

WORLD-WISING ADVENTURES

France and Ireland 2013

Teen and Teen-Parent Trips

For more information or an application, please contact Gail Evenari at gail@evenari.com or 650-726-9234.
Space is very limited. Must reserve by April 15.

This summer World-Wising Adventures presents two trips in France and one in Ireland for teens entering grades nine through twelve in 2013. Parents are invited to join us for Paris and Ireland! Enjoy fabulous (and easy) biking along tranquil country roads and bicycle paths, where travelers will be treated to spectacular scenery, charming villages, amazing food, historic monuments and refreshing swims – followed by a ton of city or beach fun – including everything from museums, boat rides, castles and gardens to open markets, and a mystery tour! Take your pick – or do them all!

For information on the July trip to Ireland for teens and parents, see the last 3 pages!



Trip 1 – France (for Teens and Parents)

June 14-28

The River Lot and Paris

\$3250

Includes all meals, lodging, activities, bicycles, trains, transfers.
Does not include airfare.

Trip 2 – France (for Teens only)

June 29-July 13

Normandy, Mont St Michel & Ile de Ré

\$2850

Includes all meals, lodging, activities, bicycles, trains, transfers.
Does not include airfare.



Trip 3 – Ireland (for Teens and Parents)

July 16-31

Galway, Connemara Cycling Tour & Dublin

\$2400

Includes all breakfasts, lodging, activities, bicycles, trains, transfers.
Does not include lunches, dinners or airfare.

The River Lot and Paris

A French adventure for parents and teens

June 14 – June 28

June 14-15

June 15-21

June 21-28

June 28

San Francisco to Paris

Bicycle along the River Lot

Paris, Versailles

Paris to San Francisco



UPSTREAM ALONG THE RIVER LOT

The “véloroute” (“bike-road”) is a signposted itinerary created so that cyclists can travel upstream alongside the Lot river. 80 kilometres long and practically flat, the route goes along little-used small roads chosen for their charm. The véloroute will guide you through the orchards where the famous Agen prunes originate, lead you along picturesque little streets and beckon you to laze around on the banks of the Lot. In fact all along the way there are places to stop and relax by the river - something kids generally love! Exploring the area will be enhanced by trips around the places you stay. An opportunity to gain a little height over the valley to visit the windmills, clock-towers, chapels, castles and mediaeval villages dotted about the hilly surroundings.

Day 1

June 14-15

San Francisco to Paris and train to Castelmoron

Day 2

June 15

Castelmoron

Visit the old city, castle of Comarque.

Dinner and night in guesthouse.

Day 3

June 16

Around Castelmoron

24 km stage with total uphill 60 m (level 2/5). Around 2hrs45.

This itinerary in the vicinity of the old town is an invitation to discover the lesser-known byways of the Valley of the Lot. Narrow country roads take you through plum orchards to farms of which some are open to the public.

Dinner and night at the guesthouse.

Day 4 **June 17**

From Castelmoron to Penne d'Agenais

39.5 km with total uphill 120 m (level 2/5). Duration about 4hrs20.

Today you follow the 'Véloroute' (bikeway) towards Penne d'Agenais, along attractive shaded little valley roads. The route is dotted with old bridges and characteristic towns. Around half-way, you cross through Villeneuve sur Lot, the department's second town situated in a fertile plain surrounded by hillside orchards.

Dinner and night in guesthouse in a huge 7 acre garden with its own pool.

Day 5 **June 18**

Around Penne d'Agenais

23.5 or 18 km with total uphill 250 or 150 m (level 3/5 or 2/5). Duration 3hrs or 2hrs.

Today's ride is a little stiffer than the others. It goes through the hilly part of the Lot along hearty winding roads where you'll see historical monuments dating from the XI century, typical 'Occitan' farms, the Museum of Foie Gras, and a wine cellar! A great day indeed, beneath the benevolent gaze of the Basilica of Penne d'Agenais.

Dinner and night in guesthouse.

