

FRENCH CAMINO HIGHLIGHTS

FRANCE



BRAG
BIG

...WOW-MAZINGS
100% INCLUDED

WALKING IS ONLY PART OF THE ADVENTURE



- ECO CERTIFIED ECOTOURISM - GLOBAL SUSTAINABLE TOURISM COUNCIL MEMBER -
- 21 AUSTRALIAN AND STATE RECOGNISED TOURISM EXCELLENCE AWARDS -

Prepare yourself for wow-mazing on our French Camino Highlights pack free walk

This is one of the prettiest routes of all the Camino walks.

Our 8 day Pack Free walk showcases the highlights of the popular pilgrim Le Puy Camino route from the French medieval towns of Le Puy to St Jean Pied De Port in the Pyrenees. And we have specifically curated it for Australians who have limited time.

This walk can be completed on its own or joined to our Spanish Camino walks for a longer 12 day or 20 day journey.

We begin our walk into the charming town of Le Puy exploring stunning mountain scenery and pretty French medieval towns and villages along the way to the Pyrenees.

We have hand-picked each of our hotels so that you will enjoy unique stays in chateaus along the way, indulging in superb cuisine and french local wines every day.

Each day is flexible allowing our guests to enjoy a shorter walk or opt-out of any day's walking and explore the local villages.



BRAG BIG

... WOW-MAZINGS
100% INCLUDED

We carefully design our walking experience to add 'Wow' factors to every tour. These additional activities will enrich your tour and provide a walking experience that you couldn't create on your own, allowing you to reach remote areas that you normally couldn't get to in a day. On our French Camino Highlights pack free walk, you'll have the opportunity of included wow-mazing experiences you'll want to brag big about to everyone who'll listen to you!

MICHELIN STAR DINNERS

On day 2, dinner will be at Château d'orfeuillette restaurant, Le Théophile. The muted, romantic and château-like atmosphere of this restaurant combines the elegance of a historic edifice with a striking modern decor. Drawing upon premium local produce, the chef whisks up modern, delicate dishes.

On day 5, you'll experience a French gastromic delight with dinner at the Chateau Mercues' Le Duèze stunning restaurant. Their refined cuisine is lauded in the major national and international guides, above all in the Michelin guide 2017 with one star. It pays tribute to the world-famous gastronomy of the Quercy region based on saffron, duck, lamb and black truffles, and was developed by their former Chef, Julien Poisot. Dinner will be accompanied with local French wine. (Please note the menu can change depending on availabilities).



Here's what is included in your French Camino Highlights 8 day pack free guided walk

When you walk with Life's An Adventure you can be sure that our aim is to deliver a tour beyond your expectations. We believe our tours deliver exceptional value for money, with all the creature comforts you are after.

When comparing other tours in this region, be sure you check that you don't have to carry your own gear and that your accommodation is not a long distance from where you are walking. This is a Pack Free walk – so you'll carry as little as your water and camera each day, because we take your overnight bags for you to your accommodation.

Enjoy our genuine all-inclusive tour with no hidden extras.

WALKING TOUR INCLUSIONS

- Pack Free fully supported walk with no heavy packs to carry.
- 1 night accommodation at Le Regina Hotel, Le Puy.
- 1 night accommodation at Le Château D'Orfeuillet.
- 1 night accommodation at Château de Labro Les Collectionneurs.
- 1 night accommodation at Hotel San Foy.
- 1 night accommodation at Château Mercures.
- 1 night accommodation at Monastre De Saint Mont.
- 1 night accommodation at Les Pyrenees Hotel, St Jean Pied de Port.
- 7 x delicious lunches.
- 7 x superb dinners every evening featuring local produce.
- Complimentary wines with evening meals.
- 7 x breakfasts.
- Pilgrims Passport and shell.
- Camino guidebook with maps (on book per couple).
- Professional and passionate guides who share their knowledge as you walk.
- Transfer from St Jean Pied De Port to Bayonne.
- Luggage transported to your accommodation each day.
- Return transfers to the best sections of the Camino each day.
- Flexible walking options or sightseeing each day.

NOTE

This walk can be added to our 8 day Spanish Camino walk to create a longer journey across France and Spain.

Due to the popularity of the Camino Trail, we may need to change accommodation types which are different to the ones we've included in this brochure. Please see our website for any changes or updates.

Walking is only part of the adventure - there's also the fabulous local produce, wines and accommodation you'll experience too as included 'wows'.

On this walk, you will indulge in superb French dining with perfectly matched wines. Just two of the many highlights is the Michelin dinners at Château d'orfeuillette restaurant Le Théophile and then at the Chateau Mercues' Le Duèze stunning restaurant - starting in the afternoon with a soiree of pre-dinner drinks at the castle's terrace.

As we walk along the Camino, our evening's accommodations offer some of the best each region's cuisine and wine has to offer. If you love your food and wine, you'll love this tour!



Stay in true French style with 3 and 4 star chateaus and hotel accommodation

A highlight of your walk will be three stunning stays in French chateaus. In each region we walk, we have handpicked the best accommodation in the area to ensure we give a wow-mazing experience for our guests – such as the Chateau Mercues which is a 13th century castle overlooking the famous vineyards of Cahors. Formerly the residence of the Bishops of Cahors, this historic building has been transformed into an elegant hotel with lavish decor and antiques.



CHATEAU MERCURES

Chateau Mercures is a 13th century castle which overlooks the famous vineyard of Cahors. Formerly the residence of the Bishops of Cahors, this historic building has been transformed into an elegant hotel with lavish decor and antiques. The chateau is set amongst extensive gardens with an outdoor swimming pool. Guests will enjoy charming rooms with ensuites with king or twin beds. In the evening enjoy magnificent cuisine in the hotel's restaurant created by the resident chef, with a range of perfectly chosen wines.



CHATEAU DE LABRO LES COLLECTIONNEURS

The superb Château de Labro is a stylish and elegant luxury accommodation set in a historic castle. With grand interiors, a gourmet restaurant, piano bar and swimming pool set amongst the vineyard your stay here will be truly unique. Each room has its own unique decor and features queen or twin beds with their own ensuites.



LE CHATEAU D'ORFEUILLETTE

Set in large 12 hectare gardens surrounded by century old redwoods, lies Le Château D'orfeuillette a unique 4-star hotel offering quirky modern interiors in a historic Chateau. Each room has its own character and charm with ensembles and choice of queen or twin beds. In the evening, dine in the hotel's superb Michelin star restaurant savouring new flavours made from fresh produce. The property also has an outdoor heated swimming pool and Bubble Barn featuring an indoor pool and sky stars.



LA MONASTERE DE SAINT MONT

Built in the 11th century, La Monastère De Saint Mont has been transformed into a chic and vibrant hotel with respect to its history adhered to through the renovations. Each room is tastefully decorated with unique antiques and period pieces from the cosy library to the stone cellar. Guests will enjoy spacious rooms bathed in natural sunlight with ensembles with choice of king or twin beds.



LE REGINA

Located in the historical centre of the small town of Le Puy is our accommodation at Le Regina Hotel. This hotel is ideally located to see the evening light show. Guests will enjoy suites with ensembles each room with its own character. The restaurant features a refined menu featuring fresh seasonal cuisine.



HOTEL SAINTE FOY

Situated opposite the abbey, you can't beat the location of this hotel of this old 17th century hotel. The Hotel Sainte Foy has lounges and terraces and pretty private gardens to relax after a day's walking. Rooms feature queen or twin beds with private ensembles. In the evening indulge in wonderful meals by the chef featuring local fresh produce and wines.



LE PYRENEES HOTEL

Our last night is spent in the charming 4 star Hôtel des Pyrénées, an old coaching inn ideally located only 400m from Saint-Jean-Pied-de-Port's citadel. Guests will enjoy rooms with ensembles and mountain view rooms. Bathrobes and slippers are also provided along with a choice of Queen or twin beds.





DAY ONE

TRANSFER FROM LYON WALK ST CHRISTOPHE-SUR-DONAISSON TO LE PUY



WALK SNAPSHOT

DISTANCE:	8.5 kms
HOURS:	2.5 hours with breaks
ELEVATION:	Descent 282m
GRADE:	Moderate
FITNESS:	Good

DAY ONE

TRANSFER FROM LYON WALK ST CHRISTOPHE-SUR-DOLAISSON TO LE PUY

GETTING THERE

Guests will need to organise their own flights to Lyon in France the day prior to the tour. Direct flights operate throughout the day from Paris to Lyon, France (1 hour 10 min flight).

