

Welcome

FIRST THINGS FIRST

In this brochure, you will find more information about the Fest en Pure grouptrip to the Viel Audon. In 2022, we went with the first group of adventurers to this unique place in France. This year, in we do it again! Fest en Pure is a young organisation that recently celebrated its two year anniversary. We organise workations, group holidays and events. Our concept is rooted in values such as friendship, health, nature and adventure.

The grouptrip to the Viel Audon will be our third grouptrip. The location, the space and the activities are centered around the Fest and Pure core values.



ABOUT THE GROUPTHOLIDAY

This Fest en Pure adventure is tailored for nature enthusiasts, social extroverts, creative introverts, and those who thrive on pushing their limits! During this holiday, relaxation, exploration, and unwinding take center stage, all while embarking on some exhilarating challenges. You'll join a group of like-minded adventurers, and together, we'll weave a tapestry of unforgettable memories and non-stop fun!

This group holiday will take you to a special location in the South of France. During the week you can dive headfirst into thrilling sports activities, channel your inner artist in creative workshops, or unwind during mindfulness and yoga practice. This might just be the perfect blend of camaraderie, adventure, and pure joy. So, pack your sense of adventure, bring your open mind, and let's create some memories together!

The Viel Audon

LOCATION

Viel Audon, France

MAX # OF GUESTS

20

BEDROOMS

5

BATHROOMS

3

THE HAMEAU

The Viel Audon is a unique location. It's called a hameau in French, or a hamlet in English. People live and work there, volunteers join and visitors pass by. For one week, the Fest en Pure group stays in the authentic French villa that is in this hamlet.

The nearest village is Balazuc. A typical French village with a castle from the 10th century, cobblestones and bridges. From the Viel Audon, you can walk upstream along the river to the village. Go in narrow alleys in search of undiscovered terraces.



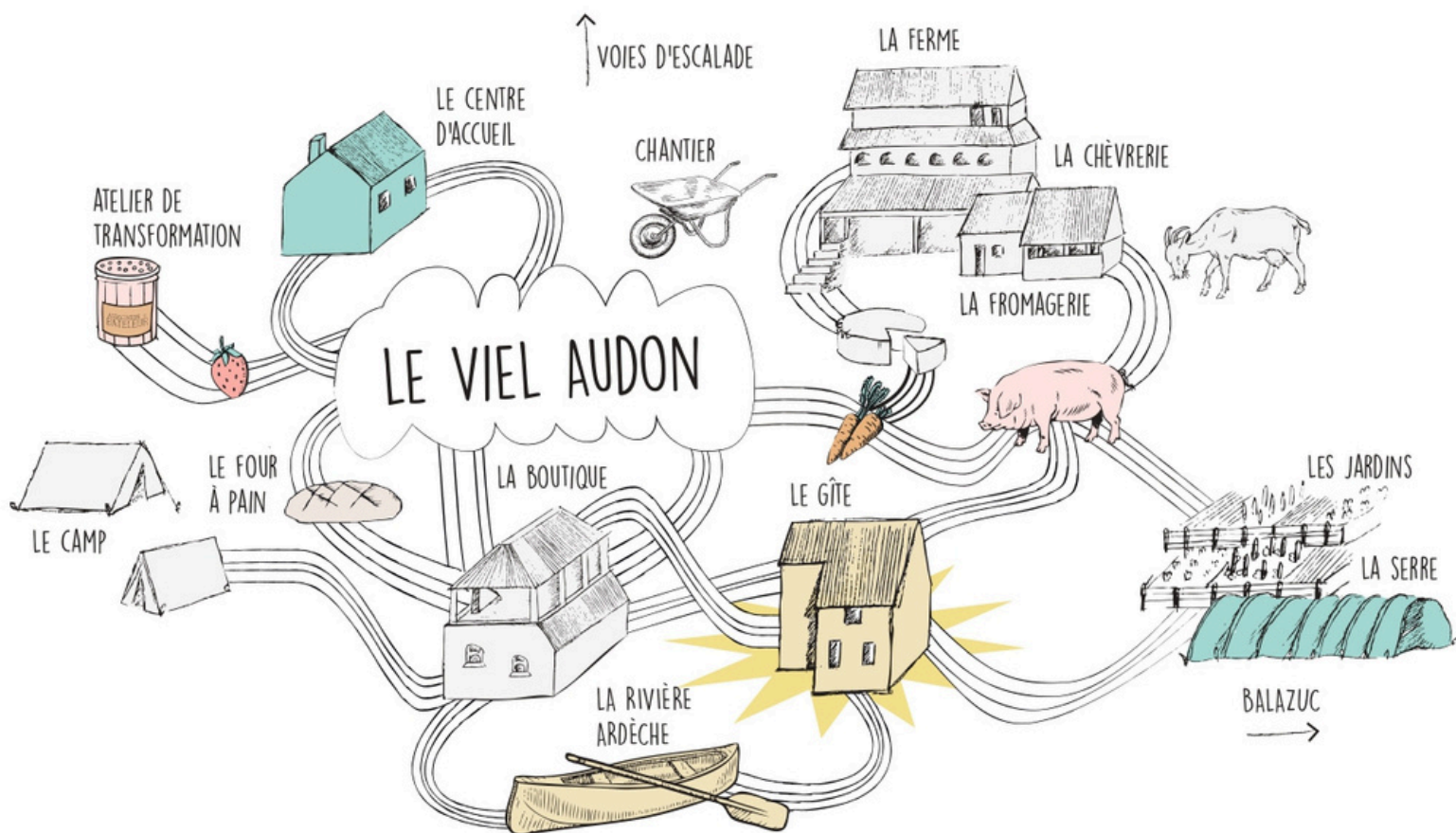
SLEEP

In the villa there are 5 bedrooms with multiple beds. If you like more privacy, you can book a separate room with a double bed.

