

Athos
www.athosdumidi.com
Family ITINERARY
Argeliers to Marseillan

ARGELIERS

Sunday 4pm pick up at designated point in Montpellier

Your family will be met by ATHOS Captain and Manager. In the comfort of ATHOS' private air-conditioned Chrysler minivans, you will be chauffeured to where the ATHOS awaits you at her moorings. You will be treated to a full-crew Welcome Aboard, including an introduction to the Ship's Dog, Jill! Toasting with either Champagne or soft drinks, the Chef will offer a selection of Mediterranean canapés fit for kids and adults alike.

Once you are settled into your cabin, there may still be time for a quick bicycle ride alongside the canal. The Athos collection of children's and adult bicycles & helmets are at your disposal throughout the week.

You will be invited to a 4-course dinner, prepared by our highly acclaimed Chef. Athos will have asked in advance about your family's likes and dislikes so that the crew can present you with meals that meet the whole family's approval!

Monday ARGELIERS-CAPESTANG

While coffee is available at any time from the bar, continental-style breakfast is served, at your leisure, beginning at 8:30am. A breakfast buffet offers a selection to please everyone: cereals, juices, yogurts, cold meats and cheese, and of course fresh pastries and bread from the local boulangerie! Your guide suggests an excursion to the famous Medieval double-walled city of **Carcassonne** where she will include the legendary tales of Dame Carcas, and a visit to the tombstone of Simon de Montfort. She will also make sure that there is still time to browse the shops!

The Captain is getting ATHOS underway for an afternoon's cruise to Capestang, and Chef serves up another gourmet meal while the whole family relaxes on the sunny deck.

If exercise and a swim are in order, cycling enthusiasts might like to hop off with bicycles and Jill the dog. Alternatively, your guide proposes a quick drive to the **swimming hole** at the **Cesse river** under the **17th C Canal Bridge**. Ready for a refreshing glass of wine or a cold drink? Another delicious meal has been prepared. The on board hostess asks if everyone would like to eat al fresco, under the shade of the Plain Trees?

Tuesday CAPESTANG-REGISMONT LE HAUT

After breakfast, Captain Julian starts the engines, and the Athos moves off. As Athos moors for lunch, the crew suggests a quick game of Petanque (or French boules). The vineyards surrounding are sprawling – a walk or a cycle ride is also a possibility.

After lunch is served, Athos carries on cruising. Coming in to Capestang, your guide suggests a visit to the local organic **Goat's cheese farm** at Combebelle. The 30 minute drive into the Minervois hillside proves worthwhile: Combebelle is a petting zoo where everyone can watch the goats being milked, learn how the cheese is made, taste the products, and of course, bring some back to Athos to eat! On the way back, your guide stops at Bize Minervois, where the locals **swim** in the river – a refreshing cool-down at the end of a busy day!

On returning to the Athos, Chef has once again prepared a special meal, and the view over Capestang towards the flood-lit St. Etienne Collegiale is a pleasant setting for an al fresco dinner.

Wednesday REGISMONT LE HAUT - FONSERANNES

This morning your guide invites enthusiastic swimmers and paddlers on an excursion into the **Cevennes mountains**, where large, wide **kayaks** float down the River Orb! After the scenic drive into the hills, everyone is handed a helmet and lifejacket, then set off in kayaking groups to navigate the mostly-shallow river bed. Chef has packed a superb **picnic lunch** to be served by crew members who have accompanied the trip. For those more enthusiastic about relaxing than kayaking, Julian invites you to stay on board for a leisurely cruise, lunch on deck, and a quiet time under the parasol. When kayakers return to Athos, cruising gets under way once again, making the way towards Fonserrannes.

This evening's mooring is the breath-taking view-point at the **Fonserrannes**. Perhaps a little cycle ride down to the staircase locks and the Canal Bridge will work up your appetite for the Chef's creations this evening?

Thursday FONSERANNES - PORTIRAGNE

Following breakfast, Dannielle invites you on a side-trip to the weekly morning market in **Narbonne**? Even for non-shoppers, Narbonne offers much entertainment on a Thursday morning! Explore an excavated portion of the original Roman road, the **Via Domitia**, or, browse through the well-compiled Roman Museum, or, discover the beauty of **St. Juste Cathedral**, or, simply take a moment to blend into the scene: sit and relax in one of the many cafés.

As Chef and the hostess begin serving up today's luxury meal, Captain Julian and his deck hand are busy getting ATHOS underway. This 17thC feat of engineering, the **Neuf Ecluses** (or staircase locks), is sure to impress! ATHOS crew expertly tie her up in each lock, and wait for the gates to close safely behind her before the water levels empty out and allow her to pass one locks into the next. But it's not over yet! Coming up next is the **18thC Canal Bridge** which will carry the ATHOS over the Orb River.

The paved tow path and the many locks leading to this village make it an ideal afternoon for walking or cycling alongside the ATHOS.

When we arrive at the evening's mooring just outside the small village of Portiragnes, your guide invites swimmers for a quick trip to the beach and a swim in the **Mediterranean**! Dinner onboard

Friday PORTIRAGNES - MARSEILLAN

Athos will get underway just after breakfast. Some active family members may like to take the bicycles back to the beach for a quick swim, and then return to re-board the Athos as she makes her way under the Portiragnes bridge.

A spectacular seafood lunch arrives as you enter the open-waters of the **Etang de Thau**. The Etang hosts Europe's largest mussel and oyster park. The crew's favourite swimming pool is the Etang! Join them and jump in to cool off!

As ATHOS comes to moor in the port at Marseillan, you will notice the enclosure of the **Noilly Prat Vermouth** distillery. End a perfect day with a walking visit of the village, a romp around the seaside play park which is a stone's throw from Athos' mooring, or a leisurely cycle ride down the promenade.

Chef's efforts are sure to make this evening worth remembering! Captain Julian will join your party for your final dinner onboard this evening. During the evening, he will also invite the crew to make a farewell toast with you.

Saturday MARSEILLAN

After breakfast, everyone waves goodbye to Jill and the Crew, who have looked after your every need throughout the week. The minivans will now depart to the appointed destination in Montpellier.