



From
\$18,423 CAD

Single Room

\$19,743 CAD

Twin Room

\$18,423 CAD

Prices valid until
30th December 2025

21 days

Duration

France

Destination

Level 4 - Challenging

Activity

France on Foot | Small Group Walking Tours France

Sep 15 2025 to Oct 05 2025

France on Foot | Small Group Walking Tours France

Our walking tour, France on Foot is designed for the mature active walker. It extends from the scenic island of Noirmoutier on the Atlantic coast all the way to Limousin and the Auvergne to the peaks of the Savoy Alps. Along the way we traverse France via the Massif Central. This walking tour includes a number of spectacular and beautiful walks,



with plenty of culture, history and cuisine along the way.

Odyssey offers easy, convenient, and relaxed escorted small group tours across France and beyond. This exceptional collection of walks explore France's fairy-tale natural beauty, its ancient Roman, and Imperial heritage, its World Heritage Sites, and world famous cities. Complete with some truly spectacular scenery along the way. This and more small group tours like this are all waiting to be explored on one of Odyssey's small group tours of France, designed for the senior traveller, and led by experienced, and enthusiastic like minded people.

France on Foot small group tour begins and ends in Paris, the beautiful French capital, the trip will start off with a walking tour of Nantes. Nantes is a thriving student city on the banks of Loire river. Home to many beautiful cathedrals, it was once an industrial epicentre and birthplace of the world's first public transport service, the omnibus, which opened in 1826.

We will spend some time in Noirmoutier, an island in the Bay of Biscay, accessible from the mainland by a beautiful bridge. The island's history dates back to prehistoric times and it has over 50km worth of beaches to explore. We will take a sailing tour around the island and visit the salt marshes and learn about salt harvest as an artisan trade. From Noirmoutier, we will catch a boat to Port Joinville on Ile d'Yeu for a guided tour of this picturesque, beach island and one of France's hidden gems.

Our next base after Noirmoutier is Correze, a department in south-western France, named after the river *Corrèze*. With beautiful scenery, perfect walking opportunities, and surrounded by quaint, unspoiled villages, it is a great spot to begin some of our walks. We will have a city tour of Limoges, an underrated French city known for its decorated porcelain. There are cobbled streets and medieval architecture to explore here, as well as a unique cathedral.

Our last base before heading back to Paris is Montchavin, a small alpine village in Savoie in the Auvergne-Rhône-Alpes region of France. Here you will get to experience the beautiful Notre Dame des Vernettes walk,



a path through an amazing mountainous nature reserve.

This French walking tour also includes travel on the famous TGV rail.

For those who enjoy walking holidays, this is a walking holiday like no other. With a range of different walks on offer, you will see all kinds of landscapes, from beachy island walks to rugged alpine hikes, this has everything.

If you want to learn more about [France](#), visit our country profile where all the other tour departures are listed as well. Odyssey Traveller also offers a range of [walking tours](#) each year paced for senior travellers. The collection of walks are for active mature and senior travellers, particularly those who seek a holiday off the main circuit.

If you're keen to experience this tour, [please call](#) or [send an email](#). Or, to book, simply fill in the form on the right hand side of this page.

Articles published by Odyssey Traveller for Walking and Hiking tours for seniors

To help you prepare for any walking program whether with Odyssey or another company this list of articles is intended to help you prepare for your holiday.

- articles on [Selecting walking shoes for women](#)
- article on [footwear and walking shoes](#)
- article on [what to pack when travelling](#)
- article on [maintaining muscle fitness in senior and mature age travellers](#)
- article on [selecting socks for walking](#)
- article detailing [six great short walks in Britain](#)



- article on [preparing for a walking holiday](#)
- article on [Pilgrim walks in Europe](#)
- article on [Preparing for a walking holiday](#)

