



WOMEN'S WELLNESS CAMP IN PROVENCE

Activities are centred around enjoying stunning scenery and breathtaking panoramas, cold water therapy and an opportunity to work on your fitness, mobility and nutrition in a supportive environment. Your camp features: Small group for one-on-one attention | Yoga and mobility | Core strength | Cold water therapy/swim | Training techniques | Workout planning | Essentials on recovery, nutrition hydration & fueling | Home-cooked nutritious food

DAY ONE

Group transfer from Nice Côte d'Azur Airport (Collection at 14:00hrs). Arrival at La Palud sur Verdon "basecamp" ±17:00 refreshments and orientation. Flight recovery stretching and settling in. Welcome drinks and home-cooked dinner. Informal 45mins introduction over drinks, to natural and healthy nutrition for exercise.

DAY TWO

07:00 - 07:30 Wake-up call and sunrise yoga followed by breakfast
09:45 Guided hike (optional running sections) Approx 10km/3hours
13:00 Lunch in La Palud sur Verdon (at guest cost)
15:00 - 16:30 Return to base on foot/leisure time
16:30 - 17:15 Core strength and stretching
19:00 Evening refreshments and dinner

DAY THREE

07:00 - 08:00 Wake-up call and breakfast
08:15 A short drive to Rougon for a hike down to the river and tunnels and then some cold water therapy. (Guests can, for an additional cost, try Aqua Randonee if desired and pre-booked).
12:30 Lunch back at base
16:00 - 16:45 Core strength and yoga
18:30 Evening refreshments and dinner in village (at guest cost)





DAY FOUR

07:00 - 07:30 Wake-up call and sunrise yoga followed by breakfast

09:00 Depart for Lac St. Croix and water activities. Pedelo/kayak/swim

12:00 - 13:00 Picnic Lunch and transfer back to base

17:00 - 17:45 Afternoon drills/strength and flexibility session

19:00 Evening refreshments and dinner

20:00 Theoretical Session over drinks

DAY FIVE

07:00 - 07:30 Wake-up call and sunrise yoga followed by breakfast

09:15 Bauduen for a swim/hike or run approx 10km/3hours or cycling (dependent on group)

12:15 - 13:30 Picnic Lunch and transfer back to base via lavender fields and Moustiers

19:00 Dinner in village (at guest cost)

DAY SIX

06:00 - 07:00 Wake-up call and sunrise yoga followed by breakfast

10:00 depart for Nice Côte d'Azur Airport (*approx arrival into Nice 12:30 traffic dependent*)

