

Epworth Provence 2025



Trip Highlights

Support the Epworth Medical Foundation and help raise essential funds for cancer research

Full tour of Provence: Alpilles, Luberon & Cassis

Spectacular and dramatic coastal walking in the Calanques Gorges one of the most beautiful, perched villages in France

Awe-inspiring vistas atop the Alpilles mountains, strolling through the vineyards and olive groves

Retracing the life and brush strokes of Van Gogh

Swimming opportunities during the walks

Local fish and seafood specialties in Cassis



Trip Duration	8 days	Trip Code: EPF
Grade	introductory to moderate	
Summary	7 nights selected 3-4 star hotels	

Supporting Your Cause

Epworth Medical Foundation (EMF) opened in 1982 to raise much-needed funds to ensure patients at Epworth HealthCare receive the best possible care. Our work is vital, because Epworth is a charitable, not-for-profit hospital. We rely on your generosity to enable us to stay at the forefront of advancements in medical technology, for our patients. Epworth is a private, not-for-profit organisation. We receive very limited funding from government. Instead, we rely on funds raised by Epworth Medical Foundation to continue to provide our patients with the best possible facilities, equipment, surgical expertise and access to research.

By taking part in the Epworth Provence 2025, you will not only enjoy the adventure of a lifetime: you will also be helping to give vital support to hundreds of our patients.

Your Huma Challenge

Thank you for your interest in our Epworth Provence 2025. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.



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Charity Challenge Payments

Joining Marseille from:	\$5795
Non refundable registration fee:	\$200
DO - Fundraising target:	\$2500
Optional Single Supplement:	\$1540

All prices are per person

Trip Dates

2025 04 Sep - 11 Sep

important notes

RF - Registration Fee
DO - Donation, Fundraising target

Your Adventure

It's a week to explore Provence's most beautiful and diverse landscapes: Alpilles, Luberon & Les Calanques. Provence is celebrated for its clear light and cobble-stoned villages, its historic palaces and its abbeys set amid lavender fields. Yet the Provence you discover when exploring on foot is even more magical: it's a land of tumultuous geology where colours take on a new depth and brilliance. Pastel-colored hamlets dazzle against an impossibly blue sky and golden stone farmhouses are tucked into orchards and vineyards ripe with plump fruit. Set off through gnarled olive trees, fields of poppies, and hillsides fragrant with wild thyme to discover the true spirit of Provence. Finish in style at the Mediterranean Sea and discover the magical Calanques. There are no compromises or half-measures here: the landscapes along the jagged coastline paths in the "Calanques" are as dramatic as the cities are rich in their architecture, history, and culture. The jagged white limestone cliffs reflect the deep blues of the sea, creating a stunning symphony of turquoise inlets that embody the region's wild beauty.

Note: this itinerary is not recommended for people afraid of heights (Cap Canaille & Calanques) and the trail can be rocky so hiking poles are recommended.

Fundraising Options

There are a few ways to approach your fundraising:

1. Pay the \$2,500 yourself. This amount will be tax deductible.
2. Fundraise some or all of the amount. Any donations you receive will also be tax deductible. If you're unsure where to start, our professional fundraisers are here to help make it easy and stress-free.

Online Fundraising Portal

Before fundraising on behalf of the charity, you must get their permission. The Epworth team will contact you after registration with details about the online fundraising page and permission to fundraise.

The minimum fundraising target is \$2,500 per person. You can do it!

Itinerary at a Glance

DAY 1	ARRIVAL IN VAN GOGH'S TOWN SAINT REMY DE PROVENCE
DAY 2	VAN GOGH'S LANDSCAPES & ALPILLES MOUNTAINS - 10 KM
DAY 3	VINEYARDS AND OF OLIVE TREES OF THE BAUX VALLEY & AVIGNON THE PAPAL TOWN - 10KM
DAY 4	LUBERON MOUNTAINS WALK FROM FONTAINE DE VAUCLUSE TO GORDES - 13KM
DAY 5	SÉNANQUE ABBEY - 10KM
DAY 6	THE STUNNING CALANQUES IN CASSIS - 12KM
DAY 7	EUROPE'S HIGHEST CLIFF CAP CANAILLE - 12KM
DAY 8	AU REVOIR LA PROVENCE!

Additional Deposits Required

In order to secure hotel accommodation, you will be required to pay a deposit AUD\$1300 in addition to the Huma registration fee. We recommend you take out travel insurance at the time of booking.

