



Walk, jog or run - photos ©Henri Comte

La Grande Motte: The Good Life, Fitness & Golf

Leisurely walking plus Golf or Multi-Sport

Tour Highlights

- ☞ Enjoy a taste of life on the French Mediterranean's health and fitness resort par excellence.
- ☞ 20 kms of pedestrian walkways, 7 kms of sandy beaches.
- ☞ Half-day, short walking/jogging/running circuits and distances to suit you: personalise the tour to meet your own interests.
- ☞ Florida-style freeways right here in France on the 18-hole Executive [Green Card] or International [Handicap 35] courses.
- ☞ Multi-sport package includes cycling, fitness/gym, tennis [synthetic courts], swimming [in-door heated or at the beach] with Spa and Well-Being option or half-day cruise.

Fact File

- ✓ Self-guided, single-centre programme
- ✓ Commence your trip any day you want, all year round
- ✓ Gentle, leisurely half-day walks aimed at anyone who wishes to improve fitness and stamina levels
- ✓ Choose from Golf or Multi-sports programme: two rounds of 18-hole golf or three half-day sports of your choice
- ✓ Four-star Golf hotel or four-star marina hotel options
- ✓ Why not combine this tour with our nearby inn-to-inn and light 4-night Hiking in Camargue trip? The perfect complement!

Theme



If you are looking for a short, total-immersion in health, fitness and sunshine, with the option of majoring in golf or multi-sports, then our 'La Grande Motte-The Good Life' programme fits the bill.

Located just 15 minutes from Montpellier airport and 25 minutes from its train station [which is only 5 hours on the High Speed train/TGV from Paris] La Grande Motte is one of two gateways to the Camargue region, the other being Nîmes. LGM as it is now affectionately known, is a purpose-built fitness and leisure paradise: a coastal resort built from scratch in the late sixties, conceived with the express aim of encouraging the French to holiday on the French Med as opposed to in Italy or Spain. The brainchild of General De Gaul, the grand project was designed by the visionary architect and cousin of former French Prime Minister, Jean Balladur.

*Golf course,
Pyramides, beach
and The Med.*



Whilst some voiced disapproval of its pyramidal architecture and 'avant-garde' concrete facades designed to protect the surrounding vegetation from sea winds, few can deny that this daring and innovative project has ultimately achieved its aim. For each year, in the months of July and August, the town's capacity is breached fourfold as European holiday-makers from as far afield as The Baltic and The Swiss Alps [and ironically many even from Spain] flock to the resort, filling its hotels, bars and restaurants to breaking point.

Recently garlanded with the coveted [sic] title of «Patrimoine du XXe siècle/20th Century Heritage Site», and boasting broad sandy beaches and refurbished esplanades that belittle anything comparable found anywhere around the coast of The British Isles, it remains strangely bereft of Anglophones. At The Enlightened Traveller we believe that now is the time to rectify that imbalance and say YES to GM food and GM gentle walking breaks, bien sûr! We cannot promise Genetic Modification, but you will come out of it feeling a fitter and healthier individual.

The first thing you notice about LGM as you venture out of your hotel door in the morning is the sheer number of people clad in a varied array of multi-coloured apparel, sporting sweat bands, pedometers and ipods, either walking or running along the innumerable tree-lined alleys and walkways that make this health resort so remarkable. But this is no Cannes, where the bodies are as thin as the beaches are narrow. No – these exercisers, walkers, joggers and runners fit no stereo-type and do, quite literally, come in all shapes, sizes and ages. What unites them all is the infectious desire to get fit and healthy, which is where we come in of course – as facilitators of your improved fitness level.

Our LGM-Good Life tour comes in two formats: light walking and Golf, and light walking and multi-sports – à vous de choisir and each is a four-night total immersion in the best that the modern-day French Mediterranean has to offer.

*The 'female'
west end*



LGM boasts kilometres of newly-resurfaced, tree-lined walkways that are just waiting for you to don your kit and get out there. With numerous options to suite you, ranging from 2 to 12 kilometres, with next-to-no ascents or descents and a number of themes to be explored [architecture, nature, park-life], you are empowered to choose what suits you each morning; and after lunch you either opt for a round of golf on two separate afternoons, on a world-class golfing range designed by Florida's Robert Trent Jones Senior [leaving you one free PM], or multi-sports and a plethora of choice that includes cycling, fitness/gym, tennis [clay and hard courts], swimming [in-door heated or at the beach] as well as the [optional] hedonistic extra of a Spa and Well-Being visit - because you're worth it, bien sûr!

See the example programme contents below for each of the two tours.

