



Ref : TO 220



## “Zero Carbon” Relaxation et well-being in the Marais Poitevin

This package avoid the use of a car, and favours the use of a bike (for the duration of the stay) from Niort train station (1). Accommodation is in an environmental family run hotel certified European eco-label. Far from the pollution in an peaceful environment, relax while you are given a foot reflexology with essential oils. The next day, a boat trip by yourself at you pace through the waterways will allow you to discover the natural environment of the Green Venice. (1) you can either bring your own bike or rent one (the supplements for the hire of the different type of bike is indicated bellow)

**Duration : 2 days / 1 night (for a longer period , please ask when enquiring at tourist information of the Marais Poitevin)**

**Validity : from 01/02 to 15/12/09**

**Pets : allowed**

### Day 1 :

11.30am : Arrival in Niort ( lunch on your own not included).

2.30pm : If you are renting bikes (see the supplements for the different type of bikes), collection of the bikes. With your road book, you are then prepared to set off for your bike ride from Niort to Arçais in the Marais Poitevin , using the **Coulée Verte cycling itinerary, that follows the River Sèvre Niortaise.**

From 4pm : Arrival at the environmental hotel, certified European Eco-label.

5pm to 7pm : **Foot reflexology with essential oils given by a specialist** member of the French Federation of Reflexology or Shiatsu.

7.30pm : Dinner at a gastronomic restaurant in Arçais to discover the regional flavours, **300 meters only from your accommodation.**  
Exemple of an adult menu «Dégustation et découverte régionale » in six steps : Assiette de saveurs signée Poitou-Charentes, Farci poitevin et sa crème d'Oseille, Eprouvette de vin de Mareuil aux 5 Epices, Anguilles fricassées flambées au Cognac Moulinée de légumes, Ballotin de Chèvre au jambon Vendéen poêlés, Angéliquement vôtre. (this doesn't include the drinks

Night in the environmental hotel

### Herewith the selection of the rooms you could choose from ( subject to availability):



La Massette : (1 double bed) - - TV, Phone et Internet connection.



La Valériane (1 double bed) - - TV, Phone et Internet connection.



La Reine des Prés (1 double bed) - - TV, Phone et Internet connection.

## Information and booking

Office de Tourisme du Marais poitevin Deux-Sèvres

31 rue Gabriel Auchier 79510 COULON

Tél : 00 33 (0)5 49 35 99 29 - Fax : 00 33 (0)5 49 35 84 31

E-mail : [resa@marais-poitevin.fr](mailto:resa@marais-poitevin.fr)





La Fritillaire (1 double bed) - - TV, Phone et Internet connection.

La Nénuphar : (1 double bed) - - TV, Phone et Internet connection

## Day 2 :

between 8 and 10am: -Buffet breakfast : fair trade hot drinks, homemade cakes and jam, large choice of bread and cereals.

10.30am : -Boat trip by yourself for 2 hours through the waterways of the "Green Venice ». A pleasant and original way to discover the old Gulf of Pictons with your friends or with the family.  
-lunch on your own (not included)  
-You will then have some time to walk through the village or to walk using a walking itinerary.

15H30 : Départure for Niort.

End of stay.

2009 prices per person based on two people minimum	from 01/02 to 15/06 and from 16/09 to 15/12	from 16/06 to 15/09
Price per adult (double room)*	133 €	136 €
Price per adult (twin bedded room)*	138 €	141 €
Price per adult (triple room)*	122 €	125 €
Price per adult (4 people capacity)*	115 €	118 €
Price per adult (single room)*	166 €	169 €

### This price includes :

- Accommodation in a 2 star hotel certified European Eco-label
- Breakfast of day 2 and diner « menu Découvertes Régionales » of day 1,
- Foot reflexology (45 min. / person.),
- Cycling itineraries map included,
- Walking itinerary map included,
- Internet connection in the hotel
- 2h boat trip by yourself
- traveller's book .

### Optional\* :

- Electric bike hire from Niort train station 35 euros per person for 2 days
- Mountain bike hire for 2 days approximately 25 euros per person. With a supplement for the transport of the bikes to the station and back. About 22 euros per way.
- Replacement of the 2h boat trip by a ½ day canoe renting + 2 euros per person
- Replacement of the 2h boat trip by a day canoe renting + 8 euros per person ( departure from Arçais and back to Arçais)
- Extra meal excluding drinks (+ 23 € / adult and 12 € / child),
- Pack lunch excluding drinks and excluding the déposit to pay directly (+ 15 € / adult and 10 € / child).

### This price doesn't include :

- transport and guide,
- supplement for pets
- lunches and drinks,
- cancellation insurance (+ 16 € / person.),
- stay taxes,
- personal expenses

\* Prices are given for indication and subject to availability at the time of booking. 2009 prices. Package can be adapted to special request. If you select one of the options, the options prices must be added to the basic stay prices indicated above .

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DeUX-SÈVRES  
EN POITOU-CHARENTES