



**+ 2nd Travel Medicine Workshop**  
**Medicine on the Edge**

**September 1st-8th 2024**  
**Loire Valley, France**

[www.moteadventures.com](http://www.moteadventures.com)

## TRIP DETAILS

This trip will take us through the heart of the Loire Valley. Our focus for the week will be combining this “soft” adventure with an interactive and high quality CPD Program. In our 8 days we will visit the following on our journey.

### **Loire Valley**

Located south of Paris, the Loire Valley, from Sully-sur-Loire to Chalonne, is considered by UNESCO to be a World Heritage site. Although this French region is perhaps best known for its many castles, it also boasts some lovely historical towns and beautiful landscapes, particularly along the river. **Wines and Vineyards** : the wine areas of the Loire Valley are rich in exceptional wines boasting great diversity and authenticity. They are a facet of the region that can be discovered in a variety of ways.

### **Orleans**

Orleans is an interesting and important town on the Loire River. Despite its central location in France a significant part of the historical centre of Orleans avoided damage during the WWII, and the town has an extensive historic centre with many fine buildings to admire. The **Cathedral Sainte-Croix** is the most important historic monument in the city, a 17th century gothic style cathedral with very old origins that has a great deal of impressive stonework ornamentation. Orleans is well known for its association with **Joan of Arc**. Joan helped defeat the English in the siege of Orleans, and ultimately to enable France to defeat the English. This story is very important to France and French history, and in Orleans you will see various tributes - for example the statue of Joan of Arc astride a horse in the Place du Martroi, and a chance to see the house where she lived, now carefully rebuilt and maintained in its original 15th century condition in the Place du General de Gaulle.

### **Beaugency**

Nestling along the Loire River, the medieval town of Beaugency possesses a rich architectural heritage, including the Château de Dunois dating from the 15th century, the town hall with a Renaissance facade, the former Notre-Dame abbey with its Romanesque abbey church, an 11th-century keep, a clock tower, an old bridge over the Loire River and beautiful old houses.

Make a point of visiting the Hall of Honour (Salle d'Honneur) in the town

hall, which contains eight magnificent embroidered wall hangings dating from the 17th and 18th centuries, and the Daniel Vannier museum in the Château de Dunois, dedicated to the arts and popular traditions of the Orléanais area.

### **The Royal Château of Chambord**

The **Royal Château of Chambord** is one of the most recognizable châteaux in the world because of its distinct French Renaissance architecture that blends traditional medieval forms with classical Italian structures. The largest castle in the Loire Valley, it was built to serve only as a hunting lodge for King François I. **Leonardo da Vinci**, a guest of King François at Clos Lucé near Amboise, is believed to have worked on the original design. Nearing completion, King François showed off his enormous symbol of wealth and power by hosting his old enemy, Emperor Charles V. One of the architectural highlights is the **double-helix open staircase** that is the centerpiece of the castle.

### **Blois**

Built on a hill overlooking the Loire River, the town of Blois has an inviting atmosphere. Narrow, winding streets for walking and browsing are common with many old houses lining the Place Saint-Louis and Rue Porte Chartraine. Of course, **the royal chateau** is a major attraction and houses several museums endowed with collections of paintings, sculptures, and ironworks. Other interesting sites include the Church Saint Nicolas, and the Cathedral St. Louis.

### **The Château de Cheverny**

The present Chateau de Cheverny is a jewel among the more famous monuments that stretch along the Loire Valley. In fact, Renaissance style did not find its place in Cheverny, which is built in the purest Louis XIII classical style, distinguished by an extraordinarily symmetrical architecture. Cheverny, which was built in the first part of the 17th Century, is a prime example of this style. Since 1922 Cheverny is open to the public. Thus the visitor can appreciate the splendor and the delight of life in a chateau. The owners invite you to discover this fantastic and vivid heritage: from the botanical park to the magnificent inside of the chateau, from the kennels to Tintin's exposition and from the gardens to the forest.