WALK ITINERARY

Meet our representative in Lyon at 8am in the foyer of the Hotel Carlton Lyon – MGallery by Sofitel.

From here we transfer (two hour drive) to Christophe-de-sur-Dolaison at 912m near the town of Le Puy.

To maximise our time, this morning's walk will take us on a section of the Camino starting in the village of Christophe-de-sur-Dolaison and walking back towards Le Puy.

This offers our guests a spectacular way to arrive into Le Puy with its dramatic volcanic outcrops adorned with chapels and statues.

Once we arrive into Le Puy we will enjoy a relaxing lunch in the main square and soak up the atmosphere of this medieval town.

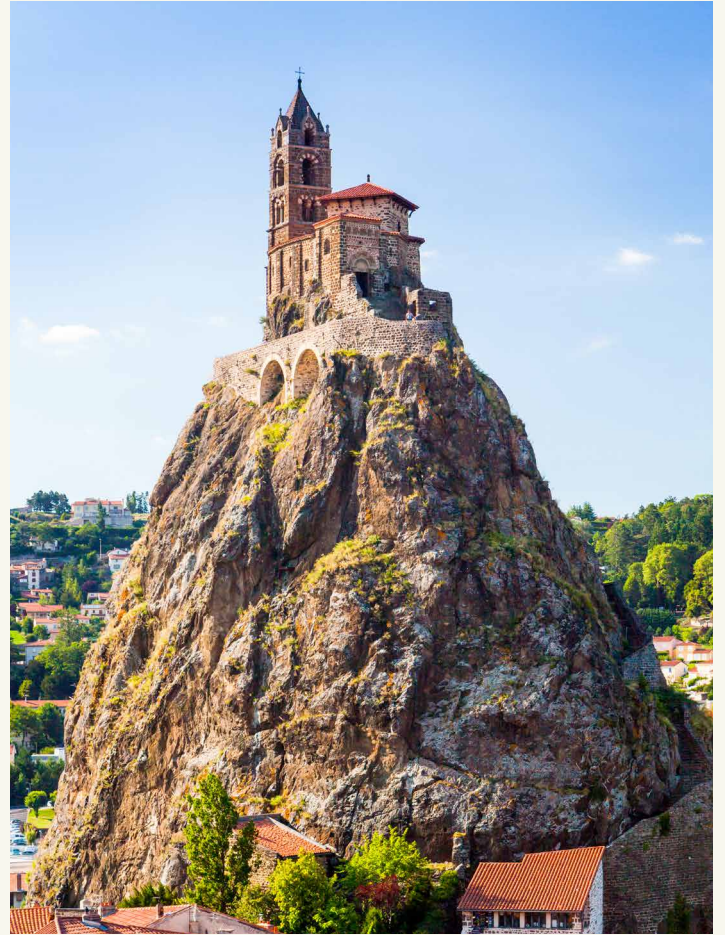
After lunch, we walk directly to our hotel, Le Regina, where your bags will be waiting and you can check in to your room.

This afternoon you have the option to join a sightseeing tour (no extra cost) with your guide including the Cathedral and the 10th century medieval Michel d'Aiguikhe chapel dramatically perched on a volcanic rock overlooking the town.

Alternatively, enjoy some free time to explore this quaint town at your leisure. The old city is a delightful maze of small streets and shops some selling lace, as this town once famed for its lacemaking.

Tonight join your group for dinner in a local restaurant specialising in regional food which is accompanied with French wines.

In the evening after dinner, you can stroll around the town and see the pretty illumination of its historic and significant buildings.



DAY TWO

WALK ST PRIVAT D'ALLIER TO SAUGUES



WALK SNAPSHOT

DISTANCE:	11.4 kms (two walks of 6.9 kms + 4.5 kms)
HOURS:	5 hours with breaks
ELEVATION:	Descent 432 m
GRADE:	Moderate
FITNESS:	Good

DAY TWO

WALK ST PRIVAT D'ALLIER TO SAUGUES

WALK ITINERARY

This morning before breakfast, guests have the option to attend the 7am mass at the beautiful old 12th-century cathedral. The Cathedral provides a special blessing for departing pilgrims.

Afterwards, we head back to the hotel for breakfast.

This morning we transfer from Le Puy to St-Privat-d'Allier (23 mins) to start our walk.

St-Privat-d'Allier is a small village at 875m altitude and overlooks the Allier gorges. We follow the trail above the town enjoying spectacular mountain views as we make our way to Rochegude a hilltop village.

We pass one of the many Hundred Years War watch towers which can be seen throughout the countryside as we descend to the valley floor and the town of Monistrol d'Allier for relaxing lunch stop.

This pretty village with its old stone houses has an idyllic location along the bank of the Allier river-facing volcanic cliffs.

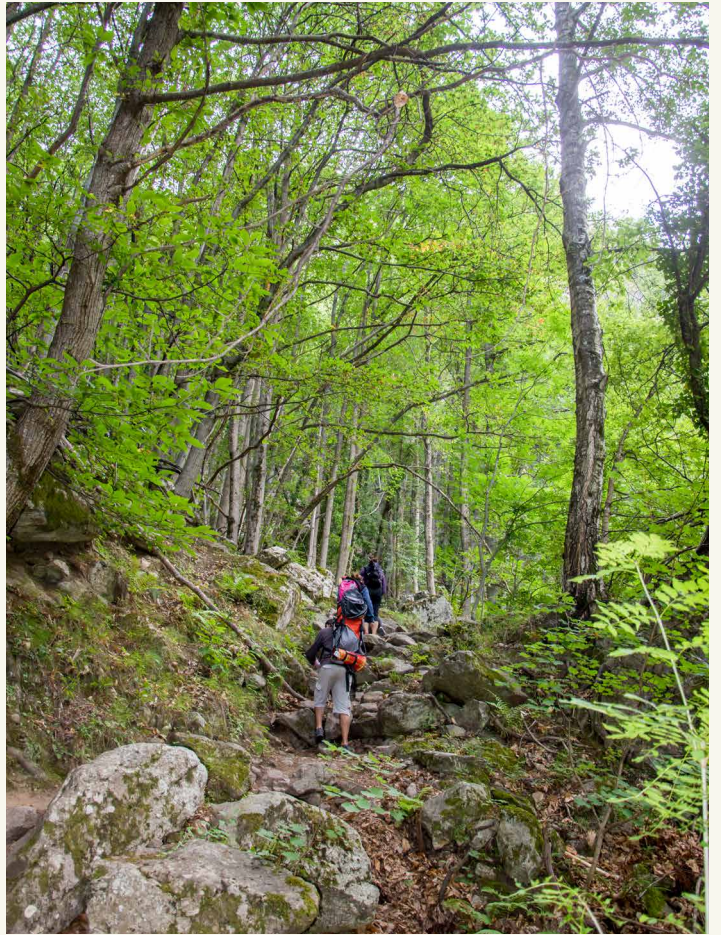
After lunch, we avoid the strenuous uphill mountain climb of almost 500m by enjoying a short transfer to the village of Le Vernet (14 mins) where we pick up our walk.

From Vernet, our walk descends 4.5kms into the French town of Saugues rich in history and famous for its woodturning of clogs.

Enjoy some free time in Saugues for about half an hour to explore the castle and town. Afterwards, we transfer to our accommodation (40 mins).

Tonight we enjoy a feature stay in a historic chateau at the Le Chateau D'Orfeuillet, a unique 4-star hotel offering quirky modern interiors.

Dinner tonight will be in the chateau's 1 Michelin star restaurant offering modern cuisine with a regional flavour accompanied by French wines.



DAY THREE

WALK NASBINALS TO SAINT-CHÉLY-D'AUBRAC



WALK SNAPSHOT

DISTANCE:

17 kms (Optional easier walk 9 kms)

HOURS:

7 hours with breaks

GRADE:

Moderate to difficult

FITNESS:

Good

DAY THREE

WALK NASBINALS TO SAINT-CHÉLY-D'AUBRAC

WALK ITINERARY

This morning we enjoy a wonderful breakfast in the Chateau before transferring to the next section of our walk (38 mins).

Today's walk takes us from Nasbinals to Saint-Chély-d'Aubrac.

We begin in Nasbinals, a charming little village nestled at 1200 metres above sea level, visiting a 12th-century church.

