

10 DAYS IN PROVENCE SOUTH OF FRANCE



JMAK - ITINERARY

1-2 NICE

DIRECT FLIGHTS FROM :

- ATLANTA / WASHINGTON / PHILADELPHIA / NEW YORK

HOTEL : LE NEGRESKO

Iconic property on the Promenade des Anglais, known for its opulence, elegance, and strong sense of place.



3-4 SAINT TROPEZ

TRANSPORTATION :

- FROM NICE : 1H30 DRIVE
- RENTAL CAR : SIXT OR
PRIVATE DRIVER : MOOV83

HOTEL : VILLA MARIE

A 45 room and suite boutique hotel set in the hills of Ramatuelle. Bohemian interiors, lush gardens, and panoramic views. It is all about rest, nature, and understated glamour while staying close to the Saint Tropez scene.



5-6-7

COTIGNAC

TRANSPORTATION :

- FROM ST TROPEZ : 1H20 DRIVE
- RENTAL CAR OR PRIVATE DRIVER

HOTEL :

- **LOU CALEN RETREAT** : WWW.LOUCALEN.COM

36 ROOMS, 2 RESTAURANTS, 2 BARS, 3 SWIMMING POOLS, 1 ART CENTER, 1 BOOKSTORE, TENNIS, WEEKLY WORKSHOPS, MASSAGES, PRIVATE PARKING OPEN ALL YEAR ROUND, LOCATED IN THE HEART OF THE VILLAGE, WALKING DISTANCE FROM ALL RESTAURANTS, BARS & SHOPS

RESTAURANTS :

- SECRET GARDEN
- LE BISTROT BY LOU CALEN
- PICOTTE
- LE BISTRO DE COTIGNAC
- L'UNION

ACTIVITIES :

- COTIGNAC CLIFF & GUIDED TOUR OF THE VILLAGE
- DAY TOUR TO GORGES DU VERDON (BIGGEST CANYON OF EUROPE) & ST CROIX LAKE
- LAVENDER FIELDS IN VALENSOLE (JUNE TO AUGUST) & VISIT OF MOUSTIERS ST MARIE
- TRUFFLE HUNTING IN AUPS (DECEMBER TO MID MARCH)
- CANOEING, GOLF, HIKING, BIKING, CLIMBING
- WINE, OLIVE OIL, PASTIS & BEER TASTINGS



COTIGNAC'S
MARKET EVERY
TUESDAY

8-9 MONACO

TRANSPORTATION :

- FROM COTIGNAC : 1H50 DRIVE
- RENTAL CAR OR PRIVATE DRIVER

HOTEL : HOTEL DE PARIS

An iconic Monaco palace at Place du Casino, combining timeless Monaco glamour, Michelin starred dining, and an unparalleled luxury experience.



10 NICE

TRANSPORTATION :

- FROM MONACO : 30MIN DRIVE
- RENTAL CAR OR PRIVATE DRIVER

HOTEL : LE NEGRESKO

LAST DAY OF SHOPPING
& BACK AT THE AIRPORT



FAQ LOU CALEN ECO RESORT

Where is the hotel located ? Cotignac, Provence

How best to get to the hotel ? Nice Airport ✨1h20 drive✨
or Aix en Provence TGV Station ✨1H drive✨

How many rooms ✨suites? 36

Any connecting rooms or options for families ? Signature Suite is 80sqm with 2 bedrooms and ensuite bathroom for four person,

Family Suite is 100sqm with 3 bedrooms and ensuite bathrooms for six person.

When is the hotel open ? 2021 ✨reopening after 25 years of closing

Is Lou Calen best suited for couples, families, or both? Both, hotel is equipped with a kids pool and an adult only pool.

Is the hotel pet friendly? Little dogs are welcomed in some categories of room, on request with a supplement of 30€ per night.

Rooms

Do rooms have air conditioning? Yes

Do rooms have terraces or outdoor spaces? They all have except Bessillon category and Joe Dassin room

Dining

Is breakfast included? Supplement of 25€ per person ✨buffet✨

How many restaurants and bars are on site? 2 restaurants and 2 bars

Activities

Is there a swimming pool? Is it heated? 3 swimming pools, heated from March to October

Is there a spa or wellness offering? Offer massage available

What are experiences offered on site? Offsite? Discover our agenda and concierge bible

Logistics

Is a car recommended? Yes to explore the region

Are transfers available upon request? Yes with Moov83

Advisor Specific

Are there minimum night stays in place? 2 nights in high season and all year round on Suites

Typical entry level rate in high season? 350 €

Best time of year to visit? Spring and Fall

Best way to book? hello@loucalen.com

Percentage commission and how do you pay commission? 10%, net rate or commission invoice after stay