### **The Château de Beauregard**

Beauregard was Francois 1st's meeting place for the hunt. You discover the Galerie des Portraits, displaying 327 portraits of great French People (kings, queens, favorites, ministers etc...) and its exceptional Delft tiling. Don't miss the Jardin des Portraits (garden of Portraits), an

enclosed garden designed by Gilles Clément, made of a series of groves, each one being planted with single color flowers (the green grove, the black grove, the yellow grove, etc), and echoing the Gallery in the Chateau.

### **Amboise**

The town of Amboise, which lies on the south bank of the Loire below the proud remains of its castle. Amboise's Golden Age was the 15th century. **The Royal chateau of Amboise** was enlarged and embellished by Louis XI and Charles VIII. This chateau was one of the first royal residences, with which the king introduced the Italian taste in the Loire Valley. Full of history, the site has an exceptional collection of Gothic and Renaissance furniture. **Vineyards of Amboise** AOC "Touraine Amboise" denomination offer red, white and rosé wines. Red wines are tasting and equilibrate. Rosés are supple and fresh and white wines taste like fresh fruit and citrus develop over quince and honey when it is vinified as a demi-sec or sweet wine

### **Chenonceau Castle**

Property of the Crown, then royal residence, Chenonceau Castle is an exceptional site not only because of its original design, the richness of its collections, its furniture and its decorations, but also because of its destiny, since it was loved, administrated and protected by women, who were all extraordinary and who, for the most part have marked history. **Vineyards of Chenonceau** offer the AOC "Touraine Chenonceaux". This new dénomination offers a perfect coming together, an honest alchemy, between land and an exceptional château. Touraine-Chenonceaux wines blend know-how and passion to offer the "taste" of the place.

### **Village of Montlouis & vineyards**

With a range of dry, tender, sweet and even sparkling nectars, Montlouis-sur-Loire are wines which bring a delicate, aromatic bouquet to your glass. The area covered by the appellation is upriver from Tours, in an area between the Loire and Cher rivers, at the meeting point between the two valleys on a South-east sloping headland. It is spread across 3 communes.

### **Tours**

Tours is the capital city of Indre-et-Loire Department and is also known as the capital of the Loire Châteaux. With no less than twenty centuries of history behind it, Tours has attracted famous historical figures as Charlemagne, Rabelais & Honoré de Balzac among others. Tours has to

be discovered close-up. You can explore on foot, by bike, Segway, as well as with the "little tourist train" and by horse-drawn carriage during holiday periods... whatever suits you best ! The centre of the town contains quite a good number of interesting buildings, squares and streets to explore. Don't miss the flamboyant **Saint-Gatien Cathedral** a spectacular sight with majestic towers, a vast pipe organ and the tombs of the children of Charles VIII to visit. Take a drink at "Plum" in the heart of Old Tours - **Place Plumereau** is the most picturesque and busiest place in Tours where cafes and restaurants stand beneath half-timbered houses. The friendly people of Tours are always delighted to get the chance to share their way of life with visitors, whether at one of the innumerable markets, cafes, and shopping streets in the city centre, or on the banks of the gorgeous river Loire where they use to gather during summer to share a good meal in a friendly atmosphere at the **Guinguette**.

### **The Chateau of Villandry**

The Chateau of Villandry was the last great Chateaux of the Loire Valley to be built during the Renaissance, by the Minister of Finance Jean le Breton. The sober elegance of its architecture combined with the charm of its outstanding gardens makes it one of the jewels of World Heritage. Throughout the years the Garden has made an incredible effort to become progressively organic and eliminated the use of all pesticides, especially the vegetables garden. While keeping its tradition the site has achieved to become an enhanced open space of quality that welcomes warmly all kind of visitors and it was awarded the "Label Qualité Tourisme" (Quality Tourism Classification) by the Ministry of Tourism. It is open all year long and guided tours are available in 12 different languages, adding up to the permanent exhibit, you might see temporary exhibitions depending on the time of the year you will be visiting. You can even book a table at the Chateau's Restaurant, where all the vegetable and most of the ingredients are issued from the Garden and local farmers.