Day 6 **June 19**

From Penne d'Agenais to Fumel

24 km with total uphill 100 m (level 2/5). Duration about 2hrs30.

Missing the river? Well here is the Lot once more on the last stage towards Fumel. Biking along at your own pace, you'll discover superb and varied landscapes: broad meanders at the foot of limestone cliffs, rich agricultural plains of the Lot-et-Garonne department.. And why not stop a while at the farm to see and taste the local produce?

Dinner and night in charming guesthouse with its own pool in a sea of greenery...

Day 7 **June 20**

Around Fumel

24 km with total uphill 160 m (level 2/5). Around 3hrs.

The principal objective today is to get to the not-to-be-missed feudal castle of Bonaguil, You go along a particularly fine part of the cycleway to Condat, alongside on what is known as the "Baladoire", which merits an etymological investigation by adults only...Thereafter there is a series of forest paths and narrow country roads.

Dinner and night at the guesthouse.

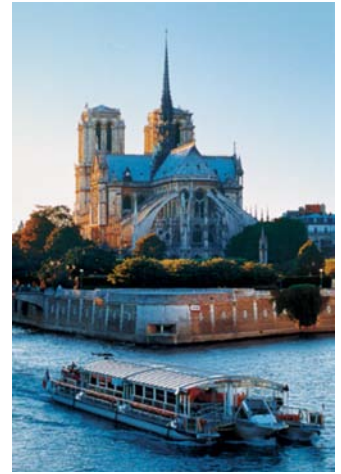
PARIS

Day 8 June 21

Paris! Evening cruise on the River Seine

Breakfast, then take the train for Paris.

Cruise up the majestic Seine and discover the sights of Paris from the water. This hour-long river cruise delivers spectacular and hidden views of this magnificent city. A wonderful opportunity to get to know the geography of the city, to learn more of the history, and to see this city from a new perspective.



Day 9 June 22

Bus Tour of Paris I

We will discover the main sights of the city in the original and relaxed way, with a hop-on hop-off bus tour of Paris with Les Cars Rouges. We will get off along the way at many of the 9 stops across| the city to do more extensive sightseeing.

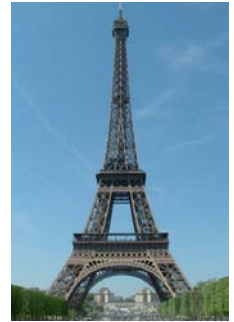
Eiffel tower

Ile St Louis

Notre Dame

Berthillon Ice Cream ([berthillon-ice-cream](http://berthillon-ice-cream.com))

“Berthillon ice creams taste like children's laughter.”



Day 10 June 23

Bus Tour of Paris 2

Musée Rodin

Musée d'Orsay

Champs-Elysees

L'Arc de Triomphe

Napoleon ordered its construction in 1809 to celebrate the triumph of the Republican armies. However, his empire began to collapse, and the Arc was completed in 1836.



Day 11 June 24



Versailles Palace and Gardens

The court of Versailles was the center of political power in France from 1682, when Louis XIV moved from Paris, until the royal family was forced to return to the capital in October 1789 after the beginning of the French Revolution. Versailles is famous as a symbol of the system of absolute monarchy of the *Ancien Régime*.

Day 12 June 25

French Revolution Walking Tour

The French Revolution Walk will enlighten you to the significance of one of the most important events in modern history. Relive the troubled times leading up to the storming of the Bastille prison, the capture of King Louis XVI and Marie Antoinette, the Reign of Terror and the bloody results of the guillotine.

