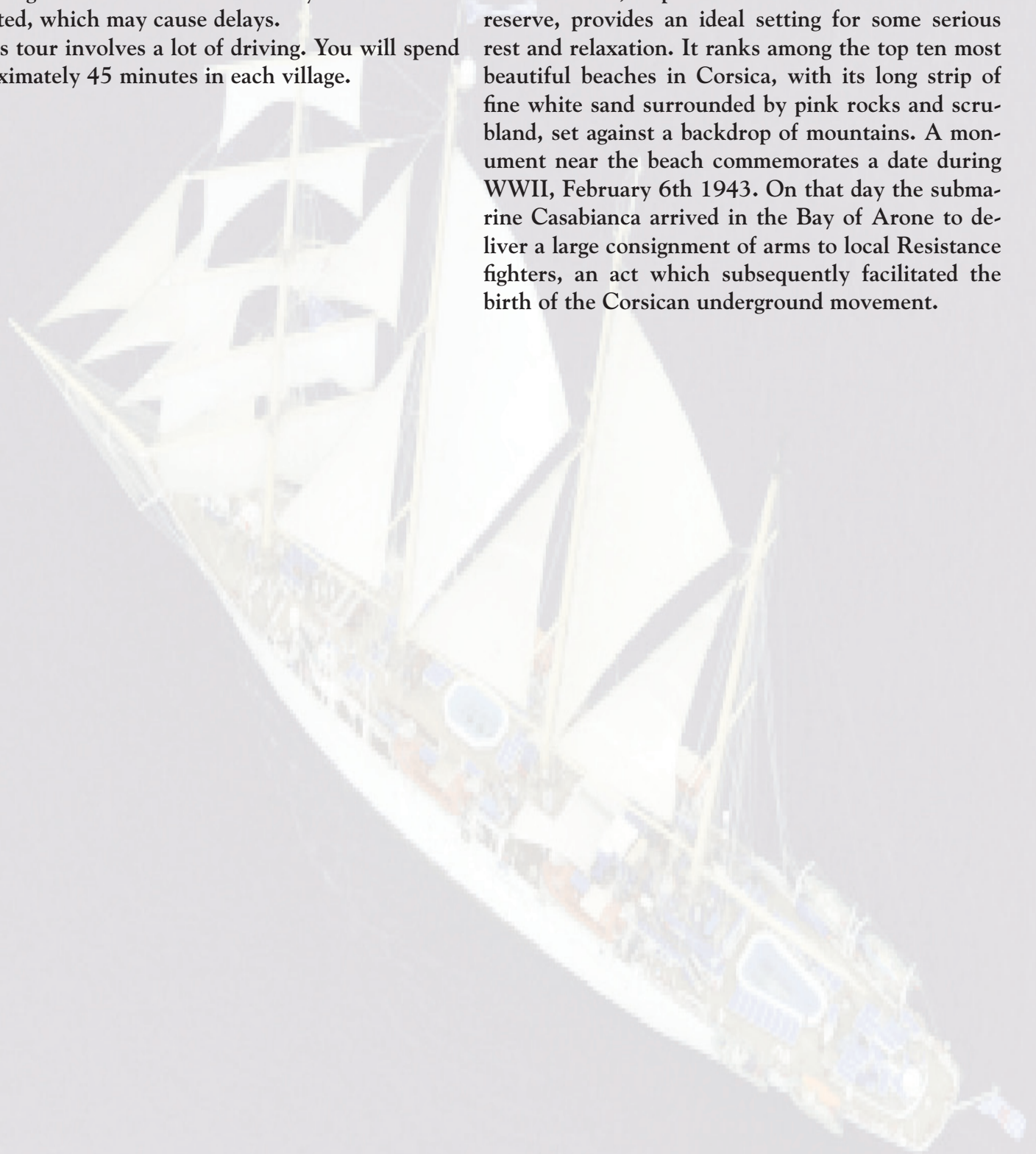


Sant'Antonino. The walk to the village is uphill over uneven and rough ground. Good shoes are a must.

- Corsican roads are winding, so this is not the ideal tour for guests suffering from vertigo or car sickness
- During the summer months heavy traffic can be expected, which may cause delays.
- This tour involves a lot of driving. You will spend approximately 45 minutes in each village.

PLAGE D'ARONE

Irresistible Arone Beach, situated not far from the Gulf of Porto, Capo Rosso and the Scandola nature reserve, provides an ideal setting for some serious rest and relaxation. It ranks among the top ten most beautiful beaches in Corsica, with its long strip of fine white sand surrounded by pink rocks and scrubland, set against a backdrop of mountains. A monument near the beach commemorates a date during WWII, February 6th 1943. On that day the submarine Casabianca arrived in the Bay of Arone to deliver a large consignment of arms to local Resistance fighters, an act which subsequently facilitated the birth of the Corsican underground movement.



