



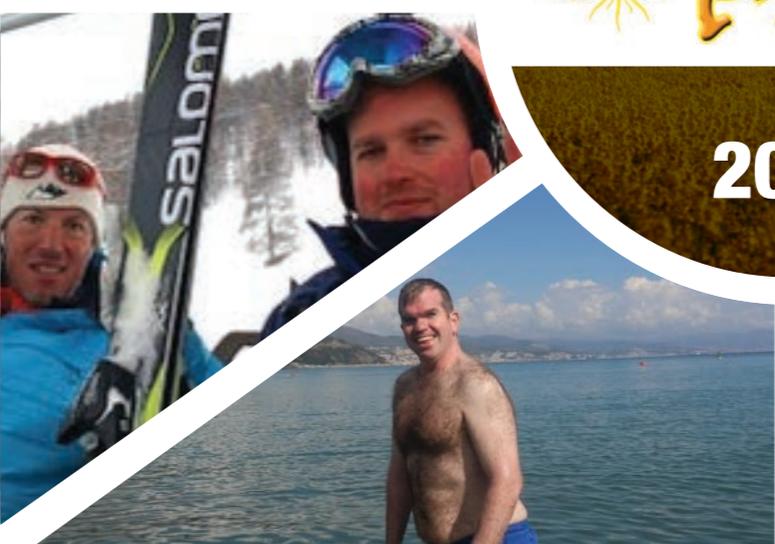
SUPPORTED  
HOLIDAYS

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HOLIDAYS



[www.goprovence.co.uk](http://www.goprovence.co.uk)

2018





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## HOLIDAYS FOR 2018

BONJOUR!

Welcome to our new brochure for 2018.

Thank you everyone who came and made 2017 such a success for Go Provence.

We are pleased to announce our new supported holidays for 2018. We have tweaked some of our existing holidays and added some new ones.

Our wildlife holiday with Chris Sperring MBE is now a wildlife documentary holiday. We are giving our holiday makers the chance to make a wildlife documentary with us in Provence. We have also added a skiing holiday, biking around Provence holiday and a trip in search of the Northern Lights in Iceland, very exciting.

Our new travel scheme 'Travel Buddies' has been a success. We supported two different people to have holidays that they chose. See more details of this exciting revolution in travelling for people who need support.

We look forward to seeing you in 2018.

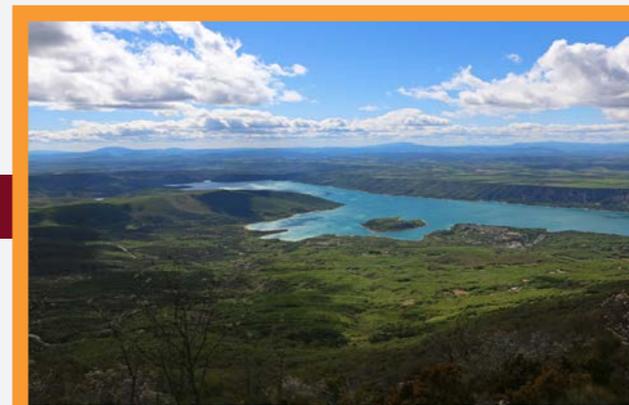
**Power to the people.**

*Ian and Neil and the Go Provence Team*



## PROVENCE

Provence is a region in the South of France. For most of the year Provence basks in glorious, Mediterranean sunshine which brings intense warmth and light. Known for its wine, food and slow paced living, Provence is the paradise of Europe.



## 25th February - 4th March: Ski School

If you have ever wanted to try skiing, this could be the opportunity that you have been waiting for, ski school in the French Alps at the Ski resort of Pra-Loup near the picturesque town of Barcelonnette.

Fly from London Gatwick to the French airport, Nice, supported by Go Provence. Travel by mini-bus to the beautiful town of Barcelonnette, set 1132m above sea level. Full board at the Gite de l'Eterlou with superb Provençal food. 5 days at Ski School with fully qualified instructors, ski gear and ski passes, all included.

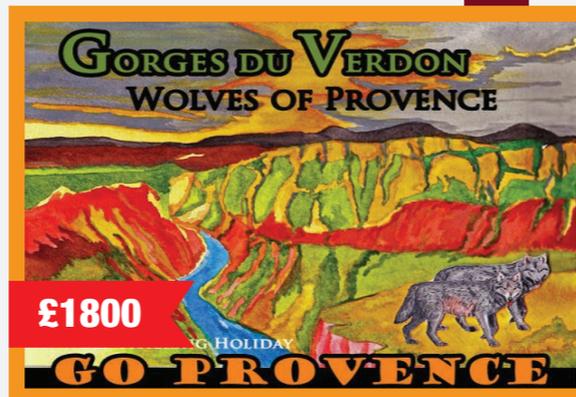


£2365

## 15th - 22nd March: Wolf Tracking

Discover the secret lives of the wolves of Provence in the Gorges Du Verdon, guided by wolf tracker Troy Bennett. You will find out the importance of the wolf on local ecology and the controversial debate caused by the wolves impact on local farmers.