- Monument at Place de la Bastille – site of Bastille Prison - the raiding of this prison sparked the Revolution
- Musée Carnavalet – Museum of the history of Paris, including galleries dedicated to the Revolution
- Conciergerie - the prison where Marie Antoinette was held.
- Place de la Concorde - site of the beheadings of King Louis XVI and Marie Antoinette, among many others.
- Assemblée Nationale - site of the lower house of the French Legislative branch.
- Les Invalides (Napoleon's Tomb)

Latin Quarter

Jardin du Luxembourg

Day 13 June 26

Free day

Day 14 June 27

Musée Louvre



Day 15 June 28

Paris to San Francisco



Normandy, Mont St Michel & Beach at Ile de Ré

Trip 2: June 29 – July 13

Normandy, Mont St Michel & Ile de Ré

June 28-June 29

San Francisco to Paris

June 29-July 6

Bicycle Normandy to Mont St Michel

July 6-13

Ile de Ré

July 13

Ile de Ré to Paris CDG

July 13

Paris to San Francisco



BICYCLE JOURNEY TO MONT SAINT MICHEL

A voyage to the 'wonder of the West', set in a vast bay swept daily by Europe's most impressive tides. Starting from Vire, set in the farmland known as "bocage" (field, hedge and copse), the ride mainly follows the former railway which once linked Normandy and Brittany. The route we have chosen brings you to Mont Saint Michel by a succession of stages along secure cyclepaths and narrow quiet roads. It weaves through green and flowered countryside, along valleys hollowed out of the ancient Armorican mounts. It takes you across hills and broad rivers and along little-known paths to the "wonder" at the end of the road.

Day 1 **June 14**
San Francisco to Paris CDG

Day 2 **June 15**
Train from Paris to Saint-Manvieu-Bocage, home of lakes and granite
Arrival and reception. Dinner and night in a guest house deep in the heart of the vast mosaic of hedged farmland known as 'bocage'.

Day 3 **June 16**
On the green road from Saint-Manvieu-Bocage to Mortain

34 km stage with total uphill 400m - level 3/5. Duration about 4 hrs.

After going round the Vire to Fougères, traverse hills and valleys to reach the high point of the Manche 'département'. Then it's down towards Sourdeval and into the Valley of the Sée where there's an 'écomusée' sited in a former paper mill. Finally you come to the surprising site that harbours Mortain, clinging to a rocky outcrop overlooking the vast plain of farmlands below. Dinner and night at the 3 star hotel in the center of the town.

Day 4 **June 17**

Along the green road from Mortain to Saint-Hilaire-du-Harcouet

18 km stage with total uphill 250km - level 2/5. Duration around 2hrs30.

During the morning see the Cascades (falls) de Mortain, which spring out from a 25m rocky outcrop and tumble down prettily between rocks and cool copses. Thereafter the entire day's ride is along the green road. Tunnels of greenery, spreading pastureland, streams...

Dinner and night at the 3 star hotel with pool in the centre of the borough.

Day 5 **June 18**

Along the green road from Saint-Hilaire-du-Harcouet to Avranches

32 km stage with total uphill 300m - level 3/5. Duration about 4 hrs.

A big day crossing the peaceful Normandy countryside, where you may appreciate the typical flora (especially abundant in Spring) and listen to the birds singing. You'll be told the story and the history of the old railway at stopping places near the former stations. Ducey offers an historical pause: just wandering around or following a guided tour of the castle, the old bridge, the narrow ancient streets. Then the scenery opens out over the Bay and all at once you see Mont Saint Michel straight ahead in the distance. You follow the Bay round till you get to the mediaeval town of Avranches.

Dinner and night in a former residence transformed into a hotel.

Day 6 **June 19**

From Avranches to Beauvoir

35 km stage with total uphill of 100m - level 2/5. Duration about 3hrs 30.

A day spent playing hide-and-seek with the approaching Mont Saint Michel...

Starting from the back of the bay, you go along the mouths of the Sée and the Sélune, whose grassy banks give thousands of sheep something to chew on. The bay progressively reveals its secrets: sea birds, spectacular tides, the breathtaking immensity of the scenery, and an environment of a very specific biodiversity...but it is also a man-made creation; we have fashioned this countryside, and extract from land and sea what we need to live.

Day 7 **June 20**

All the way to Mont Saint Michel

4 km stage, followed by an exploration of Mont Saint Michel on foot. An easy cycling day, then (level 1/5!). Duration 1hr.