From here our walk gradually climbs as it crosses the Aubrac plateau a UNESCO World Heritage site with volcanic granite landscapes, stark lakes, beech forests and open green hillsides with wildflowers during spring.

We cross a stone bridge over a pretty stream before reaching the village of Pascalet.

Then we traverse to the highest point of the Camino at 1324m before gradually descending into the small medieval village of Aubrac with its gothic church tower. The bells of the tower would help pilgrims in the middle ages find their way in stormy weather.

We stop in this pretty town for lunch before continuing on to the villages of Belvezet and Del Sail.

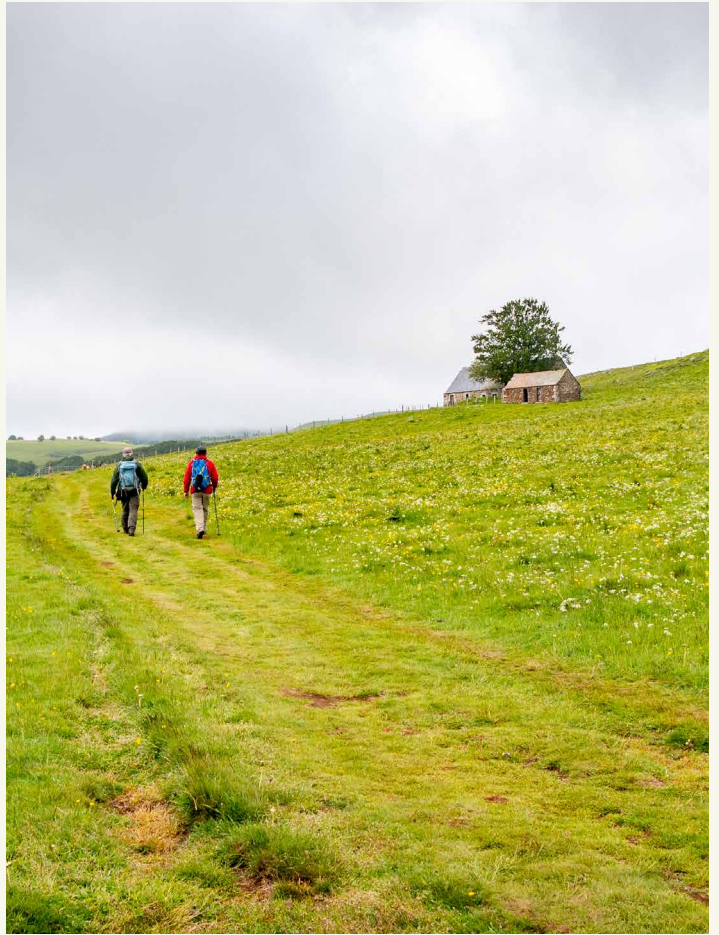
We descend into the charming village of Saint-Chély-d'Aubrac, with its stone cottages set in a beautiful green valley. Here we'll enjoy some free time for about half an hour to explore the village.

Afterwards, we transfer 55 mins to the remarkable Château de Labro, a stylish and elegant luxury accommodation set in a historic castle with grand interiors, a gourmet restaurant, and swimming pool set amongst the vineyard. Your stay here will be truly unique.

EASIER WALK OPTION

An easier optional walk is available today. You can walk with the group to Aubrac.

After lunch, spend some time in town at your leisure before travelling with the guide to Saint-Chély-d'Aubrac for free time to wander around this cute village.



DAY FOUR

WALK ST PIERRE TO ESTAINING AFTERNOON WALK FONTROMIEU TO CONQUES



WALK SNAPSHOT

DISTANCE:

12 kms

Morning walk 8.5 kms

Optional afternoon walk 3.5 kms

HOURS:

6 hours with breaks

GRADE:

Moderate

FITNESS:

Good

DAY FOUR

WALK ST PIERRE TO ESTAING AFTERNOON WALK FONTROMIEU TO CONQUES

WALK ITINERARY

We enjoy breakfast in the chateau before we transfer back to the trail - a short 30 minute drive.

Our walk today takes us through the many beautiful villages of the Lot Valley from St Pierre to Conques.

From St Pierre, we cross the old stone bridge over the Astruges river as we head out of town towards the village of Le Briffoul, the church of Tredou and the village of Verrières.

At lunchtime, we arrive into the gorgeous medieval town of Estaing set on the banks of the river. This is a pretty town of turrets, castles, lantern-shaped roofs and dungeons.

We enjoy lunch at a local Estaing restaurant with its delicious regional cuisine.

After lunch we'll explore the Cathedral and enjoy a walk following the Lot River.

We'll then transfer to Fontromieu (40 mins) where we recommence our walk through the peaceful countryside as we pass the village of St Marcel and walk through the forest descending into one of the prettiest medieval towns in the whole of France, the beautiful town of Conques.

The track into Conques is a stony path with a steep descent but worth it with spectacular views over the town.

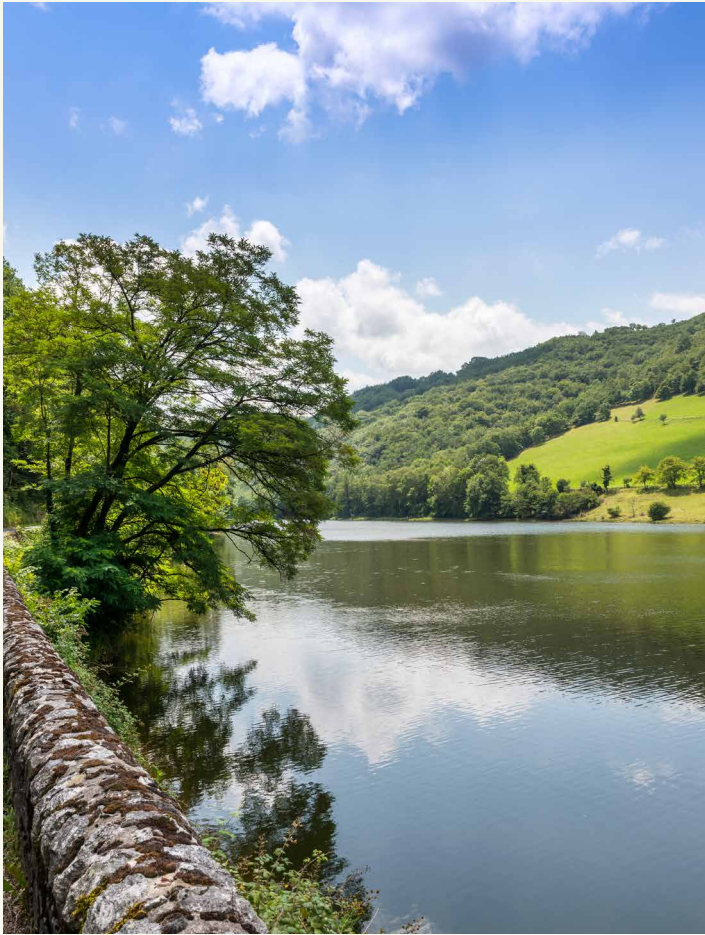
Our accommodation tonight is the centre of Conques at the Hotel Saint Foy.

Situated opposite the abbey, this old 17th-century hotel, has terraces and pretty private gardens to relax after a day's walking.

Tonight we enjoy dinner indulging in wonderful meals by the chef featuring local fresh produce and wines.

EASIER WALK OPTION

For those not wanting to join the afternoon walk, they can travel with our driver to Conques with free time to explore this magnificent medieval town.



DAY FIVE

ROCAMADOUR TO GROTTO DE PECHE MERLE CAVE PAINTINGS TO CAHORS



WALK SNAPSHOT

DISTANCE:	11.5 kms
HOURS:	6 hours with breaks
GRADE:	Moderate
FITNESS:	Good

DAY FIVE

ROCAMADOUR TO GROTTO DE PECHE MERLE CAVE PAINTINGS TO CAHORS

WALK ITINERARY

After breakfast we farewell Conques and transfer to Rocamadour - a 2 hour drive.

It's a small clifftop village known for the Cité Religieuse complex of religious buildings, accessed via the Grand Escalier staircase.

The village is set in a gorge above a tributary of the River Dordogne and has attracted pilgrims from many countries visiting its historical monuments and its sanctuary of the Blessed Virgin Mary.

We'll explore the upper town and descend the Grand Escalier to the lower village.

Afterwards, we'll transfer to Grotto de Pêche Merle, Caerets (1-hour) to visit the cave paintings - like that of the Spotted Horses, which are over 29,000 years old.

