



Cèze Valley Trek

learnlink™

About the activity

This half-day, circular walk takes you from Lou Valagran along the beautiful Cèze valley to the medieval village of La Roque sur Cèze. After crossing the river – on foot or by raft – you continue through vineyards and woodland to the top of the hill and the viewpoint overlooking the bend in the river below. The picturesque village of La Roque sure Cèze stands at the top with its cobbled streets, medieval houses, old wash house and the remains of a 12th century château. The trek continues back to the river, to the Cascades du Sautadet, the waterfalls which have transformed the limestone into a dramatic landscape over thousands of years. The return takes you through more vineyards back to Lou Valagran in time for lunch.

Activity aims

The aim of this activity is to:

- Give guests an opportunity see and learn about rural French culture.
- Introduce basic river wading or raft crossing techniques.
- Allow guests to understand basic orientation/map-reading.
- Ensure participants work together, supporting and encouraging each other.
- Give guests the experience of walking (appropriate to their ability) in a foreign country.

Progression opportunities

Some participants may also:

- Want to progress and develop map-reading skills.
- Require more knowledge of navigation skills.
- Be able to assess risks and understand how these may be controlled.

In addition, participants should also have developed in the following:

- Listening and motivational skills.
- Teamwork.
- Outdoor confidence.
- Some fitness advantages.

Learning outcomes

Upon completion of the activity, participants will have:

- Gained a much more thorough understanding of a foreign culture and its history.
- Understood the technicality behind wading safely across low rivers.
- Learnt about wildlife specific to France.
- A stronger understanding of basic map-reading.
- Effectively worked as a team supporting their peers throughout the activity.
- Contributed to a post-activity review led by the instructor, identifying their experiences & recognising their achievements.

Associated vocabulary

Words relevant to safety e.g. hazard, wade, risk assessment, safety area

Words relevant to equipment e.g. raft, map, compass, rucksack

Words relevant to the activity e.g. trek, hike, river, culture, wildlife, environment, history, leader, direction, gradient, timing

Words relevant to teamwork e.g. achievement, communication, encouragement, listening, participation, review