FAMILY ADVENTURE IN SOUTHERN FRANCE

Multi-active adventure family holiday in Southern France, including paddle boarding and rock climbing

- Centre based at a lovely traditional mountain hotel with swimming pool
- Learn to surf or paddle board on the beach near St Jean de Luz
- Rock climb, beach time, easy walks and treasure hunt orienteering
- Learn to play the regional Basque racket game of Pelota

HOLIDAY CODE FBA

France, Family, 8 Days

7 nights hotel with swimming pool, 7 breakfasts, 4 lunches, 7 dinners, max group size: 16, 6 days multi-activity, centre-based, swimming: every day

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

www.keadventure.com  UK: +44(0) 17687 73966  US (toll-free): 1-888-630-4415
Introduction

Tucked away in a rural part of south west France this centre based family holiday is for those who want to get away from the bustle of everyday life, but get outdoors and enjoy activities with the whole family. Situated in the rolling hills of French Basque country our family run, traditional country hotel is complete with swimming pool and a great chef for delicious food and well-priced French wines. During our week we have a variety of water activities including learning to surf or SUP on one of the long sandy beaches just a short distance away and some adrenaline filled, white water rafting for beginners on the river Nive near the hotel. We spend a morning rock climbing at a local crag and learning to play the Basque sport of Pelota. We have also included a walk to the top of La Rhune, on the border with Spain and the highest point in the area – a lofty 905m! Our week ends with a proper orienteering/ treasure hunt for the whole family through the local villages and countryside finding hidden surprises and clues. All in all this holiday will tick all the boxes for relaxing holiday in a rural hotel and packed with action for children and adults alike.

Is this holiday for you?

Suitable for children from 8yrs old

If you want to be away from it all, enjoy being active, eating well and having a glass of wine as the sunsets – then this is the holiday for you. Oh, and you need to have at least one child to join our group departures, that is part of the fun. Multi-active holidays attract a range of different aged children from the younger ones under 10years to teenagers who wish to ‘hang out’ with other teenagers on holiday. A good mix of ages usually gives the most fun for all. All activities are suitable for beginners, and those who have done it before and want to enjoy it with their families. Everyone who participates in the water based activities needs to be able to swim. For all activities full safety equipment (buoyancy aids, helmets etc) will be provided as well as instruction by a fully qualified leader(s). The hotel is small and rural. It serves good food, has a swimming pool, a ping-pong table and en-suite rooms.

Holiday Itinerary

Day 1: Arrive at Biarritz Airport. Single timed transfer to the accommodation is provided.

KE Land Only package services begin with a single timed transfer from Biarritz Airport to our accommodation in French Basque Country in the south-west France. Just 30 mins from the coast our base is in the rural rolling foothills of the Pyrenees. Traditional houses are painted red and white, making them stand out prettily in between the green fields. Our guide will brief us for the week.

Day 2: Walk to the top of La Rhune (905m) for splendid views. Optional ‘petit’ train to the top.

Our first day as we get to know each other is a walk to the ‘summit’ of La Rhune. This 905m hill dominates the Basque coast line and landscape. The walk is only steep in short sections. The views from the café at the top are stunning, with the Spanish border just a stone’s throw away. Alternatively there is a little narrow gauge railway with a small train which can us up or down, or indeed both ways! (payable locally). Back at our accommodation we can enjoy time in the swimming pool, or reading in a corner of the garden. Dinner at the hotel is in the simple dining room, or on the covered terrace outside. The delicious home cooked food by chef Jean-Jacques is made with fresh seasonal produce. Great reasonably priced French wine is, of course, also available!
Day 3: Morning rock climbing, afternoon playing traditional Basque Pelota.

A short transfer from our hotel there is a perfect family friendly crag for some rock climbing. We are provided with all equipment and helmets, and our guide will give us instruction. Suitable for beginners and also those with some experience. Children always love racing each other to the top. This afternoon we learn a new sport! The traditional Basque game of Pelota uses a racket which resembles a large scoop, a wall and a ball. It only exists in this area of France, and is played by everyone and each village has their own wall to play on. Our guide will teach us and then a grand tournament will ensue. If you feel that spectating is more your thing, then there are nice areas to sit under the plane trees in the village square, with a cool drink or coffee.

Day 4: Learn to Surf or Paddle Board (SUP).