What's Included

- 7 nights in 3-4 star hotels on a twin/double share basis with ensuite facilities



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Fast Facts

Countries Visited:

France

Visas:

****IMPORTANT NOTE****

In the first half of 2025 it is expected that the ETIAS travel authorisation will be introduced requiring online application before travel. See https://travel-europe.europa.eu/etias_en for more details. Until then, visas not required for citizens of Australia, Canada, USA and New Zealand for up to 90 days in a period of 180 days for all Schengen countries (see https://home-affairs.ec.europa.eu/policies/schengen-borders-and-visa/visa-policy_en . Please ensure your passport is stamped on arrival in the Schengen area. For all other nationalities and for longer stays in countries covered by the Schengen Agreement (Australian New Zealand, Canadian and US passport holders), please contact the relevant embassy. Stays of longer than 90 days in the Schengen area require a long stay visa for the country you are spending most time in. However long stay visas are unlikely to be issued unless there is a valid reason (eg. studying in country). Unfortunately we cannot assist in obtaining visas for long stays due to individual country visa requirements.

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

11

Group Size Max:

16

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

- 7 breakfasts
- 6 picnic lunches - participants carry lunch & water
- 4 dinners with local wines included
- Luggage transfers
- Private transfers days 1, 3, 4, 6, 7 & 8
- Professional English speaking guide/s
- Entrance Senanque Abbey in Gordes
- Entrance St Paul de Maussole in St Remy

What's Not Included

- Travel Insurance
- International airfares to France
- Personal expenses such as laundry and phone calls
- Unscheduled transfers required during the trip
- Upgrade to 4-5* hotels
- Single supplement if required
- Excess Luggage

Detailed Itinerary

DAY 1 Arrival in Van Gogh's town Saint Remy de Provence

Upon arrival at Marseille airport, you'll be met and transferred (1-hour drive) to Saint Rémy de Provence, a charming town nestled at the foot of the stunning Alpilles Mountains. This area, which captivated Van Gogh during his stay in the late 19th century, inspired some of his most iconic works: the jagged peaks of the Alpilles towering over the Rhône Valley, vibrant sunflower fields, and the Mistral winds sweeping through the solitary cypress trees. At 6pm, we'll gather for a welcome meeting, followed by dinner at a local restaurant (wine included).

Drive time: 1 hour

Accommodation: Saint Remy de Provence

meals: D

DAY 2 Van Gogh's landscapes & Alpilles mountains - 10 km

We begin by visiting the Romanesque monastery of Saint Paul de Maussole, where Van Gogh called home during his time in Saint Remy. Originally an asylum before his arrival, the monastery offers a glimpse into the artist's life. From there, we follow a shaded path through the forest, slowly winding our way up to the crest of the Alpilles. Though only reaching 400m, the Alpilles rise dramatically from the flat Rhône Valley, offering stunning views from the top. We'll enjoy breathtaking vistas of windswept plains, distant mountain ranges, and, on clear days, the Mediterranean Sea to the south. After a picnic lunch, we return to Saint Rémy along a pleasant trail that meanders through olive groves and a historic Roman road.

Own arrangements for dinner.

Walk: Approx 3hrs | 10km | Elevation : +300m/-300m

Overnight: St Remy de Provence - Hotel Villa Glanum & Spa 3*

Activities include: entrance St Paul de Maussole

meals: B,L



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Active Europe

Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Trip grading introductory to moderate

The walking on this tour is varied: Introductory - Moderate. (Grade 2). Although due to the length of walks and terrain we would classify the tour as more moderate. Note that some trails are quite rough and stony. A reasonable level of fitness and ability on rocky paths is required. You need good boots throughout the tour: The trails are generally good, but on occasion there are steep or winding sections of loose limestone shingle. Carry plenty of drinking water and adequate protection against the sun, including a sun hat - even in winter(!).

Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

DAY 3 Vineyards and of olive trees of the Baux Valley & Avignon the papal town - 10km

Today we walk from the hotel and ascend into the Alpilles – the “baby Alps” – a rugged limestone mountain range rising dramatically from the flat Rhône Valley. As we walk along the crest, the landscape transforms into surreal limestone formations, scattered with aromatic herbs and sparse pine and cedar trees. The views stretch over olive groves and the vast Camargue plains, often extending all the way to the Mediterranean Sea. To the north, the towering Pope's Palace and the mountain ranges that will be our playground throughout the week, including the imposing Mont Ventoux, come into view. After following the scenic ridgeline, we enjoy a gourmet picnic before descending to the village of Les Baux-de-Provence. Listed as one of France's most beautiful villages, Les Baux is perched high above the plains, with a handful of homes nestled among the craggy limestone. We'll have free time to explore before a short transfer to Avignon. This medieval town on the banks of the mighty Rhône River boasts treasures such as the Pope's Palace, the 12th-century bridge, and the 14th-century ramparts. Meander through its labyrinth of cobbled streets, discovering charming cafés in shaded squares.