It's one of the few prehistoric cave painting sites in France that remain open to the general public. The vast 2km cave is adorned with nearly 700 prehistoric painted or engraved patterns.

Afterwards, we'll walk from Caberets to St Cirq Lapopie generally considered a moderately challenging route taking an average of 4 hours.

We'll then transfer to Cahors. We enter the city by crossing the impressive Valentré Bridge, the gateway to Cahors which spans the River Lot.

Cahors has a rich Celtic history before becoming a large Roman City with monuments that can still be seen today.

From Cahors, we transfer to our accommodation at Château Mercues (15 mins).

This special accommodation will be another highlight of your trip as we spend the evening in a 13th-century castle which overlooks the famous vineyard of Cahors.

Formerly the residence of the Bishops of Cahors, this historic building has been transformed into an elegant hotel with lavish decor and antiques. The château is set amongst extensive gardens with an outdoor swimming pool.

Before dinner, we enjoy pre-dinner drinks on the rooftop balcony of the castle overlooking the valley. Afterwards, we dine on the magnificent cuisine in the hotel's restaurant created by the resident chef, with a range of perfectly chosen wines.

EASIER WALK OPTION

For those not wanting to join the afternoon walk, they can travel with our driver to Cahors with free time to explore Cahors which is a magnificent medieval town.



DAY SIX

VISIT AUVILLAR - WALK LARRESSINGLE TO MONTREAL DE GERS



WALK SNAPSHOT

DISTANCE:	11.5 kms
HOURS:	3.5 hours with breaks
GRADE:	Moderate to difficult
FITNESS:	Good

DAY SIX

VISIT AUVILLAR - WALK LARRESSINGLE TO MONTREAL DE GERS

WALK ITINERARY

After breakfast we depart the chateau and visit the Pont Valentre to explore a bit more closely before transferring to Larressingle.

Enroute we will stop with some time at Auvillar (1 hr 15 mins).

Located on the banks of the Garonne River, Auvillar was voted one of the most beautiful villages in France.

After we continue our drive to Larressingle (1 hr) where we start our walk to Montreal de Gers.

Along this route we will cross the stone bridge of Pont d'Artigues and the old Chapel de Routges and a chateau.

Eventually we walk into Montreal de Gers, a charming town with medieval and half-timbered houses.

From here we transfer (50 mins) to our accommodation for the evening, the 11th century La Monastère De Saint Mont.

Once a monastery this property has been transformed into a chic and vibrant hotel.

Tonight we enjoy a superb dinner featuring regional specialities and local wine.





DAY SEVEN

WALK GAMARTHE TO SAINT JEAN PIED DE PORT



WALK SNAPSHOT

DISTANCE:	15.5 kms (shorter walk option available)
HOURS:	5 hours with breaks - short walk 1 hour 40 min
GRADE:	Moderate to difficult
FITNESS:	Good

DAY SEVEN

WALK GAMARTHE TO SAINT JEAN PIED DE PORT

WALK ITINERARY

After breakfast, we farewell our hotel and transfer to nearby Aire-sur-l'Adour to explore the town, a settlement has existed here since roman times although it is only a trace of the name that still exists.

Afterwards we'll transfer to the start of our last walk for the trip. (1 hr 40 mins).

Today's walk takes us from the small town of Gamarthe to Saint Jean Pied De Port in the Pyrenees.

We cross the stone bridge over the river Bassaguibele and make our way to Col d'Oyhanzarre.

On our walk, we pass many pretty Basque villages, beautiful rivers, chateaus and enjoy spectacular views of the Pyrenees.

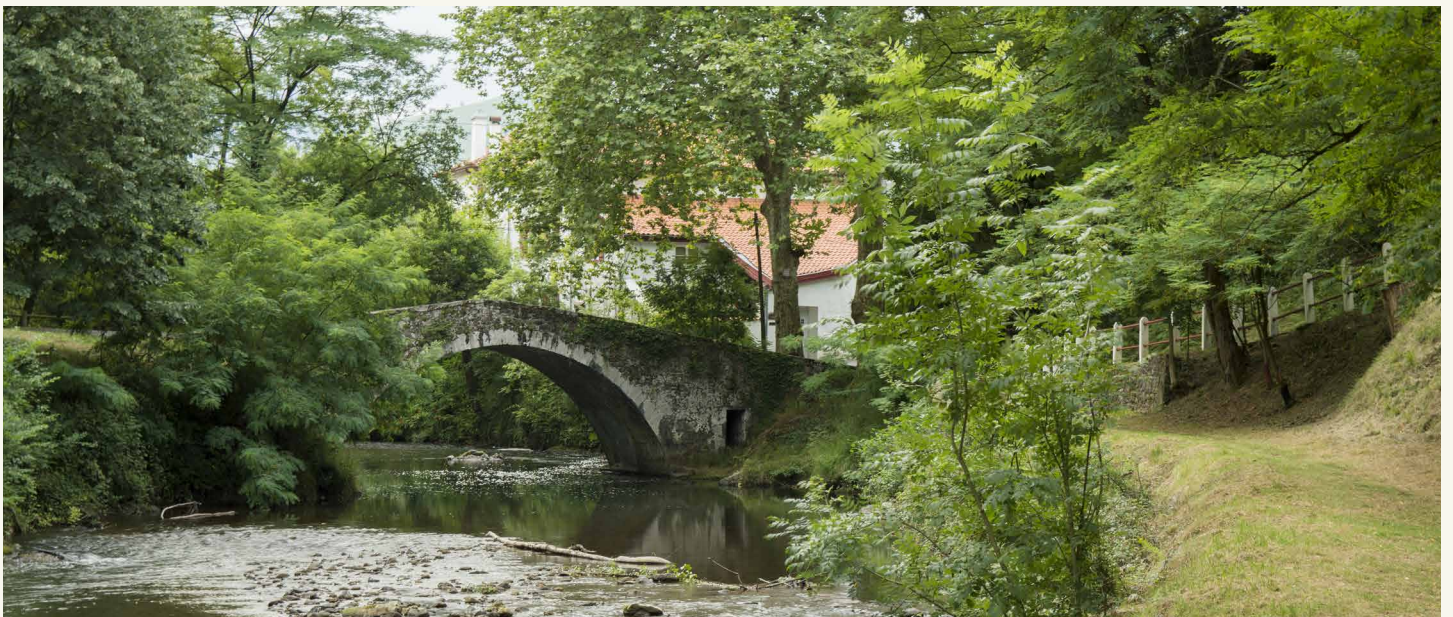
We eventually arrive at the gate of the old town of Saint Jean Pied de Port at the foot of the Pyrenees and our final destination.

This charming town with its cobbled streets is always buzzing with lots of pilgrims with those that have walked from Le Puy and those starting their Camino Francés from here to Santiago in Spain.

Our last night is spent in the charming 4 star Hôtel des Pyrénées, an old coaching inn ideally located only 400m from Saint-Jean-Pied-de-Port's citadel.

Tonight we enjoy a celebratory dinner in a local restaurant featuring authentic Basque food and wine.

Your dinner companions will be your fellow travellers and those joining the Camino route from here into Spain.





DAY EIGHT

DEPARTURE DAY TRANSFER TO BAYONNE



After breakfast we farewell everyone and those departing here will be transferred to Bayonne. (1 hour drive).

Airport drops off at Biarritz airport are also available (4kms from Bayonne).

Direct flights operate throughout the day from Biarritz to Paris France (1 hour 20 min flight).

For those wanting to continue their trip please see our longer versions of this walk into Spain.

BOOK YOUR FRENCH CAMINO HIGHLIGHTS PACK FREE WALK TODAY

DEPARTURE DATES - MAY TO SEPTEMBER SEASON

Each year we run regular scheduled tours from May to September. The real time availability can be checked on our website below or call our office on (02) 9975 4553.

PRIVATE GROUPS

Groups of 8 or more can select a departure date of their choice. We advise booking as early as possible as dates fill up quickly. Ask us about Group Pricing.