After breakfast we transfer to the Basque coast for a morning learning to surf. South of Biarritz is the town of St Jean de Luz and the nearby beach of Bidart. We can either have a surf lesson or SUP lesson. Our surf lesson starts on the beach as we learn the techniques of jumping on the board in preparation for the waves. After we have got the hang of it we are try it on the water. The chosen beach for our surfing should have waves for a beginner/improvers level and it is likely that by the end of our session we should all be able to stand up on the boards! Stand Up Paddle boards (SUP's) are easier to balance, but hard to steer in a straight line. Whichever activity we choose we will have great fun in the water and on the sandy beach. At the end of the session we hop on the public bus with our guide into the centre of St Jean de Luz. We have the afternoon to ourselves and can explore this beautiful historic town and/or go to the large sandy beach for swimming and beach games. Having had a cultural fix we head back to our rural hotel in the hills for dinner.

Day 5: Free day with plenty of optional activities.

There are many options today. We can spend time with other families or just with our own family for an excursion. If we have got the 'surf bug' then we can return to the beach for some further surfing and SUP'ing. It is also possible to take the train to the Bayonne or St Jean Pied de Port - both beautiful towns. A short drive from the hotel is also an adventure centre - the Baigura Leisure Base - where we can take part in some mountain biking or scootering down the mountain!. They also have a bungee trampoline and pony rides available. The pool at the hotel is of course always there to enjoy throughout the day. Dinner back at the hotel and we can share stories of our adventures today.

Day 6: White water rafting and swimming.
The River Nive that flows through the town Itxassou, and near the hotel, is perfect in summer for family white-water rafting. The water levels are low allowing for lots of water fun for a beginners session. We start not far from the hotel where our specialist instructors will give us buoyancy aids and a briefing. It's then off down river bumping over the water with much hilarity. We travel for about 7km and it'll take approximately 2 hours. At the end we can enjoy some lunch on the shores of the river and spend some time relaxing or swimming. We return to the hotel later to enjoy the swimming pool or some French wines from the bar!

**Day 7: The Great Game - Treasure Hunt and orienteering.**

Our final day in this beautiful part of the countryside takes us on a fun challenge. Our guide will set a treasure hunt or orienteering course through the local village and countryside. We follow clues, find hidden surprises and use our newly-learnt Basque country knowledge to find our way on this final walk. A brilliant end to a week of activities and making new friends. Back at the hotel we have a final celebratory meal at the hotel.

**Day 8: Departure day. A single timed transfer to Biarritz Airport is provided.**

Depending on flight times we might have time for a final swim before transferring to Biarritz Airport where KE Land Only package services end.

---

**Holiday Information**

**What's Included**

- Family friendly hosts and leader guide for the week
- Single timed group transfers from Biarritz Airport on Day 1 & Day 8
- Accommodation as described
- All activities including qualified instruction and equipment as described
- Meals as per the Meal Plan

**What's Not Included**

- Travel insurance
- Airport transfers (other than the single group transfer in each direction)
- Any meals as per the Meal Plan
- Any additional/optional activities or excursions
- Miscellaneous expenses - drinks and souvenir's etc

**Joining Arrangements & Transfers**

We have arranged for a single, timed transfer from Biarritz Airport on day 1. This transfer is for collection at around 1000. This allows you to take advantage of Easy Jet flights from Gatwick and Luton.
Flights are also available from Birmingham and Southampton with Flybe, and from Stansted with Ryan Air. These flights have different schedules.

You will be met on arrival by a representative from our local agent. The journey time is approximately 45mins.

At the end of the holiday (on day 8), there will be a transfer back to Biarritz Airport to check in for the flight which departs at approximately 1000.

You can travel on any flight to take advantage of these transfers. If your chosen flight does not fit in with these timings then we can book a private transfer for you at an additional cost. Please contact the KE office for a quote.

Please note that you must inform KE of your flight details. Contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included except for 2 lunches.

Food & Water

Our evening meals are taken in the hotel. The chef Jean-Jacques take pride in serving home cooked dishes from fresh, local and seasonal produce. He prides his food and cooks a range of delicious dishes which ingredients including lamb, duck and porcini mushrooms. And there will also be something available for children who have not yet acquired a taste for mushrooms and wine sauces! Of course desserts are always sweet and yummy. Breakfasts are continent style with a selection of bread, pastries, cereal, jams, yogurt, ham, cheese and fruit. A French Basque country food classic is the Bayonne ham which is usually sliced thinly and served as a starter with a local sheep cheese called ‘ardi gasna’ and jam or jelly. Being on the coast there is also a large selection of fish and sea food available. Many fish dishes are flavoured with the red chilli’s ‘piment d’Espelette’. These chilli peppers can be seen hanging out to dry on lots of the houses in the villages- it’s a pretty sight. And finally the competitive spirit is found again in the chocolate cake ‘Gateau Basque’ made from Bayonne chocolate – every village claims that their gateau is the best!