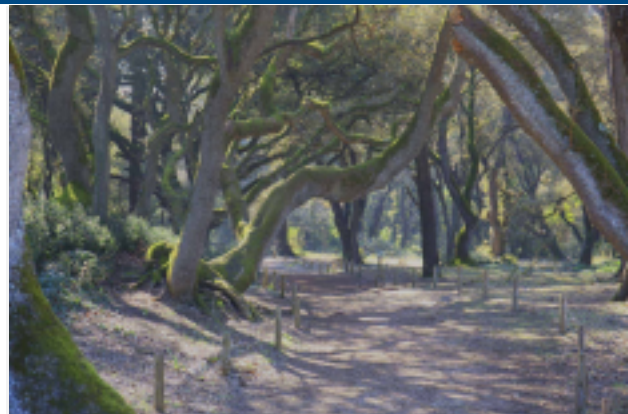
Articles about France

The following list of articles are either published by Odyssey Traveller or are carefully selected external source to maximise senior travellers' knowledge and enjoyment of France when visiting;

- [Questions about France](#)
- [Studying Gargoyles and grotesques](#)
- [Understanding South West France](#)
- [Around the world in six coffees](#)
- [The Historic Loire Valley](#)
- [The Loire Valley](#)
- [Ten things to do in France when you visit](#)
- [Ten of the Best art galleries in Europe to visit](#)
- [A guide on France for mature travellers](#)
- [War of religion; France](#)
- [Published articles on French history](#)

Highlights

1. Trek through the forests and moors of the island of Noirmoutier the exquisite Ile d'Yeu.
2. Walk along the Pilgrim Route which leads to the cathedral of Santiago di Compostela in Spain.



3. In the Savoy we cross pathways dating from the beginning of time soaring through Alpine scenery.
4. Criss-cross France on its ultra-fast TGV.
5. Thread our way through France's own Peak District in the Auvergne.

Itinerary

Day 1

Locations: Paris

Overview:

Arrive in Paris and make your way to our hotel. In the evening we get together for a briefing and welcome dinner.

Accommodation:

Mercure Respail or similar

Day 2

Locations: Noirmoutier en Ile

Overview:

Today we transfer to the train station and board the TGV to Nantes where we'll enjoy a walking city tour followed by some free time for lunch. We then continue on by coach to Noirmoutier en Ile.

Accommodation:

Hotel Fleur de Sel or similar

Day 3

Locations: Noirmoutier en Ile Day

Overview:

Today we spend the full day in Noirmoutier en Ile with two easy level guided walks. One in the morning (*Roses Tremieres, 6.5 km / 1.5 hrs*) and one in the afternoon (*Sur les traces de Jacobson 7.2 km / 2 hrs*)

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Accommodation:

Hotel Fleur de Sel or similar

Day 4

Locations: Noirmoutier en Ile

Overview:

Today we start the day with another walk “*Chemin de Mer et de marais*”, which is a moderate level walk (11.2 km / up to 4 hrs). We will visit the salt pans and take a sailing tour around the coast to view the island from a different perspective.

Accommodation:

Hotel Fleur de Sel or similar

Day 5

Locations: Noirmoutier en Ile

Overview:

After breakfast we are met by our local guide for a moderate walk – “*Les Portes de l’Ile*”, 13.4 km / 3 hrs.

The afternoon is at leisure to explore or relax in your own time.

Accommodation:

Hotel Fleur de Sel or similar

Day 6

Locations: Noirmoutier en Ile

Overview:

Today we travel to Fromentine where we catch a boat to Port Joinville in Ile d’Yeu for a guided tour of the island. The afternoon is free to walk

around this beautiful island before we return to our hotel.

Accommodation:

Hotel Fleur de Sel or similar

Day 7

Locations: Noirmoutier en Ile

Overview:

Today we take another full day excursion, this time to discover “la Corniche Vendéenne” and La Rochelle. In the evening we return to Noirmoutier.

Accommodation:

Hotel Fleur de Sel or similar

Day 8

Locations: Correze

Overview:

After breakfast we depart Noirmoutier en Isle and travel to Correze, our base for the next week. En route we stop in Limoges for a city tour and visit its historic centre with medieval timber-frame houses.

Accommodation:

Mercure Correze de la Seniorie or similar

Day 9

Locations: Correze

Overview:

Today we'll enjoy a full day excursion to “*Les Tours du Merle*”. Jewel of medieval Limousin, this citadel from the XII century stands on a rocky outcrop, surrounded by the river Maronne. The site includes a 10 hectare park with remains of the village, restored farmhouse, and the

House Madège (Archaeological Exhibition and layout of the site).

Accommodation:

Mercure Correze de la Seniorie or similar

Day 10

Locations: Correze

Overview:

We spend today visiting villages around Limonges, like Blond, Mortemart and Montrol Senard.