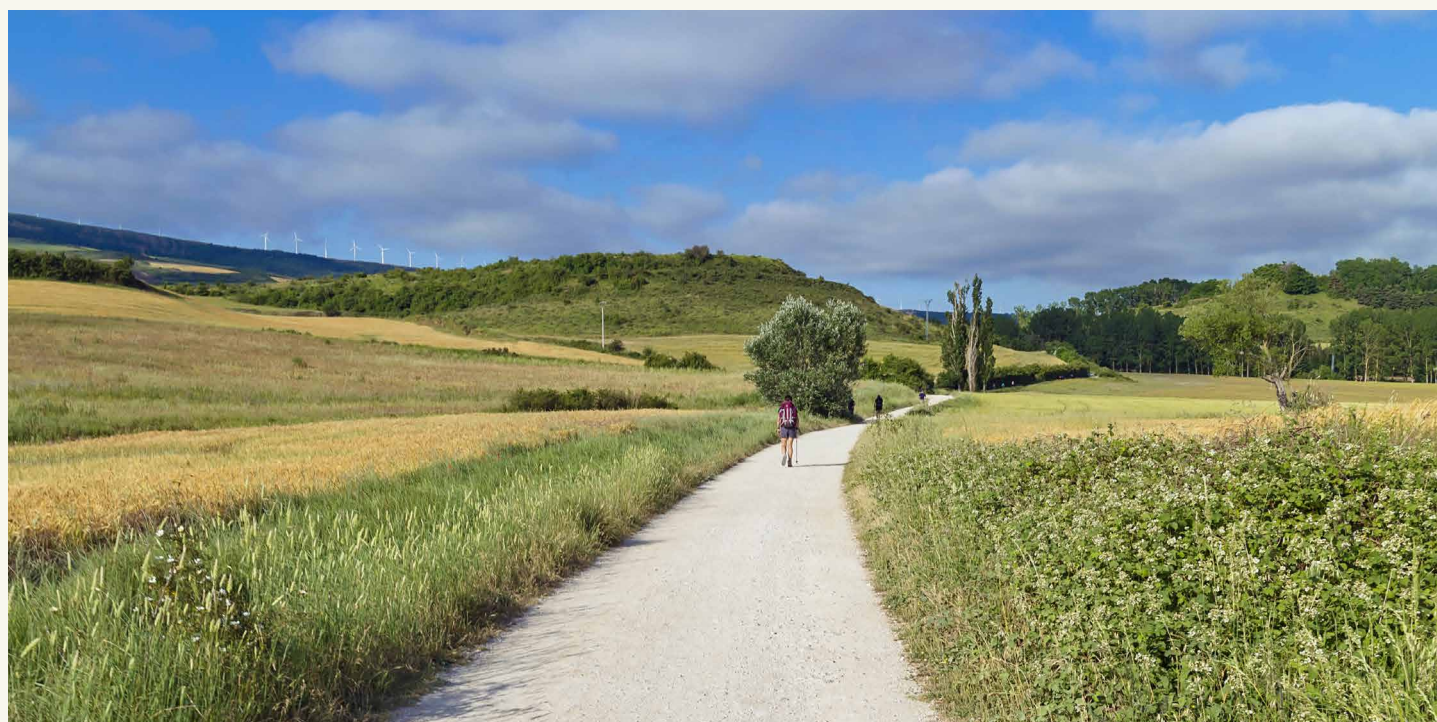
INTERNATIONAL FLIGHTS

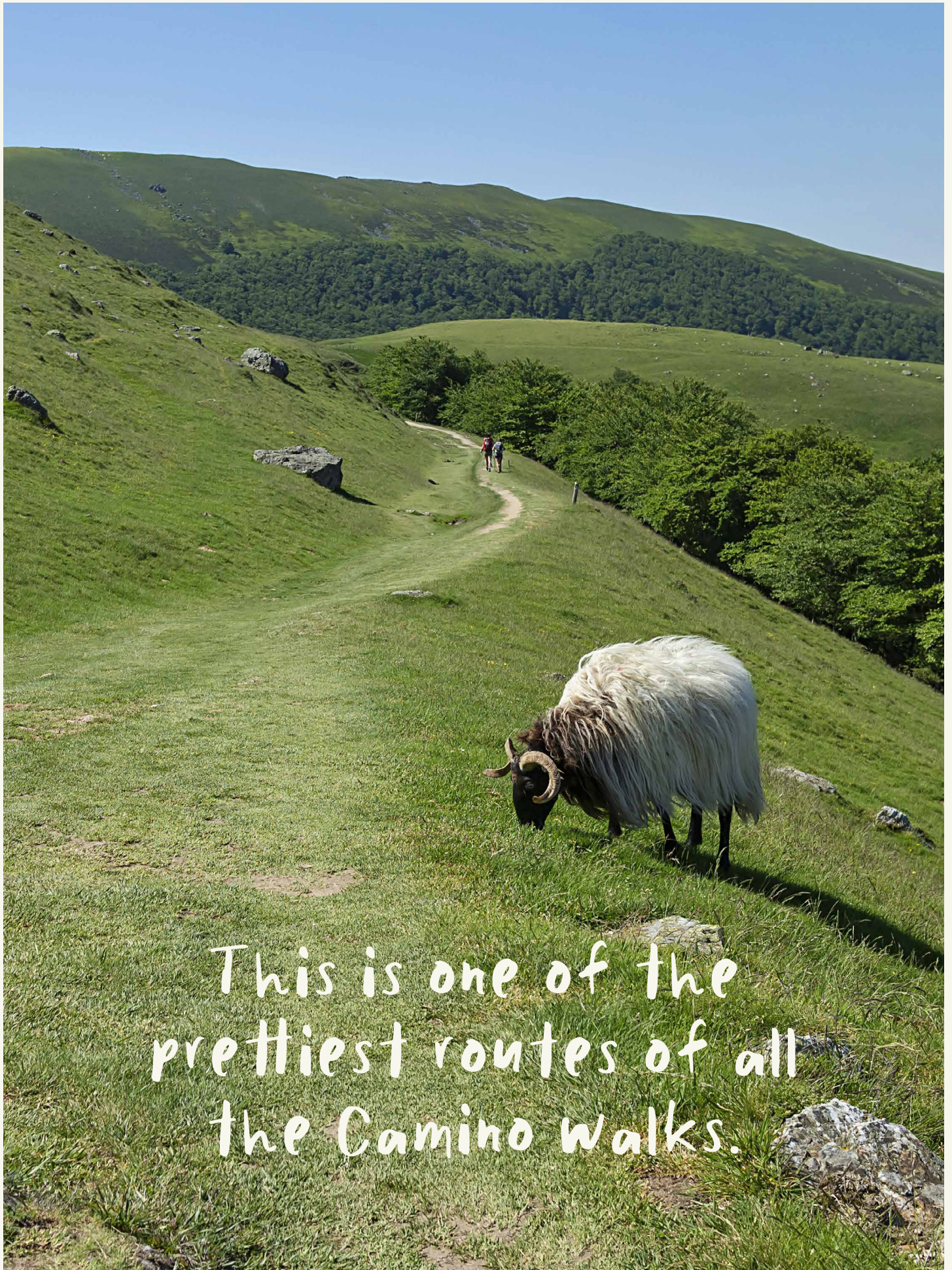
Please note your tour price does not include flights to / from the countries visited. We offer our clients a service to book their international flights and any other travel plans during their holiday.

If you would like our Flights Specialist to organise these requirements, please email us at flights@lifesanadventure.com.au with your requirements.