In the evenings you can enjoy a gentle stroll along the esplanade and round the impressive marina on route to the vast array of restaurants that lay in wait to help you replenish some of those calories you have enjoyed so much losing during the day. So give the casino and Sunday tourist markets a very wide berth, and enjoy 'LGM- Good Life' at a pace, to suit you.

What's the Weather like?

La Grande Motte has an enjoyable temperate climate, with an average temperature of 23 °C between April and October. Hottest time is between June and early September when highs normally are around 30 degrees Celcius on most days, with warm night and plenty of sunshine. Winters last from December to February but it's usually mild with 10 to 12 degrees Celcius during they day and rarely frost at night due to moderating sea influences.

4-night LGM plus Golf or Fitness: Model tour¹

Day 1 Arrival Day in LGM...

by taxi from either Montpellier [SNCF/airport] or Aigues-Mortes [the finish of our Hiking in Camargue tour]. If joining from Aigues-Mortes you can enjoy an extra full-day at LGM due to its close proximity. Take a dip in the open-air pool and acquaint yourself with the contiguous golf course or fitness and sports facilities.

Why not enjoy a dinner on the main esplanade with sea view?

Day 2 AM: walk the BIG CIRCUIT

[7½ miles-12 kms, approx. 2½ hrs walking time]

Explore the periphery of the town which takes in the trail alongside the Vidurle river, Ponant Bridge, the main Promenade de la Mer and dunes, the Marina and much more.

PM Golf: Tee off on the 18-hole, par 58 and 4000 metre Seagull Executive course, which is quite a technical circuit, with grass bunkers, that takes around two-and-a-half hours. Then relax in the comfortable clubhouse.

PM Fitness: Cycle to Le Grau du Roi fishing port or tennis.

How about dinner alongside the marina?

Day 3 AM: in the footsteps of Balladur

[5½ miles-9 kms, approx. 2 hrs walking time]

Walk between Sea and Lagoon, round the almost island of Ponnat and then take in the Architectural splendours of LGM's inner sanctum.

PM: Tee off on the 18 hole, par 72 and 6400 metre Pink Flamingo Pro-International course, which boasts fast greens, numerous water hazards and white sand bunkers. The circuit takes between four and five hours. Then it's back to the welcoming comfort of the clubhouse.

PM Fitness: Swimming [beach or indoor pool in a local private club] or gym/weight training and sauna/steam. Optional Spa and Well-being treatment by appointment only.

And why not dine in your hotel?

Day 4 The 'Feminine' part of town - architecturally speaking!

[4½ miles-7½ kms, approx. 1½ hrs walking time]

AM: A short cycle over to the west end, park up and enjoy a stroll through the Parks and around the curved pyramids.

PM: Whatever takes your fancy. Ex: cycling westwards onto the fishing port of Carnon and back. [approx 9 miles-15 kms].

Free time to explore whatever you like in and around the town. Not technically included in the programme, but we can book whatever you fancy and you pay in cash on the day.

It has to be dinner in the Yacht Club!

Day 5 End of Tour

Breakfast and transfer to Montpellier Airport or Gare SNCF - for onward travel...to Nîmes for our 4-night Hiking in Camargue trip?

Note: only players with a handicap of 35 are eligible to play on the Pro-International greens.

*A gentle stroll
round the marina
by night*



What's Included

- ✓ 4 nights Bed & full buffet breakfast [incl. local taxes] in a 4-star hotel - see below.
- ✓ walking plan, notes and themed dossier
- ✓ Return transfers from/to Montpellier, or from Aigues-Mortes on arrival and then onto Montpellier for departure [if following on from our Camargue Tour ²
- ✓ Telephone help-line service with 7/7 native English and local support.
- ✓ Golf-related Option: 2 rounds of golf at the appropriate level - Green Card [Seagull] or Pro [Pink Flamingo]; 6 clubs and a hand-pulled caddie; Bike rental for an afternoon**
- ✓ Multi-sport-related Option: bike rental for up to two afternoons; one game of tennis, incl. loan of equipment; one visit to the private health and fitness centre with in-door pool, gym/weight-training room, sauna and steam room.

Not included

- ⊗ Remaining meals and all drinks and extras - lunch and dinner options are listed in your dossier and notes
- ⊗ Personal expenses
- ⊗ Entrances into any optional cultural visits and venues, incl. the Spa and well-being treatments.
- ⊗ Hiking, personal and travel insurances
- ⊗ Single rooms - unless booked at the single-person rate
- ⊗ Travel to and from the tour start and finish points.