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

This holiday is centre-based for 7 nights at the Hotel Txistulari, Itxassou. This is a traditional (red and white painted) country hotel, in a rural location. It is owned by the Usandisaga family, and has done for many generations. There
is a swimming pool and gardens. Meals are taken in the simple dining room or on the covered terrace area next to the ping-pong table. All the rooms are simple but comfortable and en-suite. There is a selection of twins, doubles, and a limited number of triples and family rooms. If you have specific rooming requirements please do let us know and will endeavour to ensure that you are in the room type of your choice. As a general rule families of three will be in a triple. There are no interconnecting rooms. There is free wifi throughout the hotel. This is a small hotel to allow you and your family to fully relax with a peaceful atmosphere, friendly hosts, and good food and wine.

Group Leader & Support Staff

You will have a qualified tour leader for the duration of the holiday. Where necessary for certain activities you will have additional specialised instructors (rafting, surfing, climbing).

Spending Money

Approximately €250 per family (2 adults and 2 children) will be plenty for the non-included meals, miscellaneous expenses, tips, drinks, snacks, souvenirs etc. This figure does not take into account optional activities or alcoholic beverages. Cash can be withdrawn from local ATMs and at Biarritz Airport. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

Optional Activities:

Please note that these prices are correct at time of writing, but are subject to change without warning. All prices are in Euro's. Optional activities taken outside the KE holiday are at your own risk.

• Petit Train to La Rhune: €16 Adult, €9 children under 12yrs

Guidance On Tipping

Tipping is the accepted way of saying ‘thank you’ for good service. It is important to remember that tipping is voluntary and should be dependent on good service. We estimate around £10 per family member.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more
Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

**Visa information is changing all the time. Please ensure that you check for the latest advice before travel.**

Visa Europe

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: [https://www.gov.uk/visit-europe-1-january-2021](https://www.gov.uk/visit-europe-1-january-2021)

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

EHIC / Medical Cover

UK residents should obtain a free [European Health Insurance Card (EHIC)](https://www.gov.uk/european-health-insurance-card). This entitles you to state provided medical treatment, but is not a substitute for medical travel insurance which is still vital when travelling overseas.
Currency

The currency for part or all of this holiday is the Euro.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:
http://www.worldstandards.eu/electricity/plugs-and-sockets/

Climate

In the summer months the climate in this part of southern France is reasonably stable. We can expect temperatures in the early 20 degrees Celsius. The sea is warmest to swim in in August being around 22 degrees Celsius. There is a chance of rain, but the summer months have an average of 6-7hrs sunshine per day.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ 'Travel Aware' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Biarritz, France. For clients making their own flight arrangements, Biarritz International Airport is the most convenient for 40min transfer to the group hotel. Low cost airline flights are available from London Gatwick and Luton with Easy Jet. Other carriers also fly from Birmingham, Southampton and Stansted. Please refer to the 'Joining arrangements & transfers' for further details.
Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of
A deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

**Adventure Travel Insurance**

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

**CAMPBELL IRVINE DIRECT** travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition 'Campbell Irvine Direct' cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

**TRAVELEX** is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for further details.

YOU SHOULD BRING THE FOLLOWING ITEMS:

- Walking shoes or trainers
- Sandals teva or shoes that are comfortable when wet for rafting
- Lightweight walking trousers / shorts / skirt
- T-shirts and/or casual shirts
- Loose-fitting, long-sleeved shirt with collar (for sun protection)
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Sunhat
- Warm hat
- Sunglasses
- Daypack 25-30 litres (depending on how much of the kids' stuff you want to carry)
- Sun protection (including total bloc for lips, nose etc.)
- Insect repellent
- Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial handwash
- Swimwear
- Swim towel
- Torch and batteries
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

THE FOLLOWING ITEMS ARE OPTIONAL:

- Pen-knife (note: always pack sharp objects in hold baggage)
- Camera
- Rash vest
- Goggles for the kids
- Flip-flops
- Reusable cloth bag for shopping (to avoid plastic bags)

NOTE:

All specialist equipment required for the activities on this holiday are provided.

Please note: This document was downloaded on 23 Nov 2020, and the trip is subject to change.