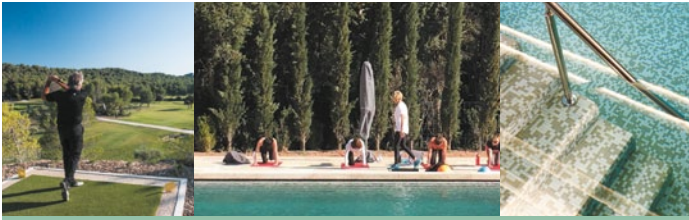


SUMMER ACTIVITIES PROGRAMME

Below are some of the Summer activities available in and around the Domaine de Manville. If you are interested in any of these activities, please do not hesitate to contact the Reception for additional information. Dial 200



SPORTS

GOLFING / PRIVATE GOLF LESSON ***

Offering eighteen-holes along the beautiful Baux de Provence. Reserve a tee time or a lesson at the Pro Shop. *Dial 206*

SWIMMING *

INDOOR : Take a plunge in the indoor pool (32°C); perfect for the whole family to enjoy. The Jacuzzi (37°C), sauna and steam room are ideal for melting away the muscle tension after an active day outdoors. *Open 10am to 8pm daily. Children only between 10am to 1pm*

OUTDOOR : Fun for all ages! *Open 9am to 7pm daily.*

△ *These facilities are unsupervised. Children under 12 must be accompanied by a responsible adult, age 18 or older.*

FITNESS

Fitness Center * : Offering a selection of Life Fitness cardio machines, Kinesis training equipment and a variety of free weights. *Open 24hours/7days – Situated at the Spa.*

Fitness Class *** : Private or Group Fitness Classes : Do you fancy a morning stretch class or a cardio workout. We can book a private lesson for you. *Call the Spa on 207.*

Yoga / Pilates Class *** : Take advantage of the expertise of our instructor for one-on-one training in an array of disciplines, from yoga to Pilates. *Be sure to book 24 hours in advance to ensure availability. Dial 207.*



NATURE

HIKING TRAILS / NATURE WALKS *

The Alpilles offers some of the Provence's most spectacular scenery. Request a walking or jogging tour map to guide you on routes around the Domaine de Manville. From spring to autumn there are several different hiking paths for beginners or experts. We have our own private Nature Trail. Domaine de Manville.

GUIDED HIKING ***

Benefit from our guided hikes with our certified hiking guide. A diverse hiking programme takes you on easy and more challenging hikes to the most beautiful spots on the Alpilles. *Booking is compulsory, up to 7:30pm of the day before the excursion.*

BIKING (MOUNTAIN BIKING / ELECTRIC BICYCLE RENTALS) ***

Take a bike trek, or tour the village on a bicycle. Bicycle rentals, as an alternative method to enjoying the scenic beauty of Alpilles, are available for 1-day, 3-day, or weekly rentals. Helmets are included, and the friendly folks will outfit and size you properly. *Dial 200.*

HORSEBACK RIDING ***

One hour trail rides to full-day excursions through the astonishing landscape of Alpilles or Camargues. *Dial 200.*

AIRPLANE TOURS ***

Provence like you've never seen it before... On a plane high up in the air! Be sure to check out this experience, suitable for the whole family. (This activity is weather dependent) – Duration 30 min flight in a 3-seater aircraft. *Dial 200.*



ACTIVITIES

MINI CLUB DE MANVILLE **

The kid's Club will be the star attraction for our young guests. It offers supervised activities. Every day is a new adventure! For Mini Club reservations contact the reception – *Direct line 200 or call Rosa our Mini Club Coordinator on 06 65 49 09 30.*

SPA TREATMENTS ***

Let go and indulge at our Spa. Domaine de Manville's Spa experiences have been created using a harmonious blend of products and techniques designed to deliver customized results. Our spa offers an array of Massages, Body Therapies, Facials, Nail and Waxing services. *Open 10am to 8pm daily. Dial 207*

BOARD GAMES *

A selection of board games is available at the Concierge Desk, Monopoly, Playing Cards, Chess, Drafts, Trivial Pursuits, Scrabble. : Take them back to your room or find a cozy place in the hotel to set up. *Dial 200 for more information..*

MOVIE TIME *

For kids and adults we have a fantastic daily programme located in our very own private cinema. *For more details and reservations contact the Bar on 203.*