The day is, in effect, given over to getting to know the "Merveille" you have finally come to. A slow approach alongside the Couesnon (the river that flows parallel with the causeway before entering the sea) allows for a progressive appreciation of the present setting of Mont Saint Michel. Today the scene is slowly changing as the bay is being restored to its original maritime condition. Mont Saint Michel is once again retrieving its majestic stature as a true island, and a new phase in its history is beginning. Once you enter the city through the gate in the ramparts, you step back into its fabulous past. What will you discover of its secrets places and ancient tales?

Dinner and night at the hotel.

ILE DE RÉ – ATLANTIC COAST OF FRANCE

Days 8-15

July 6-13



From the New York Times: TWO miles off the Atlantic coast of France, facing La Rochelle, lies the Ile de Re. It's an island of whitewashed fishermen's villages, fine sand beaches, wild hollyhocks, salt marshes and a luminosity so subtle and intense that it can move the most prosaic visitors to grab their watercolors and try to capture the shimmering reflections of the light at low tide. Others, however, might have a sudden yen to go shelling and bring back buckets of bigorneaux, black snail-like shells so tiny you have to extract their flesh with the head of a pin.

Ile de Re also shares the privilege with the Cote d'Azur of being one of the sunniest regions of France. Its climate is mild, and the temperature almost never goes below freezing. Its vegetation is surprisingly southern, almost Mediterranean. Pine trees and palms grow there easily, and the glare of the white houses against the deep blue sky irresistibly evokes some Greek village adrift on the Atlantic Ocean.

And the beach house – “La Romarine”



La Romarine, entrée jardin est



La plage de la cible

Comfortable family house with 2 verandas and closed garden with fruit trees. A short walk from the beach and tidepool area, and from the picturesque harbor town of St Martin on the Ile de Ré. The house has a spacious living room dining room with fireplace, an open kitchen, a bathroom, wc and entry hall. TV, Hi Fi stereo system, barbecue, and all cooking utensils. For additional information, visit: <http://www.3colorz.com/romarine/>.

Day 15 July 13

Ile de Ré to Paris

Paris to San Francisco

IRELAND

Galway, Connemara Cycling Tour & Dublin

A “world-wising adventure” with parents and teens

July 16-31

Join us for this extraordinary trip and take the opportunity to bond with your teen on a shared adventure! Easy cycling, beautiful country and great accommodations throughout. Time to cycle, swim, sightsee and relax.



Connemara is one of the most scenic regions in Ireland. Its craggy mountain peaks, expansive sandy beaches and laced network of lakes exemplify the peaceful solitude and rugged beauty of The West of Ireland. Many visitors come to Ireland to visit the beauty of this area, but are surprised to discover that they may not find it on a map. This is because Connemara is not an administrative entity like a town or county. Connemara is the name given to the western portion of County Galway, which lies between Lough Corrib and the Atlantic. The name *Connemara* name was originally Conmaicnemara, or "the tribe of Cormac by the sea", given by the ancient Gaelic tribes. It was shortened in the 18th century, to Connemara. Dominated by the majestic Twelve Bens mountain range, (Na Beanna Beola) dotted with lakes, and fringed by the deeply indented Atlantic coastline. It is broken into innumerable creeks, bays and little harbours, it is one of Ireland's most popular and memorable touring areas. Connemara's unique landscape, varying settlement patterns, and dramatic contrasts of sea, sky, land and bog, have inspired many famous paintings and literary figures over the years.

July 16-17

July 17

July 18

July 22

June 26

July 26-30

July 30

San Francisco to Dublin

Dublin to Galway, spend night in Galway

Start Connemara bicycle tour

R&R day at Inishmore, largest of the Aran Islands

End bicycle tour, train Westport to Dublin

Dublin

Dublin to San Francisco

\$2400

Includes all lodging, activities, bicycles, trains, transfers, breakfasts.

Does not include lunches, dinners or airfare.

Day 1

July 16-17

San Francisco to Dublin to Galway

Day 2 July 17-18**Galway**

2nd day, we will be transported by Iron Donkey to Oughterard, where our bicycle adventure begins!