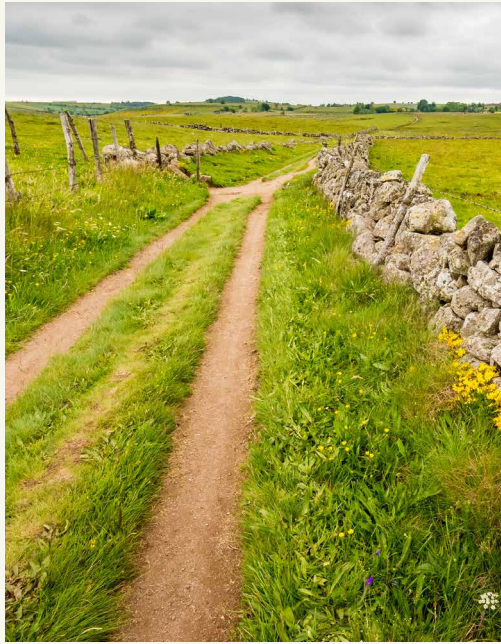
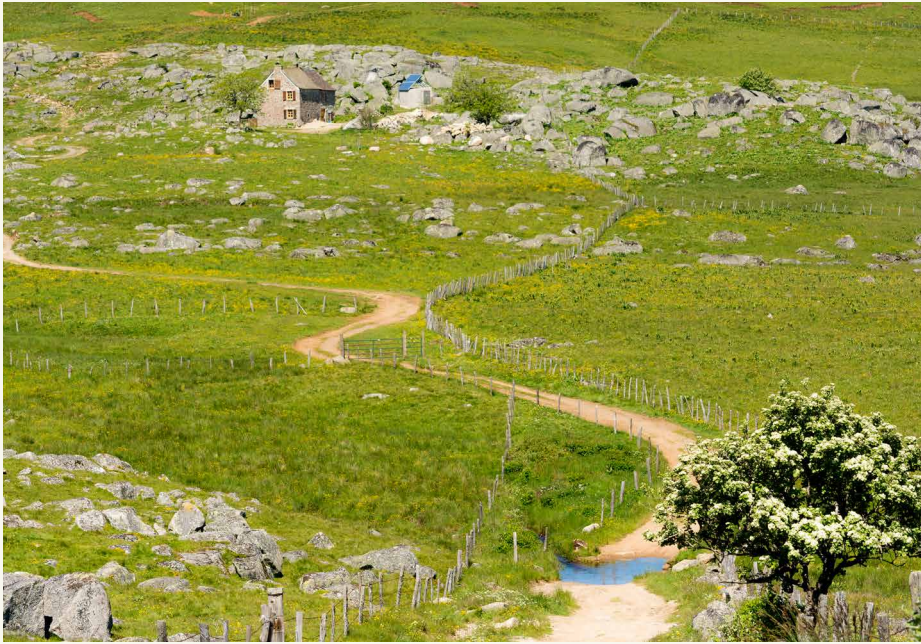
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FOR THIS WALK CLICK HERE FOR... WWW.WOWMAZINGWALKS.COM.AU**

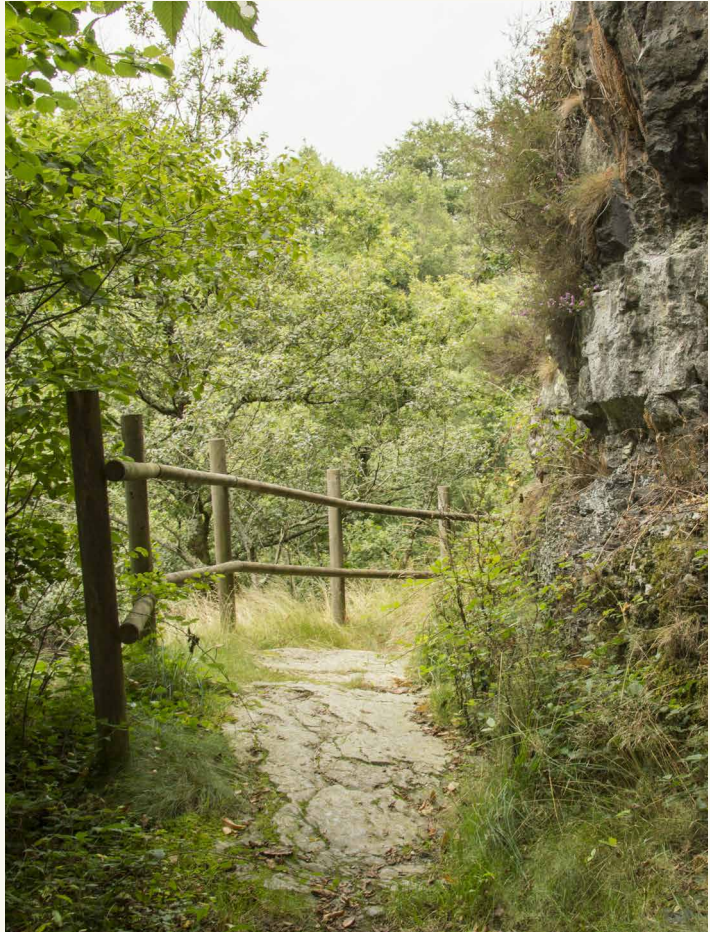
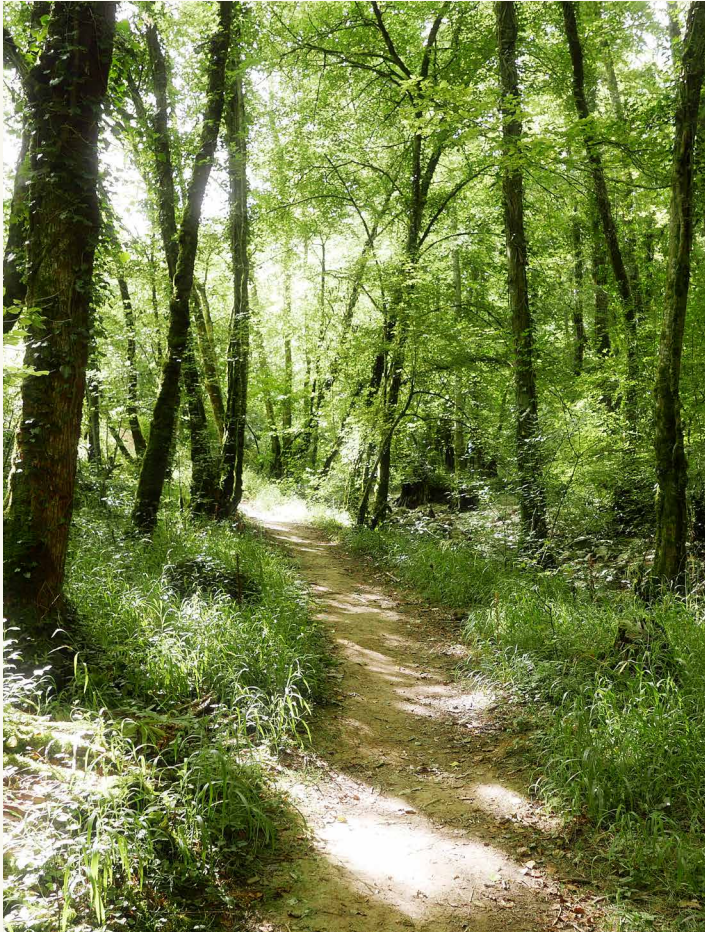
**GOT QUESTIONS? WE'LL ANSWER THEM.
CALL US ON (02) 9975 4553 OR EMAIL: walks@lifesanadventure.com.au**