SHARED SPACES

The villa has a big professional kitchen where we prepare the meals. On the outdoor rooftop terrace, we can eat, gather or hang out. There is the little beach along the river that you can always go to for some peaceful relaxation time, and on the hameau there are plenty of spaces to chill





WORKSHOPS

Learn how to make bread, goat cheese or make pizza in a centuries old wood oven! During the week, you can participate in a workshop to learn something new.

BUILDING

When we go somewhere new, we like to add something of our own to the place. That's why we build. Last year, for example, we made a pull-up rack. We also have plans to build a small natural pool, or help complete a wall of a new building.

Of course, there's room for your own ideas as well. The Viel Audon community has all the tools and the knowledge. If you want to, you can learn a lot from them!



The programme

HIKES

We love them. And the environment of the Viel Audon is perfect for it, with endless paths through forests and canyons. Spectacular views await you. The sound of crickets will surround you. Birds will sing for you.

NATURE

The Viel Audon is the perfect place to rediscover nature. The people in the hamlet have been living together with nature for decades. They grow their own herbs and vegetables. They will give us a tour through their oasis and tell us all about the animals and vegetation.

LIMITS

Some activities that are designed to push your limits. Jumping from a rock into water, for example. Or writing a story and telling it to the rest of the group.

FEST

What is life without celebration? We are inspired by organizations such as Cercle that let artists perform on the remotest, wildest, and most beautiful locations. We want to take you up the mountains and into the forests to listen to music and dance.

DON'T WORRY

All the activities that we do are optional. If you don't want to participate with something, you can just relax in the hamlet, at the water, or do your own thing in the house.

There's more than enough space for everyone to find a moment of solitude when they need it.

Of course, joining in activities that are out of your comfort zone can create valuable experiences. But don't overdo it and respect your own boundaries!



The programme

MINDFULNESS & YOGA

Every day, you can start or end the day with a combination of mindfulness, breathing exercises and yoga, taught by Huub. It is very relaxed, and will give you headspace for the rest of the day.

SPORTS

Throughout the week, we offer a mix of HIIT, boxing and circuit training. The exercises will be adjusted for every level of fitness. We'll also offer small volleyball and football competitions.

GAMES & SOCIALS

There will be boardgames, outdoor games like capture the flag, a movie night, ping-pong tournaments and a nature fest.

FOOD

Every morning, you can have breakfast until 11:00. Lunch is around 14:30. Dinners are at 19:00. We take care of the preparation, but you're welcome to help us.



About the food

- All of the food is organic
- Breakfast is self served
- The recipes for dinner are chosen together with a French chef
- Predominantly vegetarian
- You will discover new ingredients and recipes
- We care about food. It will be good

Other things

TRAVEL WITH US

Traveling together is more fun than alone. And more sustainable! This year we will travel with minibusses that depart from Utrecht Centraal and will take us straight to the Viel Audon. The trip should take around 12 hours, but we'll spend it together!

TRAVEL BY CAR/TRAIN

If you prefer to come with your own car, or by train that is also perfectly possible. The Viel Audon is located approximately 1.100 km from Utrecht. You'll have to park your car on top of the cliff and descend by foot. Trains can take you to Valence TGV, from where you can take a bus to Balazuc. We can pick you up from there!

SCHEDULE

Our programme can sound like a lot, but we promise you it's not strict at all. You're on holiday, after all. Relaxation and free time is of the essence!

SURROUNDINGS

The Viel Audon is quite remote. The two closest 'cities' are Aubenas at a 20 minutes drive and Montelimar at an hour's drive. This means that shopping and other luxurious endeavors won't really be possible. In the Viel Audon we go back to the basics.



Know this

We like to discover new places and explore new things. During our group holiday, you're more than welcome to come up with your own ideas and activities. Do you know a fun game? Do you want to do more sports? Make a painting on a wall? We love it when people share their creativity with us and others. Don't hesitate to go give Fest en Pure your own colour!

About us

THE ORGANISERS

We are Bart, Huub and Sam. Together, we are Fest en Pure.

Huub (65) can coach you to be in the present. After a long career as a medical doctor and mindfulness trainer, he now ventures out with Fest en Pure. He strongly believes that wonder, imagination and an open mind are important ingredients for a sense of connection with each other and the world.

Sam (30) as the eldest son of Huub, he has always been a bit of a dreamer. He writes fiction, and never skips a workout.

Bart (29) met Sam in the first class of high school. After their trip to Australia in 2012, he kept journeying. Sometimes as a tourguide, sometimes as a hitchhiker, but always as adventurer.

We hope to meet you in person!

WHAT IS SPECIAL ABOUT THIS TRIP?

Fest en Pure is small. We like to do things differently than large, commercial companies. During the group holiday, we try to create an experience that you've never had before, while sticking to the 'basic' ideas of fun. We believe that small things can create big experiences.

Taking a swim, being outside, seeing the view from a mountain peak, connecting with a fun person and dancing together are basic ingredients for contentment.

And when you bring a group of like-minded people together in a beautiful place like the Viel Audon, magical things are bound to happen that are far from ordinary.