### **Azay le Rideau**

The **Château of Azay le rideau** has been built during the creative period of the beginning of Francois the 1st reign. The castle perfectly exemplifies all the charm of the Renaissance period. This masterpiece of 16th century architecture is built on an island created by the Indre River and surrounded by Romantic 19th century grounds. **The vineyards of Azay le rideau** offer "Touraine" red wines and "Touraine Azay-le-Rideau" white and rosé wines. Try the Crémant de Loire - a sparkling white wine from the region.

## Bréhémont

Situated in the heart of the Regional Natural Park Loire-Anjou-Touraine, Bréhémont is a picturesque village of 800 inhabitants overlooking the Loire. The village's entire personality is embodied by its setting and landscapes bound to the soils and the river. You can see replicas of old boats and "Gabares" in the magnificent paved port. You will find there an old cabin boat belonging to the last professional fisherman, an activity which was intensively carried out here not so long ago.

## The Château d'Ussé

Enter the magical world of Ussé, Sleeping Beauty's castle. Ussé is a very old fortress built in the 15th century. The Chateau stands with its back to a cliff on the edge of Chinon forest, its terraced gardens overlooking the Indre river. Its impressive bulk and fortified towers contrast sharply with the white stone and the myriad roofs, turrets, dormers and chimneys rising against a green background. The best view is from the bridge, some 200m from the chateau, or from the Loire embankment, Tradition has it that when Charles Perrault, the famous French writer of fairy-tales, was looking for a setting for Sleeping beauty, he chose Ussé as his model.

## Chinon

The importance of Chinon derives from its position on the bank of the Vienne river, just before it joins the Loire. Sitting high on a plateau, **a huge ruined castle** dominates the town. **The vineyards of Chinon** : Last year, 4 Chinon wine cellars were awarded the prestigious "caves d'excellence" distinction thanks to their excellent tourist hospitality. Delve into the world of vineyards for a holiday filled with unforgettable memories and souvenirs. You will surely appreciate Chinon's wines - a blend of high-technology, traditions, knowledge and authenticity.

## Turquant

Turquant holds probably the largest heritage **troglodyte cave** in the world, and Turquant is distinguished by its troglodyte site, remarkably well preserved. A walk through the village will give you the opportunity to discover the caves and crafts.

## Saumur

Saumur dates back to the fourth century BC - it was created as a small village in ancient times called simply 'Mur'. The **Chateau of Saumur** was originally constructed as a fortified stronghold. In line with the Saumur area's equestrian tradition and its famous "Cadre Noir", the castle also



serves as a **Museum of the Horse**. See also the **church of St. Peter** (XVII century), of classical style and with two works of great value by Rubens and Murillo. Equally important is the **Nantilly Church** (XII century), the oldest in Saumur and in the Romanesque style. **Vineyards of Saumur** : offer more of 15 AOC, like "Anjou", "Cabernet de Saumur" or "Coteaux de Saumur". Vineyards of Saumur's wines are famous in France and you will appreciate them soon.



### ***Day 1:Orleans***

Arrival in Orleans station, (transfer on your own to the hotel), located only 1hr from Paris by train. Transfer on your own to your hotel and settle at your charming hotel.

#### **Orientation & bike set-up:**

Our local guide will meet you in person in the hotel lobby.

Our local guide (French native & English speaking) will meet you at your hotel according to the time we will plan with you (TBA later). He will bring your bicycles, road-books and touristic information. An expert of the region, you can ask him all the questions you have about your trip. Then he will adjust your bike so you feel comfortable riding.

**Hotel : Mercure Orléans Centre Bords de Loire \*\*\*\* in Orléans**

**Dinner:**

Dinner included at your hotel.

