

MARSEILLE PROVENCE ARRIVALS

Note all times believed to be correct at time of publication. You should however confirm direct with the website of the transport company concerned as Adventure Extreme (ATI Ltd.) are not responsible for delays, missed connections or any costs incurred due to altered or incorrect schedules.

Joining Instructions Marseille Provence Airport

Arrange your flight arrival time in Marseille Provence latest mid afternoon and departure time earliest mid afternoon. Please do not arrange early departure to UK since you will not be able to connect from La Motte. Earliest coach from Sisteron to Aix is 0830 hrs arriving 1000 hrs. Then shuttle bus to Airport every 30/45 minutes takes approximately 30 minutes. We will pick you up at Sisteron if required - please advise arrival time at Sisteron - see below.

NEW & DIRECT - LER Coach Service (except 1 May) Web Site, <http://www.payan-voyages.com>

Depart Marseille Provence Airport/Sisteron
1250/1500

Marseille Provence Shuttle to Aix en Provence

Airport Shuttle Bus (Navette) close to Hall 1, to Aix en Provence every 30/45 minutes takes approximately 30 minutes. The bus arrives and leaves from the same station in Aix en Provence. SCAL coach between Aix en Provence - Sisteron (Gap/Briancon) (about Euros 15.00).

Please note Marseille city is actually south of the airport so you need to transfer to Aix en Provence for train/bus connections to Sisteron.

SCAL Coach Service (except 1 May) Web Site, <http://www.scal-amv-voyages.com>

Depart Aix en Provence/Arrive Sisteron (en route to Gap/Briancon) on Saturdays

0820/1030	Daily
0920/1100	Daily
1310/1515	Monday - Saturday
1835/2010	Daily

SNCF Train Service Web Site, <http://www.sncf.com>

Airport Shuttle Bus (Navette) close to Hall 1, to Aix en Provence every 30/45 minutes takes approximately 30 minutes. The bus and train stations are close to each other in Aix en Provence - about ¼ mile apart.

Train Aix en Provence - Sisteron (Gap) (about Euros 17.00 single).

0800/0925	Daily
1429/1552	Daily
1749/1912	Daily

We will be out flying if you get an early connection so you would then have to wait for uplift at Sisteron, if required. Either way please advise ETA.

Transports Martin - Sisteron/La Motte du Caire (except Sundays & holidays)

Sat 1100/1155

The pickup time at Sisteron is usually around 7.00 p.m. in the main square.

You must pre-book your pickup from Sisteron directly with us at least five days prior to arrival, otherwise we will assume you are making your own transfer arrangements by hire car, bus or taxi (Taxi Jourdan 0492683839). Please note that any non-flying persons will be charged for transfers Euros 20.00 per person each way. Time credits uplift from Sisteron is chargeable at Euros 20.00 each way per person. Again, book in advance.

IF YOU HAVE ANY DELAYS ON DEPARTURE/ARRIVAL PLEASE PHONE US ON +33(0)492348851 AS SOON AS YOU CAN.

UK Tel:
+44(0)7092-283020
Fax:
+44(0)870-0562219
France Mobile Tel:
+33(0)6-86-35-22-32

France Tel:
04-92-34-88-51
e-mail:
trips@adventure-x.com
web site:
<http://www.adventure-x.com>

NICE ARRIVALS

Note all times believed to be correct at time of publication. You should however confirm direct with the website of the transport company concerned as Adventure Extreme (ATI Ltd.) are not responsible for delays, missed connections or any costs incurred due to altered or incorrect schedules.

Joining Instructions Nice Airport

Arrange your flight arrival time in Nice latest mid morning and departure time earliest mid afternoon. Please do not arrange early departure to UK since you will not be able to connect from La Motte. Earliest coach from Sisteron to Airport Terminal 1 is 0900 hrs arriving 1230 hrs.

Coach Terminal 1 Nice Airport – stops at Sisteron en route for Gap (from Euros 19.00 single) with LER (Lignes Express Regionales) Web Site, <http://www.scal-amv-voyages.com>

Daily (except Sundays & 1st May)

Depart Nice Airport T1/Arrive Sisteron

1520/1845

(It takes approximately five minutes for the bus transfer between Terminal 2 and Terminal 1)

Depart Nice Gare Routiere – stops at Sisteron en route for Gap/Grenoble

Daily (except 1st May)

Depart Nice Gare Routiere/Arrive Sisteron

0700/1100

Nice Airport Bus No 23 to Nice (Chemin du Fer du Provence) every 30/45 minutes takes approximately 20 minutes (**NOTE** the train does not go from SCNF station - it's a private narrow gauge line). Ask to get off the bus round the corner from the station **CFP** (Chemin du Fer du Provence) (Train du Pigne). The new station is about 200 metres behind the old station which is semi ruined. Approx Euros 4.00 pp between airport and station. Taxi about Euros 30.00, but only takes 10 minutes - so essential if time is tight.

Train Nice (Chemin du Fer du Provence) - Digne (about Euros 17.00 single) Web Site, <http://www.trainprovence.com>

Every day including holidays.

*We will be out flying so if you get an early connection you need to take bus to Sisteron from Digne. The bus will come to station but the connection time is very tight, so try to be quick off the train, it won't wait. Please be aware that it departs very shortly after the train's arrival. It should have Sisteron or perhaps Veynes (Gap) marked on it but you would really have to ask. Alternatively take bus for Chateau Arnoux/St Auban and change there for Sisteron. Please let us know ETA for pickup purposes, if required.

Depart Nice/Arrive Digne Web Site, http://www.payan-voyages.com/transport/ler_03.html

0642/0953 (if you take this train then please connect to Sisteron Halte Routiere – 1410/1530 except 1 May - *see above paragraph)

0900/1212 (if you take this train then please connect to Sisteron Halte Routiere – 1410/1530 except 1 May - *see above paragraph)

1243/1602 (if you take this train then please connect to Sisteron Halte Routiere – 1720/1825 not on holidays- *see above paragraph)

Please note there is no connection to Sisteron after this time.

Transports Martin - Sisteron/La Motte du Caire (except Sundays & holidays)

Sat 1100/1155

The pickup time at Sisteron is usually around 7.00 p.m. in the main square.

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web site:
<http://www.adventure-x.com>

CAR

**Please follow these instructions – they are the most direct routes
(Sat Nav does not always give the best result)**

Joining Instructions By Car

Please let us know your ETA as normally our evening meal is at 6.00 pm.

By Road from UK

Arrival in France or Belgium ferry ports follow route to Lyon.

Approximately 3 hours from Lyon.

From Lyon take A43 then A48 to Grenoble. From Grenoble follow N75 to Sisteron. (Do not take the road to Gap as it takes longer). From Sisteron D951 follow road to La Motte du Caire - 22 kms. It takes about 20 minutes from Sisteron.

On arrival in village park in the square, and walk up the lane to the left of the Bar/Pizzeria and go straight up to top of hill. (100 metres). Traverse du Haut Balavour (House beside fountain) La Motte du Caire.

By Road from Marseille Provence Airport

Approximately 1½ hours on Autoroute.

Marseille Airport follow signs for Aix en Provence, Sisteron/Gap leave motorway for Sisteron Sud and La Motte du Caire, and then La Motte see above paragraph.

By Road from Nice Côte d'Azur Airport

Approximately 3 hours.

Nice Airport follow signs for Digne via St André les Alps, Sisteron, and then La Motte see above paragraph.

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