



SUPPORTED  
HOLIDAYS



2019





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## HOLIDAYS FOR 2019

Hello (or should we say Bonjour, Buon giorno and Halló, as we are now providing holidays in 3 different countries).

We are feeling very excited about 2019's holiday program after the success of 2018. We are pleased to announce that the summer of 2018 was sold out and we are hoping for the same for 2019.

We were particularly pleased with our Italian and Icelandic holidays as these were new destinations. We are happy to report that everyone had a great time and we made lots of new Italian and Icelandic friends who we hope that you will meet too (see pages 8 and 9 for more details).

Spring 2018, also saw a cinema screening of one of our films, 'Don't get Lost, Stay in the Group', a film made by Italian filmmaker, Nicolas Stoppa, which he made during our Italian holiday in 2017.

We are pleased to welcome Emily to the Go Provence family. She will be supporting our guests to have the best possible holiday this summer.

Our new travel scheme 'Travel Buddies' has been a success for the second year running. We supported three different people to have holidays that they chose and planned. See more details on page 10 of this exciting revolution in travelling for people who need support.

We look forward to seeing familiar and new faces in 2019.

Ian and Neil



## 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.



## 16th - 23rd February: 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**

## 18th - 25th April: 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.



**£1850**

## 27th June - 4th 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.



## 4th - 11th July: Aqua Adventure

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.



## 11th - 18th 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 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. Spend a day learning about vegan food and practise some yoga with Claudia. Recipes from countries all around the world.



**£1850**

## 18th - 25th July: Live Music

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

Go to see 5 live concerts and join in 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



**£1850**

## 25th July - 1st August: Aqua Adventure

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.



**£1950**

## 1st - 8th August: Relax in 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 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.



**£1850**

## 8th - 15th 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.



**£1950**

## 3rd - 10th October: Italy, Lake Garda

Spend a day on the beaches of Lake Garda, an amazing day in Venice, a UNESCO World Heritage Site. Visit nearby Verona to see Shakespeare's 'Romeo and Julliet' balcony scene and Roman Arena and take a ferry across Lake Garda. Finally, a cable car ride to the top of Monte Baldo.



**£2150**

## 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, visiting a volcano and earthquake museum and taking a boat out onto the Greenland Sea and spend the afternoon whale watching. Full board in the beautiful wilderness of Iceland.



**£2650**

## 15th - 22nd February 2020: 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.



**£TBC**

When you want.

With who you want.

With the support you need.



Have you had a hard time finding a supported holiday to the destination you want to visit, during the time you want to go?

With our Travel Buddies holiday option, you choose any holiday destination worldwide and one of our qualified travel guides will take you there. You can go where you like, when you like and with who you like.

We want to make all holiday dreams possible and put choice and flexibility back in the hands of travellers with learning disabilities or difficulties, autism or just those people who may need help getting where they want to go.

So get in touch with us and we'll help you plan the trip of a lifetime made just for **YOU!**

## What is included in your holiday

- Flight, with support, from London Gatwick to Marseille Provence
- Accommodation in our country house Moustiers-Sainte-Marie
- Home-made meals hand prepared by our in house 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.



## The Team & Feedback

*Amazing from the minute we got off the plane to when we left! Everyone had an amazing time I could not recommend these guys enough, they know what they are doing and always go the extra mile to make sure everyone gets to do the things they want to do and are happy. We were sad to leave and can't wait to make plans to go back! Thank you so much Ian, Neil, Jon, Karen and Najla you guys are great! **Coleen – supported a group from United Response.***



**Najla**



**Neil**



**Ian**

*"Incredible people, incredible holidays! My brother's year is made on these holidays, wish I could rate it more than 5\*! Couldn't recommend higher, anyone who is considering it just get it touch you won't regret it!." Leah – sister of a guest.*

*"Came for the live music week last week and had a wonderful time, the staff were lovely, and I made some new friends. I would like to thank Ian, Neil, Karen, Najla and John for looking after me throughout the week. The gite was lovely (only downside the mobile reception was poor). I also experienced getting on a plane without my family for only the second time and coping with a big airport in Gatwick." Simon - Holiday Guest*



**John**



**Karen**



**Emily**

## Accommodation - Gites de Venascle

Once an old Provençal hamlet, lived in by a community of shepherds, bee-keepers and a famous French author, and now restored as a beautiful gite. 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 gite in Provence is the perfect place to unwind and reconnect with yourself. You will sleep in the old farmhouse of Venascle in shared accommodation. The house is equipped with good showering facilities and toilets with bedrooms decorated with authentic Provençal charm.



## 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  
2 Quartier Pascalone,  
Route de Valensole,  
04500, Riez,  
Provence,  
France.



## Coming 2020

In 2020 Go Provence will be 10 years old and to celebrate our birthday we are planning to include 4 new, holiday-of-a-lifetime trips. These will include, the Trans-Siberian Express, Machu Picchu, Peru, Petra in Jordan and a Mediterranean Cruise.

So keep an eye on our website and social media for developments.

-  [facebook.com/goprovincesh](https://facebook.com/goprovincesh)
-  [twitter.com/GoProvence](https://twitter.com/GoProvence)
-  [instagram.com/goprovence](https://instagram.com/goprovence)
-  [youtube.com/channel/UC99bLw6PaQxI2CSnhKdk0og](https://youtube.com/channel/UC99bLw6PaQxI2CSnhKdk0og)