Day 3 July 19**Oughterard**

Stay the night in guesthouse/B&B. If bicycle rental has been arranged we will meet you in the evening or first thing the following morning (depending on arrival time) to adjust the bicycle for you and talk you through the week ahead.

Day 4: July 20**Oughterard – Rosaveal – Aran Islands (25km climb 288m + extra on the island)**

Cycle to the ferry port of Rossaveal to catch the ferry (ticket not included) to the island of Inishmore, the biggest of the Aran Islands. The route brings you on a very quiet back road onto a plateau of bogs, moorland, lakes and forests. There are stunning views back over lake Corrib and then onto the Atlantic. Your bicycles remain at the ferry office as the boats no longer carry them, the ferry crossing takes about 45min and the rest of the day is spent exploring the island by bicycle (rent them at the harbour on the island) and on foot. Highlights include the cliff top fort of Dun Angeus, the Seven Churches and the coast road to the west of the port village of Kilronan. The island is famous for the knitwear that bears the Aran name.

Day 5: July 21**Rossaveal by ferry - Carna (ca 43km (135m))**

After a morning spent exploring the island further and perhaps visit the fantastically located Black Fort (a 3,000 year old promontory fort), you take the ferry back to Rossaveal at noon. Pick up your bicycles and then head into Connemara proper. There are great views towards the Twelve Bens (the 12 mountains at the centre of the Connemara National Park). You cycle through the village of Kilkieran location for a small sea-weed factory. Along the route you are also passing some magnificent golden sandy beaches.

Day 6: July 22**Carna - Clifden**

You continue north along the beautiful coast to Cashel from where you turn west and there are great views towards the Twelve Bens (the 12 mountains at the centre of the Connemara National Park). Turning west you ride across the peat bogs (where you can watch peat digging in progress) to Cashel and across another Bog Road to Clifden. This colourful small town is often labelled the metropole of Connemara. Here you will stay for two nights, and you may enjoy traditional Irish music in its pubs. (ca 45km (165m) longer option 59km (257m))

Day 7: July 23**Clifden loop rides**

There are 3 options to choose from, the core describing a figure of eight loop based on Clifden. On the way you can visit the village of Ballyconneely where Alcock and Brown crash landed their biplane after completing the first transatlantic flight in 1919. There are some very beautiful beaches here. In Roundstone you can see traditional musical instruments being made by hand. There is a wonderful ride out along the Sky Road to enjoy some sublime coastal scenery, and for the enthusiastic rider you continue along more coastal scenery to Claddaghduff and Aughrusbeg. (ca 40km climb 152m, 58km (320m), 90km)

Day 8: July 24**Clifden – Leenane**

Leave Clifden behind to cycle through the beautiful Lough Inagh Valley to Kylemore, where you may like to visit Kylemore Abbey. From here there are choices to cycle along the coast to Lettergesh or to go a more

direct route to Leenane. This small village is located on Killary Harbour, Ireland's only fjord. It was the location for the film "The Field". (65km – shortest 36km (247m) or 75km – climb 486m)

Day 9: July 25
Leenane – Westport

A beautiful and gentle day in the hills of Connemara and Mayo on very quiet roads, as you cycle along the lakes of Lough Mask and Lough Nafoeey. Westport where you stay for 2 nights is a colourful market town in County Mayo. Here it is not difficult to find pubs with traditional Irish music. (ca 62km climb 162m for shortest to 682m for longest option)

Day 10: July 26
Westport Loop day

This is a beautiful loop ride around Croagh Patrick (Ireland's holy mountain) visiting the village of Louisburgh and heading back to Westport along Clew Bay. Along the way visit the National Famine Memorial, Murrisk Friary and the Croagh Patrick visitor centre. Or hike up this mountain on a pilgrims path. (54km, 68km - climb: 487m – can be extended)

Day 11-14: July 27-31



Dublin

Four nights in Dublin, enjoying the city and surroundings.
More details coming soon...

Day 15: July 31
Dublin to San Francisco
(or wherever your next destination might be!)