Learn how to track wolves and other animals. Visit a Goat farm to discover how farmers deal with defending their flock against a wolf attack. Take casts of wolf and other animal footprints. Learn how to howl like a wolf and, if you are lucky, a wolf may howl back.



£1800

## 24th - 31st May: Wildlife Documentary

Be part of a team that makes a wildlife documentary on the flora and fauna of the Gorges du Verdon, using Go Pros, Trailcams, i-Phones and hand-held cameras. This holiday will be led by BBC wildlife presenter Chris Sperring MBE.

Increase your knowledge of flora and fauna as well as the night sky. Your film will be posted on social media formats for the whole world to see. Must be able to walk up and down hilly and stony footpaths. Based near the ancient village of Moustiers Sainte-Marie, high in the mountains.



£1800

## 28th June - 5th July: Great Adventure

Experience the thrill of paragliding, white-water rafting, canyoning, rock-climbing, canoeing and other activities in this action-packed week, all with the beautiful backdrop of the Grand Canyon of Europe, the Gorges du Verdon.

Challenge yourself and discover new activities. All based in the Gorges du Verdon Park. Offered in partnership with local experts.



£1950

## 5th - 12th July: Art Week

Provence is well-known for its art. Experience painting Provençal scenes, like Vincent Van Gogh, try your hand at pottery, basket-weaving, land art and visit an art gallery.

Create art that you can take home with you. Session will be run by local artists either at the Go Provence house or in the artists' studio. All materials included in the price. Based near the ancient village of Moustiers Sainte-Marie, high in the mountains.



## 12th - 19th July: World Cuisine

Sample the best that French Cuisine has to offer plus recipes from all around the world. Buy fresh ingredients from the local market, cook them with our chef, and then enjoy the meal you have prepared with others.

Visit Provençal food markets to buy the ingredients. Prepare and cook at least one meal per day with the help/support of our resident chef, Neil. Visit a local goat farm and make goat's cheese, visit a Provençal biscuit artisan and cook biscuits. Recipes from countries all around the world.



## 19th - 26th July: Live Music

Our very own Glastonbury or 'Mousten-bury'. Watch international music in arenas, parks, bars and in the mountains. You'll get the chance to dance.

Go to see 5 live concerts plus a karaoke party. Pop, Rock, Jazz, Hip-Hop, Classical, Electronic and Folk music. Plus our own concert in the Go Provence garden with a rock'n'roll band.



## 26th July - 2nd August: Water

Get soaked in some of the cleanest waters of Europe, the River Verdon. Swim, play or paddle in the nearby lakes and rivers, plus a day out on the Mediterranean sea.

Activities will include, white water rafting, canyoning, kayaking, building your own raft, relaxing at a two-hour spa session, cruising on a boat trip in the Gulf of St Tropez. Must bring swimwear and clothes that you are happy to get wet.



## 2nd - 9th August: Discover Provence

Enjoy the best of life in the South of France: sunny weather, mountains, fields of lavender and outdoor adventure.

Excursions to places such as the Lake Sainte Croix, local organic goat farm to make cheese, local pottery to decorate pots to take home, local markets, the village of Moustiers Sainte-Marie and visit the Gorges du Verdon to see the gigantic Griffon Vultures. You might find yourself kayaking in the Gorge du Verdon, or relaxing out at sea on a mini cruise in the Gulf of St Tropez.

## 9th - 16th August: Great Adventure

Experience the thrill of paragliding, white-water rafting, canyoning, rock-climbing, canoeing and other activities in this action-packed week, all with the beautiful backdrop of the Grand Canyon of Europe, the Gorges du Verdon.

Challenge yourself and discover new activities. All based in the Gorges du Verdon Park. Offered in partnership with local experts.



£1800



£1950

## 16th - 23rd August: School of Rock

Learn to play an instrument, write a song, record the song, make a music video and then play your song live to an audience. Led by musician Chris Sperring MBE. **YES, ROCK.**

Choose an instrument you wish to play and write a song as a team. Choose your outfit from the local Flea Markets and dress up for the music video and live gig. Write the lyrics, the melody for a song and all its arrangements.

## 13th - 20th September: Provence by Bike

Spend a week biking around the Luberon covering over 240km in a grand tour. You will stay at different gites sampling the best food of Provence.

A local expert cyclist guide will accompany us for the whole route. Choose to ride solo or in a tandem with support. Must be fit and able to ride a bike.



£1800



£2300

## 4th - 11th October: Italy

Set in the picturesque town of Arenzano, near the historical port of Genoa in the province of Liguria, northern Italy.

Visit Europe's largest aquarium in Genoa. Explore one of the most interesting cave systems in Italy at Grottedi Toirano. Visit the amazing Museum of Film in the city of Turin. Enjoy a drink in the fishing village of Portofino

£2050



## 11th - 18th October: Iceland

The Nordic island of Iceland, renowned for its stark beauty, hot springs and waterfalls. We will be Northern Light hunting on this volcanic island. Will we get a chance to experience these celestial wonders of many colours?