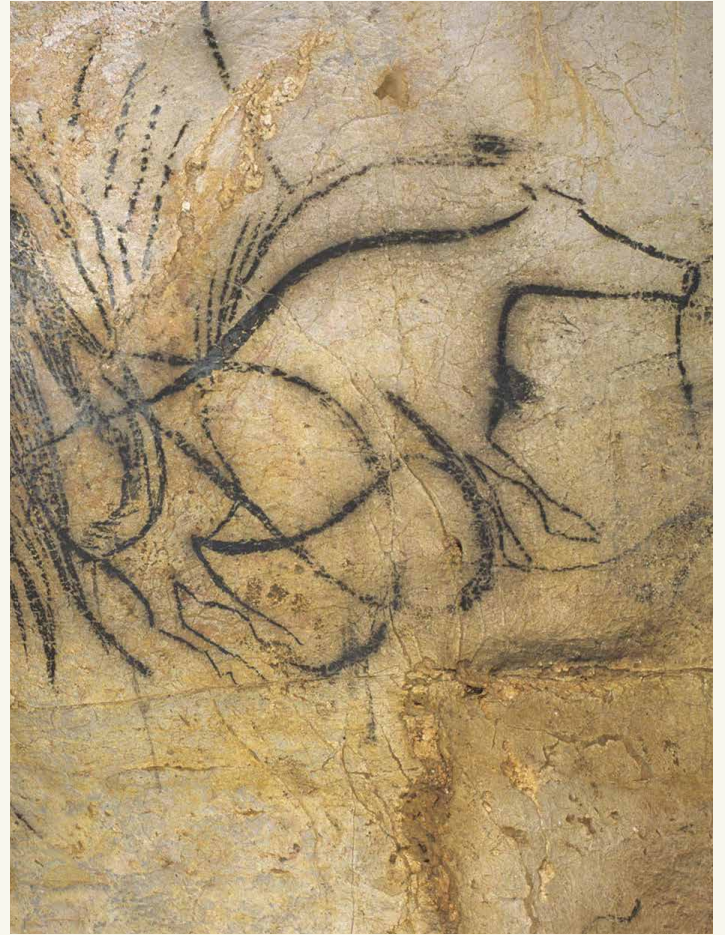
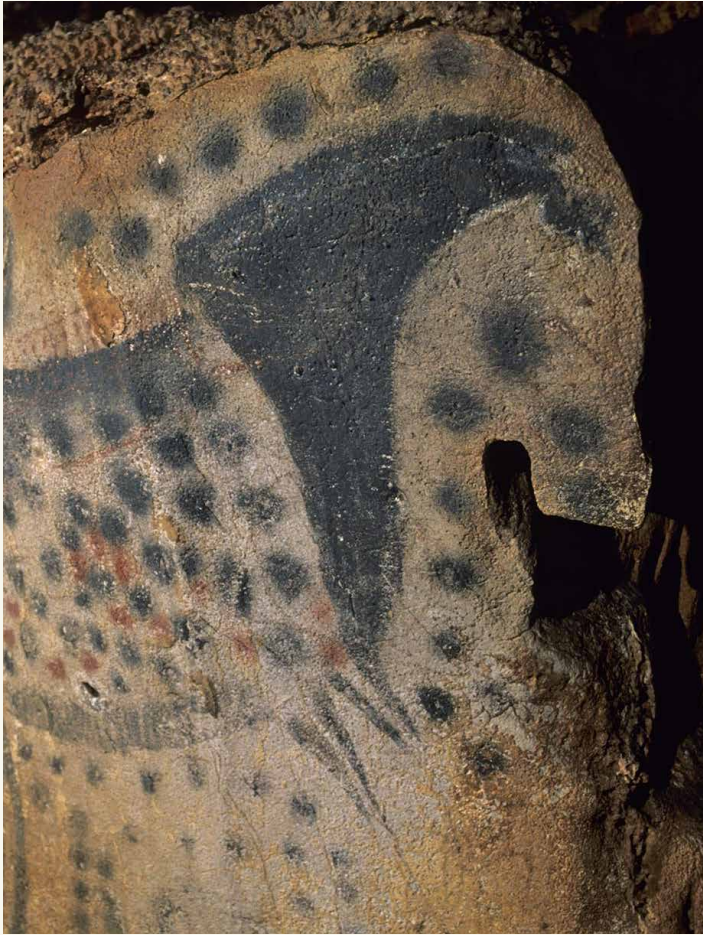


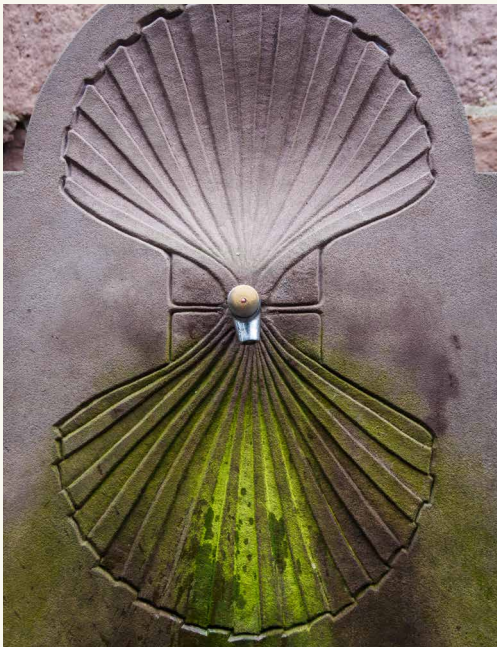
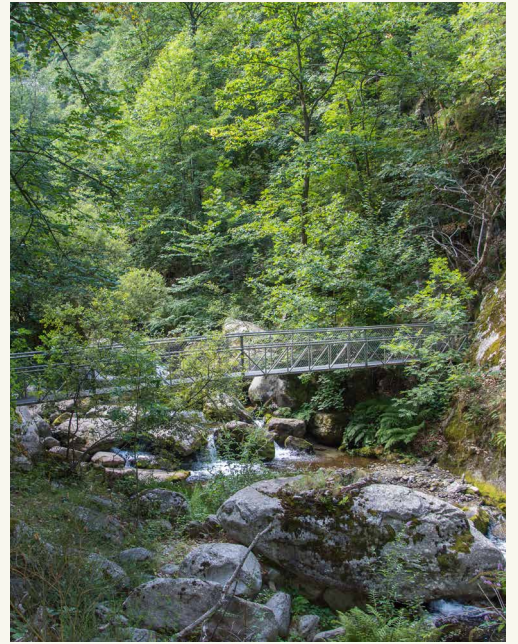


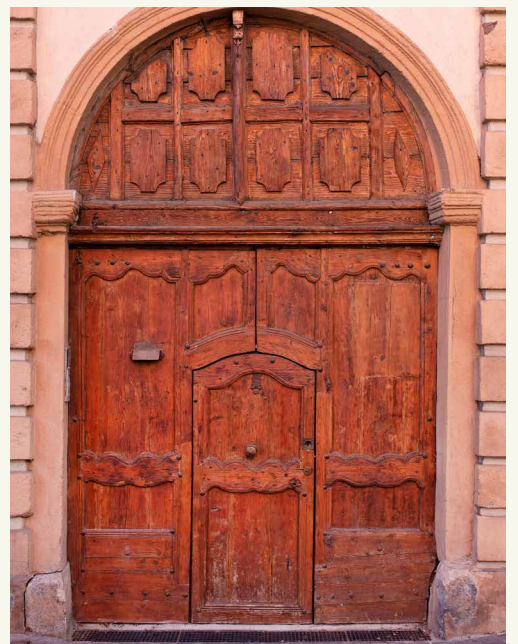
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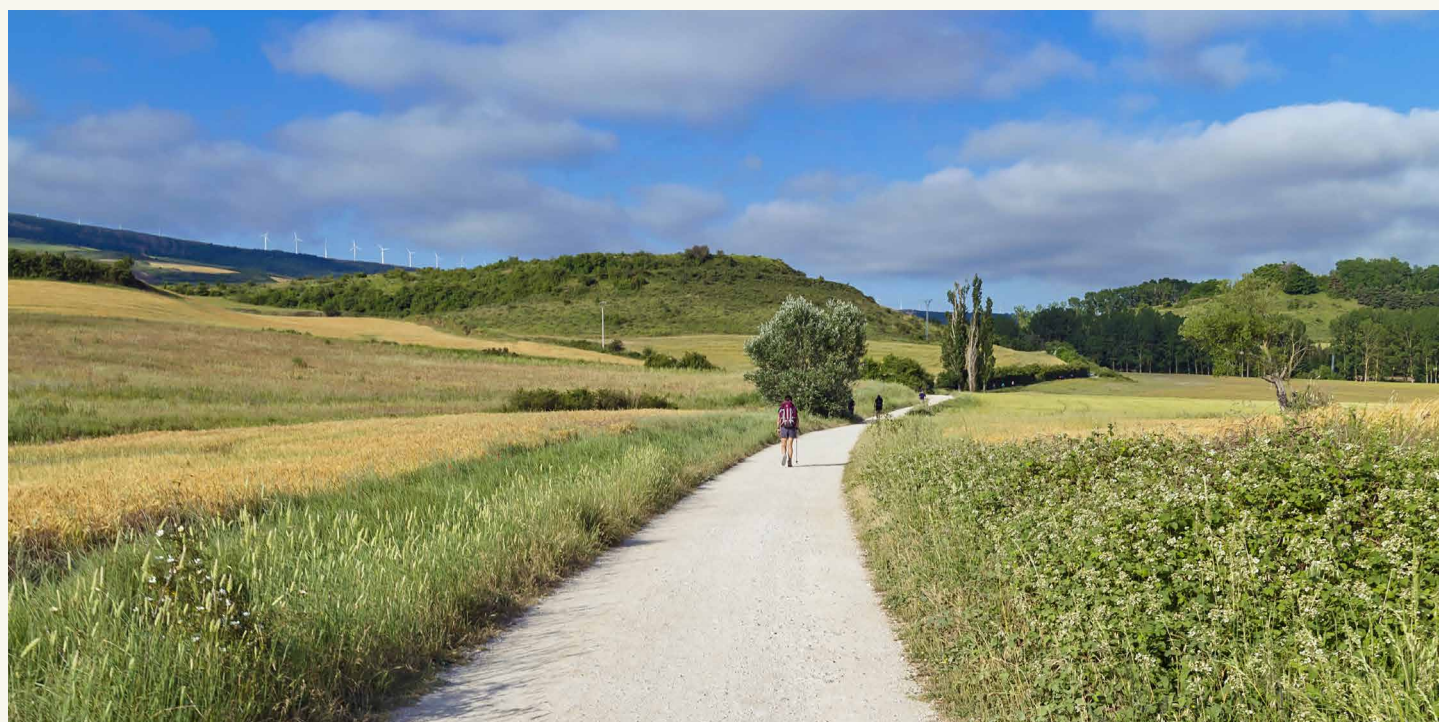
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WHAT MAKES US 'WOW-MAZING' DIFFERENT? TAKE A LOOK.