In Blond we'll have a moderate walk – "Sentier des villages en pays d'Oc" 13 km / 3.25 hrs.

Accommodation:

Mercure Correze de la Seniorie or similar

Day 11

Locations: Correze

Overview:

Today we visit Collonges la Rouche, a surprising natural heritage. You will be amazed by the material used to build its houses: a natural local rare red sandstone coloured by iron oxide. This was a wealthy village thanks to the wine trade, until the 19th century phylloxera crisis when crops were damaged by these aphid-like pests. Now its beautiful mansions, its turrets and narrow streets in red sandstone continue to attract many visitors each year.

Here we take an easy walk – "*Au long des lavoirs Collongeois*", 7 km / 2 hrs

On our return to Correze we stop to view Tulle, a lively market town surrounded by water and greenery.

Accommodation:

Mercure Correze de la Seniorie or similar

Day 12

Locations: Correze

Overview:

Our journey today takes us to Massif Central where we'll walk to the top of Puy de Dome via Chemin des Muletiers, an easy level walk. We have a short stop in Orcival, home to one of the most important roman style churches in Auvergne.

Accommodation:

Mercure Correze de la Seniorie or similar

Day 13

Locations: Correze

Overview:

After breakfast we travel to Aydat where we'll walk to the top of Puy de la Vache and Puy de Lassolas, an easy level walk of 10 kms / 3 hrs. Later we also visit Maison du Fromage before returning to the hotel.

Accommodation:

Mercure Correze de la Seniorie or similar

Day 14

Locations: Correze

Overview:

Today we walk to the top of Puy Mary, an easy walk, and then follow by coach to Salers and Tournemire where we visit Chateau d'Anjony.

Accommodation:

Mercure Correze de la Seniorie or similar

Day 15

Locations: Montchavin

Overview:

We depart Correze and travel to Savoie area, where we'll be based for the next 5 nights.

Accommodation:

Hotel Bellecote or similar

Day 16

Locations: Montchavin

Overview:

After breakfast we travel to Peysey-Nancroix where we enjoy the "Notre Dame des Vernettes" walk, easy level, 5.6 km / 3 hrs (230 m altitude).

Accommodation:

Hotel Bellacote or similar

Day 17

Locations: Montchavin

Overview:

In the morning we have a guided walking tour of "*Lac de la Sassiere*", another easy walk of 7.5 km / 3 hrs. After a picnic lunch we make our way to Val d'Iserre where we take the *Telepherique de l'Olympique* and admire the views of the Tarentaise.

Accommodation:

Hotel Bellecote or similar

Day 18

Locations: Montchavin

Overview:

Today we enjoy an easy walk “Les Montagnettes de Planay” 6.4 km / 3 hrs. We then continue from La Rochette to Pragonan la Vanoise to take in the local views.

Accommodation:

Hotel Bellecote or similar

Day 19

Locations: Montchavin

Overview:

After breakfast we drive to Bessans where we’ll take a guided walk “*Geologie autour de Bessans*”, an easy level 7.8 km / 3.5 hr. The remainder of the day is at leisure.

Accommodation:

Hotel Bellecote or similar

Day 20

Locations: Paris

Overview:

This morning we leave Montchavin for Paris on the TGV. We arrive early afternoon and have some free time until our farewell dinner at a local restaurant.

Accommodation:

Mercure Respail or similar

Day 21

Locations: Paris

Overview:

Our small group tour France on Foot concludes today after breakfast.

Inclusions / Exclusions

Inclusions:

- 20 nights accommodation.
- 20 breakfasts, 10 picnic lunches and 6 dinners.
- TGV train tickets Paris to Nantes and Chambéry to Paris.
- Transportation in modern, air-conditioned coaches.
- Entrances and tipping.
- Detailed information booklet.
- Services of an Odyssey Program Leader and expert local guides.

Exclusions:

- International airfares.
- Airport transfers and portorage.
- Comprehensive travel insurance.
- Items of personal nature like laundry, phone calls, etc.

Level 4 - Challenging

Participants must have a high level of physical fitness and appropriate expertise in the program activities, and should expect full days of fast-paced, strenuous physical challenges.

Please do not hesitate to contact us with any requests for further information about this tour or any others offered by Odyssey Travel.