***Day 2:Orleans - Beaugency - The Royal Château of Chambord – Chambord***

Distance : 52km

Elevation : 35m

Starting from Orleans, a very bike friendly city, you will head to Chambord, your final destination. Using the "loire à vélo" bike path, you will continue your route to **Beaugency**, a typical French village by the river with charming cobblestone old street and half-timbered houses before reach Chambord.

**Hotel:** Night at Relais de Chambord\*\*\*\* - Chambord.

**Dinner:**

Dinner included tonight

***Day 3: Chambord - Blois - Chambord***

**From Chambord LOOP to Blois :**

Distance : 63 Km

Elevation : 380 m

**Hotel:** Night at Relais de Chambord\*\*\*\* - Chambord.

**Dinner:**

Dinner included tonight

***Day 4:Chambord - Amboise***

**From Chambord to Amboise :**

Distance : 60 Km

Elevation : 360 m

**Hotel:**

Night at Hotel Clos d'Amboise\*\*\*\* - Amboise.



**Dinner:**

Dinner included at your hotel.

***Day 5:Amboise - Chenonceau Castle - Amboise - Chenonceau***  
**From Amboise LOOP to Chenonceau:**

Distance : 53 km

Elevation : 415 m

A short and moderately flat ride will take you through the forests and alleys of the Amboise countryside passing by the Parc Mini Chateaux (great for kids) and then dropping down to the fabulous **Chenonceau castle** that must be discovered with plenty of time to visit. Chenonceau, erected by Henry II in the XVIth century over the Cher river and improved by Catherine de Medicis. The castle hides several pieces of historical interest, furniture and tapestries. For the long option you will continue on to Montrichard, La Genaudière and St. Regle before returning to Amboise.

**Hotel:**

Night at Hotel Clos d'Amboise\*\*\*\* - Amboise.

**Dinner:**

Dinner included at your hotel.

***Day 6:Amboise - Village of Montlouis & vineyards - Tours - The Chateau of Villandry - Azay le Rideau - Amboise - Tours - The Chateau of Villandry - Azay le Rideau***  
**From Amboise to Azay-le-Rideau:**

Distance : 61 Km

Elevation : 400m

Following bike paths out of Amboise, you will first ride through the vineyards of Montlouis, a famous white wine appellation. Then continue, to the city of Tours. You then leave Tours to go to Savonnières and then to the famous **gardens of Villandry**, which were designed to be in complete harmony with the Renaissance architecture of the chateau. You will ride by the Cher and Loire Rivers and along the Loire a Velo route. Then you will continue to Azay-le-Rideau, your final destination for today, famous for its Chateau on the Indre River, originally built in the Middle Ages to protect the passage from the road going from Tours to Chinon

**Hotel:**

Night at Le Grand Monarque\*\*\*\* - Azay-Le-Rideau.

**Dinner:**

Dinner included at your hotel.

***Day 7:Azay le Rideau - Bréhémont - The Château  
d'Ussé - Chinon - Turquant - Saumur***  
**Ride from Azay-le-Rideau to Saumur**

Distance: 56 Km

Elevation : 502 m.

**Hotel:**

Night at Hotel Saint Pierre\*\*\*\* - Saumur

**Dinner:**

Dinner included tonight

***Day 8:Saumur*****Departure from Saumur:**

You can take your time getting started in the morning, enjoy breakfast and depart at your leisure. (Depart on your own). Trains are available from Saumur to Paris or to other destinations.

**BIKE HIRE**

Several bike hire options are available:

Hybrid: Scott Sub Sport 20 or equivalent (included in registration)

E-Bike: Scott Sub Tour Electric or equivalent (extra fee)

Road: Scott Addict 30 or equivalent (extra fee)

We will be supported with a bike mechanic through the whole tour.

