

A Week in Provence - Rail Travel from London

Trip style: Guided Walking Holidays

Destination: 📍 France

Trip code: MCN07-LRL09

Grades: 1, 2 & 3

Carbon Footprint: 🌱 189kg CO2



HOLIDAY OVERVIEW

Spend time in sweet-scented Provence with our rail-only trip to the south of France. Hop across the English Channel via Eurostar from London St Pancras before switching to France's premier high-speed rail service for a scenic journey to the sunny corner of the country that's been mused about by many an artistic great. Relax in a comfortable seat and watch the French countryside fly by as you think about the highlights ahead; incredible hiking terrain, chocolate-box towns and villages, and wonderful local markets stocked with the very best bread, olives, cheese, meats, and wine.

WHAT YOU'LL LOVE

- Discovering unspoilt Provence, famed for its food and wine
- Unwinding in Gréoux-les-Bains, known for its thermal spring
- Visiting charming hilltop villages including Moustiers-Sainte-Marie
- Exploring delightful Quinson and the Verdon Gorge
- Reliving the golden age of rail travel
- Trekking through the majestic Luberon Valley

WHAT'S INCLUDED

- Return rail travel from London to Aix-en-Provence 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 Gréoux-les-Bains
- 7 breakfasts and 7 dinners
- All sightseeing and entrance fees (as per itinerary)
- All in-destination transport

TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 4 to 8 miles (6½ to 13km) on good paths, which are sometimes rocky underfoot. Up to 1,400 feet (420m) of ascent in a day. Harder walks: 6 to 10 miles (9½ to 16km) on good paths, with some steeper, rougher routes. Up to 2,500 feet (750m) of ascent in a day.

ITINERARY

Villa Borghese 4-star - Provence

The 4-star Villa Borghese has a fine tradition of service and is a member of The Originals, Human Hotels & Resorts. The owners of Villa Borghese will be very happy to welcome you to their hotel which is in a lovely, quiet and comfortable setting surrounded by gardens and woodland. Gréoux-les-Bains is close to the Verdon Gorges, the Luberon and the lavender fields in Provence. The hotel has an outdoor pool, tennis courts, fitness centre and spa.

There is a small outdoor heated (from around mid April to mid October, weather dependant) swimming pool next to the sun terrace.

Villa Borghese has a tennis court, table tennis, and a spa offering a range of treatments (extra charge).

Relax at the cosy bar with an open fireplace.

The hotel offers its guests free Wi-Fi.

Safety information for Provence Guided Walking Holiday

We are committed to running our Guided Walking holidays in a safe manner and your co-operation with this is much appreciated. No outdoor activity can be 100% risk free; however, if you take sensible precautions and adhere to your leaders' instructions, your holiday will be both safe and enjoyable. On the first evening of your holiday (dependent on arrival time, the leaders will give a short talk about safety on the walks – we would ask everyone to attend. Walking as a group: Our leaders always consider the safety of the group as a whole and will show more caution over potential risks (such as bad or exceptionally hot weather than an individual or couple might make on a private outing. Walks may be modified or cancelled following the leaders' assessment of the day-to-day situation. Your leaders will refuse to accept any guest whose clothing, equipment, behaviour or walking ability is considered unsuitable, and where it could affect the safety and enjoyment of other guests on the proposed walk. It is your responsibility to follow the leader's guidelines, for the benefit and safety of the group as a whole. If you leave the group, then your leader will no longer have responsibility for you. For safety reasons, we stipulate a minimum party size of two guests in addition to the leader. First aid: In line with current practice, each leader carries a group first aid kit but is not able to supply any 'medication', including aspirin, paracetamol, antihistamines and antiseptic cream. Hydration: In warm weather it is very important to keep hydrated. You will need to carry water with you on walks, more during hot weather or on more demanding walks. One good way of hydrating is to use a hydration pack which allows drinking without constant stopping. This can then be filled up from water sources as required. Even with an GHIC card, medicines and outpatient treatment normally have to be paid for at the time and the costs reclaimed afterwards – details are available at dh.gov.uk/travellers. Therefore insurance is extremely important, as is access to emergency money, preferably a credit card.

Vaccinations & health information - SHARED WITH ALL EU NEW 2026

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.

Passport & Visa information - SHARED FOR ALL EU NEW 2026

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>

Packing list - Overseas Guided Walking

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)