PORQUEROLLES

Porquerolles and Port Cros are two beautiful wooded islands situated just off the coast, near Toulon and Hyères, not far from Saint Tropez. Despite their proximity to the French Riviera they are far removed from the mass tourism of the mainland. They mainly function as a nature reserve, with Port Cros being the first sea park in Europe. Here there are no built up holiday resorts, or cars and even smoking is forbidden outside the village so as not to endanger the forest. Porquerolles is a mountain biker's paradise. You can hire a bike and cycle all around the island in the shade of its magnificent Mediterranean forest. With a little bit of effort you will discover secluded crowd free beaches such as Notre Dame in the north east corner of the island, a 20 minutes bike trip from the village. After another 20 minutes cycling you will reach the Cape of Medes and be rewarded with stunning views of the island, the coast, Bagoud, Port Cros and Levant. Silver Beach is also very fine, but often rather crowded.

SANARY SUR MER

Sanary Sur Mer is a small fishing village located on the coast of southern France between Marseille and Toulon. Among its attractions is a 13th century watchtower which now houses the Frédéric Dumas diving museum. Frédéric Dumas (1913-1991) worked closely with Jacques Cousteau, and starred in many of his underwater documentary films. Places of interest nearby include the Castellet racing circuit, Porquerolles, Port Cros, the medieval village of Le Castellet, the Gorges du Verdon and the wine circuit of Bandol.



SAINT TROPEZ

Fruit of the Vine Tour

Walking tour

Minimum 10 participants, maximum 14

Duration: approximately 2h30

Euros 69

St Tropez and the French Riviera immediately conjure up images of glamorous starlets, yachts and fashionable hot spots, but there is much more to it than that, as our wine expert guide will show you.

St Tropez was, and still is if you know where to look, an authentic Provençal village with a rich cultural heritage. Eva our knowledgeable wine expert is a member of many prestigious Wine Brotherhoods: “Les Compagnons du Beaujolais”, “les Chevaliers Rabelaisiens” and “les Chevaliers de la Méduse” , so she is ideally suited to leading you on a voyage of discovery under the auspices of Bacchus, as well as showing you the architectural treasures of St Tropez. The wine tasting will take place in a local wine bar where you will learn about the history, grape varieties and production of local wines and the determining influence of the Mediterranean Sea. You will also have the pleasure of putting theoretical knowledge into practice with a comprehensive tasting of red, white and rosé wines accompanied by cheese and snacks.

- This tour will not be available during the Voiles de Saint Tropez event.

CANNES, FRANCE

Scenic Transfer to Nice Airport

(ends at Nice Airport)

Transport by air conditioned minibus

Minimum 4 participants, maximum 8 per minibus

Duration: approximately 3h30

Euros 74

Unaccompanied transfer with an English speaking driver

You will drive straight on to St Paul de Vence, a few kilometres past Cannes. This authentic medieval fortified village was built on a hill top so as to avoid Saracen attacks. In the 1920's it was discovered by artists such as Bonnard, Modigliani, Signac and Soutine, and since that time it has attracted a good number of the rich and famous literati and glitterati.

You will have approximately one hour at leisure to go round the village before driving to the airport. Stroll down Rue Grande, the main street which runs right through the village and explore the XVI° century ramparts which afford spectacular views over mimosas, olive and orange groves.

- your luggage will go with you in the minibus.



« Follow your nose » Tour
(ends at Nice Airport)

Visit Grasse the world's perfume capital

Transport by air-conditioned minibus

Unaccompanied visit of a perfume factory

Minimum 4 participants, maximum 8 per minibus

Duration: approximately 3h30

Euros 82

Transfer with an English speaking driver – no guide.

Ever since the 17th century Grasse has been enveloped in a heady cloud of perfume; today the town is the universally acknowledged perfume capital of the world.

After a 45 minute drive you will arrive in Grasse where you can visit the prestigious Gallimard factory and be initiated into the art of traditional perfume making. Follow each step from the assembling of raw materials to the final precious elixir, piercing the mysteries of distillation and enfleurage on the way. You will visit the laboratory and the conditioning room where you will learn about the origin of perfume. You will also discover the “seat of power”, the work place of the indispensable “Nose”. This olfactory genius is a Maestro who plays his perfume organ with incredible virtuosity, composing fragrances of unsurpassed subtlety and charm. Some “insider” secrets will be revealed before its time to visit the gift shop to do some last minute shopping before flying back home. (not guided visit)

If you don't feel like visiting the factory you can set off on your own to discover this fascinating town. The Place aux Aires at the heart of Grasse is a good starting point. This charming square with its ochre façades, arcades and four tiered fountain dating from Louis XV's time is always bustling with activity, and boasts many interesting shops, outdoor cafés and restaurants. The Old town is a maze of narrow winding streets, alleys and stairways with buildings from the Middle ages and the Renaissance. Discover the traces of the city's past as you admire a square Saracen tower, the remains of the 16th century ramparts, and the town hall, formerly the bishop's palace. You

will see medieval dwellings and superb private mansions (the Hôtel de Cabris, the Hôtel de Ponteves and the Court de Fontmichel) as well as elegant 18th century villas; not forgetting the wonderful Belle Epoque casino, which is now a conference centre.

- The drive to Grasse takes 45 minutes
- The drive to the airport takes 45 minutes
- Time at leisure in Grasse; 1h30