*The port of Grau du Roi - a
cycle-ride away*



Four star luxury Hotels

“Carefully-selected accommodation based on knowing our partners well.”



Whichever tour you choose, be it LGM-Golf or LGM-Fitness, your accommodation is in a fine four-star hotel.

The Golf hotel lies in the north-eastern corner of the town, contiguous with the golf course itself and you stay in Superior Rooms. The hotel boasts a fine restaurant and an open-air swimming pool that is not heated.



Our Fitness hotel lies on LGM's marina and all rooms have a marina/sea view. The hotel has a fine heated swimming pool and first-class facilities. It is located in an area renowned for fine restaurants and boutiques.

Each hotel provides a full buffet breakfast of the sort that sustains you through until dinner time!



The golf course



Access & Departure

By Plane

Fly into Montpellier Méditerranée Airport (MPL), 17km away. You are collected by taxi and transferred to your 4-star hotel.

There are quite a few (low-cost) airlines serving Montpellier, including Air France to Paris, Lyon and Corsica, Ryanair to Brussels, London-Stansted, Bristol and Frankfurt-Hahn, Easyjet to London and Transavia to Amsterdam.

Alternatively you can fly into Nîmes - Arles - Camargue international airport, which is 53km away and take a taxi from there for a supplement - please enquire. Ryanair serves London, Liverpool and Brussels from Nîmes.



By Train

Take the train (High speed/ TGV) from Paris or Lille in approx 5 hours to arrive at Montpellier railway station. You are collected by taxi and transferred to your 4-star hotel.

Customers recommend RailEurope.com for research and ticketing.

Extra fitness on the hoof



Ten reasons to book with The Enlightened Traveller®



- ❶ Best accommodation, better service
- ❷ Benefit from French-based expertise and our total focus on France
- ❸ Buy direct from us, the tour provider, and get great value for money
- ❹ Personalise your trip to meet your requirements
- ❺ Industry-leading walking notes make orientation easy
- ❻ 1:25 000 full scale maps & insightful dossier
- ❼ 7/7 telephone support in native English
- ❽ We transport your luggage from hotel to hotel. Option to travel along with your luggage if you need a rest day: subject to availability, places are limited².
- ❾ Peace of mind: your money is safe when booking with us - all passengers are fully insured for the initial deposit and balance, irrespective of the means of payment, in the unlikely event of insolvency.
- ❿ Anglo-French family business that tries harder: We'll look after you like one of the family!



The inviting beach



Enjoy a gentle bike-ride to a fishing port or two

2020 prices:

Based on two customers sharing a double or twin-bedded room:

2020 Tour Fees for LGM-Golf.

High Season:

4th July 2020 to 4th September 2020

Pro-level, handicap 35:

865.00 Pounds Sterling# or 995.00 Euros per person

Green-card level:

795.00 Pounds Sterling# or 930.00 Euros per person

Low Season:

Jan 1st to 3rd July 2020 and 5th September to end December 2020

Pro-level, handicap 35:

710.00 Pounds Sterling# or 830.00 Euros per person

Green-card level:

575.00 Pounds Sterling# or 790.00 Euros per person



*Mouth-watering
greens*



Booking

2020 Tour Fees - LGM-Fitness

Based on two customers sharing a double or twin-bedded room:

High Season: June to September

675.00 Pounds Sterling# or 790.00 Euros per person

Low Season: October to May

615.00 Pounds Sterling# or 720.00 Euros per person

Email, phone or Skype us and we will email you everything you need to reserve your tour.

Notes

¹ We reserve the right to alter parts of the above programme for the benefit of safety and the quality of the overall experience. The model tours provide an example programme, but you are free to change the order in which activities occur, or activities themselves, within reason. Please ask us for advice and let us have your preferences in order to furnish you with suggestions which may or may not have budgetary implications.

Please contact us to check for the latest Sterling prices. Sterling prices are confirmed at the time of booking.

The Enlightened Traveller®

Walking Holidays in France Ltd.

12 Park Lane, Tilehurst,
READING, RG31 5DL
England

Tels:

UK: (0871) 4488 404

USA: (401) 234-0101

Australia: (02) 8005 5908

Email: info@walking-holidays-france.com

Internet: <https://walking-holidays-france.com>

Skype: theenlightenedtraveller

Facebook.com/TheEnlightenedTraveller

© The Enlightened Traveller 2019

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers are fully protected for the initial deposit and subsequently the balance of all monies paid to us, arising from cancellation or curtailment of your holiday arrangements due to insolvency, irrespective of method of payment.



Delighting Mind, Body and Sole!