We will have a SAG van with 2 guides as well as 3 guides on the road (assuming a total of 30 participants – guide numbers may be scaled back if numbers lower)

## **ACCOMODATION**

### **Relais de Chambord\*\*\*\* - Chambord**

Hotel - Category: Hotel

Place Saint-Louis, Chambord, Loire, 41250, France

- <https://relaisdechambord.com/>

Featuring a bar, Relais de Chambord – Small Luxury Hotels of the World is a 4-star hotel designed by Jean-Michel Wilmotte offering accommodation in Chambord, a 4-minute walk from Chambord Castle. It has a 24-hour reception and luggage storage. All rooms have a flat-screen satellite TV and a private bathroom with bath or shower. Some have a view of the Chambord castle while others overlook the Cosson River, Place Saint-Louis or the forest. A buffet breakfast is served every morning on site. Guests can enjoy modern French cuisine at the on-site restaurant, Le Grand Saint-Michel. The bar also offers a lunchtime snack menu.

The hotel's wellness area is open daily from 9 am to 8 pm. it includes a hammam, a sauna, an outdoor hot tub and a tea room. Various treatments are available upon reservation and for an additional fee. You can take a horse-drawn carriage ride or go horseback riding. A tennis court is available on site. The Relais de Chambord is 17 km from the castle of Blois and 18 km from the castle of Cheverny.

### **Clos d'Amboise\*\*\*\* - Amboise**

Hotel - Category: Hotel

27 rue Rabelais, Amboise, Loire Valley, 37400, France

- <http://www.leclosdamboise.com/en/>

Hotel Le Clos d'Amboise is located in the very heart of the Royal City of Amboise, in the authentic and picturesque historic part of the city that contains Francois Ist's chateau, and further on, Leonardo da Vinci's residence, the Clos Lucé. This is a sumptuous 17th century house converted into a charming hotel in 2003 and upgraded into a luxury hotel in 2011 retaining its character. Hotel Le Clos d'Amboise stands apart with its discreet charm, its situation in Rue Rabelais a few paces from the pedestrian shopping streets which criss-cross the old city. and with the large house opening onto the park and terrace overlooking an immense

lawn with century-old trees. The swimming pool nestles among rose bushes and cedars.

### **Le Grand Monarque\*\*\*\* - Azay-Le-Rideau**

Hotel - Category: Hotel

3 Place de la Republique, Azay-Le-Rideau, Loire Valley, 37190, France

- <http://www.legrandmonarque.com/>

This ancient post house from the 18th century has become a charming boutique hotel. The tuffeau stone – a very clear Loire Valley limestone typical of the Renaissance chateaux – and the exposed beams give to this boutique hotel a special charm. For your comfort, all the rooms have a free Wi-Fi connection, a LCD TV screen with international channels, a personal safe, and air conditioning.. Its courtyard, with its centennial trees, is an oasis of peace. Nested in the centre of the lovely little town of Azay-le-Rideau, and just 150m away from its famous and charming chateau, the hotel is ideally situated to visit the Loire Valley and its greatest castles.

### **Hotel Saint Pierre\*\*\*\* - Saumur**

Hotel - Category: Hotel

8 rue Haute Saint Pierre, Saumur, Loire Valley, 49400, France

- <http://www.saintpierresaumur.com/>

A few steps from St. Peter's Church and within sight of the Castle of Saumur, one of the Loire Valley Châteaux, the Saint-Pierre Hotel welcomes you in a very quiet and central area of Saumur, offering guests a blend of luxury and elegance for an unforgettable stay in the Pays de la Loire area. A unique 4-star accommodation choice in the heart of Saumur, the hotel combines tradition, comfort and the latest equipment and has been enchanting artists, celebrities and cinema stars for years, thanks to its stylish decoration, its felted ambience and exceptional fabrics. Guests will have the opportunity to relax in the refined ambience of the bar, or on the hotel terrace, enjoying the luxury environment inspiring relaxation and rest. The on-site beauty centre will add a special feature to your stay in Saumur.

For more details feel free to contact MOTE at [ketamine@internode.on.net](mailto:ketamine@internode.on.net)