Supported flight from Gatwick to Reykjavik Golden Circle Tour, pony trekking, bathing in a warm lagoon, volcano and earthquake museum and whale watching. Full board in the beautiful wilderness of Iceland.

£2525



When you want.

With who you want.

With the support you need.

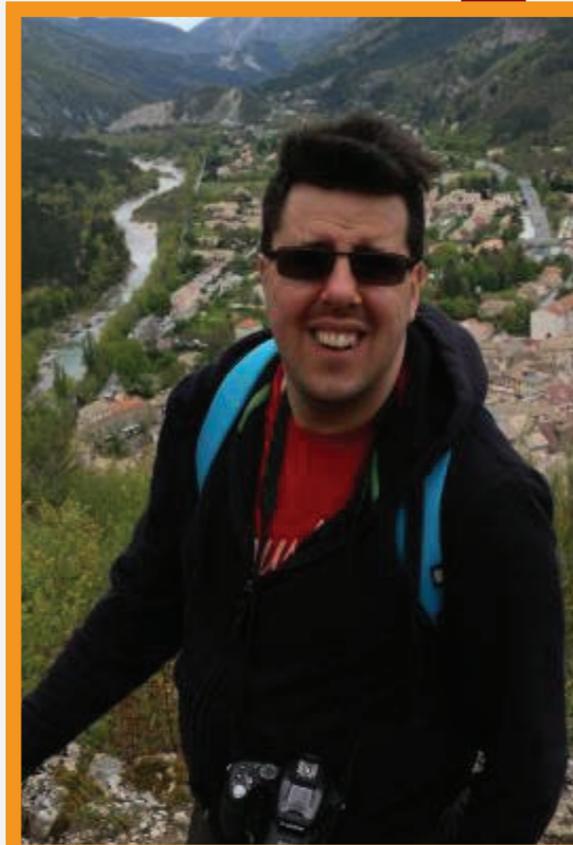
Have you ever wanted to go on holiday and the dates that are on offer are inconvenient? Have you fancied a destination that you would like to visit that isn't available to you from supported holiday companies?

With Travel Buddies you can go where you like, when you like and with who you like. All with the exact support you need to help you to stay safe and get the maximum from your holiday experience. This new type of way to organise a holiday, for people with learning disabilities, learning difficulties, autism and for people who need some help on their holidays, will give more choice and flexibility and ultimately, control, to the person who the holiday is for. A very good thing.



## What is included in your holiday

- Flight, with support, from London Gatwick to Marseille Provence
- Accommodation in our country house Moustiers Sainte-Marie
- All meals cooked by our in cook, Neil
- All activities on your holiday
- Support from our Go Provence team
- Transport in and around Provence
- Departure from a different airport can be arranged at an extra cost.



## Accommodation - Gites de Venasclé

Once an old Provençal hamlet, lived in by a community of shepherds, bee-keepers and a famous French author, has now been restored and operates as a Site. Nestled in the mountains behind the beautiful village of Moustiers Saint-Marie and with views into the Gorges du Verdon and over the famous lavender fields of the Plateau de Valensole, our site in Provence is the perfect place to unwind and reconnect with yourself. You will sleep in the old farmhouse of Venasclé in shared accommodation. The house is equipped with good showering facilities and toilets with bedrooms decorated in an authentic Provençal charm



## The Team & Feedback

*"Paul and I want you to know how much we appreciate all you do and to tell you that the effects of Richards time with you stays with him. He seems so relaxed and happy, that in turn makes us happy too! You both do a terrific job and you should know how much Richard benefits from this. Go Provence holidays have such a positive effect – and I must say – a lasting one."*  
**Mrs Moser, mother of guest**



**Neil**

*"My brother has attended two of your holidays and always comes back with wonderful and fantastic stories of his epic adventures. Your set up, support and after care service with the photos and contact is incredible. Thank you and keep up the hard work!"*  
**Angela sister of guest**

*"These guys are amazing. They put their heart and soul into what they do, and make a huge difference to so many lives. Can't recommend them highly enough"*  
**Emma, parent of guest**



**John**



**Ian**



**karen**



**Olivia**



**Najla**

## How to book your holiday

You can make contact with us, if you have a question or wish to book a holiday, in a number of ways:

 **website:** [www.goprovence.co.uk](http://www.goprovence.co.uk) and go to our CONTACT page

 **email us at** [ian@goprovence.co.uk](mailto:ian@goprovence.co.uk)

 Speak to us on the telephone on our French landline 00 33 (0)9 73 21 31 18 or our French mobile 00 33 (0)6 83 86 22 25

 **Write to us at:**

Go Provence  
Rue du lavoir  
04800 Esparron de Verdon  
Provence  
FRANCE