LIFE'S AN ADVENTURE GIVES
YOU PACK FREE GUIDED WALKING
TOURS WITH OUR UNIQUE
WOW-MAZING INCLUSIONS LIKE...

... WILDERNESS CRUISES
TO REMOTE LOCATIONS - CHOPPER
FLIGHTS OVER STUNNING SCENERY
- MEETING LOCAL CHEFS AND
WINE MAKERS - DELICIOUS
PADDOCK TO PLATE DINING
- LOCALLY SOURCED WINES
- FLEXIBLE FITNESS WALKING
OPTIONS - FABULOUS BOUTIQUE
ACCOMMODATION - SURPRISE
& DELIGHT EXPERIENCES + MORE.

BOOK AND WALK WITH CONFIDENCE.

PERSONALISED TOURS

Our tours are curated to be personal and intimate with a maximum group size of 12 – 16 guests. However, if you'd like to have a bigger group, contact us for more details.

CEO GUIDES

Our guides are CEOs – Chief Experience Officers – and their passion is to give you a world-class walk. We pride ourselves on employing a talented team of passionate CEOs who all have a passion for their tour.

They're committed to your safety and have a genuine desire to provide an enriching, immersive and wow-mazing walking experience.

21 TOURISM AWARDS

We don't mean to boast but it is awesome to be recognised for having tours that people love walking on. We've won 21 Tourism Awards of Excellence including the Qantas Australian Tourism Award for Australia's Best Adventure Company. Awards are great, but our biggest accolade which we value even more, is that our clients come back and travel with us time and time again.

GENUINE ALL-INCLUSIVE

Our walking tours are all genuinely all-inclusive – so once you pay for your tour there are no hidden extras. During your evening meals, you won't need to put your hand in your pocket to pay for wine as it's included in the price of the tour and if your tour has a stunning scenic chopper flight or eco wildlife cruise – it's 100% part of your tour package. What's more – there are No Credit Cards fees.

FLEXIWALK

Our FlexiWalk is a new optional Add-On that allows guests to cancel their tour last minute and not be penalised. Exclusively designed by Life's An Adventure, this product gives our guests certainty in a time of uncertainty.

LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

Life' An Adventure commitment to sustainability ensures our guests enjoy, appreciate and learn the importance of preserving and protecting the landscapes we visit and its inhabitants. The ethos of our walking holidays across Australia is to minimise our footprint, working towards a leave no trace outcome and emphasizing the elements of conservation in all elements of operations across the business.

We are firmly against businesses that disturb our National Parks by the construction of buildings and structures. On all tours we utilise existing accommodation close to the trails, which not only support these local accommodation providers, but also minimises our impact on the environment.

We also support local communities by buying local produce, working closely with local businesses such as cruise companies, chefs, wineries and small local cafes with the same environmental ethos as us, as well as hiring local guides.



ECO TOURISM ACCREDITATION

We hold Eco Tourism Accreditation with EcoTourism Australia, this accreditation is given to ecologically sustainable tourism companies with a primary focus on experiencing natural areas that foster environmental and cultural understanding, appreciation and conservations.



GREEN GUARDIAN PROGRAM

Our project is working with PWS, Birdlife Tasmania and the Department's Resource Management and Conservation Branch. Whilst walking along the wild and remote beaches in Tasmania, we will identify a number of threatened and vulnerable shorebird and migratory shorebird species. This important work will aid in assessing shorebird populations and habitat quality, both of which have been seriously affected by human activity. The vital information collected will be uploaded into the Department's Natural Values Atlas where it will assist in improving conservation outcomes, planning.

Life's An Adventure has partnered with the Tasmanian Parks and Wildlife Service to promote environmental conservation through the Green Guardian program. As part of the Green Guardian program, our guests are given conservation volunteer opportunities during their walks and decision making.

LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR



OUTDOORS PEOPLE FOR CLIMATE

Life's An Adventure supports 'Outdoors People for Climate' who are a grassroots community of people who love, live, and work in the Australian outdoors. Climate change and other ecological stressors are causing irreversible damage to the wild places we love and will make it progressively harder for Australians to access the outdoors. Outdoors People for Climate are here to add to the growing call for meaningful, ambitious, and rapid political and business leadership on climate change in Australia. It is time for Australians to come together, listen to the science, take action, promote solutions and support positive change for people, the planet, and the outdoors. It's clear: when nature thrives, people thrive. What's more, individuals, communities, and governments already possess the solutions needed to tackle the climate crisis and in turn create a better future, but we must act urgently.



LEAVE ONLY FOOTPRINTS AFTER YOUR TOUR

CONSERVATION OF OUR ENVIRONMENT

Our walks are all in stunning natural areas, and we want them to be there for future generations to enjoy.

So on our tours we're super considerate and follow a few simple rules to minimise any environmental damage on our wow-mazing walk experiences for you to follow.

When Walking...

Stay on the track, even if it's rough or muddy. Walking on the track edges and cutting corners on steep, zigzagging tracks increases erosion and visual scarring.

Tread softly, choosing your footwear for the terrain. Often you will only need to wear lightweight walking boots or even running shoes.

If there are no tracks, spread out rather than follow each other's footsteps. A plant will be more likely to recover if walked on once than if stomped on by the whole party.

Appreciate and respect the local wildlife. Walk as quietly as possible. This reduces the likelihood of disturbing wildlife and increases the chances of seeing it.

Carry all rubbish with you. Even discarded organic litter such as apple cores or orange skin adds nutrients to the soil which can aid the spread of weeds.

Only use toothpaste and soap if you're at least 50m from any waterways, to prevent harm to fish and other wildlife.

Please don't feed native animals – it can damage their health and make them dependent on campers for food. The wrong food can cause birds to lay eggs with weak shells that break before the young can develop. Find out more about how feeding native animals can affect them, their behaviour and you.

No damage or removal of native plant species.

No removal of shells from beaches, coastal areas or inland middens.

Try to leave everything as you found it. Don't disturb historic places, Aboriginal sites, plants, animals or bush-rock.

LET'S INTRODUCE OURSELVES

THE LIFE'S AN ADVENTURE PACK-FREE STORY

Life's An Adventure Company Director Mark Norek was born and bred in Tasmania, and has a passion hiking ever since he was president of his high school bushwalking club. Mark started walking with his wife Vicki and to get her to walk more often he would add the finer things in life to the walk so that she would come along and do it more often... such as footbaths, bottles of wine and her favourite liqueur Bailey's for her!

This translated some 12 years ago into starting a business called Life's an Adventure where the goal is to make every walk a more enjoyable experience for all and taking heavy packs out of the equation – and hence we added the tag-line to our logo 'The Pack-free Walking Experience'

They also wanted to offer the best accommodation and fine dining in the area as we currently do on our Three Capes walking tour. They then added to that wow factors to reach more remote areas by helicopter or boat.

Mark and Vicki have carefully designed all our tours to give good value and quality in Pack Free walk, so you carry as little as your camera, water and raincoat (if required). Our guides are all passionate and are incredibly sociable and proud of their state, and this comes through with their guidance through the area.

Enjoy the walk, and feel free to share your photos with us of your memorable experience.



CONTACT US

CALL US : 02 9975 4553

TOUR ENQUIRIES: walks@lifesanadventure.com.au

MON-FRI: 9:00 am - 5:00 pm SAT-SUN: CLOSED

HEAD OFFICE: SHOP 7, 1306 PITTWATER ROAD, NARRABEEN NSW 2101

FOR OUR SIGNATURE TOURS WEBSITE - WWW.WOWMAZINGWALKS.COM.AU

FOR MORE THAN 90 DIFFERENT TOURS VISIT - WWW.LIFESANADVENTURE.COM.AU



IMAGE CREDITS: MANY PHOTOS IN THIS BROCHURE HAVE BEEN SUPPLIED BY THE TOUR'S ACCOMMODATION PROVIDERS.