

## **Travel Information**

For everyone who arrives from an international destination, we will be meeting at Paris Charles de Gaulle Airport at Roissy on July 22 at 9 am in the mornings. I recommend for those of you with long flights to arrive the night before, and sleep over in one of the airport hotels. We will be meeting in front of Hotel Premiere Classe with the bus. The bus will have a sign on it "herbal course". Please be vigilant: there are 3 hotels of this same chain around this airport, this one is also called "Paris Nord 2".

There are small shuttle busses from and to the hotel. They run from 5 am to 1 am and are free. The hotel is right at the airport, so even outside of those hours, you could reach there by taxi. Once you arrive, ask where the shuttle busses for the hotels are leaving. They are called "navette" in French. You say you are looking for "Hotel Premiere Classe Paris Nord 2" which is opposite of Hotel Hippopotamus, next to a hotel called "Formule 1". The staff at the airport, the shuttle bus drivers, and the hotel staff all speak basic English.

If you let me know that you would like to stay over at the hotel and share the room with someone of your sex, or two (the rooms can sleep three people), I could point out to you whom to get in touch with. This hotel right now has a room rate of 39 Euros per night. You can book your room online.

Please make sure that if you come from within Europe, you get to Charles de Gaulle airport, and not one of the two other ones. There are shuttle busses between airports, so if you fly into Orly airport, for instance, make sure you find out about those bus schedules.

We will meet at:

Hotel Premiere Classe (Paris Nord 2)  
309 rue de la Belle Etoile  
[roissy@premiereclasse.fr](mailto:roissy@premiereclasse.fr)  
\*\*33 – (0)1 48 63 06 01

**We will not be able to wait for people who arrive late.**

If you need to contact us at that time, please call 06 06 44 55 17. This is my portable phone. Please only call if there is a good reason, as portable phones cost a lot in France, and it even costs a lot to receive the call. In general rule, you need to buy a phone card to make a phone call from a public phone in France. These are usually available from a "bureau de tabac", which is a place that sells cigarettes and lottery tickets. You would need to search for such a place in the airport.

**Once you have booked your flight, please let us know your flight number, where you are arriving from, and at what time your flight is scheduled to arrive, and where.**

For those of you who come by car, you can meet us at Carnac at the famous field of the standing stones. Once you reach Carnac in Morbihan in Bretagne, you follow the signs that say "Alignement des Menhirs". There is a parking near the visitor's center where. It is hard to predict when we will reach there by bus from Paris right now, partially because I do not know yet whether we will be coming with two small, fast busses, or in one slow driving one. However, we should get there in the earlier part of the afternoon, and I will give out more precise information closer to date. If you choose to take a channel ferry from Great Britain or Ireland that gets to France in the mornings, that should give you enough time to reach there by the afternoon, if it is not a port further East than Le Havre.

In order for us to plan for the busses, please let us know:

*I will be arriving by (plane or car?)*

## **Return Travels**

The course ends in the evenings of August 2<sup>nd</sup>. The bus to the airport will leave at the farm the next morning at 10 am. If there are no traffic jams (for which there are no guarantees during the summer vacation time), the bus should reach the airport about 6 hours later. The airport is one of the biggest in the world, and will be bursting by the seams with all the summer tourists. So please allow for plenty of time between the arrival and your flight. You might have to take another shuttle train to your terminal, and / or walk very far to reach your gate. People returning to the USA must allow at least three hours check in time because of heightened security measures.

If you wish to reach the airport faster, there is an early morning train from the town about one hour away. Right now, I cannot confirm the summer schedule for this fast train, but it should not change from the winter schedule. It leaves Limoges at 7.38 am and reaches Charles de Gaulle airport at 11.31 am. It stops at both, terminal 1 and 2. You can walk up from the platform to the gates. If you don't know which terminal you fly out of, there is a shuttle train between the two terminals. One participant will already be taking the taxi to the train, so you may be able to share rides and costs with other people.

For us to get an idea of how many people would be riding back on the bus:

*I will be leaving by (my own car, train, the bus you provide)*

## **Ride Share**

If you are coming over by car from the British Isles, *would you be interested in having another participant share the ride with you? Or would you like to share the ride?* If so, tell me whether or not you have a car or wish to ride with someone, and where in the British Isles you are coming from. I will then put you in contact with people who would like to share.

## **Food**

While we will not be able to cater to individual needs, we are planning to provide a wheat and dairy free alternative, providing wheat free grains and soy milk and other soy products. In order to get an idea of what people ideally eat, please let us know the following:

*I eat (please write NO after whatever you can't eat)*

*wheat*

*gluten*

*peanuts*

*other nuts (specify which if not)*

*cow dairy*

*all dairy*

*other allergies or dietary requirements (be precise)*

Limosin is world famous for the most tasty beef. We are thinking to offer one meal of local organic free range beef.

*I eat beef*

If you wish to have your own supply of special food, we might be able to order it for you (at your cost) .... *what would that be?!?*

### **Weather**

The summer is usually pleasantly warm and sunny here, sometimes with an evening thunderstorm to cool things off. Average temperatures at that time will be between 20 and 30°C, that is: sweatshirt, shorts, skirt and dress weather. At night it might go down to 15 to 18°C. If you bring long pants and sweatshirts, and short sleeves with shorts you should be fine. Especially if you are chilly or plan to be in the tent, you might want to bring one warm sweater. A rain jacket is recommended, as we will be in the fields. Please bring your bathing suits, sun hat and sun lotion. We will attempt to go for a swim!

### **Accommodation**

Accommodation at the farm will be simple. In order to set things up, we would like to get a count on how many people would like to sleep in the big dorm, or who would like to be outside on the spacious meadow in their own tent.

*I will be sleeping in a (tent or dorm?)*

Some people have exotic names:

*I am a (man or woman?)*

### **Participation**

We have some unusual healers attend from around the world. I would like to know whether anyone would like to give a presentation (of any length) of their favorite topic. *If so, what, and how long would it take?*