Dinner at local restaurant (wine included)

Walk: Approx 3hrs30 | 10km | Elevation : +270m/-100m

Overnight: Avignon - Hotel Central 3*

meals: B,L,D

DAY 4 Luberon mountains walk from Fontaine de Vaucluse to Gordes - 13km

After a one-hour transfer, we arrive in the village of Fontaine de Vaucluse, with its magical water source: a well that descends into infinity. Our path climbs through the pine and cedar forest on seldom-used trails, and up to a plateau from where the panorama extends to far-reaching hilltop villages. We follow the 300 year-old Mur de la Peste, constructed when the plague hit Marseille in 1720, as a means to protect the Provence of the Popes from the ravaging disease. Our hike ends at the magnificent village of Gordes, perched up on its rocky crag, its majestic grey stone homes rising vertiginously from the valley below. Gordes is perched high above the Calavon valley, its majestic stone homes rising dramatically in concentric circles to its castle, crowning the village. We settle in our hotel for the next two nights.

Dinner at local restaurant (wine included).

Walk: Approx 4hrs30 | 13km | Elevation : +450m/-200m

Overnight: Gordes - Jas de Gordes 4*

meals: B,L,D

DAY 5 Sénanque Abbey - 10km

After a hearty breakfast, we begin our loop, heading out across thyme-laden hills dotted with old stone huts, towards the 850-year-old Romanesque Senaque Abbey, nestled among lavender fields. We'll enjoy a picnic at the abbey and have time to explore the site before retracing our steps along a cobbled path back to Gordes.

Own arrangements for dinner.

Walk: Approx 3h15 | 10km | Elevation : +/-250m

Overnight: Gordes - Jas de Gordes 4*

Activities: entrance Senanque Abbey

meals: B,L



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Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 6 The stunning Calanques in Cassis - 12km

After breakfast, we transfer 1.5 hours south to the tranquil Riviera town of Cassis, located at the eastern edge of the Calanques. This stunning series of limestone inlets stretches 20 km from Marseille to Cassis, offering dramatic cliffs, remote hiking trails, and crystal-clear waters reflecting pure white limestone. Designated as France's newest National Park, the area is a haven of garrigue vegetation, aromatic herbs, and Mediterranean sun. Our hike leads us through a shaded valley, descending in tight zigzags to reach the Calanque of En Vau. From here, we climb steeply through jagged limestone to the Calanque of Port Pin, a narrow inlet with a sandy beach—perfect for a picnic and a refreshing swim. We finish at the Calanque of Port Miou, a long, thin inlet lined with picturesque sailboats before continuing on to Cassis.

Own arrangements for dinner.

Walk: Approx 4hr | 12 km | Elevation : +200m/-460m

Overnight: Cassis - Hotel la Rade 3*

meals: B,L

DAY 7 Europe's highest cliff Cap Canaille - 12km

Visit the Wednesday morning market in Cassis before starting our walk along a country lane surrounded by vines. Then via a wide track you climb towards Cap Canaille. At just under 400m Cap Canaille is the highest sea cliff in France, and one of the highest in Europe. Facing the vast expanse of the Mediterranean Sea the 360° view is incomparable, including the bay of Cassis below, the ideal spot to enjoy our picnic. From here, the walking path remains above the vertiginous cliff as we make our way along the impressive coastline. We finish in the adjacent town of La Ciotat, with its stunning port, naval construction site, and its sandy beaches (perfect for a well-deserved swim!). Transfer back to Cassis after the walk.

Celebrate the end of an extraordinary journey through Provence with dinner at local restaurant (wine included).

Walk: Approx 4hr | 12 km | Elevation : +/-500m

Overnight: Cassis - Hotel la Rade 3*

meals: B,L,D

DAY 8 Au revoir la Provence!

After breakfast we transfer 1h to Marseille airport where the tour concludes.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

Climate

Lubéron enjoys a hot-summer Mediterranean climate. The yearly average maximum temperature is around 16°C (ranging from 7°C in January to 27°C in July). Annual rainfall is 1870mm, with a minimum of 118mm in January and a maximum of 216mm in November. Winters can be cold and wet, but by April can be up to 25°C. From May to September the climate can be warm to hot. It's 22°C on average and it rains about 23% of the time in September. By October the climate is still good for walking. During the day, it's 17°C on average. The Mistral also can have an effect to cool things down at times



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Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

What You Carry

As the walks are fully supported you only need to carry a daypack with your daily requirements including wet weather gear, water bottle, lunch supplies, mobile phone and sun protection etc.

Equipment Required

Daypack, wet weather gear, good walking boots / shoes, water bottle and sun protection. A comprehensive gear list is included in the pre-departure information provided on booking.

How To Book

To register on this Charity Challenge please complete the registration form and email to megan@humacharitychallenge.com.au or make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.humacharitychallenge.com.au

The Epworth Medical Foundation staff are able to answer any questions you may have as well as provide you with all the support you need as you fundraise for your challenge. Please contact Kathryn Johnston on telephone 03 9426 6359 or email kathryn.johnston@epworth.org.au who will be happy to talk with you.

