

AS WE HAVE CLIENTS ARRIVING AT DIFFERENT TIMES THROUGHOUT THE DAY WE CAN ONLY OFFER **ONE** PICK UP TIME AT SISTERON, THIS IS NORMALLY TIMED FOR LATE AFTERNOON/EARLY EVENING WE WILL ADVISE YOU TWO DAYS BEFORE ARRIVAL EXACT TIME.

WE TRY TO ACCOMMODATE EVERYONE'S NEEDS, SO IT IS IMPORTANT TO TRY TO ARRANGE FLIGHT/TRAIN/BUS ARRIVALS ACCORDINGLY.

IF YOU ARE UNABLE TO MAKE THE PICK UP TIME THERE IS A TAXI (Taxi Jourdan 0492683839) BETWEEN SISTERON AND LA MOTTE DU CAIRE, AS WELL AS OTHER LOCAL TAXI FIRMS.

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 are not responsible for delays, missed connections or any costs incurred due to altered or incorrect schedules.

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The pickup at Sisteron is usually around 7.00 p.m. in the main square, we will advise you two days before arrival of the exact time.

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 credit uplift from Sisteron is chargeable at Euros 20.00 each way per person. Again, book in advance.

IF YOU EXPERIENCE TRAVEL DELAYS PLEASE PHONE US ON +33(0)492348851 AS SOON AS YOU CAN.

Joining Instructions from Marseille Provence Airport

Please arrange your flight arrival and departure times into and from Marseille Provence at the latest mid afternoon to allow time for transfers.

The earliest coach from Sisteron to Aix is 0855 hrs arriving 1030 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 us of your arrival time at Sisteron.

AIRPORT TO SISTERON (Digne les Bains coach & change at Peyruis péage) - LER Coach Service (except 1 May)

Web Site, <http://www.payan-voyages.com>

Depart **Airport** 1455/Peyruis péage 1640 off one bus and onto another connecting bus/Arrive **Sisteron** (main square) 1710 Euros 14.50 single

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. Take 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 must 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

0810/1020	Daily
1300/1510	Monday – Saturday
0920/1055 (en route to Grenoble)	Daily
1830/2010	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 SNCF train stations are close to each other in Aix en Provence - about ¼ mile apart.

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

0912/1026	Daily
1312/1439	Daily
1710/1840	Daily

Adventure Extreme
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NICE ARRIVALS

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Joining Instructions Nice Airport

Please arrange your flight arrival and departure times for mid afternoon into and from Nice Airport to allow time for transfers.

The earliest coach from Sisteron to Nice Airport Terminal 1 is 0900 hrs arriving 1230 hrs.

We will pick you up at Sisteron **if required** - please advise us of your arrival time at Sisteron

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 les Bains (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 les Bains. 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 les Bains

0625/0950 (if you take this train then please connect to Sisteron Halte Routiere – 1420/1525 except 1 May - *see above paragraph)

0850/1216 (if you take this train then please connect to Sisteron Halte Routiere – 1420/1525 except 1 May - *see above paragraph)

1255/1620 (if you take this train then please connect to Sisteron Halte Routiere – 1720/1815 not on holidays- *see above paragraph)

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

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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.

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 with blue shutters) La Motte du Caire.

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

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 (2 hours). (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.

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 Centre and La Motte du Caire, and then La Motte du Caire. From Sisteron D951 follow road to La Motte du Caire - 22 kms. It takes about 20 minutes from Sisteron.

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 du Caire. From Sisteron D951 follow road to La Motte du Caire - 22 kms. It takes about 20 minutes from Sisteron.