

- Déesse Incoming – Artiste of your emotions-

Discovering Provence and its Roman Remains

4 days / 3 nights



You don't need to go to Rome to see wonderful remains of Roman civilisation. The "Provincia Romana" holds many traces of the strong Roman colonisation and incredibly well preserved monuments. This French region never ceases to impress with its historical treasures and secrets that it will share with you, between guided tours by passionate professionals, gladiator fighting demonstrations, mosaic creating workshops and many other discoveries. This is a complete and educational program for a magnificent journey through time.

- Discovering Provence and its Roman remains -

Highlights of the stay :

- ⌘ Entries into incredibly well preserved historic monuments
- ⌘ Guided and animated tours of the cities of Arles and Nîmes by professionals
- ⌘ A day of total immersion in the historic centre of ACTA

The région :

A paradise between land and sea, Provence is a region of contrasts, where beaches, mountains, canyons, history and tradition coexist perfectly to satisfy all tastes. A land of charm and beauty, it welcomes you to its lavender fields as far as the eye can see, in the middle of an olive grove in search of cicadas. It impresses you with its monuments so full of history and legends, in its rich and diverse museums, and enchants you with its traditions always carried with pride by its inhabitants. Provence is eager to reveal all its secrets around its Mediterranean sun, its gastronomy and its sweetness of life!



Your accommodation :

Close to the city centre of Arles and the exceptional sites of the region, this youth hostel warmly welcomes groups in the comfort necessary to recover from the emotions of the day; between its bright rooms that can accommodate from 2 to 7 people, its large outdoor garden to enjoy the mild Mediterranean weather in the evening, and its meeting places you will be welcomed like kings and queens!

Day 1 – Discovery of Arles



Day in the famous city of Arles: morning at the Museum of Ancient Arles. Called the "Blue Museum", it houses an impressive collection from prehistory to late antiquity in a modern

- Discovering Provence and its Roman remains -

location. Its many statues, mosaics, sarcophagi and many other, more or less well preserved, remains are an incredible legacy of the region's history.

Picnic.

The afternoon will be devoted to a guided and animated tour of the city: "ARLES, LA ROMAINE : THEY ARE CRAZY THESE ARLESIANS!". Entrance to the amphitheatre, the ancient theatre, the Constantine baths, the cryptoportics, the Alyscamps and the cloister of Saint Trophime.

Transfer and installation at the residence.

Dinner and accommodation.

Day 2 – Majestic cities

Discovery of the ancient city of Glanum for a first immersion in the region's past: this Gallic city influenced by Greek and Roman architecture was an important commercial crossroads. An educational visit then a workshop, according to the school level: pottery, costumes, mythology and painting or oil lamps.

Picnic.

In the early afternoon, drive to Les Baux de Provence. Located on a rocky outcrop in the heart of the Alpilles, Château des Baux de Provence extends over 7 hectares: it is one of the most majestic places in France. A historical monument, the Château offers an exceptional panoramic view of the Alpilles valley and the entire region. You will discover the tumultuous and chaotic past of the Lords of Les Baux and their medieval fortress through the keep, the Sarrazine and Paravelle towers, the lordly dovecote, the castle chapel and the Saint-Blaise chapel. Return, dinner and accommodation.



Day 3 – In the Gard region



Go to the city of Nîmes, famous for its arena, its two-storey amphitheatre built in about 70 AD, still in use for concerts and bullfights, its Square House, its Roman temple in white limestone, and its small sunny streets.

Picnic.

Afternoon at the Pont du Gard, this three-level aqueduct, about 2,000 years old. Guided tours of the site and museum and educational activities.

Return, dinner and accommodation.

Day 4 – In the role of a Roman

From 9am to 5:30pm, put on togas and armour at the ACTA historic park where professionals will take you on a total immersion in the Roman world. In small groups discover Roman sports, engage in gladiator fighting, create stained glass windows, do experimental archaeology and other manual or cultural activities and attend realistic and historical shows. A full day as a Roman with several modules to choose from. Picnic at lunch time. Departure in the late afternoon, break for dinner and return.





- Discovering Provence and its Roman remains -

Other possible days :

-Visit the city of Orange, the gateway to Provence and famous for its Roman or Celtic fortifications. It will enchant you with the discovery of the quality of the Roman monuments, starting with the most remarkable: the Ancient Theatre and the Arc de Triomphe, both listed as UNESCO World Heritage Sites.

- Visit of the Ambrussum site and its remains. Discover the periods of occupation of the site around the museum, the remains of monuments or roads and the activities offered by the guides on site.

- Visit the village of Vaison la Romaine, in particular the ancient site of Puymin.

- Visit Avignon and all its monuments: the famous Avignon Bridge, the Popes' Palace or the city centre surrounded by ramparts.

We can offer you other visits and excursions according to your wishes for a more personalised stay. Do not hesitate to contact us if you require any information or ideas. If required, a member of our team can accompany you for the duration of your stay.