

# Travels for Self-Discovery

## South of France Secrets and Symbols

Sept. 10 – 16<sup>th</sup>, 2017



Champ de lavande

This South of France adventure takes you to Nimes with its ancient Roman temple, arena, and gardens; to Aigues Mortes, the beautiful walled city where King Louis II set off on crusades; onto Les Saintes Maries de la Mer, where legend says that the three Marys from Biblical times landed after the death of Jesus; at the edge of the beautiful Camargue with its wild bulls and horses and marshlands that attract thousands of pink flamingos on their annual migrations across the Mediterranean Sea. This area of France is filled with magic, mystery, legends, symbols, and history. It's a place that can fire your imagination and inspire you to dream and discover your Self and find inspiration through guided travels.

Your guide on this journey of exploration and adventure is award-winning American author, Debra Moffitt, who has lived in France for many years. Travel inspires much of her writing and this area is one of her favorites. She speaks and writes fluently in French. Her work has been broadcast by BBC World Services Radio and she is on the faculty of Esalen Institute and Sophia Institute in the U.S. Her book, *Riviera Stories* is set on the French Riviera.

**Program Begins Sunday Sept. 10th to Saturday, Sept. 16<sup>th</sup>, 2017 - Price includes:** 6 nights lodging in single rooms in 4 star hotels or above, some meals (all breakfasts and lunch or dinner every day), travel to the sites from Nimes, and personal guided travels with author, Debra Moffitt. The journey begins and ends in Nimes. Access to Nimes is convenient by train from Marseille, Nice, or Paris Airport. Group is limited to a small number of participants.

**Cost:** \$2399 in advance. After July 1<sup>st</sup> cost is: \$2599. Initial deposit of \$500 holds your space. The deposit is non-refundable. For info, contact [dm@debramoffitt.com](mailto:dm@debramoffitt.com) or call 1 843 410 0152. Reserve early as **spaces are limited**.

**Dear Adventurer,**

I'm so excited that you're interested in joining this incredible trip to the South of France to discover its secrets and legends. I'd like to provide you with some details to help you with planning.

The trip begins on Sept. 10<sup>th</sup> **in Nimes** where you'll see the ancient Roman coliseum and gardens in the heart of the city. We'll meet at the train station and I'll accompany you to the hotel.

We'll meet and begin explorations on the 10<sup>th</sup> at 2 p.m. We'll return to Nimes to the train station for 2 p.m. on Saturday, Sept. 16<sup>th</sup>. Nimes is easy to reach by TGV or regular train from Paris, Marseille, or Nice airports.

Everyone will have a single room. We'll have a group dinner and aperitif in Nimes the day of arrival. Breakfast is included in the costs and either lunch or dinner each day. There will be ample opportunities for you to explore and tempt your taste buds with market specialties, local cafes, and French cuisine as well.

We'll plan to be in Nimes for the first nights.

During the last nights we plan to move to the **Villa Mazarin and/or a location in the Camargues**. The Villa Mazarin is an ancient villa converted into a luxury hotel and stands inside of the walls of the city. The address is:

Villa Mazarin  
35 Bd Gambetta in Aigues Mortes.  
Phone: +33 4 66 73 90 48  
[www.villamazarin.com](http://www.villamazarin.com)

Be sure to bring swim suits as there is a beautiful spa, heated pool, Turkish bath, and sauna. We'll be leaving from this location to explore the Camargues and Les Saintes Maries de la Mer. Breakfast will be included at the Villa Mazarin. We'll also have a lunch or dinner included each day.

We'll end with several nights sleeping in the magical Camaragues near the sea at the Mas de la Fouque. <http://www.masdelafouque.com/en/>

Expect some surprises and some magical experiences along the way. While I prefer these hotels, hotels are subject to change depending on availability, but any changes will remain in the same category.

**Several of you have asked about travel arrangements.** Here are some details about travel distance from various airports with international flights. Marseille Provence Airport is the closest to Nimes. It's an easy train trip to Nimes from Marseille. The airport says a train/shuttle links to the SNCF – the French main train station in the center of Marseille. You may also like to fly to Nice Airport or Paris and take a train. Count about 4 – 4 ½ hours from Nice to Nimes and about 3 ½ hours to 5 hours from Paris. <http://www.marseille-airport.com/access-car-parks/access/by-train-or-by-bus>

If you have any questions or would like more information to help you organize your travel, please feel free to send me an email at [dm@debramoffitt.com](mailto:dm@debramoffitt.com) or call at 1 843 410 0152 (and please remember I'm in the Paris time zone).

To tempt your imagination here's a link to Nimes' tourism site. <http://www.ot-nimes.fr/>

You'll be asked to sign a travel retreat waiver form.

Chefs will try to accommodate dietary requirements.

If you're inspired, you may wish to keep a journal and/or pay attention to your dreams in the period up to the time of the trip. This will be a magical time and I look forward to sharing it with you on this journey.

Debra Moffitt  
Award-winning Author  
+33 6 44 89 3600  
+1 843 410 0152  
[dm@debramoffitt.com](mailto:dm@debramoffitt.com)